

Cabin fever

Some cities have a marketing name; “El Fin del Mundo” (The End of the World) doesn’t sell tourism to most people but for me it’s the most evocative. The southernmost city in the world is Ushuaia, Argentina, and it’s the closest to Antarctica. I first sailed from Ushuaia to Antarctica in 1973. It was an astonishing experience and one I had long wished to repeat.

That’s why I was back, ready to board Aurora Expedition’s “Greg Mortimer” on March 15th 2020. Covid-19 had been declared a pandemic on March 11th. There were 120 prospective passengers, all aware of the escalating virus situation, but no countries at that point had advised nationals to return home. Aurora had warned that the cruise might be cancelled, but with medical checks completed we were aboard.

The atmosphere was euphoric. Most felt we were in the best place. The ship had just returned from Antarctica, effectively in isolation, without sickness. The WHO prescribed 14 days isolation and ours was a 21-day cruise to the Antarctic Peninsula, South Georgia and Falklands: among the most isolated places on Earth. All would be fine as long as nobody brought the virus onboard...



At Antarctica we heard Chile and Argentina had closed their borders. This was a massive disappointment. The South Georgia visit was now cancelled because the vessel might not have enough fuel to reach an open port from where we could fly home.

In the meantime, Aurora was negotiating a plan for our repatriation. I suggested a theme song for the ship “always look on the bright side of life” but our expedition leaders were too concerned with potential problems that might haunt them. The next four days went ahead as planned, visiting the Antarctic Peninsula and South Shetland Islands. These days matched the best we could have hoped for and generated strong positive feelings as well as much needed distraction.

Although disappointed about missing South Georgia we understood the logic and much debate took place on what might unfold. Flying from the Falklands was deemed most likely and “kinda cool” as my roommate (Aynsley) put it.

Passengers seriously debated crazy alternative scenarios. Aussies wanted to sail to Perth, Nassau in the Bahamas met with approval, while I fancied returning via the Galapagos and South Pacific islands!

Aurora told us on 21st March about progress for a charter flight from Stanley to Santiago (Chile) where we could board commercial flights. Meanwhile we had regular temperature checks and told to notify a doctor if respiratory symptoms occurred. A few people sometimes coughed but seemed to be kayakers who had become cold during their trips. Aynsley was one, saying he was certain it was just a chill.

Late on 22nd March a bombshell dropped. A passenger had fever and was in isolation. We were immediately confined to cabins. Meals would be delivered. When at the door to collect food or be checked by the doc we had to

wear a surgical mask. Aynsley continued to cough but his temperature was normal. He didn’t mention the cough to the doctor. On 23rd March we were told Stanley would not allow us to land due to the risk of Covid-19 being onboard. Their health system would not be able to cope with multiple highly infectious admissions. We headed

for Montevideo.

Cabin life settled into a rhythm of watching movies, hand laundry, email conversations, checking world news, and phone chats with fellow passengers. Most passengers were in balcony cabins 6m x 3m with only 1.5m x 2m open space. The balcony was 3m x 2m but cold, wet and windy weather limited usage. Exercise options were rather limited. My very fit (apart from the coughing) roommate valiantly did yoga and push-ups. I just silently boogied to music and played air guitar.

Spirits lifted when we heard we’d arrive at Montevideo on the 27th, with a plan to fly out on the 28th. But by now some other passengers had been isolated due to fever. We anchored 20 kms offshore Montevideo. We had received regular PA system bulletins from expedition leaders, but these rather ominously now dried up. This has since been explained as due to Uruguayan authorities requiring us to

remain offshore for 14 days while the situation was assessed. Expedition staff deemed it better for morale not to tell us that.

A couple of the crew became sick, so their isolation procedures were tightened. Aynsley and I began to wonder how our primary doctor, Mauricio, was faring as he seemed to be losing his jovial spirit. Sweating profusely in full PPE, but without full eye protection, he confessed he was tired. He looked exhausted and I'd just read a report that Covid-19 can enter the body via the eyes. I felt huge concern for Mauricio. I also noticed Aynsley had discarded an empty foil of Strepisils, but his cough seemed to have eased.

The Uruguayans delivered fresh water, food and medical supplies. Extra PPE was needed because staff had been recycling limited stock. On 31st March another bombshell hit. The Uruguayans were sending a Search and Rescue vessel so that a very sick passenger could receive treatment. After considerable difficulties due to rough sea the passenger was successfully transferred and rushed to hospital in Montevideo. He was in ICU for many days before recovering.

Our concern for Mauricio was well founded. He became very unwell. It was April Fool's Day, but nobody was telling jokes. The Captain instead notified local authorities his ship was in a humanitarian crisis. Later that day our fellow passenger in hospital tested positive for Covid-19. This of course was now extremely serious, but we felt our cabin isolation for the past 10 days would likely have saved us.

On noticing another discarded Strepisil pack, I was convinced Aynsley had contracted the virus. A Uruguayan medical team finally came aboard on April 4th to test us and conduct a basic medical check. They were very efficient and considerate while processing all 217 of us.

Aynsley now stated he'd had a sore throat for days and was 99% certain he had the virus. On April 6th we received our test results. Aynsley was shocked to read his was negative. I was positive. About 60% of us had tested positive. I hadn't experienced any symptoms. Being asymptomatic meant I'd certainly dodged a bullet.

Most of us had been circumspect about talking to the media: preferring to leave everything to Aurora. The company updated us most days in writing to supplement verbal updates from expedition leaders and had been transparent with relevant information.

However, the very high proportion of positive cases now triggered a flurry of emails from passengers to various governments and media. Aynsley was interviewed by TV1 News and others were in paper and online news articles. This exposure now seemed to generate extra impetus for the Australian and NZ governments to get us home, but progress was agonisingly slow.

Our days continued to drift and food quality and quantity gradually deteriorated. We noticed expedition staff were now delivering. More crew were becoming sick. But after watching a docudrama about Shackleton's "Endurance" expedition we had no problems making do, for instance if some cutlery was missing. After all, our plight was nothing to what Shackleton's men experienced.

A light moment occurred when Aynsley was about to be interviewed by TV1. I noticed I was in the background trying to eat jelly with a fork. I hurriedly moved but afterwards regretted avoiding a classic live TV blooper.

On April 7th we were told discussions had taken place to fly Aussies on a special medevac charter to Melbourne. The Kiwis' fate was not known. This was an incredibly nervous time because there had been so many raised hopes subsequently dashed. April 8th brought news that details had now been finalised and the Kiwis would also fly to Melbourne. We now had visions of two weeks locked in a Melbourne hotel followed by the same at Auckland.

April 10th was a glorious day in more ways than one. It was calm, sunny and warm. The plane had arrived, and NZ had arranged for a medevac charter from Melbourne to Auckland. Extremely detailed instructions were distributed, and the ship sailed into Montevideo as the sun set, greeted by crowds of friendly waving Uruguayans. Our excitement and relief were palpable.

