



Ruby Coast Arts Trail

A journey through Creative Sanctuaries

As the summer sun settles over the Tasman District, the **Ruby Coast Arts Trail** is once again inviting locals and travellers to step off the beaten track and into the private sanctuaries of the region's most prolific creators.

Spanning the scenic stretch from Bronte Road East, Māpua, Tasman Village to Mariri, the trail is not merely a Gallery hop but an immersive year-round experience. However, the real magic happens during the bi-annual **Ruby Coast Arts Trail Open Studios Weekends**, the first of which for 2026 is fast approaching on **February 28 and March 1** and then followed by the last weekend in October 2026.

The trail currently features professional artists and craftspeople who open their working studios to the public. Visitors can witness and discuss the raw process behind painting, weaving, fine woodwork, sculpture, ceramics and glass fusion.

Meet the makers

We welcome three exciting new contemporary artists to the creative group this year.

Diane Crompton: The Art House Studio and Gallery, 31 Toru Street, Māpua. A creator whose work spans multiple disciplines, balancing chaos and harmony, structure and spontaneity, by layering colour, and taking bold risks, contributing to the trail's reputation for diversity.

Katrina Cosgrove: 43 Bronte Road. Through abstract florals and botanical waterfall landscapes, Katrina creates visual representations on canvas that explore themes of self-discovery, transformation, freedom, and the deep connection between nature and the human spirit. Her waterfall works draw inspiration from the New Zealand native bush.

Jane Tan: 90 Bronte Road. Jane is experiential - a way of processing and recording emotion through visual language, it is how I connect with myself, with others and with the world around me. My contemporary drawings and paintings explore memory and emotion.

Peter Copp: A versatile artist whose work reflects the local environment through diverse media.

Sue Newitt: A professional potter known for her elegant and functional wheel-thrown domestic ware.

Tony and Jane Clark at JointWorks Studio: A collaborative space featuring their combined talents, specialising in intricate woodwork and weaving.

Jane Smith: Operating from a charming garden gallery, Smith is celebrated for her expressive watercolour figures and spontaneous local landscapes.

Adi Tait: A contemporary painter and printmaker who utilises the unique processes of digital manipulation and cyanotypes to communicate her response to the land.

Lauren Kitts: A sculptor who opens her studio and sculpture garden to showcase large-scale stone carvings that interact with the natural landscape.

Lynn Price: Known for her diverse artworks from fused glass and metals, they are detailed and vibrant which add a rich layer of colour to the trail's collective portfolio.

Darryl Frost at Frost and Fire Gallery: A nationally and internationally recognised ceramicist, Frost specializes in Anagama wood-fired

ceramics, creating unpredictable, elemental surfaces.

Whether you are looking to start an art collection or simply want a creative afternoon, the Ruby Coast offers a rare glimpse into the heart of New Zealand's artisan community.

Studio maps can be downloaded from the Ruby Coast Arts website or collected from The Suter Gallery, Māpua Library, Motueka i-Site, Tasman General Store and Kina Café. We are all looking forward to meeting you.





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Update on Oystercatcher

Torea Pango chicks in the Māpua estuary

In December, just off the causeway near the Leisure Park, there were two nests of the Variable Oystercatcher (Torea Pango) with 3 eggs in each.

We noticed the adult birds from one nest had unfortunately abandoned it, and on checking it we found 3 dead chicks. They probably died from too much disturbance from people or dogs. They have now re-nested and we are hoping for a better outcome.

This area is also a dog walking area, and some dog owners don't respect the *dogs on leads* signs.

In the other nest, two chicks hatched. However, two weeks later a black back gull picked up one chick and dropped it. Now the only surviving chick is five weeks old and it should fledge in the next two weeks.

The parent with the tag AT7 has been in the Māpua estuary and nesting here for the last 5 years. They generally stay in this area and are endemic to NZ. No need to fly off to faraway places.

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'Problem Possum' caught on island

After two years of trying, the Bullivant Island Restoration Project team (BIRP) has finally caught a problem possum (pictured).

Droppings from the animal have been seen regularly and there was speculation for a start the pellets may have come from a wild pig. As well as predating seedlings, the possum - the size of a small dog - may have eaten several native bird eggs, with broken eggshells found occasionally on the island and around the shore. Possums have been filmed in other places eating chicks as well as eggs.

Māpua-based ecologist Rhys Buckingham speculated from the reported size of the droppings, and the fact the possum appeared to be visiting the island periodically, that it was big male. He was proved correct.

BIRP contact person Clare Kininmonth says trapping for predators started in May 2021 with four traps. Since then, 13 rats have been killed and four mice. It had boosted the chances of wildlife thriving on the island, which is situated between Māpua and Moturoa/Rabbit Island.

"The project is run in conjunction with, and under the guidance of, Tasman District Council Parks and Reserves officers," she said. BIRP has covered the island from one end to the other with native plants and trees donated by the council.

