

## Shaping Māpua's future: a new opportunity

The Tasman District Council (TDC) will shortly start an update of the Māpua Structure Plan. This great initiative is in part thanks to the many concerns raised about the need to accommodate future growth in our little village. The plan change in Seaton Valley was put on hold pending the completion of this structure plan.

The recently approved Future Development Strategy (FDS) and the proposed Plan Changes have generated much anxiety as to how these would impact Māpua. I have noticed a lot of frustration that the concerns regarding the future of Māpua raised by many members of the community have not been discussed or addressed by council in the FDS.

We feel ignored. The TDC needs to look to repairing its relationship and trust with the community. Hopefully the structure plan process will achieve that. TDC is intending to undertake consultation at the start of September. They will be reaching out to the community's many groups and the community at large to hear what is important and expected from the Structure Plan.

Below are our thoughts to help our community consider what we are looking for, to provide clarity of our expectations and provide feedback in the TDC process. Feel free to draw upon them.

### **We want to cater for local housing needs first**

In the past we have built traditional subdivisions with relatively large lots and houses with three or more bedrooms. These have attracted many people from outside the region. According to statistics New Zealand about 50% of New Zealand households have only 1 or 2 people. The local survey used to support the development of the FDS found that 19% of residents surveyed were looking for smaller houses. This survey also stated that young people, young families, low-income households, and other minorities were under-represented. So, this 19% is much higher in reality.

With approximately 3,000 residents in the Māpua area, and assuming 25% may be looking for 1–2-bedroom houses, this represents 750 people. Providing for these needs would also free up existing larger houses for those seeking 3-plus bedroom options.

Even more concerning is the trend in our community of those needing to scale down their housing size – they must leave the Māpua area due to lack of options. They lose their friends and family, and we miss them too. It is not good enough for council to say 'we need to cater for

the influx from outside the region; nothing we can do about it', while the needs of the local community are ignored.

### **We need more variety in housing types and sizes**

This would include 1- and 2-bedroom options as well as space for social housing. The current requirements for residential areas in the plans are outdated, requiring relatively large lots and relying entirely on the market to deliver. We urge the council to make changes to these plans to require a greater variety of housing, including small housing.

Our request for this was made about a year ago and, since then, repeated many times. It appears that the TDC chooses to defer this urgent need to an overall plan review. With the upcoming change in the legal planning laws (replacing the RMA) this could easily take 5-10 years.

There is nothing stopping the TDC from starting a plan change now, before beginning their current plan changes to support new greenfield developments. This must be part of the delivery process of the structure plan.

### **The village centre needs to be revitalised**

As and when parts of Māpua are redeveloped, the village needs to be more liveable, community-friendly and less car dominated. Much of Aranui Road is at present a tar-sealed thoroughfare. More wide-scale initiatives are needed, with smaller residential dwellings closer to shops, cafés and the Māpua Hall. Good quality intensification, whilst retaining the village character, is what the community is looking for.

### **Walking, cycling and green space**

Major gaps continue in walking and cycling options, and the present layout is not inviting for those wishing to walk or cycle. Streams often provide a great opportunity to address these needs. Green corridors and wetlands need to support biodiversity and a planned layout are required.

### **Need to minimise greenhouse gas emissions**

It is very widely documented that greenfield development, or 'sprawl' will create more greenhouse gas emissions compared to intensification. Larger houses need more power to heat and cool and have a higher carbon footprint to build. Sprawl increases car numbers, congestion and emissions. We need TDC to lead by example and not continue to find excuses to argue that continual urban sprawl that consumes productive

Continued from page 1

agricultural land is OK. The days of denying the science because it doesn't fit the agenda are surely over. Recent events of the 'atmospheric river', 'Fehi' type cyclones and sea-level rise issues must be urgently addressed in planning considerations, as well as the runoff from hard surfaces and storm water.

Already Māpua suffers from recent population expansion, 'large car' congestion, parking issues, access to chemist and postal services through a narrow access way, a school sited on a busy road junction and recent extra pressure on the medical services.

Māpua is unlikely to be a major centre for employment and services. Certainly, when catering for wider regional demand, it is much better to provide for housing in centres that do, such as Richmond and Motueka, but only through good quality intensification. Another reason for the structure plan to prioritise capacity to provide for local demand in already zoned residential areas.

**Need to re-justify the growth needs for Māpua**

The concerns related to the growth predictions for Māpua are debatable, as explained in previous articles and feedback provided by many to the draft-FDS. This includes the disproportionate allocation of predicted growth for the whole of the region to Māpua. The status of Māpua as an 'urban growth area' is poorly justified and was **never** a matter consulted over with the community.

TDC has referred to a 2020 decision by a joint TDC/NCC meeting but two other villages were subsequently removed from the approved list, so why can't that happen for Māpua? It has been upsetting that these concerns have been left out from the 'deliberations report' that was the basis for the approval of the FDS. The current process

provides an opportunity for TDC to reconsider these predictions with an open mind and with the community.

**Staging of growth**

We need a clear plan about how future (justified) housing needs are going to be staged. It is already evident that a number of landowners and developers are itching to start developing in the proposed development areas that were recently approved in the FDS. If we were to need all the capacity, surely that need is not present on day 1. A staging plan will also provide for flexibility to respond to a change in predictions in the future.

The staging should display a willingness to cater for local housing needs first:

- 1<sup>st</sup> priority: changing requirements for existing residential areas, some of which have not yet been developed, to require more variety in housing.
- 2<sup>nd</sup> priority: initiatives to revitalise our existing Māpua.
- 3<sup>rd</sup> priority: initiative plan changed for new greenfield development, but only when justified, one at a time, and the location of these areas to provide for a well thought-out 'well-functioning' (legal requirement) design, and not based solely on a willingness to develop land by some landowners that leads to a disconnected patchwork of development areas as is currently the case. I personally doubt that we need this 3<sup>rd</sup> priority option.

**We need a clear commitment**

Assuming that there will be general agreement on the Structure Plan, we need a clear commitment and implementation plan from TDC to show how it will deliver on the outcomes. Many of us in Māpua feel strongly that little of the previous plan was achieved.

*Jan Heijs and David Young*



# TDC Development Survey

**Māpua Structure Plan 2023 – Community Survey**

Tasman District Council wants to understand your views on how Māpua should grow, while making sure new development and redevelopment is done in a way that maintains and adds to the character of the area. To do this, we're running a community survey from 5 - 26 September.

What we learn from the survey will help to shape the Māpua Structure Plan 2023, and therefore, the future of Māpua. It's important to us that we hear from a broad range of interested people.

Whether you are a young family new to the area, considering moving to or setting up shop in Māpua, or a long-term resident – we want your views. The first step in the process to create the Māpua Structure Plan 2023 is to review our current Structure Plan for the area. This plan was created in 2010. Through the survey, we'll explore whether the 2010 document is fit for purpose in guiding development that benefits the whole community, such as appropriate housing, access to nature, and facilities.

With this information, together with iwi and stakeholder feedback, we will create a refreshed draft Structure Plan that we will test with the community through round-table workshops in November. This will be a further opportunity to present your views and hear the views of other people in your community. Following this, we will refine the draft before further consultation. We aim to have the new plan in place early next year.

Council will use the refreshed Māpua Structure Plan 2023 to guide the policies and rules which form part of the Tasman Environment Plan, and Māpua Growth Plan Change, as well as guiding other Council responsibilities such as infrastructure.

This is a big opportunity to shape the future of the place you love.

Please find out more and have your say online: [www.environmentplan.tasman.govt.nz/mapua-structure-plan-2023](http://www.environmentplan.tasman.govt.nz/mapua-structure-plan-2023)

The Māpua Community Library also has printed surveys available. A Council Planner will be at the library for your questions and support from 2 – 4 pm on Wednesdays 7, 14, and 21 September.

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## Mortgage Supply Company

**K**ia Ora everyone, I'm Vanessa from Mortgage Supply Company and ready to help you after a few years of gaining experience and knowledge. I am passionate about supporting everyday kiwis in this beautiful region we live in.

My husband and I, along with our 2 kids, Amber (5) and Archie (2) have settled into this incredibly beautiful region and these two keep us extremely busy.

I am passionate about educating kiwis on the benefits of using a mortgage adviser and working for you, not the lenders. We all have the right to approach a range of lenders and why not let me take care of everything for you.

Next time you're having mortgage discussions with your family and friends please refer them to me and reach out for that extra support to make your journey more enjoyable.

*Vanessa McGovern*

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# Motueka Scottish Country Dance Club

are having a Ceilidh!

**When:** Saturday 1st October 2022

**Where:** Lower Moutere Hall

**Time:** 7pm

**Why are we having a ceilidh?**

This ceilidh is to fundraise for the Lower Moutere Memorial Hall. On top of that, people had so much fun at the last ceilidh in 2020 that we are keen to repeat the event.

As well as the fun and informal 'called' dances (like barn-dancing), there is a variety of entertainment organised for the evening: musicians, storytelling, line dancing and Scottish dancing. There will be raffles so bring some cash.

