



andmade gifts on offer at Māpua Makers Market Held three times a year, the Māpua Makers Market will again be held in the Māpua Community Hall. Forty stall holders will showcase "top of the south" talent, the care, skill and attention which goes into

making these handmade articles so unique and special. Goods on offer will include jewellery, glass art, natural care body products, woodware, clothing, garden art and a wide range of homewares.

The Māpua Makers Market includes many stall holders who only sell here, making this market truly unique and well worth a visit.

The indoor market will be held rain or shine: Sunday 28 April from 10am – 3pm



# Moutere Hills RSA Memorial Library Māpua Community Library

Wednesday 8th May at 7pm

### **Annual General Meeting**

#### Looking for new committee members

Several of our committee members are stepping down this year and we are looking for willing people to join the committee. You don't need to be a current member or volunteer.

If you think you would like to contribute to the running of our great little library and would like more information, please email the library at mapualibrarynz@gmail.com. We will be holding our Annual General Meeting on Wednesday 8th of May at 7pm at the library and welcome anyone who would like to hear about what we have been doing and plan to do in 2024.

cnr Toru and Aranui Road, Māpua

Do you know of anyone who needs some extra support in reading, writing or math? We offer free and private lessons with trained tutors. If this is something you or someone you know may be interested in, please contact Judy Vaughan on 027 540 3163.

# "A Jazzy Affaire!"

Welcome, on Friday 12th April at 7.30pm, to the Māpua Hall where the Māpua Community Choir will join forces with the Nelson Jazz Club Big Band for an evening of jazz, swing and popular music. This is a rare opportunity for an evening of live jazz in the Māpua community.

Expect to have your toes tapping and to be taken on a sentimental journey, revisiting some of the great tunes and songs of the 20th century.

The Māpua Community Choir is led by choir director John Botting, and enjoys performing for local events with a range of harmony and unison songs from throughout the ages.

The jazz band is Nelson's premier swing style big band, specialising in music from the 1930s to 50s and featuring some of the region's leading jazz musicians. The band is led by Graeme Nicholas.

Tickets are available online at Eventbrite https:// jazzatmapua.eventbrite.co.nz and locally at Jared's Fruit and Vege in Māpua, and the Tasman Store. There will be limited door sales available and school students will have free entry. Ruby Coast Running Club W<sup>e</sup> have been making the most of the summery weather with some great trail hiking and running

adventures this month. First up was the Gibbs Hill circuit in the Abel Tasman National Park. This was a day trip to Golden Bay in perfect weather. We had a group of hikers and walkers tackle the tough Gibbs Hill track from Wainui over to Totaranui and then loop back to Wainui via the many stunning beaches along the Abel Tasman Coast Track. The total distance was around 23½ km, or nearly 26 km for those keen adventurers that went all the way out to Separation Point as well.

Next up was a weekend trip to Karamea and the Oparara Arches. We had a group of runners who enjoyed a fun weekend of trail running and enjoying the local hospitality. The first day involved an approximately 8 km run along the lush and beautiful Fenian Track to the Fenian Caves.

The second day was a longer run with a half marathon distance which included the Oparara Arch trail. Our runners explored some fascinating and unique spots along the way: the Moira Gateway, Mirror Tarn, Box Cave and Oparara Arch.

Back in Māpua we have had good numbers at our regular Thursday night 5km events this month. The slightly cooler evenings have been very welcome and have made for great running conditions, with some of our runners achieving very impressive times.

Our local Saturday morning longer runs have also been well attended and we have had a variety of distances and courses. These runs have continued in tandem with the weekend trips – so we have had lots of running (and walking and hiking) options.

If you would like to join us, just come along. We always welcome new members.

Our regular Thursday 5km runs meet each week in front of the playground by the Māpua Hall. We start at 5:15pm for walkers and runners that need more than 30 mins to complete 5km, and 5:30pm for everyone else. No need to register in advance – just arrive a few minutes beforehand to sign in and to listen to the course briefing.

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

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# Anzac Day

**O** n Friday 25<sup>th</sup> April ANZAC day services will be held in our region. These services are open to the public and provide an opportunity to remember those who have served our country and those who have passed.

## Māpua

Parade – 10.45am. Starts adjacent to tennis courts.

**Service – 11.00am** at Māpua RSA Memorial Library, followed by morning tea at the Māpua Hall. A plate would be appreciated.

#### Tasman - Service – 10.00 am at the Memorial.

Upper Moutere - Service – 10.00 am at the Domain.

The **RSA Poppy Day** this year is on the Friday 19<sup>th</sup> April. In conjunction with our collection boxes around the region we have a stall outside the Māpua Four Square for the day.

We are looking for volunteers to assist with the collection by manning the stand for two-hour blocks. If you are willing and able to assist, please contact Nic at 021 220 3920.

## nzac Day 2024 without Peter O'Halloran's poem

By the time you are reading this issue of the Coastal news, ANZAC DAY will be almost here, and Peter will have been AWOL for 6 months...

I don't think (at this stage) I can make it to the community service this year. It would be far too emotional for me, not to be watching and listening to Peter putting his "on show" voice to read his current Anzac Day poem and being so proud of his effort, which used to take weeks of fine honing each word.

I remember when we were still living in Christchurch and planning our move up here, I was simply astounded when Peter told me he thought he'd like to write poetry when he retired, and so he did. Year after year I would sit, listening, on Anzac morning, usually with a tear dribbling down my cheek, just as it used to when watching the kids do something good at the school sports, or whatever, and know they'd all given it their best shot. I'm quite sure most of us women will know that feeling!! Men??

I'm sure that most of you who knew Peter personally will understand when I say our home is unnaturally quiet – I can't speak dog, and although Nico can understand lots of words, he can't speak English! But we try and are doing well, grateful we made the decision to come and live in Māpua.

