



Māpua & Districts Community Association (MDCA)

The April meeting of the Māpua and Districts Community Association was held on Monday 14th at the Māpua Hall.

Our speaker this month was Councillor **Trindi Walker** who shared some of her background leading to her current involvement with the **Motueka Youth Development Centre** known as "The Spot" (Instagram @thespotmotueka).

She described the issues and challenges around funding, in particular once they were past the seed-funding stage.

Trindi also highlighted the importance of having a dedicated venue; their strategies to avoid becoming 'babysitters', and their mantra of being 'by rangitahi, for rangitahi' (by youth, for youth).

Some key links developed with other projects were discussed, with one important initiative being developing a local community directory specifically for youth.

Councillor Mike Kininmonth outlined the next steps for the **Māpua Masterplan**, with deliberations by TDC staff ongoing following the public hearing earlier in April, consultation/notification to public for any final additions/alterations to the draft plan, before the final Masterplan is put to full Council Meeting for a vote. Councillor Kininmonth agreed to provide a copy of the final Māpua Masterplan Report when it is available.

Regarding a request received by TDC to **restrict parking along Māpua Drive** adjacent to the Aranui Park entrance (where vehicles for sale are commonly located), the question was asked as to why this proposal has not been publicly notified (to date only neighbouring properties and the MDCA have received notice of this proposal and been requested to provide feedback).

Concerns were shared that restricting parking may result in just shifting the problem to another location. Councillor Mike Kininmonth agreed to investigate and share the rationale behind this proposal and to investigate whether any other options were being considered.

On other Roading issues, it was noted that the **Ruby Bay Bluff** road was closed during the recent period of heavy rain and that there seemed to be minimal cliff damage. TDC intends to review the current single lane status in Spring 2025.

Following questions regarding the intended use of the **new commercial building** currently under construction on

the corner of Warren Place and Stafford Drive, the Chair confirmed that based on his discussions with the Nelson-Tasman Chamber of Commerce (NTCC), tenants for this include NTCC themselves, shared co-working space and fitness studios.

More information is available at:

<https://www.commerce.org.nz/> and

<https://www.mahitahicolab.nz/post/mahitahi-tasman-coming-2025>

The **Community Emergency Preparedness** subcommittee continues to make good progress on the draft CEP Plan, with Clare Kininmonth noting that Section A was nearing completion, and a draft community survey is being finalized.

Subcommittee member Susie Wendelborn attended the NTEM supervisor training course and Paul McIntosh (Chair) noted that in the near future nominations for a Māpua Civil Defence/Emergency Management Coordinator will be sought, and encouraged attendees to consider registering as CD/EM volunteers.

During the Open Forum, Clare Kininmonth spoke about **No Man's Island** – a small sand bar island off Grossi Point which is administered by DoC. This is a Nature Reserve established to protect threatened flora and fauna, and **landing/access is strictly prohibited**. Despite this Clare noted that on several occasions people have been seen doing so.

There is a small DoC sign on the island, but the larger sign at Grossi Point has been removed to be updated. Councillor Mike Kininmonth will request that the new sign include No Public Access or similar on the island. Additionally, MDCA will post a similar notice on the Community Noticeboard at the wharf.

The **Waimea Estuary** is to be the Topic for our Guest speaker at our June meeting, and our TACA neighbours will share their journey on the Te Mamaku Drive Planting Project.

**The next Public Meeting will be held on
Monday 12th May.**

Annual membership subscriptions are due and can be paid by direct credit – see www.ourMāpua.org for details.



When was the last time you really noticed your hands?

Not just what they help you get done – dishes, texts, carrying bags – but what they might be telling you about your

health. Specifically, your brain.

Strange thought? Stay with me.

A major study from the *Journal of Cachexia, Sarcopenia, and Muscle* (2022) looked at how strong (or



not) your handgrip is – and how that might link to your future risk of dementia. The big idea? Weaker hands might signal more than tired muscles. They might be whispering something

about your brain's resilience too.

So how did they figure this out?