BIRP member Paul Bensemann, who set the possum trap, says he baited it with half an apple, but had used apples in the trap many times before without success. "My two brothers and I had cyanide licences in the 1970s and killed thousands of possums in the Motueka Valley and northwest Nelson but this is one of the biggest I've ever seen."



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One of the great joys of working at Vetlife Māpua is watching local pets grow and change alongside their families.

From wriggly puppies and energetic kittens to much-loved senior companions, every stage of life brings different needs and different ways we can help keep pets healthy and comfortable.

Growing Up Fast

The early months set the foundation for lifelong health.

Age-appropriate nutrition, parasite protection, and vaccinations all support healthy growth and strong immune systems, while early conversations around desexing and preventative care can make things easier as life gets busier.



Adult Pets: The Quiet Changes

Once pets reach adulthood, changes often happen slowly. Weight gain, dental disease, skin issues, or early joint stiffness can develop without obvious signs at home.

Regular check-ups allow us to catch these changes early and make small adjustments that can have a big impact over time.

Senior Pets Need a Little Extra Care

Senior pets may need extra support as they slow down. Changes in appetite, drinking, mobility, or behaviour can signal that their needs are changing.

Senior health checks, tailored diets, and early diagnostics can help maintain comfort and quality of life well into the golden years.

Prevention Matters

Preventative care plays an important role at every age. Flea and worm protection helps keep pets (and homes) healthier year-round, and choosing a diet that matches your pet's life stage can support everything from growth and energy levels to ageing joints and digestion.

Over the summer months we have a range of life-stage nutrition offers and parasite prevention prizes up for grabs in our three Tasman clinics. Our teams are always happy to help you choose what's right for your pet.

At Vetlife Māpua, we believe great care comes from ongoing conversations and genuine relationships.

Whether you're welcoming a new pet or caring for an old friend, we're here for every chapter, and grateful to be part of this wonderful community.

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Moutere Hills RSA Memorial Library

Māpua Community Library

Happy New Year to all our readers, we hope 2026 is good for everyone.

After a couple of rainy days, the 2nd of January dawned warm and sunny. The book sale was a great success. There were plenty of readers seeking bargains throughout the morning and we raised \$1,218 which will go towards purchasing new books during the coming year. Checkout the free ex-library books in the foyer of the library plus there are some children's books that we no longer require.

Exhibition: Anne Bannock - runs from 17th January through to 28th February 2026.

I am a multimedia artist and work from my studio on our rural property in the Orinoco Valley near Motueka. Most of my work is influenced by our garden, surrounding hills and mountains and the social activities of people. The styles vary from realism to semi-abstract and the mediums used may be oil, watercolour, acrylic, pastel or collage using hard printed paper.

I enjoy the satisfaction of making things from scraps of fabric, paper, bamboo, wool,



tins, bottles, cardboard, buttons, beads, tinsel, wire... and useless small knick-knacks.

My works have appeared in solo and shared exhibitions throughout New Zealand and London. Nine entries have appeared in the NZ Wearable Art Exhibitions.

Recent works include my own written and illustrated 2022 children's picture book "Sammy Red Legs" and "Seeking the Aurora" written by Elizabeth Pulford in 2018.

In the Tasman National Art Awards I was awarded Best Pastel Artist (2019); winner of the Pastel Section (2021); and winner of Pen and Ink Section (2022).

My contact details are:

Phone: 03 526 8623 or 022 495 5003

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Helen, Māpua Community Library

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Recycle & Create - Creative Textiles with Maggie 2 Days: 07 to 08 February 2026 Location: Richmond, Tasman \$300pp	Screen Printing - Create Fabulous Screen Prints with Judith Ritchie 2 Days: 21 to 22 February 2026 Location: Takaka, Golden Bay \$300pp	Recycle & Create - Creative Textiles with Maggie 2 Days: 28 Feb to 01 March '26 Location: Richmond, Tasman \$375pp
Artisan Workshop - Jams in a Jiffy! with Judith Ritchie 1 Day: 21 February 2026 Location: Takaka, Golden Bay \$200pp	Artisan Workshop - Preserving Garden Produce Made Easy with Judith Ritchie 1 Day: 28 February 2026 Location: Takaka, Golden Bay \$200pp	
Harakeke (NZ Flax) Weaving - Beginner Journey with Evey Wooley 2 Days: 21 to 22 February 2026 Location: Inangahua Hall \$300pp	Spinning Workshop - Sheep to Skein: Learn to Spin with Anne Groscham 1 Day: 28 February 2026 Location: Wakefield, Tasman \$400pp	

Ruby Coast Running Club

We have had a consistently high turnout of walkers and runners at our regular Thursday evening 5km events over the summer holiday period. As well as our regular attendees it has been great to have some newcomers and holiday makers join us too. As Christmas fell on a Thursday this year for the first time that we can remember we missed a week. However, we made up for it the week prior to Christmas when we donned Christmassy accessories and decorations for a fun and festive 5km.

