

This month's 'Good Sort' Neil Chambers - Principal Māpua School 2008-2021

Neil was farewelled as principal at the end of term 3. A speech by Liz Ussher, a parent representative from the School Board, captured his tremendous 14-year contribution and with her permission, excerpts are shared below.

Today is definitely not a sad day but one for celebration as we celebrate YOU Neil and recognise all that YOU have done for Māpua School and all of our tamariki and the many who have gone before them.

This is no small thing.

Neil, we celebrate you as our leader. Rangatiratanga. You have led this school for 14 years. Being a leader in a school and within education is a very special and vital role.

We, the school board, and wider community charge you with setting a path, forming the vision and then stepping back and allowing people to try, to innovate, to succeed, but also to fail, and to learn along the way.

A good leader guides and listens and like good people they have substance over style, and they show and expect respect.

Neil, you have been all of this and more and we are very lucky to have had you as our leader.

We celebrate you for our common unity and purpose. Kotahitanga.

He aha te mea nui o te ao

He tangata, he tangata, he tangata

What is the most important thing in the world?

It is the people, it is the people, it is the people

What an amazing team of staff we have here! They all are passionate about what they do. Each one of them goes above and beyond what is expected of them.

Neil, you are someone who has always valued everyone who works alongside you. You are someone that has trusted in the abilities of each one of them and allowed them to grow.

You have built this team and we thank you for this. We celebrate you for your knowledge and understanding. Maramatanga

You have worked tirelessly, and I mean tirelessly, for the betterment of this school and all our tamariki. Hauora, or well-being is paramount to you. You care about people, and it shows.



It's true that only when people have strong hauora, that they can truly grow.

Through the nurturing our children get at Māpua School, we see them flourish as awesome individuals and to 'Be all they can'. Your door has always been open to everyone. You're a great listener, and you remain calm and considered, always. We thank you for caring about what happens to every single child and for your passion and commitment to Māpua School.

We celebrate you for building our sense of belonging. Whanaungatanga

Neil, the standout memories of many are:

- *Hand delivered birthday cards to each and every child.*
- *Your bunny suit and Easter eggs – an annual tradition!*
- *You at the school gate to regularly welcome and farewell students and parents alike.*
- *You at the school crossing ensuring our students are safe and an opportunity to speak to community members who you may not otherwise see.*
- *I don't think I ever expected to see secondary school students coming back to visit their primary school on their teacher only days. But I have seen this time and time again and it is welcomed here. This is testament to the strong sense of belonging these students have.*

These memories along with many others are what have developed a wonderful and unique school culture. A culture that celebrates each person as an individual – this isn't just the children – it's the staff and the families beyond.

It helps make everyone feel part of something bigger, something they will always be a part of, something that gives them lifelong memories and fuzzy feelings.

Neil, we thank you for this. We celebrate as a board that you leave us in a very good position to now move forward under a new leader.

You do leave a pair of extremely large boots to fill, but it's with a green meadow and flowers to pick along the way and not a swamp to wade through in those big boots and on behalf of all the board we thank you for this.

Liz Ussher

A BIG thank you also from the wider community Neil for your dedication and commitment, and the very best wishes for the next stage of your journey.

Esmé Palliser - MDCA Exec.

MDCA - 8 November Public meeting

Two Guest presentations:

- **TDC – Growth Plan Change:** As you may or may not be aware Māpua is one of the communities within the Tasman District that has been identified for increased growth.
- **TDC – Draft Reserves Management Plan:** If you wish to have your say in how the reserves in our community are managed, please become informed and make a submission to the plan.

To listen to both these presentations please go to MDCA's Facebook page to view the live footage.

Ward Councillor updates:

- Govt. have mandated councils join the 'Three Waters' which will see our drinking, waste and stormwater being governed by a Govt appointed body. Central Govt will be leading community consultation.
- The draft walkway/cycleway strategy went to Council for approval the week of 20th November. Public consultation is to follow; keep your eyes out for this and have your say.
- The Regional Boat Ramp Report will be presented to full council in December when they will be looking at the short and long-term changes that need to occur.
- 'No Parking' yellow lines will be installed along one side of Iwa Street from Aranui Road to Toru St as well as being extended around the bend on Aranui Rd in an attempt to ensure the Fire Appliance can safely access the station during peak traffic times.
- Campervans will be prohibited from parking in the parking spaces that are 90 degrees to Aranui Rd. Campervans will be directed to park in the carpark.

Pathways:

- **The earthworks** occurring on the left at the western end of Māpua Dr is being used for stage three of the Māpua Rise Subdivision. Higgs Reserve track will be reinstated, and replanting will occur next winter.
- **Māpua Willing Wheels** has restarted again under Covid Level Two. Please use this service if you have a need.
- **Māpua Community Hub** The Motueka Coastal bus (between Motueka and Richmond stopping in Māpua) will commence on the 22nd of November. This service is for everyone to use. Please provide your feedback to help improve the service.
- **Māpua Liveability Working Group** is currently working on a community survey that is intended to go out to the entire community; hopefully in February 2022. This will be your opportunity to provide feedback on how you would like our area to look as it expands.
- **Māpua Recreation Reserve Playground Upgrade** There are still a couple of items left to be completed. Hopefully within the next couple of months the rocks at the entrance will be in place along with some plantings.
- **Māpua Memories Project** is slowly making headway with recording the memories of living in and around Māpua in years gone by. If you know of anyone you feel meets the criteria, please get in touch with MDCA.

MDCA works closely with TDC to ensure our community functions in a way that suits the majority of our residents. To have a vote that counts, become a financial member of MDCA by simply paying \$10.00 per person per year into our NBS account 03 1354 0356471 using your name and phone number as references.

Our next public meeting will be held in the Bill Marris room at Māpua Hall on **Monday 13th December** commencing at 7.15pm.



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Māpua Community Wellbeing Trust (MCWT)

Activities for 2020/21. This has been a year of preparation to take forward the initiative of creating a community hub based in the existing old church building and property located in Aranui Road, Māpua.

This has included signing a Memorandum of Understanding with the Hills Community Church Trust as a foundation for a formal lease agreement.

A relationship agreement was also developed with the Māpua Community Hub Working Group.

The Trust's role is to provide governance, direction, fund-raising and legal benefits of its charitable trust status.

The role of the working group is to manage and carry out much of the work around feasibility, planning and project managing the modification of the Old Church building and its operation in the future.

A scoping document was created by a consultant to detail the requirements for a feasibility study, funded by the Trust. It is important that the Hub is viable, deliverable, and fundable.

Three new trustees were appointed during the year.

Connie Sherlock, MCWT

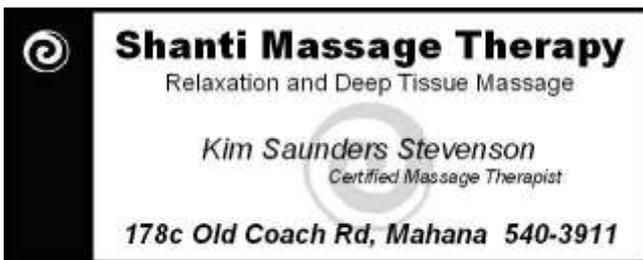


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Māpua Art Group (MAG)

The Māpua Art Group are holding their annual exhibition again next year. It actually opens on the 31st December (10am to 5pm) but continues until Sunday 9th January 2022.