Researchers used data from the UK Biobank – a health resource following close to 500,000 people in the UK, aged 37 to 73 at the time of enrolment. They tested grip strength using a handheld device and then followed people for an average of 9 years to see who developed dementia and who didn't.

And the results?

☞ The stronger your grip, the lower your risk of dementia

☞ The weaker your grip, the higher your risk – not just of dementia, but of earlier mortality.

Grip strength came out as an independent predictor – even when accounting for age, sex, education, and lifestyle factors.

So yes, it's not just about being able to open jars or hold a yoga pose. Grip strength is a simple, powerful signal of how your whole body – including your brain – is holding up.

Why does this matter?

As we age, strength doesn't just fade from our arms and legs – it often starts in the hands. Grip strength is one of the first places where muscle loss shows up. And when we ignore that early signal, it can set off a chain reaction: reduced mobility, poor posture, balance issues... and now, as this research suggests, even cognitive decline.

But here's the exciting thing, this is one of those areas where you have real influence.

Grip strength isn't luck – it's something you build. Slowly. Consistently. Through movement, variety, and attention. You don't need fancy equipment or heavy weights. You just need to use your hands – hang, carry, squeeze, climb, crawl, play. Functional movement lights up the brain in ways that sitting still never will.

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Because strong hands aren't just useful. They're telling you something. And they might just be your brain's best ally.



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There is no separate January issue.

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Vetlife Paws for Thought

Animal Health Partners

For May's edition of Paws for Thought we sat down with another of our regular Māpua vets, Dr. Olivia Meade, to find out a little about what makes her tick. (Not the bloodsucking kind, mind you—we've got those covered in store with our top-notch preventative parasite treatments!)

What inspired you to become a Vet?

I used to watch Animal Planet with my grandparents when I was little and the shows on there sparked my passion for working with animals.

What do you enjoy most about working at Vetlife Māpua?

The beach is well within walking distance for my dog and I to walk to on my lunchbreak!

Is there a particular animal you enjoy working with the most? Why?

Native birds. They have such a wide range of features unique to each bird. Also cats, they love hiding all their conditions to make for a good mystery.

What aspect of your job gives you the most satisfaction?

Helping clients and their pets to get the best options for them. I enjoy seeing my repeat clients too.

What do you appreciate the most about working and living in this region?

I can get from my house to the beach, work and shops within 10 minutes.

What was the first pet you owned?

My first pet as a kid was a conure parrot. But the first animal I was solely responsible for was a cat that I foster-failed during university.

If you could choose any superpower, what would it be?

Shapeshifting, how cool would it be to be able to go from the size of a mouse to the size of a giraffe in a short span of time.

What's your go-to Karaoke song?

Bring your earmuffs if I'm on karaoke, I'll be singing All-star from the movie Shrek.

If you could travel anywhere in the world, where would you go and why?

I would travel over to the UK; they have such a rich history of buildings that I would love to explore.



Vetlife
Animal Health Partners



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We are open Monday - Friday 8.30am - 12pm + 1pm - 5.30pm

Masterplan

Māpua's fate now in the hands of councillors.

On 26 March, our elected members listened to verbal submissions on the draft Māpua Masterplan. This was a very strictly time-controlled event, where the chair was more driven by keeping the submitters to the 5-minute time slot rather than providing the space to make a valuable contribution.

Despite some submitters not attending, which provided additional time for those present, there was no leniency granted to ensure comprehensive input or allow for questions.

During the break, a councillor informed me that it was challenging to make decisions on the proposed developments due to differing perspectives.

My observation is that developers and certain landowners, who anticipate financial benefits, were in favour of all the proposed greenfield developments in Seaton Valley.

Conversely, community members who submitted their opinions were opposed.

The core issue, therefore, is whether our elected representatives will act in the best interest of the village community or be influenced by the development sector.

Some submitters questioned council on what processes are used to arrive at a decision, how this will be communicated, the transparency of the decision making and democratic processes in general.

A few key topics from my verbal submission:

Just about growth

While the Masterplan includes 10 principles, encompassing areas such as the environment, walking, cycling, and liveability, the introduction only talks about growth. The plan indicates that the implementation of works for any principles unrelated to growth is dependent on the available budget.