Thank you all, Di O'Halloran



# Māpua Masterplan

## Fruitful feedback helps this move to the next stage.

We [TDC] want to say a big thank you to the Māpua community for their ongoing support and contribution to the creation of the Māpua Masterplan.

The latest round of engagement closed on 10 March. Thanks to all those who gave their feedback online and in person.

Our community drop-in sessions on Saturday 10 and Thursday 29 February drew more than 300 people to the Māpua Community Hall, with more than 200 people attending the Thursday session alone.

This level of support ensures we have a solid base of information that represents community sentiment going forward.

We are now busy collating the votes and comments provided in this latest round of engagement. A thorough summary of the feedback will be made publicly available as soon as possible.

Throughout the engagement period (10 February – 10 March 2024), we received more than 350 in-person, written or emailed pieces of feedback, as well as 287 contributions online on Shape Tasman. This number may increase once the final analysis is complete.

We have now completed step five of eight in the Masterplan process. The next step is the finalising of a draft Masterplan which will then be circulated for public review.

You will then have the opportunity to provide submissions ahead of hearings and deliberations, before we make a final decision on the Masterplan later this year.

As always, you can find all the information and updates at shape.tasman.govt.nz/mapua-masterplan. You can also contact us via email at

mapuamasterplan@tasman.govt.nz

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# Māpua Fire Brigade



#### Feb to Mar 24 call outs

13 Feb 13:25: Fire at cool store in Motueka, stood down.

19 Feb 22:08: Small back yard fire on Toru St, owner put out with hose. No permit and total fire ban.

21 Feb 22:31: Strong smell of smoke around Māpua. Looked on Aranui Rd, nothing found.

1 Mar 11:51: Help owners of dog that had fallen down cliff at Kina Peninsula.

6 Mar 08:52: Toaster fire on Toru St, out on arrival, removed from house.

7 Mar 02:31: Truck fire on SH60, one set of brakes locked on. Cooled with hose reel.

7 Mar 15:42: Rubbish fire in drum on Awa Awa Rd, put fire out, owner did not know of total fire ban.

16 Mar 17:55: Small fire on beach under cliff at Kina Peninsula, put fire out. The person at fire did not know of total fire ban.

#### Call outs for the year = 17

Safety Tip – Be safe.

No fires to be lit. Prohibited fire season. Total fire ban in our area. Be careful with hot machinery, grinders, mowers etc.

Go to the Check it's alright web site to see if you can light a fire, most fires in this area need a permit.

For fire safety info go to - https://fireandemergency.nz/ For fire permits go to - http://www.checkitsalright.nz/

We have had a few members who have left recently and are looking for some new members to join the brigade, who would be available day time.

If interested come and see us at 3 Iwa St after 7pm on a Thursday evening.







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# **Our latest news & adventures**



# The breadth of our work in 2023

Last year was a big year for Whenua Iti Outdoors! We welcomed 5243 participants on our programmes, with a total of approx. 14,072 days of individual student participation. This translated to 195 multi day camps, 95 single day programmes and 23 mentoring sessions. We awarded 3606 NCEA credits in partnership with the Top of the South and West Coast Trades Academies, with our students attempting and achieving a 98% NZQA credit pass rate. In site news we installed a new Nature Trail and composting system eliminating 2190 kgs of food waste.

## Holiday programmes in April

This school holidays we will be running Go Wild (7-10 year olds) and Aotearoa Adventure (15-18 year olds). Both take place from Monday 15th - Friday 19th April. Check out the website for more info and to secure your place! www.whenuaiti.org.nz/ programmes-overview/holiday-programmes/



Waimea Intermediate at Kaiteretere Beach

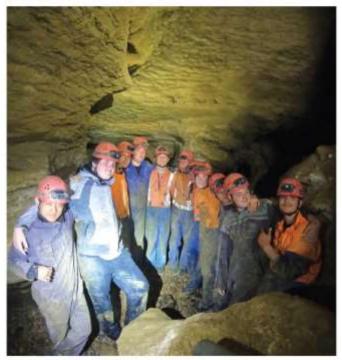
# We'll see you out there!

# Ignite graduation

In collaboration with Motueka High School and a generous community donor we are delighted to announce the graduation of another group of young men on our three-year Ignite programme! Congratulations to Alexander Lightfoot, Alexander Lock, Cyris Aldworth, George Emery, Jake Barnett, Jakib Hedges, Ken Takahashi, Lukas McEnroe, Sonny Campbell, Temaru Teaukura, Tommy Pozzetti and Van Kroupal One participant reflected, "Ignite has greatly helped boost my confidence and leadership skills. It's helped me become the person I want to be."

## Participants planting in local catchment

Last year our participants worked with over 13 conservation groups spanning the Top of the South region. Our onsite nursery grew 7332 trees in total and contributed 6862 trees to local wetland development projects. Participants have been busy planting out and releasing trees onsite and in local riparian catchment projects.



Ignite participants at Winchead Cave near Charleston

# www.wio.org.nz



# Māpua Village Bakery

# Staff Update



Lesleigh is both a new hand at the bakery and an old hand as well. In fact, she's worked here longer than anyone else.

Of course, most of that was a while ago when she worked for The Naked Bun. But now she has returned to The Māpua Village Bakery after a long break and we're happy to have her back.

Lesleigh has been in Māpua for over 30 years. Originally from Wellington, she followed her police officer partner to Māpua all those years ago. This makes her a proper Māpua local, and she is a great fit for our local business.

At home she has a few things that keep her busy. A horse named Honey and a golden retriever named Tank are at the top of the list. When they let her she loves to go out line dancing or to spend time in her garden.

For Lesleigh, the best part of the job is seeing all her old customers from years ago again. She loves chatting and visiting with them when they come to the bakery.

# **New Products**





Everyone has loved the Parmesan crackers we're making now, so we put on our thinking caps and have come up with another variety. We now have seed crackers!

