



MĀPUA HALL

Our Hall, Our Gathering Place, Our Turangawaewae

Māpua Hall is the only Community owned and operated hall in the Nelson/Tasman Region and is managed by a volunteer committee of local residents and a part time Hall Coordinator.

The hall originated from humble beginnings when a packing shed was moved from Kina to Māpua in 1944, developed as the public hall by locals and officially opening in March 1945. Over the years the Hall has been used for various functions and activities, and many locals, including those visiting Māpua, have fond memories of the Saturday night dances held there.

A rebuilt facility for today's community

In 2012, after some years of discussions, meetings, community and committee opinions, plans were finalised to rebuild the hall. A very enthusiastic committee managed this rebuild and the newly named Māpua Community Hall was completed and officially opened on Friday 23 August 2013. The Community was provided with an improved facility, including a fully functioning kitchen. There was a book published following the re-opening with photos of the building as well as wording to support them. The wording 'This wonderfully rebuilt venue will be well loved and treasured for many generations to come' shows in the inside cover of the book and this continues to be true.

Hall funding

The hall has continued to prosper with the support of the community and committees' support over the years with many hours of voluntary input to ensure that the Hall, together with the finances, have been maintained to provide a fully functioning facility for the community.

In regard to finances, there has been a reliance on membership providing fees and donations but in the last couple of years membership has sadly declined due to people passing away or moving out of Māpua, leaving the committee with the job of continually finding ways to raise money to ensure that day to day costs are covered, as well as applying for grant monies for ongoing projects and improvements.

How you can help

Therefore, the committee are now asking for your help - by paying \$15 per head you will receive membership for a year. Some of the benefits you will receive for your membership include supporting a community hub which provides fantastic facilities for regular activities.

These include fitness, yoga, choir, and well-being groups as well as bringing special events such as Pecha Kucha, Packhouse Cinema, art groups and art exhibitions, social dances, and quiz nights.

Pecha Kucha

Fundraising plays an important part in the responsibilities of the committee and other willing volunteers and the annual Pecha Kucha event has grown in popularity each year engendering continued interest in the hall and the community. Sadly, this function was cancelled in 2020 due to Covid-19 but

is scheduled to occur on 21 May this year.

This time last year another subcommittee was also planning a celebration weekend to acknowledge the 75th anniversary of the Māpua Hall but this was also cancelled and is now planned for a year later to be held around September this year.

Maintenance update

We have been very fortunate to receive grants over the years and just recently have been able to have the carpark sealed, (this was originally planned as part of the rebuild in 2013, but funds didn't stretch this far).

All the tables used for functions, etc have been replaced, as well as a new deck at the front of the hall with safety bars to prevent

damage by vehicles. And in 2020 a new AV/Sound system was installed to allow users up-to-date technical equipment for exercises classes, functions, conferences, etc. The grants sub-committee are planning to apply for further funds to replace the back deck in 2022. We also continue to receive a grant to subsidise the salary for a part time Hall Coordinator, a position paramount to the ongoing management of activities, functions, and all administration.

continued on next page



Māpua Hall continued.....

Last year, due to Covid-19, the committee and volunteers were unable to complete any fundraising; the membership numbers reduced, and income was limited because of the lockdown. Then there was a reluctance for some months after to restart some classes, both by users and attendees and some regular functions didn't occur, all accumulating in loss of income while the rates, insurance and increased cleaning costs still had to be paid.

Vacancies available for new regular users

In 2021 the committee are hoping for an increase in memberships and donations to ensure that the hall, built for the use of all of us residing in the Ruby Bay/Māpua communities, flourishes. There are free spots available for booking the hall during the week for classes, etc and we would welcome activities for children and young adults.

Join us to help manage our hall for everyone.

There are a couple of long serving committee members resigning at the AGM so if you are keen to be involved, attending a monthly meeting, helping with some maintenance work, fundraising, etc, we would appreciate hearing from you. Without the support of volunteers, the hall would struggle to function.

'Techno' to help us maintain our sound system

And with the installation of the AV/Sound system, we are keen to have someone locally who is technically minded, to be 'on call' to maintain, train users and generally support the equipment when required. Please contact Anita on 540 2330, email 'Māpuahallsociety@gmail.com', website, 'www.Māpuahall.org', if you are interested in becoming a member of the hall, joining the committee or being the 'on call' technical person

The hall and community appreciate your support.

Māpua Hall Committee



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There is no separate January issue.

E: news@coastalnews.online for more information.



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Aranui Park can be a scenic reserve – it's up to you

Our reserves, domains and parks are each given a classification that determines how they are used. Currently the TDC is reviewing its classifications and asking for submissions.

Most reserves are given the "Recreation Reserve" classification which means the reserve or park can have public buildings and other permanent structures e.g., sport facilities put on it. Under the Reserves Act 1977, Recreation Reserves have as their primary purpose outdoor recreational activities which can include private club facilities. Māpua Domain for instance includes a bowling club, scout den, playcentre, petanque court, skateboard park and bike tracks.

A less frequently used designation is "Scenic Reserve" for parks where nature is the prime focus: bush reserves, remnant forest, wetlands and so on that require protection in perpetuity. Activities here are informal: walking, biking, playing, having picnics, the occasional wedding or special event, a school cross country for example.

Aranui Park is currently classified as a recreation, not a scenic reserve, though so far permanent structures have been avoided. There have however been barbecues, a skateboard ramp and a petanque court proposed in the past and there was controversy over allowing a car park. There is the potential for more such recreational use applications in the future.

Those who know, use, work in and enjoy Aranui Park may already know that the 4.1 ha park was a generous gift in 1977 from a local family, Bernard and Dorothy Wells and their two daughters, "to the people of New Zealand" (on the original letter of gift to the government), "to make a contribution to the preservation of NZ's natural heritage". The aim was to recreate a part of the original Seaton Valley wetland forest. This forest was predominantly Kahikatea and Rimu trees and Harakeke, but every last tree was milled, with just some remnant flax remaining now at the top of the valley.

With help over many years from the community and in the last decade from Māpua School, Aranui Park now

features a new wetland forest in places, with exotic trees also planted over the years, and open spaces left for play.