It is interesting (or disturbing?) that the word 'urban' is often used. According to my dictionary the use of 'urban' is related to cities and towns, not villages. This is all evidence of clear bias. It appears that the council's priority is growth, with an intent for Māpua to evolve into an exclusive seaside town rather than maintaining its village character.

Many community suggestions incorporated into the masterplan related to the non-growth principles, are unlikely to be realized in the near future due to budget constraints: possibly empty promises, i.e. an alternative channel crossing or bridge. Observing the commitments made during the approach to the next council election will be of interest.

Large part of Māpua not in the Masterplan

The Masterplan is intended for the whole of Māpua and Ruby Bay but doesn't include a large part, being the lower lying, older areas of Māpua and Ruby Bay. Although the Masterplan doesn't explain why, it seems that this is triggered by future sea level rise predictions.

The time that sea levels rise and might make the lower parts of Māpua inhabitable, is still at least 50-100 years away. Just to fully ignore this area and not provide a vision is not fair and at odds with the intent of the plan. What if property owners want to redevelop? Is that allowed and how? Will the council look after its infrastructure? Is there an intent to keep the infrastructure and will the council ensure that liveability expectations are met? Not a word.

The need for more (smaller) housing options

What is really saddening is that many residents, especially elderly, often need to relocate from their friends, family, and local community when they wish to downsize



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due to the limited availability of one- and two-bedroom housing options in Māpua. Singles and young couples also encounter challenges in finding smaller living arrangements in the area.

The backlog of this type of housing is estimated (based on surveys) at about 20%-25% of the housing market. Māpua has next to nothing!

Although the Masterplan has recognized that there is more need for different types of housing, including smaller 1–2-bedroom options, and will allow for these types of housing to be provided, it is not clear how TDC intends to achieve this.

TDC has traditionally relied on the market. Given that the market has not resolved this issue previously, it is unlikely to do so in the future. The Masterplan needs to be more specific how it wants to clear this backlog and spell out (or require) this in future zone changes.

When these smaller options are provided and people move into these, this will free up larger properties for those that are looking for these.

This discussion is not about opposing change or development, which is a frequent accusation directed at us. It concerns the nature of the growth and its specific location.

If all of the above eventuates, the need for greenfield developments in Seaton Valley is not needed.

Regional Growth Strategy should not be a holy grail

When the Regional Growth Strategy (RGS) was developed a few years ago, TDC stated that it was a strategic document providing direction for future growth and that any development proposal (or plan change) would still need to go through a thorough process related to the need and scope as part of a zone change. Now it seems that what has been adopted in the RGS (not supported by the Māpua Community!) is non-negotiable and the Masterplan is only a part of the delivery.

Avoidable rate rises.

Greenfield subdivisions will result in higher rates compared to infill developments. It is concerning that TDC continues to support greenfield developments despite these preventable rate increases. To date, TDC has prioritized large lot developments catering to out-of-region demand, thereby overlooking local housing needs. It is imperative that our elected members focus on addressing the housing requirements of the local community.

Stormwater CMP is incomplete and not fit for purpose

The stormwater catchment management plan (CMP) doesn't show the impacts of future development, for example, on flooding or effects on streams. It suggests that the proposed wetland at the bottom of Seaton Valley will also be used for stormwater treatment from future upstream developments. This is not consistent with TDC's own guidelines and not good practice. Stormwater treatment should be provided by the developer separately.

The CMP lacks the quality, accessibility, and detail of others like Richmond CMP. Is TDC compromising its work ethics?

What happens next?

The council will discuss the feedback received in a deliberation meeting, which has been rescheduled from 28 April to 19 May at 9:30am. This date may change. Attendance is encouraged, although public speaking is not permitted.

It has been disappointing to see that in the past many comments have been ignored and were not included in the consultation summary document. This raises doubts about whether feedback accurately reflects community views and if staff are receptive to new ideas. Moving forward, I hope all feedback is considered with an open mind by staff and elected members, prioritising local needs.

Following this meeting, the final plan will be drafted and adopted later this year. For updates on the process, please monitor communications from the council.

