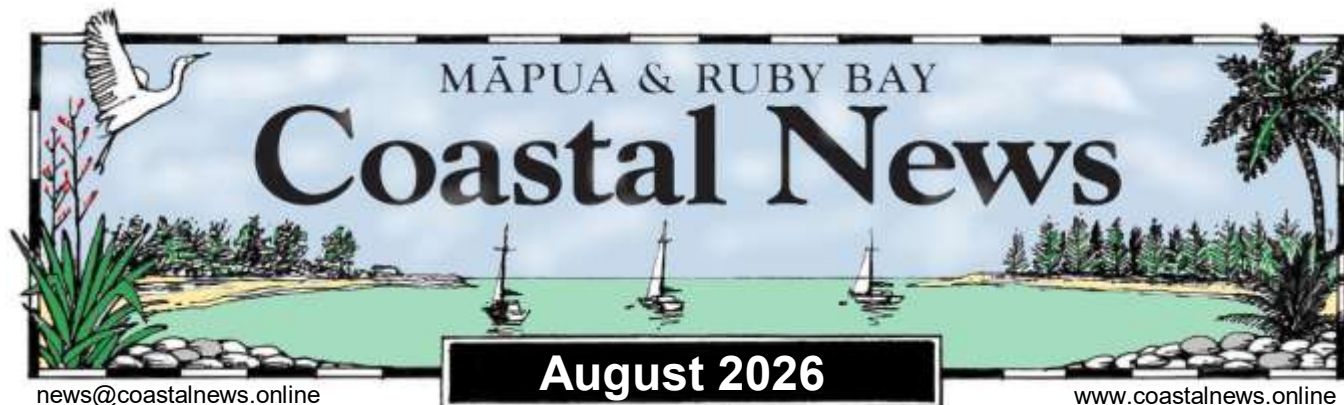




Your Voice Matters on Plan Change 81

Plan Change 81 proposes major changes to 13 areas within the Māpua Masterplan and would allow up to 1,262 new homes to be built. Although the Ministry for the Environment originally halted the proposal, it is now open for public consultation.

I encourage everyone to make a submission. Local knowledge and experience are valuable, and this is your opportunity to help shape Māpua's future.

When a developer applies for resource consent to subdivide land, planners at Tasman District Council decide who is considered an "affected party." Those people can request information about the application and make submissions. The Council determines who qualifies. For Plan Change 81, this included owners of properties within the plan area and their immediate neighbours.

In practice, Tasman District Council generally notifies only the minimum number of affected parties required under the Resource Management Act. This approach may help streamline the consent process and reduce costs for applicants, the Council, and those directly involved.

If either the applicant or a submitter requests one, a formal hearing may be held. At the hearing, the applicant, submitters and their expert witnesses can present evidence in a quasi-judicial process. Everyone else may attend, but only as observers. This reflects the principle of open justice: the public has the right to watch proceedings, even if they cannot participate.

Since the Māpua Masterplan was first introduced, I have attended hearings on contested subdivision applications in Māpua, Ruby Bay and Tasman Village. In one case, a Tasman District Council planner explained why I could observe but not participate.

The Integrated Transport Assessment for Plan Change 81 predicts major increases in traffic. It forecasts more than double the traffic on Māpua Drive and Higgs Road, triple the daily traffic on Seaton Valley Road, and around 3,400 additional vehicles every day on a new collector road linking Seaton Valley with Māpua Drive. To accommodate these changes, street parking would be removed from long

sections of these roads—a significant change given the community's response to the Streets for People project.

The report identifies three key intersections that would need to be upgraded to handle the additional traffic. A comparable upgrade at the Lower Queen Street/Berryfields

Drive intersection was estimated to cost about \$5 million. Tasman District Council's 2024–2034 Long Term Plan also includes \$44 million for growth-related infrastructure, much of which was already identified in the 2018–2028 Long Term Plan.

The last Census recorded about 1,600 residents in Māpua and 800 in Ruby Bay. If Plan Change 81 is fully developed, more than 3,000 new residents could join our community. They will rely on the same roads, schools, health services, emergency services and other community facilities—many of which are not addressed in the plan itself.

Whether or not the Council considers you an "affected party," the long-term consequences of Plan Change 81 will be shared by the whole community.

We are all affected.

Please take the time to make a submission and share your views on the future of our rural village.

Bruce Struthers





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Let Down on My Special Day

For most people born in New Zealand, citizenship is something they receive automatically. For the 42 of us who stood together on 24 June at the Holy Trinity Anglican Church Community Centre to become New Zealand citizens, it was something earned through years of commitment, sacrifice, and hope.

We came from 20 different countries. Some were young children, others elderly. Each of us arrived with a different story, but we shared one dream: to finally call New Zealand home.

The invitation asked us to dress smartly and even encouraged us to wear our national dress. We took that request seriously because we understood the significance of the occasion. People arrived looking their very best. Proud smiles, polished shoes, and one gentleman wearing his kilt all reflected the respect we felt for New Zealand and for the privilege of becoming its citizens.

Then Mayor Tim King arrived.

While every new citizen had dressed to honour the occasion, the person representing New Zealand looked as though he had been interrupted halfway through a day on the farm. There was no suit, no tie, and no mayoral chain—the symbol of the office and the community he was there to represent. The contrast could not have been more striking.

Clothes alone do not define a person, but they do communicate something. On this occasion, the message many of us could not help but take away was: *you made an effort, but I didn't need to.*

That hurt.

A citizenship ceremony is not just another appointment in a mayor's diary. It is a once-in-a-lifetime milestone. It is the day people swear allegiance to their adopted country.

It is the day they become New Zealanders. If any occasion deserves dignity, ceremony, and respect, surely it is this one. Respect for the office is not old-fashioned; it is timeless.

Instead of leaving fully welcomed into the New Zealand family, I left feeling deflated. I couldn't shake the feeling that the significance of our achievement had been treated too

casually. Whether intended or not, it felt disrespectful to those of us who had worked so hard to earn the privilege of becoming New Zealand citizens.

The irony was difficult to ignore. Forty-two people from around the world dressed to honour New Zealand. The one person there to represent New Zealand did not appear to believe the occasion deserved the same level of effort.

That disappointment should not overshadow what was otherwise a wonderful day. The council staff organised the ceremony with warmth and professionalism, and the children's performances made the celebration joyful and memorable. They helped make our citizenship ceremony a day I will always remember—for both the right reasons and one that I wish had been different.

Víťa Otrubová



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Is Māpua Heading for the hills? — Opinion from Jan Heijs

Sea level rise is coming, and Māpua will be affected. Most people now accept that.

During the Māpua Masterplan process, I repeatedly asked why the lower-lying parts of Māpua were not included in Council's long-term vision. I wanted to know whether this was because of sea level rise. I never received a clear answer.

Those questions did not appear in officers' reports, and councillors were silent on this issue. As a result, the Masterplan gives no real future vision for some of the oldest parts of our village.

Now, while reading through Plan Change 81, which is open for submissions until 3 August, I suddenly see that freeing up land along Seaton Valley for development is partly justified as a way to let people move away from those areas affected by sea level rise. Mayor King recently confirmed this reasoning in a radio interview.

It looks as though Council has already decided what climate adaptation means for Māpua: shift development away from low-lying areas and towards higher ground.