The emphasis is on "FUN", and our ceilidh is suitable for all ages. No partner needed! The dances are mainly group dances, informal, social, and relaxed with easy to learn moves.

There will be a walk-through for each dance and calls throughout to help keep you on track. The music is lively and upbeat, no prior experience or ability is required so come along and join in the fun and laughter.

And supper! No Scottish supper would be complete without a traditional haggis, and along with plenty of other superb Scottish fare, there will be a vegetarian version of the haggis.

Tickets are available to purchase online [www.trybooking.com/nz/LFT](http://www.trybooking.com/nz/LFT): \$20 for an adult, \$10 for age 10 to 18, children under 10 are free. Booking fees apply. If **not** sold-out prior, tickets available on the door (cash only): \$25 for an adult and \$15 for age 10 to 18.

In these covid times we appreciate that things can change, and we might have to postpone or cancel the ceilidh. Please check on the club's Facebook page for updated information.

Everyone is welcome, mark your calendar! Bring the family.

For more information, you can contact Fay on 03 5433650, Beth 021 2093236 or [motueka@dancescottish.org.nz](mailto:motueka@dancescottish.org.nz)

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[www.bearlionfoods.co.nz](http://www.bearlionfoods.co.nz)  
(03) 543 2055

## BearLion Foods

Started from a quaint market stall in Christchurch, then quickly morphed into a bricks and mortar restaurant, to being respected and acknowledged for sustainability, innovation and being one of New Zealand's best organic eateries.

Chef and Owner, Alesha Bilbrough-Collins, has worked in restaurants around the world and has now settled in Upper Moutere, Tasman. Bringing you her unique style of organic, local and seasonal food with good fats, natural sweetness and native ingredients. Be it a spread of amazing salads, mains, cakes, or BearLion products; you are guaranteed a feast for all the senses.

If you're looking for food glory that Tasman, Nelson and New Zealand can offer, carefully curated by someone who cares, then BearLion is it.

Alesha is now also available for private chef hire. Either letting Alesha loose in your kitchen for a morning, filling your fridge with ready-made meals, or for special occasions, getting the full chef experience of Alesha in the comfort of your own home.

**Perrys Auto Welcome Henk!**  
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# Charge On kicks off

A new bike coaching programme has just kicked off in the Nelson Tasman region in response to a rapid increase in the popularity of e-bikes.

Established in March 2022, 'Charge On', a programme designed by the team behind the region's highly regarded Wheel Woman and Krankin' Kids bike coaching programmes and supported by the Nelson City and Tasman District Councils, invites e-bikers to upskill and learn more about safety on a motorised bike.

First piloted in March this year, the programme has grown into a fully-fledged series of weekly workshops held in multiple locations across the South Island on alternating Tuesdays and Sundays. It covers specific aspects of e-bike riding including bike set-up, gear maintenance, battery efficiency and varying terrain.

The workshops cater for all levels, from new to experienced e-bikers, through a beginners' 'E-ssentials' class, which is held in the morning, to a 'PoweredUp' class, for more experienced riders, in the afternoon. Riders can advance their skillset even further through an 'E-xtend' session available on demand, with e-bike maintenance workshops hosted by local bike retailers MyRide Richmond and MyRide Motueka on offer throughout the year.

"E-biking has really taken off over the last couple of years" says Emma Bawtree, Founder/Owner of Wheel Woman and Krankin' Kids. "They're great for people who find full scale pedal biking a bit too hard on their bodies, or for commuters looking for a better option than driving."

Powered bikes have seen a particular resurgence in biking amongst older people who may have given up on traditional biking due to health limitations. For many it has been years since they last rode a bike, and the speed of an e-bike is a totally new experience.

Riders may need to adjust their riding style and learn new safety and maintenance skills in order to look after

themselves and their new bikes, particularly if they intend to ride in groups. In recognition of this the Council has partnered up with Charge On to offer funding for the programme in an effort to see a safer entry into e-bike riding.

E-bikes offer people an opportunity for better health and a more social livelihood, so the councils really want to support the use of them by funding over half of the cost of each workshop. Charge On covers the safety aspect of e-biking really well, which is our top priority, but it also offers so much more.

Charge On workshops take participants through a number of steps, starting with bike set-up tips, body positioning and balance, before heading out with them to explore best techniques for braking and cornering. More advanced sessions focus on gear use, narrow trail riding, and climbing and ascending with confidence. While participants learn a lot about handling their e-bike on the road Charge On can also help to bridge the gap between trail and mountain bike riding.



"E-bikes are a great solution for commuters, but a lot of fun off-road too" says Emma. The Nelson Tasman region, classified as a 'Gold Ride Centre' by the International Mountain Biking Association, plays host to a number of off-road tracks, including The Great Taste Trail and the Codgers and Kaiteriteri Mountain Bike Parks. Being multi-level, these allow people at all levels to participate in the sport, making family outings entirely accessible.

"With an e-bike you can head out with people who are stronger riders than you and take full advantage of what's on your doorstep together" says Emma. "It's a great way to keep up with the young'uns!"

September sessions will be held on: 6, 13, 25 and 27 and October 4 at Rabbit Island.

You can find out more about Charge On on their website: [www.chargeon.co.nz](http://www.chargeon.co.nz) email





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## Notes from 8<sup>th</sup> August AGM and Public Meeting

### Situations 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; Mailchimp member meeting notice and documentation preparation; and compiling the Coastal News article.

An honorarium of \$2200 is paid p/a over 11 months at \$200.00 p/m.

Please email [info@ourmapua.org](mailto:info@ourmapua.org) for more information.

### Situations Vacant – MDCA Executive Committee members

There are three Executive member positions available.

Tasks include attending two meetings per month:

Public meeting 2nd Monday of the month, in-person at Māpua Hall or via zoom

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](mailto:info@ourmapua.org) for more information

### MDCA Executive Committee 2022-2023:

**Chair**, Paul McIntosh; **Vice-Chair**, Marion Satherley; **Secretary**, Vacant; **Treasurer**, Aileen Connell.

**Committee**: Mike Kininmonth, Bruno Lemke, Anne-Marie Beeler, Lou Gallagher, Jim Vause.

A big thank you to those who have given many years' service on MDCA's Executive and who have stepped down, including Wayne Chisnall and Elena Meredith.

And to Esmé Palliser and Robert Wilson who have had a short but impactful stint. Thank you for generously giving yourself and your time in service to your community.

To view the full minutes and documents for this meeting, and/or for more information on any of the topics discussed below, please visit [ourmapua.org](http://ourmapua.org), and select the relevant drop-down menu topic. (*Minutes will be available from approx 8<sup>th</sup> Sept*)

### Public Forum

**How to engage the youth and younger adults in the community:** Getting younger adults and the youth of our community to become engaged in the affairs that help shape the future of our community has been an ongoing focus and desire. For MDCA to become fully representative of the community it serves, ideally, a cross section of the community views needs to be shared, listened to and incorporated into the vision process. If you are young and would like to be involved, we have vacancies on the Executive committee. Please email [info@ourmapua.org](mailto:info@ourmapua.org)

### Ward Councillor updates

- Cr Christeen Mackenzie thanked Cr David Ogilvie (who is not seeking re-election) for his outstanding service to TDC and the Motueka ward. David who has been a councillor for the past 52 years, received a huge round of applause.

David responded by thanking everyone for their applause and stated that even though he lives in Motueka, for many years he has had a close association with Māpua and does not see this changing in the future.

- Nelson Tasman Future Development Strategy has been approved by the TDC committee. The finalized document will be released shortly.
- Dog registrations are now due
- Outstanding Community Service Award nominations are now open. If you think someone is deserving of this award, please get your nominations in.
- Nelson Port and the Nelson Airport suggestion for a Holding Company has not been adopted.
- The consultants have commenced their work on the updated Māpua Structure Plan and an initial meeting between TDC and Māpua area community groups including MDCA, TACA, Māpua Action Group and NT2050 has been held. The consultants are currently looking at the 2010 Structure Plan to identify what has and hasn't been implemented. The first of at least two TDC-run meetings to seek broad community and stakeholder feedback will be scheduled soon. Please plan to attend and have your say.
- TDC have engaged Tonkin & Taylor to develop a stormwater plan using modelling for a 10yr and 100yr flood event.
- TDC via the Walking & Cycling Strategy are applying for funding to accelerate some of the work identified as requiring commencement.

### Māpua Willing Wheels (MWW)

This project has struggled to get back operating to the pre covid capacity, but the service continues to operate and needs ongoing community support.

### Māpua Community Hub

The working group would welcome any input/ involvement from those interested in advancing this community facility.

### Māpua liveability

Even though the update of the Māpua Structure Plan is focusing on a smaller area than the 2010 Structure Plan, the outer area is not being overlooked with regard the impacts of major infrastructure – i.e. stormwater etc.

Within the Structure Plan update, MDCA are seeking that residents are made fully aware of the resulting purpose of this review, how will it impact growth, what deliverables can be expected (e.g., maps, graphics, statistics) and exactly how the plan will "guide" future development decisions.