Jan Heijs, Māpua

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**Fri April 4th:
80s Night, Free entry**

**Sat April 5th:
Burlesque Night**

**Fri April 11th:
The Doors Tribute Night**

**Sat April 12th:
Nirvana Tribute**

**Sat April 19th:
King Leo and Oscar LeDell**

**Fri 24th and Sat 25th April:
A Very Gay Cabaret**

**Thurs 1st May:
Andrew London Duo**

**Sat 3rd May:
Jackie Clarke!!!**

Māpua Health Centre news

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

Please book with our receptionists or check with our nursing team if you are uncertain about funding.

A reminder that the standard GP and Nurse appointments are only 15 minutes. Please talk with our receptionists to book a longer appointment if you feel it's necessary.

Examples of the need for longer appointments are complex health concerns, mental health reviews, multiple issues, in-depth examinations. Also, it is important for patients to be on time for appointments and, if late, it may result in their appointment needing to be rescheduled.

This month also includes asthma awareness day and, in addition to routine supportive options and medical treatment, several dietary factors have been recognized as potential contributors to the development and severity of asthma for its inflammatory and oxidative effects.

Some food groups such as fruits and vegetables, whole grains, and healthy fats appear to exert positive effects on asthma disease. On the other hand, a high consumption of dietary salt, saturated fats, and trans-fat seems to have the opposite effect (*Appl. Sci.* 2023, 13(11), 6398).

In fact, children who eat fast-food 3 or more times a week have a much higher likelihood of severe asthma, as well as more hayfever and eczema (*Thorax* 2013).

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:

3	World Asthma Day	worldasthmaday.org.nz
5	International Midwives Day	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
12	ME Awareness Day	www.anzmes.org.nz
12-18	Hospice Awareness Week	www.hospice.org.nz
12-18	Road Safety Week	www.roadsafetyweek.org.nz
12-16	Privacy Awareness Week	https://privacy.org.nz
15	International Day of Families	www.un.org
16	Pink Shirt Day – awareness of bullying	www.pinkshirtday.org.nz
19-25	Youth Week	https://arataiohi.org.nz/youthweek
19	World IBD Day	https://worldibd.org
22	International Day of Biological Diversity	www.unesco.org/en/days/biological-diversity
30	Multiple Sclerosis Day	www.msnz.org.nz
31	World Smoke Free Day	www.smokefree.org.nz

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Ruby Coast Running Club

On Sunday 13 April a group of our runners took part in the Harris Hill Top Challenge. In its fourth year, this is a relatively new event and has become a regular fixture on our annual running calendar.

The event takes place at The Summer House on the Atawhai hills, a beautiful spot with views across Nelson and Tasman Bay. It is a fundraising event with all profits going to child cancer.

There is the option of a 7km run or walk with around 350m elevation gain, or a 10km run with around 650m elevation gain. It is not just the amount of elevation that makes this a challenging event, it is the terrain as well. The run is almost entirely on farm tracks which can be rutted, slippery and difficult to navigate in places.

All our runners opted for the 10km event. We were lucky to have perfect weather for it. It was sunny and clear so we could enjoy the stunning views and a great temperature for running too. All ran well and enjoyed the challenge of the event, followed by a well-earned coffee on the lawn at The Summer House afterwards.

In the meantime, our walkers and runners have been continuing to enjoy some lovely autumn evenings for our Thursday 5km events. That is, apart from one evening last month when we had torrential rain and strong winds. We still had a hardy (or is that crazy?) group of ten runners turn up that evening. Extra kudos to you all for venturing out that evening.

A reminder for our regular walkers and runners: with the shorter days since the clocks have changed it will soon

be time for head torches and reflective gear for Thursday evening runs.

If you would like to join us, just come along. 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. Four legged runners are also welcome. However, if you are bringing your pooch, we ask that you please join the 5:15pm group. There is no need to register in advance and no fees to pay. Please just arrive a few minutes beforehand to sign in and to listen to the course briefing. Then join us afterwards for well-earned refreshments and socialising at the Māpua Sprig & Fern.

Also find us on Facebook: Ruby Coast Running Club.