The MAG group has exploded this year with 40 members now coming along on a Thursday morning (9.30am to 1.30pm); not at the same time though, as the Bill Marris room at the Community Hall wouldn't be big enough!

All media, styles, subject matter are busily fashioned every week and most of us spend more time 'cruising' the tight spaces between table, chairs, easels, baskets full of brushes and paints, checking out the wonderful creations.

Spontaneous critique circles develop as an artist asks for help to move through a painting 'block'. Advice is freely given and can be freely accepted or ignored. Due to the free flow of help and advice I feel the standard and skill of the artists has increased exponentially.



Come along and see the wonderful artwork from these local artists.

Barbara Glass



mag
Māpua Art Group

EXHIBITION of ARTWORK

MĀPUA COMMUNITY HALL
December 31st 2021
January 9th 2022
10am to 5pm

media include: oils, acrylics, watercolours, pastels, mixed media, 3D, books and photography
free entry - eft-pos available
enquiries - mapuaartgroup@gmail.com

Loyal Grossi Point Yacht Club Regatta Nov 6 2021

Of the twelve boats that lined up for their starts last Saturday, only the pair of Phase Twos were of the same design. This made for an interesting medley of yachts to watch while also ensuring the potential performance of each class would be obvious. In the end, mainly due to the light conditions, the Monohulls ruled the day, with the Catamarans seldom having enough wind to get to top speed.

Motueka Yacht Club Commodore Neil Clifton recorded the fastest time sailing a Laser. John Leydon and Glenn Stevens were second and third in the Phase Twos. Harold Gratton from Picton, who won last year's event in his Puriri Moth was unable to get his Scow Moth going this year and finished fourth.

The Cruiser division was down on numbers this time, but Peter Murton made no mistakes to win comfortably in Navigator. Francis Bigot and his 4-year-old son Leon, having their first race in their new Sunburst were second, and the Sea Scouts in the Cutter Tamaha were third. Having five on board would have slowed them down a bit.

The Cats had a long day, but the Hobie 16 sailed by Graham Battersby, and crew Wayne Wootton was in front from the Hobie 14 of Dave and Susan Shaw, and a local Cresta Cat sailed by Rob Bryant, a visitor from Wellington, third.

The slow race time meant the second race was cancelled as the tide had changed. Racing in November should have meant a fresher sea breeze and a couple of brisk races, but that plan did not happen!

Launching from a very crowded Grossi Point in the middle of the Snapper season was expected to be an issue as well, however good manners from all boaties meant there were minimal queues and no problems. Thanks to the fisherfolk for your courtesies.

Although on the quieter side of exciting, all sailors seemed to enjoy themselves. Thanks go to the Officials. The event was well conducted by Starter Anna Battersby and Recorder Lynley Wootton, and Crash Boat crews Mike Kininmonth and Malcolm Brennan.

Boating from Grossi Point can be a bit tricky. You need to know that not all high tides are equal, and depending on your planned use of the estuary, you need to be aware of the tidal highs and lows. A Kayaker or Paddle boarder obviously needs less water depth than a small boat sailor with a centreboard. This is one reason why Surf Cats are so popular on the Estuary.

The Grossi Point Regatta ended up in November as there is no other weekend with king tides this season. A King Spring Tide around here is 4.4–4.6m in the Nelson tide tables.

Be aware also that in the upper estuary west of Grossi Point the tide peaks about an hour after the Nelson time in the tide tables. With a 4.5m tide, you can go anywhere in the Estuary and expect nearly a metre of water. But this means an hour before or after high tide there will be 3-400mm less water available.

When we have a Neap 3.5m high tide, the sand banks are barely covered. However, there is always plenty of water in the channels even with these smaller tides. Sailors need to come down to Grossi point at half tide and have a look at where the channels are. Luckily, the prevailing winds blow across the main channel heading west from Grossi Point, but the channel is only 100m wide, so check it out.

On the bigger tides there are a couple of hours of good sailing and paddling available after the tide changes. But stay in the channels when sailing and come ashore on the western side of Grossi Point and walk your boat round to the launching entry. This avoids the fast current rounding the point, and also the blanketing effect of the trees on the wind.

At all times wear a lifejacket and take heart from the fact that if you get into trouble, about 50 people will be watching you from the surrounding houses, and many of them have had their own battles with conditions on the Estuary!



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Ruby Coast Running Club (RCRC)

Wow, the year is just running by so quickly. The RCRC 5k is still going strong Thursday nights at the Māpua Domain. The walkers start at 5:15pm and the runners at 5:30. Be sure to arrive early enough to sign in.

This past month was no slouch on the activity front. We have started up an informal group run on a Tuesday evening and a longer run on the weekend for anyone seeking more than the 5k or who just can't make it on a Thursday. You can find the information each week on what's happening on our Facebook page Ruby Coast Running Club.

There were a few events some of us managed to get away to participate in. A few of us attended the Wakefield Trail Run hosted by the Waimea Harriers. A great and wide trail to run which helped when passing on the out and back course.

Dawn had a weekend away in the Sounds to run the Lochmara Half. Well-done Dawn!

Blackenbrook Winery (thanks Ursula) donated a lovely bottle of wine for a spot prize. Ian C was the lucky winner.

Thanks to our generous sponsor Māpua Fruit and Veg shop, we had a winner for the month of October of the shop's gift voucher. I popped around to the shop to have him pull the name and by gosh if Ian C didn't win again. Ian graciously regifted it because he had won the bottle of very fine wine. Back to the shop only to have Jared draw his own name. I couldn't have staged it to work like this if I tried! Another re-draw and we finally had a winner with Steven S.

Hope to have you join us for a run or a walk or two!

Lynda's Exercise Classes in the Mapua Hall, Summer 2021-2022.

The Summer Series starts Tuesday December 28th 2021 and runs till Friday January 28th 2022.

Regular fitness and Strength classes for all levels.
Classes on **Tuesday** evenings 6 pm & 7.05 pm,
Wednesday & Friday mornings 8.30 am & 9.30 am
Strength/weight training, HIIT, Pump, Aerobics and Pilates.

These classes are CASUAL (just rock up).
\$12.00 1 session, \$20 for a double header - 2 sessions on the same day. 5-trip ticket \$45.00. 10-trip ticket \$75.00. 20-trip ticket \$140.00. 30-trip ticket \$190.00.
Normal morning start times (9.05 and 10.05) will resume on Tuesday February 1st. Summer series tickets will roll over into the February/March term.

Please contact Lynda for details:
lynda@hht.co.nz 027 222 1491.

Please note: going to print it is likely (but not definite) that vaccination passports against Covid-19 will be government mandated for participation in group exercise sessions from November 29th.

Moutere Hills RSA Memorial Library

Māpua Community Library

Book Sale: Save the date - Summer Book Sale Extravaganza - Monday 3rd January from 9am till 1pm, in the grounds of the library. If the weather is wet, it will be held on Tuesday 4th January 2022.

