



Māpua Community Hub (MCH) Newsletter

For your information and feedback

Nau mai, welcome to the first Panui/newsletter of the Māpua Community Hub. The intention is to establish the Hub in the Old Church building on Aranui Road Māpua.

How did the idea come about?

The idea of a Māpua Community Hub was mooted following feedback from a local "Transport and Wellbeing Survey" and a "Health and Wellbeing Professionals" workshop.

The survey and workshop identified gaps and areas of need which if addressed, will help complement existing community services and add to the overall wellbeing of the Māpua and districts communities.

Six months ago, a small working group was formed to take the idea of a Community Hub forward. The group was offered the use of the Old Church Building and grounds on Aranui Road, which is currently underutilized.

Coming under the umbrella of the "Māpua Community Wellbeing Trust" (formally Dale Vercoe Community Care Charitable Trust), will provide a sound legal and financial entity.

The Community Hub working group are building networks with the Māpua District Community Association, Māpua Health Centre, Hills Community Church, and the Māpua Community Wellbeing Trust. These networks and any future partnerships will ensure the long-term security for the vision of the Māpua Community Hub.

The Purpose

For individuals, whānau (families), organizations and businesses in the Māpua community and surrounding districts, to work together to create a sustainable and accessible community facility for all, which will act as a hub for gathering and giving information, hosting community meetings, cultural events, activities and appointments as well as a warm welcoming daily drop in centre.

The needs of the current users of the building will be honoured.

Where we are up to

Currently the working group members are working with the trustees of the Māpua Community Wellbeing Trust (MCWT) to formalize the agreement for the MCWT to provide governance.

Arrangements for the lease of the Old Church building and grounds from the Hills Community Church Trust to the Māpua Community Wellbeing Trust are in progress.

Work is also being undertaken on Kaupapa (principles) and a draft Strategic Plan to help with future direction and honouring the Titiri o Waitangi.

Funding options, investigations into upgrading the building, development costs and project management are being considered. We would appreciate help in these areas.

A sincere thank you to the Māpua Ruby Bay Community Trust for a \$1,000 donation which has been paid to the MCDA for the Community Hub project. This generous donation will help towards data collection work for the feasibility study that is needed for funding applications.

Work is continuing to identify and partner with organisations who could use some of the building's facilities thus providing a stable income, for example to fund community activities (e.g. the daily drop-in centre, community garden) and day to day running costs.

Each month a Community Hub update will be published in the Coastal News and on the Māpua library notice board to keep everyone in the loop. Email updates will also be sent out to all who register their interest.

This community project is a huge undertaking

Members of the community (any age) are invited to register their interest in becoming a supporter or volunteer to help establish the Māpua Community Hub (MCH) and eventual day to day running.

Contact details, areas you can help with, suggestions or any feedback can be sent to info@mapuahub.nz

A register will also be made available at the Māpua Library for people to register their interest.

The next meeting of the Community Hub working group is:

Date: Tuesday 17th November

Time: 10 am

Venue: The Old Church Building on Aranui Road by Aranui Park.



Māpua Dawn Chorus

Last Thursday we held our first community meeting for MDC in the Māpua hall.

We went through a very informative presentation including an update on the project, how to use various useful apps for information and recording, and a great presentation on how to attract birds into your garden.

Below is one of the slides highlighting what you can do right now to become more involved and improve your trapping success.

I would like to encourage all of you to google trapNZ and then look for the Māpua Dawn Chorus project and request a membership! This will enable us to record data and provide valuable feedback to our funding organisations.

Some webinars on the PFNZ website by Cam Speedy are well worth a watch, especially 'Expert Trapping Tips'.

Traps are still available to buy: Rat traps, Goodnature A24s, and Doc 200s.



What can I do right now?

- Purchase a suitable trap for your property
- We can help with monitoring, and choosing the correct trap for your property
- Join the MDC project on trapNZ website and start recording your catches or contact someone else in the group to do it for you. Check out other useful apps.
- Look for ways to attract birds into your garden
- Remove potential food for rats from your garden or compost
- Look for other places in the community to place traps eg: a waterway, bushy path, small reserves, approach a neighbour with a patch of bush on their property
- Spread the word and encourage others to participate

Please email me: Mapuadawnchorus@gmail.com to purchase traps or for help to register on trapNZ.

Thanks for supporting the project,

Tracey Murray



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Māpua Easter Fair Charitable Trust

The Māpua Easter Fair Charitable Trust is pleased to distribute \$9896 to Māpua School and \$1099 to Māpua Playcentre from its fundraising this year.

We wish to say a huge thank you to our sponsors at the Motueka branch of Nelson Building Society for their very generous sponsorship, to stallholders who made donations even though the fair was cancelled, and to Emma Burnaby, a parent at Māpua School, for the huge effort she made in running our online silent auction.

Thanks also to the Friends of Māpua School for running a garage sale using the goods donated for the Easter Fair White Elephant stall.

And of course, thanks too, to Liz Ussher and Jane at Chocolate Dog Studios for Liz's hard work and Jane's design contributions towards the Easter Fair 2020, which sadly had to be cancelled due to COVID-19.

The Māpua Easter Fair Charitable Trust is aware that the donations it makes to the school and Playcentre make a significant difference to both organisations.

As a decile 10 school, Māpua School receives less funding per student than many other schools in New Zealand and uses the funds from the Easter Fair fundraising to keep class sizes smaller. This is one of the most significant factors in providing quality education for our children.

Māpua Playcentre uses the funds to subsidise running costs to remain open as a hub for families to play and learn together, providing a welcome community for many families who do not have extended family in the local area.

We are delighted to be able to distribute these funds this year and look forward to our next Easter Fair to be able to raise more funds for these organisations which give so much to the young people and families of Māpua.

Moutere Hills RSA Memorial Library

Book Sale Huge thanks to all who supported this via donations and purchases, and of course to our organisers. We raised the fantastic total of \$983.

Member Survey

We recently emailed a survey to our members. The link is <https://www.surveymonkey.com/r/6BBGLFH>
If you prefer to complete the survey on paper, copies are available in the library. We welcome your input. Our committee is currently participating in a number of strategy and planning sessions, so your input via the survey will be particularly timely.

Displays Tim David's photo prints currently feature in our exhibition.

A reminder that the books in the display in the foyer are available for borrowing.

Audio Books TDC Libraries will be lending us audio books to on-lend to our members, on a trial basis. There are still a few details to sort out at time of writing, but we are planning for these to be available shortly.

Jigsaws Were you one of those who rediscovered jigsaws over lockdown? We have jigsaws (for adults) available to borrow, and the stock is updated regularly. Pop in and have a look at our current selection.