We've made them to taste great and have added a little cranberry for flavour.

They're just \$3.50 a

packet and they're also gluten free!

Like the Parmesan crackers, these are made to go well with our selection of local cheeses. So next time you're looking for a little snack you can't go wrong with cheese and crackers.

# Pet of the Month



This black spot is Pixie. She's just two years old, but she has already taken up her position as Royal Princess of the Bakery.

She loves coming as often as she can so her brother Ranger and her both can get Puppachinos.

They each need their own, as the princess won't share with a common dog.

Pixie loves playing chase, loves the beach, and loves long walks. In fact, Pixie loves just about everything. As a Royal Princess, her only real issue is when the Queen (Bagheara the cat) kicks her off the comfy chair.

Being a bakery pet she has to make sure she doesn't eat too many delicious treats in order to keep her perfect princess figure. The hardest part is she just loves the bakery's doggie biscuits and has trouble stopping at just one.



#### **Custard Square**

This isn't a new product, but I thought I'd mention it here because of all our bakes this one probably gets the most positive comments.

It has a great crispy base with a generous portion of custard on top of it. Then on the very top the custard is covered by another tasty biscuit that is iced to perfection.

This is very sweet and is a great accompaniment to our barista coffees.

# Māpua & Districts Community Association (MDCA)

#### Māpua Masterplan

A successful brainstorm meeting was held at the Māpua Hall on 4<sup>th</sup> March attended by approximately 80 people who discussed and shared their issues on the Masterplan. We were fortunate to have two Council staff present as resource persons, both of whom are deeply involved in the planning and while the issues expressed were passed on to the Masterplan developers, the ultimate purpose was to help community members to provide a more informed feedback to the Council on the plan.

#### Sewage discharges

An interesting matter raised at the MDCA March meeting is the report received from the Council on the recurrent sewage discharges into the environment such as at the wharf. The report highlights some of the inherent design problems of the sewerage and stormwater systems in Māpua that cause these discharges during rain events, with swimming pools being a common factor in many of the discharges.

The report also highlights that new housing developments have put additional pressure on the wastewater system, something that will need to be addressed in the Māpua Masterplan, given the large number of houses that will be constructed over the duration of the plan. The report can be read at https://shorturl.at/mNQR3

#### Community led housing development

Paralleling the Masterplan, the same general meeting saw Zola Rose from CommonGround (www.commonground.net.nz) present on the very apt issue of community led housing development, in particular the processes required to get community engagement and to move the model of house development away from the purely financial and developer focus that has been typical of nearly all housing development in Aotearoa. It is an idea that is very applicable to Māpua and if the Council could adopt some of the processes put forward in Zola's work, it would go a long way towards designing housing that is commensurate with the ideal, but somewhat nebulous, Masterplan principle of keeping the "look and feel" of Māpua.

Such a shift will however be a challenge given the significant disruptions, resultant from the election, the Council now face in planning for the future.

#### Other news

Public transport continues to be a matter of interest in the MDCA, with the great patronage of the Council bus service by students being reported to have posed some difficulties at times for other users, an interesting matter given the current School bus service.

The Community Hub has been successful in obtaining a regular visiting District Nurse service at the Hills Community Church which will hopefully serve as a seeding model for the other health and social services that are needed in our community.

#### Forthcoming events

At our next general meeting on April 8<sup>th</sup>, the Council will present on the Tasman 10-year plan, at which the relationship between this plan and the Māpua Masterplan will be clarified.

As the TDC website explains, the 10-year plan:

"...explains what we're planning, how much it will cost, how we'll pay for it, and what it all means for rates and debt."

In other words, how the Council plans to implement the Māpua Master Plan. Astute political observers will have noted that the government has given councils flexibility to defer their Ten Year plans in view of the repeal of Three Waters. We live in interesting times.

Jim Vause, Chairperson MDCA



# **Appearance Medicine**

Nurse Specialist joins the Māpua Health Centre Melissa Russ is delighted to announce that she has joined the Māpua Health Centre and will be available Tuesday afternoons.

A Registered Nurse with 30 years' experience, both

here and internationally, Melissa is passionate about Aesthetics and helping her patients look and feel their best, using advanced skin treatments and injectables.

She has a special interest in natural rejuvenation using platelet rich plasma (PRP) and platelet rich fibrin (PRF), and as a conservative injector she prides herself

in delivering beautiful, natural results.

#### Melissa offers the following treatments:

#### **Micro needling**

Micro needling stimulates collagen and elastin production, which improves the overall thickness, elasticity and appearance of the skin. It reduces scars, wrinkles, and hyper-pigmentation, improves skin tone and texture, and results in smoother, firmer, younger looking skin.

#### **Platelet Rich Plasma**

PRP is an effective and innovative form of cosmetic injectable treatment that uses your own blood plasma. Plasma contains platelets, stem cells and growth factors. When injected back into the skin, it accelerates the body's natural production of collagen and elastin to provide overall skin rejuvenation.

PRP is great as a general treatment to rejuvenate skin on the face, neck, décolleté and hands.

#### Platelet Rich Fibrin

PRF is the next generation of plasma therapy and has a distinct edge over PRP. PRF tubes contain no additives, making it a purely natural substance. There are up to ten times more platelets in PRF than PRP, more stem cells, and more healing factors. Fibrin, which is only present in PRF, stabilises platelets, and provides a gradual, longer lasting release of these healing factors.

It is extremely effective for the delicate area under the eyes where signs of ageing start to appear. PRF can also be injected into the lips to rejuvenate tissue, improving colour and texture without adding obvious volume.