### Road and pathways

**Aranui Road surfacing.** Some repairs to the remediation work will be attended to as part of the contractual remedial period, however, we do not know when this will occur.

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**Speed limits** David Ogilvie implied that when the speed limit review takes place (sometime in the near future) there is a high probability some speed limits will reduce.

#### Tasman Area Community Association (TACA)

Māpua has enjoyed a long-standing relationship with our neighbouring Association with an Executive representative attending their monthly meeting.

TACA are currently undertaking a huge project to plant native trees along the entire length of the eastern side of Te Mamaku Drive from Tasman to Dominion Flats. The native planting corridor would provide a nature corridor for birds to fly, rest and nest between the Māpua Estuary and the Moutere Estuary at the Tasman end.

If you would like to help in this planting project, please contact [chair@tasmancommunity.org.nz](mailto:chair@tasmancommunity.org.nz)

#### General Business

**Local Body Elections** Our very own MDCA Executive member Mike Kininmonth announced his intention to run as a Moutere/Waimea ward councillor in the coming Local body elections. We wish Mike well in his endeavour. He will be missed from the MDCA executive if he is successful.

**Meet the Candidates – Information evening** Māpua Hall has been tentatively booked for this event to occur at 7pm on the 21<sup>st</sup> of September. We are just waiting for TDC confirmation of this. So please, keep this night available to attend.

**Our next Public Meeting** is on Monday 12<sup>th</sup> September commencing at 7.15pm either via Zoom or in person at the 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.



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## Kiwi Nursery Rhymes

When Janet was a new Mum her daughter loved nursery rhymes, but she was surprised by the lack of diversity and wanted to share stories and rhymes that would shape a more relevant view of her daughter's world, values and surroundings here in New Zealand.

Janet started changing lyrics to the rhymes on the fly when singing them to her daughter. For example, "Two fat dickie birds sitting on a wall" would become a rhyme about two kererū sitting in a kōwhai. It has meant her daughter has learnt about our native birds and now looks out for them when they're out on hikes or walking in the neighbourhood. There were also some updates to Peter Peter Pumpkin Eater and See Saw Margery Daw to reflect modern values, whilst keeping the silly playful nature of rhymes.

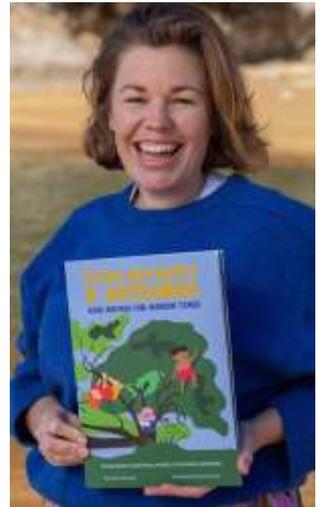
Janet kept recording her updated rhymes until she realised one day she nearly had enough to make into a book for her daughter's first birthday. When friends and family wanted copies too she looked into publishing, and so the book evolved: *Kiwi Rhymes for Modern Times | Ētahi rotarota o Aotearoa* - a book of modern kiwi nursery rhymes published in English and professionally translated in te reo Māori.

Kiwi Rhymes has been written for all tamariki - no matter their gender, race, sexuality, size, shape or ability. The book is designed as a living collaboration, inviting tamariki and whānau to keep changing the rhymes, genders and names throughout the book to reflect their own values.

If you'd like to hear the rhymes in action Janet will be doing an author talk at Motueka Library 4th October at 10.30 am where she'll share a bit of the 'behind the scenes' of making a kid's book, along with sharing some of the rhymes for tamariki to have a sing along.

The book has been hugely popular with kids (0-8 yr olds), parents and teachers across schools, kōhanga reos and speech and language therapists, as rhyme is such a useful tool in helping kids to develop their language.

**Hear more at 10.30 am, Tuesday 4 Oct, Motueka Library**



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# Sustainable Māpua



Join us for sustainable Māpua, an event where locals can be inspired by the ways in which they can achieve a more sustainable lifestyle.

Hosted by the Nelson Tasman Climate Forum, the event will take place on **Saturday 17<sup>th</sup> September** from 10 am - 12.30 pm in the Māpua community hall. We'll have a variety of service providers on hand to talk you through the steps to achieving and the benefits of living more sustainably.

## Waimea Inlet restoration

Join Kath to hear how trapping and planting by the local community has helped to make the project a success by restoring birdlife to the area. If you are interested in joining the team as a volunteer, this is a great opportunity to express your interest and find out how you can help.

## Climate action plan

The Nelson Tasman Climate Forum's very own co-chair Joanna Santa Barbara will be on hand to get you started on creating a climate action plan for your household. Joanna will also have copies of 'The Climate Action Book' a handy guide for businesses, organisations, households and individuals that gives useful hints on how to lighten your carbon footprint.

## Ride and share bus service

The Nelson Tasman Community Transport Trust provides affordable community public transport. Come along to hear about "Willing Wheels" a car on demand service running in Māpua and their coastal bus route from Motueka to Richmond.

## Solar hot water

Local business The Alternative Energy Company will explain how new solar thermodynamic water heating technology works and the benefits of their Eurothane GP PIR insulation.

## Solar cells

Solar Zero are a kiwi firm who want to accelerate New Zealand's transition to be 100% renewable and lower the cost of energy for Kiwis. They'll be available to talk you through the various solar options available to power your home.

## Eco-Tourism

Increasingly, tourists are expecting a degree of environmental responsibility from their hosts. Adele and Roger will share and celebrate their sustainability initiatives

at The Gates Accommodation including use of local materials in construction, zero waste practises and approaches to low impact tourism. If you run tourist accommodation and want to appeal to a more eco-conscious clientele base, Roger and Adele's insight will be invaluable to you.

## Sustainable food

Lucy is passionate about this subject. She will be advocating for local fresh produce and highlighting the important role proper food management plays in sustainability.

## Tree planting

Peter from the Tree Crop Association will be explaining how its members plan and protect a diversity of useful trees such as those producing fruit, nuts, livestock fodder, bee forage and other crops.

## Planting a micro forest

Colin is the man behind NZ's first ever Miyawaki biochar micro forest. He'll be outlining the Miyawaki method on effective tree planting to create forest cover quickly on degraded land.

## Electric vehicles

The Car Company is experienced in selling second hand electric vehicles (EVs). If you are interested in changing over to an EV, but don't know where to start, it's worth coming down and having a conversation with them. They'll be sharing their advice on EVs and outlining their advantages and limitations.

## Repair station

If you have some toys or small household items that require a bit of TLC, bring them down to the event, where David and his friends are setting up a repair station.

## Sing it loud

Join local choir 'The Singing Sisters' for some musical entertainment at 11.00am.

## Kids spot

Tāne's Ark members will be showing their artworks celebrating the local environment and the tree planting work of the school's environment group.

TAMAHA Iron Duke Sea Scouts will have a stall selling native tree and tomato seedlings. They'll also be using this opportunity to tell stories of their adventures on the high seas!

**Cool Store Gallery THE COOL STORE GALLERY**

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In quiet, bring your prayers and petitions to God.  
Hills Community Church

For more info contact: Hills Community Church  
Tel: 540 3848, office.hcc@xtra.co.nz  
www.hillscommunitychurch.org.nz



**WELCOMING WEEK**  
TE WIKI O MANAAKI

## Conversations about Belonging

for newcomers & migrants

In this workshop, a safe space will be created to share experiences and stories of belonging and not belonging. These stories will help us understand the identities, values and emotions that underpin belonging and inclusion today, and how to better engage communities in creating solutions in the Nelson Tasman region.

**When:** Saturday 10 September 2022  
**Time:** 10am - 12pm  
**Venue:** Māpua Community Hall

Spaces are limited, registration required.  
Contact [Birte.becker-steel@tasman.govt.nz](mailto:Birte.becker-steel@tasman.govt.nz) to reserve a space.

This event is proudly brought to you by Inclusive Aotearoa Collective Tāhono in collaboration with Tasman District Council




# Māpua Community Hub

Māpua Community Wellbeing Trust (MCWT) and Working Group members have continued to discuss and advance joint projects based on developing closer co-operative ties, as well as sharing resources and assets, with other community groups in Māpua and Districts

Such projects and schemes are generally in direct response to community residents' re-stated wishes in the 2022 MDCA Community Survey. Easily accessible transport services; local venues for health and social wellbeing appointments and services; locally provided and accessible programmes for the youth of the district; these are all examples of such community facilities/programmes requested, which are being explored in partnership with other community groups.

This ongoing lack of locally based facilities/programmes for the youth of our community is a specific and current example of such a co-operative response from both the Māpua Community Hall Committee and MCWT. Currently discussions are taking place on a dual approach to providing such programmes. Possibilities of the Community Hall Committee providing the Venue while MCWT accesses funding for the wages and professional supervision of Youth Worker/s facilitating appropriate programmes are being actively explored by both organizations.