Exhibition: Paul Nankivell's exhibition of oil paintings is mounted for us all to enjoy. From early January, Grant Palliser's work will be displayed. As always, you are welcome to pop in to admire.

Christmas raffle 14-18 December: This is traditionally a very successful fundraiser for us, and we will be running it again outside 4 Square. Any donations for the hampers are very welcome - please drop them off to the library before 11 December. We continue to really appreciate your support.

Audio books (CDs): Thanks to TDC Richmond Library for lending us these for you to borrow directly from us. These will now be on loan to us for a six-month period.

New book donations: We are particularly grateful to those authors and illustrators who donate a copy of their books to us for our collection. Thanks to Mike Howell for our latest donations.

Jigsaws: Our fantastic jigsaws team is going to add to the number we have available to borrow at any one time. Puzzles will now be on the borrowing shelf for approximately six months with around half being changed over around the end of each school term.

Farewell Carolyn: Carolyn Hughes who has served on the committee as Lit Fest co-ordinator and is a past Secretary has recently resigned due to other commitments. We are particularly grateful for the calibre of authors she has tracked down and sourced for our Lit Fests. Thanks Carolyn.

Large print: The portion of our large print collection that is on loan to us from TDC Libraries has been returned and new books shelved. Thanks to TDC Libraries for this regular boost to the variety we can stock.

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Wednesday	2pm-4.30pm
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Hills Community Church

How are you doing, as we rather unbelievably, come to the last month of the year? It also seems unbelievable that we are coming to almost two years of disruption with Covid.

December would normally be a time to look forward to Christmas and summer and to steel ourselves for what is a busy season. This year, all this takes place with Covid 19 bearing an ever-greater imprint on our lives. We have had to get used to a lot of change, uncertainty, and loss, and for the time ahead, change, uncertainty and loss is our reality.

But it is not the whole story. In this season, how do you get in touch with the reality that lies beyond, behind, and over our present circumstances? Jesus says it like this:

‘Come to me, all you are weary, and burdened, and I will give you rest... Get away with me and you’ll recover your life. I’ll show you how to take a real rest. Walk with me and work with me; watch how I do it. Learn the unforced rhythms of grace. I won’t lay anything heavy on you. Keep company with me and you’ll learn to live freely and lightly’ (Matthew 11:28-29 Niv and Msg translation)

Living freely and lightly in this season, seems like a wise choice. So, as we come to the season of Advent, the season of looking forward in hope, to light in the darkness, let me offer this prayer for our times.

“...While so much of the road ahead is uncertain, the path constantly changing, we know some things that are as solid and sure... We know God is love. We know Christ’s light endures. We know the Holy Spirit is here, found in the space between all things, closer to us than our next breath, binding us to each other”

(Rev. Nora Vedress, Calvary United Church)

In all things let us remember that we are bound to one another; we are all in this together. Looking ahead to celebrating the Advent and Christmas season:

Wednesday evenings 7pm in December (1st, 8th, 15th, 22nd) a quiet space of Advent prayer, being still in God’s presence.

Due to the ongoing Covid situation please check our website for Sunday service times and Christmas service details. www.hillscommunitychurch.org.nz

Rev John Sherlock, 021 0707 276
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Ads go by the size in column centimetres. Columns are 8.5 cm wide and costs are as follows:

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There is no separate January issue.

E: news@coastalnews.online for more information.

Māpua Craft Group.

On the 19th of November, we gathered at The Grape Escape Cafe for a celebratory morning tea. Our many handmade Christmas cards are now ready to send to families and friends. See photo showing some examples.

We acknowledge that our craft interests and companionship shared have helped us all during this difficult year.



Our last meeting for the year will be held on the 3rd of December. We will restart on the 4th and 18th of February 2022, at 10am in the supper room of Hills Community Church.

May we wish you all a happy and contented Christmas with family and friends. May the New Year bring you peace and happiness.

Barbara Halse. Ph 5403901.

COMMUNITY CAROLS

Hold that space!!

We are hoping to be able to organise Mapua’s annual Community Carols 2021

Keep a look out for posters and flyers with info.....

- When?
- Where?
- How?
- Time?



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New exciting project for Māpua

Māpua Bee'n the Light

With all the alarming news in the media regarding global warming/climate change, biodiversity and over population/consumption, Maeve Allen wanted to see what she could do for the children and next generations. Her question was, what she and others could do to put a positive spin on saving the most precious commodity of all, the humble honeybee, and other pollinators.

So, for 2-3 years Maeve has been beavering away in her workshop developing and creating a positive model for the next generations.

Recently shifting to beautiful Ruby Bay with her husband Richard, Maeve's life-long dream of creating a sculptural garden is about to be realised. This garden is called Bee Haven 'as we're not behaving' and looking after our bees.

Instead of *frightening* the next generation, and ourselves as adults, with alarming news broadcasts, Maeve has turned her passion for sculpting, designing and professional mosaics into a visual map of colourful individual bee images and campaigns directed at raising awareness of our honeybees.

The humble honeybee is integral to the life cycle of plants, animals, and all of humanity.

Like most people Maeve is aware that bees are an essential part of our food chain but it's the ambiguous relationships that interest her:

Livestock reared for meat and milk graze on grass and clover pollinated by bees.

Free-range poultry include grazing mixtures high in edible herbs for the birds to graze upon, once again pollinated by bees.

Fish and aquaculture Commercially reared fish are fed on a diet of pelletized foods containing soya bean, lupine and oil seed rape all pollinated by bees.

Cotton: bees pollinate cotton which is one of the most widely used fabrics in the world; honeybees are brought to cotton fields to ensure a good seed set.

Medicinal Products are reliant on bees. As well as foodstuffs bees also play an essential role in the manufacturing of a great many medicinal drugs which are derived from flowering plants. Common over the counter drugs including Aspirin (derived from Willow and Aspen trees) and Morphine (a frequently used pain relief drug, derived from Opium Poppies) are pollinated by bees.

And a great many cancer drugs are derived from flowering plants pollinated by bees including childhood Leukaemia drugs which come from tropical Periwinkle.

Thousands of lifesaving and lifechanging medicines need bees to pollinate the plants from which they are harvested; it's all connected.

'It's all Connected' happens to be one of the campaigns designed for the local retail outlets in Māpua.

Maeve has an underlying wish to help provide a better environment for future generations and is in discussions with several local organisations including the Māpua school and Māpua & Districts Business Association.

In this world of change lets 'bee engaged citizens' and let us be the ones who support and guide the next generations towards sustainability, knowledge, awareness, and progress starting with the humble honeybee and her wonderful gifts to humanity.

At left is an image of an Italian Glass mosaic Maeve made in honour of the bee named 'Kissing the Bee'.

Wishing everyone a very Merry Beelicious Christmas and New Year. Look forward with curiosity to the launch of 'Māpua Bee'n the Light' in 2022.

