

Masterplan

Will Council listen to our community or follow the money?

n March our community had the opportunity to voice opinions on the Masterplan Options. The MDCAorganized meeting attracted a large turnout of people who sought discussion and sharing on the masterplan. The range of different interpretations of what was presented does cast some doubt on the clarity of this process.

Some of our elected members and Council staff have made comments related to Māpua which certainly make me wonder....

Here are a few of my observations:

The Masterplan appears to provide more capacity in already zoned areas allowing for smaller housing options, which the community has been asking for. This is great but when we asked if that would reduce the capacity needed in new subdivisions, the answer was no. Reason given was that TDC expects that uptake of these 'smaller housing options' would be low, meaning the full capacity planned for in the Future Development Strategy (FDS) was still required. So, the result is that we will end up with more growth than already planned for. Doesn't add up, does it?

Furthermore, the total number of new houses to be provided is still based on this Future Development Strategy (FDS), in part based on the unmandated decision that Māpua was to be a 'growth area'. The justification for this 'decision' is weak, has been reversed for other areas in the region and was made during a joined Nelson and Tasman Council meeting. None of the elected members were living in Māpua at the time, so the decision was entirely undemocratic. The continuing absence of consultation with the (local) community is utterly wrong. And, given its significance, is entirely at odds with the Local Government Act, which requires consultation on significant decisions.

Most of the jobs, education and services for new residents in Māpua will be in Nelson (35km), Richmond (20km) and Motueka (20km). This will result in more cars on the road, more congestions, higher rates, and negative effects on our environment and the climate. Having Māpua identified as a growth area is therefore not justified. I understand that a Council must legally provide for a forecasted capacity but how this is distributed across a region is up to the local Council. Thus far our Council has been unwilling to discuss the logic and re-consider the decision. Dodging this (re)discussion makes me wonder

whether TDC actually has any rationale for this unfortunate decision.

Council staff also commented that developers are already snapping up land in Seaton Valley. You must wonder who or what provided them with the certainty that they needed, to make these multimillion-dollar investments. So, what certainties have been provided to these developers? You have to wonder.

Legally, the FDS is just a strategy and TDC keeps telling us that there is still a formal (RMA) process where a full justification needs to be provided. Such a process allows for the need to consider the effects on the environment and will allow for submissions. Listening to the rhetoric, it appears that the horse has already bolted. This makes a mockery of the process, doesn't it?

TDC seems unwilling to discuss phasing. We are now one of the most expensive areas in which to build in New Zealand. With all the uncertainty related to future demand for housing, Given the uncertainty and economic challenges it is more than likely that the future need for more houses, certainly in the next 10-20 years will be less than has been anticipated. It is sensible to phase any provision for future development. This would allow Council to adapt to any changes in forecasts. Yet, they seem to be determined to provide the full capacity (plus more as I discussed above) from day one. Doesn't make sense, does it?

Our mayor Tim King told us in an MDCA meeting in April that developers are applying to central Government to be included on the Fast-Track Approvals project list. Projects approved through the Fast-Track Approvals Bill can basically ignore any environmental effects and effects on the community. This draconian, anti-democratic law will not allow for any local feedback. So, this will cut all of us out from the process. On top of that, Council is also contemplating putting projects forward through the Fast-Track process themselves, just to keep up with the developers. Again, no allowance for local democracy; why aren't our locally elected members standing-up against this?

At the same meeting, our mayor stated that (he can't help it that) Māpua is very desired as a place to live and that TDC needs to provide for this out-of-region desire. Under a business-as-usual process that might very well be

Continued from page 1

true: the market decides what they want to build, for who and where. That approach clearly didn't work for many of our communities. I was hoping that the Masterplan development would change this to a process where the Māpua community comes first, where we would be offered what we need.

By focussing on providing more smaller housing options in existing residential areas, I'm sure that many people from outside the region looking for big lots with big houses might go elsewhere. But it looks like TDC is preferring to aim at this "exclusive seaside town" outcome. See my March 2024 edition article in the Coastal News.

Consequently, many of us will be pushed out. The words in the 'Message from the Mayor' in the draft Long-Term Plan "the special qualities of the Tasman District should not be lost as we continue to grow and evolve" don't sound very genuine in the context of the Masterplan. We need a major shift as to how to do planning, for who we provide or enable housing, where and when, how to put in the right rules and how to provide the right incentives to make that happen. Is TDC ready for this? Can it demonstrate capability in this?

And when talking the Long-Term Plan, why does Council not get it, that by growing out, providing for more greenfield developments, once again rates will go up more than needed?

So, the big question is how the feedback on the Masterplan will be processed and translated into the draft-Masterplan. It has become clear that a number of willing landowners and more than willing developers are keen to start developing along Seaton Valley and cash in as soon as possible and that they have a humongous influence on council decisions. What many of us have observed over decades here now, is that what the community wants is never a priority. I hope I will be proven wrong on this this time.

Don't hesitate to let the Council and your elected members know what you expect from them.

Jan Heijs, Māpua



Phone Simon: 021 994 306



The **Massage Studio** Mahana.

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After 22 years, Lynda has sold her Massage Therapy teaching business and is seeing private clients again.

The Massage Studio is warm, private, and selfcontained. \$90.00 per hour (hands-on time). Ph 027 222 1491 for appointments.

Lynda's Exercise Classes in the Mapua Hall

Autumn 2024 Classes restart after Easter, Tuesday 2 April - a 14-week term, maybe longer. Cardio/Weights Tuesday 6 pm, Old-fashioned Aerobics Wednesday 9.05 am. Cardio/Weights Friday 9.05 am. Pilates Wednesday & Friday 10.05 am. A few Friday mornings may switch to Thursdays, and there will be pop-up Advanced Pilates sessions on some Monday, Thursday or Saturday mornings. These will be advertised at the start of the week. 5-trip ticket \$50; 10-trip ticket \$80; 20-trip ticket \$150; 30-trip ticket \$210. Casuals - yes, \$12 per session. Top-ups for single sessions on your ticket \$10.