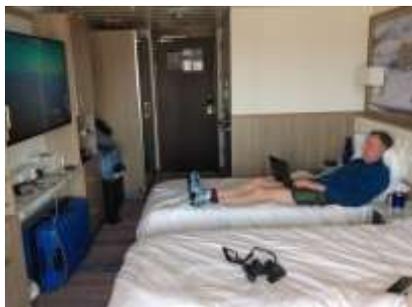
Like us, balcony neighbours confirmed suffering adrenaline nerves. At about 9.30pm the lengthy process of boarding assigned buses one at a time began. We were in four groups to sit in isolated parts of the plane: negatives with no symptoms, negatives with some symptoms, positives with no symptoms and finally positives with symptoms.

A "sanitation corridor" to the airport had been organised. A presidential style cavalcade escorted us all the way. Police cars blocked off major streets, all vehicles displayed flashing coloured lights, ambulances and police cars escorted us and motorcycle outriders with sirens blaring leap frogged at high speed, blocking off minor intersections. It was astonishing to be the focus of such an event and hugely emotional because Uruguayans were on the streets waving, cheering and hooting horns to wish us a safe journey home.

Check-in formalities had been waived. We were driven directly to the plane and only hand luggage that we could personally carry was allowed. 16 hrs later we landed at Melbourne. The 13 Kiwis were allowed off first and directed straight to the plane bound for Auckland. It was a 16- seat executive jet! We were gobsmacked.

The entire journey from ship to Auckland quarantine hotel was surreal. I again tested positive for the virus at

continued next page



WHAT'S BEEN HAPPENING... *Online challenges & on site ones too!*

It's been all go for the WIO team, using our collective creative powers to find new ways to support our community within whatever restrictions have been imposed! The online challenges proved so popular with our Go Wild enthusiasts that we ran a second week – these are all on our website for you to access. Our teams quickly developed the ability to deliver our secondary programmes as 'distance learning' and enjoyed the ability to keep connected with students once any technical hurdles had been overcome. Jackets & tents have been cleaned, the vans are spic & span, we're putting a fresh lick of paint on our admin buildings, an obstacle course is being built & new recipes have been developed. We are looking forward to welcoming students back on site from May 25th - with hand sanitiser at the ready! To have a go at the online challenges visit www.wio.org.nz/go-wild-at-home/

COMING UP... *NEW! Predator Control & Conservation Programme*

We are over the moon to be delivering this timely new programme as part of the Trades Academy Programmes we offer to Secondary Students, which will focus on practical strategies used to help protect our biodiversity. Students will have the opportunity to assist in already established environmental management programmes – an ideal way to learn while contributing to some important community initiatives at the same time! We hope to work alongside many existing community conservation groups and national organisations such as the Tasman Environment Trust, Tasman Bay Guardians, Takaka Hill Biodiversity Group, Landcare Trust and the Department of Conservation. For any keen students out there, get in touch with your Trades Academy coordinator at school to find out more or visit our website: <https://www.whenuaiti.org.nz/trades-academy/>

FOCUS ON... *Our Wonderful Community*

We have been consistently reminded over the past few weeks of the generosity and support that exists in our community. And also of the need that exists and will continue exist as the pandemic runs its course. Our focus stays on meeting community needs as they evolve. We will continue to develop programmes that will assist schools and whanau in building resilient, confident, capable and creative young people. If you have ideas to contribute we would love to hear them – get in touch via email: info@wio.org.nz

"Hapaitia te ara tika pumau ai te rangatiratanga mo nga uri whakatipu"
Foster the pathway of knowledge to strength, independence and growth for future generations.

OUTDOOR WANDERINGS... *Takaka Hill Walkway*

This is a magic spot to take in the splendour of our region, with views that encompass the mountains of Kahurangi National Park, Golden Bay and Tasman Bay. There is a short loop walk through native bush, or you could venture up to the Takaka Hill summit, from where you can simply turn around, or complete the whole loop (which is approx. 3hrs). The land is protected & maintained by the QE II Trust due to its unique karst geology that gives this area the moniker of 'marble mountain'. The track crosses private land, thoughtfully opened up for public access with volunteer groups managing the track - thanks for the stunning local track!



Charlie, Helen & Joni with the wood lengths donated by Philip Leith & poles from Freestyle Hops for our Obstacle Course. Thanks guys!



Protecting NZ's unique biodiversity will be a focus of the new Predator Control & Conservation Programme.

We'll see you out there!



www.wio.org.nz

Experiential Learning Inspiring Positive Change

Auckland but remained asymptomatic. Aynsley tested positive in the hotel and briefly became quite unwell, another example of the vagaries of Covid-19 and why no-one should be cavalier about taking reasonable precautions.

The Aurora office and expedition staff had been magnificent throughout an incredibly difficult time full of setbacks and hugely complex negotiations with numerous organisations. The 22-nation ship's crew were also wonderful. Most had been onboard since well before Covid-19 even existed.

But tragedy befell the crew. Several, including Dr Mauricio, had to be hospitalised and tragically one of them died; a father of three children.

On the positive side we experienced a wonderful compassionate humanitarian response by the Uruguayan government and people after all the rejections and barriers previously experienced.

On a final positive note on May 15th I returned a negative test. Many people have asked if I'll go on another similar trip. Well I still haven't made it to South Georgia, and Aurora have offered us a free return deal that includes time in Montevideo so we can thank the country in person. Everyone I've been in touch with so far wants to take the offer, without cabin or any other fever.

Richard Clement





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Māpua Boat Club

We are hoping to recommence the Boat Club Thursday nights in early June; a notice will be sent out to all members.

After the success of the inaugural Māpua Boat Club Photo Competition, we are looking at holding another competition, probably sometime around July/August 2020. Everyone with an interest in photography is encouraged and welcomed to participate.

We will have the same local (Māpua, Ruby Bay and Tasman) Maritime Theme categories – local shots of the estuary, wildlife, boats, wharf and people. With these stunning autumn days, we are all enjoying, there are lots of great photo opportunities out there, so get snapping.

Māpua Estuary happenings

Recently, I was sent a letter from a local chap who, it seems, had the misfortune to swim into a fishing net which had been properly and legally placed in one of the streams in the channel.

The swimmer informed me how he had inadvertently got entangled in the net and even though he was a strong swimmer, he felt it was likely that it was the only the fact he was wearing a wetsuit that he managed to get out unharmed. He was clearly distressed about his experience.

I happen to know how alarming it can be when in the water and in difficulties.

I am pleased he took the time to write to me. These sorts of occurrences are very important to be recognised and reported so that we can all learn something about the event.