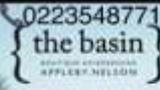
The MCWT and Working group are holding a Spring plant sale on **Saturday 24 September**. We'd love to hear from you if you'd like to contribute plants or your time. Come and view the concept drawings of the proposed Hub, enjoy a sausage, buy a raffle ticket and of course get your spring planting underway – a wide range of plants have already been offered. See you there!

MCWT has also begun discussions with the local Māpua School as to how to meet their needs to regularly access a range of local venues both for pupils' activities and programmes as well as teachers' ongoing professional development opportunities.

Reflecting this growing relationship, the Trust and Working Group members offer our deepest sympathies to the school whānau: children, families, teachers and other staff, and Board of Trustee members for the sudden sorrowful loss of their beloved and recently retired principal Neil Chalmers. A mighty totara has fallen in the forest of Tane and our whole community feels the tremors of its fall and notices the gaping hole left behind.

Moe moe ra e te rangatira.

If you are interested in taking an active role with others in developing such co-operative ventures in our growing community, please contact: Connie Sherlock (Trust Chairperson) or Elena Meredith (Working Group Convenor)



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**Māpua Community Wellbeing Hub**

Save the Date:  
**Sat Sept 24<sup>th</sup> 10 am–1 pm**  
*Plant Sale, Raffle and Sausage Sizzle*

Māpua Community Wellbeing Trust invite you to come along and see the proposed Community Hub Concept drawings.



# Book reviews

**Traitor** by Stephen Daisley (Pub: 2009)

**A terrible kindness** by Jo Browning Wroe (Pub: 2022)

In both books the protagonists have been profoundly affected by traumatic events when they were very young.



**Traitor** David Monroe, a young ANZAC at Gallipoli, goes to the assistance of an Australian soldier who has been critically injured. When he gets to the boy he is already being attended by a Turkish doctor, Mahmoud. Battling to save the boy's life, they in turn are injured by an exploding shell and are evacuated to a military hospital.

Mahmoud is a man of substance, a Whirling Dervish, a mystic and Sufi. He is a man filled with love and stories. David is basically Mahmoud's guard, but a strong bond grows between them and when the doctor faces the real threat of execution, David helps him escape. They are betrayed by a Greek boatman, Mahmoud escapes but now David faces the threat of death himself for his betrayal but instead is sent to the Western Front.

The story is told by David in old age - he is a shepherd in Otago, living in isolation, rejected by society for his treachery (even up to 1965, he is being hounded by Government Security agents questioning his loyalty to his country).

David cannot forget the horrors of war, the losses of sons, fathers and brothers suffered by so many New Zealanders, but he also remembers Mahmoud's teachings - the possibility of hope and love triumphing over evil.

The prose in this book is beautiful; poetic even, although the strange and often absent punctuation might irritate the purists. Others may not enjoy the jumps between past and present.

Nevertheless, the retelling of a life devastated by an abominable war but given hope by a philosophy of love and compassion makes this probably the most moving book I have read to date, one of the few books I would happily read again for its complexity and revelations about the human condition.

Recommended.

**A terrible kindness** has as its starting point an actual event which many people will remember, the slippage of 150,000 tons of coal slurry from the slag heap in Aberfan, Wales in 1966. One hundred and sixteen primary school children and twenty-eight adults were killed as the mine waste engulfed the school and surrounding houses.

William Lavery has a potentially promising musical career. He is a chorister (with the voice of an angel) at a prestigious choral school in Cambridge, England but after various incidents at the school he finds himself unable to perform and flees home to join the family business to train as a funeral director.

His mother is devastated by this decision, and it leads to a long-term estrangement. It also means that his boyhood friendship with Martin is compromised.

William has recently qualified as an embalmer when the mining disaster happens, and a call goes out for volunteer embalmers to help prepare bodies for identification. William heeds the call but is horrified by what he finds at the disaster site; bodies so mangled that identification is only possible through parents recognising a pair of shoes or the colour of a dress.

The team of volunteers quietly get on with cleaning up and embalming the victims. There is quite a bit of detail about the training and medical knowledge needed for embalming - it is not just a matter of chemicals and coffins - but William treats every single body with dignity and respect, giving some comfort to the families of the dead.

The traumatic experiences at Aberfan leads William to have real difficulties with relationships, especially with children and he resolves to never have children of his own - he has witnessed first-hand the grief of loss.

Basically, he has PTSD, with nightmares and flashbacks and this badly affects his relationships including that with Gloria, his wife.

His friendship with Martin is re-established, a man so caring and tolerant that he can forgive William for his inconsiderate and unreasonable treatment of others. In some ways this draws him away from making amends for his past behaviour, but eventually leads him back to those he loves.

This book has been labelled 'The Aberfan Book' but it is not really about the mining town, nor its inhabitants. It is more about how events have such a destructive effect on the human psyche; it is a character driven book about relationships, tenderness, love, loss, hope and acceptance.

Recommended.

Both books are available in the Māpua Community Library

*Reviewed by Penny Brown*



**COMING UP SOON**

**Fri 2nd Sept:  
Rock and Roll Night  
with Rocket 88**

**Fri 16th Sept:  
Solitude  
Play about Annie Chaffer  
final run do not miss out**

**Sat 17th Sept:  
ABBA TRIBUTE**

**Thurs 22nd Sept:  
Andrew London Trio and  
Wayne Mason**

**Fri Sept 23rd:  
Spinoza and Gutterlove**

**Sat 1st October:  
The Best 80s Night ever**

**Fri 7th Oct:  
Dolly and Kenny Tribute  
call 5402985 for bookings**

# MĀPUA HALL NEWS

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9.00 am <b>SUPERB DANCE</b> Move Good Now	9.00 am <b>PANZ</b> Pastel Artists of NZ	9.05 am <b>AEROBICS</b> with Lynda		9.05 am <b>STRENGTH / CARDIO</b> with Lynda
	9.00 am <b>SIOUX LINE DANCE</b>	9.15 am <b>SLOW YOGA</b> with Nikki	9.30am <b>MĀPUA ART GROUP</b>	9.15 am <b>YOGA</b> with Martin
	10.00 am <b>MĀPUA CREATIVE FIBRE</b> 2nd Tuesdays	10.05 am <b>PILATES</b> with Lynda		10.05 am <b>PILATES</b> with Lynda
3.30 pm <b>BALLET 3-4yrs</b> Kerry Clarke Dance		1.00 pm <b>SEVEN STARS TAI CHI</b>		
4.00 pm <b>BALLET 5-7yrs</b> Kerry Clark Dance	5.30 pm <b>YOGA</b> with Martin			2.00 pm <b>FRIENDSHIP GROUP</b> 3rd & last Fridays
5.30 pm <b>BROGA YOGA</b> with Nikki	6.00 pm <b>STRENGTH / CARDIO</b> with Lynda	4.00 pm <b>QUICK STEP to DANCE</b>	7.00 pm <b>MĀPUA COMMUNITY CHOIR</b>	
7.00 pm <b>MĀPUA HALL SOCIETY</b> Meeting 3rd Mondays	7.00pm <b>PILATES</b> with Lynda		7.30 pm <b>PILATES</b> with Anne-Maree	
7.15 pm <b>MDCA PUBLIC MEET</b> 2nd Mondays	7.00 pm <b>BEGINNERS YOGA</b> with Martin			

## Packhouse Cinema

- **Sunday 18th September**  
Tickets \$12 at the door: BYO chair and snacks: Doors open at 6.15pm

## Events

- **Friday 16th September**  
Māpua School Quiz
- **Sunday 18th September**  
Spring Māpua Market

## Membership

Visits 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 PechaKecha
- Vote on matters at the AGM

## Hall Society News September

Welcome September! This month the Hall Society presents the **Māpua School Quiz** on the 16th, a joint fundraiser for the Hall and the Māpua School Year 8 Wellington trip, for tickets contact [pdlay@mapua.school.nz](mailto:pdlay@mapua.school.nz)

On the 18th is the return of the **Spring Māpua Market** a contemporary craft market featuring unique and affordable handcrafted items, with an emphasis on supporting quality local makers. Doors open from 10am-2pm with gold coin entry which includes a raffle ticket for a unique prize.

"Secondhand Lions" screening at the **Packhouse Cinema** on the 18th, bring your own camp chair & drinks/snacks.

We wish to Thank all the volunteers that organised, setup, cooked, served & cleaned for **PechaKucha** and the wonderful line up of presenters that made it such a fantastic evening. Thanks also to all those who bought tickets and came along to support the show. What a night we had!

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



[www.MāpuaHall.org](http://www.MāpuaHall.org)



## Māpua Craft Group

We were delighted to view the fantastic embroidery, crochet and sewing display in the Māpua library worked by Nita Schweizer. These skills were taught to her in Switzerland from the age of four by her mother and teachers.

Recently she showed us a tablecloth that is over 100 years old, worked by her mother on fine linen. What a beautiful item to treasure!

The photos show an embroidery of a car that Nita made for her husband, and a traditional Swiss shawl (below).

Our thanks to Nita for sharing her outstanding skills and enthusiasm.