Bernard Wells could see that Māpua was likely to become urbanized in the future and felt a green area for quiet recreation and contemplation would be welcomed by the community. Many local people 'discovered' the park during the recent lock down and appreciated its plantings, its 'nature' and lack of vehicles and buildings.

If you would like to keep it this way and not see it come under pressure from a growing population to have sports, parking or other facilities take over the green space, **please send a submission to the Tasman District Council requesting that Aranui Park be re-classified as a "Scenic Reserve under development" [Section 19 (1) (b) of the Reserves Act 1977]**. The submission can be brief, telling what you like about the park and offering some reasons why it should be protected as a Scenic Reserve.

Some reasons:

- A Scenic Reserve rating honours the wishes of the donors of the park to showcase the original vegetation for future generations (the TDC reserves department holds copies of this material as do Friends of Māpua Wetland).
- There is a green heart in Māpua where Nature has precedence over man-made facilities.
- It provides protection and permanent preservation of the ecological values, flora and fauna in the park.
- Māpua School children and the community will benefit from the ongoing challenge to improve the park with further plantings and unique features such as the pa harakeke (flax garden for weavers).

Submissions close 15 March 2021, your submission needs to be into the Council before then. The Māpua and District Community Association is sending a submission supporting the change of classification to "Scenic Reserve under development" but as many individual ones as possible will add weight.

If you want any more information or help, contact Judy or David Mitchell 5402873.

continues to increase as the trees and shrubs provide them with food.

Wouldn't it be wonderful to think it will continue to grow into a forest and will remain a sanctuary for both people and native fauna.

You can help secure its future by sending your submission in to the TDC in their classification of reserves review that is currently being carried out and asking that the classification for Dominion Flats be Scenic Reserve.

Submissions close on 15th March and the more voices from the community that are heard the more the decision makers will realise this is the outcome we wish for.

Let's preserve our patch of bush for all time.

Helen Bibby

Classification of Reserves

Dominion Flats There are many in our community and further afield who can claim to have made a difference in Dominion Flats Reserve by helping at planting days and at other times since the project started in November 2013.

What a transformation from the patch of scrub and broom it was then to the flourishing native trees that are now well above head height that create such a pleasant place to be.

As you may know the stream which flows through the Reserve is in healthy condition and is home to a number of different small freshwater fish, and the bird population

The Write Bias

News from Māpua Bowling Club

Rain continues to interrupt many of our regular roll-up days but fortunately both the scheduled tournaments, one in November and the other December, went ahead with very successful outcomes. You might have believed that the December fixture was being played in the Northern Hemisphere as coats, woolly hats and scarves were the order of the day. But all eight rinks were in action and the visitors from around the Nelson area all enjoyed the bowling and the famous Māpua hospitality.

Four more open tournaments are planned before the season closes in April and it is hoped that summer will finally arrive so that coats, hats, and scarves can be left where they belong, at home.

Nelson Centre requisitioned our green for a Men's Pairs event on Saturday 12th December, which meant a hasty reshuffling of the Club Memorial Day and also the Christmas party. The party went ahead a week later but Santa still managed to check in along with several other crazy dudes in mind blowing outfits. I can report that the hippie has now returned to his commune!

Memorial Day will take place on 1st February where we will remember fellow bowlers who are no longer with us. One of these will be Sylvia Peter, a stalwart of the Club, who sadly died in December just prior to being honoured with a life membership. The award, dedicated to Sylvia, has been presented to her grandson.

'Have A Go Day' nearly didn't as Sunday 17th January began with rain and very strong winds. But fortune favoured us with an afternoon of sunshine and eight people arrived to have a go at lawn bowls along with various helpful club members. We would be delighted if they came back to play on a regular basis, if not now, then in the future.

Leisure bowls on Monday evenings has also been affected by rain but as long as it is dry, these sessions are underway again starting at 6 pm. It is bowling for fun and beginners and experienced bowlers alike are very welcome to come along for a game. Spare sets of bowls are available to borrow.

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





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Māpua has a fantastic new cheese shop.



Martyn and Lynne have moved here and brought their delicious cheese with them. Martyn, being a local when he was young, decided to move home. Having 17 years of cheese making under his belt, and Lynne a business person of 30 years, together they opened **Mapua Cheese Mongers** at 69b Aranui Road, opposite the Hall. Their long-term plan is to build their boutique factory here and use local milk to produce their cheeses.

Come on down to the shop, sample some cheeses and support local.
Ph 027 437 0802

Māpua Boat Club

Fun, family day out - Māpua Boat Club Regatta - Sunday 21st February 2021 down at the Māpua Maritime Wharf area.

We are excited to be holding this regatta again after it was cancelled in 2020 due to Covid. Registration entries are from 9 am on the day or you can register your interest at Mapuaboatclubevents@gmail.com

There will be a race briefing at 10am and racing commences at 10.30am. This year we will be having a Recreational and a Competitive class race division for the kayak paddlers, SUP paddle boarders and small sailing boats. The Recreational courses will be shorter than the Competitive ones allowing everyone a chance to enjoy the day.

There will be an outboard race under 5HP and the Radio-Controlled Boats will also be competing.

The highlight of the day is the race between the Tamaha Sea Scouts against the "Oldies" for the famous Māpua Cup.

There will be a BBQ sausage sizzle plus some wonderful sponsors onboard with great race and spot prizes. Come on down and support your local boat club.

Helen Jeffery



The poster features the Mapua Boat Club logo (a blue saltire on a white background) and a blue sailboat. The text is arranged in a clear, bold font. On the right side, the words 'FAMILY FUN DAY OUT' are stacked vertically. The main title 'MAPUA BOAT CLUB REGATTA' is in large, bold letters, followed by the date and time 'Sunday 21st February 10.00-3.00pm' and the location 'MAPUA WHARF'. Below this, there are two columns of text: 'ENTRIES PRIOR OR AT THE TENT NEXT TO THE RAMP ON THE DAY from 9.00am' and 'ENTRIES / ENQUIRIES Helen Jeffery Ph 0223990075'. To the right of this, a list of 'CLASSES' includes 'Outboards under 5HP', 'Open sailing craft', 'Kayaks', 'Paddleboards', 'RC Yachts (from Floater)', and 'Mapua Cup (Boat club vs sea scouts - rowing)'. At the bottom, a disclaimer states: 'Advise name and type of craft. Life jacket or bouyancy aid compulsory. \$2 entry fee with signed disclaimer. Tow rope on all craft'.