#### **Muscle Relaxing Injections**

Botulinum toxin relaxes muscles and can be used in a variety of ways, depending on the muscles targeted. Melissa uses Botox<sup>®</sup> & Xeomin<sup>®</sup> to soften wrinkles, reduce pull down in the lower face, and treat bruxism (teeth grinding). This treatment can have a beautiful "blossoming" effect on the upper lip, as well as softening vertical lip lines.

#### **Dermal Filler**

Melissa uses dermal filler in the lips and cheeks, to subtly enhance volume and fullness, and even out any

asymmetries. Dermal filler, judiciously applied, can instantly achieve a beautifying effect. PRF can also be used alongside dermal filler, to provide tissue rejuvenation in the same area.

#### **Profhilo**®

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For more information or to book a free consultation, phone Melissa directly on 020 41 444 988, or email melissa@thebeautynurse.co.nz





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# Sun 7th Open Wedding Day

# Fri 2th Bonus Ribs Night

# Sat13th Cori Gonzalez Stand up

# Thurs 18th + Fri 19th A Very Gay Cabaret

# Fri 26th Rubber Biscuit Band

# Sat 27th Paul Madsen CCR and The Eagles

# **Book Review**

Two Māpua Library books I recently read made me ponder how we get to know a person. We are introduced to them, sometimes by a mutual acquaintance or we meet them just because we have been involved in an activity together.

Then our relationship develops through stories – stories that they tell us, ones that we hear from others who have come into contact with them, and also by the stories we tell other people about our new friend.

**Tom Lake** by Anne Patchett (2023) and **The Waters** by Carl Nixon (2023) use some of these methods to let us meet and get to know their characters.

Tom Lake is a place not a person, the location of a summer theatre production of the classic American drama "Our Town" in which 17 year-old Lara has had a starring role. The novel moves to 40 years later, when Lara is 57, during Covid lockdown 2020, as she, her husband and their three adult daughters are all isolating at the family cherry orchard farm in Michigan.

The girls -- Emily (26) who will one day

run the fruit farm; Maisie (24) a vet; and Nell (22) a drama student -- are getting to know their mother better, as they ask her to tell them stories from her earlier years while they are all working together to harvest the cherries.

The stories of their mother's time at the Tom Lake theatre describe a wild and exciting time in Lara's youth and the colourful characters she encountered, who also

played roles, for better or worse, in her growing maturity, acting career and into her later life.

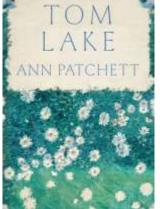
Like all of us do, Lara "edits" some of her stories for her listeners, the girls -- but not for the reader. We wonder at the sense of mystery about what has happened to some of the characters and about some of the loose threads in Lara's stories, all of which are eventually picked up later, giving us further insights and understandings into motivations. And we get to see how Lara's husband fits into her story.

The middle-aged Lara is a gentle soul and the family is a loving one. Patchett skilfully

introduces us to the other family members, again by little vignettes / stories and dialogue which helps us see each of them on a deeper level. We also see them from Lara's selfreflections about them. I like all of these people, and wish that I could become more acquainted with them, just as sometimes happens when I meet the friend of a friend.

As an avid reader, I had wondered how some of my favourite authors would deal with the years and situations of the pandemic. In this novel, it is a hazy background, sometimes glimpsed at a distance through digital media, which emphasizes the isolation of the family who only ever connect with one neighbouring family.

Lara and family spend their time together on their dayto-day chores and with Lara's stories and ruminations.



CARL NIXO

Like Ann Patchett, Carl Nixon is good at running a thread of mystery through the stories he tells, as he develops the Waters family over a period of 40 years in this novel (1979-2019). (Despite the book cover photo, Waters is a family name not a place.)

It needs to be said that Nixon is an acclaimed New Zealand short story writer. So his approach to having the reader become acquainted with his characters is by means of 21 chapters, each of which could easily stand alone as a

slice-of-life short story, a vignette. So don't expect this to be a plot-driven novel in the usual sense, with the introduction, rising development, and denouement / wrap-up that we have come to expect in a "regular" novel.

But again, I liken it to how we get to know people in our lives. We get some insights directly from the characters themselves in first person narrative, learn more from seeing them as a minor player in someone else's third person story and are brought into a situation ourselves by being directly addressed in one chapter written in the

second person ("You know how you do everything you can to raise your child right, and then something like this happens and....")

I liked this technique, as opposed to books that go back and forth chapter by chapter with a character's name at the beginning of each. Nixon's technique makes us work a little harder to know each of the characters, because the

> chapters also move around in various time periods. But some of the puzzling details we wondered about earlier on become clear when woven into other characters' subsequent stories.

> We start with practical businessman Mark Waters, the oldest of three siblings in a Christchurch area family. But this is not just his story, so the chapters move quickly on to family members – the strikingly beautiful brother Davey, and their younger sister Samantha.

> Their hard-drinking violent father Pat figures heavily in the dysfunction of this family, where their mother is a very minor figure,

soon not to be seen. But the family dynamics of these complex characters have far-reaching, often damaging, effects throughout the lives of each.

Both these novels are family stories. Both have elements of mystery that unfold during the telling. And both are full of people we either know personally or have heard about from our friends.

I count a book as an especially good one if I really don't want to leave the characters when I read the last page. And that was true for both of these books. So I highly recommend them to you and they are available at the Māpua Community Library, where you are always welcome to put a Hold on them if someone else is intently reading the one you want.

Review by Annette Sivak



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# What's on at Hills Community Church?

## Sunday

**Morning Service** - followed by Morning Tea - 9:30am **Youth Group** – 6:00pm to 8:00pm *Food, fun, fellowship, friendship.* 

#### Wednesday

Senior Moments – second and last Wednesdays each month. 10:00am to 12:00pm *Friendship, food, events and information.* KidsnKoffee – Community Playgroup -10:00am to 12:00pm *A great space for all the whanau* 

A great space joi a

## Thursday

Prayer and coffee – 10:00am

An opportunity for prayer, discussion and a chat

Friday

Craft and Coffee – first and third Friday each month 10:00am to 12:00 pm

#### Throughout the week

Life Groups

Drop in for coffee, chat or just a quiet space.