We have also been keeping up with our Saturday morning long training runs most weeks over summer although we have been setting off earlier to try and beat the heat.

In terms of competitive events, in mid-December we had a small group of runners take part in the Canterbury Half Marathon at Pegasus, just north of Christchurch. Well done to Faye who was placed second in her age group.

We also had some runners take part in events at The Spectacle in Nelson. The Spectacle involves a variety of road and trail running events of varying distances and attracts a lot of competitors from outside the region. Well done to everyone who took part.



Runners at the Milnes Beatson Wakefield Roaster

We started this year off with a fantastic turn out at the Milnes Beatson Wakefield Roaster on 17 January. This event has 5km and 10km running and walking options over a hilly course around Wakefield. While the event is named for the roasting chooks that are on offer as spot prizes, the event is generally considered to be aptly named for the weather as well. However, this year we were fortunately spared the heat and enjoyed very pleasant conditions for running and walking uphill.

All our walkers and runners did really well and enjoyed the event as well as the socialising afterwards at the prizegiving at the Wakefield Hotel. Congratulations to Sarah who was placed first female and first overall in the 5km run, and to Debby who was first female in the 10km walk.

If you would like to join our regular Thursday 5km event, we meet each week in front of the playground by the Māpua Hall. We start at 5:15pm for walkers and runners who need more than 30 minutes to complete 5km, and 5:30pm for everyone else. There is no need to register in advance and no fees to pay – just arrive a few minutes beforehand to sign in and to listen to the course briefing. Then join us for well-earned refreshments at the Māpua Sprig & Fern afterwards.

You can also find us on Facebook: Ruby Coast Running Club.



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Book Review

Three talented New Zealanders who will possibly never meet.

First a business woman. Next an unlikely doctor, and thirdly, a young war correspondent. The business woman includes farmer, chef, writer, and mother amongst her talents.



She transported me to the joys of living on a remote farm in an area where weather can be extreme and crop successes and failures can be affected by the weather. The rhythms of the seasons empower her as she describes her daily life. Her warm spontaneous nature is reflected in her writing, and it is obvious why she gains positivity from living in a rural community amongst family, friends and workmates.

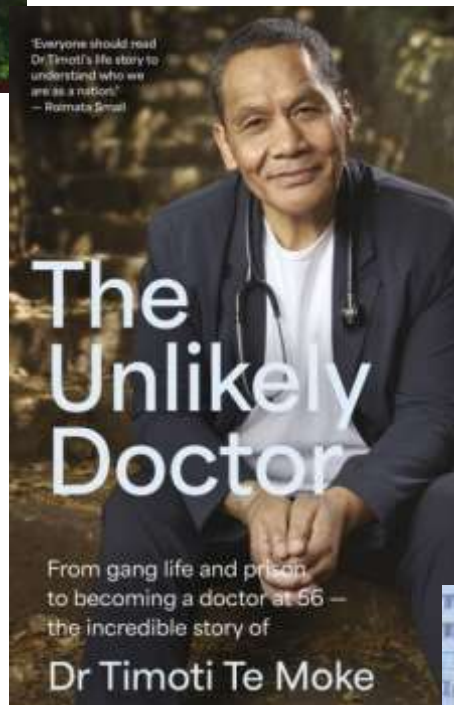
Along with her husband Cameron Bagrie they have diversified often and she shares the successes and failures they have experienced. My Food Bag, which they have just recently sold, is amongst the successes.

While holidaying in the area we dined at the Cardrona Hotel where their very large team were assembled for a celebration dinner. The granddad spent much of his evening circulating and entertaining Nadia's youngest son. In conversation he told me how happy he is to see his home farm being given a new lease of life as his family diversify.

My second New Zealander of note is Doctor Timoti Te Moke who has written *"The Unlikely Doctor"*. If you enjoyed the film *"Once Were Warriors"* I am sure that you will find this story very hard to put down.

As he reveals the ups and mostly hideous downs of his childhood, and the years that followed I was left pondering. How could this young man with a limited education ever become a doctor? After time in Australia where he hit rock bottom he returned to New Zealand and became a paramedic.

In *"Nadia's Farm Kitchen"* the reader is offered 80 enticing recipes but most of all I enjoyed the eight short stories interspersed within groups of recipes relating to her life and her philosophy.



He doesn't feel comfortable in this profession but realizes that he has more ability than he had been aware of. "Through grit and an unyielding drive for justice" Timoti transformed his life. What a journey!

In particular I recall him noting that when he travels on public transport he remains in his scrubs with his stethoscope around his neck. This is his message to young Māori people. "You can do it too!"

My final review is of Lisette Reyner's book *"No I Don't Get Danger Money"*.