RCRC runners Dawn, Karen, Faye, Mark and James at the Harris Hill Top Challenge]

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Hidden Poisons

by Lee K Curtis

I was recently heartbroken when half of the beautiful organic seed potatoes I bought didn't come up at all and the other half came up looking all twisted and tortured.

Then my tomato, pea and bean seedlings started to look like mutants too. The compost/ horse poo /straw mounds I carefully and lovingly constructed did not produce the results I had anticipated.

Last week, my tireless and curious gardener took photos of the pathetic potatoes and sent them to Wally of Wally's Garden. He responded almost immediately, stating that they were poisoned, undoubtedly by a herbicide that was in the straw or horse poo.

Being a die-hard organic gardener, I was devastated but determined to fix it. Here is what I have discovered so far; hopefully it will help you to avoid making the same mistake.

At a recent dinner with friends, one of our fellow avid gardeners informed us that the herbicide was probably **Aminopyralid** – sold as Milestone, Forefront, Pharaoh, Banish, Tordon X. (I have since discovered that it could also be **Clopyralid** – now banned for home use in NZ – sold as Curtail, Confront, Clopyr AG, Lontrel, Stinger, Millennium Ultra, Millenium Ultra Plus, Reclaim, Redeem, Transline. There are others as well, but I'll spare you the gory details).

Aminopyralid is used to spray grazing pastures. It is a selective herbicide that controls broadleaf weeds, especially thistles and clovers. The cows and horses eat the grass/hay and the Aminopyralid goes right through them, remaining as a herbicide in their poo.

When asked if Aminopyralid is legal in New Zealand, Brave's search engine AI tool answers:

Aminopyralid was initially approved for use in New Zealand in 2005, but its use was subsequently suspended in 2008 due to concerns about residues in manure and compost. The product was re-approved in 2009, with new

recommendations and a stringent stewardship program to prevent inadvertent movement of manure from farms.

However, in 2020, a group of councils and "green waste" companies successfully persuaded an environmental regulator to block householders' access to Aminopyralid, citing concerns about contamination of compost and manure.

Apparently, this is not the case – it continues to be readily available to home gardeners.

Grasses sprayed by any of these three products can also potentially be contaminated. This also applies to any products *derived* from those grasses, such as:

- Compost
- Hay
- Manure
- Straw

It only takes a minute amount of aminopyralid to affect the following plants:

Beans and other legumes	Carrots	Dill
Parsnips	Celery	Fennel
Celeriac	Chervil	Lovage
Spinach	Artichokes	Lettuce
Cardoon	Salsify	Chicory
Potatoes	Some species of roses	Dahlias
		Parsley
		Tomatoes
		Sunflowers
		Peas

Signs of contamination:

- Curled leaves and shoots
- Yellowing of leaves
- Dead leaves and shoots
- Poor germination


How to protect your garden:

- Make your own compost.
- Do not bring in outside compost, straw, hay, or manure, especially the bagged stuff from the store.
- When you purchase compost, straw, hay, or manure from a farm, ask the farmer what they spray on it. A good sign for hay is if has broadleaf plants mixed in with it.
- Pay attention to what your neighbours are spraying as it could drift onto your land and contaminate it.

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Different fuels have different amounts of carbon and hydrogen and as a result have different perfect oxygen:fuel ratios. Too much oxygen in the ratio causes the engine to run lean. A lean mixture produces nitrogen oxide pollutants and can also cause poor performance and engine damage. This can shorten the lifespan of both the catalytic converter and the engine. Too little oxygen produces a rich mixture resulting in more fuel being used than burnt. Rich mixtures waste fuel and cause pollution.

The Oxygen Sensor is positioned in the exhaust pipe and detects rich and lean mixtures. The mechanism in most sensors involves a chemical reaction which generates a voltage. Voltage is analysed by the engines computer to determine if the mixture is rich, lean, or just right. The amount of fuel entering the engine is then adjusted accordingly.



Oxygen Sensors gradually age and work less efficiently as a result of the harsh environment they are exposed to within the vehicle. Aged and failed sensors cause problems such as: poor fuel economy, failed emission tests, premature failure of catalytic converters and poor engine performance.