## For more information contact:

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# WARRANT of FITNESS (WoF) OWNER RESPONSIBILITY and the LAW

Vehicle safety is serious business. The continued safety of vehicle drivers, their passengers and all other road users is paramount. This is the reason behind regular audits of all WoF issuing authorities. The frequency of the audit is then determined by the results.

Before a site can issue WoFs they must first comply with standards set by NZTA. Once standards are met they are issued with a 'Certificate of Authorisation'. Likewise, each WoF inspector must sit theory and practical exams, testing both their knowledge of the rules and their practical abilities. Upon passing these exams they are issued with a 'Certificate of Appointment' Both of these certificates must be publicly displayed on site.

The purpose of WoF checks is to ensure each vehicle using national public roads attain minimum safety standards. If problems are identified during a WoF check, repairs need to be done before a current WoF will be issued. It is illegal for a vehicle to be used on the road without a

current WoF. When a vehicle has been inspected by an approved WoF inspector and has complied with all inspection items, current WoF label is placed on top the right hand corner of the front windscreen. This



label shows this vehicle has been visually inspected and was roadworthy at the time of the last inspection.

Keeping your vehicle safe and up to WoF standards between inspections is crucial for you, your passengers and all road users safety and is legally required.

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# Māpua Health Centre Report

A ccording to Cervical Screening New Zealand, "of the 180 people who get cervical cancer in Aotearoa New Zealand every year, 85% have either never been screened or have not had regular screening. Screening allows for early detection, follow-up testing and treatment. It finds early warning signs before they become cancer."

The introduction of the self-swab option to the cervical screening programme provided us with the perfect opportunity to improve our cervical screening statistics as we know that the uptake of cervical smears is most effective if the service is easily accessible (physically, timewise, and financially).

Māpua Health Centre decided to grasp this opportunity with both hands and do our best to combine the introduction of this option with other accessibility improvements to better the uptake of screened patients in our community.

We asked patients who presented for their screening, to complete a feedback form in order to give us more of an understanding of what we were doing well and what we could do better in regard to our accessibility to Cervical screening at Māpua Health Centre.

Over a three-month period we were thrilled to see a substantial increase in the uptake of Cervical screening options, and we would like to take this opportunity to recognise those who have chosen to be screened and to thank those who completed the feedback forms.

We are expecting Flu vaccines to be available this month for those patients that meet the MOH criteria:

- Patients 65yrs and over
- Pregnant women
- Patients with chronic conditions
- Young children with a history of severe respiratory illness

Our staff will be in contact with those who have had the vaccine in previous years to organise when to come.

For younger patients' and teenagers' psycho-social concerns or difficulties, there is a fully confidential medical service available throughout the working week and medical costs may be covered by a special PHO fund.

You can check this out by simply turning up at the practice or phoning 540 2211 or email info@mapuahealth.com. There is also a new service available through the local primary health organisation called Skylight - https://skylight.org.nz/. This is a national not-for-profit trust that enables children, young people, their families/whānau, and friends to navigate through times of trauma, loss, and grief by building resilience. Phone 03 539 1170 for more information.

One of this month's health events is about autism. Children and adults who have an autism spectrum disorder (ASD) look the same as other people, and due to the invisible nature of their disability it can be much harder to create awareness and understanding.

Autism and Asperger syndrome still remain relatively unknown disabilities among the general population, yet it is estimated that they are about four times as common as cerebral palsy and 17 times as common as Down's syndrome - touching the lives of over 40 000 people and their families throughout New Zealand.

ASD affects language, social skills and behaviour, and those affected are often unable to interpret the world and what is happening around them in the same way that others do. There are now many different ways of trying to potentially prevent and help improve this disorder. For more information see www.autism.org.nz.

#### This month's health/school events include:

- 2 World Autism Day www.autism.org.nz
- 7 World Health Day www.who.int/en
- 12 Term 1 ends
- 17 World Haemophilia Day www.wfh.org/en/whd
- 22 World Earth Day (protect our species)

www.earthday.org

www.rsa.org.nz

24-30 World Immunisation Weekhttps://toiteora.govt.nz

- 25 World Malaria Day https://endmalaria.org
- 25 Anzac Day
- 28 Safety at Work Day
- 29 www.un.org/en/events/safeworkday
- 29 Term 2 starts.





# HAPUA HALL

# 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	9.00am AEROBICS with Lynda		9.00am STRENGTH / CARDIO with Lynda
	9.00 am SIOUX LINE DANCE	9.15 am <b>SLOW YOGA*</b> with Nikki	9.30am MÅPUA ART GROUP	9.15 am YOGA with Martin
	10.00 am MĂPUA CREATIVE FIBRE 2nd Tuesdays	10.00am PILATES with Lynda	M.D.C MAPUA DANCE AND DRAMA	10.15 am PILATES with Lynda
		11.30am TAI CHI INTERNAL ARTS	With Miss Endy 2-2.45 PRESCHOOL DANCE 3-3.45 JUNIOR DANCE	
			4-4.45 PRIMARY DRAMA	
			S-SPM TEENIADULT DANCE	
5.30 pm BROGA YOGA* with Nikki	6.00 pm STRENGTH / CARDIO with Lynda	6.00 pm Māpua Football Club	7.30 pm MÁPUA COMMUNITY CHOIR	
7.00 pm MÅPUA HALL SOCIETY Meeting 3rd Mondays	6.00 pm YOGA with Martin			
7.15 pm MDCA PUBLIC MEET 2nd Mondays				

# Upcoming Events

- The Mapua Hall Makers Market
   28th April 10-3pm
- Nelson Jazz Club Big Band and Mapua Community Choir Friday 12th April 7.30pm
- School Holidays 13th-28th April
- Anzac Day 25th April

Yes its that time again Membership for 2024-2025!