Not fight, but flight!

If that is the plan, the community deserves to be told clearly and fully consulted. Central government recently announced the requirement for Councils to develop Climate Adaptation Plans, but with funding remaining unresolved. Not sure how that can work. Climate adaptation without funding is like planning without delivery.

Don't get me wrong: I fully recognize the risks of sea level rise, and I am not a climate change denier - quite the opposite. But there is something fundamentally wrong with the way Council has approached this issue and Plan Change 81.

I had a look at the current predictions on NZ-Searise. The table below shows the predictions for Māpua, including Vertical Land Movement (yes, we are sinking as

well). The numbers matter, because they show the likely timing of the risk.

Year	2-4.5°C warming	3-7.0°C warming
2050	~ 0.27 m	~ 0.29 m
2100	~ 0.63 m	~ 0.80 m
2150	~ 1.02 m	~ 1.37 m

The flooding maps used in the Masterplan process suggest that the most serious increased risk may still be 50 to 100 years away, perhaps longer.

Plan Change 81 is meant to address housing needs over the next 10 to 30 years. That means land along Seaton Valley could be developed well before low-lying residents need to move. By the time that move becomes necessary, the land may already be used.

Council has committed to developing climate adaptation plans with the community. But this feels similar to the Masterplan process: Council appears to be moving toward an answer before properly asking the people who live here.

I accept that major infrastructure investment in flood-prone areas may need to be questioned. But that is not the same as giving up on those areas altogether. Surely Council wants to look after our people and spaces as long as possible?

Buildings often last 50 to 100 years, even longer. With the right (climate proof) standards, why should we not be able to revitalise the village centre. Why can't we allow for some mixed-use with more business opportunities combined with 1-2 bedroom homes.

If people want to rebuild or redevelop in lower Māpua, what will the rules be? What standards will apply? And who really gets to decide the future of the village?

Nelson / Tasman |

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Weightlifting

If your mental picture is buff blokes with bulging biceps, grunting and glowering in full-length mirrors as they heft metal around – (RIP Les Mills) – think again. Welcome to Baby-Boomer Weightlifting, the new black in exercise regimes.

The NZ population is ageing. By the mid-2030s, one in five of us will be over 65. We're living longer, and the associated costs – health care, superannuation, affordable retirement – are increasing. We're being urged to take care of ourselves, so we don't become a burden on families, or an over-stretched health system.

The current flood of news and online marketing advice exhorts us to start **weightlifting**. Sift out the product ads, the pleas to "buy this magical supplement". Discard Size 8 bimbos in skimpy clothes with bejewelled belly buttons flogging "workout" routines on YouTube. Forget the "download for free" exercise charts that get stuck on your fridge and forgotten.

Setting aside the hype, weightlifting is the single most important thing you can do to improve wellbeing outcomes across every parameter, including healthy longevity. Research says that 90 to 120 minutes of strength training per week is enough to reduce all-cause mortality by 13%, compared to people not doing it. When combined with aerobic exercise, as in a group class, the risk of early death is reduced by 40% to 58%.

Because it mimics everyday activities, weightlifting is *functional exercise*. It strengthens the muscles we use habitually, so we can do stuff in the real world with confidence. You don't deadlift a 12kg weight in a gym because you can. You do it so you can safely crouch and pick up a grandchild. You don't press a dumbbell over your head because you can. You do it so you can get a heavy object off a high shelf.

Proper weightlifting teaches the correct use of muscles to perform everyday functions using safe techniques, so you don't hurt yourself. Up to 66% of ACC injury claims happen from accidents *in the home*! But weightlifting does more than that.

Benefits of Resistance Training.

- Weightlifting slows and can reverse **sarcopenia** –loss of muscle mass resulting from age or disuse. People in their 80s and 90s can achieve strength and muscle

mass gains of up to 30%, in just *two thirty-minute sessions a week*.

- Resistance training makes muscles work, which puts pressure on connective tissues like tendons. Tendons attach muscle to the skeleton, and bone cells respond to pressure by generating *new layers of bony tissue*, resulting in *improved bone density*.
- **Balance and coordination** benefit, especially when using "free weights" – dumbbells, bars, your own bodyweight or two cans of baked beans. Resistance training works best if you progressively increase the load you are lifting, so while baked beans are okay on holiday, having proper equipment at different weights works better.
- Healthy active muscles grow mitochondria. And you want more of these guys –tiny organelles inside every cell that *generate energy*. In muscle cells, with a mildly elevated heart rate, they combine fat cells and oxygen to make energy, which is why adding cardio to your weightlifting is a great combination.
- "Toned" ready-for-action muscles builds a reserve in case of illness or recovery from injury.
- It's good to be strong! Being able to "do it yourself" gives you confidence
- **Cognitive function improves**. This is the best bit. Blood flow to the brain, release of anti-inflammatory neurochemicals, and a reversal of shrinkage in crucial brain regions like the hippocampus occur during weightlifting. The parts of the brain involved in planning, structure, control and form activate.
- If you **SING** while doing it, even better! Weightlifting in a group, with music, releases **endorphins** like anandamide and serotonin, activated when people share a challenging, fun, activity. These essential brain chemicals induce a sense of well-being, reduce stress, and can alleviate feelings of anxiety.

How to do it.

For beginners, it's best to start with some professional guidance on technique. A Google search will bring up thousands of options for doing it at home, but getting some professional coaching at the start is a good idea.

If you aren't a "group" person, we're lucky to have an experienced one to one Personal Trainer in Māpua. Contact Mike on 02041489727.

The Moutere Hills Rec Centre has a gym and personal trainers. Go to their website or ask at enquiries@mouterehills.co.nz.

If the cognitive benefits to working out in a group, and doing this essential skill in a friendly, non-scary, non-competitive way appeals to you, see the advert on this page for details about regular classes in the Māpua Hall.

All gear provided, no smart dress code, great music, all over in 30 minutes twice a week, and at \$5 a pop, cheaper than a coffee... which you can share with your fellow-lifters afterwards.

Lynda Mabin.

WEIGHTLIFTING

New classes in Māpua, perfect for beginners and experienced lifters.

Average participant age is 65+ - no age limit. It's never too late to start; get immediate benefits in bone density, muscle mass, balance, strength, cognitive function and cardio-vascular health. You choose your weights, non-scary, dumbbells only, no bars. All equipment provided. Seated option available. Social, great music. No special coordination required, no dress code. Shoes must be worn. Short, high-intensity training, all over in 30 minutes. \$5.00 per session.

MONDAYS & WEDNESDAYS 8.25am Māpua Hall.

Contact Lynda 0272221491 or lyndamabin@gmail.com

PRIOR to turning up so we can discuss health issues etc.



The Coastal News is edited by Andrew Earlam, Mary Garner and others. Views expressed are not necessarily those of the editors. Distributed 1st of the month. Deadline for copy to news@coastalnews.online is **20th of the month** prior to publication.

Ruby Coast Running Club

In June our runners and walkers took part in the Māpua Sprig & Fern 10km event. This was the first event in this series for the year. Subsequent events are scheduled to be held in Richmond, Brightwater and Motueka in August and September. These are fun and social events organised by the Waimea Harriers with refreshments and prizegiving at the local Sprig & Fern afterwards.