Moutere Hills RSA Memorial Library Māpua Community Library

Fundraising successes and Thanks:

- *Christmas Raffle.* Another huge portion of appreciation goes to our supporters; we raised \$1820.10!
- *Summer Book Sale.* We raised \$470. Thanks to all who supported us. It is so gratifying to see the support that our community always has for the library.

Christmas raffle winners:

Large Hamper, Cushla;
White Hamper, Guy;
Small Hamper, Reinhard;
Christmas Cake, Warren.

Special thanks to the staff at Four Square for having us outside the store for most of the week, Margaret Cotter for the magnificent cake, Hair in Māpua, Tessa Mae's and Māpua Pharmacy for contributions to the raffle.

NOTE: Funds from the above fundraisers will generally be directed towards operating costs and admin i.e. things that big grant organisations don't tend to fund! Luckily our operating and admin costs are not high as we are all volunteers, as are some of our local tradespeople who help us out.

Car/Bumper stickers. '❤️ Māpua Community Library'

We would love for you to help us publicise the library in our community and beyond. Pop into the library and a gold coin donation will secure you a sticker.

Nelson Anniversary/Waitangi Day: A reminder that we are closed on statutory holidays.

Art exhibition: Karen Joost's (mainly) pastels will be displayed until 19 February when Helen Bibby's work will be mounted. Pop in during opening hours and admire local talent.

Open seven days: A reminder that we are now open seven days a week! Our core hours are 2-4.30pm every day with extended opening on Wednesdays until 5.30pm and the addition of mornings 10-12.30pm on Thursdays and Saturdays.

Monday	2pm-4.30pm
Tuesday	2pm-4.30pm
Wednesday	2pm-5.30pm
Thursday	10am-12.30pm; 2pm-4.30pm
Friday	2pm-4.30pm
Saturday	10am-12.30pm; 2pm-4.30pm
Sunday	2pm-4.30pm

Mapualibrary@xtra.co.nz;
Facebook: Mapua Community Library;
Mapuacommunitylibrary.co.nz

Major Sponsors: Rata Foundation, Network Tasman, The Lion Foundation; Tasman District Council.

Community Carols 2020

We have now begun a New Year and our Community Carols event may seem like a dim and distant memory. However, on behalf of the organisers we would like to thank all those who came along on such a beautiful evening to participate in our annual Christmas community event.

We do hope that you enjoyed the evening with all the singing of carols, fun, and of course chocolate!

I would also like to include the message from Diane the manager of Nelson Women's and Children's Refuge on receipt of

\$603.60 which was donated during the evening.

"Kia Ora,

On behalf of Nelson Women's and Children's Refuge Services we would like to thank you all for giving up your precious time to fundraise for our refuge. Your efforts are greatly appreciated, the money will help our families have a much better Christmas.

Without fundraisers/donors such as yourselves the refuge would not be able to function"

So, a VERY BIG thank you to Māpua Community for your generosity.

Wishing you a truly happy, peaceful, and healthy 2021
Hills Community Church



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Playcentre

Parenting Workshop:

Guiding Behaviour Positively with Bridgit Knowles
 Wednesday 17th February, 7.30pm at Māpua Playcentre
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Pre-schoolers' behaviour can be challenging. This workshop looks at how parents can guide their children positively through challenging times with ideas on how to empower your child's social and emotional learning, a look at the importance of relationships, and options for how to respond to behaviour in the pre-school years (and beyond). Led by Bridgit, a Playcentre facilitator and adult educator with over 20 years' experience.

Book your place by email: mapua@Playcentre.org.nz



Rhythm & Rhymes Baby Time

Māpua Playcentre, restarts for 2021: Feb 11th at 10am
 Songs, stories and parenting chat for local mums and bubs.
 First three visits free, then enrol or pay \$3 donation per session. Every Thursday at Māpua Playcentre.
 For more information email mapua@Playcentre.org.nz or call Fiona on 027 306 8695

Letter to the editor

28¢ or 96¢ per week

There were some quite undesirable features of our old Māpua Hall (article in this CN edition); even distasteful if I'm honest. My first tenure on the hall committee saw us having to take month about to clean the hall and the men's toilets were top of the distasteful list. (On occasions, the women's toilets were pretty disgraceful too, but that is another story altogether.)

How many of you reading this have never been into the Māpua Hall? I bet there isn't many. You might attend a regular class there or perhaps been to the odd fundraiser. Maybe an exhibition, concert, school event, public talk, or a knees-up. Possibly a funeral or at the very least, passed through en route to the annual Easter Fair.

A few of you *may* have even used the hall toilets. Have you noticed how clean they are? How spacious and how tasteful the décor is? You might have appreciated the conveniently sized porcelain hand basins. (None of the permanently stained stainless steel or - shudder - old plastic basins for this new hall.)

For those few of you who have never entered the doors of the hall, you might perhaps have used the money machine. It is Māpua's only one. Helen Bibby and the then hall committee did the negotiation with Nelson Building Society to obtain this hugely convenient facility for the village.

You undoubtedly drive or walk past the hall every day. You may not even take much notice of it, sitting there as it has been since 1945. It has an attractive new frontage, and the car park is sealed. Only nine years ago when you parked on a rainy night to attend a meeting, you would often step out of your car into water up to your ankles. I only exaggerate very slightly.

Many of you reading this weren't born in 1945; I wasn't born then either, but you have either chosen to live here now or have grown up and stayed.

Why did you move/stay here in the first place? It surely hasn't been the cheap cost of real estate. Is it the water

sports perhaps? Possibly not as the sea is everywhere in Nelson. The shopping? Maybe the pubs?

I bet it's the lifestyle. The village atmosphere (still clinging on as it is, in the face of ever-increasing sub-divisions). Being able to walk everywhere yet still be only a reasonable drive from Motueka, Richmond or (albeit a stretch at 9 am weekdays) Nelson.

