



Two Regattas

Sunday February 23rd

Māpua Boat Club Community Regatta

The Annual Māpua Boat Club Community Regatta at Port Māpua. Entry is open to everybody with a boat!

This regatta is based at Māpua Wharf and caters for everything that floats that you are likely to have in your back yard. The day is especially chosen as it has the lowest high tide, and therefore the highest low tide of the season. This means minimum tide rise, slow current and maximum slack water time at the bottom of the tide.

The feature event is the Māpua Cup, a rowing race in Sea Scout Cutters between crews from the Māpua Boat Club, and the Tamaha Sea Scouts. Last year five cutters raced with entries coming from Blenheim and Nelson. Current holders are the Tamaha Sea Scouts.

Māpua Boat Club members with Power Boats provide the course laying and Patrol Boat duties

The Power Boat event has a twist. After a low-speed circuit of the course, entrants have to catch a fish within an hour to score maximum points. Points are awarded for first home, longest fish, and heaviest fish.

The sailing race is open to yachts of all sizes and there are races for Kayaks and Paddle boards. These two classes are divided into Recreation and Competitive. There is also a junior division, male and female, for the Kayaks. At slack water, the Nelson Radio Sailing Club will race their International One Metre Class RC yachts. Then the second event for each class will be held, followed by the Māpua Cup.

The Briefing for all competitors will be at 11-30 am on the beach at the bottom of the old ramp.

First event will be the Sailing Race at 12.00 and the Prizegiving is expected to be about 3pm.

Entry is \$5 per boat/kayak/paddleboard, and entries will be accepted on the wharf before the briefing.

Personal Positive Buoyancy must be worn by all entrants, and a tow rope fitted if you should want your craft rescued.

Inquiries, John Leydon 5402543

Sunday March 2nd 2025

Loyal Grossi Point Yacht Club

The annual Loyal Grossi Point Yacht Club Sailing Regatta at Grossi Point. Entry is free and is open to all small sailing craft.

The fleet usually ranges from Optimist and P class up to Hobie 16 cats and occasionally the odd Trailer Yacht.

The aim is to provide one event a season to get all of the local yachts that sail on the Estuary in the one place at the one time. Common classes are the various Catamarans that are kept on the Estuary, along with the Sunbursts, Phase Twos, and Lasers that make regular appearances.

Plus, the larger monohulls, like the Navigators, and the Tamaha Sea Scout Cutters. We also expect to see Fevas and Topazes joining the fleet.

The entries are divided into three classes, Cats, Monohulls, and Cruisers. Less experienced sailors can enter the cruising division, even if they own a faster boat.

This season we have the biggest tide forecast for the year, a 4.7m. This will ensure plenty of water over the whole course.

The aim is to run two quick races before the tide begins to ebb. Briefing is under the Flag at Grossi Point at 11am on March 2nd, with the first start scheduled for 11-30am. The starting line is off Grossi Point, and the course is set on the

Western side of Grossi Point, with great viewing available. Bring your gear if you don't have a boat but would like to go for a sail.

All sailors must wear a solid foam Buoyancy Aid, and boats need to have a painter (towline) fitted. Get down early if you want a hand to rig your boat.

Inquiries, John Leydon 5402543



Wildfires

Could the Pacific Palisades Fire happen here?



Pigeon Valley fire

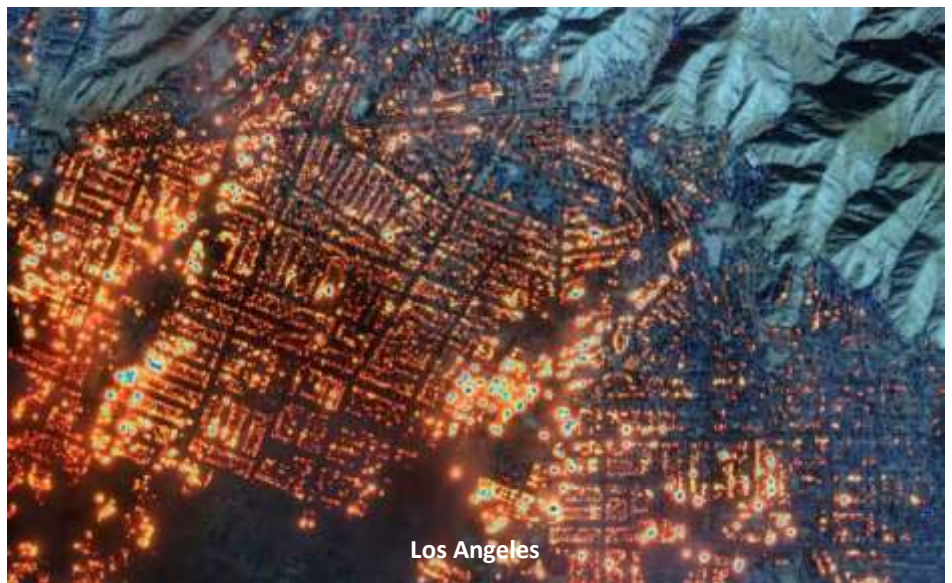
In 2019, the Pigeon Valley Fire burned 2,400 hectares. Not at the scale of the fires in Los Angeles. One week on, the Palisades Fire covers 23,713 acres (9,600 hectares), has destroyed an estimated 5,300 buildings and put 12,000 buildings at risk (1).

What factors do we share with Pacific Palisades?

Every summer, rainfall decreases, sunshine increases and winds blow daily. Our hills and valleys increase the speed of these winds. Vegetation dries up rapidly. Most of Māpua is in a high wind zone. We do not have the flammable sage and chaparral that fuels California wildfires (2), but our hills are covered with gorse and mānuka. California and Tasman District hills are covered with gum and pine trees.

What's different? Waimea Dam. Our reservoirs may not dry up.

Consider this, particularly Seaton Valley, as you prepare your submission to the Māpua Masterplan.



Los Angeles

Evacuation of suburban Los Angeles is hampered by a road network built with no consideration of evacuation during a natural disaster (3). Think of Richmond at rush hour. Planning to increase housing without improving traffic infrastructure compounds the problem. TDC was warned of this in 2019 (4) by traffic consultant Gary Clark.

1. <https://www.latimes.com/california/story/2025-01-08/southern-california-wildfires-by-the-numbers>
2. <https://www.malibucity.org/DocumentCenter/View/5126>
3. <https://www.bbc.com/future/article/20250109-why-https://www.stuff.co.nz/business-property/115817486/traffic-movements-tipped-to-double-around-richmond-with-rapid-pace-development>
4. <https://www.stuff.co.nz/business-property/115817486/traffic-movements-tipped-to-double-around-richmond-with-rapid-pace-development>

Bruce Struthers, 32 Korepo Road, Māpua

We are at risk from the same natural hazards, while population increases in newly developed rural areas with no traffic resiliency.



conceptual plan

Conceptual Development Area Alternative Plan



fast tracked Seaton Valley

Mapua

Remedial Massage

Remedial Massage can help you feel good again.
 Improve Muscular function, reduce muscle and joint pain,
 Sports rehab and prehab. Support injury recovery.
 Remedial/Therapeutic Massage, Myofascial Release.
 Book online at mapuamassage.co.nz
 Or contact Hanna: 027 222 3769.