Please contact Lynda for details, lyndamabin@gmail.com 027 222 1491.



mob 0274 330 651 Jamie holiday@ntmh.co.nz











10th Anniversary milestone

and next steps for local charity OKC

L ast year we celebrated 10 years since the formal establishment of Orphan Kids Charity and the specific successes of 25 orphaned students from northern Vietnam. With support from OKC, students have attended



tertiary studies, gained qualifications, and transitioned towards employment and brighter futures.

Prior to forming as a Trust, local support also enabled the shoes and coats project; the gifts for every child (100) at the orphanage, created by the Māpua Craft Group; funding for games, sports equipment, learning support and educational books for the orphanage.

It is now time for a re-direction of our support. More support is now available for orphaned students who continue to study beyond their secondary school years. Having travelled back to Vietnam in October 2023, I was able to gain a greater understanding of the changed situation for charities in Vietnam.

Overseas based charities must now either have a licence to operate or work through a Vietnam based charity that does have a licence to operate in a specific geographical region. HSCV (which has supported the work of OKC since our very first 'Shoes and Coats' project) has a licence to operate, but this does not cover the area where the Lao Cai Orphanage is. This has resulted in the Orphanage no longer accepting our assistance and HSCV no longer being able to work with us in the Lao Cai region.

Our plan is to continue working with HSCV in the areas they are licensed to operate. We are currently updating our Trust Deed to broaden the scope of our educational support to focus on 'disadvantaged children and young people' rather than specifically 'orphaned children'. Along with this slight change of focus we are also changing our Trust name – we will still be known as OKC - **'Opportunities for Kids Charity'.**

Together our community has made a difference. I had the pleasure of seeing this when I was able to meet some of our recently graduated students. It was so heartwarming to see their transition with new confidence and focus on their futures. Their gratitude for the support they have received is confirmation that together we have made a contribution that has meaning in their lives. As a Trust, it is our goal to continue offering opportunity to disadvantaged children and young people in Vietnam.

We sincerely thank our community's support to date and look forward to continuing to make a difference.

With gratitude, Janet Taylor



Māpua & Districts Community Association (MDCA)

The MDCA April general meeting was held at Māpua Hall to discuss the Ten-year plan for the Tasman District Council, with 33 attendees including our three local councillors Christeen McKenzie, Mike Kininmonth and Dan Shallcrass, as well as our mayor Tim King.

Presentation on the Ten-Year Plan for Tasman District Council (TDC)

Mayor King gave us a thorough presentation of the TDC's efforts to plan for the next ten years of infrastructure maintenance and investment in new projects. Public submissions closed on 28 April, 2024. The full plan can be found online at: Tasman's 10-Year Plan | Shape Tasman.

The Ten-year plan consultation document makes it clear that:

- 1. Our rates will increase by nearly 10% in the year starting June 2024.
- 2. We have to choose between various options for paying for council services and development including selling assets, versus reducing services, versus increasing rates. Every topic covered gives three options: what the TDC proposes as a 'steady state' vs more spending such as improved road surfaces or reduced council service.

Many questions from the audience, such as 'How many new houses will be built in Māpua in the next ten years?' didn't have simple answers. The Fast Track Approvals Bill currently before Parliament (public comments closed on 19 April 2024) would provide an avenue for developers to apply for 'Fast Track' housing approvals, circumventing the careful planning and consultation currently being conducted by local governments. Predicting how this will impact our local area is impossible.

Roads and Pathways news

Since at least 2019, the MDCA has been asking council to complete the pathway from the Māpua wharf across Toru Street, through Moreland Reserve and along the new Māpua Inlet pathway, across the old "Bones Driveway", along Seaton Valley Stream to the Old Mill Pathway behind the school that joins Stafford Drive. This was impeded by reluctance on the part of three private landowners who have now either sold their land or put it on the market. We are asking the TDC to take this opportunity to place "caveats/disclosures" on these properties to enable access for the completion of the long-awaited local pathway. We continue to request council involvement.

Results of the Streets for People consultation should be available to MDCA members in early May. These will be discussed at the May 13 General Meeting. In the meantime, the TDC has received a petition signed by about 100 people to remove the planter boxes. The MDCA does not take a position on the planter boxes.

Community interest groups, Public Transport

The Nelson Tasman Community Transport Trust runs a bus from Motueka to the Richmond swimming pool on Saturdays, Tuesdays, and Thursdays. A trial service between Taparewa and Motueka and Richmond is currently operating for \$6/ride. Schedule and stops can be found online at https://www.ntctt.org.nz/timetables. Māpua Willing Wheels offers reliable and affordable transport in and around Māpua to link up with the e-bus and for appointments, activities, shopping and rides home from after-school activities.

Contact office@ntctt@gmail.com or call 022 6822 373 to schedule rides 24 hours in advance.

The Council e-bus between Nelson and Motueka will be electrified when a charging station is available in Motueka.

Community interest groups, Environment

Seedlings planted along the roadside at Higgs Reserve have survived the drought summer remarkably well with the help of some volunteer watering. Both Dominion Flats and Higgs Reserve are planning new tree plantings this June. Regular weed control days at Higgs Reserve are from 9 am to 12 on Tuesdays.

Raw wastewater discharges into Māpua Inlet continue to cause concern for our avian, fish and aquatic health and wellbeing. MDCA is seeking resolution with the Tasman District Council on the wastewater system before new connections add further load to the system. MDCA member Jan Heijs has been working with the Ministry for the Environment on multiple emergency discharges (nine separate overflows in 2023 alone) to our treasured waterways.