So perhaps its a good time to remind all our citizens who use the estuary and surrounding sea water to be vigilant with the health and especially safety aspect of their activities. No one wants to cause harm to ourselves let alone anyone else. There are enough hazards in life without adding to them.

Set netting is a permitted and legal method of fishing and while there are several closed areas to set netting, these do not apply in the Waimea Estuary.

There are many regulations for set netting where set nets are permitted, and the following restrictions apply:

- must not exceed 60 metres in length
- must not be set within 60 metres of another net
- **must have surface floats that are clearly, legibly and permanently marked** with the fisher's initials and surname at each end of the net. A phone number is also useful. (Only one float is required for Fyke nets.)
- only one set net is allowed to be used from or be on board any vessel. (An additional net is allowed for bait fishing if it is less than 10 metres long and has a mesh size of 50 mm or less.)
- may not be used in a way that causes fish to be stranded by the falling tide.

It is important fishers abide by the rules and at the same time use good practices to ensure nets are set correctly, especially markers and floats to accurately reflect the net location in shared waterways. There is a set net code of practice which all set netters need to make themselves aware of. The code of practice can be found here:

<https://www.fisheries.govt.nz/dmsdocument/941-set-net-code-of-practice>

If you feel the set net was not being used correctly in relation to the rules, fishery compliance should be notified on **0800 4POACHER (0800 47 62 24)**

The full list of set net regulations can be found here, including a helpful video: <https://www.fisheries.govt.nz/travel-and-recreation/fishing/fishing-methods/#set-nets>

Below is a link to the Challenger Area fishing regulations: <https://www.mpi.govt.nz/travel-and-recreation/fishing/fishing-rules/challenger-region-fishery-management-area/#twistie>

We think it would be helpful to remind everyone of the fishing regulations.

Andrew Butler, Commodore

Letter to the Editor

Last month I wrote a letter to the editor entitled "Gutter Politics" and have subsequently had a couple of conversations about the letter with interested parties. On reflection I would like to withdraw the word "malicious" from point 3 of my summation of the second letter and apologise for any hurt caused by the use of that word.

Dave Jeffery, Māpua

Apology from the Editors

Last month Coastal News printed a letter that caused Peter O'Halloran to take offence after writing his letter in the April issue. We sincerely regret any unintentional offence that may have been caused. The boat ramp is always a perennial contentious issue but hope that opinions can be expressed without causing offence.

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Missed your daily commute and office contact?

Since the onset of the lockdown a number of articles have emerged in the media extolling the virtues of working from home, including higher productivity, more flexibility and enhanced virtual communication skills. There has even been shared advice on how to make yourself look good on Zoom.

Apparently none other than the Duchess of Cambridge has nailed the technique, paying attention to advice on screen angle and lighting. Others of less public note have no doubt tidied up a background bookcase or shelf files ahead of a virtual meeting and as the weeks went on regretted the state of their hair!

Those responsible for finding suitable and affordable office space in an economic downturn must be relieved that there is a safety valve in encouraging staff to continue to work at home, at least some of the time.

My niece, working for an Auckland based company with 700 employees, tells me that in a central city office move, scheduled for later in the year and planned pre-Covid, reduced office space is a key consideration. Many employees, expected in the office at least some of the time, will not have a designated work station.

There are always pros and cons. With millions across the globe having had to change work practices, the virtue of working at home for an extended period has been balanced by views on the advantages of making a commute and spending the working day with colleagues face to face.

Psychologists recognise the potential value of a “transitional buffer zone” between home and work. There may be time to think about the upcoming work role, as we are often told reflections and mind wandering can promote creativity and problem solving.

The commute provides bookends to the working day. If there is some drama involved in a commute, it is suggested that this can promote resilience. Cleaning ice off a windscreen in pre-dawn darkness, when you are running a bit late for work, probably promotes resilience, if we find that of any comfort.

These ideas are explored in depth in a research paper published by the Harvard Business School: Between Home and Work: Commuting as an Opportunity for Role Transitions: https://papers.ssrn.com/sol3/papers.cfm?abstract_id=2714478

Once in the office we can be seen to benefit from face to face time with colleagues. A recent item from The Times, London, “Why We Need The Office”, shared in NZ’s Sunday Star Times, Sunday magazine of 17 May, says “the rewards of turning up to share common space with a semi-random but familiar collection of sometimes exasperating, competitive, occasionally pompous colleagues in a shared endeavour are unique and irreplaceable”. Perhaps the author Jenni Russell strikes a chord here! On the flip side some may prefer to stay at home when really needing to concentrate on a specific work task.

The best option is no doubt to have some flexibility in a working arrangement so that you don’t feel you have to be confined to an office all week nor pressured to join those extolling the virtues of completing a significant amount of work at home. I worked for a virtual organisation but still liked going to the office. The group dynamic was strong and constantly changing as colleagues came and went during the week depending on their work needs and preferences.

Jane Dillon, Mapua



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Silence and Solitude

With the month of June upon us, it is hard to believe we are approaching the middle of the year. And it is also really hard to comprehend the journey of the year so far.

How has the past couple of months been for you? It may have been unsettling, anxious, or blessed. You may have found it restless or restful, lonely, busy or peaceful. Or most likely at times it has been all these things.

I am writing this in a café and thinking of the strangeness of so much of life being normal again, and yet the whole world feels like it has been turned upside down. We don't really know what normal is going forward.

In many ways we have all been through and are going through, a unique opportunity to reassess and evaluate, what is really important in our lives.

Here are a few questions to ponder:

- What is your treasure that you will take out of the unsettling change of lockdown?
- What have you discovered that you don't really need, or miss in life?
- How might you have heard the voice of God in this time?

Before we went into lockdown, during the season of Lent, I had been thinking about the importance of two things that contribute to our spiritual wellbeing: the practices of silence and solitude. Little did I know, that all of us would be given an invitation to experience these in a profound, even if not at all straightforward way (our household of five, was far from silent, and solitude had to be found through intentional planning and discipline).

But the question I have going forward is this:

How could you continue to build the practices of silence and solitude into your life, even amidst the busyness, and the many cares and concerns that we each have? While we are still in this time of Level 2 and before gathering-size restrictions are eased.

Please note HCC Worship Service is online Sunday 9:30am on our YouTube channel.

Search for Hills Community Church Māpua on YouTube or for more information visit: www.hillscommunitychurch.org.nz, or www.facebook.com/hillscommunitychurchMapua

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Book Reviews

The girl who read on the Metro by Christine Feret-Fleury.

Translated from French by Ros Schwartz

In my view, this story could be best described as 'charming'. I felt charmed by its simplicity but also won over by its ability to draw the reader in by the acute observations of detail in place and characters.

The story is narrated by a young woman called Juliette who lives a quiet life of routines that take her to a loathed office job each workday morning and back home to her apartment where she lives alone. Her main escape from her 'small life' is through books that she reads avidly on her metro journeys as well as at home. Whilst travelling however, she is also very aware of her fellow commuters and wonders what their choice of books might say about them.