It was a lovely sunny day for the Māpua 10km. Our runners and walkers enjoyed the social event and the scenic but very familiar course, which started at the domain and headed out towards Ruby Bay along the Great Taste Trail. We had some great results too with David being placed third overall in the walk. Well done!

With the inaugural Nelson Marathon having been cancelled last year due to the weather conditions it was great to have some calm and sunny, albeit very chilly, conditions for the event this year. Probably one of the coldest mornings of the year with plenty of frost and even some ice under foot. However, once we got going and warmed up, the conditions were near perfect for running.

There were wonderful views along the course which started adjacent to Saxton Field and followed the Great Taste Trail out to Rabbit Island. The full marathon involved completing a loop of the island and returning back along the Great Taste Trail to the finish line, and the half marathon ended at the Rabbit Island beach front.

We had a small but very successful group of runners take part, with all of our runners winning their respective age group. Well done Mark and Faye, both placed first in their age groups in the full marathon, and Karen who was placed first in her age group in the half marathon.



Mark and Faye (marathon), and Karen (half marathon)

Our regular Thursday 5 km events have been continuing right throughout winter. We do have fewer runners and walkers each week compared to the warmer months. However, we still have a good number of keen participants venturing out on what have been some quite cold and dark evenings. We have also had a few new faces join us recently which is great to see.

We meet in front of the playground by Māpua Hall for our Thursday 5km events. 5:15pm for walkers and runners who need more than 30 mins to complete 5km, and 5:30pm for everyone else. No need to register, no fee to pay. Just arrive a few minutes beforehand to sign in and to listen to the course briefing. Although well past the shortest day, it is still quite dark and so bring a head torch. Join us afterwards for well-earned refreshments at the Māpua Sprig & Fern.

Māpua Community Library

Winter hours: August 2-4pm daily.

Fundraising **Quiz Night** Wednesday 16th September - book a table now at the Sprig & Fern Māpua.



Many thanks to everyone who supported our Book Sale on Sunday 12th, we raised \$1,043 which will go towards our book purchasing funds.

The next exhibition at the library are works from David Kemp and will be on display from the 18th July through to the 29th August, do pop on down and check them out.



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Māpua Health Centre news



Did you know that we provide Travel consultations? We have trained staff to advise you on and administer appropriate vaccinations and discuss other requirements that may be needed for overseas travel. As this is a specialised service, please contact our reception team for pricing and to make a booking.

A reminder that our Nurse Practitioner Irene, offers a full skin check service. The cost is \$250 for a 40-minute appointment. Our reception team will be happy to find you an appointment. Please reach out to them on 03 540 2211.

It is daffodil day this month in support of the Cancer Society. 1 in 3 New Zealanders will get cancer in their lifetime. 1 in 3 is a lot of us.

Daffodil Day is our country's chance to work together and change the experience of cancer for every New Zealander. We all know someone affected by cancer and the toll this takes on them and their friends and whānau. But there is hope.

The Cancer Society helps to fund cancer prevention policy and life-saving cancer research, and provides support and hope to cancer patients and their whānau from diagnosis through to post-treatment.

There are also things that we can do to decrease the likelihood of getting cancer. The results of numerous clinical and epidemiological studies clearly show the

influence of lifestyles on the development and prevention of cancer.

An incorrect diet, composed mainly of saturated fats and processed products, resulting in increased body weight, combined with physical inactivity, alcohol consumption, and smoking, has induced an increase in the incidence of cancer (*Nutrients*. 2024 Mar 11;16(6):80).

There is convincing evidence for lowering colon cancer risk with less alcohol and red meat and eating diets high in dietary fibre, including adherence to a Mediterranean diet, a pesco-vegetarian or semi-vegetarian diet. (*JAMA* February 16, 2021).

We also know that sugar is not good for us, but even some artificial sweeteners can lead to cancer, especially aspartame which has been associated with a 22% increased risk (*PLoS Med*. 2022 Mar 24).

Important events for the month include:

1-7 World Breastfeeding Week

worldbreastfeedingweek.org/

9 International Day of Indigenous People www.un.org

10-16 Women's Health Week womenshealthweek.nz/

12 International Youth Day

www.un.org/en/events/youthday

28 Daffodil Day – Cancer society NZ

www.cancersociety.org.nz



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Book Reviews *by Hilary Clifton*

Laughing At the Dark by Barbara Else

Penguin Random House New Zealand 2023

Northbound: Four Seasons of Solitude on Te Araroa by Naomi Arnold

Harper Collins Publishers (New Zealand) Limited 2025

Do you subscribe to Goodreads? I find it inspiring and 'follow' a couple of my reader friends. It's always good to track what they're reading which leaves more time to chat about other things when we meet, or to discuss our favourite and unfavourite reads further.

I was despairing of finding any 5-star books this year, until the last month or so, and suddenly I have a wealth to choose from.

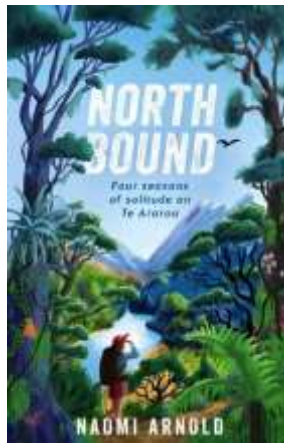
Both books I'm reviewing this month are about Aotearoa women and both memoirs of personal journeys. The first by Barbara Else, is about a mid-20th century journey and the second by Naomi Arnold is about an early 21st century journey. Both are exceptional.

Both authors are characterful (I looked that up, it *is* a word), individual, engaging and I strongly relate to their journeys. Both are female and struggle as we mostly do, with expectations, including of ourselves, self-sabotage, relationships and societal and physical strictures – both real and imagined.

I was able to relate to both Barbara and Naomi. In fact, I won't be able to bring myself to find fault with either of these clever authors, lest I offend my 'friends'. How very mid-century of me.

Laughing At the Dark by Barbara Else features mostly short reminiscences which make up each longer chapter.

She captures moments, both momentous and at the time inconsequential, that illustrate her journey as a child, a young woman and onwards. Life hasn't been easy, but how much of that is because as a creative, life is often harder or because her memories are hewn from discomfort bordering at times on unhappiness.



Naomi is also an exceptional writer, able to convey her journey from the bottom to the top of Aotearoa through the worst of what our rugged environment can throw at her (and anyone else who tackles it).

I share an interest in all things outdoors, wild and natural and whilst various real and imagined physical strictures relating to my age and body, limit my participation, they do not take away in the least from loving every

moment of the book.

The setting is the Te Araroa route (track is too kind a word) but the story is about the journey. The outrageous goal and the doing of it. Naomi's language is simple but effective. It conjures up the landscape, the awesome and fearsome terrain, the exhaustion and the joy.

I also enjoyed the swears bits and found them humorous, perfectly timed, absolutely appropriate and actually, poetic.

I'm not going to give you any more detail - you can look them up on Goodreads or wherever you get your reviews; suffice it to say, they're likely to remain on my 5-star reading list forever. Brilliant.

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The Heat on Cycling with Jim Vause

Cycling on a torture (manual) bike up an 8% slope to a hill-top French village in a 34-degree European heat dome is either type two fun or just plain stupid but it does bring home the undeniable reality of climate warming.