She was only 26 years old when Newshub made her their European Correspondent. For three years from 2021 on she was to see more in that time than many journalists experience in a lifetime.

A friend suggested that she keep notes for a potential autobiography and through those daily records she brought her experiences to life on her return to New Zealand. Every sentence conveys action.

She experienced a mind-boggling array of big international events, and the reader is shot from one country to another without unnecessary details. Amongst her experiences the reader is transported from the horrors of Ukraine to the Queen's death, from the war between Israel and Gaza to Donald Trump's indictment, from the King's coronation to the hunger crisis in Ethiopia. This is a no holds barred, graphic account of our world in this period.

The quote from Mike Roberts on the cover of the book appealed to me, though I will remain an armchair admirer. "If being a war correspondent can be addictive,

this book might just leave you hooked."

Reviewer:
Joyce Bullock



**13th Feb
Paul Madsen's
Queen BeeGee Show**

**21st Feb
Raybon Kan Stand Up**

**27th Feb
Phil Doublet
and the Groomsman**

**13th March
Nirvana and
Black Sabbath Tribute**

**14th March
MY BABY**

**20th March
Buddy Holly Tribute**

**21st March
The Underground**



Our Christmas happenings – Looking back

Well, what a busy and lovely Christmas season we had, and how great it was to celebrate the season with locals and visitors 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 4th.

The Māpua Wharf came alive with festive cheer as the community gathered for an evening of Carols and fun. Families spread out on picnic blankets with their fish and chips, while children hunted for stars and vied for prizes! A great community event.

One of the highlights of the night was the Motueka Brass band, and Māpua Community Choir whose combined rich, joyful sound created such a traditional feel of celebration.

And of course, how we always enjoy listening to Māpua School choir with their beautiful voices and this year, guitar accompaniment.

For those of you who were unable to get to the Wharf, we hope that you enjoyed the carolling around the village – great fun.

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

We would also like to let you know that \$464.00 was donated towards the Nelson Women's Refuge.

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, more than one baby lying in the manger and a pregnant Mary all the way from Sydney...!

Carols by Candlelight

A simple and very atmospheric evening of carols and readings. A perfect beginning to the Christmas Celebration

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 2026.

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Email your address to us [see front page] and we'll give you bank details to pay \$25 per year.

Kia ora Māpua Community and Happy New Year!

We are excited to offer **Kids Club** afterschool program again as we come into 2026. This is such a wonderful opportunity for local grandparents to spend time with local tamariki and pass on knowledge in arts and crafts, drawing, painting, knitting, music, cooking and more.



Our team of local volunteers are all police vetted, reference checked and have undertaken a child safety program so that we are equipped to offer this safe fun intergenerational space for your kids! While we are a faith based organisation, this is not a space for religious education but rather for life-giving local relationship and support.

We begin with an open day Thursday February 12th 2.45 – 5pm. Feel free to come and check out our program with your kids. For our kidsclub families, this will be a normal club afternoon with walking bus from Māpua School as usual. All are welcome to a free BBQ sausage in bread at the end of the day!

Kids Club 2026 will run Thursdays 2.45 – 5pm term times.

Registration:

<https://www.hillscommunitychurch.org.nz/kids-club>

Contact: minister@hillscommunitychurch.org.nz

or call Emily on: 0278688752



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Saturday 29th November saw the launch of the Māpua Community Preparedness Plan. The event attended by over 200 people was a great way for the community to find out about preparing for an emergency event.

It saw emergency providers at the event including Civil Defence, Neighbourhood

Support, FENZ, St Johns, TDC as well as local community groups. Free sausages were gratefully provided by the Rapid Response Team (RRT).



We would like to also thank the sponsors that provided prizes for the event: TDC, Māpua Four Square, Vetlife, Māpua Bakery, Māpua Pharmacy, Delicious Homeware and Nelson Alarms. This enabled us to provide great prizes for a number of quizzes held to promote awareness of emergency preparation.

The question and winners were:

You have 10 minutes to Evacuate – What do You Do?” – Helen Jeffrey

“Grab Bag Competition?” – Ava Jobo

“Kids Activity – Scavenger Hunt” Annabeth (*1st prize*)

“Kids Activity – Scavenger Hunt” Elmarie (*2nd prize*)

“Volunteering to join the Māpua Emergency Team - Alison Gary.

Again, thanks to all that made the event the success it was.

To view a copy of the Māpua Community Preparedness plan go to the Māpua & Districts Community Association website ourmapua.org or call into the Māpua Hall or Māpua Library.

If you would like to join or find out more information, please contact Paul McIntosh phone/txt on 021 288 8338 or email pmcintosh64@yahoo.com

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PANZ

We are now well into the New Year of 2026 recovering from all the visitors, travel and excitement of the Xmas break. Onwards into a new year of practicing our artwork and dealing with new challenges.

Our 2026 year will begin at Māpua Hall 3rd February, 9am to noon (Bill Marris room).