Monday	2pm-4.30pm
Tuesday	2pm-4.30pm
Wednesday	2pm-6.30pm (reverts to 4.30pm outside daylight saving)
Thursday	10am-12.30pm; 2pm-4.30pm
Friday	2pm-4.30pm
Saturday	2pm-4.30pm

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

Major Sponsors: The Lion Foundation; Rata Foundation; Tasman District Council

Big Kids, Big Painting

One of the big kids at Māpua Playcentre is off to school and for her last session, we planned some of her favourite activities: big, messy painting. We set up a tray with paint for children to dip their hands and feet into and large sheets of paper to decorate.

Our tamariki had wonderful fun as they explored the messy textures, observed what happened as the colours mixed and problem solved how to negotiate themselves in and out of the paint tray and on to the paper. Great for gross motor skills and joyful, creative expression!

Our other big, messy painting activity involved dipping cars and trucks into paint and rolling them down a large sheet of paper on the slide. Our parent kaiako team (parent educators) were so proud of our big kids as they demonstrated how to do this to our little kids, and patiently offered them plenty of time and space to try this out for themselves. A great tuakana-teina moment.

Did you know that at Māpua Playcentre, big kids (4- and 5-year olds) can either attend Playcentre as their only ECE option or attend another service as well?

Parents of our big kids report loving playing with their children at Playcentre with our great resources and facilitators to help us understand child development and

how to support our children's learning. Being involved in your child's education at Playcentre creates a strong foundation for understanding your child's development as they progress through school.

If you would like to learn more about Playcentre, you are welcome to drop in for a play any time. Māpua Playcentre is a parent led Early Childhood Education service for 0-6-year olds. Sessions are Monday, Thursday, and Friday 9.30am-12.00. You can find us behind the tennis courts at 84 Aranui Road.

We look forward to meeting you!



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Mapua Auto Centre logo and contact information, including a map showing the location at Warren Pl, Mapua, Nelson.

Tessa Mae's
WITH ATTITUDE

Gifts & Homewares in The Village

OPEN 7 DAYS

Tessa Mae's logo featuring a rose and contact information, including the location at The Village and the fact that they are open 7 days.

Māpua Waterfront update

While things may have seemed rather quiet this year, we have been busy planning, conducting an archaeological assessment, and undertaking required consent and engagement processes (including Heritage NZ) for the Ngaio Reserve area at the Māpua Waterfront. We are pleased to report that we have now been through all the required processes and work will be underway over the next two weeks.

The work will need to be undertaken in 3 stages. There are a number of variables that will impact timelines as we

go, including weather, existing local events, and minimising impact during busy periods. Given the historical and cultural sensitivity of the site, we will have an archaeologist and iwi monitor on site with care taken to ensure minimal disturbance to the existing soil layers.

Unfortunately, the full plan will not be able to be completed by Christmas as we hoped, however, we are doing our best to make as much of the area usable during the busy summer period. We thank you all for your support and patience!

The Māpua Waterfront Working Group



Advertising Costs

Ads go by the size in column centimetres. Columns are 8.5 cm wide and costs are as follows:

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

With 20% discount for long-term advertising (3+ months) and prompt payment by internet banking only. The deadline is the 20th of each month with each issue coming out on the 1st.

There is no separate January issue.

E: news@coastalnews.online for more information.

AGM

Māpua Community Wellness Trust

(MCWT)

(formally Dale Vercoe Community Care Charitable Trust)

All are welcome to attend the AGM

6pm Wednesday 25th November

at Māpua Bowling Club Rooms.

The Trustees wish to thank the Bowling Club members for making the Bowling Club rooms available for the MCWT AGM at no charge. Your support is greatly appreciated.

Paradise Unfound

A letter to the Editor from Pat Russell.

We live in a democracy. Those we vote for, or pay salaries to, have a duty of care and carefully considered, informed action to maintain our environment. Well, not so in Tasman district. I know I am not alone in thinking this. There are so many personal stories of distress, financial loss, terrible decisions.

I discovered to my horror, over the seven years I've lived here, that Tasman District Council (TDC) is dictatorial, brutal, arrogant and has absolutely no difficulty causing harm to body, soul and property. In some emails to Planning and Engineering Dept heads and to our previous Mayor I reminded TDC that – You are our local government Civil Servants, employed to ensure good physical infrastructure for the needs of the population. How can you not be aware and behave accordingly?

I have wondered how to offer my experience as a learning opportunity for the community - what it is like to live in Rural 1 Zone in Tasman.

I live at 12 Seaton Valley Road in a 1½ acre garden. Allegedly I'm a productive farm and TDC will not change the zoning for this area although my neighbour on the corner has recently been rezoned Commercial.

There was an apple orchard opposite when I purchased. The noise and disturbance from the construction of Māpua Rise was personally debilitating for years although I'm happy so many people now have homes.

Before purchasing I went to TDC regarding the timeframe to begin construction as the Agent had said years. There were unresolved issues, most significantly water [*take note of this*], and I was told likely four years. I was naïve, having come from Dunedin, and foolishly believed what they told me. I was smoked out twice from burning pyres of apple trees three months later - so began early 2014.

Before even a single section was pegged the largest machinery outside of a mine arrived to remediate (deep dredge and mix) the soil in the strip 30m from my house for 10½ hours/day, six days/week for over 15 months. I was tearful by Wednesday after three months, never dreaming there would be another full year.

The soil arsenic and lead levels were too dangerous for habitation. During a hot dry summer, my blue roof and windows were brown with clay dust and some days I could not see through the air to the trees beyond my vegetable garden. Dust so toxic it had to be buried when across the road but fine to settle on my property. I asked for hoardings to be mounted to give me some protection. A direct no from TDC.

The water from my tap was eventually tested – after I'd installed 1- and 5-micron filters at my pump. I said the tank should be tested, not my filtered tap water. Another direct no.

For years I was so agitated, so constantly assaulted by noise and vibration that sleep was 3-4 broken hours and remains so six years later. I was so ill and disorientated from lack of sleep that 2014-2018 I fell frequently and repeatedly re-injured my back hurt in a coach accident. Thousands spent on spinal therapy. At times of acute

distress my right eyebrow and lashes have fallen out – four times.

TDC has displayed more brutish behaviour since the exceptionally poor compliance during the subdivision build. Even after the appalling onslaught of noise, vibration, toxic material, each action has been freshly shocking to me.

Precious Water

Māpua Rise was approved with the owner claiming to have water. The deep bore that had serviced the orchard didn't belong to him. Two deep bore projects failed and in a summer of drought the whole subdivision was hooked up to Māpua water and sewage. Few people know that.

As there are presently several dozen more houses being built in Mapua, are they also going directly to town water?

I am Rural 1 so have only roof rainwater into a tank, opposite 90 new houses on town water. I *had* a 25ft well for the garden of over 90 years' utter reliability, fed by an underground spring from land beyond Māpua Rise.

In December 2015 I asked TDC if my well would be affected by deep bore drilling. January 2016 I was informed by email that there would be no effect either positive or negative on my well's function from their actions.