A chance encounter leads her to meet a rather mysterious man who owns a bookstore with a difference. He is a believer of the power of books to change the course of a life and is involved in coordinating a small group of people who are entrusted to give his books away to the people who need them most. By joining this group Juliette finds her life changed also and she discovers the true power a book can have.

This is definitely a story for book lovers and a celebration of the power of books to unite us all.

At the end of the story, a list of books was included that Juliette had chosen to go with her in her new life. I found this list to be an inspiration for my own ongoing reading.

One of the authors was **Joyce Carol Oates** - a prolific American writer.

Her story '**Middle Age – a romance**' was the one I picked from the Māpua Library shelves. Certainly not the rather light weight and predictable story that one might assume from the title. But a masterpiece of writing of complex characters and human behaviours and foibles set among a community of wealthy and middle-aged neighbours in small town America.

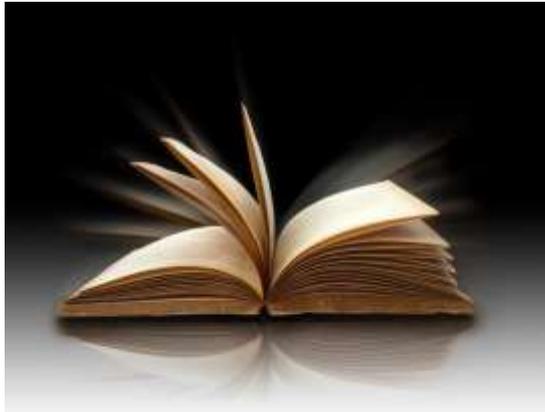
A second book from Juliette's list was '**Milkman**' by **Anna Burns**.

This book was the Man Booker prize winner for 2018 and once I started reading it, I could see why it won. It is unusual in its format – almost like a monologue or stream of consciousness of the main character 'Middle sister'.

We never do get to know her real name. But with amazing use of language and words in a rhythm all of its own, Anna Burns paints clear pictures of life in difficult times of an unnamed city. One can't help but liken it to the Irish 'troubles' of 1960s and 70s with accentuation on the power of hearsay and rumour and its devastating effects on the local people's lives. The author is an Irish woman currently living in England.

All these books are held at the Māpua Community Library.

Reviewed by Rachel Boon



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Great for an easy meal or to fill your freezers.

We are so happy to be open again,
Thankyou all for your ongoing support !!

Mapua & Districts Community Association

Once again, the Māpua & Districts Community Association held its May meeting via the ZOOM on-line forum. It was agreed that:

- MDCA would trial the future format of monthly meetings as a combination of the usual public meeting in the Hall plus the option for members, TDC representatives and invited guests to participate through ZOOM.
- The current practice of recording public presentations for screening on the MDCA Facebook page be continued. The hope is that this will enable those who find it difficult to go out to attend evening meetings (especially in winter) to still participate.

OPEN FORUM

Gold Card access to the Māpua Ferry. Wayne Chisnall raised the issue of the Gold Card being available for people to use on the Māpua Ferry (as those in Auckland do with the Waiheke Ferry). He noted that the current ferry operator had faced “flood, fire & pestilence” over the past years and that extra business from “Winston’s people” could help support his business. Increased ferry patronage could also be a possible boost for Māpua businesses. TDC Ward Councillors agreed to explore this issue

HOT TOPIC

Community Wellbeing; Annual check-up

Elena Meredith, Vicky Stocker and John Sherlock updated the meeting using a power point presentation to update progress on the three main focus areas of Community Wellbeing:

- Health services
- Transport
- Connectedness [community hub]

This presentation supported by the power-point slides can be viewed on the MDCA Facebook page by using the following link

<https://www.facebook.com/1695037690715068/videos/165986458184107>

Health Services

Vicky noted the hurdles facing Māpua residents wishing to access services:

- No transport available
- Three month waiting lists for referrals for home help, respite care assessment and also for clinic appointments in Richmond

Online directory of Service & Community Groups in Māpua & Districts. Work is proceeding on drawing up a brief for developing this.

Transport

Elena outlined the current transport projects and plans: *Community drivers.* A team of eight volunteer drivers have submitted applications for police vetting and met on May 27 to discuss possible formats for setting up and running this system.

“The Coastal Link.” A more comprehensive community transport service with regular circuits to Motueka-Richmond via Māpua was discussed. Suggestions were

made of contacting local tourism and vehicle rental companies suggesting they might have under-utilized vehicles at this time which they may well be willing to lease or even sponsor.

Challenges for children/young people:

- Getting transport to school with the possibility of MOE changing the zone for local children to Motueka rather than Waimea.
- The need for a transport system that could take and collect young people to and from sports and cultural events/practices with particular mention of the Youth Theatre /Playhouse.

Community Hub

John Sherlock (HCC) stated how pleased he was to be part of the shared community korero on this kaupapa and then noted the fortuitous combination of:

- The need for a local community facility/Hub for appointments, meetings, drop ins and connecting.
- Availability of the “Old Church” as an underutilised resource and the chance for the church to make this available to be shared as a community resource.
- The potential vehicle of the Dale Vercoe Community Care Trust (DVCCT) whose Trust Deed’s second objective covers the broad provision of community support facilities. This could become the legal /financial entity to partner with and process.
- The need in the community for services for young people and families with children was raised, and John agreed that “we need to find partners with a passion for that.”

A discussion document on draft objectives for such a community hub has been circulated amongst community groups for feedback.

Those present were asked to consider supporting the three projects with time/money; “we’re all in this together” Marion noted her excitement at the possibility of so many groups working together to get these projects operating.

RELATIONSHIPS

Projects

Interviewing long-term local residents. The brief suggests that they be interviewed on their experiences and views of life & development in the district with the interviews being recorded (filmed?). This project would need a sympathetic researcher with skills in running and recording interviews. Funding would be needed for this project which will be prioritized considering the age of many of the potential interview subjects. Those present were happy for Exec members to make the final decision as to who should be interviewed.

MDCA Historical documents

The brief suggests that this would take 100+ hours and needs a person familiar with processes of assessing/coding /scanning documents. Funding would need to be applied for – maybe RATA foundation.

continued next page

MDCA report continues...

ENVIRONMENTAL PROJECTS

Dominion Flats

Helen Bibby noted that there had been a lot of community usage of the Dominion Flats Reserve during “lock-down time”. She asked for “as much community input as possible” for planting the seedlings people have been nurturing at home. This community planting will be June 27 and 28.

Access to Support

Bruno noted possibilities in relation to the current situation of unemployment in terms of accessing people to work on suggested projects. Contacting DOC & Tasman Environmental Trust will be followed up.