From \$20 per person 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 April 2024

A few key dates for your calendar in April :

The Mapua Hall Makers Market on Sunday the 28th from 10-3pm. The Mapua Hall Makers Market is a contemporary craft market, featuring unique, and affordable handcrafted items, with an emphasis on supporting quality local makers.

Nelson Jazz Club Big Band and Mapua Community Choir If you enjoy Jazz then come along and be taken on a journey of jazz and song. Friday the 12th April 7.30pm Tickets are \$15 and school

students are FREE

Tickets online https://Jazzatmapua.eventbrite.co.nz

The hall has been busy with our **regular classes**, our new **Hot Desk** meeting space and **Dance and Drama** classes on Thursdays. We still have space for more afternoon and afterschool activities. If you have a class or an event you would like to run at the hall we love to hear from you!

We are still looking for a **Piano cover**, if anyone has one to donate, we would be extremely grateful!

Office hours are Mon- Friday 9-12pm

# Check our Facebook page for all event details:



@MapuaCommunityHall www.MapuaHall.org

# Grossi Point Regatta

### 2024 Loyal Grossi Point Yacht Club Annual Regatta

n contrast to last year's strong sou'wester, the first race on Sunday started in a very light puffy easterly. An unexpected head current saw the fleet struggle to cross the start line, and then make very slow progress up the western side of Grossi point to the first mark set off Kite Park.

However, as the leaders reached the buoy the sea breeze began to fill in from the nor'east, and the fleet was off, with the wind steadily increasing to about 10 knots by the end of the racing. The course had been shortened to two triangles, and close racing was evident right through the monohull fleets.

The Catamarans were left well behind, as their later start saw them still becalmed off Grossi Point while the monohulls enjoyed the freshening wind. The end of Race 1 was a nail biter, as the current flowing through the finish line, coupled with the wind shadow from the large trees at Grossi Point made planning your approach to the finish line a major strategy.

Mike Shirer finally held of Harold Gratton from Picton by 8 seconds to take fastest time, with Susan and Dave Shaw in the 420 Anaka third. In the cruising fleet, Jim Vause in his Splash dinghy had 30 seconds on Peter Walker at the finish.

John Leydon led home the Catamaran fleet with Chris Cowell second and Mike and Clare Kininmonth third.

Race 2 saw Mike Shirer win by nearly a leg, with Harold Gratton second, only a few seconds ahead of Jim Vause, the first Cruising division boat. Glenn Stevens was third, just ahead of Alison Howitt sailing her Topaz for the first time in 5 years. Handicaps, based on the results from race one, were applied to the second race.

The fleet was quite small this season, but 11 boats, all of different designs, enjoyed a good day's sailing. Alan Clinton in his Navigator Whio represented the Gaff riggers, while Peter Walker with his 60-year-old Idle Along had the oldest boat. Several sailors were having their first regatta at Grossi Point and we hope to see them again next year.

Many thanks to our Race Committee, Katrina Ballantyne, Jill Reade and Kathy Hobbs. They ran the regatta, including taking the entries, starting the races, and recording finishing times. Thanks also to our Crash boat crew, Malcolm and Connor Brennan in the Tamaha Sea Scout patrol boat. They also laid and retrieved the marks.

Many thanks to our sponsor, Māpua Four Square, who made sure all the entrants received their chocolate fish, a tradition at this regatta.

#### **Results: Racing Dinghies**

Race 1	1 <sup>st</sup> Laser	Mike Shirer
	2 <sup>nd</sup> Moth	Harold Gratton
	3 <sup>rd</sup> 420	Susan Shaw
Race 2	1 <sup>st</sup> Laser	Mike Shirer (fastest time)
	2 <sup>nd</sup> Topaz	Alison Howitt
	3 <sup>rd</sup> Phase 2	Glenn Stevens
Cruising		
Race 1	1 <sup>st</sup> Splash	Jim Vause
	2 <sup>nd</sup> Idle Along	Peter Walker
	3 <sup>rd</sup> Navigator	Alan Clinton
Race 2	1 <sup>st</sup> Navigator	Alan Clinton
	2 <sup>nd</sup> Idle Along	Peter Walker
	3 <sup>rd</sup> Splash	Jim Vause (Fastest Time)
Catamaran	S	
Race 1	1 <sup>st</sup> Cresta Cat	John Leydon
	2 <sup>nd</sup> Hobie Wave	Chris Cowell
	3 <sup>rd</sup> Maricat	Mike Kininmonth
Race 2	1 <sup>st</sup> Hobie Wave	Chris Cowell



# RUBY BAY STORE What's Up Next!

Saturday 6 April, 7pm O Sister All-singing-all-playing sibling trio \$25

Saturday 13 April, 7pm Le Gumbo Combo 1950s and '60s New Orleans rhythm and blues \$25

Sunday 14 April, 7pm Chris Long The Boy from Gorge River is back, this time from Antarctica \$20

Saturday 20 April, 7pm Loose Units Smart, stylish pop and all that jazz \$25

Sunday 21 April, 7pm Classic NZ Movie: Came a Hot Friday 1984 comedy starring Billy T James \$15/\$12 (add our fish-and-chips special for \$10 pp)

Saturday 27 April, 7pm MJ Kennedy Golden Bay blues/folk singer/songwriter tours his new EP. Plus covers \$20

Sunday 28 April, 11am St John's Community Training Session Resuscitate and defibrillate: learn how to save a life. Entry by koha

> For bookings, updates and more info visit www.rubybaystore.co.nz

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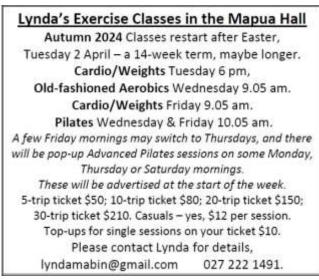
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03 5465700 (24 hours)



Mapua Dawn Chorus 3rd Tuesday of the month 10.30am - 19 Mar, 16 Apr, 21 May **@ Java Hut Traps, Chats & Coffee** Do you love native birds? Want more in your garden? Then join the local trapping crew looking after our wildlife. Connect with Māpua Dawn Chorus on mapuadawnchorus@gmail.com Facebook: Mapua Dawn Chorus



- Spot Checks
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- Treatment of other Skin Conditions

# **KIWISKIN** Māpua Skin Clinic

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



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# The Write Bias

#### News from Māpua Bowling Club

wo tournaments are planned for March and the final one of the season in April.

