



OKC – Orphan Kids Charity

From coats and shoes to graduation cloaks

Those of you who went along to the recent Pecha Kucha evening at the Hall will recall hearing Janet tell the story of how OKC began. That was in 2011, and here we are now, nine years on and still going strong, providing educational scholarships assisting the children of the orphanage as they move on into tertiary or vocational training.



This month, beginning 5th of October we will hold our annual **10 x 10 x 10 appeal**. This is the time we put out the challenge of raising 10 x \$10 each day for 10 days. You can make a donation of just \$10, or round up 10 family members and friends to support a whole day.

If you would like to support OKC during our 10 x 10 x 10 campaign, donations can be made directly into our bank account 06 0453 0210529 00. We are a registered charity, and a receipt can be given on request, but because our funds support an overseas cause we unfortunately do not qualify for tax rebate status.

We have another exciting event planned too. On **Friday 18 November** we have booked the Māpua Ferry for a **Sunset cruise**. You could enjoy a one-and-a-half-hour cruise around the Estuary with drinks, canapes and entry in our lucky number prize draws all included in your \$70 ticket. There will also be a live auction on the return trip. We can only have 40 guests on our cruise so be quick to register your interest by emailing Janet: janettaylor@kinect.co.nz

Tickets will be on sale soon, watch out for another update in the November Coastal News.



We've had some great support from sponsors for this event, so don't miss it! All profits will go towards our scholarship programme.

*Sarah McLeod,
Trustee*

Moutere Hills RSA Memorial Library Māpua Community Library

Our income from grants and fund-raising events was reduced in 2021 and 22; an impact of Covid19 which restricted the number of new books we were able to purchase. In the 2022/23 fiscal year, whilst our fundraising efforts have been well supported by the community, grants from foundations and organisations are significantly reduced and we have a shortfall in funds.

Additionally, we need to upgrade our whole computer system, and this is an expensive exercise which we need to fundraise for. We are seeking help from our membership, and it would be wonderful if you could get behind this initiative by sharing our givealittle campaign with family and friends through social media or in person. Of course, if you would like to support us through our givealittle campaign, donations over \$5 are eligible for a tax credit, and any amount donated is truly appreciated.

givealittle.co.nz/org/mapua-community-library

Māpua Community Library

givealittle
POWERED BY perpetual guardian

Our volunteer-run library relies on grants, donations and fundraising to cover costs.

We have set up a givealittle page for members of the community who would like to support us. You can donate by simply scanning the QR code below or go to: givealittle.co.nz/org/Māpua-community-library.

We are a registered charity and donations of over \$5 are eligible for a New Zealand charitable giving tax credit.




MDCA 12 September Public meeting

Situation still vacant – MDCA Secretary: If you have secretarial skills or a desire to learn, we have a vacancy for a secretary of MDCA. Tasks include minute taking (two meetings per month); setting the agenda for these two meetings; correspondence (follow-up and recording); documentation filing and preparation of Mailchimp member meeting notice; and Coastal News article. An honorarium of \$2200 is paid p/a over 11 months at \$200.00 p/m. Please email info@ourmapua.org for more information.

Situations vacant – MDCA Executive Committee members

There are three positions available for Executive members. Tasks include attending two meetings per month: Public meeting 2nd Monday of the month (in-person at Māpua Hall or via zoom), and an Executive meeting 4th Tuesday of the month via zoom (at this stage). In addition to this you may be given a portfolio to manage. Please email info@ourmapua.org for more information.

Guest speakers

Sharon Prestidge – Māpua School Principal presented on the various developments within the school including role expansion (the school is planning for an increased roll of 450 students), curriculum evolution and engagement with Ngāti Kuia as mana whenua iwi.

David Arseneau – TDC – Stormwater Planner was joined by Emma the Water Engineer from Tonkin & Taylor to present and discuss the Mapua/Ruby Bay Catchment Management Plan (CMP) which encompasses the storm water management in Seaton Valley and Māpua Village (with the exception of the hill on the south side of Higgs Road ridge, and Tasman Village). Various questions were asked regarding the factors that influence the hydrological modelling; how these interrelated; factors that were not included; plus difficulties with hydrological and other data collection. Community members with concerns please email David at dave.arseneau@tasman.govt.nz

Presentation link - https://www.ourmapua.org/wp-content/uploads/2022/09/Mapua-CMP_MDCA-Meeting_12September.pdf

TDC Community update To find out the latest update please go to: <https://www.ourmapua.org/wp-content/uploads/2022/09/Mapua-Community-Association-Update-September-2022-1.pdf>

Māpua Willing Wheels (MWW)

Please encourage your friends, family, neighbours to access this service if they have a need, especially considering that past community surveys identified this service would be welcomed and patronised.

Māpua Community Hub

The first fundraising event was held on the 24th of September.

Māpua liveability

The first round of consultation with TDC on the Māpua Structure Plan update has now closed and we await the

second consultation phase around November. Please be prepared to get involved with this next phase.

Roads and pathways

Aranui Road cycleway TDC have secured funding to accelerate the building of this cycleway.

Speed Limits TDC will undertake a required speed management plan over the next 6-10 months followed by community consultation around proposed speed limits.

Slips Bluff Hill Ruby Bay:

TDC are awaiting the results of a geotechnical assessment of the cliffs before making the decision whether to reopen the road.