Mapua Landscapes LIMITED

03 540 3423

Landscape Supplies
 Courtesy Trailers
 Gardening products
 Wine Barrels
 Railway Sleepers
 Bridge Beams-Trellis

Digger and Truck available for Retaining Walls, Driveways,
 Shaping up sections ready for landscaping, house sites

15 Warren Place, Mapua www.mapualandscapes.co.nz



REDWOOD BUILDING Services Ltd

- Design and Build
- New Housing
- Additions/Renovations
- Light Commercial
- Farm Sheds
- Any Location

f 021 154 6040 
 E: redwoodbuildingservicesltd@gmail.com

Our in House Design Service Provided by:

L K R BUILDING DESIGN

- Residential Design
- Commercial Design
- New Builds & Renovations

f 022 127 0321 
 E: lkrbuildingdesign@gmail.com

Co-Housing Development

Are there better housing models for Māpua than just another Berryfields?



Berryfields Neighbourhood



Tākaka Cohousing Neighbourhood

Believe it or not, the above images represent developments with similar housing densities. However, the developments differ significantly in how they utilise the land.

One development prioritises private yards and has driveways leading directly to each home.

The other focuses on shared green spaces and limits cars to the edges of the community, creating a safer, livelier, and connected neighbourhood.

With the Māpua masterplan currently taking feedback, it is topical to talk about alternative options for new housing developments. We are Mohua Ventures Ltd, the charitable developer building the Tākaka Cohousing neighbourhoods, and we are on a mission to create a sustainable, community-focused living environment that helps regenerate the whenua - land, encouraging collaboration between residents, and amplifying health and wellbeing for all.

Cohousing is a type of intentional community designed to bring people together. It typically consists of private homes grouped around shared spaces, like gardens, kitchens, or recreational areas.

The concept emphasises collaboration, connection, and shared responsibility, offering a balance between personal privacy and community living.

We're on the lookout to purchase land in or around Māpua for a future development, so would love to hear from anyone with land who is keen to see it developed differently. We also have homes currently for sale in the next Tākaka Cohousing Neighbourhood.

Please reach out to us at kiaora@takakacohousing.co.nz or www.takakacohousing.co.nz

Vincent Revell - Project Manager at Mohua Ventures

NZ TEXTILE EXPERIENCES



Experiences offered in textile art, fibre craft and artisan workshops across Aotearoa New Zealand.

WORKSHOPS INCLUDE

- Screen printing
- Wild basket making
- Artisan
- Contemporary felt making
- Stitch embroidery
- Tapestry weaving
- Slow fashion
- Harakeke - NZ flax weaving
- Eco dyeing & katazome
- Spinning/drop spindle
- Small loom weaving
- Creative book binding
- Unconventional textile materials



info@nztextileexperiences.co.nz

WWW.NZTEXTILEEXPERIENCES.COM



MOUTERE CARAVANS

Your one stop place for all your caravan needs!



Corinne Frank Lukas Matt

SHOP & WORKSHOP: OPEN
TUESDAY to SATURDAY, 9am to 5pm

219 Old Coach Road, Mahana,
Upper Moutere
Phone: 03 5432668
info@mouterecaravans.co.nz
www.mouterecaravans.co.nz



Servicing Mapua, Ruby Bay & Moutere Hills areas daily

**Plumbing - Gasfitting - Draining
Wastewater Servicing**

Contact us to book your job or free quote today

03 543 8090 or 0800 129 683

info@tuffnell.co.nz

"We thank all our clients for their continued support"



Motueka Appliance Repairs

Specialising in Home Appliances
In Mapua Regularly

Call Dan **022 4568 068**

CHAMBERS & JACKETT

CONTRACTORS & CARRIERS

- Subdivision Development
- Excavations, House pads & Earthworks
- Entrances & Driveways
- Post & House Pile driving
- Drainage, Trenching & Moleploughing
- Small machine dry hire
- Mulching



E: admin@chambersandjackett.co.nz P: 03 526 7719

www.chambersandjackett.co.nz

COOL STORE

GALLERY

NZ Art and Design Store

Open Daily - 10am-5pm

info@coolstoregallery.co.nz
www.thecoolstoregallery.co.nz

8 Aranui Road, Māpua Wharf

Phone: (03)540 3778



Wharf ideal venue for Kids Fishing

Māpua Wharf was bristling with rods when 41 youngsters took part in the Māpua Boat Club's annual Kids Fishing Competition on Sunday December 8, 2024, sponsored by Nelson Hunting and Fishing. The historic wharf and pontoon again proved the ideal venue for the competition which aims to encourage young people and their families to enjoy the sport of fishing.

Numbers were slightly down on the previous year, but blustery winds and a hint of rain didn't dampen the enthusiasm of fishers who were aged between 3 and 12 years.

A good number of fish were weighed in including mullet, kahawai and spotties.

Nelson Hunting and Fishing owner Mike Darling and Business Performance & Development Manager Laura-Alice Langridge were on hand to watch the fishing fun, and Laura, together with club commodore Andrew Butler, awarded prizes at the end of the event.

Winner of the Hunting & Fishing Outstanding Sportsmanship Award was **Olive Deacon**, who Laura praised for lending fishing equipment, helping others and treating fish with respect during the contest. Olive showed the attributes of true sportsmanship which Hunting & Fishing promotes, Laura said.

Winner of the Ralph Cotter Trophy for the largest fish caught was **Cade Ydgren** who landed a 521 gram, 36 cm kahawai.

Results:

Under 6 years: Freddie Burns 1, Mia Nicol 2, Carter Marshall 3. Most fish caught: Carter Marshall (2 fish).

6 to 9 years: Siena Inglis and Sienna Nicol 1st equal, Savanna-Rose 2, Felix Tolstrup 3. Most fish caught: Basil Tennant (15 fish).

10-12 years: Cade Ydgren 1, Jasper 2, Olive Deacon 3. Most fish caught Archie (6 fish).



Olive Deacon, winner of the Hunting and Fishing Outstanding Sportsmanship Award with Laura-Alice Langridge of Nelson Hunting & Fishing



Cade Ydgren, winner of the Ralph Cotter Trophy for the biggest fish with Māpua Boat Club commodore Andrew Butler



**The
Massage Studio
Mahana.**

Relaxation, Deep Tissue, Hot Stones, Pregnancy.

**The Massage Studio is warm, private, and self-contained. \$90.00 per hour (hands-on time).
Ph 027 222 1491 for appointments.**

Quick Cut Lawns



**Tidy work Guaranteed
Weed Eating - Ride-On lawn Mowing
Call Allan 0225850047**



GARY DEW
PH. 0275366470
TASMAN

Get your push bike serviced locally by a qualified local bike mechanic.