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PANZ

Pastel Artists of New Zealand - Nelson Area

12 members of our PANZ Nelson Area group, travelled to Alexandra for the weekend of 5th and 6th April to attend the annual Purely Pastel National Art Awards and Conference. It proved to be a most entertaining, educational, positive and rewarding weekend.

A chance to mix and mingle with Pastel Artists from all over New Zealand and ooh and aah over 80 wonderful paintings, each of which had passed a rigorous selection process. Three of our members were successful in winning awards.

General Exhibition:

The overall winner was Mary-Jane Steffens with "Hope – in Sepia" (a beautiful portrait).

Highly Commended was Colleen Henderson with "Night Lights" (a Cityscape at night).

Masters Circle:

Honourable Mention was Glenys Forbes with "Three's Company" (3 white roses).

Glenys was also presented with her Master Pastelist Award Certificate. A great honour with her being only the seventh member to earn and receive this Award from the National Body since its formation in 2002. (Our Nelson Area was formed in 2005)

If you are interested in viewing the paintings and/or a video of a Judges "walk Around" where the paintings were critiqued for artists, then please visit www.pastelartists.co.nz/2025-purely-pastel-exhibition.html

On April 15th and 16th, 13 members attended a workshop with Australian Master Pastelist, Tricia Taylor. The 2 days were packed with demonstrations, exercises, discussions and lots of hard work.

The first day was punctuated with sighs and groans of frustration as we learned new skills, but the second day proved much more positive as things started to fall into place. Some very happy people sadly said goodbye to Tricia as she prepared to fly off back to Australia.

Our pastel group meets every Tuesday morning 9am to noon at Māpua Hall and we welcome visitors and prospective pastel artists. We offer the use of pastels and paper for you to "try before you buy" in order for you to find out if you would enjoy using pastels as a painting medium. Teas and coffees are provided.

For further information, please contact our Nelson Area Rep, Margie Bramley on 027-257-1857

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Graham Fisher (left) and Allan Clinton remove the sign for repainting.

Māpua Boat Club

Club's autumn 'Spring clean' for museum

It was autumn, not spring but volunteers from the Māpua Boat Club rolled up their sleeves and gave the Māpua Maritime Museum and the boat club rooms a thorough spring clean on Saturday 29 March.

Walls, windows and floors in both facilities were thoroughly washed and the club room's kitchen and bar given a spruce up too.

After nearly three hours the museum and club rooms were sparkling clean thanks to the efforts of all involved.

The next week the team from WOW Carpet Cleaning cleaned the club room's carpet.

As part of the fresh new look Allan Clinton, who made the club signs for the wharf in 2020, took them down to give the words a fresh coat of paint.

Shortly before the spring clean, the museum had a visit from a friendly fantail which unfortunately became stuck behind one of the display cases causing visitors to be concerned for its safety.

Museum volunteers Katrina Ballantyne and Clare Kininmonth were alerted to the bird's predicament and, after opening the doors into the adjoining club rooms, managed to gently persuade it to fly in there and subsequently out the window.

Fantails are frequent visitors to shops and homes in Māpua and will usually find their way back outside if left alone.

The Māpua Boat Club meets for a social gathering every Thursday night from 5.30 pm and the bar is open from 5.30 – 7.00 pm. On occasions there is also a guest speaker.

The club welcomes new members who are all sorts of boat owners, regular users of the Māpua Wharf, and those who just want to protect the character of the wharf as a public space for all to enjoy.

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Māpua Village Bakery

Pet of the Month

This month's special pup is Rus. He's a 4-year-old



Vizsla and is very brave to come out in the rain.

He is visiting the bakery with his uncle who has lots of treats. Rus doesn't really need treats to be a good boy, but they help.

He loves running around the beach but even more than that he loves running around at home. That's because at home on the farm there are lots of bunnies to chase!

Maybe one day he'll even catch one.

Baker's Breakfast

The traditional English Breakfast is served at most cafes in some form or another, at ours it's the Big Baker's Breakfast.

It's very popular, but it's also a whole lot of breakfast.