October 2016 the level plummeted to near dry. TDC informed me they didn't know I had a well.

Panicking, I sought to be added to town services. "Mrs Russell, you are Rural 1. How do you not understand that you will not now, nor will you ever, be allowed town services?" Rude, succinct. In fact the level recovered enough to supply desperately needed water - for a while.

Then it was permanently piped to a drain, under the road, and into the drainage ditch beside my neighbour. I see it and hear it, it runs 24 hours/day summer and winter, it taunts me every time I walk to Māpua Drive and it keeps my rage alive. I am denied town water and TDC sanctioned removal of my sole secure supply. I argued that they were devaluing my property.

Emails in 2019 to Engineering and the Hydrologist were answered by phone calls that there was no issue to deal with. No site visit, no acknowledgement, no discussion.

I had by this point made a complaint to the CEO and Mayor. I have since been told that three Rural 1 zoned properties on Māpua Drive, very near me, have had town services for years.

Land and Zones

In 2019, using an RMA Consultancy firm, I applied to subdivide a 1275 sqm section of my land to release equity – the section size required to dispose of wastewater on-site. As late in discussion as May 12, 2020, the first Draft Consent was sent and with no prior discussion or alerting the possibility, a Condition appeared which shocked my Consultant (former TDC Planner), Surveyor and most of all me.

I, one person, was to pay in its entirety for 118m – not just the new Section but also the land I retained untouched – of Rural 1 frontage to "... be upgraded to residential formation standards with kerb and channel and include a 1m berm, 1.5m footpath, further 1m berm, then 1:1 batter slope and include vegetation clearance, in

continued on next page

Paradise Unfound continued

accordance with the Nelson Tasman Land Development Manual 2019 and at no cost to Council."

In other words, a residential sidewalk to match the one opposite beside Māpua Rise. Why? Because a brief footnote on page 24 of the Manual (July 2019) states "Where a road or access serves land in more than one zone the requirements for footpaths and berms on each side of the road or access will be the maximum required for any of the adjoining zones."

It does not state that I have to bear the cost but TDC demanded it. TDC chose to treat one householder, wishing to divide one bit of land, as a Commercial Developer dealing in huge profits from multiple sections. The injustice is profound and unwarranted that I should be required to pay for public road works.

If I lived opposite the original apple orchard it would not have applied, it is Māpua Rise zoning which TDC decided dictated this. The Consent listed other Conditions requiring me to retain a Rural 1 green outlook - which this Condition obliterates.

The Consultant, Surveyor and I argued from every viewpoint one could imagine. Repeatedly I raised the issue of being Fair and Reasonable, of judiciously 'Giving Regard To' rather than reflexively 'Giving Effect To', imploring TDC to see common sense.

By Consent Draft 3 I was no longer required to shoulder the crippling financial burden of the cement work but still required to pay for and destroy the tree line by cutback of the centre high bank and fill both ends 4.5 m.

While my Consultant had a formal delay request lodged to discuss issues, I said to a TDC Parks & Reserves employee that I was withdrawing my Submission. I would lose the money spent but I could not bear the loss of trees. A couple days later, July 8, Full Consent arrived, which my Consultant informed me precluded any further discussion. The end. Democracy in action - no.



This is the area of destruction. You'll note trees and green views on the left, natives extending another 40m left out of frame (yes, the bank is public verge, that's no reason to destroy it) – with a barren sidewalk on the right. I will add that there is only one other property up Seaton Valley Rd and then pastures with cattle, an area remaining Rural 1 zone for the foreseeable future.

The second photo is a small part of a large garden group from Motueka who visited my garden and were horrified by the wanton destruction required by TDC.



Please note for Community interest – at the July MDCA meeting, knowing TDC members would be present, I asked for my three minutes. Asking 'where is the logic?' we were told that TDC plans 800 houses up Seaton Valley Road.

I suggested *when* that occurs several years from now, as it's not in any Long Term Plan we have had sight of, *then* that Commercial Developer should be responsible.

In the first photo you will note two tall trees at the far end. The furthest is a 300 year old Black Beech, the other a large Rimu, both on my property. TDC cared for the survival of neither of these.

At the MDCA meeting Forest & Bird gave an impassioned report on the singular nature of the tiny remnant forest along the side of my property with these being the lead trees. The TDC representative said if pertinent information was available I should submit it. Pertinent? Hadn't it been thus far?

Michael North of Native Habitats Tasman wrote a thorough Ecological Assessment Report to TDC stating that this is a Significant Native Forest, a small remnant almost alone in this area and additionally valuable as a seedling nursery to replant other areas.

I contacted Tom Stein of QEII National Trust who has submitted an internal recommendation to formally safeguard several trees, including the at-risk Black Beech.

Following this, in mid-August TDC excluded the first 25m from the planned carnage with perhaps a view to mounting a wooden footbridge over the Beech roots to preserve them.

I will not take the Consent to Title. I will not be responsible for the unwarranted destruction of the treeline, particularly when there are now so few to enjoy in Māpua & Ruby Bay. In addition to the substantial fees I've already paid - this public roadwork, TDC taxes/fees to take Consent to Title and the cost of other construction work will require amounts of well over \$100,000 still to pay. To sell one Rural 1 section.

I am distraught and outraged by the entire process:

- by not being informed by TDC Planning Department letter that the Condition would be applied so I could withdraw early

continued on next page

Paradise Unfound continued

- by it and the TDC Engineering Department applying to me as a private individual a requirement clearly intended, surely, for Commercial Developers
- by being a victim to a Māpua Rise neighbour's demand that I pay her \$5000 to sign so I could subdivide. After I had four years of distress and trauma so she could have her home. People can do this to Rural 1 landowners because we have to ask permission. I was advised to "suck it up". Allegedly I could possibly 'devalue' her property. Yet it hasn't been returned since I informed her I will not go to Title. So that reason for avarice is null

I am writing this to inform those in the community who might find one or more aspects of my story applicable to their situation. TDC's responses are neither appropriate nor acceptable.

I am writing now because I plan to leave, TDC has broken my spirit and damaged my health. I cannot find the capacity to remain in the garden I so dearly love subject to their malign decisions. Our civil servants.

I am sending this to the Ombudsman office, James Shaw, Eugene Sage and Fair Go. I made our MP aware of both the well and roadwork issues, receiving only office calls of sympathy.

Pat Russell

A short TDC reply

to Pat Russell's letter

The application in question was to subdivide off what is effectively a residential size allotment from a rural zoned property in Seaton Valley Road.

Being directly across the road from new residential development, Council staff accepted the proposal in principle provided that the road frontage is upgraded as is the case with other similar residential scale subdivisions.

The District Plan rules apply to the type and location of the subdivision, not to who the subdivider is. In this case a draft condition was sent, a response to the draft condition was received and the condition was amended taking account of the points made including protection of the native trees on her property.