Tasman Area Community Association (TACA):

TACA welcomes volunteers to help planting along Te Mamaku Drive. Please contact chair@tasmancommunity.org.nz

Wildlife corridors

Trevor James the team leader for TDC Catchment Enhancement did a presentation for the wildlife corridors sub-committee on the 'Seaton Valley Stream Ecological Rehabilitation Opportunities'. View this presentation at <https://www.ourmapua.org/wp-content/uploads/2022/09/TDC-Trevor-James-Wetlands-and-river-Presentation-11-Aug-2022-1.pdf>



General Business

Three Waters The proposed scope at this stage has not changed even though TDC would prefer to be included within the South Island Entity rather than the Upper South/Lower North Island Entity as it currently stands. Process of the Three Waters entity is well advanced with CEO/Staff transfers/Transition Unit already set up prior to legislation being passed.

Our next Public Meeting is on Monday 10th October commencing at 7.15pm either via Zoom or in person at Māpua Hall.

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 \$10.00 per person per year into our NBS account 03 1354 0356471 using your name and phone number as references.



Coastal News Advertising Costs

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

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

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

There is no separate January issue.

E: news@coastalnews.online for more information.

CHARGE ON

E-bike coaching for safety, skills & confidence

We certainly have been charging on as we head into beautiful spring days with the trails drying out.

Our E-essentials start-up course has been the most popular, alongside our private one-on-one courses. This September we have run courses across the top of the South, including here on Rabbit Island, Canterbury and Marlborough, with all sorts of riders from newbies to those getting back on their bikes after many years, and from those in their 40s right through to 80s!

We are loving giving confidence and skills to all. Bring on summer riding!

You can find out more about Charge On at their website: www.chargeon.co.nz



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Māpua Kai Collective

Busy winter

It's been an incredibly busy season for the Māpua Kai Collective with lots of cook-ups needed to top up the rapidly decreasing meals in our freezers.

Our Mission Statement

To provide free, healthy meals for those in need in our extended community, no questions asked.

Our Karakia

Āio ki te rangi	Calmness to the sky
Āio ki te whenua	Calmness to the land
Āio ki te ngā mea katoa	Calmness to all things
Tihei mauri ora	I acknowledge the breath of life

So, it's great to see that we are fulfilling our mission. The meals are prepared with aroha and manaakitanga by our wonderful supporters on our cook-up teams. Our Mission Statement and our Karakia are said before each cook-up as a reminder of why we are there.

None of what we do would be possible without the generous support of our local businesses like the Māpua Four Square and the Māpua Fruit and Veg Shop for which we are very grateful.

We are also extremely grateful to members of our Māpua community who make regular financial donations and donations of fruit from their farms and gardens.

Meals can be collected from the Māpua Fruit and Veg shop, Māpua School and at the Māpua Community Hall.

Donations can be made to our NBS bank account:
Māpua Kai Collective, 03 1354 0464683 30

Karen Toll

Māpua Craft Group.

We hope you were able to see the wonderful exhibition of needlework by Nita Schweizer at the Māpua library during August.

In September we made gift cards which will be sold at the Māpua Community Hub Spring Sale on the 24th of September.

During October, we will meet on the 21st only, as we plan a surprise visit on the 7th. Please phone Barbara for information 5403901.

During our coffee breaks we share our news, exchange magazines, seeds, and charity shop bargains (which we use as a basis for craft work).

You are most welcome to call in to the Māpua Community Church Meeting room between 10am and noon on any of our meeting days to see our work and enjoy a "cuppa".

Barbara Halse, 5403901.



Equality for All - God shows no favouritism

Does God exclude people from His grace and mercy?

There's this interesting story during the life of the early Christian movement that goes some way toward a response to this question.



Let me summarise the story briefly, or you can go read about it in the Bible, in Chapter 10 of the book of Acts, which narrates the acts of the early believers and followers of The Way of Jesus Christ.

Peter, one of the early 12 followers has a vision of a tablecloth laden with foods that were deemed unclean by his Jewish food laws and customs. In the vision God said to take and eat from what was offered.

Peter felt that would be wrong, from his cultural heritage, and would be offensive to God. The vision was repeated three times however, as if to emphasise the instruction that it was okay to take and eat.

Poor Peter . . . he was internally conflicted.

And then – divinely appointed – some men arrive by way of very specific instruction and ask to meet Peter. They are Romans (non-Jewish, enemy occupiers, and generally regarded as ‘dogs’, for a whole variety of reasons). God is trying to tell Peter something profoundly challenging.

Peter journeys with the men and into the house of the Centurion who had sent for Peter, and who had also had a vision in response to his desire to live a life honouring the one true God.

At the risk of having skipped over too much detail, you might however see the purposed coming together of two vastly different people groups . . . along with the challenges to the cultural, social, and spiritual mores from centuries of prejudice. God was indeed at work, bringing people together!

Peter would go on to say “I now see very clearly that God shows no favouritism. God is pleased with everyone who worships him and does right, no matter what nation they come from.”

Thus, it would be said amongst the early Christian church that there were neither “Jew or Gentile, slave or free, male or female”, for all are one in Jesus Christ.

And this is still true today.

God loves, forgives, and saves each one of us *equally*. There are no second-class citizens in God’s kingdom. And He also loves each of us *individually*.