Dedicated section on local environmental issues for MDCA Website page

Bruno and Gillian will work together to help set this up. The plan would be to include links to other relevant environmental groups.

Local wildlife areas

Marion suggested to Gillian Pollock it would be good to have a local map showing the local coastal areas that are of significance in regards nesting birds and wildlife locations, to inform the local community of these locations. David Short (TACA) to collaborate with this.

Lack of beautification work alongside Mamaku Drive had been raised as a concern at the recent Tasman Area Community Association (TACA) meeting along with idea of the two Associations applying to government for this to be considered and funded as a “shovel ready” project. The understanding would be that TACA “would drive the project”. This received general support from the meeting.

Be sure to attend/join in our next monthly meeting: **Monday, 8 June at 7 pm.** Format to be confirmed on MDCA Facebook & Mailchimp mailout.

MDCA works closely with TDC to ensure that our community functions in a way that suits the majority of our residents. To have a vote that counts, become a financial member of MDCA by simply paying a \$10 membership fee to our NBS account 03-1354-0356471-00 with your name and phone number as a reference.

Elena Meredith

Nelson Tasman Community Transport Trust

This trust works to provide affordable and appropriate transport services to people living in outlying townships in the Tasman area.

Several Trustee positions are opening on the Trust Board, offering a rewarding opportunity for individuals keen to help people stay connected and at the same time eager to do something practical about climate change.

We also need a minutes secretary to record our monthly meetings in Richmond.

Please email ian.viapre@inet.net.au for further details.

Dominion Flats Reserve

Great excitement as we now have Weka in the Reserve to join the Tui, Bellbirds, Fantails, Grey Warblers, Pukeko, Kingfishers, Swallows, Silvereyes, and all the other birds that are calling the area home.

The rain has been welcome although the plants have continued their growth even through the very dry period of summer.

If you have been there recently you will see there is now a new track leading from the car park up to a picnic table at the top of the rise. As you will know, there is still work on the ‘to do’ list, to finish the track further up this side of the Reserve.

The trapping lines which are monitored by volunteers are regularly catching pests which must give the birds a better chance of survival.

It is great to see so many people now using the area for exercise or just a quiet stroll. There are three picnic tables and some seats to rest on at various spots, so go and see for yourself if you have not already done so.

If Covid-19 allows, we plan to have a planting weekend 27/28 June and hope we will get a great turn out as we have a large number of trees to get into the ground. These are part of the Billion Trees government scheme in which we are lucky to have been included.

Any queries to Helen Bibby 027 4593989.



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19th June: Murder Mystery

20th June: Paul Ubana Jones
Folk, Blues and beyond

26th June: 80s Night!!

27th June: Paul Madsen's
Super Star Show

Shows vary in cost, check out the website for details
3 course \$40 set menu for all shows from 6pm, dessert from 8pm
Contact tracing and following of the 3Ss will be required

BOOKINGS ESSENTIAL call us on 5402985
WWW.PLAYHOUSECAFE.CO.NZ

Mapua Health Centre news

We will be restarting evening clinics with Dr Andre Bonny on a Tuesday 6-8.30 pm and we hope that this will provide easier access for GP appointments for those who have difficulty getting to the Health Centre during their working hours. Please phone reception for appointments (03 540 2211). We are also delighted to advise that Christopher Dittmer, a GP registrar, will be joining our team this month and he will be with us until December.

Coronavirus update - like everyone we are expecting more guidelines over the next few days from Government and the MOH, however in the interim we still need to keep doing virtual consultations where possible in order to minimise unnecessary travel and contact our staff, as well as meeting the physical distancing requirements for the waiting room. As a precaution we will continue to ask the appropriate screening questions when you phone for an appointment. This will assist us in deciding which type of consultation is appropriate and if we need a face to face.

We have been advised that we are to continue seeing patients with any flu or Covid-19 type symptoms in a different area of the practice, separate from other patients to help prevent the spread of infections.

This means:

- you will still be asked to sanitise your hands upon entering the practice and our front doors will remain on 'controlled entry' so that only pre-screened patients are entering the practice.
Please do not just "come down".
- some patients will be asked to park at the front of the building on Aranui Road and some will be asked to park in the back carpark - the entrance is behind the library off Toru St.
- we ask that **ALL** patients stay in their cars and ring us to advise that they have arrived. The doctor or nurse will then come and get you for your appointment.

The MOH have advised that it is appropriate to restart routine health screening such as diabetes checks, smears etc so we are currently working through the backlog of patients that has built up during lock down, again we will be limiting the number of screenings we are doing each day until advised otherwise.

Pneumonia vaccines - there have been delays in receiving these and we apologise to anyone affected by these delays. If anyone is still interested in receiving these vaccines, which are nonfunded, please contact one of our nurses.

Prescriptions - as part COVID-19 requirements we are now sending prescriptions electronically to the pharmacy of your choice. Although we are still having a few teething problems like most practices, we are hopeful this will not continue for much longer.

Finally, we want to thank you for your patience over

the past few months as we have adapted to a different style of providing healthcare and we also want to thank you for following the Government recommendation of staying home, staying local, and keeping in your bubbles. We know this hasn't been easy.

In June each year, **Men's Health week** is held around the world. Locally, it's a chance for New Zealand men to make a difference to their health for themselves and their families. The website: www.getthetools.org.nz has been developed to provide the latest health and well-being information and support for Kiwi blokes, and ultimately to ensure that our men get to stick around and celebrate more birthdays with their families. It looks at a whole range of important things from checking out about cancers to sexuality, work/life balance, weight, kai & nutrition, mental health, man maintenance, skin, and getting active.

Also, it's "move your butt month" which is all about supporting awareness and helping to prevent bowel cancer. Your diet is one way to lessen the likelihood by enjoying a wide variety of nutritious foods:

- Eat plenty of vegetables, legumes (dried beans, peas or lentils), fruits & cereals (breads, rice, pasta & noodles), preferably wholegrain.
- Include lean meat, fish and poultry.
- Include milks, yoghurts and cheeses. Reduced fat varieties should be chosen where possible.
- Drink plenty of water.
- Take care to:
 - Limit saturated fat and moderate total fat intake.
 - Limit your intake of red meat and processed meat.
 - Choose foods low in salt.
 - Limit your alcohol intake if you choose to drink.
 - Consume only moderate amounts of sugars and foods containing added sugars.
 - And.....quit smoking.