New constitution

The MDCA is updating its constitution to meet requirements of the Incorporated Societies Act of 2022. A brief and plain-language explanation of the changes will accompany the new constitution, anticipated for June of this year.

Our next meeting is 13th May 2024

The MDCA is looking for someone to fill the role of Secretary by 20th May 2024. For information on this role contact secretary@ourMāpua.org by email. The position is well established and comes with monthly remuneration. It's a great way to get to know your community and stay on top of current events!

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



What's on at Hills Community Church?

Sunday

Morning Service - followed by Morning Tea - 9:30am First and Third Sunday – Family Praise and Worship Second and Fourth Sunday – Family Communion 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 – 10am to noon. *A great space for all the whanau*

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 quiet space.

For more information contact:

Hills Community Church: Phone 03 540 3848 office.hcc@xtra.co.nz www.hillscommunitychurch.org



Community Led Housing

An opinion by Jim Vause.

"May you live in interesting times" seemed an appropriate, albeit apocryphal, summary of the issues facing Mayor King as he presented the Council's 10-year plan at the April MDCA meeting. Interesting, in that since the election, the sheer volume and rapidity of the coalition government's repeal of regional development laws and policy has made the Council's task of planning the future of Tasman akin to a Hitchcock horror movie.

Feelings of hopelessness welled up as our good Mayor announced the Council had approached this government to put their own plans. as per the TDC Future Development Strategy, on the coalitions government's Fast Track Bill agenda. Suddenly the community efforts to engage with the Council on the Mapua Masterplan, the FDS and the 10 Year plan seemed pointless.

However, as Mayor King pointed out, with this proposed bill, any one of the gang-of-three fast-track Ministers could simply say yes to a developer and the bulldozers would be off contouring the Seaton Valley Hills



027 226 1722 and ploughing up the wetlands before we even know about

it. Fortunately, Mayor King has a cunning plan. If the Council's application for fast tracking comes off, then maybe, just maybe that would counter developers chatting up a Minister at their favoured Wellington watering hole in order to get his nod to unleash their earthmovers.

In the face of this, the opportunity for a community voice in housing development is something we need to push for. We have to persuade our council and councillors that community led design and planning of sub-divisions is in the interests of both Mapua and the Council and could be a model for achieving the resilient and socially inclusive development Tasman needs, without the sort of oppositional defiant behaviour that willy-nilly development is likely to provoke.

After all, it is the people, not developers, who live in houses in subdivisions and therefore Mapua should be based on the need of the people who will live there. Take a look at the example of Earthsong in West Auckland where urban design is based around social and environment principles. https://www.earthsong.org.nz/



MĀPUA HALL NEWS

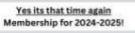
72 Aranui Road Māpua | māpuabookings@gmail.com | 03 5402330

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	9.00 am PANZ Pastel Artists of NZ	AEROBICS with Lynda	9.30am YOGA FOR LIFE With Charlotte	9.00am STRENGTH / CARDIO with Lynda
	9.00 am SIOUX LINE DANCE	9.15 am SLOW YOGA* with Nilddi	9.30am MĂPUA ART GROUP	9.15 am YOGA with Martin
	10.00 am MĀPUA CREATIVE FIBRE 2nd Tuesdays	. 10.00am PILATES with Lynda	M.D.C MAPUA DANCE AND DRAMA CLUB With Miss Emily	10.15 am PILATES with Lynda
		11.30am TAI CHI INTERNAL ARTS	22.45 PRESCHOOL DANCE (1-4YRS) 2.15-4PM JUNIOR DANCE (5-9YRS) 4.10-4.55 PRIMARY DRAMA	
			(5-12YRS) S-5.45PM SENIOR PRIMARY DANCE (B-12YRS+)	
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	
00 pm MAPUA HALL SOCIETY Meeting 3rd Mondays	6.00 pm YOGA with Martin			15 *
.15 pm MDCA PUBLIC MEET 2nd Mondays				

Upcoming Events

Sat 11th May 11am-12pm Music Mix - Experience Music with Brett Hallam Holland

This event is organised in partnership with Nelson Centre of Musical Arts.



Membership: 1st April - 31st March

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 May 2024

Music Mix - Experience Music with Brett Hallam Holland This is a FREE event on Saturday the 11th May 11am

Brett Hallam Holland is a Tasman based musician and music teacher. He will be playing solo and sharing his enjoyment of music with a mix of instrumental and vocal tunes. His dynamic guitar style fuses modern technique with solid 'grooves'. As a songwriter he has recorded 5 albums and has mentored with the International guitar icon Tommy Emmanuel.

Bill Marris Hall Update: This is the month we may see some movement and dates round our repairs. Thanks for everyone's patience as we navigate this process

The hall has been busy with our **regular classes** such as **Yoga**, **Pilates, Weights** and **Cardio, Tai Chi, Choir, Line dancing, Art Classes, Weaving,** our **Hot Desk** meeting space ,**Dance** and **Drama** and our **Commercial Kitchen**.

Office hours are Mon- Friday 9-12pm

Check our Facebook page for all event details:



@MapuaCommunityHall www.MapuaHall.org

What do we know about - Val Roche

first remember Val coming to Māpua Bowling Club Friday night winter socials with her friend and club member, Joyce Colwell. She has also joined us several times for various club celebrations. Now you can get to see her twice a month at the Club as the organiser of indoor, carpet bowls for the Friendship Group. By chance I discovered about her recent award, and it is more than worthy of mention. I will let Val tell her story:

"In 1961 Percy, my Kiwi husband, and I moved from England to the USA. We settled in Omaha, Nebraska because our sponsors were stationed there.