Often people will split them as there's so much food and not everyone needs a huge breakfast.



Now we've got a regular Baker's Breakfast. Just like the Big Baker's Breakfast, but without the Big. It's a hash brown, chorizo sausage, egg your way, toast, and a couple of slices of streaky bacon.

So now you can have a nice traditional breakfast that has all your favourites and won't break the bank as it is only \$13.

Bread Pudding

As a bakery and café we use a lot of bread. But we



can't use all of it all the time. So we make sure it becomes breadcrumbs or is used some other way. What more traditional way to use leftover bread is there than bread pudding?

Our bread pudding uses our sourdough bread for extra taste. Otherwise, it is very traditional with vanilla and cinnamon flavours.

We include a smattering of sultanas and currants as well.

It's served hot with your choice of a topping of cream, mascarpone, or maple syrup. Only \$7.50!

Mother's Day

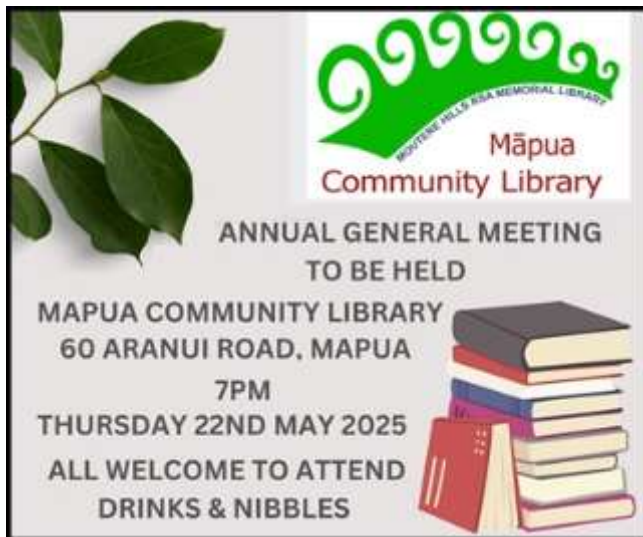
This Mother's Day we're giving everyone a chance to celebrate with another High Tea!

We enjoyed the high tea we did in November so much we've been looking for an excuse to have another. What day for that could be better than Mother's Day.

Whether you're treating your Mum, or whether she's treating herself, she's sure to have a delightful tasty time.

Like last year we'll have 4 savoury and 4 sweet treats along with a selection of teas. However, this time it will only be \$25. We will do this inside so there will be limited seating and prepaid reservations will be required.





Māpua Craft Group

At our April meeting we enjoyed hot cross buns with our coffees. One of the attached photos shows some of the collection of Easter cards made by our members and were admired by everyone.

Knitted poppies for Anzac Day were shown and we hope that some of you saw the display in the Māpua Library.



We spoke about the "Simnel Cake" that is mostly eaten at Easter rather than on Mother's Day. The almond balls decorating the top could be 11, 12, or 16, depending on the origin of the recipe you discover. See the attached photo of a cake made by one of our Group. The English explanation quotes from the olden days when Simon and Nell, who were in Service, were given permission to make a cake and take it to their mother for Mothering Sunday.



We celebrate our mothers in New Zealand on the 11th of May. If you do not wish to make this cake, then maybe your Mum would love flowers, bulbs or a photo of you if you cannot visit on the day. Make it her Special Day.

Our meetings for May are scheduled for the 2nd and 16th of the month at Hills Community Church in the meeting room from 10am until noon. People of all ages are most welcome, and you can bring any of your craft items to show your skills and interest in that field.

Easter and Mother's Day cards may be available at the counter in the Māpua Library. These are made by our members to raise funds for the library.

Happy Mother's Day!

Barbara, Ph: 5403901.





What's on at Hills Community Church?

Throughout the week

Sunday: Worship Service - 9:30am
followed by morning tea.

Wednesday: Senior Moments – second and last Wednesday each month. 10am to 12pm
Friendship, food, events and information.

KidsnKoffee – Community Playgroup – 10am to 12pm
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 10am to 12pm.

If you love all things "crafty" then come along and join the group

Throughout the week: Life Groups
Drop in for coffee, chat or just a quiet space.