Maeve Allen



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The Write Bias

News from Māpua Bowling Club

'Have-a go-day' in October had to be rescheduled because of rain. The turnout on the revised date was disappointing but the offer to come and try out lawn bowls will be repeated on 6th February when we hope the sun will be shining. Despite this the Club is delighted to welcome some new members. They have all settled in well and already playing some very good bowls.

Club championships are well underway, and the competitive members of the Club are eagerly contesting matches in singles, pairs, triples, and fours. The winners will go forward to the Champion of Champions events organised by Nelson Centre in the New Year.

Tournaments and competitions away from home are being well supported by our members. Being visible at other clubs is very positive and in return, Māpua gets plenty of support at our home tournaments.

Our recent tournament on Monday 15th November was a lot of fun with 14 teams participating. The forecast rain kindly held off until all the players were back in the Clubhouse at the end of the day enjoying the camaraderie and announcement of the winning teams.

The Club was very grateful to Mike Greer of Mike Greer Homes for sponsoring the event. The winning team was a triple from Stoke, second place went to Richmond and third place, United.

The new covid restrictions concerning vaccinated and non-vaccinated bowlers may well have an impact on the Club. A Special General Meeting has been called for Saturday 27th November when all members will be able to comment and decisions about the future running of the Club will be made.

For any information about bowling, coaching, or booking the clubhouse and facilities, please contact the secretary, Di Blanchet on 03 540 2627 or check out our website, sporty.co.nz/mapuabowls

Sue England



The winning team from stoke Bowling Club,
Alan Griffiths, Mike Carter and Lindsay Brooks

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Book Review

Apeirogon by Colum McCann - Longlisted for the Booker Prize 2020.

An apeirogon is a mathematical term for a shape with an observably infinite number of sides. Hence it is a very apt title for a book that centres around the Israeli-Palestinian conflict - a conflict that is too often reduced to simple, opposed positions.

In this book the author offers a multitude of perspectives and narratives where each place, person and item has its own history and significance.

It is not so much about the conflict as giving glimpses into the lives of those for whom it is reality. This is done in such an interesting way, in 1,001 fragmentary chapters (in reference to the 1,001 Arabian Nights). Some are as short as a sentence, some are images, some fact, some fiction, all going backwards and forwards in time. It is like a jigsaw of pieces that cleverly and slowly build a picture of connections and perspective.

And it all centres around a remarkable true-life friendship between a Palestinian, Bassam Aramin, and an Israeli, Rami Elhanan. Each man has lost a young daughter to senseless violence. Each inhabits a world of conflict that impacts so much of their daily lives.

They come together through an organization called Combatants for Peace and begin to meet regularly, united in their shared grief and a need to find a way forward. As their friendship develops (and it is a beautiful one) they make it their mission to tell their stories together to whoever will listen, in their own region and around the world, pressing the urgency of peaceful resolutions by talking more, listening more, and understanding each other's humanity in a deeper way.

This is the Irish novelist Colum McCann's 7th novel and, as with most of his books, I was compelled to find out more of the background and history to this book.

There are wonderful YouTube clips of interviews with Colum, Bassam and Rami showing the friendship that has developed between the three of them and the journeys they are making together now. Listening to these interviews gave added insight into the book. Each of them continues to work with various organisations striving for peace and believing in the power of storytelling to understand each other. The author is a cofounder of the global charity Narrative 4 which brings young people from around the world together to "walk in one other's shoes" through story exchange. It was on a trip with this organisation that Colum met

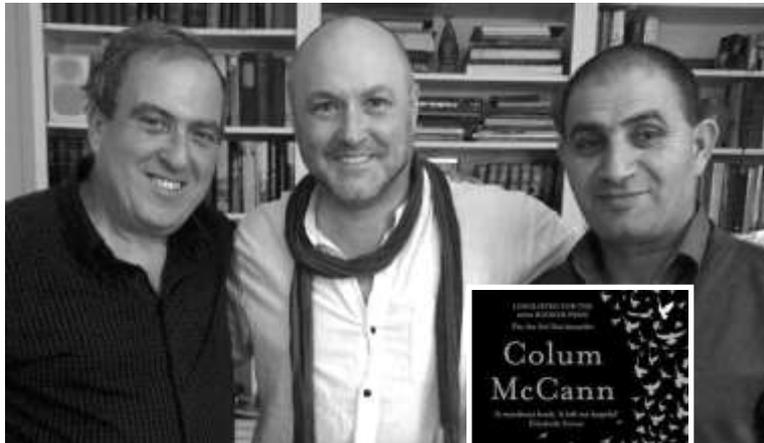
Bassam and Rami in the West Bank and was inspired, with their blessing, to tell their story.

Apeirogon is a profoundly different and ambitious book, both in material and construction. It was a challenge to read because of this, and sometimes confusing – but that seems in part to be the author's intent. He admits, in an interview, to being so confused when he started to really delve into the Israeli/Palestinian situation. He asks us to "embrace that confusion and to focus on the emotional human texture of the stories told". You certainly don't read this book as much as feel it.

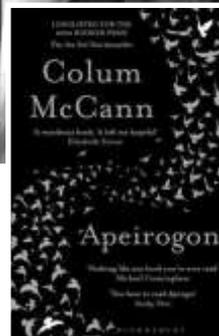
I highly recommend it to anyone wanting a very different reading experience and to come away feeling they have read something important, and indeed hopeful.

Available in Māpua Library.

Reviewed by Diane Sutherland



The author Colum McCann (centre) with Bassam Aramin and Rami Elhanan



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Māpua Health Centre news

It is with sadness that we acknowledge that our practice manager, Sue Fox, will be leaving this month after providing 15 years of exceptionally dedicated, skilled, and accomplished service to the practice and our community. She has provided an enormous and greatly appreciated input to the running and development of our medical centre, which has doubled in size over her time with us, and she has helped to guide it through a variety of transitions and challenges. We wish her well in her new job.

Concomitantly, we are very pleased to welcome Miranda Monopoli and Libby Wehner to our team. Miranda will be joining our receptionists and also assisting Ellie as a Health Care Assistant. Libby Wehner is coming to us from Nelson Hospital and will be working alongside our nurses.

Just a reminder that we are working in a very different environment at present. Our normal working hours of 8am – 5.30pm Monday to Friday still apply with the afterhours service available overnight 5.30pm - 8am. We are pleased to be able to continue providing healthcare to our community during these trying times however we do have strict protocols in place. This is to protect not only our patients and the wider community but also our staff. We understand that this can be very frustrating, however, we do appreciate your continued support.

Due to the demand for appointments, our clinical team (doctors or nurses) will continue to triage all appointment requests. Appointments are either by phone or face to face. If you need to be seen by a doctor or nurse, you will be given an appointment with a plan regarding arrival. If you are advised that we need to see you in the car, please drive to the back carpark (entrance off Toru Street), wait in your car and call us on 03 5402211 to let us know you have arrived. If you are to be seen inside the practice, please arrive at your appointment time, wear a mask, scan our QR code or sign in manually and wait at the door to be invited in. Please DO NOT turn up at the clinic without phoning first on 03 5402211.

And if you are taking regular medication this is a good time to think about stocking up so that you do not run out over the holiday period. Don't forget that enrolled patients can use the ManageMyHealth portal to request medications online. If you are unsure, please phone the health centre, 03 5402211.