I was brought up in England and trained in the Royal Academy of Dance ballet system.

Shortly after our arrival in Omaha a ballet school, the Omaha Academy of Ballet, was being set

up, and I began to teach there. The organisation was to be non-profit and to train dancers to an advanced level to

provide dancers for the local Opera Company, the community theatre and eventually to build a ballet company for Omaha. The founder of the whole enterprise left after about 18 months when her husband, who served in the military, was posted overseas. I was left to take charge!

It took several years during which examiners from the Royal Academy of Dance came out to examine us plus there were a number of small performances and productions before the Omaha Civic Ballet Company was formed. Our debut was my choreographed version of the "Nutcracker" as guests of the Omaha Symphony Orchestra, on their subscription series.

This became a Christmas tradition for many years until I was asked to develop a degree programme in dance for



the then forming "Fine and Performing Arts Department" at Creighton University.

Something had to go and I turned over the Company to a professional dance couple, who then moved to Omaha.

I believe a dance degree programme in a university should lean heavily in the direction of teaching, choreography and production. And this proved to be very successful, producing many students who have gone into

the profession in these fields and also as performers.

In all we spent 40 years in Omaha before moving back to New Zealand in 2002.

This is some background to explain the reason that in February of this year I flew to Omaha, Nebraska to receive a Lifetime Achievement in the Performing Arts Award from the Omaha Entertainment and Arts Awards organisation.

It was extra special because my former students had nominated me and immensely satisfying that all three

> entities that I started are all still thriving with former students heading and teaching at both Creighton University and The Omaha Academy of Ballet.

> My visit was enriched by many students from all over America returning to celebrate with me. On Awards night I was introduced to the stage with great elegance and much flattery by Sandra Organ, a former student, who danced with the Houston Ballet Company for 15 seasons. Sandra was one, if not the first, black dancer to reach the rank of "Ballerina" in America.

> She referred to me in her introduction as the Grand Dame of Ballet, its Dowager Duchess of Dance as it were, of Omaha.

The award is a glass "flame" on a marble base; it weighs a lot, and I brought it home in my carry-on backpack."

Sue England



Top Salesperson 2023-2024

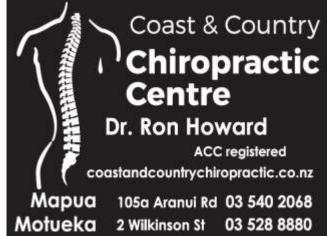
Thank you to all my amazing clients who have trusted me to assist with their property sales and purchases. I am very humbled and grateful to take out the top salesperson Award for Harcourts Mapua.

I'm looking forward to meeting more sellers and buyers this year and continuing to provide that one of a kind service.

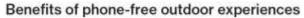
P: 027 23 24 500 E: robbie.mitchell@harcourts.co.nz







Our latest news & adventures



Nature is a powerful leveller and in an age of digital distractions we believe it is also an antidote to the addictive behaviour that devices bring out in our youth. Time and time again, our instructors find that this uninterrupted experience deepens the opportunity for social connection, connection to nature and participant wellbeing. Our preliminary research shows that most of our participants value the social and health benefits that being phone free in outdoor environments provide. In a recent survey (2023) of 48 participants from four of our Trades Academy programmes, 70% of participants agreed that being without their phone helped them to better connect with nature and the outdoors while 63% agreed that having a break from their phone was good for their health and wellbeing. One participant recounts, "I genuinely really enjoyed being disconnected, it really helped me take a break from other things happening outside of camp - like a little sanctuary." Read more of our blogpost at: www.wio.org.nz/news/



Waimea Intermediate in the magic of Kaiteretere

We'll see you out there!

Tasman Mission

We recently hosted the Tasman Mission, a day of environmentally focused activities and challenges for tamariki from local primary and intermediate schools. Organised by Tasman District Council, and supported by many community providers, kids had a ball running around site and completing challenges about water quality, pest management, biodiversity, endangered birds, native seeds, the origin of kai and the footprint of food, upcycling, building waka, sustainable fishing and more!

HENUA IT

Wrapping up our Jobs For Nature project

We are celebrating the success of our three year Kaimahi For Nature Connection project, made possible with Jobs For Nature funding. It was designed to grow our capacity to deliver nature connection experiences in order to build skills, confidence, connection, passion and care for the natural environement. One highlight was delivering over 11,250+ nature connection experiences to WIO participants!



EXPED participants without their devices!

www.wio.org.nz









Ruby Coast Running Club

The cooler autumn days have made for some very pleasant running conditions which has been reflected in the high number of walkers and runners coming along to our Thursday evening 5km events.

The exception being one particularly windy and rainy Thursday evening. Our run still went ahead, albeit with a late course change to avoid some very wet underfoot conditions. We had a small but very hardy group of runners that evening. It was such a contrast the following week to have perfect weather and a record number of 34 walkers and runners.

We have also had runners who have taken part in running events around the region.

At the end of March Kerry competed in the Loop the Lake event and had a great run. This is a technical trail running event of just over 23km around Lake Rotoiti.

Some of our runners took part in the Harris Hilltop Challenge in April. As the name suggests, this is a hilly course. It takes part on private land and is a fund-raising event for the Child Cancer Foundation, so it is a great event to take part in. Our runners who took up the challenge included Rob and Niki who ran the 10km course.

Christine and Graeme headed further afield to compete in the Routeburn Classic – an adventure trail running event that follows the Routeburn Track – with very impressive results. Christine took first place in her age group category and Graeme was placed fourth in his.