I bet it is also the environment, the convivial friendly community feeling, your local leisure activities and the overwhelming sense of belonging.

Central to all that sits the hall. Have you *any* idea what symbol of a village community our hall is? It draws us together, to celebrate, mourn; to laugh, gossip, exercise; to meet, to protest, politick, and to party.

We keep banging on about its importance, how it is a hub and what an asset it is etc, blah, blah, blah. But the hall needs you as much as you need the hall and that brings me to the pesky topic of subs. But truly folks, there is an answer to that peskiness.

Someone must send you the reminder; nowadays probably the hall coordinator but previously the treasurer or maybe even the secretary (glad I'm not there any longer). "Yeah, yeah, yeah" you think to yourself, "I must get around to that". Another reminder comes and one day, the endless irritation of their nagging and your procrastination *finally* overrides the hassle of going on-line and making that paltry payment.

Here's what you do people if you want to maintain our local hall in the modern, accessible, and welcoming state to which we have become accustomed; go online **once** and set up an automatic annual payment to your hall.

Mine comes out of my bank account every February and even at a miserly \$50 **per year** it is still over three times what the hall is asking of us at \$15 per sub.

And I don't even miss it much less notice it. \$15 would barely register on your annual bank statement. Do it now!

Online to NBS No 03-1354-0308218-00.

Please use ref: (your name, membership).

Mary Garner



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Regular Servicing -

What price are you willing to pay?

An emerging trend among many vehicle owners is an increase in the intervals between regular vehicle servicing. This may be done as an attempt to save money, it is however false economy. Extending the servicing interval sets up a chain reaction which can result in vehicle unreliability, increase fuel consumption, compromised safety, and eventual engine failure.

We have recently had two instances where conscientious owners purchased, unbeknown to them, poorly serviced vehicles. Unfortunately for them this has resulted in the need for costly vehicle repairs.

Images to the right show what happens when vehicle servicing has been irregular or absent. 1. A sump oil pick up coated with a tacky, tar like residue. 2. A sump bottom plate where the sump oil pick up sits is coated in a thick oil that resembles treacle rather than oil. 3. The presence of huge carbon deposits on the cylinder head. 4. A pile of carbon that was scraped off the cylinder head. 5. A dried tar-like substance that has started to flake off the rocker cover.

These changes, due to irregular or absent servicing, have severely compromised the reliability, performance and fuel economy of these vehicles.

It is cheaper, over the life of a vehicle, to keep to a regular servicing schedule and attend to maintenance items as they arise.

We recommend you check the odometer reading when your last service was undertaken on your vehicle and compare this against the current odometer reading. If the difference between the two is greater than 10,000km, we strongly advise you to have a full service undertaken.

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12th Feb:
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Book Review

One wonderful 2019 book, one huge 2020 disappointment and an old but exceedingly good rediscovery for your consideration.

Pat Russell, Library Volunteer



The end portion of the book has several case studies of individuals and couples Eger worked with as a therapist. They are beautifully written and her insight, her manner of actively engaging and putting a finger on the point of self-knowledge for her clients, is admirable.

Edith Eger was 90 when *The Choice* was published in 2019, a teenager when she was sent to Auschwitz. It is the memoir of a woman who focuses on those moments that create options. And a story of redemption as Edith – eventually Dr Eger – worked as a psychologist with combatants suffering PTSD.

Her sense of guilt is overwhelming, as when asked at selection “is this your sister?” Edith said with love and fear that they would be parted “my mother”. She couldn’t know this meant the line to the left while she and her sister moved to the right.

Edith’s talent at ballet served her well when ‘asked’ to dance for Mengele. She was rewarded with a loaf of bread and here we have one pivotal point. She chose to share it with other women. And they, with her sister, carried Edith when she fell on the death march a year later. There, very early in the book, we leave the concentration camps.

Edith married a wealthy industrialist. A container filled with precious items was shipped to Israel, but, with secured visa documentation, Edith said she was going with the baby to the USA. Her husband could have all that generations had worked for and a secure future in the country of his choice or choose penury with his wife and child. He chose the second. This is a very well written story of survival and growth and mistakes.

This is a surface scratch of a complex book that was a favourite of 2019. Eger does not hesitate to embrace life, to acknowledge her young lover who was lost, to express honest irritation with her two older sisters and husband, certainly to question her abilities and above all to step into a possible abyss. She prevails with her own truth and is generous with what she learned.

Ken Follett’s *The Evening and the Morning* (2020) was impatiently awaited for years – the prequel to *Pillars of the Earth*. The 817 pages could easily have been 250. So many thousand trees sacrificed! So disappointing, it’s a mere shallow shadow in terms of character, plot and originality. Publisher pressure probably.

Old can be exceedingly good – **Elisabeth Gaskell** published *North and South* in 1854 – yes, that’s 18. The language is slightly shocking as it beautifully reminds us how lazy and limited we have become. The characters are, in the main, well rounded, the plot nicely complex if perhaps somewhat obvious. It’s all the Follett book should have been. Totally enjoyable.

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MDCA

Looking back over 2020 and keeping on moving forward into 2021

Māpua & Districts Community Association's December 2020 meeting focused on both:

- *Looking back*: summarizing developments in projects and foci over the past year as well as honouring the contributions of individual members.
- *Keeping on moving forward*: with an emphasis on becoming involved in planning processes at an earlier stage (particularly in relation to the development of sub-divisions), as well signalling planned changes, projects and developments on MDCA's 2021 agenda.

Life Membership of MDCA for Helen Bibby

Helen was honoured for her many years of involvement in and contributions to the community (often in partnership with her husband Neville); from 2006 to the present day. During this time Helen officially chaired the Association for three years and "unofficially" (as vice-chairperson) for another two years; is this a record we wondered?!