Ladies Friendship Day, or as it has come to be known, Giggle Day, is always a sellout and a lot of fun. It is sponsored by Nelson Building Society and scheduled for March 27th. The theme this year is an Italian flavour using the colours of the Italian flag, red, white and green, and will no doubt involve a lot of pasta!

Games of bowls are played but there is always a twist to make it extra challenging and quite silly. Prizes, laughter and crazy penalties abound. The Māpua Club lady members really look forward to hosting this day with the help of the men to keep events roughly on track!

Our players are still entering events away from home, at other clubs and also those organised by Nelson Centre. A new competition on the Centre calendar is the 3/Fives two bowl triples, with each game played over two sets, and each set consisting of five ends.

All the local clubs are invited to enter a team and the winner will go forward to the televised, national final. Māpua members will be there on the 30<sup>th</sup> and 31<sup>st</sup> March trying their best to be that winning team.

The Friendship Group recommenced indoor carpet bowls on Monday 4<sup>th</sup> March and new players are always welcome. This usually takes place at the Club on the first and third Mondays of every month unless there is a prior booking; to check or for further information please contact Val Roche on 03 540 3685.

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

Sue England



# Māpua Craft Group

L ast month we donated toiletries to be given to Women's Refuge, as a result of a request from Gill Bartlett. She kindly came to offer teddy bear fabric and found that she knew some of our members!

We continued making our cards especially for Easter and progressed with our own projects. The cards shown were made by Val for her family.

A review of local cafés and restaurants was most interesting, as we have found that quantity and quality are lacking whilst prices continue to go up. When will they serve smaller helpings at lower costs to Seniors, so that we go twice as often?

Our re-use, exchange and repair focus brings many cost-saving ideas. We may try Japanese wrapping using material instead of paper to wrap our gifts.

Our next meetings are on April 5<sup>th</sup> and 19<sup>th</sup> from 10am in the supper room of the Māpua Hills Community Church, where we enjoy morning tea during our discussions and craft projects. The koha is only \$3 so do join us for company, problem solving and perhaps having a go at some of our craft projects.

Barbara Halse. Ph: 5403901.



The 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 is **20<sup>th</sup> of the month**.

Noticeboard items are a gold coin donation in the collection boxes. Club notices are free.

# **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 \$60 1/2 page

\$3 per cm up t \$48 ¼ 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>.

There is no separate January issue.

E: news@coastalnews.online for more information.

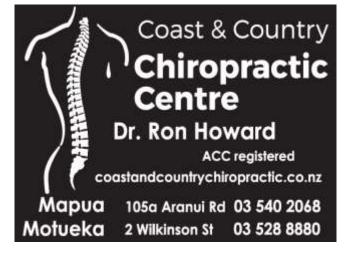


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# Postal delivery subscription

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





# **Applications for Funds**

oluntary organisations and clubs are invited to apply for grants from the Māpua Community Trust, with all applications to be received by 8 April. Grants are usually \$500 or less, depending on demand. A copy of the application form can be downloaded from https://mapuacommunitytrust.wordpress.com

Please return it as an attachment by email to mapuarubybaycommunitytrust@gmail.com

The Trust, The Māpua/Ruby Bay & Districts Community Trust to give it its full name, is funded by the Coastal News, but also welcomes other donations. The capital is invested and the profits from interest are available for grants.

### Guilt free reading

Many people don't have cash in their pocket when they want to pick up a copy of the Coastal News, and maybe feel a little guilty at not donating a dollar or two.

Here is a solution. You could pay by internet banking once a year the equivalent of \$1 or \$2 per copy - \$11 or \$22 (or more) per year. Here is the account number: 38-9005-0849514-00 with sub as a reference.

Then when you pick up a copy without paying and someone looks at you askance, you can sing "I'm a subscriber" to that Monkees tune. We could give out badges. [Count: 1 so far. Thank you.]

Another way to contribute to the newsletter is by sending in articles. We used to have a gardening column and 'Motoring with Fred'. I used to look forward to these columns so don't be shy, send in articles about things you are interested in, others might be too.

We would like to thank our regular contributors and readers for your support.

#### Coastal News team



# Māpua Boat Club

## Annual trip to D'Urville Island

The fishing, the company and the entertainment were excellent for the Māpua Boat Club's annual fishing trip to D'Urville Island early in March.

Fifteen members of the club travelled to French Pass to stay in the historic Webber Homestead for a week of fishing and fun.

Two launches, *Seeker* skippered by Wayne Daniel and *Jan's Coastal* by Tim and Jill Robinson took fishers out around D'Urville Island, with those aboard the Robinson launch catching the most fish.

"We even had a visit from a Fisheries boat, but the officers obviously decided we all looked like honest fisher people, so they did not board," said Steve Rice, one of the organisers of the trip.

We all brought home several packets of beautifully filleted fish. A very big thank you to the filleters – Hamish Ballantyne, who set the record for the most fish filleted.