Covid Vaccine Clinics are held every Tuesday 1.45pm to 6.30pm. Anyone over the age of 12 years can be vaccinated and is welcome. It is preferable that appointments are booked on 'Book My Vaccine' website, however, walk-ins are welcome. Medsafe has recently approved a booster dose of the Pfizer vaccine for people aged 18 and older if it is at least six months after completion of the primary course (two doses). The Ministry of Health expects to roll out 450,000 booster shots before Christmas and information will be made available once we have a supply.

The Astra Zeneca vaccine has been added to New Zealand's Covid vaccination programme. This will now

enable those few hundred individuals over the age of 18 who, for medical or personal reasons, are unable to receive the Pfizer vaccine to be protected against Covid-19. We will provide you with an update on this when we receive further advice from the Ministry.

With summer approaching, don't forget:

Slip into the shade

Slip on a shirt

Slop on some sunscreen

Slap on a hat, and

Wrap on some sunnies.

The *SunSmart* website, www.sunsmart.org.nz, has some valuable information and resources to help protect skin and eyes from UV radiation, as well as warning signs of skin cancer.

We also have a Health Improvement Practitioner (HIP) working at Māpua Health on a Thursday. An appointment with Kamalesh Lovegrove is free and available to anyone of any age who would like support with health improvement

- Managing stress
- Making healthy lifestyle changes
- Learning strategies to improve your wellbeing

Please talk to one of our clinical team if you think this may be of assistance.

Over the Christmas period we all hope to enjoy quality time with whanau and friends. However, this can sometimes put added financial and social pressure on people and can lead to difficulty coping or affect someone's mental health. It is important if this happens to seek help which is freely available by calling or texting **1737** to talk with trained counsellors.

We will be closed on the weekends as usual together with the public holidays over the Christmas New Year period. If you require healthcare on the days that we are closed the team at Medical and Injury Centre will be open for urgent care. You can contact them directly on 5468881 or if you phone our practice during this time your call will be diverted directly to the Medical and Injury team.

National and global health promotion events for the month include the following:

1 Dec	World Aids Day	www.who.org
3 Dec	International Day of Disabled Persons	www.un.org/disabilities
3 Dec	Safe Sleep Awareness Day	www.changeforourchildren.co.nz
5 Dec	International Volunteers Day	www.worldvolunteerweb.org
10 Dec	World Human Rights Day	www.un.org
17 Dec	Term 4 ends for schools	
18 Dec	International Migrants Day	www.un.org/en/events/migrantsday

Finally, on behalf of the team at Māpua Health Centre we wish you all a very Meri Kirihimete. Stay safe, enjoy quality time with family and friends and take care of each other. We look forward to working with you again in 2022.



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Māpua Fire Brigade



Oct to Nov 2021 call outs

- 17 Oct 10:56 Medical in Baldwin Rd, Tasman, stood down.
- 29 Oct 09:42 Haze in classroom at Motueka High School. Dust from cutting machine.
- 5 Nov 11:54 Tanker to an out of controlled burn, Johnson Loop.
- 18 Nov 17:04 Three car crash SH60 and Stringer Rd. Minor injuries, left with Police.

Calls this year = 57

Safety Tip – Be safe.

Remember real Christmas trees need to be watered often. A dry tree may not tolerate the temperatures of tree lights or electrically powered decoration.

Turn tree lights off before you go to sleep and when you leave the house

For fire safety info go to - <https://fireandemergency.nz/>

For fire permits go to - <http://www.checkitsalright.nz/>

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Mapua Boat Club

Māpua Boat Club's successful Snapper Day

A 4kg (9lb) snapper caught by Al Clinton won the 'biggest snapper' award at the Māpua Boat Club's recent annual Snapper Day.

Runners-up, on the calm and overcast day which prevented sunburn, were Rob Smith and Jill Robinson who caught 7lb snappers.

A flotilla of small craft, several flying the club's flag, left Māpua wharf and Grossi Point for the snapper fishing grounds about 4-5 kms offshore from Māpua, Rabbit Island and Ruby Bay. Most boats were able to get out over the bar by 7am with some keener boat owners leaving even earlier. It's understood that all the boats who participated landed some snapper.

Fishers started arriving back to Grossi Point from 10.30am to noon to be greeted by Hamish and Katrina Ballantyne who had fired up a BBQ ready to cook lunch which included sausages and onions on bread with sauce; and freshly cooked battered snapper supplied by Tim and Jill Robinson.

Some of the different species caught on the day were kahawai, barracuda, stingray, carpet shark and gurnard.

The incoming tide on the day was one of the biggest for the year at 4.5m high at noon which made it a challenge for boats leaving Grossi Point to get over the bar. Several boats launched at the old club ramp by the wharf to avoid the shallows at Grossi Point.

For further information or clarification:

Helen Jeffery 022 399 0075
mapuaboatclubevents@gmail.com
Tim Robinson 022 429 6173
timjillrobinson@gmail.com
Katrina Ballantyne 021 139 3945
mapuabcsecretary@gmail.com



Al Clinton with his first place winning 9lb (4kg) snapper



Jasmin Downey, aged 10, won the most unusual fish award with a yellowtail mackerel.

Become a Māpua Boat Club Member

and become involved in our regular events for members and the community:

Boating Regatta, Photograph Competition, Kids Fishing Competition, Fishing Trips, Club Nights, Guest Speakers and most importantly - custodians of the wharf so kids and families can continue to enjoy what is the cornerstone of what makes Māpua such a great place to live.

PS You don't need to own a boat!

Enquiries: mapuabcsecretary@gmail.com

MAPUA BOAT CLUB 2022 CALENDAR

For sale - \$20

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Reduce the risk of your vehicle breaking down while you are away on holiday by organising a pre-holiday vehicle inspection.

We recommend a pre-holiday inspection so special attention can be given to the areas which are more likely to be put under pressure while you are away.

Those areas include the braking system, cooling system, shock absorbers, wheel alignment, tuning, servicing items (fluid levels, belts, hoses etc), and ensuring you have a current WOF.

If you have a boat, caravan or trailer with your camping gear, don't forget to have the tyres and brakes checked so they are in sound condition and their WOF is also current prior to heading away.

I'm sure you've heard the saying 'prevention is better than the cure'. This saying is very pertinent when it comes to your vehicle, especially when the cure can entail spending hundreds of dollars. Coupled with the inconvenience, stress, and missed opportunities a breakdown can cause if holiday activities and/or travel plans have to be altered as a result.

There are definitely better ways of spending your holiday dollars and time than having your vehicle repaired.

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BREAK IN 2022.

SEE YOU IN 2023!



Ongoing uncertainties mean we have decided not to go ahead with the Sarau Community Festival in 2022 but we will be back brighter than ever in 2023.

A huge thank you to everyone who has come to the Sarau Festival in the past, and to our loyal volunteers, stallholders and sponsors, we couldn't have done it without you - ngā mihi nui!