There are a number of important national and global health promotion events for the month, including:

- 1-30 Junk Free June (no junk food)
<https://nz.junkfreejune.org>
- 1-30 Men's Health month
<http://menshealthnz.org.nz/mens-health-month>
- 1-30 Move Your Butt Month
<https://bowelcancernz.org.nz/move-your-butt>
- 5 World Environment Day
<http://worldenvironmentday.global>
- 14 World Blood Donor Day www.nzblood.co.nz
- 15 Elder Abuse Awareness Day www.ageconcern.org.nz
- 17-23 Continenence Awareness Week
www.continenence.org.nz
- 20 World Refugee Day www.un.org/depts/dhl/refugee
- 21-27 National Volunteer Week
<https://nationalvolunteerweek.nz>
- 26 International Day Against Drug Abuse www.unodc.org



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Suggestion box

Now that all your windows are sparkling, the laundry is done, the lawns mowed and the garage tidied you can rest, read books, exercise, or best of all:
write an article for the next newsletter!



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\$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 Coast Running Club

As a running club we are a social group with no membership fees or entry fees. When we decided we needed a bit more exposure we thought a flag would be a perfect fit. But a club with no fees has no money to purchase the flag. We applied for a grant from the Māpua Community Trust and now we have a flag.

Thank you so much for your readers who support the Coastal News through your donations and thank you to the Trust for reinvesting those donations to the local clubs and organizations.

During Covid-19, we have been running our 5k's as virtual events. This worked well for the conditions and there was a good turnout.

Then the restrictions were reduced, and we could run in groups of up to 10. Usually not a problem during the dark evenings and colder nights as we approach winter, or so we thought. Our first group run saw 17 runners turn up.

Keeping ourselves socially distanced, we divided into two groups and ran the route from two different directions. It worked a treat, and everyone was enthusiastic and smiling at the finish. Okay, some of us were huffing and puffing but still smiling. Our usual socializing was limited but some of us did go to the Sprig & Fern for a meal. Mighty good meal too.

We have runners and walkers so don't be shy. Come down on a Wednesday evening and join us for a 5k Walkers start at 5:15 and runners at 5:30. Be bright and be seen and be there! Hope to see you.

Debbi Bamfield



Lynda's Exercise Classes in the Mapua Hall, Term Something, 2020.

Classes are casual until July 21st, cheaper concession tickets are available for 5, 10, 20 or 30 sessions. Term dates have gone a bit weird, so I'm making it up as I go along 😊.

Classes on: **Tuesday** evenings 6 pm and 7 pm,
Wednesday & Friday mornings 9.15 am & 10.15 am,
and some **Saturday** mornings 9.15 am and 10.15 am.

Strength/weight training, Aerobics and Pilates.

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

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MAPUA COMMUNITY HALL



Check out what's happening at the Hall in June

MAPUA HALL SOCIETY FINANCIAL MEMBERSHIP IS NOW DUE!

Please go to our website:

MAPUAHALL.ORG

And fill out a membership form if you're not already a member.

It is only \$15 per person annually!

Your community hall still needs you and your financial support to continue to sustain a vibrant hub for the Mapua Community.

Payment Methods:

Cash: To the hall office or through the mailbox slot on the front wall of the hall.
Internet: NBS 03-1354-0308218-00
 Please use ref: (your name, membership)

The Mapua Hall has re-opened with many classes resuming in June. There may be a few temporary changes to ensure social distancing and contact tracing where required as well as changes to the regular timetable so please check the online calendar for live updates or check in with your instructor for details.

Packhouse Cinema will also resume on Sunday 14th June! For the June screening the Hall will provide seating and contactless pre-booking is required. Tickets from \$12 please email mapuahallsociety@gmail.com to reserve your seat. Limited number of seats available, payments online to the Hall account (details on left) with reference *Movies and your name*.

Thank you to those that have paid Hall Society Financial Membership for 2020-2021, your generous donations and membership subscription is most appreciated especially as the Hall navigates these difficult times.

What's On at the Hall In JUNE!

MON 1 Jun	TUE 2	WED 3	THU 4	FRI 5	SAT 6	SUN 7
Classes On Hold	<ul style="list-style-type: none"> 09:00 FRNZ - Pastel Artists of New Zealand 10:00 Yoga with Martin 10:00 Aerobics with Lynda 11:00 Pilates with Lynda 	<ul style="list-style-type: none"> 09:15 Aerobics with Lynda 09:15 Yoga for Healthy Aging with Nikki 09:30 Virtual Office OPEN 10:15 Pilates with Lynda 10:00 Yoga with Thomas 	<ul style="list-style-type: none"> 09:30 Virtual Office OPEN 09:30 SherQui - The Bellydance Workout 10:00 Mapua Fit with Hilary 	<ul style="list-style-type: none"> 09:15 Aerobics with Lynda 09:30 SuperDance with Hilary 10:15 Pilates with Lynda 		
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Moutere Hills RSA Memorial Library

Home delivery

A number of volunteers have made themselves available to deliver books to those who are not able/prefer not to visit the library. If you would like books delivered, please email the library or ring during opening hours outlining your request. We will be happy to help.

Donation appreciation

Our thanks to the Mapua/Ruby Bay Community Trust for funding the purchase of extra bookends for use on our new shelves.

Bookends help protect the books from slumping which damages the integrity of the spine, cover and pages.

Displays

From 12 June, our main display will feature art in various media by David Stones. Do come in and see work by Natalie Towler and Brigid Davis before the 12th.

Opening hours

At the time of writing in Level Two, we are opening Mondays, Wednesdays and Saturdays from 2.30-4.30pm. As Covid Level requirements vary, the committee will consider varying our opening hours. Ensuring we are following all guidelines will remain a priority. As long as social distancing requirements are in place, please note that we will be restricting numbers in the library at any one time, and ask that you do not bring children into the building if you are able to avoid doing so.

Book donations

We are again accepting donations, so if you had a sort out during lockdown, please think of us for any books you think we could use. We particularly welcome the donation of modern gardening books if you have any you no longer need.

AGM 2020

Friday 12 June at 11am: Venue to be confirmed - will be either the Library or Hall meeting room - depending on the Covid requirements at that time.

Please forward nominations to the Secretary at PO Box 49 Māpua or email as below.

Our REGULAR opening hours are below.

Covid Levels will mean a variation to these.