Her involvements and projects include:

- Dominion Flats regeneration and replanting project: first planting in 2013 and now thousands of hours, dollars, plants; and hundreds of volunteers, school pupils, TDC Staff and DOC employees later, we have an ever-growing minor marvellous miracle; a beautiful gateway to our local community as well as a national template for how to "save wetlands".
- Waimea Inlet -kaitiakitanga/guardianship.
- Spring Fling- organizing this annually.
- NBS ATM on the Community Hall.
- Community seating project.
- Civil Defence System of local welfare centre and volunteers.
- Response to 2018 Fehi Cyclone Flooding – feeding volunteers; helping residents to clean up and sharing in organization of the Community BBQ.
- Māpua Community Choir & Māpua Art Society – actively involved as singer/artist and organizer.

It was acknowledged that this was not just about how Helen contributed but also how she did so accompanying actions with food, flowers, kind encouraging words and her ever-present cheerful smile.

All of this is encompassed in the whakatauki (Māori proverb); *'Nau te rourou, naku te rourou, ka ora te manuhiri. - With your basket (contribution) and our basket (contribution); the people will be sustained and live well.*

Those present at the MDCA hui endorsed this presentation to Helen with the waiata, *Te Aroha*.

MDCA "Good Sort" for the month

January 2021.

Pat Russell was nominated for this month as a modern-day "eco-warrior" who has recently secured QEII National Trust "life of the tree" preservation status for 15 Native Trees on her boundary. This has been achieved as part of a six-year long process of highlighting and challenging the damaging impact the development of the Māpua Rise

subdivision has had on her own health and wellbeing as well as on the local environment. It takes a particular brand of courage to constantly challenge using your own personal experiences, and MDCA honours and thanks Pat for her many years of persistence which have, at times, left her feeling unsupported, discouraged and exhausted.

Pat personifies the poster quote "All progress has resulted from those who took unpopular positions".

It was agreed to ask Pat to write up this process with QEII so that others could also access this for preserving "significant trees" in the future.

ENVIRONMENTAL PROJECTS

Noted that MDCA had "been a bit late" in relation to input on developments of local subdivisions and that we want good connections so that we can be involved and engaged earlier ["ahead of the ball"] in the decisions and processes rather than "always playing catch-up" behind the developers.

Suggestions for future approaches:

Cr David Oglivie suggests:

- Keeping in constant touch with Dennis Bush-King and Phil Doole.
- Asking that MDCA be informed of planned consents; keep pressure on TDC [Environment Court].
- Writing to Rob Smith (TDC) checking what the position is in relation to HAIL sites; 'is the owner doing what they are allowed to do on their own land when does HAIL apply?'

Paul McIntyre suggests:

- Clarify and emphasize that we "don't want to be treated as an urban area" in these processes.
- Effort equally needed to focus on the policy makers/ TRMP; assessors and creators.

Cr Dean McNamara:

"submit back what you want; over and over".

Reserves. Discussion on what this classification entails/ excludes. Cr David Oglivie noted that the "Tenth Promises" in relation to the original land purchases in the district by the NZ Company (Wakefield et al) were never honoured.

David Mitchell thanked MDCA for all the work on Aranui Park and asked if TDC had been in touch re discussions about potential future development.

Cr McKenzie noted that "if the community wants to influence creation of open-spaces/walkways etc, then they need to engage directly and have a say with developers; TRMP is still in place and the process is not occurring within a vacuum".

COMMUNITY WELLBEING

Māpua Willing Wheels – noted that funding for this trial project finished at the end of December and that the

continued on next page

MDCA continued.....

service would take a break over January. Dropping the "membership sub" did seem to increase interest in take-up of the service; through the five-month period 17 booked rides were actually completed by the volunteer drivers, although many more were discussed and even booked. It is hoped that a submitted application for funding for the full 2021 year will enable the service to continue and become an embedded part of the district's infrastructure. Special mention was made of the wonderful work the co-ordinator (Rachel Mason) had done in setting up, promoting, and running the service with the dedicated team of willing voluntary drivers; noting how fortunate we are to have such passionate supporters of community projects in the district.

A Coastal Corridor Route (Motueka through Tasman/ Māpua to Richmond). Funding has been accessed to support a co-ordinator for a six-month trial of this new extended service. The position has been widely advertised and the contract will begin at the start of February.

Community Hub See separate newsletter article elsewhere in this issue (p19) with details of projects and progress. It was agreed that MDCA would support the data collection project for potential Hub users by holding the funding awarded by the Māpua and Ruby Bay



Community Trust and paying this out in three monthly payments to Connie Sherlock as the contracted researcher.

Māpua Memories Those involved in the process of setting up the interviews for this project will meet together to advance the process ready for interviewing in early 2021.

FUTURE HOT TOPICS:

February "Hot Topic". *Māpua and Ruby Bay water and wastewater upgrades.* Rob Grady (TDC) on the latest with Jack Cerfontaine who is project manager for the upgrade of the water treatment plant upgrade at the end of Lower Queen St, which supplies Māpua and Ruby Bay.

2021 months: members were asked to submit suggested "Hot Topics" for future meetings

Be sure to attend/join in our next monthly meeting: Monday 8 February 2021 at 7 pm (content & format to be confirmed on MDCA Facebook and Mailchimp mailout)

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 a \$10 membership fee to our NBS account 03-1354-0356471-00 with your name and phone number as a reference.

Submitted by Elena Meredith



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Club notices are free.

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Journeys of Discovery

JANUARY / FEBRUARY 2021



Summer Holiday Programmes are under way!

It's great to see the site come alive again for 2021 with our holiday programmes in full swing. There are tamariki on site from the ages of 7-17 for our Go Wild and Journey programmes which focus on providing challenging & fun adventures in the outdoors. The Go Wild adventurers have been in search of clues for their treasure map and have been caving, abseiling, building rafts and bush walking to find them! Our Junior & Senior Journeys are venturing into local national parks starting from Canaan Downs, Cobb Valley, Nelson Lakes & Wangapeka Valley building their outdoors skills along the way. You can find out more and enrol on these programmes via our website: www.wio.org.nz

Opportunities for Secondary Students

Our 2021 Trades Academy programmes take secondary students beyond the classroom for their learning, with programmes focussing on Conservation, Environmental Science, Adventure Tourism, Cultural Tourism & Emergency Response Services. They are all NZQA assessed yet offer much more than academic credit. They are packed with experiential learning opportunities to build confidence, leadership & essential employability skills. If you know of a Year 11-13 student who is interested, find out more on our website or get in touch with the Trades Academy Coordinator at your school.