Proceeds from Sarau Festivals support a range of community causes - including Kai Collective, Country Kids, Moutere Hills Community Centre, Whenua Iti, Kidpower, and many sport and cultural groups as well as individual scholarships and grants to help people in our Moutere Hills community reach their goals.

For 2023 to be a success and to implement the fabulous ideas you've shared with us, we need your input. If you would like to be on the Committee or get involved in any way, we'd love to hear from you. Including making our festival more sustainable, how we celebrate our local talents, and what makes our Moutere so special. Contact us at sarau@saraufestival.co.nz

Thank you for loyal support and we hope you'll be back on board with us in 2023!

Edited by Andrew Earlam, Mary Garner and Trees van Ruth.
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. Noticeboard items are a gold coin donation in the collection boxes. Club notices are free. Printed by the Tasman District Council.

26th Dec: Backyard Cricket Day

29th Dec: Best 80s Night Ever

30th Dec: 2021 Quiz Night

**31st Dec: Hawaiian Beach Party
New Years Eve**

2nd Jan: Paul Ubana Jones

**3rd Jan: David Bowie
and Crowded House Tribute**

4th Jan: ABBA Show

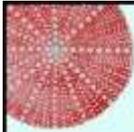
5th Jan: 70s Discomania

**6th Jan: Fleetwood Mac
and Elton John Tribute**

7th Jan: Rolling Stones Tribute

Bookings Recommended

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Our latest adventures...

NOV / DEC 2021



Programmes giving students an extra boost to finish 2021

With the year being another curve ball for students, it's for them to finish on a high with our series of Emergency & Response camps offered with the support of Trades Academy funding. The camps were offered to local secondary schools, offered a number of NCEA credits with a break from the classroom and the chance to head into the outdoors and learn how to respond in emergency situations - great skills for life!

Macpac support gets students ready to #weatheranything

Thanks to the awesome team at Macpac, as recipients of the Fund for Good we have been able to gear our students up for their adventures! A big part of our programmes is teaching self-management and being prepared for the outdoors. They may not be the most glamorous item of outdoor kit, but thermals are a first line of defence against the cold & a necessary pack item. With the addition of the new Macpac packs and tents our Duke of Edinburgh's Hillary Award students from Waimea were well kitted out - thank you Macpac!

Keen to develop your leadership potential?

Whenua Iti are running **Adventure Skills Development (12-20 Jan)** for 16-18yr olds this summer. The programme builds your adventure leadership skills across different activities with the bonus of earning 15 NCEA Level 3 credits. You can also count this towards the Duke of Edinburgh's Award. Why not apply to the Tasman District Council or Nelson City Council for a Youth Leadership Grant to help fund your application?

Thank you UMO Fire Brigade!

As a thank you for the awesome support we get from our local fire crew to run our Uniformed Services Trades Programmes, we shouted the members of the UMO Fire Brigade a high ropes session - great to have you here team! It's always a highlight for our students being able to work with such an awesome group of local volunteers and you are inspiring lots of future community firefighters.

Covid-19 Response at Whenua Iti

We are fielding lots of questions at the moment as schools adapt to the changing requirements around the vaccination order. We are committed to doing all we can to protect the health and wellbeing of our students, staff, contractors, parent volunteers and visitors to our site and our programmes. We have created a page on our website to answer common questions and outline our response which we will keep updated. There is a link from our homepage. Noho ora mai.

Celebrating 35 years of Whenua Iti Outdoors!

We are 35 years old in December, and are very excited to have our founder, Hazel Nash, back in the region to be part of our celebrations. Hazel gifted the land on which Whenua Iti has been built, hence our name 'Whenua Iti' which translates to 'small piece of land'. She is truly a remarkable woman and we are so excited to have her here. Nau mai haere mai, nau mai hoki mai Hazel.



Students testing their navigation skills on the Duke of Edinburgh's Award journey



UMO Volunteer Firefighters have an evening hanging out with us at Whenua Iti!

We'll see you out there!



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Dinner from 6pm, music from 8pm. \$50 for two course buffet and guaranteed table.

Free for people just wanting to come along for a dance from 8pm

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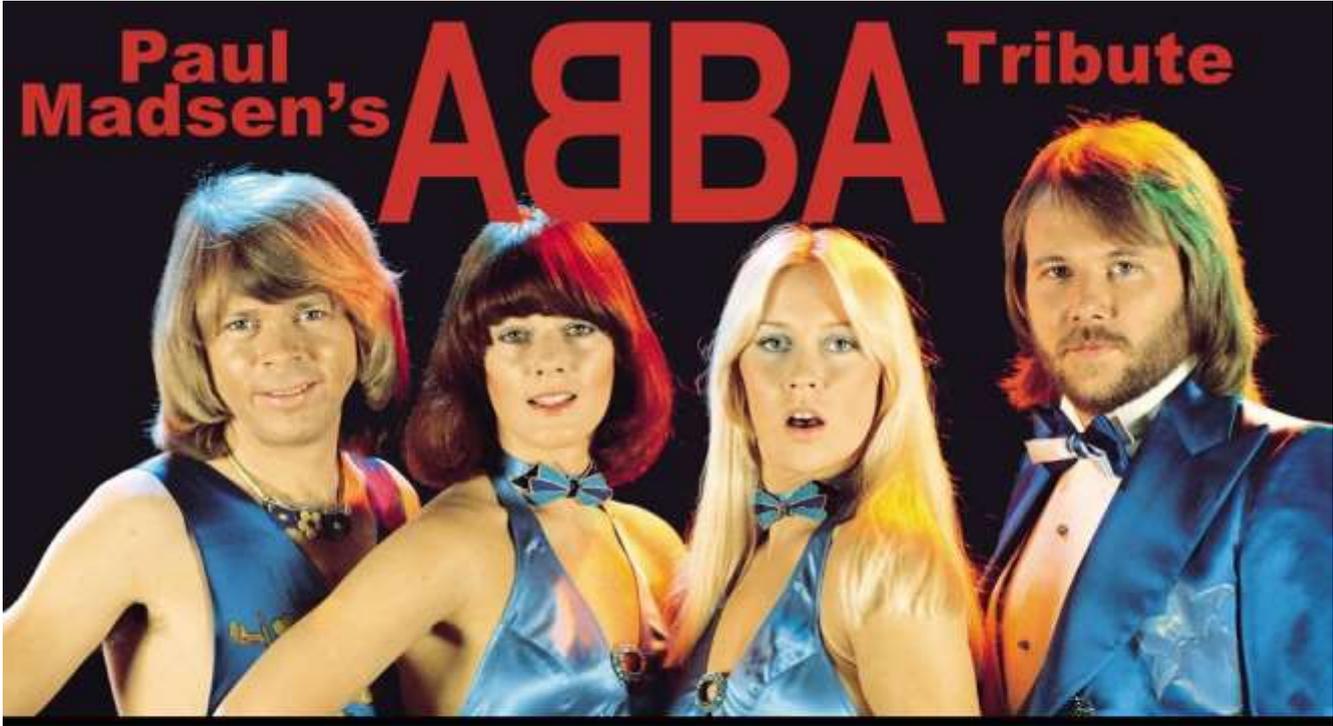


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Skin tips—from the Māpua Skin Clinic

Pigment and protection

The skin makes a pigment called melanin and it is our natural protection against the sun. People with lighter skin tones have less pigment so the sunlight travels into the skin, stinging the cells with ultraviolet light. It's a good case for sunscreen.