Pickup and delivery service available from your home (Mapua/Ruby Bay/Tasman/Moutere)

Call or text Gary 0275366470

Lynette Graham.
Original Designer Activewear shop online
www.lynettegraham.co.nz

Be different & make a difference to children with critical illnesses

Coast & Country
Chiropractic Centre
Dr. Ron Howard
ACC registered
coastandcountrychiropractic.co.nz

Mapua 105a Aranui Rd 03 540 2068
Motueka 2 Wilkinson St 03 528 8880

Our latest news & adventures



Impact insights from 2024

We surveyed over 750 participants from last year. Here's what they had to say about their experience at Whenua Iti!

- 95% of participants thought their programme had a positive impact on their attitude
- 93% of participants thought their programme helped develop their teamwork skills
- 88% of participants said their programme helped them improve their decision-making
- 100% of Trades participants said their programme developed their skills and strengths
- 93% of Trades participants said their programme helped them feel more confident
- 92% of Trades participants said their programme helped them connect with te taiao/the natural world
- 100% of Manaaki Tāpoi participants said their programme helped them connect with their cultural identity

Hazel Nash receives Supreme Award

Hazel was recently recognised with Recreation Aotearoa's Te Tohu Manu Kura, the Supreme Award 2024 for demonstrating outstanding leadership in the outdoor recreation sector. Listen to her RNZ interview, or read our online blogpost to learn more about her inspiring journey starting Whenua Iti Outdoors! He mihi maioha ki a koe e Hazel! We love you Hazel!

Youth Outdoor Short Film Competition

Do you know a young person keen to capture their summer adventure?! Awesome prizes up for grabs and a chance to see their film on the big screen!

- Free to enter for youth under the age of 24
- The best films will be shown in April at State Cinema Motueka
- Over \$2000 in prizes to be won!

For more details: www.whenuaiti.org.nz/youth-film-competition/



WIO Founder & Supreme Award Winner - Hazel Nash

{ FILM FESTIVAL SCHEDULED AT STATE CINEMA MOTUEKA APRIL 2024 }

YOUTH OUTDOOR SHORT FILM COMP

FREE! to enter
Entries by March 7th
Length 2 - 10 min
Open to youth (under 24yrs)
Prizes to the value of \$2000
Full entry details on our website

Calling all youth - Capture your summer adventure!

We'll see you out there!

www.wio.org.nz



Māpua & Districts Community Association (MDCA)

Meeting notes - January 2025



Māpua Masterplan (MMP)

The Māpua Masterplan is a comprehensive plan that provides strategic direction on how Māpua will grow and develop over the next 30 years. The Māpua Masterplan Consultation is open from 1st November 2024 through to 16th February 2025.

MDCA conducted an open forum on the MMP at our December Public Meeting, with the objective of providing members and residents with an opportunity to share their views. The forum was very well attended, with some of the key issues raised being:

- How much growth is needed and when?
- Will both small and larger sections/homes be included?
- Why are Motueka and Richmond not accommodating a greater share of the projected growth?
- Does infrastructure (existing/planned) have capacity to cope with the projected growth?
- What will be the impact on services/schools/traffic/parking?

There are several ways for you to provide your views:

- Online: Complete the submission form online and get more information at shape.tasman.govt.nz/mapua-masterplan.
- Email: mapuamasterplan@tasman.govt.nz for a submission form to be sent to you.
- In writing: Find consultation documents and make a submission at the Richmond or Motueka Service Centre, and the Māpua, Motueka or Richmond Libraries.

MDCA Chair Paul McIntosh was interviewed by Local Democracy reporter Max Frethey and this article can be viewed in the 15th January edition of the Guardian Motueka local paper or Stuff online.

The next Public Meeting will be held on 10th February. Annual membership subscriptions are due and can be paid by direct credit – see www.ourMāpua.org for details.

Māpua Masterplan

Submissions close on February 16

There are just a few days left to ensure your views and opinions are included in business end discussions of the Māpua Masterplan process.

The draft document is still out for public consultation until **5.00 pm on Sunday 16 February 2025**.

There are several ways for you to provide your views:

- Online: Complete the submission form online and get more information at shape.tasman.govt.nz/mapua-masterplan.
- Email: mapuamasterplan@tasman.govt.nz. If you email this address, a submission form will be sent to you.
- In writing: You can find consultation documents and make a submission at the Richmond or Motueka Service Centre, and the Māpua, Motueka or Richmond Libraries.

Hearings and deliberations will follow the submission period, with a final decision on the makeup of the Masterplan expected by the end of April this year.

The Māpua Masterplan is a comprehensive plan that provides strategic direction on how Māpua will grow and develop over the next 30 years.

The development of the Masterplan has involved several stages of ngā iwi and community engagement including testing issues, opportunities, principles and options.

We have been impressed by the level of involvement that the community has had in providing feedback over the last 18 months.

As a result of your valuable support, we have created a draft Masterplan illustrating a series of housing, business, cultural, open space, ecological, infrastructure, recreational and movement actions which set the direction for Māpua.

Tasman Comtech
35 years in the telecommunications industry

HOME & BUSINESS
all areas of Telecommunications
servicing the Nelson region

- Telephone lines
- Data Cabling
- TV aerials
- WIFI Networks
- Satellite TV
- Internet Cabling PABX Systems
- Fibre Networks

03 5444203 | 027 5444203 | www.tasmancomtech.co.nz
17 Poutama, Richmond 7020

Lynda's Exercise Classes in the Mapua Hall
Summer 2025

Cardio/Weights Tuesday 6 pm.
Old-fashioned Aerobics Wednesday 9.05 am.
Cardio/Weights Friday 9.05 am.
Pilates Wednesday & Friday 10.05 am.
5-trip ticket \$60; 10-trip ticket \$100; 20-trip ticket \$180.
Casuals – \$15 per session.
Top-ups for single sessions on your ticket \$12
Please contact Lynda for details,
lyndamabin@gmail.com 027 222 1491.