Thank you to Perpetual Guardian Trust

In their efforts to have a positive impact on youth wellbeing at Christmas, Perpetual Guardian Trust, who are behind Givealittle, chose to support Whenua Iti in lieu of corporate gifts. They started a Givealittle page to match every dollar donated up to \$5000. The money raised will be put into programmes that support our local youth wherever it's needed most - thank you Perpetual Guardian!

Outdoor Wanderings: The Wangapeka Track

This beautiful track is like the lesser known southern sister to the Heaphy Track, and was once the main route travelled to the West Coast - it's hard to imagine that horse & carts were taken along the same route! The track follows a beautiful river full of clear, pristine pools that provide a great trout spotting activity, picnic location or cooling dip on a hot day. Whether day walking, swimming, fishing or planning a longer tramp this is a great destination. Find out more on the DOC website: www.doc.govt.nz



Abseiling at Breaker Bay with Go Wild!



En route to Sylvester Hut with the Junior Journey Holiday Programme

We'll see you out there!



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MAPUA HALL NEWS

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Regular Weekly Activities at the Mapua Hall



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9.15 am Yoga with Charlotte	9 am PANZ Pastel Artists of NZ	9.05 am Aerobics with Lynda	9.30 am MAG Art Group <small>Mapua Art Group</small>	9.05 am Aerobics with Lynda
9.30 am Superb Dance <small>with Hilary</small>	9 am Sioux Line Dance	9.15 am Yoga for Healthy Aging with Nikki		9.30 am Superb Dance <small>with Hilary</small>
3.30 pm Ballet 3-4yrs <small>with Kerry</small>	10 am Mapua Creative Fibre <small>2nd Tue of Month</small>	10.05 am Pilates with Lynda		10.05 am Pilates with Lynda
4 pm Ballet 5-7yrs <small>with Kerry</small>	2:00 pm Chair Flair with Hilary	1:30 pm Tai Chi		10.45 am Yoga with Martin
5.30 pm Broga Men's Yoga <small>with Nikki</small>	6 pm Aerobics with Lynda		7.00 pm Mapua Community Choir	2 pm Friendship Group <small>3rd & last Friday of the month</small>
6:30 pm Mapua Hall Society Committee meeting <small>Meeting 3rd Monday of month</small>	6 pm Yoga with Martin			6.30 pm YOUTH GROUP <small>Most Fridays</small>
7 pm Mapua & District Community Assoc. <small>Meeting 2nd Monday of month</small>	7 pm Pilates with Lynda			

This month

For current timetable and updates please check the live calendar on the Hall website.

- Monday 1st - Nelson Anniversary
- Monday 8th - Waitangi Day

New Classes in Feb

- Kerry Clark Dance
Teaching Ballet and movement for children 3-4 yrs and 5-7 yrs

Membership

Support our community hall by becoming a member, visit our website and click on 'Hall Info/Financial Membership' on the home page to sign up or email MapuaHallSociety@gmail.com

Hall Society News February

The New Year is well underway with our regular classes resuming and new classes on the horizon. On fine days Nikki will hold the Wednesday morning "Yoga for Healthy aging" class outdoors on the lawns. The Mapua Art Group exhibition ran over two weeks in January and had a steady flow of visitors and locals pop in to view the wonderful art work on display. There was plenty of positive feedback about the quality of artwork as well the fantastic facilities we have here at Mapua Hall.

We have received a very generous donation of a Table Tennis table and look forward to putting together a weekly social match or tournament, *please get in touch* if you think you would like to help the Hall put this into action, we have the equipment and the space ready to go!

For monthly updates from the Hall community sign up to our eNewsletter with information on what's happening at the Hall and all the latest members news. Just visit our website and click on 'Newsletter' on the home page to sign up.

Stay safe & be kind

www.MapuaHall.org



Māpua Health Centre News

We are delighted to have a new GP registrar, Claire Buchanan, joining our medical team for the next 6 months. She is working on Monday, Tuesday, Thursday, and Friday.

In addition, Harry White, a final year medical student, will be with us for three weeks during February. This is a great opportunity for Harry to get some insight into general practice and health care in the community setting.

We are now in our second year of introducing the Health Care Home programme. This is a primary health care model that gives patients more control and the practice team an environment where quality of care and innovation can flourish. It is being gradually introduced around the country and we have put in place two new services.

One is providing a phone triage system whereby the doctor or nurse calls any patient who would like to have a same day appointment in order to assess the situation and see if the problem can be solved over the phone or by prescription. If the problem needs urgent medical attention, then an appointment will be made with the appropriate person for that day.

The second change is that we have expanded the Manage My Health patient portal to allow all registered patients to have access to their clinical notes in addition to lab and XR results, and the ability to request appointments and prescriptions online.

Not only is it Aotearoa Bike Challenge month but it is also Heart Health Awareness month. The very latest research reconfirms that ultra-processed, or "junk," foods lead to bad health outcomes. In a longitudinal analysis of more than 22,000 men and women from southern Italy, a diet high in sugar was associated with a 58% increased risk for cardiovascular mortality (*Am J Clin Nutr*. Dec 2020).

On the other side of the diet spectrum, a Pesco-Mediterranean diet consisting of plants, legumes, nuts, whole grains, extra-virgin olive oil, moderate amounts of dairy products, and fish and/or seafood, together with intermittent fasting (also called time-restricted eating), can reduce the risk for cardiovascular disease (*J Am Coll Cardiol*. Sept 2020).

Physical activity also reduces cardiovascular risk. A study from Oxford, UK, of close to 500,000 people without CVD at baseline found that total physical activity related to work, recreation, or utilitarian needs such as

walking to do errands was associated with a lower short-term risk of developing CVD.

For instance, with one extra hour of brisk walking per day people had a 5% to 12% lower risk of developing different types of CVD during the 7.5-year follow-up (*JAMA Cardiol* 2017). Even previously sedentary adults can restore the heart's elasticity and forestall the development of heart failure with a programme of gradually increasing aerobic exercise that went up to 5-6 hours/week of moderate exertion by six months (*Circulation*. January 8, 2018).