The argument that the applicant should not have to make any contribution to upgrade the road frontage because only one new allotment is to be created was not accepted, rather the condition was amended to require works that are reasonably proportional to the proposed development.

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Quote of the week

Worrying is like a rocking chair.

It gives you something to do, but it doesn't get you anywhere.

Anonymous

NEED A LIFT?
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 Contact Rachel on **022 6822 373** / mapuawheels@gmail.com

Yes please, my name is: Tel:

I've enclosed \$25 in an envelope with my name on & will drop off at
 Mapua Community Hall postbox **OR** I'd like more info.

Our Service Co-ordinator will contact you.

Provided in partnership by: Nelson Tasman Community Transport Trust (NTCT) & Māpua & Districts Community Association (MDCA) & funded by the Community Connect M22 Sporting Green as part of the WCTC / Māpua Project

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Back Pain doesn't just appear out of thin air

It's been estimated that over 90% of us will deal with low back pain at some point in our life. Low back pain and neck pain are the leading causes of years lived with disability in most countries and age groups. Low back pain is a major problem with society.

So, you may be wondering why. What causes most of us to experience back pain? Do you sometimes get pain for little or no apparent reason? We know that such an experience may not be 'all of a sudden' after all. Pain whether it is related to our back or symptoms related to other health conditions don't necessarily happen suddenly for no reason.

Pain is a multifaceted problem that may have been developing for some time without you knowing about it until one day you have symptoms. It's a bit like the thousand straws that break the camel's back. The camel is fine with 999 straws on its back, but one more tiny straw, and it will break.



The straws building up on your camel's back can include all sorts of things such as poor sleep, awkward postures, repetitive movements, incorrect lifting, stepping off a curb unaware, negative self-talk and minor accidents.

To add to this, the current research demonstrates that the development of low back pain can also include emotional and psychological aspects as well. Subtle changes can be happening due to all of these things, to the

point where you reach your limit, your 999 straws. Then all that is needed is one last minor thing to go wrong and you end up with pain or other symptoms.

Furthermore, if you have poor body movement patterns or you lack movement of your body in your daily routine you are more likely to have a low back injury in the future. Researchers have recently discovered that long periods of sitting may be as harmful as smoking. Extended periods of sitting increase your risk of back pain by de-conditioning the muscles supporting your spine. Studies have also found that sitting can contribute to health concerns like increased blood pressure, obesity, and abnormal cholesterol levels.

As I have said before, the great aim of education is not simply knowledge but action. I think it's about time we started to take greater responsibility for our health and wellbeing by placing far greater emphasis on prevention than on cures.

Sometimes people need to be willing to look beyond the solutions of traditional medicine and to take a fair and open look at other options for health care. Take a proactive approach with your health and your life starting with the basics.

Maybe our first option should be far more conservative, with a proper healthy diet, getting a good night's sleep, greater exercise, and chiropractic care.

We are here to assist you and to help you better understand what you can do more to help yourself.

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Ruby Coast Running Club

The RCRC is more than just the Thursday night 5ks. This last month about a dozen of us headed out for a weekend in the Sounds for an adventure. A mixed bunch with some running a portion of the Queen Charlotte Track and some walking.

A weekend or two later a few of us jumped on an aqua taxi in Marahau to be dropped off on the Abel Tasman track. Once again part of the group was running it and some enjoying a lovely scenic tramp.

And to round out another month between these articles, a few of us ran the last of the Sprig & Fern 10k series right here in beautiful Māpua.



So really, run or walk, long or short distances, RCRC has it covered. Come down and say hi!



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Māpua Fire Brigade



Sept to Oct 2020 call outs

12 Sept 20:23 bonfires Kina Beach Rd. Unpermitted fires at night, Brigade put out.

20 Sept 16:48 Small fire out on arrival SH60 near Gardner Valley Rd.

25 Sept 07:27 Permitted fire on the edge of Kina beach, left with owner.

2 Oct 17:34 Permitted fire Nuttall Rd, left with owners.

5 Oct 12:29 Small permitted fire Chaytor Rd, left with owner.

12 Oct 07:09 Power box fire off Iwa St. Extinguished with CO2, left with power company.

12 Oct 23:18 Car fire SH60 near Maisey Rd. Extinguished with help from Appleby fire brigade. Left with owners and police.

18 Oct 08:07 Logs on fire on the beach off Kina Peninsular Rd. Extinguished fire. Sent info to TDC.

Calls this year = 62

Safety Tip – Be safe.

All rubbish fires, bonfires, burn offs need a fire permit all year round.

Go to “check its alright” to see if you can burn or to get a permit

And you need to follow the local Council outdoor fire rules. These can be found under the Air Quality management page at tasman.govt.nz.

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

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

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Pastel Artists of New Zealand

Since Glenys stepped down as our indomitable team leader, members of PANZ Nelson put their heads together to develop new systems and shared responsibilities to keep the group alive and kicking.

And it is working well.

The atmosphere on Tuesday mornings is the same as ever with plenty of ideas and mutual support being exchanged. The programme of activities beyond the routine painting session continues.

A number of members made the journey to Riwaka at the end of September to paint in the great outdoors. Glen had offered her new home on the estuary as a base and it provided plenty of inspiration to be creative; a far cry from the security of painting indoors using photographs.

It was a very enjoyable day and a lot of thanks to Glen for the refreshments and use of her lovely house.

Tuesday 13 October, 'Big Picture' day. Sue had chosen 'The Pool of London' by André Derain as the secret

painting. Marian had organised a photocopy and cut it into eighteen equal portions. So, our happy punters had no idea what they were creating until all the sections were pasted together at the end of the morning.

The original and the worthy effort are both attached, and I hope you are struggling to differentiate! This is always a popular challenge and also a lot of fun for the organisers scanning art books to find a suitable painting.

Glenys is still the contact point for any information about the pastel group: Glenys Forbes on 03 540 3388 or by email gmforbes@ts.co.nz.

You can visit our Facebook page: PANZ Pastel Artists of New Zealand to see national and international pastel artwork.

Sue England



The Write Bias

News from Māpua Bowling Club

The wonderful Opening Day in September promised months of good bowling ahead. Little did we know of the drama that was about to befall that would shut the Club and demand patience and understanding from club members.

Less than a week after Opening Day a tap on an external wall abutting the domain was accidentally or deliberately broken. This resulted in a broken internal pipe and water in freefall.

The flood and damage could have been so much worse if three of our members hadn't been passing by chance and were able to take immediate action.

A very disappointing start to the season as we wait for new vinyl floor coverings, new skirting boards, new cupboards, and repairs to the carpet. Unfortunately, some historic documents were beyond salvage.

Insurance cover to the rescue, apart from the excess that needed to be paid. However, the Sprig and Fern kindly

offered the Club a quiz night slot and a very successful evening on Wednesday 7th October helped to redress the balance.