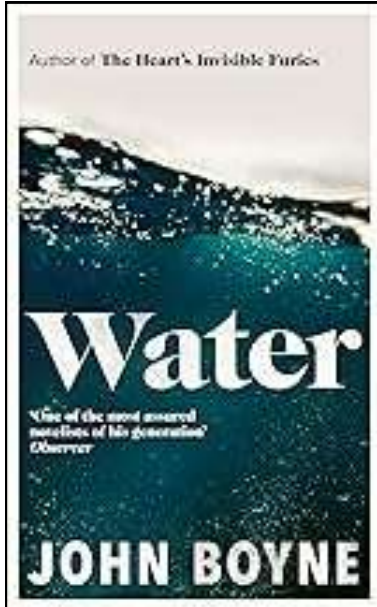
Book Reviews

A quartet of books on the Elements

written by John Boyne

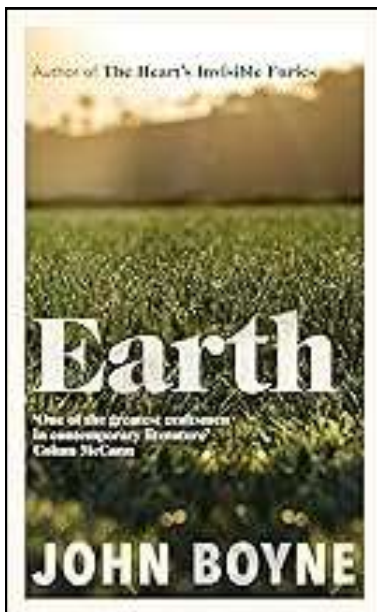
First: "Water"

Vanessa is a solitary outsider who escapes from a violent husband in Dublin to a remote island dwelling. She reflects on her life and the choices she has made throughout her marriage. This is a thought-provoking story which encompasses issues such as abuse, religion, relationships and isolation.



Second: "Earth"

After a thoughtful, contemplative introduction to this series, I was not prepared for this gruesome story from one of my favourite authors. Be warned! If you have read "The Boy in Striped Pyjamas" by John, you may not be too surprised.



Evan is a talented footballer encouraged by his father who is obsessed by the game but homosexual Evan only wants to be an artist. To be gay in a sport that rejects diversity is unacceptable thus huge consequences follow. I didn't want to continue reading about this hideous underground world, but I was captured by the story Boyne had created. In the next of the elements Evans' sad future is disclosed.

You have been warned!

Third: "Fire"

Freya appears to be the epitome of success. She is an able surgeon, who owns a prestigious flat and drives an exclusive car. But her background is filled with trauma.

Does that excuse her gross behaviour? Is she a victim

or is this the way she was born? Don't expect to sit back and reflect on a 'happy ever after' scenario.

I discussed the issues confronted in these books with a library friend naively noting that these situations didn't reflect the truth. "Not so" my friend noted. I Googled these results in UK. "One in six males will experience unwanted or abusive sexual experience in their lifetimes."

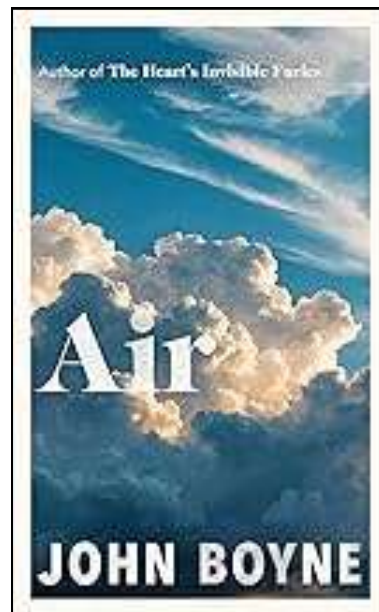


The fourth in the series, "Air" has yet to be published.

No doubt our library will be prompt to order it when it is available. Needless to note I will be one of the first on the list wanting to borrow. Just maybe the final in the series will be accompanied by a 'breath of fresh air.'

Here's hoping!

Joyce Bullock



Needed:

Volunteer Tutors to work with ESOL students in the Māpua / Motueka area.

Contact: Judy Vaughan 027 540 3163 or

Email: judyvaughan1947@gmail.com

Free Tuition

Do you need help with Reading, Writing, Maths or spoken English?

FREE tuition by qualified volunteers – private, one on one.

Contact: Judy Vaughan 027 5403163

Or judyvaughan1947@gmail.com



Acupuncture

Tibetan medicine & acupuncture

Stephanie Wright

Practitioner of Tibetan Medicine
Tibetan Acupuncture & Massage
Facial Enhance Cosmetic Acupuncture

Ph. 021 169 0218

swchiro@gmail.com stephaniewright.co.nz



MOUTERE PLANT NURSERY

Native Plants for Your Revegetation Projects.

With the summer already over half way through our attention is turning to revegetation projects. We have already started to receive orders for native plants to be planted this Autumn so contact us as soon as possible to submit your order in order to avoid disappointment!

Exotic Plants.

We also have in stock lovely English Box, as exotic hedging plants, a few bare rooted Pear Trees as well as Apple Root Stock (Northern Spy) and some Banana and Pineapple plants, visit the website for further details (www.moutereplantnursery.co.nz) or contact John on 0220403404.

If you are looking to plant shade trees for stock let me know as we have a limited number of Carob and Honey Locust trees growing.

"The one who plants trees knowing that he or she will never sit in their shade, has at least started to understand the meaning of life" Rabindranath Tagore.



Nelson Tasman
MOTORHOME HIRE

A family owned and locally based business offering a range of reliable and quality campervans to suit couples to a family of 5.

Discover NZ's unique beauty in comfort & style at an affordable price.

Read our reviews at:
www.ntmh.co.nz
mob 0274 330 651 Jamie
holiday@ntmh.co.nz



Motoring

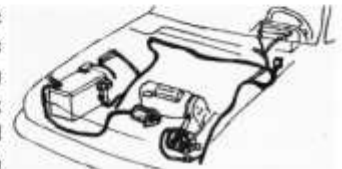
with



Will you be let down by your Vehicle's Battery

A battery can be viewed as the heart of your vehicle, and needs care and attention to ensure its reliability. It releases electricity, which is vital to starting the engine and powering all the lights and accessories.

The battery is just one component of the vehicles 'starting and charging system'. A faulty or weak battery may cause voltage and current variations, creating stress and possibly premature failure of components within



The many components of a starting/charging system

the starting circuit. This in turn can result in electrical components operating erratically, the engine coming to a stop suddenly and/or preventing you from starting your vehicle.

The potential life expectancy of a battery depends on a variety of factors:

- **Is it good quality?** - As a general rule, the cheaper the battery the shorter its life.
- **Is it the right size for the job?** Fitting a battery that is too small for the job means it will have to work very hard, which can cause it to overheat and fail.
- **Is it fastened securely?** Excess vibration could shorten its life span and damage battery components such as the casing and terminals.
- **What type of driving does the vehicle do?** Bad weather, night driving, short trips or frequent idling result in more power being discharged from the battery than is generated from the engine running. This leads to draining of the battery's power.

Is the vehicle used regularly? Batteries self discharge naturally at a rate of 1 - 60%, depending on the air temperature, amount of use it gets, and the type of battery it is (lead & calcium).

Low use vehicles with lead acid batteries have a greater risk of battery sulfation (a build up of lead sulfate crystals) which significantly reduces the batteries life. Low use vehicles with calcium batteries have a discharge rate that accelerates after a two week period of non-use. Regular use or charging will improve these situations for both lead acid and calcium batteries.

Available options to keep batteries fully charged and increase their life span are:

- To use a maintenance charger (as illustrated). This is attached to your vehicle during non-use and will recharge the battery when the voltage gets below a predetermined rate.
- Regularly, at least once a month, charge the battery back to full charge.