Skin checks: With Summer upon us it is a good time to have a skin check. They take approximately 30 minutes and the main focus is to check for any suspicious moles or lesions. This is a full comprehensive body check and will give you the opportunity to discuss any issues you have or that may arise. Appointments can be made with one of our receptionists on 5402211.

And a reminder to keep in mind avoiding too much sun exposure between 11 am and 4 pm, wear a hat + long sleeve shirt + sunglasses, slop on sunscreen 15 minutes before going outside and use a broad-spectrum product with a sun protection factor of 30+ (they usually only last 2-3 hours so need re-applying for longer sun exposures).

A reminder that evening clinics have recommenced on Wednesdays from 6-8pm.

A man's watch was left at the practice around October last year. If you think this watch belongs to you or someone you know please call one of our receptionists.

Some of the events for the month:

- 1-28 Heart Health Awareness month www.heartfoundation.org.nz/
- 1-28 Aotearoa Bike Challenge month www.nzta.govt.nz
- 1 Nelson Day
- 2 World Wetlands Day www.wetlandtrust.org.nz
- 4 World Cancer Day www.worldcancerday.org
- 6 Waitangi Day anniversary
- 9 Waitangi Day public holiday
- 11 International Day of Women and Girls in Science www.un.org
- 20 World Day of Social justice www.un.org/en/events/socialjusticeday
- 19-20 Big Heart Appeal www.heartfoundation.org.nz

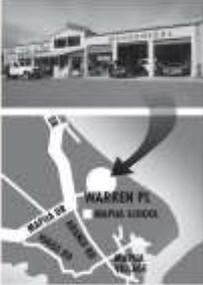
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Combined Garden Show

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Saturday 20th February

8:30am to 3:30pm

Stoke Methodist Church Hall

Outside there will be up to 30 Vendors selling a wide variety of plants and material. In the Hall there will be displays put on by each of the participating groups. These plants/flowers will be judged by their respective judging panel.

Plus: Floral art displays in the Church.

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Māpua Community Hub

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Happy New Year!

The first meeting of the Community Hub working group for 2021 will be held on **2nd February** at 10am at the Old Church on Aranui Road.

Progress from the last update:

A building inspection of the Old Church was carried out on 29th December by Paul Fox of PRF House and Building Inspections. A written report was received by the Māpua Community Wellbeing Trust (MCWT) and the Hills Community Church Trust (HCCT) early in January 2021.

Data from the report is still to be analysed for future planning, lease arrangements and funding purposes.

A contract for data collection of potential hub users and their requirements has been let.

To date, of the organisation's Connie has had conversations with, we have had a very positive response for potential use of a Hub from 16 organisations. Data collected will add weight to future funding applications and planning for any building upgrade.

Members of the community are welcome to attend the next working group meeting.



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Hawk's Valley Sculpture Gallery

Introducing Tasman's Newest Outdoor Sculpture Gallery. This new sculpture gallery features large to medium sized marble and granite stone and wood sculptures. They are set outside in a beautiful, landscaped outdoor setting, overlooking the Tasman and the rolling hills.

All sculptures are one-off, handmade pieces by Lauren Kitts, sculptor, except for a few of our collected pieces. Lauren is a well-known sculptor, who has been working in sculpture for the last 40 years, has exhibited widely and won awards for her works.

We are located at 190 Williams Road, Tasman, off Aporo Road. Williams Road has the Tasman Bay Christian School on the corner, almost opposite Jester House cafe. We are at the end of Williams Road.

We are open most days for viewing and purchasing between 10 and 4. We do commission work and can discuss the ideal base and situation for your sculpture. We can also transport your chosen sculpture to your home if you live locally (in the upper South Island).

For more information on the gallery go to the facebook page: Hawks Valley Sculpture Gallery or

Ruby Coast Arts Trail or to Lauren's website www.laurenkitts.co.nz or ring 0212671127 for more information.



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Texture
AFTER

Ruby Coast Arts Trail

Open days for 2021 will be held on the 27th and 28th of February.

We have two new artists on board this year, so if you have been on the trail before you will be in for a treat!

Nine artists will be participating this year, with 3 painters of very different genres, a ceramic artist, wood worker, weaver, printmaker, a glass artist, and a stone and wood sculptor specialising in outdoor sculpture.

We are all located within fairly short range of each other along the Ruby Coast and in Tasman, off Aporo Rd.

You can get a self-guided map from the Motueka i-site or the Nelson i-site, or find more information about the trail on the web site: www.rubycoastarts.co.nz

We will be open from 10 am to 4 pm each day, and you can easily spot us by the green open studio signs outside our studios and green balloons.

Our trail is also open year-round, and there is a self-guided map available at the Motueka i-site.

Ruby Coast Running Club

I hope everyone had a lovely holiday break. We are so fortunate to live where we live to be able to be out and about.

If you made a New Year's Resolution that involves running or walking come check us out. We are a fun group of people who meet up to run or walk and to motivate and encourage each other. There are no fees, just fun.

We meet up every Thursday night at the Māpua Domain to run a 5k. We alternate between five courses. Walkers start at 5:15 and runners at 5:30. We have someone volunteer to do the time keeping too, if that is your thing.

Many members post on our Facebook page if they are going out for a run or a walk and wouldn't mind some company. Some like to run the hills or trails and some who like to keep it flat. It just seems like there is something for every walker or runner.

So, come check us out!



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Rescue of the narrow-leaved maire tree

Introduction

Twenty years ago, the attractive narrow-leaved maire tree appeared to be doomed in the South Island. However, thanks to the efforts by some Tasman District conservationists and teams of Māpua School children, about 100 of the trees are now thriving in several parts of Māpua's Aranui Park, while many other narrow-leaved maire trees are now growing elsewhere in the Nelson region.

Māpua School's Tāne's Ark Team has been planting native trees in Aranui Park since 2009 and played a major part in helping to save narrow-leaved maire trees in the Top of the South. **Malia Denny** is a talented researcher and writer. She completed Year 8 studies at Māpua School last year and will be studying at Garin College this year. This is Malia's edited story about the recovery of a significant native tree in our district.