Order is nearly restored, and the Club is open again for bowling. Now it is the turn of the rain to keep us indoors, but we are an optimistic bunch and will soon be outside again on roll-up days: Tuesdays, Thursdays, and Saturdays.

The popular 3/5 format, often seen televised, is being played on Friday evenings and I'm very pleased to announce the re-opening of Leisure Bowls on Monday evenings.

This is a lot of fun and open to anyone who would like to come along and have a go. Snacks and drinks are available as are sets of bowls that can be borrowed.

Leisure Bowls

Mondays, 6 p.m. starting Monday 2nd November.

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

Sue England

Book Review - The Girl from Venice – Martin Cruz Smith

The good news about reviewing any book is the opportunity to perhaps introduce to the reader an author they have not read. The bad news is that if I get 50 people fired up to read the featured book, it may take you three years until your turn comes around!

I tend to read 'Saving the World' type fiction. Having been raised on Nevil Shute and his superb novels, it was probably reading Wilbur Smith that first got me to serious bad guys and bodies lying around. From diamond hunters and big game poaching, even Wilbur has moved on with the rest, through the Cold War and the War on Drugs, the Taliban, and now Isis, and the many story opportunities Terrorism has given the current crop of authors.

If you haven't read David Baldacci, Alex Berenson, Vince Flynn, Daniel Silva, Robert Ludlum, Nelson DeMille, Tom Clancey, Clive Cussler, or Steven Coonts, then you have some great tales awaiting you on our library shelves. If you are into Cops and Robbers, then you have Linda Fairstein, Michael Connelly, Lee Child, Sue Grafton, James Patterson, Jeffery Deaver, and Patricia Cornwell to explore.

And if historical fiction is an interest then Bernard Cornwell and Ken Follett are your men, and for Naval action Dudley Pope and Alexander Kent write about Hornblower's contemporaries.

As you know, some authors feature the same leading character in every book, the best known probably being Lee Child's hero Jack Reacher, a legend in his own time. David Baldacci and James Patterson for example, also have several series featuring the same leads. King and Maxwell, and Alex Cross are heroes from them, along with their other stand-alone novels.

Martin Cruz Smith also has both options. Although I have neither read the book, nor seen the movie, Gorky Park was Smith's first novel, so he has some credibility! This series features his Police investigator hero Arkady Renko who is from the Harry Bosch school of detecting, but usually up to his neck in snow and frozen bodies as he lives in Moscow.

But Smith also does stand-alone novels, and *The Girl from Venice* is one of these.

Usually, I race through what I am reading to find out how it finishes. (Averil just reads the last page instead of panicking then goes back to enjoying the story.) Often, I will go back and re-read parts, or sometimes the whole book just to pick up the bits that I glossed over.

From the beginning, I found *The Girl from Venice* a book to read slowly, and to enjoy the way the tale unfolds. It has all the ingredients you could want.

The story is set in Northern Italy during the closing stages of World War Two. It features a reluctant hero, kicked out of the Italian Army for being kind. He returns to his village near Venice and resumes life running the family fishing boat to support his widowed sister-in-law and his matchmaking mother.

His elder brother is a decorated war hero working for Mussolini's propaganda machine. His younger brother was killed by a trigger-happy allied airman.

Then come the hidden Jews, the Nazi Jew hunter, the gentleman German General, the Diplomat's seemingly ditsy socialite wife, the Partisans living in the woods, and the nervous citizens who have worked with or for the



occupying German Army and now see their protectors about to leave. The Black market, the fish market, Venice and its surrounding countryside, the gold bullion, and the *Girl from Venice*!

Rollicking one minute, intimate the next and lots of information about the lifestyle and the countryside. What's not to like?

Before getting to the end of the book I had the atlas out and Mrs Google cranked up to learn that Venice is not an island at the top of the Adriatic Sea. It is actually in a large lagoon, and most of the action takes place in a village on the sandbar that protects Venice from the Adriatic.

If you have been there you will know this but finding out more about the surroundings and the fabled sailing venue of Lake Como makes Venice sound even more desirable.

Martin Cruz Smith has this effect! In a couple of his other titles, 'Tokyo Station' explains how by attacking Pearl Harbour the Japanese made three mistakes that guaranteed they would lose the war, and more quickly.

"Rose" had me researching the difference between the Gold Coast and the Ivory Coast, and then 1850s coal mining.

The Girl from Venice is a good read, from an interesting and easy to read writer.

John Leydon

MDCA—October meeting

Māpua & Districts Community Association’s October meeting was held immediately following the TDC drop-in session for community input on TRMP and primarily focused on the issues raised and processes to be followed. For those interested in more detail, please note that a full recording of the presentation is available on MDCA Facebook Page while the video and power-point slides are posted on the MDCA Webpage.

Kathy Fletcher (TDC Principal planner) noted that:

- The title and theme of the Draft plan is *Aorere ki uta; Aorere ki tai; Tasman area from the mountains to the sea* which recognizes all living things and how they can co-exist and interact.
- There were seven waahi (districts) in the region and nine iwi holding mana whenua status which means that consultation and input process takes time and covers a wide range of issues and opportunities for change.
- The focus would be on developing partnerships “by the community; for the community” as “we need to get it right”.

Residents were thanked for the issues raised and ideas suggested at the drop-in session prior to the MDCA meeting. Local input and engagement are recognized as being essential in terms of how to meet and balance these needs while also looking to the future and ensuring a balance. Information and input would be gathered from each district and co-ordinated into a whole regional plan in which local issues would be addressed and plans for regional development would be set.

The TRMP will set broad policies (guidance) as well as include regulations (the rule book); “we need a pause in paddling to ensure that we are all travelling in the same direction”.

Jeremy Butler (TDC Team Leader for Urban and Rural development). He explained the purpose of the plan in relation to Resource Management Act (RMA) and TDC’s Long term Plan (LTP) which is to combine all of these into a “user friendly plan” which is why “a ground-up community consultation process is essential”.

It was noted that “planning is a slow process” and that if there are pressing issues, these need to be addressed in other forums noting the role of elected members [Ward Councillors] here.

Māpua and Districts was described as “a sensitive cultural area”, and “a hot-spot for future growth” recognizing the importance of identifying where future commercial growth should be. This means an in-depth investigation of future development plans. The character of amenities of this area has not previously been defined.

Issues raised by those attending:

- Zoning. Seen as a primary issue; a reminder that all maps relating to “Top of the South” will be posted on MDCA Website (under “community planning”).
- Indicative roads.
- Development / felling trees / identifying and saving “significant trees”.
- Retaining diversity in the area.
- Addressing and engaging with climate change issues.
- Possibility of plan changes between now and end of planning period [this takes up to 2 years].

Jeremy noted that organizations such as MDCA can use TEP for a private plan change (this needs to be paid for), but that “if you continue to do rolling time changes we won’t get anywhere”.