Happy & safe motoring from the team at



Moutere Hills RSA Memorial Library Māpua Community Library

Exhibition: Peter Copp, Artist 6th January - 15th February

Peter Copp has had a life-long interest in art. He stumbled on the world of painting at high school, a discovery that became an enduring commitment. He describes painting as not merely a pastime, but as “being hooked” on a socially acceptable drug. He says he is driven



to keep going, looking for that special painting. He works in oils, and most of his paintings are local scenes that he observes nearly every day.

Peter has spent most of his working life outdoors and each day observes the light and how it moves, while thinking about work in progress, and each night he spends a couple of hours painting. Reflecting on his influences, Peter reminisces about a pivotal moment during his early twenties where, on his first overseas adventure, he found himself in a

West Berlin art museum face to face with an exhibition of Dutch master portraits. “I was enthralled and after almost an hour of intently looking, I did the inexcusable and reached out and touched a painting. Bells immediately started ringing and I thought that I would quickly be out in the street, but within seconds I had a well-dressed man beside me and instead of pushing me out the door he spent the next two hours giving me a guided tour of the museum galleries”.

Summer Book Sale

Huge thanks to everyone who came along and purchased books at our New Year sale, there were a large number of books for sale and the morning was very successful with over \$1,000 raised for our funds. If you didn't make it, pop on down to the library, there are still a few books on sale.

Helen Jeffery, Phone: 0223990075

Nature Harp

Harpist for weddings and functions in the Tasman region.

I am a qualified youth worker and offer harp, piano and guitar lessons.

Contact me for further details:
Mobile: 027 218 6050
Email: harpnature@gmail.com

YouTube: <https://www.youtube.com/@NatureHarp>

Coastal News Advertising Costs

Ads go by the size in column centimetres.

Columns are 8.5 cm wide and costs are as follows:

\$2.50 per cm up to 6 cm	\$3 per cm up to 10 cm
\$4 per cm over 10 cm	\$48 ¼ page
\$60 ½ page	\$80 full page

With 20% discount for long-term advertising (3+ months) and prompt payment by internet banking only.

The deadline is the 20th of each month with each issue coming out on the 1st.

There is no separate January issue.

E: news@coastalnews.online for more information.

RUBY BAY STORE What's on next

SATURDAY 1 FEBRUARY CLAYTON'S SENSATIONAL SIXTIES
With guests, covering some of the decade's best

SATURDAY 8 FEBRUARY ELISHA HOBBS
Local folk/indie singer-songwriter

THURSDAY 13 FEBRUARY SOUTH FOR WINTER
Special treat! Fabulous folk trio on tour from Nashville

SATURDAY 15 FEBRUARY THE EARLY BOBS
Practically our House Band with excellent Dylan covers always!

FRIDAY 21 FEBRUARY PETE FLYNN PROJECT: INTERSTELLAR
Songs from a lonely planet. Indie folk music and more

SATURDAY 22 FEBRUARY THE BARLEYSHAKES DUO
On tour with Celtic sounds from Ireland and Australia

SATURDAY 1 MARCH ISABELLE WOLFF with CRAIG DENHAM
Gorgeous Gypsy jazz pop — Wolff's on tour from Germany

MUSIC STARTS 7.30pm TICKETS \$25

For bookings and more information visit
www.rubybaystore.co.nz

174 Stafford Drive, Ruby Bay • 027 417 1713
Venue opens 6.30pm • Local food, wine, beer and cider

Māpua Village Bakery

Pet of the Month



This month's Pet of the Month at the bakery is the enormously talented and beautiful Maggie.

Maggie is a four-year old Spoodle and like anything related to Poodles she loves the water. You'll find her there every chance she gets because she likes being wet.

She's not a big fan of dog toys, they're beneath her. But she does have a favourite rabbit she takes to bed with her.

She likes coming to the bakery because she is a people person, and she loves all the staff and customers that treat her like the queen she is.



Holiday Schedule

We will be open on Nelson Anniversary Day and Waitangi Day.

Both days are expected to be very busy so if you need something in particular, please make sure to come in early.

As always, no holiday surcharge. See you soon.

Toasties

Just a reminder if you need a quick tasty snack.



We have cheese, we have bread, there's only one thing to do. Make more Toasties!

You can choose your own fillings or try one of our speciality ones:

France: Brie (Little River) and Blueberry

A local brie with local Nelson blueberries. A classic combination.

Italy: Smoked Caciocavallo (Viavio) and Bacon

Nelson's own mild smoked Italian cheese and manuka smoked bacon.

Korea: Kimchi and Four Cheese

Kimchi with cheddar, mozzarella, swiss, and parmesan.

USA: Buffalo Chicken and Blue

Smoked chicken breast drenched in hot wings sauce with Windsor Blue from Oamaru.

Low Stocks

Some of you may have noticed over the busy season we might have been out of your favourite pie or pastry.

It's true, we've been very busy like usual this time of year but also unfortunately due to a series of minor injuries we are temporarily down on baking staff at just the wrong time.

This should be sorted in a few weeks, but please be understanding if we don't have or have already sold out of your favourite items.

There are three good things about it though:

1. It gives you a chance to try something new.
2. We never run out of coffee,
3. It's a great reminder that everything we sell we make ourselves at the bakery. No mass-produced pies or slices from us.



Māpua Craft Group report for January 2025

Starting our meetings in February 2025, our dates are the 7th and 21st, meeting in the hired room at the Māpua Community church. There is a koha of \$3 to cover the cost of room hire and morning tea.

We will continue with projects that we may have started during the last school holidays. All craft is special, and we share camaraderie, laughter, ideas, bargains and we are keen recyclers! Attached is a photo taken by our member Val showing some of our cards that we have made, now available at the Māpua library.

Do come and join us; all suggestions are welcome whilst we share morning tea and news.

I intend to embroider butterfly cards for birthdays and would be happy to encourage others to try the same. My most treasured Christmas card is a golden embroidered angel made by our member, Ella.

We wish all our readers and members a Happy and Healthy New Year.