These were record temperatures for May in Provence and were only the first such events of this northern summer. That not one of the fellow travellers we met on our two-month sojourn through Europe was a climate denier is paradoxical, given that most of us had flown at least 3000 km just to get there.

That's proof of Peer Gynt's procrastination meme: "Knowing it, yes. Wishing it, yes. But doing it, no." Alas, such is human intelligence that, even when science has proven beyond reasonable doubt, in fact any doubt, that green-house emissions are the cause of our warming earth, actually doing anything about it seems impossible for our species.

Often, when first meeting fellow heat-afflicted travellers, the opening conversation lines were establishing commonality of climate beliefs, except when meeting Americans, for they always preceded any such sharing with a clear denial of faith or belief in their President. I don't blame them when he was the cause of the sky-high fossil fuel prices but that didn't matter to us. Shanks's pony running costs are immune from Donald's delusions of world dominance.

Cycling in Provence was only a week of our vacation. We also rode from Venice to Poreč in Croatia, trekked around parts of the Dolomites and managed three weeks riding in The Netherlands, of which two were during the second heat dome of early summer. While hill-top villages are an oxymoron in that country, it did mean that escaping the heat by riding up a mountain was not an option, so we resorted to other measures to keep cool.

Venturing off early prior to the heat of the day proved difficult, not merely because sleeping during a sweltering tropical night is next to impossible, but also because, even by 10am, it was 32 degrees and heat dome weather meant

blue dome days. The UV wasn't as bad as NZ, but that did not prevent the sun from roasting us.

We also proved that, as nice as a cool beer at a road-side café might be, it did not rid us of the hot breeze that made us wish for a nice Canterbury nor'wester. Neither did another beer.

Two tricks however, saved our souls. E-bikes come with their own air cooling. Sure, in towns, the radiant heat of buildings and road surfaces was intolerable, but once in the country lanes, temperatures would drop by a few degrees and, with the aid of a few watts of electric power, the wind in your face made life enjoyable.

But perhaps the most vivid benefit was cycling in the forests. Everywhere we cycled in the eastern Netherlands, a lovely green deciduous forest could be found within a few kilometres of any village centre and the air in those forests was cool and refreshing.

It wasn't like good old Aotearoa, where you have to cycle for miles to get to a decent copse of trees, which are usually a dry monocultural undergrowth-deficient collection of grotty old pines. No, the Dutch have it sorted. They know the benefit of some decent greenery close to town, a benefit now also well established by research as being good for the wellbeing of us humans.

Now all we have to do is persuade our coalition politicians of this. Plant baby, plant.



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Motoring with Frederick

Nissan Leaf EV. A smart idea for Cedric & Anna

A Nissan Leaf is one of the now many totally electric cars available in the world. Car, battery and electric engine only, with no back up petrol generator included. Latest models have this option.

Why is the Nissan Leaf called a Leaf? I suppose you could say it is a clever marketing ploy to have a zero-emissions car called something that is part of the natural environment. However, LEAF stands for Leading Environmentally friendly Affordable Family car.

A battery-powered car in rural New Zealand always brings a warning light up in my head. As I drove up to Cedric & Anna's house, I was thinking what angle I would write about and even what to ask, but Cedric and the car had all the answers.

Cedric & Anna have made a very smart move. They had solar panels fitted to the house for domestic use some years ago, but when the power company wouldn't buy the excess power, they bought a 2012 Nissan Leaf to use the solar energy.

A smart investment to charge the car totally from their solar panels and use the Leaf for town and around driving. You can't beat that.

The Leaf interior is well set out with the usual fittings and bells and whistles, with nice velour upholstery with bold stitching. The gear stick is a button/ knob which has P on the top for Park. To drive forward you push the button down & forward, and down and back for reverse, but it then jumps back to the P position which I found a little disorientating as for years all car selector/gear sticks' position visually told the driver the car was in gear. The steering wheel has radio and cruise control buttons on it, but the star of the car was the speedo cluster and the information it gave to the driver.

A split instrument cluster has two separate areas with a needle display speedo above and a screen with the most important information below. This screen displays a bold number indicating how far you can go, but remember, you have to get back again so a 60km journey is really 120km. The kilometres displayed will diminish as you drive depending on battery capacity.

Also, the equally important battery capacity is indicated and the charge draw-down, which is a series of white circles that indicates with increasing black dots how much capacity is being drawn from the battery. Floor it and all

the black dots come up and the distance you can go goes down equally.

There is whirring noise as you start moving which I later read is a pedestrian warning which fades away at 30kmh. It is nice and quiet motoring along, much like being in a big luxury car which I found peaceful, bar a bit of wind noise.

I was very conscious of watching the current draw-down with 100kmh showing three bars once up to speed. The car does have an eco-button which governs the acceleration so as not to pull too much battery power, which is recommended for use around town only.

It is painted a nice electric blue and the body is based on a Nissan Tiida with all the space and comfort to match.

Under the bonnet it looks just like any east/west front-wheel-drive motor and even has a 12V battery to run accessories, which if you don't know may have you thinking its petrol.

Some questions I put to Cedric and his answers told me you have to change your thinking when you own a battery car. What happens if you run out of charge? Don't go somewhere if you

can't get back, or tow it.

Does your wife like the car? She loves it. Where else can you charge it? Richmond, Nelson & Motueka have fast charging stations at Supermarkets.

The environment and Trumps Middle East war have changed the way we perceive cars. One time we wanted our cars to go fast and be sporty but now it's all about economy and environment.

Following information is via Mr Google where I tried to compare a 2012 Tesla S and the 2012 Nissan Leaf generation Z1 but specs on the car from Google are all over the place. I could not guarantee they would be correct. So, cost of battery replacement 2026: on a Tesla S from one source \$15,000. On a Nissan Leaf \$3,000 - \$8,500 depending on battery capacity. 2026, cars on NZ roads: Teslas - 20,000; Nissan Leafs - 26,000.

Going on these numbers NZers are accepting electric vehicles. The Leaf was comfortable, easy to drive, good vision and went like a rocket when floored!

Yes you can drive to Christchurch in some more expensive all electric vehicles non-stop, but smaller EVs need the charging stations on route.

Frederick Cassin



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Our latest news & adventures



Networking & Youth Film Evening

Thursday 27 August | 5:30 pm - 7:30 pm

We have partnered with Mahitahi Colab in Māpua to host an inspiring evening that will include a special screening of films from our Youth Outdoor Film Competition, followed by networking over a glass of wine and some nibbles. It's free to attend. You can register via the Nelson Tasman Chamber of Commerce website (commerce.org.nz) or email us and we'll send you a link.

Shop at Macpac, support Whenua Iti

Next time you are heading outdoors and need the right gear, head to Macpac and ask to **support the Whenua Iti Outdoors MAP fund**. You'll get 30% off RRP **AND** 5% of your total purchase will go into a fund for Whenua Iti Outdoors as part of the Macpac Adventure Programme. This fund will help us to buy gear for participants on our programmes when they need it. A big part of what we do is ensure our participants can turn up having never experienced the outdoors before and we can kit them out - thanks Macpac!



Students pause to take in the view at the Farewell Spit Farm Park

Students help out at Farewell Spit

Students who took part in our Environmental Sustainability Trades Programme gave back to one of the places we love by supporting conservation work of the HealthPost Nature Trust. They were rewarded with a sighting of young shearwaters, as they checked and relocated traplines, released young trees from competing growth and helped maintain predator control efforts. If this sounds like your sort of learning, you can enrol on our Trades Programmes for 2027 through your local high school. They're free to attend.