Monday 2pm-4.30pm

Tuesday 2pm-4.30pm

Wednesday 2pm-4.30pm

(extended to 6.30pm during daylight saving)

Thursday 10am-12.30pm; 2pm-4.30pm

Friday 2pm-4.30pm

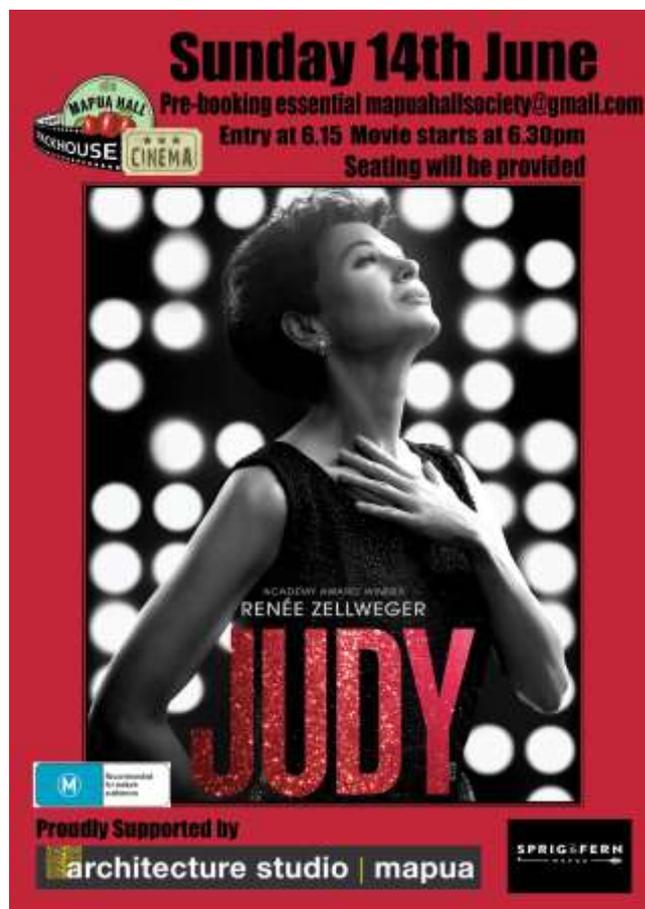
Saturday 2pm-4.30pm

mapualibrary@xtra.co.nz; Facebook: Mapua Community Library; www.mapuacommunitylibrary.co.nz

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Lynley Worsley



“Judy” (The movie)

Showing @ Māpua’s famous “Packhouse Cinema”:
6:30pm on Sunday 14th June.

The story covers Judy Garland’s last gig in London. The film uses flashbacks in order for the audience to understand her character. What the story lacks in structure, it makes up with warmth. While this is a softer portrait, it still feels totally authentic.

The story hinges upon Garland trying to understand herself while making poor choice after poor choice. If you know anything about Judy Garland, you know where she is going, but what you may not know is how she arrived there! It is a deeply sentimental portrait of a brilliant mind and troubled heart.

What a heart-wrenching performance by Renee Zellweger. At times I had to remind myself that this wasn't Judy Garland. There have been some cynics saying that only a fool would try to play Garland; dare, I say, Zellweger just made a fool out of you cynics.

No wonder she won the 2020 Golden Globe award and 2020 Academy Award for this performance.

Please see the Hall page (previous page) for booking details.

Edited by Andrew Earlam, Mary Garner and Trees van Ruth. Views expressed are not necessarily those of the editors. Distributed 1st of the month. Deadline for copy to news@coastalnews.online is 20th of the month. Noticeboard items are a gold coin donation in the collection boxes. Club notices are free. Printed by the Tasman District Council.

Pastel Artists of New Zealand

New Zealand is on a steady course back to normality and that means that the Nelson group of PANZ will recommence meeting in Māpua Community Hall on Tuesday 2nd June.

Whether any painting has been done during lock down remains to be seen but I do know that Jacinda's advice to "be kind" was well and truly adopted by our members. Plenty of caring phone calls and plenty of alternative creativity as blankets for rescued puppies and kittens were sewn and knitted with a passion! These will be taken to SPCA in the very near future.

Well done and thank you to all the blanket makers.

2020 is certainly a year we will never forget. Hopefully some of the things we have learned during our lock down will continue to be implemented as we move forward into the next "normality".



I think I speak for all our group when I say we look forward to getting back together on Tuesday mornings; it's not so much about the painting either, it's about being back with friends and being able to share coffee, tea, biscuits and a conversation.



Why not come in to meet us? You don't have to paint, just come and join us, see what we do and make some new friends. If covid-19 has taught us anything it is the importance of friends and family.

For any information about our pastel group please contact our Area Representative, Glenys Forbes on 03 540 3388 or by email [gmforbes@ts.co.nz](mailto:gmforges@ts.co.nz). You can visit our Facebook page: PANZ Pastel Artists of New Zealand to see national and international pastel artwork.

Sue England



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Tasman Art Focus group

It is with regret that I have to announce the cancellation of this year's Tasman National Art Awards and Exhibition.

The committee has agreed that there is too much uncertainty attached to the next few months to risk staging our event in September.

Covid-19 has certainly altered our lives and way of living in the short term, but common sense prevails with the health of the community paramount. We hope to bring you a wonderful exhibition in 2021.

For now, our good wishes go to all the businesses and local inhabitants as we move towards an open and healthy normality.

Stay safe and well everyone.

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Awareness of sleeping positions and back pain

If you have low back pain or neck pain, you probably know how difficult it can be to find a comfortable sleeping position. It is a very common issue that we hear when people first consult our office seeking help.

They state that often through the night, they toss and turn from one side to the other trying to get comfortable and this results in a very disrupted sleep. If this describes you, could it possibly be that your comfortable sleeping position is potentially contributing to your ongoing problem?

For those who experience lower back pain and neck pain, falling asleep can be a difficult task. Adding insult to injury is a feeling of fatigue and tiredness that can heighten your sensation of discomfort and pain throughout the following day. Not all sleeping positions are ideal for good spinal health. Sometimes in the search for a good night's sleep, you may place your body in a position that could potentially further aggravate your condition.

Here are some tips to direct you toward a good night's sleep for both you and your spine:

- Always try to choose a position that maintains the natural curvature of your spine; as opposed to ones that stress and reduce these curves – which may place additional pressure on your neck, hips and upper back.
- Sleep on your back. This is great for people who experience lower back pain as it evenly distributes your body weight – in addition to ensuring good frontal alignment of your whole spine.
- Place a pillow either under your knees (if you sleep on your back) or in between your knees (if you sleep on your side). The addition of a pillow will help foster the normal curvature of your lumbar spine and reduce pressure and discomfort through this region.
- If you are a side sleeper, make sure your pillow height is high enough to support the horizontal alignment of the spine. Too high, or too low, may unnecessarily stress the cervical spine (neck) and its surrounding musculature.

One key piece of advice you should start to implement immediately is to **avoid sleeping on your stomach**. Sleeping on your stomach is tough on your spine – here are two reasons why:



It places unnecessary pressure on your neck due to twisting your head to one side. Adding further insult, people develop habits where they turn the head almost always to the same side night after night. Leaving your head in a rotated position for long periods of time (often more than 7 hours when sleeping) strains the surrounding cervical (neck) musculature. This can actually cause problems in the first place but also reinforces the chronic neck issues many people have due to a long history of neck pain, problems and injuries. This then can also result in shoulder and upper arm problems

and pain.

In addition, people who sleep on their stomach place more strain on their lower back because it often causes the back to arch more. This in turn can irritate some of the joint structures of the lower spine causing the back muscles to tighten adding to the problem and so the person often awakens with a sore lower back and buttock pain or stiffness.