Hopefully, we can meet in September on the 2nd and 16th at 10am to noon at Māpua Community church. Please phone Barbara (5403901) to check, as times could change in these still unsettling days.

*Barbara Halse*



**Situation Vacant**  
**Qualified massage therapist wanted**  
to work in busy Māpua Chiropractic Clinic.  
*Suitable person will work part time on contract basis.*  
Initial contact by email: Dr Carolyn Hall, Gentle  
Chiropractic. [gentlechiropractic@xtra.co.nz](mailto:gentlechiropractic@xtra.co.nz)

## Ruby Coast Running Club

The rain has been so relentless lately, it is hard to believe there were events that took place. But once upon a time we did have dry days.

This is what some of us got up to on those days. Five of us made it to Richmond for the Sprig & Fern Richmond 10k. Well done, Paul, Faye, Richard, Niki and Debbi.

If you missed out on this one there are three more 10ks in the Sprig & Fern series. The next one is in Brightwater. The final two are in Motueka and Māpua.

Next event was the Dovedale Hill race. A lovely little challenge. The run starts in Wakefield, runs up Pigeon Valley Road to the Dovedale Saddle. Awesome climb to the top. Graeme, Niki, Richard and Debbi made it out for this one. Richard even earned the trophy for first Harrier male to get to the top.

Our own Graeme Lear headed off to the National Cross-Country Championships in Taupo and won first in his age group. Way to go Graeme!

But wait, there's more. There was also an event organized to run the Abel Tasman. You got to choose where the boat dropped you and then ran back to the start. Again, five of us headed out on that one. We all chose to be dropped at Bark Bay. Richard and Karen ran the high tide loop, and Christine, Graeme and Debbi ran the low tide route. Of course, when we lowlanders got back and realized we short-changed ourselves by about a kilometre we had to run around Marahau to make up that distance. Is this just something runners do? Round up to the nearest km?

It was a short drive to Kaiteriteri to grab lunch before heading home feeling rather chuffed with ourselves. There are lots of pictures from these events on our Facebook page if you would like to have a look.

We still have our weekly 5k held every Thursday night. We meet at the Domain. Runners and walkers needing a bit of extra time set off at 5:15 with all others going at 5:30. These 5ks are held rain or shine.

I want to take time to give a big shout out to the Sprig & Fern for making us welcome each week after our run, and to Joan and Norm that time-keep each week even though they don't run anymore. I think that is what I love best about our great little group of runners, they have big hearts.

There is room for more to join us too. Come on out and give it a go.

An advertisement for the Musculoskeletal Pain &amp; Injury Clinic. The ad features a logo at the top left, a photograph of a person's leg being examined, and text listing services: Chiropractic, Acupuncture, Sports Therapy, Foot Biomechanics, and Nutritional Therapy. The address is 25 Aranui Road, Māpua, and the phone number is 03 540 3999. There is also a small logo at the bottom right.

# KIWISKIN news - from the Māpua Skin Clinic

## Dr Katie Maver

We are delighted to welcome Katie who is joining the Kiwiskin Team early September. Katie is an expert GP who, before becoming a mum, worked as a GP at Māpua Health and has cared for many members of our community.

Katie also worked with Tim when he was developing the undergraduate surgical training workshops for Trainee Interns for Christchurch Clinical School and University of Otago, where Katie delivered the workshops. Katie is also a Fellow of the Australasian College of Skin Cancer Medicine and an experienced skin surgeon.

## Warts

Warts are growths caused by a virus called Human Papillomavirus (HPV). Virus shenanigans are all over the show. The wart virus's 3rd cousin, Covid virus, for example, causes arguments.

## Verrucae are warts under pressure

Warts normally grow outwards making external bumps. On the soles of the feet the pressure of walking means they grow inwards. An inward growing wart is called a Verruca, or a 'plantar wart'.

## Why are verrucae some of the hardest warts to get rid of?

The skin on Kiwi feet is thick and a verruca is a little bit like an iceberg – the bulk of an iceberg is underwater and likewise, most of the verruca floats deep in the skin. Often, the little bit you can see to treat is literally the tip of the iceberg. It's also worthwhile treating the tip because otherwise it feels like a pebble in the shoe and becomes tender when walking.

## Why do verrucae hurt?

Treading on a lump in your skin is annoying, a bit like the princess and the pea. Sometimes a verruca becomes uncomfortable when we wear shoes.

## What makes the black spots in warts?

For many Kiwis our first encounter with little black dots is when we get our first Whitebait Pattie. I remember being little and mum made my first ever whitebait pattie. It smelt great – it was my graduation from fish fingers.

The tricky thing was that it was like the whitebait were all staring at me, and it felt awkward, seeing as I was eating them, so I tried picking off the spots, like a wee eye specialist, and they were jolly well stuck on and there were also tons of them. The same feeling as emails on a Monday morning. That was when I realised there was a better way – eating whitebait with my eyes closed. This strategy also makes emails disappear.

Anyhow, the upshot is that those little black dots on warts had nothing to do with whitebait stares. That was digression. They do however, help doctors to make the diagnosis of a wart. The reason they are there is because wart tissue flakes, crumbles and bleeds and the small black dots it leaves behind are tiny blood clots – and thank goodness the warts aren't watching.

## Are warts infectious?

Yes, especially if they are injured. Fortunately, we have great immune systems and often we don't catch them.

## How do you tell the difference between a wart and a skin cancer?

Skin cancers are craggy and look wrong. Warts tend to be bland and symmetrical, and they also have a repetitive microscopic structure that's easy to pick up with a dermatoscope. Whereas warts often stop growing when they get to a certain size, cancers don't – they keep growing. Sometimes warts have little fingers projecting off the surface, like an anemone. Amazing warts.

## Is a skin tag a wart?

No.

- Skin tags are smooth, while warts are rough with an irregular surface.
- Skin tags are more raised from the skin by a thin stalk whilst warts are only slightly raised or entirely flat.
- Warts are caused by a virus while skin tags have a variety of causes, including ageing, weight, hormones and friction. Most warts are contagious, but skin tags are not.

*Continued on page 15*

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



Telephone: 03 540 2373  
Email: [mapua@kiwiskin.org.nz](mailto:mapua@kiwiskin.org.nz)  
Website: [www.kiwiskin.org.nz](http://www.kiwiskin.org.nz)  
Address: Unit 9, The Village Māpua  
66 - 68 Aranui Road, Māpua 7005

Continued from page 14

- However, the HPV (wart) virus is found in 50% of skin tags and its possible that, in some cases, the wart virus might affect the growth of some skin tags.

**Wart virus (HPV) can cause cancer!**

Cervical cancer and some cancers of the vulva, vagina, penis, anus, mouth, throat and oropharynx (back of the throat, including the base of the tongue and tonsils) are also caused by the wart virus.

We can protect our children from these cancers by arranging HPV Vaccine when they are 11-12 years of age.

**Next Month – How to treat warts**

KiwiskinTeam

**Zoom Hair & Beauty**  
 Book Online at: [www.zoomhair.co.nz](http://www.zoomhair.co.nz)  
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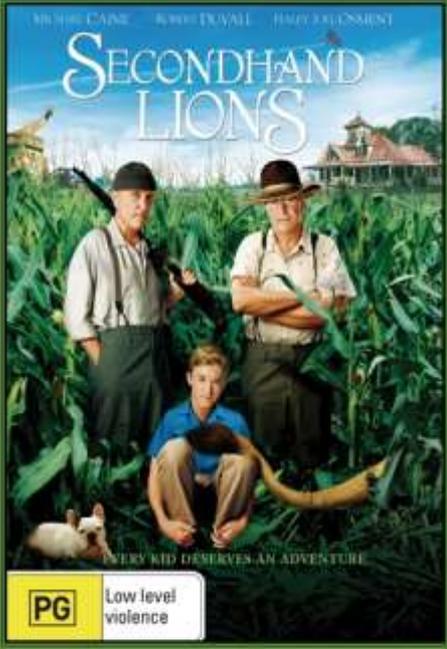


**Simone Wenk**  
 Reg. Architect (Germany), LBP Design 2 (NZ)  
 03 540 3282 / 021 1049 039 | Shed 4, Mapua Wharf  
 simonewenk@xtra.co.nz | [www.architecturemapua.co.nz](http://www.architecturemapua.co.nz)

# “Secondhand Lions”

Showing at Māpuā’s famous ‘Packhouse Cinema’

**Sunday 18th September**  
 Entry at 6.15  
 Movie starts at 6.30pm  
 Bring your own camp chair, snacks & drinks.



**PG** Low level violence

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This is one of those sleeper movies you sometimes hear about. Due to the wonderful script, direction and acting by all the principals this one unfolds like a rose in bloom.

Before you know it the movie has you totally in its grasp and the characters become three dimensional as their battles become yours as well.

The plot is simple: A teenage boy is dumped on his crusty great-uncles by his scheming mother who wants the kid to find where the uncles may have hidden their reputedly stolen fortune.

The uncles, played by Michael Caine and Robert Duvall, work well together as brothers who are slow to warm to their rather precious nephew (Haley Joel Osment).