At Easter a small group of our runners took part in a more informal and non-competitive event. They joined a trail running/hiking adventure tackling the Craigieburn Traverse over three days. By all accounts this was a fantastic and fun adventure with some epic scenery and lots of kilometres and elevation over the three days.

We also had a group weekend away to the Queen Charlotte Track. We had a group of six, with five runners starting at Ships Cove and one walker starting at Endeavour Inlet. With overnight stops at Punga Cove and Portage we ran or hiked to Anakiwa over three days. We were lucky to have perfect weather and were treated to some stunning views in all directions.

If you would like to join our regular Thursday 5km event, we meet each week in front of the playground by the Māpua Hall. We start at 5:15pm for walkers and runners who 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 find us on Facebook: Ruby Coast Running Club.



Māpua Health Centre Report

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We are pleased to announce that the health centre is now able to offer a number of additional clinics, including full skin checks with Irene Minchin, and appearance medicine appointments with Melissa Russ once a month.

Our health coach, Jessie Mullins is now doing two days a week, on Mondays and Wednesdays. 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 are fully funded.

Flu vaccines are available this month and free 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.

This month also includes asthma awareness day and, in addition to routine supportive options and medical treatment, recent research shows that fruit and vegetable intake has been associated with reduced asthma risk and better asthma control, while dairy consumption is associated with increased risk and might exacerbate asthmatic symptoms (Nutr Rev. Nov 2020).

Whereas, children who eat fast-food 3 or more times a week had a much higher likelihood of severe asthma, as well as more hayfever and eczema; whereas eating extra fruit appeared to be protective (Thorax 2013).

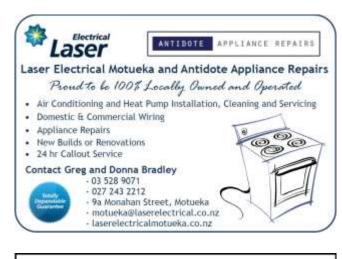


Goodbye is different for everyone

Our family caring for your family Personal | Professional | Affordable shoneandshirley.co.nz 03 5465700 (24 hours) A meta-analysis suggested that taking vitamin D reduced the frequency of acute exacerbations, namely emergency department visits, hospitalizations, or the need to administer corticosteroids, by over 60% (Cochrane Database Syst Rev. 2016). Avoiding sulphites can be helpful as they can trigger asthma symptoms in some people. They are used as a preservative and can be found in wine, dried fruits, pickles, fresh and frozen shrimp, and some other foods.

This month's health events include:

- 1World Smoke-Free Maywww.smokefree.org.nz2World Asthma Dayhttps://worldasthmaday.org.nz
- 5 International Midwives Day
 - www.midwiferycouncil.org.nz
- 5 World Hand Hygiene Day www.who.int/campaigns
- 8 World Red Cross Day www.redcross.org.nz
- 12 International Nurses Day
 - www.nursingcouncil.org.nz
 - ME Awareness Day www.anzmes.org.nz
- 13-17 Privacy Awareness Week https://privacy.org.nz
- 15 International Day of Families www.un.org
- 15-22 Youth Week https://arataiohi.org.nz/youthweek 15-22 Hospice Awareness Week
 - https://www.hospice.org.nz
- 17 Pink Shirt Day awareness of bullying
 - www.pinkshirtday.org.nz
- 19 World IBD Day https://worldibdday.org
- 20-26 Road Safety Week www.roadsafetyweek.org.nz
- 22 International Day of Biological Diversity
- https://www.unesco.org/en/days/biological-diversity
 Multiple Sclerosis Day www.msnz.org.nz
- 31 World Smoke Free Day www.smokefree.org.nz







FRIDAYS IN MAY ALL YOU CAN EAT RIBS NIGHTS \$35

MAY 4th Altitude Pole Studio Showcase

MAY 11th The Best 80s Night Ever Free Entry

MAY 19th Johnny Cash Tribute Sat sold out, Sunday added

MAY 25th Tribalist Jungle Party May 31st Jess Liautaud

Māpua Boat Club

Lake Rotoiti trip report

ake Rotoiti was the venue for a Māpua Boat Club trip during April with interesting historical presentations about the lake and surrounding landscape given by Annette Walker, who organised the trip with Clare Kininmonth.

Boats for morning and afternoon excursions were provided by Tim Robertson, Mike Kininmonth, Dave Jeffery, and Ray Bolderson with Annette giving her commentaries using a bullhorn to members on the surrounding boats.

The excursion commenced with members gathering for drinks and

dinner in St Arnaud at the Alpine Lodge on the Friday night April 12.

An immediate attraction the following morning, while launching the boats, was the large number of eels swarming below and around the jetty. Annette explained that some of the eels in the lake were over 80 years old.

There are two species of eel, Shortfins and Longfins with the latter, being unique to New Zealand and classified as 'at risk.'

The largest recorded Longfin eel was a 24-kilo specimen taken from Lake Waihola, south of Dunedin, in 1974. A scientific examination of otoliths (ear bones) from a sample of 146 eels taken from Lake Rotoiti revealed that one female was 106 years old.

After an average 15 to 30 years for Shortfins; and from 23 to over 80 years

for Longfins, New Zealand eels migrate to the Pacific Ocean to an area thought to be between Tonga and New Caledonia where they breed and die. Their hatched larvae drift back to New Zealand on ocean currents taking about 15 months to do so. On arrival, they transform into tiny

elvers (glass eels) which swim up rivers and streams to grow into adults.

Annette advised that Lake Rotoiti and its sister Lake Rotoroa were formed when rivers were dammed behind 'terminal moraines' - ridges of ploughed up rubble at the front of a glacier

which are left behind when glaciers retreat. The glaciers retreated in this area at the end of the last Ice Age about 15,000 years ago leaving depressions that were filled with water to create the lakes.