At Tasman Church we welcome all who are seeking to honour God - no matter the past prejudices that might have separated one race, creed, or “neighbour” from another - for we are ALL made right with God through repentance and faith in the finished work of Jesus.

Got questions? Please reach out to Pastor Greig at Tasman Church ring (027) 4347 567

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Tasman National Art Awards

Māpua Community Hall

Tasman Art Focus Group was born out of this group hosting the Tasman National Art Awards. These awards are held annually and hosts artists from around NZ.

We are thrilled to have another awards exhibition that is of the highest calibre and showcasing a variety of styles, subjects and genres.

The prize pool of \$10,000 is made up of product, cash and vouchers from a variety of wonderful sponsors.

The process for becoming an exhibiting artist at the awards is firstly by submitting up to three images to our registrar. She then passes these onto 3 selectors who then select from images, size and number. No names are shown.

The artists are then informed and those selected are asked to submit their applications.

They then bring/courier their art works to us and voila! We curate the paintings, judge them by a separate independent panel, allocate award and the opening night is ready. Come along and be wowed by this year's exhibition!

Tasman National Art Awards Māpua Community Hall

Opening night, announcement of awards:

1 October 7pm doors open, 7.30pm start

Exhibition open:

2 October – 15 October daily 9.30am - 4.30pm

All welcome

All artworks are for sale (eftpos available)

Free entry and catalogue (donation appreciated)

Anna Pickersgill-Brown



"Fluby" by Maia Hetariki
Winner Portrait Award 2021

2022 Tasman National

Art Awards at Māpua Hall

Opening Night: Sat 1st October 7pm

Exhibition: Sun Oct 2nd to Sat Oct 15th

Open Daily 9.30 - 4.30 Free entry



Left

Back row L-R; Glenys Forbes, Glenis Ambrose,

Anna Pickersgill-Brown, Stephanie Buck

Front row L-R; Paul Nankivell, Lewis Della Bosca,

Peter Copp, Paul Deacon



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Book Review

Neil Gaiman. *The View from the Cheap Seats*

Selected Non-Fiction. Headline Publishing Group, 2016.

Calling this an autobiography is probably one of the biggest undersells you'll come across. It's the kind of autobiography everyone ought to compile as their legacy – not a long list of everything they've done, but a loose compilation of what has given their life colour and what they have learned. In Neil Gaiman's case, from his earliest childhood of swallowing whole every book and comic he could get hold of, followed by a journalistic career that eventually morphed into one of the world's most famous award-winning sci-fi/fantasy writers and graphic artists, there is a lot to learn and enjoy.

I now have a long list of authors I plan to read or reread. Gaiman met, knew or collaborated with many of them, and thus his introductions have a richness not always found on a book's back cover. Diane Wynne Jones, Gene Wolfe, Douglas Adams, Stephen King, Ray Bradbury, Terry Pratchett and so many more are not only introduced, but in giving context to their stories we are nudged into considering the nature of the human condition, the possibilities, and the warnings.

I also gained new insights into the nature of truth and fiction. Introducing himself, Gaiman states: "I fled, or at least, backed awkwardly away from journalism because I wanted the freedom to make things up. I did not want to be nailed to the truth; or to be more accurate, I wanted to be able to tell the truth without ever needing to worry about the facts." The notion that truth ≠ facts made me determined to read on.

Words and pictures colour meaning and help shape our opinions:

Are protesters "freedom fighters" or "insurrectionists"? How does the perspective change as a journalist/photographer/illustrator carefully selects angle and chooses or shapes the words and images we get to see? And what is our role as readers?

Gaiman suggests that meaning is negotiated, putting it thus: "If someone tells you what a story is about, they are probably right. If they tell you that is all that the story is about, they are very definitely wrong" (p184). In introducing Ray Bradbury's *Fahrenheit 451*, he explains "What speculative fiction is really good at is not the future, but the present. Taking an aspect of it that troubles or is dangerous and extending and extrapolating that aspect into something allows the people of that time to see what they are doing from a different angle and from a different place. It's cautionary" (p184).

Such insight is the best apology for reading fiction I have read and is particularly relevant in 2022 as social media algorithms escort us along the pathways of our own hearts and beliefs. Gaiman makes the case throughout this work on fiction's vital importance in a world full of too much curated information. Imagination, critical thinking, and insight come from exploring possibilities.

The View from the Cheap Seats took me ages to read (I got a polite phone call from the duty librarian who kindly extended the loan), as I frequently had to stop and mull.

As a final word, Gaiman's writing style is light, conversational, varied, and witty. Some of his fiction is in the Māpua Library's shelves, and I intend to read all of it.

Philippa Beckman



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What's On at Ruby Bay Store



Saturday 8 October 7pm + Sunday 9 October 3 pm

Chopin's Last Tour Phillip Aughey Visiting Australian actor/pianist Aughey's play is set in Scotland in 1848 late in the composer's life, and features six iconic works. Tickets \$25

Saturday 15 October 7 pm

Fresh FM Singer Songwriters Showcasing up-and-coming talent. The show will be recorded for broadcast with part of proceeds to Fresh FM's charitable trust. Entry by koha

Friday 21 October 7pm

Cleaning up the Pacific John O'Grady For 20 years and in some 15 countries, chemical engineer and environmentalist O'Grady has worked to get rid of hazardous waste. Hear his extraordinary stories and his concerns. Tickets \$10

Friday 28 October 7pm

Alt-folk and folk Singers to watch **Greta O'Leary**, up first, followed by duo **Laldy** (Rachel Miranda Evans and Donald James on guitar and violin). Tickets \$25

WANTED! The only prop Phillip Aughey (above as Frédéric Chopin) needs to borrow (apart from our piano) is an ornate 19th-century-style chair. If you have one to lend, let us know—there'll be a reward.