The Fitzpatrick score

In 1975 an American dermatologist, Thomas B. Fitzpatrick, ranked skin tones from 1 to 6 depending on how much melanin pigment there was. The 'Fitzpatrick skin type' ranges from the ivory tones of a 'Fitzpatrick one' to the richly pigmented ebony tones of a 'Fitzpatrick six'.

The lower the Fitzpatrick score, the higher the risk of melanoma and other skin cancers. Believe it or not, though it's rarer, even Fitzpatrick six skin can develop a melanoma.

What's your Fitzpatrick type?

- **one:** always burns, doesn't tan
- **two:** burns often, rarely tans
- **three:** tans after initial burn
- **four:** tans easily, hardly burns
- **five:** almost never burns, and always tans
- **six:** never burns, and always tans darkly

Rules of thumb

If your Fitzpatrick type is between 1 and 4 try to avoid the sun between 10 am and 4 pm. When you can't avoid the sun cover up and use a high SPF broad spectrum sunscreen, chapstick to protect the lips and remember your sunglasses to protect against cataracts.

Reapply sunscreen often

If you are exercising or working outdoors it's a good idea to apply sunscreen before you start your day and reapply at smokos and lunch break.

Choosing sunscreen

- Avoid 'cheap' brands

- pick 'Broad Spectrum' – protection against UVA (aging) and UVB (burning)
- Spray on sunscreen is helpful if your hands get dirty at work
- Transparent zinc is excellent, and you can also use it on your lips
- Elizabeth Arden is hypo allergenic (and expensive)
- indoors, deep shadows and night time

Remember chap stick?

Our bottom lips sit 'proud to the sun' like wee solar panels. People who have collected too much UV on the bottom lip (fishermen, farmers, gardeners, etc) often develop a line of flaking skin on the bottom lip at the point where the lip skin meets the chin skin. This is a precancerous change called 'actinic cheilitis'. Untreated actinic cheilitis can progress to lip cancer. To treat it we freeze the damaged skin with liquid nitrogen. This is jolly effective, and the lip recovers quickly. The thing is, no one likes getting their lip frozen, because it stings and then the lip is unsightly while its healing. That's why chap stick is such a fine thing.

If you are feeling sad its best to stay inside where you can poke your bottom lip out safely!

Think solar panels

Our noses, cheek bones, bottom lips and bald patches all sit 'proud to the sun' - common sites for cancers. Good places for sunscreen.

'Occupational' considerations include the backs of hands in horticultural workers and gardeners - a case for gloves, the legs of dingy sailors and cyclists, the forearms of kayakers, the tops of the feet in jandal wearers, the driver's window forearms of truckies and the pallid plumbers' cracks of bending men.

What we are doing often changes where the sunscreen is required. Long sleeves and long trousers are a good idea.



KIWISKIN - Māpua Skin Clinic

Dr Tim Phillips and the rest of the KIWISKIN - Māpua Skin Clinic team look forward to welcoming you to their quiet, safe and nurturing space in the heart of Māpua. Our new clinic is **now open for business**, thank you to all of those who have been in touch so far, we have had such amazing feedback from our lovely clients over past month.

- Full Body Skin Checks
- Spot Checks
- Minor Skin Surgery

YES, WE ARE OPEN - come and visit us 9am to 5pm - Wednesdays & Thursdays.

Phone: 03 540 2373 • Email: mapua@kiwiskin.org.nz • Website: www.kiwiskin.org.nz

KIWISKIN - Māpua Skin Clinic - Unit 9, The Village Mapua, 66 - 68 Aranui Road, Māpua (Behind Māpua Bakery)

MĀPUA HALL NEWS

72 Aranui Road Māpua | māpuabookings@gmail.com | 03 5402330

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9.30 am SUPERB DANCE Move Good Now	9.00 am PANZ Pastel Artists of NZ	9.05 am AEROBICS with Lynda		9.05 am AEROBICS with Lynda
9.30 am YOGA with Charlotte	9.00 am SIOUX LINE DANCE	9.15 am YOGA HEALTHY AGING with Nikki	9.30am MĀPUA ART GROUP	9.30 am SUPERB DANCE Move Good Now
	10.00 am MĀPUA CREATIVE FIBRE 2nd Tuesdays	10.05 am PILATES with Lynda		10.05 am PILATES with Lynda
3.00 pm BALLET 3-4yrs Kerry Clarke Dance	2.00 pm CHAIR FLAIR Move Good Now	1.30 pm TAOIST TAI CHI Beginners with Barbara		10.45 am YOGA with Martin
4.00 pm BALLET 5-7yrs Kerry Clark Dance	5.30 pm YOGA with Martin		3.30 pm FUN CREATIVE with Rachel	2.00 pm FRIENDSHIP GROUP 3rd & last Fridays
5.30 pm BROGA MENS YOGA with Nikki	6.00 pm AEROBICS with Lynda			
7.00 pm MĀPUA HALL SOCIETY Meeting 3rd Mondays	7.00pm PILATES with Lynda		7.00 pm MĀPUA COMMUNITY CHOIR	
7.15 pm MDCA PUBLIC MEET 2nd Mondays	7.30 pm SWING ZING			

This month

- 30th Dec 2021- 9th Jan 2022
Māpua Art Group Exhibition
- Sunday 16th January 2022
The Māpua Market

Membership

Visit our website and fill in the google form to join or re-new your Māpua Hall membership.

E-Newsletter

For monthly updates from the Hall community sign up to our E-Newsletter.

Just visit our website and click on 'Newsletter' on the home



Hall Society News

December/ January

With the year drawing to an end 'The Courier' was the final showing for Packhouse Cinema 2021 season and we again wish to give our heart felt Thanks to Pete & Di who meticulously research and review the best films each month, with Reinhard & Angelika who help put it all together.



Most of the activities at the Hall will wind down from the 17th December and resume again after the Christmas break from mid January, please check details with your instructors or on the live calendar on the Māpua Hall website. Over the holidays the Māpua Art Group are hosting their annual Art Exhibition from December 30th through to 9th January 2022. With free entry from 10am-5pm come along and view /buy some wonderful local Art. The Māpua Market will also be back on Sunday 16th January.

The bookings office will be closed from Friday 24th December and open on Monday 10th January. For all urgent inquiries see the contact list on the front door. Have a great holiday season and stay safe

www.MāpuaHall.org

December

Well we've made it to the end of 2021. It has been another memorable year to say the least. We hope most of you can have some well deserved R & R over the coming holiday season, to spend with family and good friends.

We would like to take this time to say thank you to all our members. We appreciate your continued support and believe in our revised mission statement that...

Inclusivity is key

Knowledge sharing across different industries can help us better learn and thrive.

All businesses in our region are welcome and can find support.

With the new directory launched earlier this year, our new look website and the new and improved map release this month, the committee has been kept busy. We are proud to continue our support and work with all our members within our beautiful region.