Preferred sleeping positions are often set early in life and can be tough to change, not to mention that we don't often wake up in the same position in which we fell asleep. Still, it's worth trying to start the night sleeping on your back or side in a well-supported, healthy position.

If you are tired of having to put up with pain and want to identify the cause, rather than mask the symptoms, then we may be able to help.

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Amanda

Amanda has been involved with real estate for over 30 years. Her experience and knowledge is extensive. Her clients appreciate her candid approach and the fact that Amanda really does understand what is needed to achieve a great result and a positive real estate experience. Phone: 027 472 1960 • Email: amanda.james@harcourts.co.nz



Sian

Sian has an extensive knowledge of the area, and she knows property. How to present it, how to market it and how to sell it, and most importantly she knows how to negotiate the best deals for you. "I never forget that my clients are real people, with real needs, hopes and dreams". Phone: 027 296 8345 • Email: sian@harcourtstasman.co.nz



Franklin

Franklin has been selling real estate since 1995.....It's in his blood. With old fashioned values, skill and experience, he is your guide in helping you buy or sell your most valuable possession. Franklin's focus is on obtaining the very best result for his sellers, whilst also making sure buyers are fully informed before committing to a purchase. Phone: 027 445 6581 • Email: franklin@teamfranklin.nz



Jen

Jen is passionate about people, she's knowledgeable, professional and approachable and has a background in property law so she understands the process of buying and selling property. Jen believes that honesty and integrity are key in creating positive outcomes. You can be assured of a smooth and positive outcome for all your property transactions. Phone: 027 738 8545 • Email: jen.williams@harcourts.co.nz



Jayden

Jayden is a recent addition to the Harcourts Mapua team. He grew up in the Nelson region and has a background in marketing which has assisted him to build a reputation of unique marketing for his clients. Look no further if you want your property to stand out from the crowd. Phone: 021 0293 0220 • Email: jayden.terris@harcourts.co.nz



Suzie

Suzie believes communication is key... be assured you will get the best advice and up to date information when working together with Suzie on your property journey. Phone: 027 959 1168 • Email: suzie@harcourtstasman.co.nz





EXCITING UPDATE FROM THE MDBA AND THE UPCOMING AGM

While there is no doubt the business climate is challenging at present, there has never been a stronger need to support local.

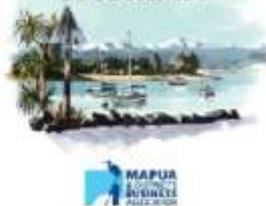
Join the MDBA and we will give your business the first 6 months of membership subscription for FREE! This is an acknowledgment of the financial challenges our business community members are experiencing.

We are extending this offer of free membership to support ALL businesses in our community and welcome you to join.

Why? Here are some things we have done in the past 12 months to support our members:

1. Prior to the summer tourist season, we published a brilliant new map which was distributed widely around the region with corflute board copies which were erected locally.

**FREE
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MAPUA
UPPER
MOUTERE
RUBY BAY
TASMAN**



2. We have completed a major website upgrade (www.mapua.co.nz).

3. Since Covid-19 a major focus on our social media presence, featuring posts for new and existing members with a focus on "Go Local". Please be sure to "post" your businesses details on here (search facebook: Mapua & Region Businesses or check out his link: <https://www.facebook.com/mapuabusiness>).

4. We are currently in the process of erecting a new display noticeboard at the Māpua Four Square for exclusive advertising for our members. We are also looking for a similar set up in Upper Moutere.

5. We will be working on a new look business directory that will be distributed to all households in the region.

Whilst we are living in unusual and unique circumstances, we should not lose sight of the many great things our business group has to offer!

The MDBA Annual General Meeting (AGM) was scheduled to be held this month but has been postponed due to the COVID-19 lockdown crisis. We plan to have a guest speaker.

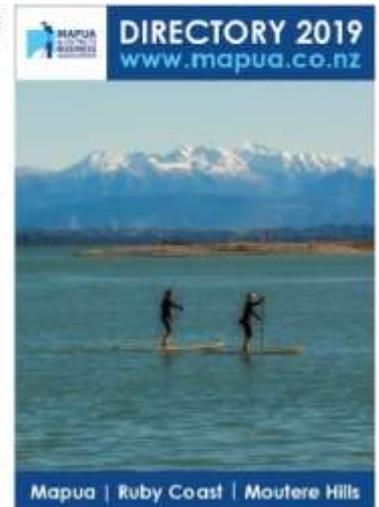
Are you are thinking about being a committee member?

We would welcome your attendance at the AGM (date yet to be confirmed) or if you know of any new business that would like to join the MDBA for business support, please get in touch with us via our webpage (www.mapua.co.nz), Email: mdba@mapua.co.nz, or facebook.

At this stage we will be holding the AGM in July. Hopefully by this time things will have settled down and we can proceed normally, meeting in the Hall!

Wishing you, your businesses and your families all the best.

Regards and stay safe —
 Patrick Stowe, Chairman



Noticeboard

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

Planting days: (preliminary notice if Covid-19 allows) Dominion Flats Reserve 27 & 28 June, 9am-noon. Bring warm clothes, gumboots, garden gloves. Queries to Helen 0274593989

Māpua Friendship Group: currently in recess. Please ring Val Roche 540-3685, for more info about our re-start.

Māpua Art Group meets Bill Marris Room Māpua Hall Thursdays, 9-noon. Paint, draw, help each other in a social environment. All levels & media. \$5 incl morning tea. Tables, chairs, easels provided. Cushla Moorhead 03 528 6548.

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

Yuan Gong: Improve your health and life by daily Yuan Gong practise. Info: Marianne 0220 828 559

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

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

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

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

Taoist Tai Chi Beginning class Tuesdays 1.30 - 2.30pm. Continuing class Wednesdays 12.30 - 2.30pm. All welcome. Enquiries 545-8375

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

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

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

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

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

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

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

Catalyst 5k run: Wednesday nights 5:30pm. And...

Ruby Coast Running Club runs most mornings. Find us on Facebook or contact Debbi 027 327 4055.

Intermediate Club Year 6-8: 3-4pm at Hills Community Church. Food, fun & Hangout. And...

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

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

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

Tasman Golf Club welcome new golfers to Kina Cliffs for local golf experience at realistic cost, the best in Nelson. Coaching available. Info: Derek 540-3364 ev, or Claire 03 526-6819.

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

Coastal Garden Group meets 1pm first Thursdays, Tasman Bible Hall (opp. Jesters). Men and women most welcome to share their love of gardening. Guest Speakers, Workshops, Garden Visits. Ph 03 970 0565

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

Mapua Craft Group: At present we have no meetings arranged but hopefully these will return in June. Please phone Barbara (540 3901) to find details once we have these in place.

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

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

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

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

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

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