Shoreside indigenous forest is dominated by beech and other indigenous vegetation including Rata trees and native ferns. The beech forest is home to Sooty Beech scale insects, which suck sap and secrete honeydew droplets that provide valuable food for nectar feeding birds like tuis, bellbirds, and kaka parakeets. Waste honeydew runs down tree trunks, forming a dark sponge-



like covering called Sooty Mould which gives the trunks of beech trees a black colour. Unfortunately imported wasps have also discovered the honeydew which they devour voraciously back to its source killing the scale insects that

produce the honeydew.

The first European to see Lake Rotoiti was John Sylvanus Cotterell on 18 January 1843. Thomas Brunner and Charles Heaphy reached the lake in November 1843 and Heaphy named it Lake Arthur after Captain Arthur Wakefield of the New Zealand Company, but it later reverted to the Māori name Rotoiti meaning 'small

waters'. (Lake Rotoroa means 'large waters'.)

The first club boat stop on the lake was at the site of the Alpine fault which runs 850km along the Southern Alps - bisecting the South Island and forming the boundary between the Australian and Pacific tectonic plates. A large earthquake on the fault would pose a major risk for the

> town of St Arnaud which sits diagonally crossed by the Alpine Fault.

> The fault line was underneath the lake surface where the boats stopped for Annette's presentation in a line from the adjoining Brunner Peninsula across the lake to 1421m Mt Robert. This was marked by a sudden drop in the lakebed which could be picked up by boat depth sounders but, unfortunately, none of our boat depth sounders were operational! The 7.5km long lake is 82m at its deepest.

Annette also pointed out tracks on Mt Robert that were evidence of earthquake damage. "The Murchison and Inangahua earthquakes have not helped stabilise the steep mountain face," she said, explaining the mountain's landslide risk which has been made worse by fire that had

> destroyed soil-retaining forest along with deer and sheep grazing.

> Annette pointed to a site where a plaque marks the location of a homestead built in 1875 by historical identity John Kerr after whom Lake Rotoiti's Kerr Bay and Kerr Bay Rd are named. His death

by drowning in Lake Rotoiti on May 3, 1898, was ruled accidental but was regarded as suspicious by locals due to him having a number of 'enemies'.

Kerr introduced brown trout into Lake Rotoiti, which are an attraction to visiting anglers today, but the lake was mainly a source of freshwater mussels for Māori who visited it seasonally as evidenced by shells heaped up in old midden sites (mounds of gravel) - one of which Annette pointed out.



Continued from page 12

Boats stopped to briefly view the lake outlet source of the Buller River where it is crossed by the first bridge over the river on the road to Mt Robert. There were some personal connections noted among members with Jack Willetts having worked on excavating the road from the bridge up to the Mt Robert carpark; and Cameron McBride (the brother-in-law of Jenny and John Marchbanks), being employed with Thelin Construction of Richmond to build the Buller River bridge.

The boats then moved further up to the southern far end of the lake, with members disembarking at the jetty by the shoreline Coldwater Hut which is close to the inflow of the Travers River - the main trout spawning river for Lake Rotoiti. Annette described memorable evenings trout fishing from a small boat here with her family as a child.

More intrepid members of our party crossed a lively rocky mountain stream along a track to view the 40m high Whisky Falls - named after an illicit whisky still operated there in the 1880s by Travers Valley farmer Hans Fanselow, who favoured the site for its peaty water.

Fanselow farmed the Travers Valley flats grazing cattle and sheep which were driven down the eastern side of the lake to St Arnaud. He brought wool out by rowing a barge down the lake.

On the return trip to St Arnaud, Annette pointed out truncated spurs along the eastern shoreline which are evidence of past glaciation. She mentioned that Whisky Falls also flows over a truncated spur. Scree slopes on the

eastern shore resemble rock landslides created by exposed and fragmented greywacke rock - large accumulations of broken up rock fragments.

Annette said this shoreline is home to the highest living alpine cicadas, black butterflies, and giant land snails - all relics of New Zealand's Gondwanaland period.

A communal BBQ (with way too much food on offer) was enjoyed on Saturday night at Blechynden Shelter in Kerr Bay; and the trip concluded on Sunday morning with a visit to the boat museum at St Arnaud, once again narrated by Annette.

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Māpua spring plant sale

S aturday September 21st, 2024, 10am - 1pm. Can you help gardens and the community to bloom?

Following the success of the last few years, the date for the annual fundraiser for the Māpua Community Hub has been set. The plant sale will be held at the old church, 121 Aranui Road. There will be seedlings and plants at great prices, along with other activities.

Autumn is upon us and following the recent rain, now is the time to be helping out by preparing plants to donate. Please support the Māpua community by potting up any plants/cuttings/bulbs from your (or your friends') gardens and set them aside until closer to the time. Please pass on this request to any relevant people and networks - the more plants the better!

If you would like pots for your plants, or any further information, contact:

Jan Patterson 027 701 1032 jan.pattersonnz@gmail.com

The Māpua Community Hub is being developed in response to an expressed need from the Māpua community, to complement existing local health, social support and community facilities.





Moutere Hills RSA Memorial Library Māpua Community Library

Annual General Meeting Wednesday 8th May at 7pm cnr Toru and Aranui Road, Māpua

Thanks to everyone who supported our Quiz Night held at the Sprig & Fern on the 27th of March. We raised \$784.10 which will go towards purchasing new books for the library.

Every month the library purchases approximately 20-25 new books for their collection - for example in March we purchased 15 adult fiction, three adult non-fiction, one children's fiction, two children's non-fiction and eight children's picture books.

Our next book sale is scheduled for Friday 28th June which happens to be Matariki festival day and a public holiday. The event will take place on the front lawn of the library weather permitting.