Book for any events online or by email. For details and other news, visit our website, find us on Facebook and watch out for flyers.

rubbybaystore@gmail.com 027 428 5868
www.rubbybaystore.co.nz
 174 Stafford Drive, Ruby Bay

NOTE: The Store opens for food half an hour before each show. For 7pm performances, we serve soup with ciabatta. For daytime events, we bake cheese scones, with tea or coffee. Order when booking your tickets so you don't miss out. \$10 per person.

MĀPUA BOAT RAMP MEETING
3rd October 7 pm
 Bill Marris Room, Māpua Hall.
You are invited to come to listen and ask questions about the proposed new boat ramp and Tamaha Sea Scouts facility being planned at Waterfront Park. Trevor Marshall will be giving a short presentation. We value your input.
 Māpua Boat Ramp Community Trust.

Lynda's Exercise Classes in the Mapua Hall,
Term 4 starts Tuesday October 18th and runs (with a few breaks) till Thursday December 23rd.
Regular fitness and Strength classes for all levels.
Cardio/Weights Tuesday 6 pm,
Old-fashioned Aerobics Wednesdays 9.05 am,
Cardio/Weights Friday 9.05 am,
Pilates Wednesday and Friday 10.05 am.
 5-trip ticket \$50; 10-trip ticket \$80; 20-trip ticket \$150;
 30-trip ticket \$210. Casuals – yes, \$12 per session.
 Please contact Lynda for details, lynda@hht.co.nz,
 027 222 1491.



MĀPUA BOAT CLUB KIDS FISHING COMPETITION

Where - Māpua Wharf
When - Sunday 30th October 2022
Time - Lines in 2.00pm - out 3.00pm
Registrations from 1.30 pm
3 Categories: Under six years;
 6 - 9 years; 10 - 12 years.
Spot prizes - sausage sizzle
Prize presentation
CONDITIONS OF ENTRY:
 Only fish caught on lines win prizes. Maximum 3 hooks per line.
 Children to be accompanied by an adult at all times.
 Please direct enquiries to:
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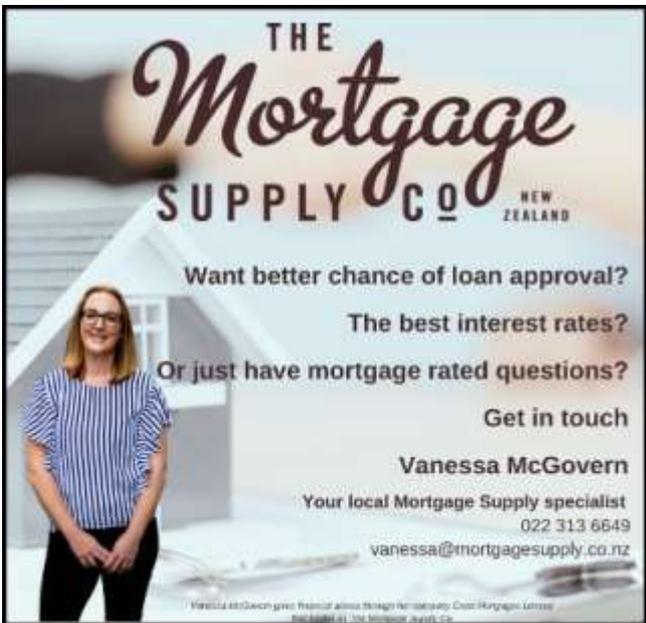


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MĀPUA HALL NEWS

72 Aranui Road Māpua | māpuabookings@gmail.com | 03 5402330

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9.00 am SUPERB DANCE Move Good Now	9.00 am PANZ Pastel Artists of NZ	9.05 am AEROBICS with Lynda		9.05 am STRENGTH / CARDIO with Lynda
	9.00 am SIOUX LINE DANCE	9.15 am SLOW YOGA with Nikki	9.30am MĀPUA ART GROUP	9.15 am YOGA with Martin
	10.00 am MĀPUA CREATIVE FIBRE 2nd Tuesdays	10.05 am PILATES with Lynda		10.05 am PILATES with Lynda
3.30 pm BALLET 3-4yrs Kerry Clarke Dance		1.00 pm SEVEN STARS TAI CHI		
4.00 pm BALLET 5-7yrs Kerry Clark Dance	5.30 pm YOGA with Martin			2.00 pm FRIENDSHIP GROUP 3rd & last Fridays
5.30 pm BROGA YOGA with Nikki	6.00 pm STRENGTH / CARDIO with Lynda	4.00 pm QUICK STEP to DANCE	7.00 pm MĀPUA COMMUNITY CHOIR	
7.00 pm MĀPUA HALL SOCIETY Meeting 3rd Mondays	7.00pm PILATES with Lynda			
7.15 pm MDCA PUBLIC MEET 2nd Mondays	7.00 pm BEGINNERS YOGA with Martin			

Packhouse Cinema

- **Sunday 16th October**
Tickets \$12 at the door: BYO chair and snacks: Doors open at 6.15pm

Events

- **1st - 16th October**
School holidays
- **Monday 17th October**
Committee meeting
All welcome 😊

Membership: 1st April - 31st March

Visit our website to register for Māpua Hall Society Membership, benefits include:

- Hall Society E-Newsletter
- Regular activities info
- Event news
- Pre-sales for Māpua Hall Society events such as PechaKucha
- Vote on matters at the AGM
- Financial support for your Hall.