Barbara





ANTIDOTE APPLIANCE REPAIRS

Laser Electrical Motueka and Antidote Appliance Repairs
Proud to be 100% Locally Owned and Operated

- Air Conditioning and Heat Pump Installation, Cleaning and Servicing
- Domestic & Commercial Wiring
- Appliance Repairs
- New Builds or Renovations
- 24 hr Callout Service



Contact **Greg and Donna Bradley**
 - 03 528 9071
 - 027 243 2212
 - 29 King Edward Street, Motueka
 - motueka@laserelectrical.co.nz
 - laserelectricalmotueka.co.nz



Perrys Auto Services - 03 540 2866
Everything you need for Summer

Trailer and campervan
 WoFs and repairs
 including lights.
 As well as fuel we sell:

- Salt Ice
- Fresh Ice
- Bait

NPD Fuel Cards • SuperGold Cards • Repair & maintenance workshop • Electrical & air con work • AA 24 hr Breakdown:
 Call AA if you are a member or 021 540 286
 T: 03 540 2866 | E: perrys.auto.services@xtra.co.nz
 www.perrysautoservices.co.nz | Find us on Facebook @perrys9829

Gain Lambert

Master Painter




**CRAFTSMAN PAINTERS &
 DECORATORS**

GAVIN LAMBERT (OWNER)

Ph: 03 540 2748 Cell: 021 476 318
 Email painter@scorch.co.nz / 26D Jessie St, Mapua, 7005
 www.lambertdecorators.co.nz



**GENTLE
 CHIROPRACTIC**

Sports & Spinal Injury Clinic
 Acupuncture
 Functional Feet

03 540 3999

gentle-chiropractic.co.nz

Mapua • Motueka • Riwaka



DOG ALMIGHTY



DOG WALKING

Professional Dog Walkers

027 360 6043
 www.dogalmighty.nz

Postal delivery subscription

We can post you the *Coastal News*.
 Email your address to us [see front page] and
 we'll give you bank details to pay \$25 per year.



the playhouse

February 2025

**Fri 14th
Mundi Jazz Trio**

**Sat 15th
70s and 80s Disco Party**

**Thurs 20th
DJ Deekline (UK)**

**Fri 21st
Alan McElroy Standup
Irish and Scottish comedy**

**Sat 22nd
The Underground**

**Fri 28th
Fleetwood Mac and Billy Joel**

**Sat 1st March:
Miami Mice**

**Fri 7th March:
Paul Ubana Jones**

Māpua Fire Brigade



Nov 24 to Jan 25 call outs

12 Nov 18:43: Grass fire off Māpua Drive. Wind picked up embers from rubbish.

27 Nov 19:24: Assist Upper Moutere with a grass fire from a burn off on Supplejack Rd.

30 Nov 14:21: Medical on Perry Way, stood down by Ambulance.

4 Dec 11:43: Mobility scooter on top of person in ditch near Pomona Rd. Passersby got person out of ditch. Left in hands of the ambulance.

7 Dec 12:50: Crash alert from phone falling off vehicle on SH60 near Stringer Rd. Owner on scene found the phone.

9 Dec 16:28: Car in ditch Aporo Rd. No action by brigade. Left with Police and Ambulance.

12 Dec 01:42: Medical incident Iwa St. Left in hands of police.

12 Dec 16:40: Assist police removing person from scaffolding.

19 Dec 14:45: Alarm activation Mahana school. Nothing found. Left with alarm agent.

24 Dec 11:13: Smoking cell phone SH60 near Gardner Valley Rd. Nothing found.

26 Dec 22:29: Smell of burning inside house Van Beek Pl. Dirty Halogen light.

28 Dec 13:23: Rural/ tanker to a controlled burn on Kelling Rd, Upper Moutere. Left fire with owner.

30 Dec 17:33: investigate three burn piles on Williams Rd. No action taken by brigade. Caller was concerned about embers in wind. On arrival, no embers & it started to rain.

30 Dec 19:51: Called to a house fire in Motueka. Not needed at fire. Sat at Motueka fire station for a while.

10 Jan 10:17: Alarm activation on Gardner Valley Rd. False alarm – accidental.

16 Jan 15:31: Ute v Van on Aranui Rd. One person cut out of Ute, Police investigating.

Call outs for the year = 72

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

For rural fires go to - <http://www.checkitsalright.nz>

We are looking for two people to join our team. Ideally looking for daytime persons living and/or working in Māpua. Come and see us at 3 Iwa St after 7pm on a Thursday night, or call CFO Aaron Thawley on 0274 275 813

Māpua Bowling Club

The bowling club has been quiet over the holiday period but now some members are keen to play championship matches and others just to enjoy bowling on roll up days.

Monday social bowling has started again from 5:45pm to start playing at 6pm. Open to all age groups and help available for anyone new to the game. Bowls to use, available at the club.

Contact Di Blanchet (secretary) 021 077 3445 for more details about club facilities or club room hire if required.

Julie Booth

Yoga with Martin

Mapua Hall
New! Beginners/Recovery:
Tuesday, 6.00 – 7.00pm
General: Friday, 9.15 – 10.30am
yogawithmartin.nz
027 614 5936

SUMMIT

GORDON WEBB

Top Salesperson 2007/2008/2009/2010
Top Office 2015/2019/2020/2021/2022/2023
in Summit Real Estate MRE NZ

Having grown up in this fantastic little village and seeing it blossom and thrive, I truly believe that my team and the passion and knowledge I have for the area will get you the very best results.

'A Good Deal Better'



Gordon Webb
Residential & Rural Branch Manager
021 540 241 | 544 2900
gordon.webbasummit.co.nz

Zoom Hair & Beauty

Book Online at: www.zoomhair.co.nz
03 540 2333



71 Aranui Road, Mapua



ELLIS CREEK FARM
GOLDEN BAY

Farm Fresh Meat
Free Range Eggs
Weekly Deliveries

Spray Free Pasture
On-Farm Abattoir
Order Online



www.elliscreekfarm.co.nz



Melissa Russ, RN
Appearance Medicine Nurse Specialist

Anti-Wrinkle Injections
Micro Needling
PRP & PRF
Dermal Filler
Skin Boosters
Hair Restoration

Māpua Health Centre - Tuesday pm
Kiwiskin - Monday all day

Phone or Text 02041444988 to book an appointment
www.thebeautynurse.co.nz



Chelle the Seamstress

Clothing alterations, dressmaking
Repairs, cushion covers / squabs
Curtain shortening
by appointment

11 Korepo Rd, Ruby Bay
021 2086 286
chelle.evanson@gmail.com




**Garry
Simkin
Plastering**

For all Interior Plastering
027 226 1722

Ruby Coast Running Club

At the beginning of December some of our runners took part in The Spectacle. This was a new event in Nelson with a variety of road and trail running events of varying distances. We had runners enter the 21km and 50km trail run. The event attracted lots of competitors from outside the region and our runners provided some fierce local competition. Special congratulations to Christine and Graeme who were both placed first in their respective age categories for the 50km event. Well done to you both.

Over the holiday period we have continued to have a good turnout for our Thursday 5km events and also for our longer Saturday morning runs. This may well be due to some New Year's resolutions or to counter some overindulgence of Christmas fare.

In that regard it is perhaps timely to provide some information about our informal and sociable walking and running group. If you have made a fitness related New Year's resolution, we might be just the group for you.

Our main event is a regular 5km every Thursday evening. We have a number of different courses, each of which starts and finishes in front of the playground next to the Māpua Community Hall. They are timed events, thanks to our volunteer timekeepers, so you can track your progress each week.

If you would like to join us, come along, we would love to see you. We are easy to spot with our blue flag and blue running tops. There is no need to register in advance and no fee to pay. Walkers and any runners that need more than 30 minutes to complete 5km start at 5.15pm and all other runners start at 5.30pm. It is best to arrive a few minutes before your start time to sign in and also to listen to the course briefing. Four legged runners are also welcome. However, if you are bringing your pooch, we ask that you please join the 5:15pm group.