The TDC Timeline:

- 2020 meeting with communities.
- Options with solutions; “discussions with elected members”.
- 2021 come back to communities with draft plan (engagement round 2).
- 2022 future unclear with abolition of RMA (engagement round 3).

Presentation finished with their reassurance that “we are committed to coming back to you and keeping you updated; thank you, let’s do this together”.

Residents were urged to get involved and “help us [TDC] plan how to look after our district for generations to come”. **W:** environmentplan.tasman.govt

E: environmentplan@tasman.govt **P:** 03 543 8400.

Chair Marion Satherley thanked presenters for their time and engagement saying, “your job has been done”.

ENVIRONMENTAL PROJECTS

Dominion Flats. Attention was directed to two photographs of the same area 2014/2020 noting the significant difference over the years. These can be seen on MDCA Website.

continued on next page



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MDCA continued.....

Heritage trees. Noted that identifying and listing these was a project the community could undertake with MDCA co-ordination. Ward Councillors will locate and forward information on the process.

COMMUNITY WELLBEING

Community volunteer drivers' service Māpua Willing Wheels is now up and rolling. With only two months left in the trial period, it is vital that the service is well used. "Use it or lose it", please spread the word!

Community Hub. See separate newsletter article on page one in this issue with details of projects and progress.

Projects. Community Seating Noted that these should be ready for public use by the end of November.

SOCIAL MEDIA

Noted high levels of engagement with postings on:

- Live presentations from September monthly meeting
- Indicative roads (475 hits).

COMMENTS FROM WARD COUNCILLORS

Cr Christeen McKenzie noted: TDC was working on the Three-year review of the LTP (Long-term Plan). She will locate and send the A4 sized diagram showing how all TDC's different documents are named and interact with each other.

Cr Anne Turley reassured members that in relation to Councillors' level of involvement with issues of climate change:

All TDC reports included the implications of climate change.

Two TDC staff and councillors attend the regional Climate Change Forum meetings.

FUTURE HOT TOPICS:

November: Advanced Care Planning – what is it and why is it important?

December: Celebrating the year past and planning for the year ahead

Be sure to attend/join in our next monthly meeting: Monday 9 November at 7 PM (content and format to be confirmed on MDCA Facebook and Mailchimp mailout).

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

Submitted by Elena Meredith



Hello Animal Lovers

This month I want to pay tribute to a truly remarkable human being who has dedicated his 94 years to animals and their habitats.

I am of course talking about Sir David Attenborough. He has just released his latest film, "A Life on our Planet" and an accompanying book. It is a film that should change everyone's mindset about the Earth and the way we are treating it. David points out that if changes are not made there will be no future for animals or humans, so it is essential viewing.

But more than viewing action must be taken to stop pollution and deforestation. How sad would be a world with no wildernesses or wild animals to view or be part of.

It is difficult for people to think this can happen as they live their urban lives, but it is already happening at an ever-accelerating rate. All animal lovers should watch this film and take action, it is not yet too late. Let us hope David's lifetime dedication has not been in vain.

Always happy to help with animal behaviour.

Sue Mott, Animal Behaviourist

Who's still using Coal?

So who still burns it these days? Isn't it damaging and obsolete?

It turns out that - one way or another - many of us do still use it.

But first, why should we avoid it?

Most important, it's a major contributor to climate change. Carbon dioxide from burning fossil fuels adds to the 'greenhouse effect', heating the planet and remaining in the atmosphere for hundreds, maybe thousands of years. This will lead to hotter temperatures, more droughts – with greater fire risks – more powerful storms, sea level rise and flooding, and species loss.

Coal is the most carbon-intensive fuel, so for the same amount of energy it emits more carbon dioxide than any other. Depending on its type, coal can contain up to 80% carbon and every kilogram of carbon produces almost four kilograms of carbon dioxide. And methane, a much more potent but shorter-lived gas, often appears in the places that coal is found and can be released during mining.

To avoid dangerous climate change we are committed – as a nation and with broad support – to achieving 'net zero' carbon emissions within 30 years. Our emissions are still growing, and it's time to start bending the curve.

Aside from climate change, burning coal releases tiny particles which cause heart and lung problems, as well as sulphur dioxide and other chemicals which damage health and the environment. The ash and clinker are toxic. And fortunately there are much cleaner local energy sources available, including solar and wood waste or pellets.

Current users

Not all of these sources are in our region, but use of these products here does have an impact:

- Steel, cement and lime manufacture are New Zealand's biggest coal users.
- Meat, dairy and food processing are our other big consumers. (Fonterra in Brightwater is now using wood chips to reduce its use of coal.)

- Electric power is about 80% renewable, mainly from hydro, but part of the balance is produced from coal (this varies and is often around 4% but can be higher in a dry year).
- Horticulture is another big user. Rosy red tomatoes might look attractive in mid-winter, but to grow these in a hothouse requires a lot of coal. (A kilogram of tomatoes requires about 1.8 kg of coal!)
- Coal is used in hop kilns. Some breweries use it too, but many are changing now. (It's worth finding out - you might decide you prefer your beer without the coal).
- Nelson Hospital uses coal, but commendably much of its energy is now from methane piped from the York Valley landfill.
- Some schools still use coal for heating. They need to change, for their children's health, and to show the way forward on climate change. Government assistance is available.
- Less obviously, many items imported into New Zealand have a high level of 'embodied emissions' – emissions created elsewhere to produce those imports - and a lot of these would have involved coal.



For example, production of vehicles, machinery or household items in China would probably have needed coal which, conveniently, is not counted as our emissions here. (But note that, despite these emissions occurring before the goods reach our shores, and despite China now being the world's largest emitter of greenhouse gases, that country's emissions *per capita* are still far lower than ours.)

New Zealand has a great reputation for its clean, green environment and for taking strong action on climate change. But the image always involves some smoke and mirrors, and our use of coal is a bit of a blemish. It's worth knowing about these uses and the drawbacks, to favour products that don't need coal, and to support a switch to clean, renewable energy wherever possible.

Bruce Gilkison, Zero Carbon Nelson Tasman



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10 x 10 x 10 Orphan Kids Charity (OKC) Fund raiser

THANK YOU – we did it!

On 1 October we launched our annual fund-raising campaign with the aim of trying to raise \$1,000 in ten days. Thanks to the generous support of many in our local community and wider network, we exceeded our goal and raised \$1,540!



This is a fantastic outcome and will enable us to support two students for a further year of their tertiary studies in Vietnam.

OKC was established as a charitable trust in 2013 here in Māpua.

We provide educational scholarships to students orphaned in the north of Vietnam. We are a small charity and have to date successfully supported several students through their tertiary study and the achievement of formal qualifications (including social work, teaching, tourism, accountancy, and business studies).

If you are interested in knowing more about OKC (including options to directly sponsor a student) you can visit our blog site at <http://orphankidscharity.wordpress.com/>

The ongoing support from our community continues to make a difference and is very much appreciated.