Hall Society News October

Many thanks to those that came along to the **Māpua School Quiz** last month, making it a great fun night and raising funds for Māpua School Year 8 Wellington trip and Māpua Hall. We also had a busy day at the **Spring Māpua Market**, a huge shout out to all our favourite stall holders who also donated some of their craft wares for the door raffle prizes, we had an overwhelming response on the quality of prizes and hopefully this means everyone returns for the **Christmas Market on Sunday 11th December**.

The **Tasman National Art Awards** will feature in the Main Hall from **Sunday 2nd to Saturday 15th October**, open daily from 9.30am-4.30pm with **FREE ENTRY**.

We are also lucky to have the Latin American & Spanish Film Festival showing two of their films here in the Bill Marris room on **Sunday 2nd** and **Sunday 9th October** at 6.30pm for more details and tickets go to www.lasffnz.co.nz

For latest Hall schedule and class times check the Live calendar on the website.

www.MāpuaHall.org



Our latest news & adventures



Our hearts go out to all the schools and whānau affected by recent flooding. For the first time in recent memory, we were unable to reach our Marlborough students and are getting creative with alternative options to support those impacted. Haere mai, hoki mai ki te rā - we welcome the return of the sunshine - and the daffodils!

Igniting Leadership in youth at Motueka High School

Instructors had a great first trip with the new intake of ignite students from Motueka High School. This leadership programme is in its 4th year now, thanks to generous funding from a local donor who is supportive of promoting positive outcomes for young men while at high school. The Ignite students will work with Whenua Iti for their first 3 years, with mentoring within schools and a series of adventure camps used as a platform for positive change. The first week for the new students was spent rock climbing, abseiling and tramping in the Hacket Valley - a fantastic week that challenged the boys and set the tone for future trips. We look forward to working with these students in the coming years.

Helping students to re-engage with school

Following the success of adventure therapy as an approach for students, longer-term Ākonga Programmes (ākonga meaning student) have been initiated this year with local secondary schools, using time in the outdoors as a vehicle to provide the confidence and resilience boost many students need following the disruption of Covid-19 lockdowns. The programmes centre on building whanaungatanga - the relationships that are built through shared experiences to build a sense of belonging - and we are already seeing positive ripples of confidence through the students attending. Ngā mihi nui to the schools involved for their support of these programmes, and to the funding from **Ministry of Youth Development, Nelson City Council and Oranga Tamariki**.

Interested in Environmental Education?

On **Tuesday 11th October** we are hosting the local 'Connections Day' on site at Whenua Iti for the NZ Association for Environmental Education (NZAE) as part of their nationwide conference HĀ HAUORA TANGATA. The day will focus on providing an uplifting day for educators, community groups & whānau with activities and ideas to take away and share. We'd love to see you here! It's \$30 to attend the day (kai included). To find out more, and to register, head to www.nzaee.org.nz

Scholarships in 2022

So far this year over \$4000 of scholarship support has been provided to 11 young people to attend our programmes. Thanks to **Motueka Community Board, Fresh Choice Community Fund, Sarau Community Grant, McKee Charitable Trust** and generous local donors for investing in local tamariki and rangatahi who would otherwise encounter financial barriers to participation. If you are keen to support children to attend, or know of someone in need of financial assistance who may benefit from our programmes, please get in touch - info@wio.org.nz

The Team at Whenua Iti.



Ignite Year 9 students on their first trip up the Hacket Valley



Kaiarahi students made it to Bushline Hut!

We'll see you out there!

www.wio.org.nz





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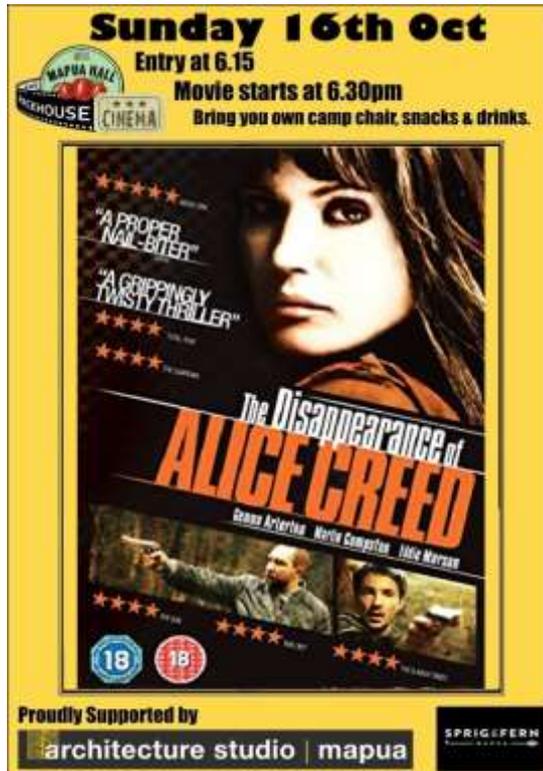
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The disappearance of Alice Creed

Showing @ Māpua's famous Packhouse Cinema



'The Disappearance of Alice Creed' is possibly the best British thriller film of 2009. It has a cast of only three people so the film could have gone one way or the other, the right way or the wrong way. Thankfully it goes the right way.