Annual General Meeting Wednesday 8th May at 7pm Cnr Toru St and Aranui Rd, Māpua



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Motoring





Cam Timing Belts Importance of Replacement Schedule

The cam timing belt is a toothed belt made from different combinations of rubber, nitrile and nylon and is usually protected by plastic covers at the front of the engine.

It has a limited lifespan, with most manufacturers recommending full replacement every 90,000 to 100,000km (check your vehicle owners manual for recommended replacement intervals as some can be scener than 90,000km)

The cam timing belt provides synchronisation between the crankshaft which controls the movement of the pistons, and the camshaft which controls the movement of the valves.

Cam timing belts can fail for several reasons. They may have reached the end of their life, deteriorated due to unattended oil & fluid leaks onto the belt, or the bearings on the idler pulleys and pumps etc. may have seized or collapsed. It is highly recommended a full cam timing belt kit which includes idler bearings, pulleys and tensioners be fitted at replacement time.

Failure of the cam timing belt will cause major engine damage if the pistons and valve train collide, resulting in an expensive repair bill.

If you are considering purchasing or have purchased a secondhand vehicle it would be wise to check when the cam timing belt was last changed. If this information is unavailable, we would advise you get the belt checked or replaced.

The images below show:

 A cam timing belt weaving its way in and around pulleys, tensioners and idler bearing.

2. A fracturered cam timing belt.

Valves protuding into the cylinder head which have been hit by the piston on its upward stroke, the result of

a cam timing belt breaking.

 Bent valve stems, the result of a cam timing belt breaking.



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The Write Bias

News from Māpua Bowling Club

Some words from Debbie Win, the Club President: "On a beautiful warm February evening, we welcomed

five teams of both men and women to the Māpua Bowling Club for the introduction night to the League Competition.

Enthusiasm was high and after a preliminary introduction about our precious green we were out the door and into the business of matching players to the right sized bowls, teaching them about the right place to stand on the mat, the delivery of the jack (kitty), holding the bowl, delivering on the right bias and informing them they need to "take a little of green" or in other words, you can't bowl a bowl straight as it will end up in someone else's game.

Then they were into the playing of their first trial game. There was a little help needed for the scoring, but they all took to the game of bowls like ducks to water.

We needed six teams for a five-week round robin but only had five actual teams: Bikies, M2W, Rabbit Island Coffee, Rolling Thunder, and Baseline Builders.

So Māpua Bowling Club put in a team of two junior players and one senior player who didn't mind giving their time.

To the casual observer the games were friendly, but there was a definite undertone of "come on, we can do this" or "we take no prisoners".

It was surprising to see how quickly everyone improved and it has been lovely to see some of the Thursday night players turn up to the Club Day roll ups.

We were short of a player in a Māpua Bowling Club tournament, "GIGGLE DAY" which is exclusively for women. Kate, a brand-new Thursday night player agreed to give playing all day a go, which she did brilliantly.

The league was an absolute blast and the prize and trophy presentations on the final night, along with a supper, was a fitting finale.



- 1st Rabbit Island Coffee
- 2nd Rolling Thunder
- 3rd Bikies
- 4th Baseline Builders
- 5th W2M

Thank you to all who made the league happen; we will see you again next season."

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



OWTIVATED Lawn & Garden LTD For all your garden needs: Weeding & Mulching Pruning & Hedge Trimming Push & Ride-on Mowing Brush Cutting Green Waste Removal Lifestyle Blocks Something you want done not listed above? Give us call! Michael and Anita are a husband and wife team with a passion for providing excellent quality garden services. We are not afraid of taming wild gardens. 027 599 3304 No job too small, just give us a call. Free quotes! **Perrys Auto** Aranui Road, Māpua | 03 540 2866 Jack We'd like to welcome Jack, our newest employee, who'll be learning from Henk in the workshop

NPD Fuel Cards • SuperGold Cardholders welcome • Repair & maintenance workshop · Electrical & air con work · 24 hr Breakdown: Call AA if you are a member or 021 540 286 T: 03 540 2866 | E: perrys.auto.services@xtra.co.nz www.perrysautoservices.co.nz | Find us on Facebook @perrys9829

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Mar to Apr 24 call outs

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

17 Mar 17:50 Cars on fire Iwa St believed to be out, Ex firefighter put it out.

17 Mar 18:10 Bonfire on beach at McKee domain, put fire out, person at fire did not know of total fire ban.

22 Mar 15:35 Medical call to Māpua Health Centre, threat to life, stood down before getting to station.

23 Mar 10:25 beach fire at Pine Hill reserve, unattended fire from the night before, brigade put out.

29 Mar 13:21 Camper van fire on Westdale Rd, fully involved. Brigade put fire out, vented an LPG bottle. Possible fuel issue.

Call outs for the year =22

Safety Tip – Be safe.

Check fireplaces, clean chimneys, use the 1-metre rule when using log burners.

Go to the Check it's alright website 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 in the day time.

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



Māpua Village Bakery

Staff Update



This handsome young fellow is Nic. He was born in Russia but was adopted and moved to Christchurch when he was four. He's been in Mapua a decade now though, so he's officially a local.

He's been with the Mapua Village Bakery for two years now.

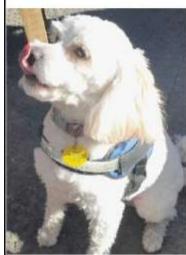
While here he's been in charge of back of house

making sure everything is in the right place and looks great. He's just started doing some baking training to see how much he likes it.

He was really good at football, but a leg injury has ended his hopes for a spot in the Premier League. He still loves Football and MMA sports, but just on TV. Mostly he loves some quality family time.