After we have cheered all our runners and walkers across the finish line we head across the road to the Sprig & Fern for some well-earned refreshments and socialising.

There is a longer run most Saturday mornings. This is generally anywhere from about 10km up to around a half marathon distance. The route and start times vary (we start earlier in summer to try and avoid the heat), but we nearly always start and finish by Java Hut so we can have coffee afterwards. While our Thursday runs are timed events, our Saturday long runs are more informal and at a much slower pace.

Sometimes for our Saturday runs we venture further afield to run on one of the beautiful trails in the region. We also regularly attend organised running events as a group.

You can find out more about us or join us on Facebook: Ruby Coast Running Club.

The Coastal News is 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.

Māpua Community Hall

Weekly Classes
February 2025

Monday Tuesday Wednesday Thursday Friday Weekends



Monday

Delias Dance Divas-10am-11.15am and 7.15-8.15pm
Mindful Movement with Tilly-11.30-12.30pm
Broga- Mens Yoga with Nikki 5.30-7pm
MDCA executive meeting every 4th Monday 7-9pm

Tuesday

Sioux Line dancing 9am-12pm
Creative Fibre-2nd Tuesday of month 10am-1pm
Strength and Cardio with Lynda 6-7pm
Yoga with Martin 6-7pm
Boardgames with Ryan 7pm-11.30pm

Wednesday

Yoga with Aeven -7.15-8.45am (starts 26th Feb)
Aerobic/Pilates with Lynda 8.30-10.30am
Mindful Movement with Tilly-11.30-12.30pm
Yoga for healthy living 9.15-10.45am
Chair yoga with Yvonne 1.30pm-2.30pm
CB -Dance with Courtney 3.30-4.30pm (12th Feb)

Thursday

MAG Mapua Art Group-9.30am-12.30pm
Yoga with Debbie 9.15-10.30am-(Starts 14th Feb)
Mapua Community Choir 7.30-9pm

Friday

Cardio weights/Pilates with Lynda 8.30-10.30am
Yoga with Martin 9.15-10.45am

Hall news!

Welcome to a month full of opportunities to engage in movement, creativity, and community at our hall.
Thanks to McKee Charitable trust, we are happy to announce we have security cameras installed.
These cover entry and exit points to help enhance security at the hall.

Save the date!

Our celebration of Hall volunteers is the 17th Feb- 5-7pm- all Mapua Hall volunteers are welcome
RSVP 1st Feb- Thanks

Office hours are Mon-Fri 9-12pm
03 540 2330



72 Aranui Road Mapua
email: mapuabookings@gmail.com

Tasman's New Cat Bylaw and How We Can Help.

As of January 1, 2025, cat owners in Tasman have new responsibilities under the recently adopted Cat Management Bylaw. Approved by the Tasman District Council on November 28, 2024, this bylaw promotes responsible pet ownership while safeguarding the welfare of our feline friends. Here's what you need to know:

If you own a domestic cat older than six months, you'll need to:

- **Microchip your cat:** This tiny chip, implanted under the skin, helps reunite lost pets with their families quickly and efficiently
- **Register your cat with the New Zealand Companion Animal Register (NZCAR):** This ensures your contact details are linked to the microchip so that vets or rescue centres can notify you if your pet is found.
- **De-sex your cat unless exempted for health reasons by a vet or registered with a nationally recognized breeders' body.**



How long do I have?

The bylaw provides a transition period for existing cat owners to meet these requirements, with a deadline of June 1, 2026.

Why Are These Changes Important?

Microchipping and registration help us reunite lost pets with you, their owners, more quickly and efficiently.

De-sexing reduces the population of stray and unwanted kittens while curbing nuisance behaviours like roaming, fighting, and territorial marking.

How can we help?

At Vetlife Māpua, we're here to make the process simple and stress-free with our range of services that include routine de-sexing surgery, microchipping and registration.

Our friendly, professional team will ensure your cat not only meets the new requirements but receives quality care from top to tail. Pop into the clinic or call us at 540 2329 to book an appointment. Together, we can keep our local cats safe, healthy, and feline great!

For more information, visit the Tasman District Council website or contact Vetlife Māpua during clinic hours:

Monday to Friday, 8:30am-12:00pm and 1.00-5:30pm.

Special Offer:

To support our clients in meeting the bylaw requirements, we're offering a **discounted package** that includes:

- Microchipping
- Registration with NZCAR
- Desexing

This special offer will provide **savings of up to \$50** and will be available for bookings made between **now and the end of March 2025**"



PANZ Nelson Area news (Pastel Artists of NZ)

We have been having a break over the Xmas period and now looking forward to a fresh start for 2025.

Our New Year starts on the 4th of February at the Māpua Hall.

Over the break we were given some "homework". We were all given two pictures from which we had to choose one and take an idea from it. We were not allowed to copy the reference but just use it as an idea. These are due to be returned on our opening day and they are always a surprise.

We have been allotted some wall space in the foyer of the Māpua Hall to hang some of our members paintings.

Over the break, two rails were installed, and we now have paintings for sale there.

These will be rotated monthly, and we have already had one sale.

Currently our members are working on paintings to be entered for selection to our Annual Conference and Purely Pastel National Art Awards. This is our highlight of the year and in 2025 will be held at Alexandra in April.

Next year, the North Island. Our Nelson members usually do rather well at this event, and we also have the biggest contingent of members attending.

You are welcome to join us on any given Tuesday morning at the Māpua Hall, 9am to noon.

We supply pastels and papers for you to try and there is always someone ready to help you.

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

**TRADITIONAL CHINESE MEDICINE
& ACUPUNCTURE**

ACC ACCREDITED

Andrew Perzigian MSTCM

022 193 9076

nzacupunctureworks@gmail.com

www.acupunctureworks.co.nz 69 Aranui Road, Mapua

Complete care
for your pets

Our committed veterinary team pride themselves on delivering optimal pet care with personal service.

Our services include:

- Vaccinations
- Health checks • Medication
- Premium vet-recommended food and more...

Pop in to chat about your animal health care needs.

VETLIFE MĀPUA
69 Aranui Rd
03 540 2329

OPENING HOURS
Monday to Friday
8:30am to 5:30pm

vetlife.co.nz



What's on at Hills Community Church?

Throughout the week in February

Sunday: Morning Service - 9:30am

Worship and fellowship followed by morning tea

Wednesday: Senior Moments – second and last Wednesday each month. 10am to 12pm

Friendship, food, events and information

KidsnKoffee – Community Playgroup – 10am to 12pm

A great space for all the whanau

Thursday: Pray and Chat – 10:00am. An opportunity for prayer, discussion and a chat over coffee

Friday: Craft and Coffee – first and third Friday each month 10am to 12pm. If you love all things “crafty” then come along and join the group

Throughout the week: Life Groups

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

For more information contact: Hills Community Church

Phone 03 540 3848, office.hcc@xtra.co.nz

www.hillscommunitychurch.org.nz

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

Mahana Electrical

All servicing, repairs & installations.
Domestic, commercial & rural.