Thank you!

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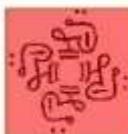


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The Spring Fling

MAPUA'S COMMUNITY BBQ

CANCELLED FOR 2020

To the local community,

Unfortunately, with several events being rescheduled and changing dates due to this year's challenges of COVID-19, the difficult decision has been made that the Mapua Spring Fling will not be going ahead this year due to event-date clashes.

We appreciate this is disappointing news as the Spring Fling is a great free annual event to develop and strengthen community connections over games, food and the joyous 'Kids Hosing Down' event at the end with the Mapua Fire Crew.

However, we are determined to be back with the event next year, providing as much fun as always for friends and neighbours to catch up.

Many thanks for your ongoing support and we look forward to everyone coming together at 2021's Spring Fling.



STRENGTHENING OUR COMMUNITY

Kind regards, Spring Fling Team.



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MAPUA HALL NEWS

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Regular Weekly Activities at the Mapua Hall



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

This month

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

- FOMS Clothes swap
28th November from 6.30pm

Packhouse Cinema

Packhouse Cinema will break for the summer. Many Thanks to

Mapua Architecture Studio and

Mapua Sprig & Fern for supporting the movies at the Hall.

eNewsletter

For monthly updates from the Hall community, visit our website and click on 'Newsletter' on the home page to sign up.

Hall Society News

We wish to Thank **Pete & Di O'halloran** who have provided us with another fabulous season of Packhouse Cinema Films this year. Pete always manages to put on a wonderful selection of films that keep us entertained on those winter evenings.

This month the events team will get together to discuss dates in 2021 for holding the Hall events that were postponed earlier this year due to Covid-19. The **Pecha Kucha** team will meet on 4th November and the **75th Anniversary** team will meet on the 11th November. We look forward to getting back into planning these much-anticipated events.

Join us at the Hall for the **FOMS (Friends of Mapua School) Clothes Swap on Saturday 28th November**. Bar opens from 6.30pm with drinks and nibbles then venture into the main Hall to find some treasures! Check in with Mapua School for tickets and details on donating.

Stay safe & be kind

www.MapuaHall.org



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Māpua Craft Group

In October we celebrated Nita's special birthday at the Village Bakery where we enjoyed coffee and cakes together. Nita is such a very special lady, and it was our pleasure to give her cards, a floral arrangement, and many hugs! See the photo below.



On the 12th of October we spent a very enjoyable morning at Motueka with that town's local craft group. We shared our talents and ideas with a welcome morning tea.

This term we are concentrating on Christmas cards and gifts. We understand that mail should be sent early especially for overseas relatives and friends. A local post shop quoted about a month to send a small parcel to Australia!

New members are always welcome on Fridays during term time at the Māpua Community Church supper room but please note that there will not be a meeting on the 6th of November.

Barbara Halse, 5403901.



Suzie Brosnahan Celebrant

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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.



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Kevin & Jane ”

Harcourts

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Hills Community Church

It is with a little sadness that I write this, as next week we would have been welcoming 500+ people to Aranui Park to share the joy of community with folk from around the area, as we came together for the Annual Costume Carnival.

Other similar large events have been cancelled this year including the Spring Fling and Easter Fair. This has meant finding other creative ways to help people to feel connected and encourage a sense of belonging.

Despite the fact that for much of the year we have had to be socially distanced, and throughout the world this remains a reality for many countries, I have been reminded that God, although he may seem a long way off, He is close and we are loved by Him.

Marc Bock sings:

Just as I am

You welcome me

With open arms

How can this be

I am loved

Father, I'm loved by You

There is no distance in Your embrace

Over and over again You say

I am loved

Father, I'm loved by You

There is no disappointment in Your eyes

There is no shame there is only pride

I am loved

Father, I'm loved by You

Connie Sherlock (Hills Community Church)

Potter, Artist ... & Poet

Māpua resident, Shona Maclean, is well known as a potter and artist and host to holiday makers in Māpua at the Laughing Fish Studio Accommodation. She does however, have another string to her bow - poetry.

Shona's poem 'Conversation with Husband' was accepted by Page and Blackmore Bookstore in Nelson for their 'Poetry in Windows' series. Selected poems are displayed in the shop window for a month and will then be published in a curated volume at a later date.

CONVERSATION WITH HUSBAND

You said
when you die
you want to go
into the ground, not
into the fire.
I can't
bear the thought of you
underneath all that earth,
I'd rather you were in the air,
your ashes free
to move with the wind and sun and rain.
The thing is, you will never
be dead to me.
You will be away a lifetime, then
one day I will turn again and say,
as I have before,
so there you are.
Where have you been? And what on earth,
or in heaven, for that matter,
took you so long?

Shona McLean.



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Graduations & our first Wellbeing Camp

Last month we held our first Wellbeing Camp for Shift Wellington. It was great to see these young women from our capital embrace all that was thrown at them – snow, caves, sand, forests, rivers & oceans – and experience nourishing energy of nature. Thanks to funding from Recreation Aotearoa for making it happen for these kōhine. Congratulations to all our Trades Academy students who graduated recently – it's always amazing to watch the learning & personal growth through experiential learning – thank you to parents & schools for supporting your young people into these programmes and to the West Coast & Top of the South Trades Academies for funding them!

Summer Holiday Programmes Open for Bookings!

We have an exciting new programme on offer this holidays – an **Environmental Journey** for 14-18 yr olds running from the 14-18th December. This is a great opportunity to experience and build understanding of the unique wilderness of our national parks while engaging in local conservation projects. Perfect for your Gold Duke of Edinburgh's Award Residential Project too. We have a **Senior Journey** (14-16yrs) in December and January, **Go Wild** (7-10 yrs), **Adventure Skills Development** (16-18yrs - which offers 15 Level 3 NCEA credits) and **Junior Journey** (11-13yrs) all in January! If working towards the Duke of Edinburgh's Award, find out how our programmes can count towards your Adventurous Journey or Residential Project. Remember to book early to get the dates you prefer. See our website for full details: www.wio.org.nz

New AED located at Whenua Iti Outdoors

A big THANK YOU to **Tasman District Council** for funding a new AED (Automated External Defibrillator) which is mounted in our main office block (the first building up the drive). This is a great asset for our community and can be accessed 24/7, so please help us to spread the word. To find out where AEDs are located near you, head to www.aedlocations.co.nz - and let's hope you never need to use it!

We have a Chiller Trailer for Hire!

Earlier in the year we purchased a chiller trailer that is now available for our community to hire – it could be useful at local summer events coming up. It is available for \$100+GST per day. Email us at info@wio.org.nz for bookings.

Go on a Whenua Iti Treasure Hunt for Get Outdoors Week!