Keen to work at Whenua Iti Outdoors?

We're currently hiring new instructors to start in October and are also on the hunt for a super star support in our office as a Programme & Systems Coordinator. For full role descriptions, the jobs are list on nz.seek.com and we'd love to hear from you.

We'll see you out there!

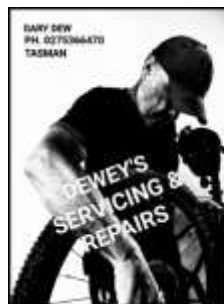
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Photo competition entries – variety and excellence

An emerging Cicada, a Caspian Tern in flight, children covered in mud and moody landscapes are among the winning images in the 2026 Māpua Maritime Museum Amateur Photographic Competition, now on display at the museum.

The 2026 contest attracted a record 216 photos from 48 entrants, eight of them children.

Judges Jane Smith of Chocolate Dog Studio, Māpua, and Jamie Brown of major sponsor CopyArt, said the standard of entry was higher than last year, making judging even harder.

Results in the Children's Categories:

People: Winner Asher Robinson, Runner-up Adelia Lamb, Commended Noah Fisher

Boats: Winner Oakley Hare, Runner-up Josie Lamb.

Nature: Winner Arlo Willetts, Runner-up Jacob Marcon Walton, Commended Josie Lamb.

Land/seascape: Winner Adelia Lamb, Runner-up Asher Robinson, Commended Jacob Marcon Walton.

Māpua Dawn Chorus Birds: Winner Daly Cullen, Runner-up Kaden Hare, Commended Daly Cullen.

Travel: Winner Asher Robinson, Runner-up Noah Fisher, Commended Arlo Willetts.

Over-all Children's Winner: Arlo Willetts.

Results in the Adult category:

People: Winner Annie Riley, Runner-up Hamish Ballantyne, Commended Vicki Ryan.

Boats: Winner Kathy Trott, Runner-up Vincent Alexander, Commended Nigel Philpott.

Nature: Winner Owen Fisher, Runner-up Hilary Hurst, Commended Barbara Brown.

Land/seascape: Winner William Robertson, Runner-up Mel Hansen, Commended Nigel Philpott.

Māpua Dawn Chorus Birds: Winner Brigitte Kreigenhofer, Runner-up Barbara Brown, Commended Charlotte Downey.

Travel: Winner Brent Hovenden, Runner-up Susan Hassell, Commended Jacinta Coe.

Over-all winner: Adults - Brent Hovenden.



Māpua rite of passage, Annie Riley's winning image in the People Category

The exhibition of all the entries continues until the morning of **Sunday August 2** and prize giving takes place in the Māpua Boat Club rooms from 4pm that afternoon.

A 2027 Māpua calendar featuring some of the photos from the competition will be on sale at the prize giving and then from Delicious Homewares.

Thanks to our generous sponsors: CopyArt, Coolstore Gallery, Wharf Shack, Māpua Dawn

Chorus, Java Hut, Rabbit Island Coffee Co, Bruce Batty of Summit, Delicious Homewares, The Smokehouse, Jared's Fruit and Veg, Apple Shed and Jellyfish, Split Apple Rock Cruise, Earth & Sea Jewellery, Darby & Joan Māpua, Māpua Ferry, Sprig & Fern, Hamish's, The Indian, Māpua and Māpua Pharmacy.

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Māpua Hall News

August 2026

72 Aranui Road Māpua

Mapuabookings@gmail.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEIGHT/PILATES WITH LYNDA 8:30 – 9:45AM	SIOUX LINE DANCING 9:00AM-12:00	WEIGHT/AEROBICS/PILATES WITH LYNDA 8:30 – 11:00AM	M. A .G MĀPUA ART GROUP 9:30-12:30	CARDIO/WEIGHTS & PILATES WITH LYNDA 9.00 – 11:00
DELIAS DANCE DIVAS OPEN DANCE 10AM-11.00AM	PANZ PASTEL ARTISTS OF NZ 9:00 – 12:00	YOGA FOR HEALTHY LIVING 09:15 – 10:45AM	PILATES/ YOGA WITH KRIS 10.00-11.00AM	YOGA WITH MARTIN 9.15 – 10.45AM
MINDFUL MOVEMENT WITH TILLY 11:30 – 12:30PM	DANCE WITH COURTNEY 15:45 – 16:45	MINDFUL MOVEMENT WITH TILLY 11:30 – 12:30PM		
BROGA- MENS YOGA WITH NIKKI 5.30-6.45PM		CHAIR YOGA WITH YVONNE 14:00 – 15:00PM		
	YOGA WITH MARTIN 18:00 – 19:00PM	YOGA WITH RACHEL 18:30 – 19:45PM	MĀPUA COMMUNITY CHOIR 19.30-21.00PM	
MAPUA & DISTRICTS COMMUNITY ASSC MONTHLY ON THE SECOND MONDAY 18:30 – 21:00pm	BOARDGAME NIGHT WITH RICHARD 19.00PM- 23:00PM	MĀPUA FOOTBALL 17.30-19.30PM		

Māpua Hall Makers Market



September 13th 10-2pm

Save the date

Our famous Māpua Makers Market is back on
September the 13th

Our market showcases local artisans, from
skincare to wool, wood to pottery and everything in
between.

With over 40 plus stalls, there is something for
everyone at the Māpua Makers Market.

*This is a fundraising event and all proceeds from koha
entry donations and café sales will go towards supporting
our*

Māpua Community hall.

The Tasman National Art awards 2026

Official opening and presentation of Awards

Saturday 26th September 7.30pm. (Doors open at 7pm).

Exhibition open to the public

Sunday 27th Sept 9.30am to 4.30pm daily through to Sat 10th Oct.

Closing of exhibition is Saturday 10th October at 4.30pm.

Mapua Hall office is open: Mon-Friay 9-12pm. Email bookings to :Mapuabookings@gmail.com

Makers Market – a Māpua Hall fundraiser

Fun, Funky, Fabulous

A Makers Market Profile - Daylight Design, Pip Day

It must be a bit like being head hunted – the surprise and gratification to be contacted out of the blue by a random NZ gallery wanting to stock your art work. This is what has happened to Pip. She has never approached any shop or gallery; they have all contacted her after seeing her work online.

Daylight Designs features original, handmade, one-of-a-kind jewellery and art; designed and created in Nelson. People are welcome to pop round to her studio and purchase items on site.

Pip started with a design degree in Wellington then began making earrings with polymer clay. Very colourful and bright. Her work got picked up by a shop in Lyttleton, Henry Trading who saw the jewellery online. They get all the cruise ships down there and so it all began.

Most of Pip's outlets are in the South Island although her work has just been picked up by Toi Gallery in Tauranga. They found her too. More head hunting. It was the same with Wellington City Art Gallery although they are currently closed for earthquake strengthening of their building.

But Pip doesn't just make jewellery, she is into all sorts of artwork: sculptures, paintings, mini framed canvases, polymer stud earrings, painted recycled wooden 3D blocks. You can see some of them at Rabbit Island Coffee at Māpua wharf. There will be a bit of everything at the Makers Market in September.