Phone Simon: 021 994 306

Our Christmas happenings at Hills Community Church – looking back

Well, what a busy and lovely Christmas season we had and how great that we could celebrate the season with visitors and locals alike.

Come to the Quiet

A quiet evening of reflection over the Advent period was valued by those who attended during that busy lead up to the Christmas period.

Māpua Community Carols

You will be reading this some weeks after our Community Carols event which happened way back on December 12th. One of the chilliest evenings but what a great community atmosphere there was. We do hope that you enjoyed the evening.

Thank you so much to the awesome Māpua School Choir, Māpua Community Choir and of course, the wonderful Motueka District Band who so kindly give of their time each year.

We would also like to let you know that a donation of \$133.00 was made towards the Nelson Women's Refuge.

“Here in the Nelson Tasman Region, we are blessed with a ‘many hands’ community where beautiful hearts and minds are conscious of the struggles of many around them and work together to help us provide for those in need. We are continually grateful for the donations from those amazing communities.”

With gratitude and thanks. Nga mihi, Nicky Woodbury

Administrator / Whakatū Refuge Trust

Christmas Play – Youth Group

Such an awesome group of young people retelling the story of the birth and life of Jesus.

Christmas Eve family fun

Family Fun is a great description. With craft activities, yummy food, laughter and a very improvised interpretation of the Christmas Story seen through the eyes of a Grumpy Innkeeper. Shepherds turning up wearing crowns and more than one baby lying in the manger!

Carols by candlelight

A simple and very atmospheric evening of carols and readings.

Christmas Day Communion

Coming together as a community to share in Holy Communion on this great day of celebration.

And so, on behalf of Hills Community Church we wish you and your whanau both near and far a very blessed and peace-filled 2025.



MAPUA
AUTO CENTRE

“YOUR AUTOMOTIVE SPECIALIST”



Fully Equipped
Automotive
Workshop

All Makes
& Models

6 Courtesy Cars
W.O.F.



20 WARREN PL, MAPUA, NELSON 7005 | PH 03 540 2180

Māpua Health Centre news

We warmly welcome Dr Brittany Puata as our new GP registrar for the next six months. She will be working Mondays, Tuesdays, Thursdays and Fridays. We also would like to greatly thank Martinique van Ryn who has been our Reg for the past six months and we wish her well for her next clinical attachment. Also, a reminder that evening clinics with Dr Andre Bonny are now on Wednesdays from 6-8.30pm.

We have been getting great feedback from our patient portal "Well". It offers easy access to your lab test results, recent history of your consultations with your doctor, immunisation history, prescribed medications, recorded allergies, any diagnosed conditions you are managing, the ability to book appointments for you and your family, and to submit your repeat script request. Please contact Reception for details, 03 540 2211.

After a lot of work by Mandy and her staff we are celebrating another year of reaching the Cornerstone standard of excellence and being a fully accredited teaching General Practice.

Not only is it Aotearoa Bike Challenge month but it is also Heart Health Awareness month. 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, showed that with 1 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). Some very recent research showed that even short bursts of vigorous-intensity exercise, amounting to as little as 3 minutes a day, had a 45% lower risk for major adverse cardiovascular events in middle aged women (British Journal of Sports, October 2024).

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 6 months (Circulation. January 8, 2018).

And learning to relax better can have benefits as a meta-analysis showed that mindfulness-based interventions are effective in improving outcomes of heart diseases (Medicine. 2022 Sep 30;101(39):e29649).

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
- 1-28 Ovarian Cancer Awareness Month
<https://ovariancancerfoundation.org.nz>
- 2 World Wetlands Day www.wetlandtrust.org.nz
- 4 World Cancer Day www.worldcancerday.org
- 6 Waitangi Day anniversary
- 11 International Day of Women and Girls in Science
www.un.org
- 20 World Day of Social justice
www.un.org/en/events/socialjusticeday
- 21-22 Big Heart Appeal www.heartfoundation.org.nz
- 22 Te Matatini - Kapa Haka Aotearoa Festival
<https://www.tematatini.co.nz>



Tasman Bay Chiropractic
64 Oxford Street, Richmond
03 544 4554 Monday-Saturday



tasmanbaychiropractic.co.nz

Referrals, families and all new patients welcome
Visit our website or call for more information

Keeping you in the game since 2002



William Meader
emergentlight.com

International Esoteric Philosophy teacher is examining the nature of endings, relationships, physical death or collapse of a civilisation.

Life always moves through transition and transformation.

Friday, 7 March 2025

2:00—5:00PM MAPUA HALL,
\$35 OR \$25 FOR STUDENTS AND CS CARD

REGISTER WITH JULIA EWER ON
PHONE NUMBER 021 222 1423

Noticeboard

NZ Tree Crops Assoc, Nelson Branch: 50th National Conference, Māpua Hall, Sat 29 March. From 1-3pm we invite locals to talk with Tree Croppers, ask questions, view displays, grafted fruit trees, garden tools etc.

Tasman Golf Club: Ladies 9 hole & 18 hole summer competition. Tee off 9:30am every Tuesday. All skill levels welcome. \$25 for non-members. Call Lyndal 03 5266819 or email teeup@tasmangolfclub.com

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

Māpua Friendship Club indoor bowls, first & third Mondays, at Māpua Bowling Club rooms. Bowls 2pm, then "bring a plate" afternoon tea. \$3 door fee. Lots of laughs and non-competitive. For more info contact Val 540 3685

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

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

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

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

Coastal Stringers: Ukulele & guitar group meet Fridays 1-4pm at Bowling Club. All welcome, just arrive & enjoy the singing. Contacts: Colleen 5403010, Diane 5402627.

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

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

Motueka Toastmasters: Speak with more confidence? Meet 1st & 3rd Weds, 6.45-8.30pm, St Johns rooms, Jack Inglis hospital. Visitors welcome. Info Peter 027 7468311.

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

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

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

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

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

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

Toy Library: extensive selection of toys, puzzles & videos for children 0-5yrs. Māpua Hall Monday afternoons 2.30-4pm. mapuatoylibrary@gmail.com

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

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

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

Kids 'n' Koffee Playgroup: Wednesdays 10-noon during term time, at the old church building. 0-6 year olds. Morning tea provided. Gold coin donation. Info: pippie.d@gmail.com

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

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

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

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

Coastal Garden Group meets 1pm first Thursdays, Tasman Bible Hall (opp. Jesters). All most welcome to share their love of gardening. Guest Speakers, Workshops, Garden Visits. Info: coastalgarden.group@gmail.com

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

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

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.

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

Club Notices are free. Others by gold coin donation to one of the distribution boxes. Please make sure contact details are up to date. Check out www.coastalnews.online to see the issue in colour.

Your notice here.