The script and direction is tight and the film's turns and twists are very surprising. The audience in the cinema gasped at one scene in particular which you won't see coming at all. I certainly didn't.

The film is helped of course by stunning performances from all three actors. Martin Compston (Steve Arnott in the BBC drama "line of duty") plays Danny, the younger, twitchier of the two kidnapers who actually isn't as sweet as he seems. Eddie Marsan as Vic, the older, vicious, and intelligent kidnapper and Gemma Arterton who plays Alice, the spoilt, little rich girl in the centre of all the commotion. Those who didn't manage to get to see 'Alice Creed' at cinemas have missed out on an excellent film. I recommend it to anyone in search of a lean, tight thriller with excellent performances.

Again, perfect for our mature Māpua audience.



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KIWISKIN news - from the Māpua Skin Clinic

Welcome to this month's community newsletter. The reference used for this article is a handy website set up by dermatologists which is also a helpful resource for information on many skin conditions.

Reference: Dermnet www.dermnetnz.org

Recapping the last article, warts are a skin infection caused by the HPV virus and come in all shapes and sizes.

- The warts virus spreads by skin-to-skin contact.
- It is also spread by picking or scratching and by normal activity like shaving.
- The virus grows its seeds in injured skin. Warts under the fingernail for example, might come from scratching a wart somewhere else. Scratching a wart might even result in a line of warts growing along the scratch. Warts on bottoms and genitals for example, might have accidentally spread from fingers e.g. when wiping bottoms.

Sneaky warts

- A wart may not appear for 12 months.
- Some warts are flat so can only be seen on certain angles.
- Some warts mimic skin cancers and must be removed to be checked.
- Warts in armpits can be spread by shaving without noticing.
- Kissing a frog with a wart might give you (a) a prince (b) a wart on your lip*.

How warts travel

- Humans naturally shed warts virus.
- 80% of people can be carrying the HPV virus and sharing it during close moments.

- Cancers like cervical cancer are a risk for everyone who is sexually active.
- The HPV virus is also shared by hands so people can accidentally spread their own warts virus into the wrong places. So, if you have a wart in an embarrassing spot, it's just a wart and it could have gotten there randomly but it's a good to get checked.
- Elephant warts travel with trunks (tah dah!)

Sexy warts

- HPV virus is a normal part of being human and it also causes cancers like cervical cancer.
- Warts on hands can spread to other people.
- Condoms are common sense.
- The HPV vaccine is brilliant. It helps to protect the next generation from cervical cancer. You can get it at your GP practice.

Warts love cigarettes

Warts come back more often in tobacco smokers.

- *...beware the infectious kiss of the smoking frog.

Does a wart need to be treated?

If it's on a mucus membrane in an adult, YES, definitely, simply because it might trigger a cancer later on; otherwise ... maybe not.

- Children have excellent immune systems and without treatment, 50% of warts are gone within six months, and 90% in two years.
- Warts are slower to clear in adults, and they do go away eventually

Next month's article will outline the nifty tricks that can be used to clear warts at home.

Kiwiskin Team



- Spot Checks
- Mole Mapping
- Skin Cancer Surgery
- Treatment of other Skin Conditions

Telephone: 03 540 2373
Email: mapua@kiwiskin.org.nz
Website: www.kiwiskin.org.nz
Address: Unit 9, The Village Māpua
66 - 68 Aranui Road, Māpua 7005

Ruby Coast Running Club

The end of August was a wild one with all the heavy rain and the damage it caused. Our hearts go out to those who have been impacted by these events.

It almost seems trite to bring up the road closures and mountain trails that were closed too, in face of what many have been/are dealing with now. On our running end of things, we saw a few events cancelled. Here is a mini report of the couple some of our members were able to attend.

One event was the Brightwater Sprig & Fern 10k. It was postponed from the 20th of August to the 27th. Richard, Niki and Debbi made it out to that one. Turned out to be a stunner of a day with perfect weather for the run.

The next big event was the Milnes Beatson Motueka to Māpua Relay. The relay is for up to four members. We entered as three teams. Team RCRC mixed was Karen, Faye, Shane, and Niki. Team RCRC girls was Debbi running the first two legs, Kristin, and Carolyn. Last team was RCRC solo with Richard running the full distance. Such a fun event!

If you feel you aren't quite up to the big events, come check out our Thursday evening 5k run/walk. Walkers and runners needing a bit extra time start at 5:15 and all others at 5:30. We rotate through five different courses so if you want a heads up on where you are going look us up on Facebook. I aim to post the route directions on Monday night.

I want to give special mention to Māpua Fruit and Veg that support us with a gift voucher each month as a spot prize. To go in the draw just turn up for a run. Each Thursday night run or walk gets your name in the draw.

Another mention is the Sprig & Fern Māpua who put up with us each Thursday night and look after us so well!