Our 2026 Purely Pastel National Art Awards will be held in Orewa this year, so members are busy preparing their entries to go forward for the pre-selection process. A nerve-wracking exercise for us all and then there is either the disappointment of non-selection or the euphoria of acceptance before the final framing, packing and sending selected paintings off by courier. We all have our fingers crossed at this time.

Several of our members will be travelling North in May to attend the Convention and be present at the Awards presentation on Opening night of the Exhibition.

Our pastel group meets every Tuesday morning (Feb-Nov) 9am to noon at Māpua Hall and we welcome visitors and prospective pastel artists. We offer the use of pastels and paper for you to "try before you buy" in order for you to find out if you would enjoy using pastels as a painting medium. Tea, coffee and biscuits are provided.

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

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



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What's On Next

SEEL & SANDERS Friday 6 February

A unique blend of original songwriting and world music from award-winning musicians, London-based guitarist-songwriter Alex Seel and bouzouki player Jon Sanders. Alex's jazz-tinged Irish and Arabesque world music and Jon's blues and folk ballad combo offer unbelievable changes in tempo.

THE EARLY BOBS Saturday 7 February

Clayton and Nathan with another classic early Dylan album.

SCOTT COOK & PAMELA MAE DUO Friday 13 February

Canadian songwriter Scott Cook is an award-winning folk musician. Partner Pamela Mae plays upright bass, banjo and vocals.

ELIAS BARTHOLOMEO Friday 20 February (his only Nelson event!)

Acclaimed Australian finger-style guitarist and vocalist, he has shared the stage with a fine list of notables including Tommy Emmanuel.

ANDREW LOCKWOOD Saturday 21 February

An evening of guitar, voice and good company with a folksy UK travelling songwriter, showcasing his latest material.

FOR LEASE

The iconic and historic Ruby Bay Store is available for lease to an entrepreneur/operator with the vision to develop a full-time business. The venue is locally famous for music gigs and includes tiered seating for 36, movie projection and screen, licensed commercial kitchen and garden. The potential to expand to include a daytime cafe and more evening events is huge.

For bookings, new events and more info:

www.rubybaystore.co.nz

174 Stafford Drive, Ruby Bay • 027 417 1713

Store opens one hour before each performance

The Write Bias

News From Māpua Bowling Club

Happy New Year Everyone!

Christmas disappeared in the blink of an eye but was celebrated enthusiastically at the Club with a fun tournament and a post-bowls feast. The decorations have now been stored away for another year and plenty of bowling at home and away has resumed.

Three of our bowlers entered the Nationals held in Christchurch at the beginning of January sponsored by Summerset. Steve Delaney made it to the post sections of both the Disability Men's Singles and the Disability Men's Pairs. Ian Benbow was not so fortunate in the Open Men's Singles despite playing some excellent bowls.

The competition was fierce. Ian and Warren Keith tried their hand at the Open Men's Pairs but failed to get through the opening rounds. We are proud of all three of them for having a go and giving it their all.

Two teams represented Māpua in the annual Umpires and Coaches tournament organised by the Nelson Centre. No winners, just fun.

The Centre also organised an Open Men's Singles and Open Women's Triples on Saturday 10th January. Ian Benbow represented our men; Karen Clark, Sal Randall and Jane Linn represented the ladies. These events attract top

class bowlers from the area; our players gave excellent account of themselves.

Club Championships continue and members are looking forward to several tournaments scheduled at home through the remaining months of the season.

For information about bowling, coaching or booking the Clubhouse and facilities please call Secretary Di Blanchet (021 0773 445), email blanchet.tadmor@xtra.co.nz or check out our website or Facebook page.

Sue England

Two regattas coming up

Early warning! March 15th

Māpua community regatta, Māpua wharf.
Sailing, paddleboards, kayaks, RC yachts, under 14 division.

Briefing 1pm.

Positive buoyancy lifejackets required. All welcome!

March 22nd

Loyal Grossi Point Yacht Club annual sailing regatta.

All classes

Briefing 12 noon. Rigging assistance available.

Positive buoyancy lifejackets required. All welcome!

Full details next month. Enquiries: John 5402543

First Home Seller Grant *with* Harcourts

Limited to 25 Eligible Sellers

If your property is under \$800,000 and suitable for first-home buyers, Harcourts is offering a marketing grant for eligible homes.

(Ts and Cs apply)

The grant is limited and ends 31 March 2026.

Curious if your property qualifies?

Contact me with your address and I'll check — no obligation.



Martina

Martina Boor

021 755 721 | martina.boor@harcourts.co.nz

Harcourts Māpua & Motueka

Māpua Health Centre news

We warmly welcome Dr Tom Froeling as our new GP registrar for the next 6 months. He will be working Mondays, Tuesdays, Thursdays and Fridays. We also would like to greatly thank Roshana Fernando who has been our Reg for the past 6 months and she will be working with us from time to time as a locum. Dr Brittany Puata is returning to us as a permanent GP. She is working Monday, Tuesday and Friday and is open to enrolments.