Eventually the layers begin to peel away as the boy learns about the earlier thrilling adventures of the uncles and begins to see them as potential role models.

But then are their stories true? Should the boy return to his mother? Should the uncles fight to keep him around?

This movie made us laugh and cry. It touches on every aspect of growing up and growing old. It addresses the right way to live and the wrong way.

A perfect film for MĀPUAN’S

## Postal delivery subscription

We can post you the *Coastal News*.

Email your address to us [see front page] and we'll give you bank details to pay \$20 per year.

# Māpua Health Centre news

We warmly welcome Rosa Clarke who is joining us for three weeks from the beginning of September. Rosa is a final year medical student (trainee intern) who is getting some experience of both general practice and health delivery in a community setting, as she will also be spending time with St Johns ambulance, our pharmacy and others.

A reminder that we are very fortunate to have a Health Improvement Practitioner (HIP) and a Health Coach. Kamalesh is our HIP. He has a background in Mental Health and is also trained as an OT. He is looking forward to working with our patients to assist in achieving goals by providing support and follow-up for issues related to mental health. He can see people of all ages and at all stages of their lives and help with any type of issue related to behaviour change or mental wellbeing.

Rangi is our Health Coach. Health coaching aims to build people's motivation and capability to better understand and self-manage their physical and emotional wellbeing needs. The health coach supports people and their whānau to access community and online resources and supports to enhance their social, emotional and physical wellbeing. Appointments for Kamalesh and Rangi are fully funded.

We also have a variety of other providers offering appointments including the Dietician, a Physiotherapist (Garth), Advanced Care Planning by trained practice nurses, ear suctioning service and a Plunket Nurse. If you would like an appointment with any of these health providers, please have a chat to one of our receptionists.

Repeat prescriptions can be ordered by telephone or online through the ManageMyHealth patient portal. Repeat prescriptions are \$15 for enrolled patients and will be available within 48hours. If you require your prescription urgently (same day) then the fee is \$25. We recommend payment of the prescription fee at the same time you request your prescription to prevent an admin fee being added to your account. We would like to advise that there will be some adjustments to patient fees this month as agreed by the PHO in its annual GP fee review.

Over a third of our patients are already using the patient portal. We are now inviting all patients over the age of 16 years to register. This is a confidential and secure way to access your health information online, and to communicate with your GP. You can view notes and test results, request repeat prescriptions, and book non-urgent appointments at a time convenient to you. There is also an app available so you can access it at any time.

This can be a good time to check out options for health and lifestyle. A famous health advocate, Dean Ornish (<http://ornishspectrum.com>), has shown that the main factors that can improve our risk for heart disease (the number one cause of death in our society) are:

Stress management

Exercise

Nutrition

Social / Spiritual interaction

Education (including non-smoking, etc)

[Ornish, D. *et al.* (1998) JAMA, 280(23): 2001-7]

So, what is happening in or around Māpua to help develop our common **SENSE**? You might be surprised to know that the following are some of the activities and classes available:

Pilates  
Tennis  
Walking groups  
Yoga  
Tai chi  
Meditation  
Aqua aerobics – Richmond  
Stop smoking  
Healthy lifestyles + green prescription  
Girotonics

The practice nurses at the health centre can help you find out more about any of these. Please let us know if you are aware of other healthy lifestyle activities or groups happening in the area.

Every year around 600 men die in New Zealand of prostate cancer. Blue September is about getting the word out about prostate cancer. If you buy a blue ribbon, paint your face blue, donate money to the Prostate Cancer Foundation or even tell people, you will be helping to lower the death rate and reduce the suffering from this disease.

Here are some of the local and world health initiatives for September:

- |       |   |  |
|-------|---|--|
| 1-30  | Cervical Screening Awareness Month        | <a href="http://www.nsu.govt.nz/">www.nsu.govt.nz/</a>                                 |
| 1-30  | Breathe Better September (asthma)         | <a href="http://www.breathebetterseptember.co.nz">www.breathebetterseptember.co.nz</a> |
| 1-30  | Blue September, prostate cancer awareness | <a href="https://blueseptember.org.nz">https://blueseptember.org.nz</a>                |
| 1-30  | Students Against Dangerous Driving        | <a href="https://sadd.org.nz">https://sadd.org.nz</a>                                  |
| 1-30  | World Alzheimer's month                   | <a href="http://www.alzheimers.org.nz">www.alzheimers.org.nz</a>                       |
| 1     | Random Acts of Kindness Day               | <a href="https://rak.co.nz">https://rak.co.nz</a>                                      |
| 5-11  | Conservation Week                         | <a href="https://www.doc.govt.nz">https://www.doc.govt.nz</a>                          |
| 8     | World Literacy Day                        | <a href="http://internationalliteracyday.org">http://internationalliteracyday.org</a>  |
| 9     | Fetal Alcohol Awareness Day               | <a href="http://www.fan.org.nz">www.fan.org.nz</a>                                     |
| 10    | Suicide Prevention Day                    | <a href="http://wspd.org.au">http://wspd.org.au</a>                                    |
| 15    | World Lymphoma Day                        | <a href="http://www.leukaemia.org.nz">www.leukaemia.org.nz</a>                         |
| 17-23 | Keep NZ Beautiful Week                    | <a href="http://www.knzbcleanupweek.co.nz">www.knzbcleanupweek.co.nz</a>               |
| 17-23 | Gamble Harm Awareness Week                | <a href="http://www.gamblinghb.co.nz">www.gamblinghb.co.nz</a>                         |
| 19    | Suffrage Day                              | <a href="http://www.womens-health.org.nz">www.womens-health.org.nz</a>                 |
| 21    | International Day of Peace                | <a href="http://www.unesco.org.nz/homepage">www.unesco.org.nz/homepage</a>             |
| 21    | World Alzheimer's Day                     | <a href="http://www.alzheimers.org.nz">www.alzheimers.org.nz</a>                       |
| 22    | World Car-free Day                        | <a href="http://www.carfreemetrodc.com">www.carfreemetrodc.com</a>                     |
| 26    | World Contraception Day                   | <a href="http://www.who.int/life-course">www.who.int/life-course</a>                   |
| 26-2  | Mental Health Awareness Week              | <a href="https://mhaw.nz">https://mhaw.nz</a>  |

# Moutere Hills RSA Memorial Library

## Māpua Community Library

**Winter book sale** Check out the Book Sale being held at the library on Sunday 18th September commencing 9am - 1pm

**Quiz Night at Sprig & Fern** Special thanks to everyone who supported this fundraiser, we raised \$939.00 which goes towards purchasing books for the library's collection.

**Exhibition** The very talented Nita Schweizer has been exhibiting her work at the library until 2nd September, do come and check it out.

**New exhibition by Helen Bibby** commences 3rd - 30th September. We love sharing the wonderful art and craft created locally. Don't miss this one!

**Harcourts Donation** From left to right: Rachel Boon (library), Wendy Perry (Harcourts), Judi Salisbury and Tim David (library) and Chris Harvey from the Nelson branch of Harcourts.



Wendy and Chris kindly donated \$500 to the library funds from the Harcourts Platinum Blue Foundation Grant.

*Helen Jeffery, 0223990075*

## Library Fundraising

The Moutere Hills RSA Memorial Library (Māpua Community Library) is a community-based library, with around 2,800 members, 60 volunteers and 13,000 books. The Māpua Community Library is reliant on grants, donations, and fund-raising for maintaining an up-to-date book collection as well as covering administration costs. Our income from grants and fund-raising events was reduced in 2021 and 2022; an impact of Covid 19 which restricted the number of new books we were able to purchase.

In the 2022/23 fiscal year, whilst our fund-raising efforts have been well supported by the community, grants to foundations and organisations are significantly reduced and we have a shortfall in funds. We are also needing to upgrade our computer hardware which sits outside of our on-going operational costs. To maintain the currency and relevance of our collection and to continue to support our local community we have set up a givealittle page.

If you would like to support the Mapua Community Library with either the ongoing operational costs or our computer hardware upgrade, please consider donating through our givealittle page.

<https://givealittle.co.nz/org/mapua-community-library>



### Book Sale

9 am to 1 pm  
18 September  
At the Library

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# The Write Bias

## News from Māpua Bowling Club

Our two greenkeepers have been busy harvesting seed from other helpful clubs in the area and this was sown at Māpua in the first week of August. Now it's down to the weather to play fair so that the green will flourish, and the members will be able to bowl again by the end of October.

If there is a delay several other bowling clubs have kindly offered the use of their facilities while we wait for Māpua to be playable. After all the effort the last thing we want is to damage the green before it is really ready.



The Board has been busy applying for grants and finding sponsors for the proposed tournaments. A full programme is now in place for the season with club-only events, Centre events, championship matches and six home tournaments, plenty to keep everyone occupied.

For various reasons some members have recently left the Club, so we are actively looking to encourage anyone who thinks they might like to give lawn bowls a try. It is a sport that is suitable for any age and can be as light-hearted or serious as you wish. Equipment and coaching are readily available.