Get Outdoors Week is coming up from the 14 – 22 November. To celebrate Getting Outdoors we are going to hide 5 Geocaches in some of our favourite local outdoors spots for you to find! If you find all 5 you will go into the draw to win an awesome Whenua Iti Outdoors Macpac day pack – perfect for your next adventure. If you're new to Geocaching have a look at www.geocaching.com to find out what it's all about – you just need the app on your phone, a pen and a sense of adventure! You can find out more on our website: www.wio.org.nz



Join us this December on an Environmental Journey Programme



There is a new AED mounted on our office building for the community to access 24/7

We'll see you out there!



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Casual (one-off) \$12.00, 2 sessions on the same day \$20.00. Classes on **Tuesday** evenings 6 pm & 7 pm, **Wednesday** and **Friday** mornings 9.05 am & 10.05 am, and some **Saturday** mornings 9.05 am & 10.05 am.

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Please contact Lynda for details,

lynda@hht.co.nz

0272221491.



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COMING UP AT



6th Nov: 90s night

Nov 7th and 8th: Trick or Treat
Andre Vegas Kids Magic Shows

Nov 13th: Andre Vegas
Horror Themed Magic Show

11th and 12th Dec:
Paul Madsen Super Star Show

25th Dec: Christmas Day Luncheon

26th Dec: Back Yard Cricket Comp

Dec 28th: PLAYHOUSE 10 Year
BIRTHDAY 80s night theme

Dec 29th: Paul Madsens ABBA show

Dec 31st: NYE Masquerade Ball



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Māpua Health Centre news

We welcome Jess Kempthorne to our team. Jess will be assisting our practice manager, Sue Fox, in an administrative role to help deal with the growing tide of paperwork, compliance requirements and financial matters. She will also be helping out at Te Ora integrative health centre for some of the week.

Our evening clinics have proven to be successful and we now have 2 doctors, Andre Bonny and Ricki-Lea Aitchison, available every Wednesday from 6 pm to 8.15 pm and 5.00 pm to 7.10 pm respectively.

While we are in the process of finding a suitable doctor to replace Lisa long-term, we are very thankful to Jo Alward who is locuming for us in the interim. Unfortunately, there is a serious shortage of GPs in the Nelson area and throughout the country, which is putting extra pressure on practices to provide same day appointments and as full a range of services as would be preferred.

A man's watch was left at the practice a few weeks ago. We held onto it in the hope someone would have come forward. If you think this watch belongs to you or someone you know please call one of our receptionists to discuss further.

Although New Zealand appears to have COVID under control we need to remain vigilant for both ourselves and our patients in order to minimise the risk of infectivity inside the Health Centre. It is important to accurately answer the questions related to your present symptoms and possible exposure to someone who has an infection.

Please be assured you will be seen the same day if the doctor triaging your call decides that it is appropriate. We have various options in place including seeing patients in their cars, in one of our rooms designated for flu-like symptoms/respiratory issues or through the normal process of the waiting room. We do appreciate your assistance with this.

This month is Movember month. The state of men's health needs urgent attention. Men experience worse longer-term health than women and die on average six years earlier.

Prostate cancer rates will double in the next 15 years. Testicular cancer rates have already doubled in the last 50.

Three quarters of suicides are men. Poor mental health worldwide leads to half a million men taking their own life every year. That's one every minute.

The Movember Foundation is looking at ways that men think and act on their health, including:

- Understanding how traditional notions of masculinity can impact on men's mental health
- The way health services are provided to men
- New tests and treatments required to be developed to slow or stop disease progression
- Transforming health systems to place a stronger focus on outcomes that matter to men.

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

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

- 1-30 Movember (prostate prevention) nz.movember.com
- 6 National Oral Health Day www.nzda.org.nz
- 12 World Pneumonia Day <https://stopppneumonia.org>
- 14 World Diabetes Day www.diabetes.org.nz
- 21 World COPD Day goldcopd.org/world-copd-day/
- 25 White Ribbon Day (re violence against women) <https://whiteribbon.org.nz/>



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Happy November! Things have been busy as we are gearing up to release our brand new business directory. This will be released in December, so keep an eye out for it's arrival in your letter box. Now that the weather is behaving, we hope you are all getting out and experiencing all the fantastic things that our region has to offer. As we're coming up to Christmas, please consider supporting our local businesses for all your gift shopping—we have such an incredible array of stores—why would you need to shop anywhere else?!

MEMBER INTRODUCTIONS



Neudorf Black is the name behind local black garlic made here in the Nelson Tasman region. Black Garlic delivers an unrivalled taste experience that is nothing like regular white garlic. It has deep, rich umami flavour notes of balsamic vinegar, liquorice and tamarind. Black garlic was first made in Asia centuries ago – and is still enjoyed there to this day. It is packed full of goodness you will love.

What is black garlic?

Black garlic is the natural result of slow-cooking fresh garlic for weeks under controlled conditions. As the natural garlic sugars convert, the colour changes through caramel to black. Noël and Teena, the husband and wife team behind Neudorf Black, use only New Zealand garlic. There are no additives or preservatives, just a flavour that is hard to describe but easy to enjoy.

You'll find the all-natural range from Neudorf Black in a number of local stores including Rabbit Island Coffee on Mapua Wharf, The Old Post Office in Upper Moutere and The Junction Cheese Shop at Appleby. Look for it on the menu at Forsters Moutere Hills. You can also order online, or go straight to the source and visit the Nelson Market on Saturday mornings to try it out.

www.neudorfblack.co.nz
sales@neudorfblack.co.nz

architecture studio | mapua sustainable design with nature in mind

Architecture Studio Mapua is an architectural design practice based in Mapua, close to Nelson. Founded in 2012 by Simone Wenk with the express purpose of providing architectural services that are focussed on resilient design and low energy consumption, low carbon footprint building construction and an encouragement of smart building management systems.

Over the past 10 years in New Zealand Simone has established roots and a strong community connection to the Nelson-Tasman region, both personally, and within her business. Her aim is to deliver increasingly efficient low impact buildings for clients who have a shared commitment to smarter, warmer, drier, healthier accommodation being part of their future.

While eco friendly architecture is the basis of Simone's ethos she has a wide range of experience and skills, with projects ranging from:

- Modern to Sustainable
- Residential to Light Commercial
- Large to Small 'Tiny Homes'
- Diverse to Iconic
- Interior Design

Simone welcomes any architectural queries and is easy to find at Shed 4, Mapua Wharf!

Contact her about your project now!

03 540 3282
www.architecturemapua.co.nz
simonewenk@xtra.co.nz

Noticeboard

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Technical problems solved! - Can't set up something new you've bought? Need computer tuition? Local help is at hand! Web design and mobile app creation also available. Call Sam, 03-538-0711, 021-0828-4473, sam@sambennett.co.nz.

Club Notices are free. Others by gold coin donation to one of the distribution boxes.

Coastal News: to see it in colour download the pdf from www.coastalnews.online