Malia's story:

With only five known plants in the whole South Island, the narrow-leaved maire tree has been through some tough times.

In 2001, a lone native plant stood tall in a Brightwater paddock near the Wai-iti Bridge. The owners of the property, Tony and Barbara Cameron, were curious about the tree and contacted Lawrie Metcalf of Māpua, to ask him if he could identify its leaf and flower growth. Lawrie is well-known as a horticulturalist and is the author of several books on native trees. He inspected the Cameron's mystery tree and confirmed that it was a rare narrow-leaved maire tree, with the scientific name of *nestigis montana*.

The narrow-leaved maire is easy to identify because of its long, dark green lance-like leaves. It grows from 10-15m high and flourishes in most of the North Island, from the Bay of Islands in the north to Wairarapa in the south. Narrow-leaved maire were also once common in the Nelson district. However, in the 1980s, they were under great threat, largely because of land clearances for farming. Another problem for the maire was that seed development on the trees can be very unpredictable.

When the maire flowers are successfully pollinated, they turn into multi-coloured berries containing the seeds. It can be a spectacular sight in late summer, with a crop of small fleshy fruits covering an adult tree, ranging in colour from purple to dark and bright red to orange and to yellow and flesh-coloured.

Narrow-leaved maire have both male and female flowers, with botanists saying that the male flowers are "rarely functional" and that its more attractive female flowers are only "sometimes functional". Explained simply,

it can be hard to get fruit and seeds from any narrow-leaved maire trees.

The Camerons learned that - for their maire tree to produce seed - it was critical to find a tree with female flowers for pollination to occur. The only other known maire tree at that time was growing over a kilometre away and was in full flower. However, for some reason, the seeds appeared to be flawed and no fruit or seeds appeared. Another older narrow-leaved maire tree was located flowering nearby, and it appeared to offer the only hope then for propagating viable seeds.

Valuable help came from Martin Conway, a conservationist and owner of Titoki Nursery in Brightwater. Martin and Lawrie Metcalf cut male flowering branches from the old maire tree and tied them high up near female flowers in the Cameron's tree in the hope that pollen would fall on the female flowers and pollinate them. The clever trick worked and Titoki Nursery and another nursery specialising in growing New Zealand

native plants successfully propagated narrow-leaved maire seeds from the Wai-iti Bridge tree in 2002.

Growth of maire seedlings raised from the tree proved to be very slow. However, after three years, several hundred seedling trees were ready to be planted elsewhere. Small narrow-leaved maire plants were distributed for planting to the Tasman District Council, the Department of Conservation, landowners in the Waimea area and also to the Māpua School's Tāne's Ark team, for planting in Aranui Park.

About 200 trees were planted around the Waimea Plains and surrounding valleys and in other areas where they would have a chance to thrive.

Several years later, narrow-leaved maire trees were planted in Aranui Park by a Māpua School team through a school programme that was started to encourage year 7 and 8 gifted and talented pupils. This community outreach programme was started in 2005 by a senior teacher at the school, Tereasa Hosie. Later the planting part of the programme was called "Tāne's Ark", with Māpua School pupils planting local native trees on the wetter western side of Aranui Park. (A signboard advertising Tāne's Ark is beside two of the most impressive maire trees in Aranui Park, near a central bridge over the Aranui Park stream).

In 2015, Māpua School's Tāne's Ark team was excited to find that one of its maire trees near the signboard had thousands of coloured berries and they were all harvested for seed in the hope of many new plants. The Tāne's Team was able not only to propagate scores of seedling

Continued on next page



Māpua School pupils harvesting narrow-leaf maire seeds in 2015



The attractive berries of narrow-leaved maire trees

Continued from previous page

narrow-leaved maire for planting locally, but also to supply other interested people with seed.

Today, a bigger cluster of the trees is on the southern side of Aranui Park, near the gateway to the Māpua Wetland. Narrow-leaved maire trees are easily identified by their dark-green lance-like leaves. They are not big native trees, mostly only growing to about 10m high. They have a short trunk and then a profusion of thin branches that form a distinctive and attractive umbrella-shaped canopy.

School pupils would like to see another bumper harvest of berries on their maire trees this autumn, so they can propagate more young trees. However, so far this summer, there is little sign of flowers and it looks as if for 2021, there may be no crop of berries and, as a result, no fresh seed available.

If and when new narrow-leaf fruits and seed do arrive, Māpua School's Tāne's Ark Team will be happy to propagate and plant many more of this lovely, formerly threatened tree in our district.



Māpua School pupils harvest maire seeds in the bumper harvest in 2015

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Noticeboard

Eagerly searching for a family home in the Māpua/Ruby Bay area. If you have a home with some land you'd like to sell, or could subdivide a parcel off your land please get in touch. Louise, 022 308 4468

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. Cushla Moorhead 03 528 6548.

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.

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.

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

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.

Re-cycle Printer Cartridges at the Library. Printer & Photocopying cartridges accepted. Reduce waste, raise funds for the Library. Two good reasons!

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

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 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

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

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

Toastmasters: Like to speak with more confidence? Motueka Toastmaster Club meets every 1st & 3rd Weds, 6.45–8.30pm, 15 Courtney St, Motueka. Please come along to a meeting, no obligations. Info: Dave 027 538 0059.

Community Youth club. Year 9 -13 youth. 6.30-8.30 most Fridays at Māpua Hall. Contact: Mark Waweru 020 410 48 799. Funded & co-ordinated by HCC.

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

Tasman Golf Club welcome new golfers to Kina Cliffs for local golf experience at realistic cost, the best in Nelson. Coaching available. Info: Jim 022 096 6067 & Lyndal 03 526 6819, teeup@tasmangolfclub.com

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.

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 03 970 0565

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

Māpua Craft Group: Fridays 10-noon, supper room, HCC. Simple craft work, occasional guest speakers, demos & outings. A social, a cuppa, some easy craft. \$2 + koha for materials. Julie Cox 0277418575, Barbara Halse 5403901

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.

Māpua Boat Club: Social evenings Thursdays 5.30-7pm at club rooms, Māpua Wharf. No boat required. Monthly guest speakers, raffles, free snacks, open bar. Info: Clare 0227117786

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.

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