Covid was the catalyst for Pip to change tack. It became very difficult to get polymer clay which is made in the States and after reading about a woman in Australia who was painting jewellery on Yupo paper, Pip thought, 'I can do this'. So she has!

Yupo paper is a 100% recyclable synthetic paper made from polypropylene instead of wood pulp. It is completely waterproof, tear-resistant, and features an ultra-smooth, non-porous surface that doesn't buckle. Pip uses a

diamond coat resin on both sides of her Yupo paper jewellery to add lustre and to seal in the design. The earrings take a lot of intricate work – very labour intensive. The result is extremely light, easy to wear jewellery.

But Pip is still making polymer clay studs and uses leftover clay to make little sculptures. Nothing gets wasted.

And if you happen to own a pair of Pip's polymer clay earrings, value them as they are unique and irreplaceable!

Daylight Designs can be seen on Instagram and Facebook.

**Māpua Makers Market 13th September
10am – 2pm**

The Makers' Market is an eclectic mix of professional and amateur makers. Some new to the market scene and some old hands. As a fundraiser for the Māpua Hall, the committee tries to ensure a good mix of crafts – textiles, jewellery, woodwork, homeware, clothing, toys – always something different to choose from. Each of the makers is selected on the quality and individuality of their products.

The very popular hall-run café overlooking the Domain, serves cakes, mini rolls and sandwiches along with Pomeroy's coffee. Perfect for a relaxing sit down and a break from the rigors of shopping.

All profits from the market stall hire, the cafe and the koha (gift) on entry go towards the upkeep of the Māpua Hall which is owned, operated and funded by the local community.

Makers in the wider area who make contemporary, quality products are welcome to apply for a place at our markets and can register their interest anytime at :

mapuamakersmarket@gmail.com. When applications open, you will be asked to apply via an application link.

The September Makers Market will be a tad early for Christmas but perfect for those people who loathe the crowds and like to have all their Christmas shopping done and dusted to avoid all that mayhem.

Māpua Makers Market 13th September 10am – 2pm

Mary Garner, Māpua Hall Committee



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Kids Club Update

In September 2025 we started a Kid's Club - a fun, safe and intergenerational space for school children to meet every Thursday from 3-5pm. We started with eight children and we have now capped our number at 30 with a



waiting list. We have two leaders and a team of 12 wonderful volunteers in their senior years (grandparents).

The children are collected from school and walked to the Hills Community Church lounge where they are welcomed with a delicious afternoon tea. Activities provided have included knitting, sewing, kite making, cooking, art and crafts, games and construction. This year the children have enjoyed making papier mâché puppets, building a puppet theatre and producing a show.

Many children in our village don't have grandparents locally or even in New Zealand. It is so special to see the children forming relationships with our volunteers. Due to the programme's popularity and increased number of children we are looking to further increase our team of volunteers so we can operate a roster. If you can spare a couple of hours fortnightly on a Thursday during school terms, pop in and see if you would like to join us. The rewards are huge for both young and old alike. For safety purposes police vetting is required.

Please ring Emily 0278688752 or Robyn 0212362845 to find out more. We would love to hear from you.



What's on during the week at HCC?

Sunday: Morning Service - 9:30am

Worship and fellowship followed by morning tea.

Wednesday: KidsnKoffee – Community Playgroup

10am to 12pm. *A great space for all the whanau*

Thursday: Pray and Chat – 10:00am.

An opportunity for prayer, discussion & a chat over coffee.

Senior Moments – 10:00am to 12:00pm – second and last Thursday of the month. *A place to connect. Friendship, food, events and relevant information.*

Kids Club – Every Thursday after school until 5pm.

A multigenerational fun afternoon of learning and sharing for primary school kids. Arts & crafts, drawing, painting, knitting, music, cooking & more.

Friday: Craft and Coffee – 1st & 3rd Fridays 10am to 12pm.

If you love all things "crafty" come along & join the group.

Throughout the week: Life Groups

Drop in for coffee, chat or just a quiet space.

Sunday Services through the month at HCC.	
	Café Church An opportunity to worship, learn, and chat in an informal setting – while enjoying croissants and fresh coffee. 1st Sunday of every month 9.30 am
	Holy Communion A traditional Anglican Holy Communion service. Sharing bread and wine together as a church community. 2nd Sunday of every month 9.30 am
	Family Praise and Worship Come together to worship God through song, prayer, listening to and hearing the Word of God. 3rd Sunday of every month 9.30 am
	Holy Communion Based on the Iona tradition. Sharing bread and wine together as a church community. 4th Sunday of every month 9.30 am
	Celebration Sunday Coming together as a church community to celebrate the different themes running throughout the year. Followed by a shared morning tea. 5th Sundays in the year 9.30 am

WELCOME TO:
SENIORS CONNECT

Elder Care Support
and our social connection time of:

SENIORS CONNECT CAFE

Yes, we've changed a few things but continue to provide a warm and welcoming environment where people of retirement age and on can enjoy friendship and conversation over a delicious morning tea.

We also arrange a variety of activities for these meetings including:

- guest speakers
- relevant information
- local interest
- outings
- and much more 😊

Community, Friendship, Support
 is what we are all about.

Come and make some new connections.
We look forward to welcoming you.

Keep a lookout for monthly updates
For more information contact:

Hills Community Church
 Phone 03 540 3848
 office@hillscommunitychurch.org.nz
 www.hillscommunitychurch.org.nz

A twice monthly get together
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 Mahana Lounge
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Hope Bypass, Growth, & an Honest Conversation About Congestion

Recent announcements from NZTA regarding the Hope Bypass have prompted considerable discussion about what they might mean for the future growth of our district.

I asked Council staff whether those announcements should cause us to revisit some of the assumptions underpinning the growth strategy, including the Future Development Strategy and Plan Change 81.

Their advice is clear. Staff do not consider the recent NZTA announcement to alter the assumptions underpinning either the Future Development Strategy or PC81, which assign significant growth to Māpua. They remain confident that the current growth strategy and intensification approach are appropriate, and they advise that the growth areas proposed through PC81 were not dependent on the Hope Bypass proceeding.

Staff have also reiterated a point that is well understood by planners and transport specialists: growth located further from employment, services and commercial centres generally creates greater transport challenges and higher levels of car dependency, than growth within or adjacent to existing urban areas.

Having reflected on that advice, I believe the discussion now needs to move beyond the question of whether the growth strategy is technically sound.

Council staff have provided their professional assessment and, in their view, the strategy remains robust.

The question I am left with is a different one: have we had a sufficiently open and honest conversation with the community about what future growth may mean for congestion and transport outcomes if major transport upgrades remain uncertain or further away than many residents expected?

Growth is important. It helps address housing demand, supports economic development, and creates opportunities for future generations. Even though some might argue against this, our district cannot simply stop allowing for growth – it is a legislative requirement that we plan for it.

But growth also involves trade-offs, and those trade-offs can differ depending on where and how growth occurs.

New housing inevitably increases demand on transport networks.

If significant growth proceeds in Māpua while major transport upgrades remain some time away, what should residents realistically expect in terms of congestion, travel times and everyday transport experiences?

These are not arguments against growth. Nor are they arguments against the work undertaken by staff.

Rather, they are questions about transparency, expectations and public understanding.