Our fundraising for Ukraine is ongoing. Although the forecast was dreadful the rain held off on Sausage Sizzle Day and we are very grateful for the support from the

local football teams who were playing on the domain. As I write we are preparing for the cake sale on August 20<sup>th</sup>; bowlers are good bakers too!

For any information about bowling, coaching, indoor winter socials or booking the clubhouse and facilities, please contact the secretary, Di Blanchet on 03 540 2627 or check out our website, [sporty.co.nz/māpuabowls](http://sporty.co.nz/māpuabowls)

*Sue England*

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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*

# What's On at Ruby Bay Store

**Friday 9 Sept, 6.30pm for 7pm music start:** Multi-instrumentalist Rennie Pearson presents traditional Celtic music and Canadian maritime sounds for flute, tin whistle, guitar, bodhran and voice. Tickets \$20

**Saturday 17 Sept, 6pm for 6.30pm start:** Take your seat in the Store's old-fashioned yet new-tech 'cinema' for the first of our regular movie screenings. Film details to be advised. Tickets \$10

**Saturday 24 Sept, 6.30pm for 7pm start:** *A Little Closer to the Edge*—irrepressible comedian Mary Glaisyer's one-woman show (with acoustic guitar interludes from Stephan Gilberg). Tickets \$20

**Sunday 25 Sept, 6.30pm for 7pm music start:** Guitarist Mike Garner and percussionist Warren Houston deliver originals, blues, ragtime and Americana. Tickets \$20

To order tickets for any of the above, text or email. For updates and news of events to come, visit our website, find us on Facebook and watch out for flyers.

[rubbybaystore@gmail.com](mailto:rubbybaystore@gmail.com) • 027 428 5868

[www.rubbybaystore.co.nz](http://www.rubbybaystore.co.nz)

174 Stafford Drive, Ruby Bay



At the bay ... Celtic and maritime music with Rennie Pearson

Such good taste! For \$10, the Store serves popular pre-show soup and ciabatta. It's a good idea to order when booking tickets so you don't miss out.

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# 'Arden Up Lad!

It's amazing how a little virus can completely change how a whole planet behaves. From welding up apartment doors to rioting on Parliament grounds, you have to admit that it is stunning how something you can't see, something that is not even a living organism, should have such an effect on the behaviour of 7.75 billion walking apes.

Already pre-covid behaviour is history, an era when absenteeism was a sin, when having a sniffle did not demand quarantine, when coughing in public did not make you an instant pariah, an enemy of society.

I've got a cold. The missus and I have been babysitting ngā mokopuna, those little creatures who inhabit the viral breeding grounds called preschool. Both had the de rigueur snotty noses and coughs. Not green candle type snot, for the policy of the pre-school forbids from attending any child exhibiting this dangerous clinical sign. And as neither had a fever and their snots were just thin, clear and runny, it was off to preschool to share their virus with all and sundry. They probably got the bug there anyway, highlighting the futility of the plethora of unscientific health policies that plague the early child education sector.

My RAT (Rapid Antigen Test) home test for Covid is negative so I don't have to isolate, I don't have to wear a mask, I can go to meetings, crowded restaurants and Irish Bars, just don't cough. There's no Covid sympathy for having just a cold. I can't post my single line RAT results on Facebook, there's no such thing as long cold, and my GP won't ring me even though I've recently had heart surgery.

Even if I was Māori and had five high risk health conditions, I still wouldn't even get a measly phone call simply because my RAT is negative. Come to think of it, I am Māori, but ethnicity makes no difference for the lonesome in the non-covid cold club.

When I was a kid, if you had a cold, it was "'Arden up kid". If you were away from school for more than a day, the truancy officer would come a-knocking, and as for seeing your GP what was the point? Dr Webb's *linctus forte* (strong syrup) cough mixture was more toxic than the Dandy Dope Depressor Daddy used to brew in the basement. Mind you, I do have a fond memory of Doc Webb, of his inducing a coughing fit by blowing pipe smoke in my face. "Got to shift that mucus, laddie" he would say in a Gaelic lilt.

Back then, whether a cold was due to a rhinovirus, coronavirus, influenza A or B or P, RSV, adenovirus – or even enterovirus – mattered not one wee hoot. It was a cold. Now we have a cold that has irrevocably changed the world and all down to the simple fact that we can test for the little bug. That's progress, that's science.

If you have a positive RAT, even a fuzzy photo of the test on your Facebook page will gain you a few hundred new friends. And if you have a series of five negative RATs followed by a positive PCR, you can become an instant Covid influencer.

Claim that you got the bug despite wearing a mask every night when you drank at your local and you'll be flooded by well-wishers from Voices for Freedom – you might even receive a get-well card from Brian Tamaki.

So what will we be doing in 5 or 10 years? Will we still be able to go into a bank wearing a mask? Will "pulling a sickie" be forever lost in time? Who would have thought that something as simple as a cold could make life so complex. Perhaps I should write a "Cold for Dummies" book.

Jim Vause

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# Our latest news & adventures



## What's been going on?

We had a short pause at the start of Term 3 for staff training for the whole team, a great way to reconnect after a break. Our mid-year trades programmes have seen students kayaking the Abel Tasman, caving and paddleboarding to learn rescue techniques or visiting local marae to build connections and learn kaitiaki practices. We have been really impressed with the learning and commitment these students are showing - awesome mahi. It has also been fantastic to have primary tamariki back on site for the Mini Adventurers Programmes! Thank you to NBS who have sponsored these programmes to help support our tamariki to learn how to become better kaitiaki while being active outdoors (and having a whole lot of fun!).

## FREE Leadership Programmes for 16-18yr olds (with NCEA credits)

In the October Holidays and across Term 4 we are running a series of programmes for 16-18yr olds that build confidence, leadership & essential employability skills with NCEA credits at Level 2 or Level 3. These programmes are FREE for local students thanks to funding from Top of the South Trades Academy. Full details and how to enrol are on our website: [www.wio.org.nz](http://www.wio.org.nz)

**Adventure Skills Development** | 8 nights | 4-12 Oct & 18-26 Oct | \$2200 | 15 L3 credits

**Kaitiaki Leadership** | 8 nights | 18-26 Oct | \$2200 | 13 L3 credits

**Adventure Leadership\*** | 3 nights | from 17-21 October | \$950 | 6-8 L2 credits

*\*There are 4 blocks available. Students can enrol on one or multiple blocks which include sea kayaking, rock climbing, mountain biking and caving.*

## October Holiday Programmes

Next holidays we are running a **Go Wild** for 7-10 yr olds (9am - 3pm, Mon 3 - Fri 7 Sep). Tamariki will spend the week exploring the outdoors on new adventures with our qualified instructors and meet a bunch of new friends. Ngā mihi nui to McKee Charitable Trust for supporting tamariki to attend these programmes. Summer dates are also up on our website for 7-18yr olds: [www.wio.org.nz](http://www.wio.org.nz)

## NZAAE Connections Day

On **Tuesday 11th October** the NZ Association for Environmental Education (NZAAE) will hold their local 'Connections Day' on site at Whenua Iti as part of their nationwide conference HĀ HAUORA TANGATA. The day will focus on networking and collaboration for teachers and educators who work across the environmental education sector. We'd love to see you here! To find out more, and to register for the conference, head to [www.nzaae.org.nz](http://www.nzaae.org.nz)

## Connecting rangatahi to their turangawaewae

We followed our own advice and took a week at the beginning of this term to invest in our team at Whakatū Marae. Ngā mihi nui to Whakatū Marae, Aunty Mel from Ngati Koata Trust and Matua Mike for welcoming us onto the marae and creating a wonderful platform for learning and sharing matauranga. We workshoped, heard purakau (stories), sang and were treated to superb kai too!

The Team at Whenua Iti.



Students kayaking in the Abel Tasman as part of the Adventure Tourism Leadership course



The team at Whakatū Marae!

*We'll see you out there!*

[www.wio.org.nz](http://www.wio.org.nz)



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## Seaton Valley Sculpture

The endless wet weather we have experienced recently, has slowed our progress on the Sculpture project. We are waiting for a period of fine weather so the site can dry out sufficiently and we can then confirm



the requirements for the foundations. We need to do this prior to continuing with the construction phase.

Then... watch that space at the top of Seaton Valley near the corner of Chaytor and Stagecoach roads. We are getting closer to reaching the fund-raising target. It's not too late if you would like to support this community project. We still have a few of the fish cut-outs from the Mapua Sculpture for sale and also some of Betty Salter's limited-edition prints for sale. Tax deductible

donations are also very welcome! Thanks to so many in our community who have already supported this project – you are helping to realise the vision and we are nearly there!

For more information check our website [www.rcit.co.nz](http://www.rcit.co.nz) or visit our Facebook page or call Janet our secretary on 540 3364.