At the bakery he really likes his regular customer mates and the overall work environment. He's loving the baking training he's getting at the moment. Hopefully he'll soon learn how to make his favourites: potato top pies and chocolate slices!

Pet of the Month



This handsome young fellow is Charlie.

Charlie is a mixed breed called a Cavoodle. That's a cross between a Poodle and the Cavalier King Charles Spaniel.

He's here at the bakery today enjoying a Puppuchinno to celebrate his 1st birthday!

When he's not snacking at the bakery he likes

walking on the beach and playing with other puppies. But that's not his true source of joy. That's petty larceny.

He loves nothing more than wandering off with some keys, remotes, or other useful household objects.

Of course there is something he loves even more than a good petty theft, and that's cuddles and attention. If you ever see him, say hi, he's very friendly.

New Products

Soup's Up!

Winter is coming. We've already had a tiny bit of frost at our house, so we're bringing in the firewood. But it's not all cold and darkness in Winter. With the long nights come roaring fires, mulled wines, and hot soups.



We at the Mapua Village Bakery plan on doing our part. As with every year, once it gets cold enough (that's now by the way) we add a Soup of the Day to our menu.

This year the Soup of the Day will rotate between pumpkin, potato and leek, and tomato soup. So hopefully when you're in the mood to warm up your insides with a bowl of hot soup we'll have your favourite on.

And if not, it will still be hot and delicious!

Gluten Free



We're a bakery, so gluten is really our thing. But gluten isn't friendly to everyone's bellies. So that these folks aren't left out we try to have a nice selection of glutenfree baked goods as well as our normal

range.

Some of our gluten-free selection includes friands, carrot cake, raspberry and chocolate brownies. If that's not enough we also have neenish tarts and salted caramel bombs, not to mention our new ginger cakes.

Our breakfast and lunch menus also have gluten-free options in most cases when appropriate.

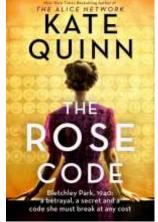
Please note that while our gluten-free products don't have gluten put in them, they are baked in a gluten environment.

Book Review The Rose Code

by Kate Quinn

First published 2021

n the autumn of 1939, Hitler's advance seemed unstoppable. German military communications were relayed using hand ciphers, teleprinter codes, and above all Enigma machines – portable cipher devices that scrambled orders



into nonsense so they could be relayed via Morse code over radio transmitters, then unscrambled in the field.

Even if the scrambled orders were intercepted by the Allies, no one could break the encryption. Germany thought Enigma was unbreakable. They were wrong.

In 1940, three very different women - aristocratic Osla, Londoner Mab, and shy local girl Beth - are recruited to the mysterious Bletchley Park, where the best minds in Britain train to break German military codes.

Seven years after they first met, on the eve of the royal wedding between Princess Elizabeth and Prince Philip, disaster threatens. Osla, Mab and Beth - their friendship torn apart by secrets and betrayal - must race against the clock to crack one final code before it's too late, for them and for their country.

Reviewed by Barrie Walker

Another good read by this author is "The Alice Network".

Māpua Craft group

or the last meeting of the month, we enjoyed a special morning tea including Anzac biscuits. We found our knitted poppy patterns and wore those made in previous years.

Our focus was on preparing for "iris" folding, a challenging and beautiful project. See the photo of the card attached.

Ella and Val have completed the pale lilac blanket in the second photo.

A request from a friend of our group for pretty, small buttons saw us exploring the contents of our large craft cupboard from which we were able to supply a multicoloured selection. Any more buttons, wool or material leftovers are always welcome, as we find new uses for such items.

Everyone is welcome to pop in and meet us at our gatherings, usually from 10am until noon at Hills Community Church meeting room. May meetings are on the 3rd and 17th; there is a small Koha of \$3 to cover the hire of the room.





Barbara Halse, 03 5403901.

RUBY BAY STORE What's Up Next!

3 May, 7.3

The Connor Family Band Nelson-based, each and every one a musical talent, off soon to country music capital Gore. With special guest Zac Griffith \$20

Saturday 4 May, 7 µm The Nile Street Project This experienced trio employs chimes, percussion and harmony in contemporary neoclassical compositions \$25

ti May, 7pm Polly & the Minstrel Popular Nelson performers of folk, reggae and more, Nathan Torvik and Siobhan Sweeney \$25

Friday 17 May, 70m

Singer Songwriter Showcase Folk to watch: Nick Feint (Takaka), Rachel Hord (Wellington); Pete Nortis and Farley Hokopaura (Taranaki) \$25

Saturday 18 May, 7pm

Nelson County Playboys Americana-Steve Earle and more-from crowd favourites Clayton Taylor, Nathan Torvik and Texan John Ray \$25

Sunday 19 May, 7pm NZ Classic Movie: Perfect Creature Stylish 2007 thrillen/horror retelling of the vampire myth set down south in the steampunk 1960s. R16 \$15/\$12 (add \$10pp to pre-book our fish-and-chips special)

Friday 24 May, 7pm Le Gumbo Combo 1950s and '60s New Orleans rhythm and blues \$25

Saturday 25 May, 7pm

Luke Hurley Originals from the singer, guitarist, songwriter and busker who toured back in the day with Michele Shocked and Marianne Faithfull \$20

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

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Noticeboard

NZ Textile Experiences have art textile and fibre workshops available in the local Nelson/Tasman area www.nztextileexperiences.com . See ad p3.

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 Village Mall 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: Speak with more confidence? Meet 1st & 3rd Weds, 6.45-8.30pm, St Johns rooms, Jack Inglis hospital. Visitors welcome. Info 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 2nd 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 [wrong number!]

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 contact details are up to date. Check out www.coastalnews.online to see the issue in colour.