Communities are generally willing to accept trade-offs when they are clearly explained. What people find more difficult is when the implications become apparent only after decisions have been made.

As we continue planning for the district's future, I believe residents deserve a frank conversation not just about the benefits of growth, but also about its costs and consequences.

If growth is the destination, then we owe the community an honest discussion about the journey – and what it may mean for the roads many of us rely on every day.

That conversation is worth having, and I would be interested to hear residents' views.



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Aug/ Sept 2026

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**August 22nd
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**August 29th
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6 Bands!**

**Sept 5th
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Stand Up Comedy**

**Oct 10th
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**Oct 30th
Penny Ashton**

**CHRISTMAS PARTIES ARE
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The Write Bias

Māpua Bowling Club est. 1927

We are located behind the Māpua Tennis courts.

The club rooms are getting a face lift over winter, with a total inside repaint thanks to club member Denzil. Also some paint being donated from Bunnings and the disability toilet alteration thanks to Base Line Builders and the Lottery Commission. A wheelchair ramp will also be available for access to the Green. (Our mission: be kind, be inclusive, be respectful.)

The season opens in September. Come and have a go.

The clubhouse and facilities are available for hire.

For special family occasions, anniversaries, etc. For bookings and information contact secretary Di Blanchet 021 0773 445 or blanchet.tadmor@xtra.co.nz.

Māpua Club member, Steve Delaney is representing NZ at the International Blind Bowls Association World Championships January 2027. We are raising money via the raffle below which will be drawn under supervision at Māpua Bowling Club when 100 tickets are sold.

Peter Wood, Publicity



Winter Feast

What a wonderful time was had by all on Wednesday 15th July at our Winter Feast event hosted by Senior Moments (Now Seniors Connect).

Over 50 people from the community attended and we were so pleased to welcome a group from Brightwater and friends invited by our Seniors group and church members.



Community, Friendship and Support was so obvious the moment anyone entered the room. Chatting, laughter, smiles, welcoming new people and catching up with old friends. So much remembering and looking forward.

"Have we really been here for 3 hours. We hadn't noticed!"

It was so lovely to sit back and listen to the beautiful voice of Hannah Thompson-Holloway, and we also enjoyed a fun singalong which rounded off the occasion perfectly.

And of course, a Winter Feast was indeed a great feast and made possible only by the amazing team who worked tirelessly bringing together a delicious meal and a beautiful room setting which we all enjoyed VERY much.

We are glad that everyone had a great time, and here's to the next Feast!

Māpua Craft Group

On a cold yet sunny day we met to enjoy morning tea at the Vanilla Bean Cafe near Oakwoods in Richmond.

Joan showed us the beautiful cards she has made for sale at Motueka on the forthcoming Daffodil Day on the 28th of August.

Following a suggestion, we will attempt to tie our scarves to perfection following the illustrated booklet by Suzanne Paul. All you need is a scarf, square or oblong and a clip or brooch - (I have some).

We encourage you all to come and try this on 7th or 21st of August between 10am and noon in the Mahana room at Hills Community Church.

We bring and share morning tea and magazines, donating a \$3 koha to cover the cost of the room hire. The group encourages you to bring along any craft you enjoy and show us your skill as we learn from each other.

Further information from Barbara on 5403901





Māpua Fire Brigade



June to July 26 call outs

- 16 June 14:25 Alarm activation Māpua Mall, nothing found.
- 22 June 03:10 Alarm activation Moutere Highway, nothing found.
- 26 June 03:40 Alarm Activation Shed 4 Māpua wharf, nothing found.
- 27 June 10:17 Medical Apple Vallery Rd, stood down by ambulance.
- 27 June 21:46 House fire Parker St Motueka, help put fire out.
- 29 June 00:54 Alarm Activation Shed 4 Māpua wharf, nothing found. Short crewed.
- 8 July 18:29 Alarm activation Aranui Rd, found smoke detector, pulled battery.
- 15 July 20:47 Medical Foley Rd, stood down by ambulance
- 16 July 13:20 Meter box smouldering Moutere highway, stood down by Upper Moutere fire. Short crewed.
- 19 July 14:04 Smoke in area of Pinehill Rd, nothing found.

Call outs for the year = 54

For fire safety info go to - <https://fireandemergency.nz/>
For rural fire go to - <http://www.checkitsalright.nz/>

Never overload multiplugs.



When "A Little Chunky" Isn't So Cute

"He's big boned."

"She loves her treats."

"He's just fluffy!"

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Feeding our pets is one of the ways we show them love.

But here's the thing: even a few extra kilos can have a big impact on your pet's health.

Extra weight places added strain on joints, makes movement harder, and increases the risk of conditions like arthritis, diabetes and heart disease.

Let's be honest... some pets (and perhaps some owners!) aren't huge fans of the scales at the vet clinic. We've all seen the determined effort to get the dog on and off the scales as quickly as possible, hoping nobody notices the number. The truth can sting a little.

The difference is, your pet has no idea what the scales say. They don't care about appearances, they simply want to feel comfortable enough to run, jump, climb and enjoy life.

The tricky part is that weight gain happens gradually. Because we see our pets every day, it's easy not to notice those extra kilos creeping on.

That's why we don't rely on weight alone. We also use a simple **Body Condition Score**, assessing your pet's shape and body condition to build a more complete picture of their health.

The encouraging news is that even small changes can make a remarkable difference. Losing a little weight can ease pressure on joints, improve mobility and help your pet enjoy more happy, active years.



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Vetlife

Animal Health Partners

Throughout August, our Vetlife Tasman clinics are offering **FREE Weight & Mobility Checks** with our veterinary teams.

It's a friendly, no-judgement opportunity to find out whether your pet is at their ideal weight and chat about simple ways to get them healthy and comfortable.

Because a healthy weight isn't about looking good, it's about feeling good.

To make an appointment at Vetlife Māpua phone 03 540 2329
We are open Monday - Friday 8.30am - 12pm + 1pm - 5.30pm

PANZ - Pastel Artists NZ

Have you ever tried working with PASTEL as a painting medium?

We would love to encourage you to the wonderful world of pastel art and send you a welcome to join us at the Bill Marris room of the Māpua Hall on a Tuesday morning (Feb-Nov) 9am to noon.

We welcome visitors and prospective pastel artists, and offer the use of pastels and paper for you to "try before you buy". Teas, coffees and biscuits are provided.



For further information, please contact our Nelson Area Rep, **Margie Bramley** on 027-257-1857

Or:- if you cannot attend the Tuesday morning group and would like to try painting with pastel, we have a Saturday morning session at Greenmeadows (Stoke) on the 3rd Saturday of every month. For further information, contact **Lyse Beck** lyse@lysebeck.com



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National energy expert

**to speak in Māpua on cutting household
 and business energy costs.**

As New Zealanders continue to face rising energy costs, one of the country's leading advocates for home and business electrification is coming to Māpua to explain how modern electric technologies can reduce bills, improve comfort and increase energy resilience.

Mike Casey, Chief Executive of **Rewiring Aotearoa** and owner of the world's first fully electric commercial cherry orchard, will present an evening talk at the **Māpua Community Hall** on **Wednesday 2 September, 7.00 pm.**



Casey has become one of New Zealand's best-known voices on practical electrification.