As of 1st February 2026, the restriction limiting the duration of a prescription to 3 months' supply has been increased to 12 months' supply (except for most controlled drugs, which remain at 1 month prescription intervals). This means that your doctor may issue you with a longer prescription if this is considered to be appropriate.

Despite a 12-month script, pharmacists will still only dispense a maximum of 3 months' worth of medicine at a time (or 6 months for oral contraceptives). Also, it is likely that few patients will be suitable for 12-month prescriptions, especially those needing frequent monitoring or with complex, changing conditions, and it is important to note that the duration of a prescription is a clinical judgement and not a right.

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.

Not only is it Aotearoa Bike Challenge month but it is also Heart Health Awareness month. Heart disease research consistently shows that dietary patterns rich in fruits, vegetables, whole grains, legumes, nuts, and fish significantly lower risk, while diets high in processed meats, added sugars, refined carbs, and unhealthy fats increase it. Key protective elements include fibre, omega-3s, and unsaturated fats, found in whole foods, while limiting salt, sugar, and saturated/trans fats is crucial for prevention and management, as emphasized by the Mediterranean and DASH diets. (*Vasc Health Risk Manag.* 2023 Apr 21;19:237-253).

Physical activity significantly reduces cardiovascular risk by improving heart function, managing weight, lowering blood pressure and cholesterol, controlling blood sugar, and strengthening blood vessels, with benefits seen from moderate daily movement like walking up to meeting guideline recommendations (150 mins/week) for lower heart attack, stroke, and CV death risks. The very latest report this year shows that habitual engagement in most types of physical activity is associated with lower mortality and that a variety of physical activity is best, independent of total physical activity levels (*BMJMED* 2026;5:e001513). Also, 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
- 25-1 Te Matatini - Kapa Haka Aotearoa Festival <https://www.tematatini.co.nz>
- 27-28 Big Heart Appeal www.heartfoundation.org.nz



**MĀPUA COMMUNITY
REGATTA
FAMILY FUN DAY OUT**

**SUNDAY, 15 MARCH 2026
1.00PM - 4.00PM
MĀPUA WHARF**

CLASSES:
OPEN SAILING CLASS
KAYAKS
PADDLEBOARDS
RC YACHTS (FROM FLOATER)
MĀPUA CUP (BOAT CLUB VS SEA SCOUTS - ROWING)

ENTRIES/ENQUIRIES TO:
KATRINA BALLANTYNE - 021 139 3945
mapuabcsecretary@gmail.com

ENTRIES PRIOR OR ON THE DAY FROM 12 NOON
Please advise your name and type of craft.
Life jacket or buoyancy aid compulsory. \$5 entry fee with signed disclaimer.
Tow rope on all craft required.





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Why some trips stay on the “One Day” list

Most people aren't short of travel ideas. They're short of confidence.

They have tabs open, posts saved, notes half written and a quiet hesitation about committing to something that needs to be right, not just booked. It is rarely about a lack of inspiration. More often, it is about uncertainty. Will it feel rushed? Will it be harder than expected? Will it actually suit who we are now, not who we were years ago?

That is often the moment people pause.

Destinations like Egypt and Jordan sit on many “one day” lists and often stay there. Central Asia appeals to travellers who have already done the obvious and are curious about something more layered. Silk Road cities with blue tiled domes, intricate mosques catching the light, and wide-open landscapes that stretch well beyond the horizon. These are places shaped by daily life and deep history rather than polished for tourism. Part of the appeal is that they still feel unfamiliar.

This is also where judgement matters. Border crossings, routing, pacing and local guides shape the experience far more than most people expect. When those decisions are made well, the journey feels fascinating rather than challenging. The unfamiliar becomes engaging instead of overwhelming, and confidence quietly replaces hesitation.

Sometimes it is the quieter, less obvious journeys that leave the strongest impression.

Adelaide paired with a Murray River cruise is one of those understated trips that works beautifully for couples, friends and club groups alike. Days have an easy rhythm. Mornings unfold slowly, the scenery drifts past, and evenings are spent over good food, local wine and unhurried conversation. It does not demand energy. It gives it back.

What makes this style of journey particularly enjoyable is how naturally it can be rounded out. Time in Adelaide before or after the cruise adds depth without complication, allowing space for food, wine regions and a relaxed beginning or ending that never feels rushed.

On paper, many trips look simple. In reality, it is the sequencing, timing and small decisions that determine how the experience actually feels. When those details are unclear, people hesitate not because they do not want to go, but because they are unsure whether the journey will feel too full, too chaotic, or involve too much moving around.

When the rhythm is right, travel feels effortless. Whether cruising quietly along the Nile or exploring ancient cities by land, there are moments where guidance adds meaning and quieter stretches where the surroundings speak for themselves.