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-Spring is upon us -

Spring is a vibrant time of the year.

- It is a time when new life begins (lambs are born; daffodils bloom; trees blossom; and the grass and weeds grow)
- It is a time when the days are starting to lengthen and one starts to feel those fun filled summer days and evenings are just around the corner.
- It is a time of unpredictable weather, when one minute we are being bathed in warm sunshine, showered with rain or reaching for an extra layer to fend of the cold.

Spring is also a time when some of us may start to think about that special piece of equipment to lessen the work load of maintaining a property.

The seasonal use of mowers, chainsaws, weedeaters, hedge trimmers, quad/ATV bikes and the like makes it very easy to forget that they need to be serviced and maintained regularly.

I am sure you will agree, there is nothing worse than planning a property maintenance day only to find that your lawnmower, weedeater, hedgetrimmer, yard vac, chainsaw etc will not start, or even worse, if it breaks down halfway through the job.

Our advise is to plan now for a pleasant and problem free property maintenance experience.

Wishing you happy and safe motoring....

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Māpua Health Centre news

We are delighted to be able to welcome Irene Minchin to our medical staff. Irene is a very experienced Nurse Practitioner who lives locally. She is starting on 18 October and will be working on Tuesdays, Wednesdays, and Thursdays. Dr Andre Bonny will be away for the whole of October and November.

The health department is urging people to record their positive covid results on My Covid Record either online at <https://mycovidrecord.health.nz> or by phoning 0800 222 478. If you are having difficulty doing this, you are welcome to phone the practice for assistance.

This is breast cancer awareness month. Breast cancer is New Zealand's third most common cancer and accounts for more than 600 deaths every year. The risk of being diagnosed with breast cancer increases with age.

Breast cancer isn't common in women under the age of 50.

While it is less common, young women can get breast cancer too. 6% of breast cancer in NZ occurs under the age of 30 years. Although it is uncommon, men also get breast cancer. About 25 men are diagnosed in New Zealand each year.

Some women are at greater risk of breast cancer because there is a history of close family members having the disease. However, most women who develop breast cancer have no relatives with the disease.

Research suggests that, regardless of genetic risk, women may be able to reduce their risk of developing breast cancer by getting adequate levels of exercise; maintaining a healthy weight; and limiting or eliminating use of alcohol and hormone replacement therapy (*JAMA*, July 2020). Evidence suggests that following a Mediterranean diet in everyday life may significantly reduce the risk for types of breast cancer that are associated with poorer prognoses in postmenopausal women. (*Int J Cancer*. March 2017).

This month also celebrates the International Day of Older Persons and recent research shows that higher amounts of omega-3 from seafood are associated with healthy aging in adults, defined as survival without chronic disease, such as cardiovascular disease, cancer, lung disease, or severe chronic kidney disease (*BMJ*. October 17, 2018). Also, older adults who keep to a Mediterranean diet are less likely to become frail, and those who have a high adherence to the diet have a 56% reduction in risk (*J Am Geriatr Soc*. January 11, 2018). Exercise may reduce disability even in the frail elderly according to a study incorporating 150 minutes a week of walking and activities to improve strength, balance and flexibility (*Ann Intern Med* 2018).

The patient portal service is working well, and we greatly encourage you to register for it so that you can enjoy the benefits. It allows you to have access to your own medical information via a secure web server and includes being able to review medical notes and test results, as well as request appointments, ask questions by a dedicated email option and get repeat prescriptions. If you would like to register for Manage My Health™ please contact the receptionists 03 5402211.

This month's health and school events include:

- 1 International Day of Older Persons www.un.org
- 1-31 Health Literacy Month www.healthliteracymonth.org
- 1-31 Breast Cancer Awareness Month www.nzbcf.org.nz/home
- 1-31 Save Kiwi Month www.doc.govt.nz/news/events
- 5 World Teachers Day <https://teachingcouncil.nz/>
- 10 World Mental Health Day www.mentalhealth.org.nz
- 11 International Day of the Girl Child www.un.org/en/events/girlchild
- 12 World Arthritis Day www.arthritis.org.nz
- 13 International Day for Disaster Risk Reduction www.un.org/en/events
- 15 World Handwashing Day www.hqsc.govt.nz/
- 16 World Food Day www.fao.org/world-food-day
- 20 World Osteoporosis Day www.bones.org.nz
- 20 New Zealand Shake Out Day www.civildefence.govt.nz
- 24 United Nations Day www.un.org