Rather than focusing on climate change alone, his presentations demonstrate how technologies such as rooftop solar, home batteries, heat pumps, induction cooking, electric vehicles and smart hot water systems can help households and businesses save money while reducing dependence on increasingly expensive fossil fuels.

The presentation will explore which technologies currently offer the greatest financial benefits, common myths about electrification, and how New Zealand's largely renewable electricity system is changing the economics of energy for homes, farms and businesses.

The event is being organised by **Local Matters**, a volunteer group of local residents concerned about the wellbeing of both people and the planet. Although these volunteers are Green Party members, the Local Matters events are intended to talk about issues, not politics.

Organisers say the evening is intended to provide practical, evidence-based information that helps people make informed decisions about future energy investments.

Entry is \$10. Tickets can be purchased online on Humanitix.com and door sales will be available if the event is not sold out. Supper included.

A question-and-answer session will follow the presentation, giving attendees the opportunity to discuss their own circumstances with Casey.

The Motueka / Māpua Local Matters team



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Noticeboard

Found: prescription sunglasses in their case, Monday morning 27 July along Aranui Road. If yours please message 0275005560 to collect.

Boat Club AGM: 16 September 7pm Boat Club Rooms, Māpua Wharf. Enquiries: Katrina mapuabcsecretary@gmail.com, 0211393945

Coastal Stringers & Singers meet at Māpua Bowling Club every Friday from 1-4pm. Please bring your ukuleles along and have some fun. A small charge of \$3 is required. Afternoon tea is provided.

Book Appreciation Group [BAG]: Māpua Library, second Wednesdays at 2:15pm. For anyone who enjoys books and talking about what they have read. Friendly and informal. Info: Rachel 027 358 6003 or just come.

Tasman Talkers: Develop speaking and communication skills in a friendly supportive environment. Club meets 6.30pm 1st & 3rd Wednesdays at St Johns rooms, Jack Inglis Hospital, Motueka. Supper provided. Info: Tristan 020 40994255 / Che 022 3189396

Justice of the Peace: Mary Garner, The Bluffs, 0210469626

Vinyasa Flow Yoga Classes. Tuesdays & Fridays 9.30-10.45am. Riverside community centre, Lower Moutere. \$15 drop-in. Contact Jo 0211709495

Tasman Area Social Walking Group: welcomes all to our Wednesday 9.30am walks. 60-90 mins walk & then coffee. Walks vary & support local cafés. Info: Fiona 021 232 6089

Nelson Branch RNZAF meets 2nd Saturdays at Phils Restaurant, Club Waimea, Richmond. ex RAF, RNZAF or others with interest in aviation. Contact: John Bethwaite, 035476634 or Trevor Squires, 039706644. Meal \$25.

Craft Group: please check with Barbara that meetings are going ahead. 03 5403901

Stamp & Coin collections in Māpua/Ruby Bay & the Moutere evaluated & purchased. Nick Ferrier 021 688243

Pastel Artists Nelson: meet Tuesdays 9am-noon, Bill Marris room, Hall. Visitors welcome. Marg: 027 257 1857

Māpua Women's Rec Group. Come and join our friendly social walking group. Meet outside Village Mall Thursdays 9.15am. Options for all fitness levels plus activities and social events. mapuarecgroup@gmail.com or just turn up.

Knit & Natter group now at Appleshed: 10am Tuesdays. Contact: Debbi 027 327 4055

Re-cycle Printer Cartridges at the library. Volunteers are happy to collect printer & photocopier cartridges and transport to recycling centre. Blue bin in our foyer.

Ruby Coast Newcomers Social Group: meet new people, make new friends. Coffee 10am last Fridays at Tasman Store and occasional social events. Just turn up. Vivien/Richard 021 526 6707 / 021 526 6700

Tasman Dippers: A casual collection of people who enjoy connecting with the open water. Year-round dips or swims in the sea at Rabbit Island. Info: www.tasmandippers.nz

Māpua Boat Club welcomes new members. No boat required. Social nights Thursdays 5.30 - 7pm at Club rooms on Māpua Wharf. Raffles, cash bar, snacks, regular guest speakers. To join, contact Secretary, Katrina 0211393945

Playcentre: behind the tennis courts at 84 Aranui Rd. Come & play – Mondays & Thursdays 9.30-noon during term time. mapua@playcentre.org.nz

Ruby Coast Running Club: 5k run Thursday nights 5:30pm. Also runs most mornings. Find us on Facebook.

Spinners, Knitters, Weavers: Creative Fibre Group, Māpua Hall, second Tuesdays 10am. All welcome.

Tasman Area Community Association (TACA) 7.30pm last Thursdays (x Dec) Tasman Bible Church. Residents of Ruby Bluffs to Tasman & Kina welcome. Info: Facebook or www.tasmancommunity.org.nz

Quakers meet at Family Service Centre, Motueka 10am 2nd Sundays. All welcome. Enquiries: Linda 027 447 6435.

Nelson Trout Fishing Club: 7pm 3rd Wednesdays, Fish & Game Rooms, 66/74 Champion Rd, Stoke. Beginner or expert. Courses, field trips, speakers. Open to all ages. Info: 03 5476432, secretary@nelsontroutfishingclub.com

Toy Library: selection of toys, puzzles & videos for children 0-5yrs. Māpua Hall, Saturdays 10.00-noon, 1st & 3rd Tuesdays 12.30-2.30pm. mapuatoylibrary@gmail.com

Māpua Art Group meets Bill Marris Room Māpua Hall Thursdays, 9.30am-12.30pm. Paint, draw, in a social environment. All levels, media. \$5 incl morning tea. Tables, chairs, easels provided. mapuaartgroup@gmail.com

Māpua Community Choir: 4 part harmony, no audition necessary, small koha, Māpua Hall 7.15pm Thursdays, contact: Rachel Boon, 027 358 6003, rboonnz0@gmail.com

MDCA: Māpua & Districts Community Association meets Feb-Dec, 2nd Mondays, 7pm Māpua Hall; info@ourmapua.org

Kids 'n' Koffee Playgroup: Wednesdays 10-noon during term time, at Hills Church building. 0-6 year olds. Morning tea provided. Gold coin. Info: Carolyn White 5402682

Fibre Craft Sunday. Birch Hall, Richmond A&P Showgrounds. Last Sundays 1.30-3.30pm. Learn to spin, knit, felt or weave. \$5 includes tea or coffee. All ages welcome. Richmond Creative Fibre Group: Diane 547-6517 or Karyn 544-9709

Motueka Senior Net. Tech for mature adults. Monthly meetings. Help sessions 2x/month. De-mystify technology in a fun & friendly forum. Clubrooms 42 Pah St, Motueka. Senionetmotueka.org.nz

Coastal Garden Group meets 1.30pm first Thursdays, Upper Moutere Community Centre. All most welcome to share their love of gardening. Guest Speakers, Workshops, Garden Visits. Info: coastalgarden.group@gmail.com

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

Motueka Scottish Country Dance Club: Weds 7.30pm Lower Moutere Hall Scout den. No partner needed, dress casual, wear soft flat shoes, beginners welcome. Good exercise, lively music. Contact Fay 021 039 3559 or Alison 0220 363 891.

Club Notices are free. Others by gold coin donation to one of the distribution boxes.

Your details: Please make sure contact details on this page are up to date. Send us an email.

Check out www.coastalnews.online

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