MDBA CHRISTMAS PARTY

THURSDAY 2 DECEMBER, from 6pm @ Rimu Wine Bar on Māpua Wharf, for drinks, live music with Simon Lusby, nibbles and giveaways. RSVP 027 327 6010.



A FEW WORDS FROM YOUR CHAIR & VICE CHAIR

Since onboarding in June this year it has been a privilege getting to know local members and the committee team with everyone being very welcoming. Extended thanks to the outgoing Chair, Patrick Stowe and Vice Chair Debbie Lavery for their commitment over the last four plus years. We have a great team moving into 2022 with Cheyenne Roche stepping up to the Vice Chair position, other new members are Taryn McFadden, Tracy Cleary, Stefan Wernli, Teena Jelsma and Robbie Mitchell as Treasurer.

The committee is looking forward to 2022 with new projects and ideas in new ways of networking and connecting with members. Your committee members have a wealth of knowledge and great skill sets between them. They are here to assist by way of support and innovative ideas, so reach out and use them. Till next year, on behalf of the committee, we wish you all a happy, relaxed and safe holiday season.

Cheers Richard Aitken , Cheyenne Roche & the MDBA Committee

NEED MORE LOCAL MAPS OR DIRECTORIES FOR THE SUMMER SEASON?

Contact Kirsten via email mdba@mapua.co.nz who will organise distribution to you.

NEW businesses that have joined the MDBA in 2021

Remember to keep supporting local businesses over the Summer months. From retail stores, tradies, galleries, vineyards, hospitality, service outlets around Mapua, Ruby Bay, Tasman & the Moutere regions. We all need each other and are stronger together. Some of the new businesses that have come on board this year are listed below. We look forward to supporting and connecting with you all. For those businesses working through, we hope it is a prosperous season for you all. See you in 2022.

- ⇒ Bee Haven Sculpture Garden, Maeve Allen E: twangymaeve@gmail.com
- ⇒ Better Bodies, Suzanne Clark E: bowen@betterbodies.nz
- ⇒ Beyond your Numbers, Leah Keown E: leah@beyondayournumbers.nz
- ⇒ Blac Design & Build, Duncan Andrew E: Duncan@blacdesignbuild.co.nz
- ⇒ Boombox Media, Matt Terry & Paul Goldsmith E: paul@boombox.media
- ⇒ Drain Pro Plumbing, Mike & Chantel Inch E: drainproplumbingnz@gmail.com
- ⇒ Level Ridge Limited, Nigel & Jane Crockett E: contact@levelridge.co.nz
- ⇒ K Real Estate, Braden Stanton E: braden@krealestate.co.nz
- ⇒ M4 Consulting, Alastair Duffy E: Alastair.duffy@outlook.com
- ⇒ Maurice Trapp Group Insurance Brokers, Lyndal Cruickshank Brunt E: Lyndal@mauricetrapp.com
- ⇒ Palm View Accommodation, Charise & Lenny O'Connell E: enquiries@palmview.co.nz
- ⇒ Purpose Gallery, Roisin King E: roisin@purpose.gallery
- ⇒ Tilvery Boutique Accommodation, Chris Warren E: info@tilvery.nz

Supporting Local Businesses since 1992

Noticeboard

Motueka Toastmasters: Like to speak with more confidence? Friendly supportive environment. Meet 1st & 3rd Weds, 6.45-8.30pm, St Johns rooms, Jack Inglis hospital, 15 Courtney St, Motueka. Visitors welcome. Info Tam: tortipon@gmail.com or 021 08738996.

Re-cycle Printer Cartridges The library is your local collection point. Volunteers are happy to collect local printer and photocopier cartridges and transport them to the recycling centre. There is a blue bin in our foyer.

Tasman Golf Club: Twilight Golf at Kina Cliffs Thursdays. Tee off 5 - 5.15pm, members (\$5) & non-members (\$10) all welcome. Optional BBQ to follow. Ph Lyndal 03 5266819, teeup@tasmandgolfclub.com or just turn up.

Māpua Community Choir: 4 part harmony, no audition necessary, small koha, Māpua Hall 7.15pm Thursdays, enquiries Helen: n-h.bibby@actrix.co.nz

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

Māpua Craft Group: Meetings may change this year so please contact Julie Cox 0277418575 or Barbara Halse 5403901.

MATHS TUTOR - Experienced High School maths teacher available for individual tuition. \$30 for 45 minutes. First lesson free. Jane 021 02972934

Stamp Collectors - anyone interested in forming a group or having their collections evaluated – contact Nick Ferrier 021 688243

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

Māpua Friendship Club: a young-at-heart group meet 3rd and last Fridays, Māpua Hall for indoor bowls & bring-a-plate tea, + occasional outings. \$3 door fee, 20¢ raffle. Contact Valeri 540-3685.

Māpua Art Group meets Bill Marris Room Māpua Hall Thursdays, 9-noon. Paint, draw, help each other in a social environment. All levels & media. \$5 incl morning tea. Tables, chairs, easels provided. Barbara Glass 027 443 1121

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

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

Kidz 'n' Koffee playgroup: Wednesdays 10-noon, Hills Community Church (during term time). All parents & carers welcome, we cater for 0-6 yrs. \$2 don/family. Make new friends. Info: Verena 027 435 1932.

Taoist Tai Chi: gentle meditative-style movements improve flexibility, balance and relax the mind. Wednesdays 1.30-3.00 pm, Māpua Hall. All welcome. Enquiries 027 443 1121

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

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

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

Coastal Stringers Ukulele group: beginners welcome. Fridays, 1.30~4pm Boat Club rooms on the wharf. Just turn up & join us for some fun! Info: Colleen 540-3010, Diane 540-2627.

Toy Library: extensive selection of toys, puzzles & videos for children 0-5yrs. Māpua Hall every 1st & 3rd Tuesday, 10-11am & 6.30-7.30pm, 1st & 3rd Friday 3-4pm. mapuatoylibrary@gmail.com

Ruby Coast Walking Group meets 9.30am Wednesdays by Tasman Store. Walk 1½ hrs then coffee & muffins back at the Store. All welcome. Fiona: 021 232 6089 for more info.

Ruby Coast Running Club: 5k run Thursday nights 5:30pm. Also runs most mornings. Find us on Facebook or contact Debbi 027 327 4055.

RSA: Anyone interested in joining Moutere Hills RSA is welcome. No former service history required. Great platform to catch up & meet new members. Nic Poultney 021 220 3920 or 548-4420

Daytime Book Group: Meets first Tuesdays 9.45am. New members welcome. Gaye 03 526 6827

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. Seniornetmotueka.org.nz

Coastal Garden Group meets 1pm first Thursdays, Tasman Bible Hall (opp. Jesters). Men and women most welcome to share their love of gardening. Guest Speakers, Workshops, Garden Visits. Ph 03 265 1842

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

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 526-6707

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

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

Friends & Neighbours: Varied programs of interest, friendship & good morning tea. Third Fridays 10:30 - 12:30pm at Tasman Bible Church. Info: Jane 526-6709.

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.