#### Sing-alongs among fishing trip's highlights!

Food was organised by Ali Rice, and everyone helped with meal preparations. In the evenings Grant Palliser on piano and Jan and Fred Haering provided music for great sing-alongs and Jan is compiling a song book for next year's trip.

"We would like to thank everyone who helped make the trip such a success: the cooks, the kitchen hands, the dishwashers, food organisers, people transporters and the fish filleters – everyone did their bit which helped make the trip such a great success," said Steve & Ali Rice.







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# **Better Public Media Trust**

#### 2 ways out of job cuts at TVNZ & losing Discovery/Three

The news of TVNZ cutting 68 jobs has come hard on the heels of Discovery announcing it will make severe cuts later this year. Both problems could be solved by the government.

#### Better funding for TVNZ

"As TVNZ commercial funds diminish, it is natural that they must find ways to stay afloat," said BPM Trustee, Myles Thomas. "Sadly, the first things to go are the nice-tohaves such as current affairs and programming for niche audiences - *Sunday, Fair Go* and *Re*. It is inevitable that more cuts will need to be made as TVNZ's commercial income shrinks. What will be next?"

Better Public Media Trust calls on the Minister for Media and Communications, Melissa Lee, to start funding TVNZ, to save the programmes that Kiwis love.

"TVNZ's annual budget is roughly \$300 million. For the cost of just \$5 a month per capita, New Zealand taxpayers could fully fund TVNZ so that it need no longer rely on any advertising at all," Thomas said.

#### Levy model.

BPM recognises that Minister Lee is part of a government that is trying to cut expenditure, so we have another suggestion. A digital services levy would raise significant funds for programmes and content on TVNZ and through NZ On Air.

There is also the Telecommunications Development Levy that could be lifted back to previous levels to go towards operational costs. A levy model makes media funding entirely independent of government, avoiding claims of government bias.

#### Other benefits

Removing advertising from TVNZ would have the added benefit of improving the programmes they make, with less commercially driven content and more independent news, current affairs, local drama and documentaries. And it would help Discovery/Three increase advertising revenue as advertisers look elsewhere to advertise.

#### Data

New Zealand pays substantially less per capita for public media compared to similar countries like Australia and Ireland. Annual costs of public media per capita (NZD) as of 2023:

- NZ \$44
- Australia \$60
- Ireland \$73
- UK \$129
- Finland \$145

Levies to fund public media are already up and running successfully in France, Germany, Switzerland, South Africa and elsewhere.

Canterbury Cancer Centre, Papanui, Christchurch

# Filler

The problem with the folded A3 format for the Coastal News is that we have to have a multiple of 4 pages. That is why the BPM item is included [left] and I am writing this piece as we are a little bit short. That means we have more space for anyone that feels they could contribute to this newsletter. Failing that you have to listen to me!

### **Canterbury Cancer Centre**

I am writing this from the Canterbury Cancer Centre in Christchurch. It is a lovely place to stay, just 6 months old. They have sold Daffodil House and all the other properties and concentrated it all in one place. It has 46 motel like rooms with 6 communal kitchens and 3 lounges. TVs all over the place, most of them smart.

In your room you have a small fridge, a jug, bathroom, Wi-Fi, TV, and we have a balcony, though not all do. The view is not great – we look onto the back of Kmart – open till midnight every night. Staff go home at 12.15am shouting goodnight to one another. The noises echo around the industrial space.

Rubbish and recycling trucks come it seems at any time of night and rattle and bang the bins and hydraulics, before a final departure over a speed bump that gives the last clang to make sure you are awake. After the first night we left the window closed and the triple glazing muted it all, allowing us a good night's sleep.

In the kitchen you have your own cupboard and small fridge to store your victuals, plus a communal fridge and freezer, 3 stove tops, 3 ovens, 4 microwaves, 2 double dish drawers, and all the crockery and implements you could want. No pot scrubber though.

Someone burnt their dinner one night, setting off the fire alarm and we all had to vacate to the car park. Two fire appliances turned up to give us the all-clear. A pot scrubber was needed for that nice new saucepan.

Half the people staying here have cancer of one sort or another—that's the downside—the other half are support partners. It makes for a supportive environment as no one is afraid to talk about their condition. Shuttle buses take us to the hospital and back, running every half hour. No car required.

So is it King Charles and I who have some unknown cancer – we almost share a birthday after all – or my partner?

Find out more, as the world turns!

Name withheld—yeah right!



# Noticeboard

**NZ Textile Experiences** have art textile and fibre workshops available in the local Nelson/Tasman area www.nztextileexperiences.com

**Craft Group:** please check with Barbara or Val that meetings are going ahead.

**Stamp & Coin collections** in Māpua/Ruby Bay & the Moutere evaluated & purchased. Nick Ferrier 021 688243

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

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

**Māpua Women's Rec Group**. Come and join our friendly social walking group. Meet outside 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 now at Appleshed: 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.

**Motueka Toastmasters:** Like to speak with more confidence? Meet 1st & 3rd Weds, 6.45-8.30pm, St Johns rooms, Jack Inglis hospital. 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

**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

**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

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

**Māpua Friendship Club** indoor bowls, first & third Mondays. Now at Māpua Bowling Club rooms. Bowls at 2pm, followed by "bring a plate" afternoon tea. \$3 door fee. We are not a competitive bunch and have lots of laughs. For more information 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. mapuaartgroup@gmail.com **MDCA:** Māpua & Districts Community Association meets Feb-Dec, 2nd Mondays, 7pm Māpua Hall; info@ourmapua.org

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

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

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

**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.

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

**Toy Library:** extensive selection of toys, puzzles & videos for children 0-5yrs. Māpua Hall Monday afternoons, 2.30-4pm. 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.

**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

**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

**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.

**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

**Club Notices** are free. Others by gold coin donation to one of the distribution boxes. Please make sure they are up to date. Check out www.coastalnews.online to see the issue in colour.