Along the river, daily life unfolds at the water's edge. In places like Petra, the experience is not reduced to a rushed photo stop. It reveals itself gradually as the light softens and the crowds thin.

Most people do not need more inspiration. They want to stop second guessing. They want confidence that what they are choosing fits who they are now. They want the quiet reassurance of “this makes sense” before they commit.

Yours in Travel, Rebecca, *Travel with Becks*





Travel that feels right from the start.

Thoughtfully designed journeys, built around your pace, priorities, and the way you like to travel now.

Planning a trip that really matters?

Ideas are just the beginning. What matters is shaping them into a well-considered journey, with clear decisions and confidence before anything is booked.

A calm, experienced approach that brings everything together smoothly, so your holiday feels effortless from the very beginning.

A relaxed conversation is the best place to start.

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Motoring with Frederick

Mike's Riley

In 1952 the rest of world was designing cars with full bonnets and guards and a hint of the 60s' taillight fins starting to show.

Not the British though. For them, it was a touch of the grand days of the 1930s in their designs and appealing to the what's appropriate for an English 'compact executive' car.

Then you couldn't get more British than local potter Mike Perry's 1952 Riley RMA.

The body on this car tells a story of its origins and it's asking the new car buyer of the day "do you want posh or status, do you like cricket, do you like fine dining with friends to show off your car?"

The Riley has all the extras included in a Bentley, but you couldn't afford one of them.

I see the nice long sweeping guards down to the running boards all highlighted with chrome strips as the start of 'posh' on the Riley.

The body paint is a nice original polished enamel deep maroon with a black vinyl/leather top as you would expect on a car of this class.

A 30s vertical grill with headlights still each side. Lights haven't moved to the guard like the rest of the more commoner's car.

Wing mirrors on the guards, indicator lights in the lower guards along with an additional high beam light and to complete the sporty look, fog lights.

Double chrome hub caps i.e. an outer rim trim band and then an inner hub cap; maybe been set like that to bling-up the large 660x16 cross-cut tyres.

In the boot all the original spares and jack; this car is in great original condition and a compliment to all previous owners. Bat wing front doors which were cool in the 1930s.

The interior is where the car gets true executive status. A beautiful oak polished wood dash, restored by a previous owner Grant Zuydendorp of Christchurch.

Chrome around all the gauges; oil pressure, water temp, fuel, battery charge, rev counter, speedo, with a must-have in 1952: matching ash trays for driver and passenger.



This car smells! Ah! the smell of true leather upholstery; a pleasure to old car buffs. Lovely original interior.

With the 1500cc engine with twin SU carburettors and 4 speed gear box, top speed 75mph /120kmph, it was never going to be a competition racer but that's not what Riley is about.

A Riley is for its owners showing off a bit of posh.

From a service invoice for the car dated 1972: WOF 75c, eight brake shoes \$15.91, and a battery \$9.00.



In Mikes words "I can fix it as I understand what's under the bonnet"

Mike took me for a drive. That long bonnet sets you back in time when a car's movement mechanically flexed with well-rehearsed noises, lazy slow gear changes.

The class of people buying this car new, they were not in a hurry they just wanted to look posh. You could smell the countryside in the leather and again any car with class had to have real leather.

For me it was not the elegance and design of the car but its history and the smell of the 'real leather' upholstery.

Mike, the car has trapped a bit of history and elegance of the fading English class system.

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Celebrant Services



Hi I'm Lynne Cribb and I have lived locally in Mapua for nearly 12 years.

I have recently retired as a Reliever Primary School Teacher and a Bed and Breakfast Owner. I now have more time to spend on my Celebrant skills.

Please contact me if you would like to inquire about any marriage/ funeral or naming services. I can offer friendly, warm, personal ceremonies written just for you.

Email me on lynne.cribb@gmail.co.nz

Māpua Community Hall- Feb 2026

Upcoming events- book your spot now!

40 Years Below

Roger Lusby

One Year On Ice
Scott Base Antarctica 1969/70

Roger Lusby presents
40 Years Below a Year in Antarctica
Mapua Community Hall
Sunday 8 March 4pm-6pm

Fifty-five years ago Roger Lusby wintered over at Scott Base in Antarctica.