*Coastal News is edited by Andrew Earlam, Mary Garner and Trees van Ruth. Views expressed are not necessarily those of the editors. Distributed 1<sup>st</sup> of the month.*

*Deadline for copy to [news@coastalnews.online](mailto:news@coastalnews.online) is 20<sup>th</sup> of the month. Noticeboard items are a gold coin donation in the collection boxes. Club notices are free. Printed by the Tasman District Council.*

## 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 20<sup>th</sup> of each month with each issue coming out on the 1<sup>st</sup>. Printed by TDC.

There is no separate January issue.

E: [news@coastalnews.online](mailto:news@coastalnews.online) for more information.

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**Smooth driving** - Make sure you accelerate smoothly and change gear early without labouring the engine. If you drive an automatic, choose 'economy' gear to keep the engine speed down.

**Speed** - Driving over the speed limit on the open road increases fuel costs by up to 10%. If you drive fast enough to be fined, this percentage increases significantly.

**Look ahead** - Always check what's coming ahead of you and maintain a safe following distance will help you keep a constant speed. This uses less fuel than accelerating and braking regularly.

**Reduce idle time** - if you're going to be stationary for more than 30 seconds (other than at intersections), switch your engine off.

- **Keeping yourself COOL while in your vehicle**

At speeds of over 80 km/h, it is more economical to use your air conditioning than having a window open. An open window increases wind resistance and therefore fuel usage.

- **Short trips**

(less than 10 mins)

Avoid making short trips as a cold engine uses 20% more fuel. Consider walking, cycling or taking public transport before getting in your car, or plan your trip co-ordinating several tasks in the one trip.



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## Māpua Fire Brigade



### July to August 2022 callouts

- 12 July 19:20 Tree across road on Dominion Rd, assist local arborist to cut tree up and clear road.
- 22 Jul 09:24 Alarm activation Tasman School, cleaners cleaning heat pumps. Mist entered alarms. No action taken
- 25 Jul 15:48 Vegetation fire Motueka golf club. Turned back.
- 8 Aug. 17:39 Residential alarm activation on Cliff Rd. Stood down by alarm company and owners.
- 9 Aug 16:13 Car off road SH60 near Tasman View. Possible medical. Stood down. Ambulance and police in attendance.
- 15 Aug 17:44 Two-car crash intersection SH60 and Aporo Rd. All persons out of cars. Left with police.
- 17 Aug 11:40 Alarm activation, Moutere highway. Turned back. May have been wet weather.
- 18 Aug 18:14 Flooding Tait St but not entering the house. Left with owner.

Call outs for the year = 45

### Safety Tip – Be safe.

That lint in your dryer's filter? It's a fire waiting to happen. Remove it before every use to remove the risk.

**REMEMBER: A CLEAN DRYER AVOIDS FIRE**

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Any questions phone Mark 0274392778 or [mark.Theobald14@gmail.com](mailto:mark.Theobald14@gmail.com)



## Mapua Boat Club

The Mapua Boat Club photo competition is on again in September. Pick up your entry forms from Delicious

Homewares store down on the Mapua wharf or email: [mapuaboatclubevents@gmail.com](mailto:mapuaboatclubevents@gmail.com) and we will send one through to you.

The competition is open to amateur adult photographers and there is an Under 15 Children's Section. We have continued with the Maritime Theme of Nature, Boats and People and we have widened the area to include the whole Tasman Bay, so we are expecting some amazing photos. We encourage you to get your children involved.

We have kept the cost down to \$10 adults and \$5 child (under 15). Entries are limited to 5 photos per entry and 1 entry per person.

Once you have had your photos printed by Copyart (\$2.50 per print), drop them into Delicious Homewares store along with your entry form. Entries will be accepted up until 30<sup>th</sup> September.

The photos will be displayed at the Port Mapua Maritime Museum from Monday 3<sup>rd</sup> October through to Sunday 16<sup>th</sup> October and prizegiving will take place from 4pm on Sunday 16<sup>th</sup> October at the Mapua Boat Club rooms down on the wharf.

Copyart in Richmond are our main sponsors along with the Rimu Wine Bar and The Smokehouse. Any queries please email: [mapuaboatclubevents@gmail.com](mailto:mapuaboatclubevents@gmail.com)

*Helen Jeffery, on behalf of the MBC*

## Māpua Boat Club

**CHANGE OF DATE  
OF ANNUAL GENERAL MEETING  
New Date**

**Wednesday 5<sup>th</sup> October, 7.00 pm**

No longer Wednesday 21<sup>st</sup> September

at

**The Māpua Boat Club rooms - Māpua Wharf**

Enquiries to Katrina Ballantyne, Secretary

[mapuabcsecretary@gmail.com](mailto:mapuabcsecretary@gmail.com)

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**ENTRY FEE:** Adults \$10 // Children (under 12) \$5  
limit of 5 photos per entry // Entries close on Friday 30<sup>th</sup> Sept 2022

Photos will be displayed in the  
Port Mapua Maritime Museum from  
Monday 3<sup>rd</sup> Oct - Sunday 16<sup>th</sup> Oct 2022

Judging and prize giving will take place  
on 4pm on Sunday 16<sup>th</sup> Oct 2022  
at the Mapua Boat Club rooms

Any enquiries please phone Helen on 0223990075

**September 2022**

Spring has sprung, the evenings are getting longer, everyone is feeling excited about the warmer months to come. We hope you are all feeling optimistic about the coming Summer.

**MDBA DIRECTORY EDITION 2022/23**

It's that time again, we have formed a sub-committee to create the local directory. It will be out in the region prior to Christmas. So, if you would like to be included get in early to book your space! Email Kirsten at [mdba@mapua.co.nz](mailto:mdba@mapua.co.nz) with your print ad ready to go. We will be contacting everyone by email 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.

**SOCIAL MEDIA**

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

**SEPTEMBER NETWORKING EVENT**

**@ SPRIG & FERN MAPUA - THU 15 SEP**

Look forward to seeing you on Thursday 15 September from 5-6.30pm. Watch our Face Book page for further details. It will be a relaxed event after work to catch up and network with other members. *Cheers MDBA.*

**NEW MEMBER UPDATE \* NEW MEMBER UPDATE**

**keetrax  
SOCIALISED**

A warm welcome to the team at Keetrax who are your local agency for businesses that want more orders online. Keetrax partner with you to ensure your online sales are consistent and constantly growing. In fact, they have partnered with 100+ ecommerce businesses on their journey from \$200,000 to \$20,000,000 with results-driven design, development, marketing and paid ads.

Their services range from strategy to execution. They specialise in online ads, email marketing, social media management and website development. Their expert global team is headquartered right here in Māpua. Talk to them today to find out how they can help you get more sales online.

**Best Contact Details** — Email: [info@keetrax.com](mailto:info@keetrax.com) FB: <https://www.facebook.com/keetrax> Current hours: 8am until 5pm, Monday to Friday . Unit 8 /66 Aranui Road (by appointment only)



**OCTOBER LUNCH & LEARN**

**Lock in Wednesday 5 October  
12-1.30pm at Mapua Hall. Guest  
speaker Leah from Beyond Your  
Numbers, September 5.**



Supporting local  
businesses since  
1992.



**MEMBER UPDATE \* MEMBER UPDATE**



The friendly and experienced bookkeeping team at Beyond Your Numbers are dedicated to helping unlock your business's potential. Using up-to-date technology and forward-thinking solutions, owner Leah Keown helps deliver seamless, accurate and timely accounts wrapped in exceptional business support.

Covering a vast range of industries, the team understand that not one 'box fits all', and are able to adapt and provide accurate, understandable information presented in a timely manner, and communicated in your language, ensuring more time and energy for you to work on your business. "We can help you understand and grow your business by providing uncompromising service and reliability with innovative solutions and business insights so you can gain more time and feel more in control."

Specialising in bookkeeping, inventory solutions, business development, Xero Training and Xero clean-up, sales and supplier management, the team are fully qualified and experienced in all aspects of bookkeeping plus much more. Beyond Your Numbers also offer one-on-one Xero training using your real-life data, or in-house for group training as well as zoom if needed. "We provide personalised training to get you up and running. We are Xero certified trainers and can help you with any Xero training with a safe and inviting space for you to come to and learn without judgement." **Get in touch with Leah for your free consultation.**

**P: 027 337 6029 or email [leah@beyondayournumbers.nz](mailto:leah@beyondayournumbers.nz) W: [www.beyondayournumbers.nz](http://www.beyondayournumbers.nz)**

# Noticeboard

**Playcentre:** behind the tennis courts at 84 Aranui Rd. Come & play – Mondays & Thursdays 9.30-noon during term time. [mapua@playcentre.org.nz](mailto: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](mailto: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@tasmangolffclub.com](mailto:teeup@tasmangolffclub.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](mailto: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](http://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 2<sup>nd</sup> Sundays. All welcome. Enquiries: Linda 027 447 6435.

**Indoor bowls** at Mapua 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](mailto:info@ourmapua.org)

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

**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](mailto: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](mailto: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](http://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](http://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](mailto: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.

**Coastal News:** to see it in colour download the pdf from [www.coastalnews.online](http://www.coastalnews.online)

**Contact us:** [news@coastalnews.online](mailto:news@coastalnews.online)