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Spring at the Playhouse

**Fri 7th Oct:
Dolly and Kenny
by the Harmony Hunters
Encore show**

**Fri 28th Oct:
The Rubber Biscuit Band
Good times blues**

**Sat 29th Oct:
Elton John and Fleetwood Mac Tribute
by Craig Allot**

**Fri 4th Nov:
ABBA Tribute**

**Fri 19th Nov:
The Best 80s Night Ever**

**Fri 25th Nov:
Murder Mystery**

**Fri 2th Dec:
Elton John and Fleetwood Mac Tribute
by Craig Allot**

**Fri 9th Dec:
Paul Madsen's Super Star Show**

**Check our website for Summer line up
call 5402985 for bookings**

Māpua Fire Brigade



August to September 2022 call outs

- 18 Aug 18:14 Flooding in Tait St, water not entering house, left with owner.
- 20 Aug 00:41 Sleepout/garage flood Aranui Rd, pumped water level down.
- 20 Aug 07:19 Basement flooded on Tait St, pumped water out and helped remove items.
- 20 Aug 07:20 Back to Aranui Rd sleepout, pumped water out again.
- 20 Aug 12:45 Ground floor flooded on Stafford Dr. Pumped water out.
- 26 Aug 22:59 Motorcyclist fell off bike at Tasman. Motueka fire brigade on scene, turned back. Delay in getting to Tasman because of slip on the Bluffs.
- 2 Sept 11:23 Tanker to Win Valley Dovedale, turned back, controlled burn.
- 3 Sept 10:29 Assist car owners and AA services to get into a locked car with child inside.
- 16 Sept 08:11 Chimney fire, smell of smoke in house. Check house over, nothing found.

Call outs for the year = 53

Safety Tip – Be safe.

- Check gas barbecues for gas leaks
- Keep away from overhead objects
- For fire safety info go to - <https://fireandemergency.nz/>

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

Any question phone Mark 0274392778 or mark.Theobald14@gmail.com



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October 2022

Daylight savings is back, we just all seem to feel better about things when the days are longer and warmer. We hope this newsletter finds you well and looking forward to the coming summer.

MDBA DIRECTORY EDITION 2023/24

It's that time again, we have formed a sub-committee to create the new local directory. If you would like to be included get in early to book your space! Email Kirsten at mdba@mapua.co.nz with your print ad ready to go. We will be contacting everyone with pricing, ad sizes and deadlines as per usual. Spaces are limited, with it being a biannual publication if you want to be seen and known around our region make sure you don't miss out. Released in our region in early 2023.

SOCIAL MEDIA

If you want us to share your social media posts remember to message or email Kirsten. We are always wanting to support, comment and share our members posts.

TUESDAY OCT 18 - MAPUA LUNCH & LEARN

Mapua Community Hall, 12.30 - 2pm

Leah Keown - Beyond your Numbers and member of the MDBA talks about having an Action Plan to Business Success! Networking afterwards so bring your business cards.

Cheers MDBA.

NEW MEMBER UPDATE * NEW MEMBER UPDATE



Signs on Time is proudly 100% locally owned and operating in the Tasman District by Paul and Linda Kircher. With over 30 years' experience they know how to produce quality, snazzy signage solutions for you and your business. Their goal is to be the team you can rely on for consistent quality products and reliable on-time service. They are a friendly, down to earth bunch who strive to work with you for all aspects of your branding and signage requirements no matter how big or small the job is.

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MEMBER UPDATE * MEMBER UPDATE



How to grow your brand or business and get more sales.

Having a strong brand that is very familiar is what all successful brands aim for. Did you know you can get your business or brand on 70 screens right across Nelson Tasman for as little as the cost of a few coffees a day?

Is your business or brand being seen by consumers everyday? How is your business connecting with people and creating trust in your brand? Potential clients or consumers very rarely buy products or services from brands they don't know exist or hardly ever see. The natural instinct is to go with brands or businesses that we already know of, because they are familiar to us.

Out of Home media is one of the most affordable and strongest ways to increase brand awareness, because its visual and has higher recall. Out of Home media also has massive reach, and across all demographics, this is a big advantage as it is not restricted to a certain demographic.

Our screens are located in sites with foot traffic that has approx. 55,000 people per week. That's a lot of people that can see and connect with your brand and build up trust, so when potential clients are ready to use or buy your products or services, they are already familiar with you.

If you want to know more, contact Mark on 021 742 774 or just go to the Giggle Entertainment Nelson/Tasman Facebook page and send a message to Paula.

Noticeboard

New Book Group meeting 3rd Tuesday of the month 2-4 pm Call Vanessa 0223630219 Or Sue 0212671317

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

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

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

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

Knit & Natter group at Alberta's: 10am Tuesdays. contact: Debbi 027 327 4055

Local Women's Walking Group - all welcome to our Tuesday morning walk of 5-7km leaving 9am - call Lynley 03 540 2292 for more information.

Māpua Craft Group: Meetings may change this year. Contact Julie Cox 0277418575 or Barbara Halse 5403901.

Motueka Toastmasters: Like to speak with more confidence? Friendly supportive environment. Meet 1st & 3rd Weds, 6.45-8.30pm, St Johns rooms, Jack Inglis hospital, 15 Courtney St, Motueka. Visitors welcome. Info Sierra 027 8444765 or Peter 027 7468311.

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

Tasman Golf Club: Mixed Social 9 Holes of Golf. Tee off 9.30am Fridays. Friendly group, all levels very welcome. Cost: \$25 for non-members. Ph: Lyndal 03 5266819, teeup@tasmangolfclub.com or just turn up at Kina

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

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

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

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.

Indoor bowls at Māpua Hall on 3rd & last Fridays. Bowls at 2pm followed by "bring a plate" afternoon tea. \$3. Māpua Friendship Club. Contact Val, 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. Barbara Glass 027 443 1121

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

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

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

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

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 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.

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

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

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

Coastal Garden Group meets 1pm first Thursdays, Tasman Bible Hall (opp. Jesters). Men and women most welcome to share their love of gardening. Guest Speakers, Workshops, Garden Visits. Ph 03 265 1842

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

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

Tasman 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

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

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

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