He recently spent many hours creating an audio-visual presentation including pictures, stories, songs and poems to share his experiences

Entry by donation to the Mapua Community Hall

Feedback from earlier shows

Enthralling. Inspiring. Superb. Informative & enlightening I felt like I had been to Antarctica

I have been to many presentations of time spent in Antarctica over the years but none have evoked such a feeling for the unique place of peace and solitude yet mixed with extremely tumultuous and unimaginably harsh conditions. You evoked all those conditions so well

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Mapua Community Hall
Sunday, 15 February 2026

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11.30 am - 1.30 pm
2 - 4 pm

Ticket:
\$20 - Adult, \$10 - Kids under 12
(bookable for over 7 year only)

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Tai Chi International Workshop Nelson, NZ



Wednesday 18th & Thursday 19th February 2026

9.30 to 3.30 pm Suggested Donation: \$15 Half day, \$30 Per day or \$50 Two days. Limited billets available. Ph: Merrick +64 210 636 620

Level: Beginner & Intermediate. All Welcome

Venue: Mapua Community Hall, 72, Aranui Rd, Mapua

Workshop Instructor: Banyin Lee

BYO lunch. Tea Coffee Biscuits provided. Plenty of cafes & lunch places in Mapua.

Participant name:

Please email to merrick.tai.chi@gmail.com or taichiinternationalnz@gmail.com

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Lynda's Exercise Classes in the Mapua Hall
Autumn 2026: Classes end Friday February 13th, re-commence Monday April 13th
Classes run in 3-wk blocks with a gap week between.

Monday/Wednesday 8.25am.
30-minute **Dumbbell Weights**. \$5.00 at the door.
Basic/beginner Pilates 40-minute session
Mondays 9.05am - 9.45am. \$8.00.
Cardio/Weights Tuesday 6-7 pm.
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Māpua Fire Brigade



Nov 25 to January 26 call outs

21 Nov 15:50 House fire West Bank Rd, help Motueka Brigade. Fire in roof space.
 25 Nov 06:48 Two rubbish fires off Westdale Rd. Controlled and left with owner. Short crewed.
 25 Nov 07:31 Rubbish fire off Aranui on beach frontage. Controlled, left with owner.
 26 Nov 14:13 Alarm activation, Old Coach Rd. No sign of fire, left with owners. May have been set off with cooking.
 5 Dec 19:42 Slash pile reignite Tasman Rural. Open pile and cooled down. Short crewed.
 06 Dec 12:23 Medical Les Wakefield Dr. Stood down at station. Short crewed
 06 Dec 15:57 Car vs motor bike, Motueka rescue in attendance.
 06 Dec 18:34 Large bonfire Westdale Rd. Owners advised by Appleby Brigade to wet fire down a bit.
 12 Dec 12:35 Smouldering beach fire at Pine Hill Reserve, Put fire out. Not properly put out by users night before?
 21 Dec 14:03 Burn pile off Dawson Rd. Damped fire down, advised owner about burning.
 5 Jan 14:55 Tanker to a fire in garden on Old Coach Rd, possible cigarette. U M Brigade. Dampen area down.
 8 Jan 12:19 Alarm activation, smoke in living area on Tasman Cliffs land. Owners clear with alarm agent, did not respond.
 10 Jan 06:23 Fire alarm activation Village Mall. No sign of fire. Silenced alarm.
 11 Jan 06:50 Drum fire Aporo Rd, no action by Brigade.
 13 Jan 16:27 Alarm activation Mahana School, no sign of fire, left with school.
 14 Jan 12:47 Alarm activation Tasman school, work person created dust/smoke and set alarm off. Should have covers on alarms.

Call outs for 2025 year = 92

Call outs for the new year = 6

For fire safety info go to - <https://fireandemergency.nz>
 For rural fire go to - <http://www.checkitsalright.nz>
 Check gas bottles fittings with soapy water for leaks.
 We are in a restricted fire season, apply for a permit at <http://www.checkitsalright.nz>
 We have three vacancies at the Fire Brigade.
 We have been responding short crewed to some call outs.
 If you are available day time and have the time to help your community, we would like to hear from you.
 Come and see us on any Thursday night after 7pm.
 3 Iwa St. Māpua. Or call the Chief Fire Office (CFO) Aaron Thawley on 0274 275 813

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Noticeboard

Book Appreciation Group [BAG]: Māpua Library, first Wednesdays at 2:30pm. For anyone who enjoys books and talking about what they have read. Friendly and informal. Info: Rachel 027 358 6003 or just come.

PowerTalk Tasman: Develop speaking and communication skills in a friendly supportive environment. Club meets 6.30pm 1st & 3rd Wednesdays at St Johns rooms, Jack Inglis Hospital, Motueka. Supper provided. Info: Tristan 020 40994255 / Sue 021 533350

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

Yoga [hatha]: Tuesdays 7.30-8.30pm, Appleby School Hall; Fridays 7.45-8.45am, Richmond Town Hall. Contact Janey, 021 979 244

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

Death Café Open discussion about death and dying. 2nd Wednesdays 10-11am. Elevation Café, 218 High St, Motueka. Email nickydodwell@protonmail.com or margaret@margaretmccallum.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

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

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

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

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

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

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

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

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

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

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

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

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

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, contact: Rachel Boon, 027 358 6003, rboonnz0@gmail.com

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

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

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

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

Club Notices are free. Others by gold coin donation to one of the distribution boxes. **Advertising costs**—see p9.