For more information contact Hills Community Church
Phone 03 540 3848
office@hillscommunitychurch.org.nz
www.hillscommunitychurch.org.nz

Senior Moments

Held on the **second Wednesday** and **last Wednesday** of the month at Hills Community Church, 122 Aranui Road Māpua **10.00 a.m. to 12.00**

COME ALONG AND ENJOY:

A social get together
Morning tea
Shared lunches
Activities and games
Sharing interests and stories
Quizzes
Guest speakers and Information
Outings



No cost involved; however, a small donation is always appreciated.

Our Elder Care Team may also be able to help support members of our community at times of need with: *Meals, Shopping, Transport*

For further details, contact: Elder Care Coordinator
Phone 03 540 3848 office@hillscommunitychurch.org.nz
www.hillscommunitychurch.org.nz

Mapua Elder Care Support is overseen by Hills Community Church with funding from the Anglican Care Charitable Trust



hills community church
122 Aranui Rd, Mapua, Ph 540 3848
www.hillscommunitychurch.org.nz

Sunday Services through the month at Hills Community Church.



Café Church

An opportunity to worship, learn, and chat in an informal setting – while enjoying croissants and fresh coffee.

1st Sunday of every month 9.30 am



Holy Communion

A traditional Anglican Holy Communion service. Sharing bread and wine together as a church community.

2nd Sunday of every month 9.30 am



Family Praise and Worship

Come together to worship God through song, prayer, listening to and hearing the Word of God.

3rd Sunday of every month 9.30 am



Holy Communion

Based on the Iona tradition. Sharing bread and wine together as a church community.

4th Sunday of every month 9.30 am



Coming together as a church community to celebrate the different themes running throughout the year.

Followed by a shared morning tea.

5th Sundays in the year 9.30 am

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Māpua Community Hall

Weekly Classes May 2025

Monday

Tuesday

Wednesday

Thursday

Friday

Delias Dance Divas 10.00-11.00am	Sioux Line dancing 9-12pm	Aerobic/Pilates with Lynda 9-11am	MAG Mapua Art Group 9.30-12.30pm	Cardio weights/Pilates with Lynda 9-11am
Mindful Movement with Tilly 11.30-12.30pm	 Pastel Artists of NZ 9-12.00pm	Yoga for Healthy Living with Nikki 9.15-10.30am	Yoga with Debbie 9.15-10.30am	Yoga with Martin 9.15-10.45am
	Mapua Creative Fibre 10:00 – 13:00pm Monthly on the second Tuesday	Mindful Movement with Tilly 11.30-12.30		
	CB Dance with Courtney 3.30-4.30pm	Chair Yoga with Yvonne 1.30pm-2.30pm		
Broga with Nikki 5.30-7pm	Strength and Cardio with Lynda 6-7pm		African Fusion & Belly Dance with Indy 5.30-6.30pm	
Delias Dance Divas 7.15 - 8.15pm	Yoga with Martin 6-7pm			
MDCA executive meeting (every 4th Monday 7-9pm)	Boardgames with Ryan 7-11.30pm	Mapua Rangers Football 5.30-8pm	Mapua Community Choir 7.30-9pm	

What on in May!



Aya Rosewood is a Sound therapist for details call/text 027 360 6980.

Fri 2 May 2025
6:30pm-8:30pm

THE MAPUA HALL
MAKERS MARKET



Mother days Makers Market
Sunday 11th May 10-2pm

Entry by Koha/donation and
all funds raised are for the
Mapua Community Hall fund.
Sunday May 25th 11-3pm

David's Model Display.
Mapua Hall Sunday 25th May 11-3
MECCANO



PECHAKUCHA 2025 is coming to Mapua...do you want to be part of it?

Save the date! Friday 1st August 2025 for the next Mapua PechaKucha.

We have been inspired by the range of activities and interests that have been shared over the years we have been doing PECHAKUCHA.

We would like to invite anyone who has a story they would like to share with our fabulous community to contact one of the following:

Judy Richards judy@jesterhouse.co.nz Phone 021 0710559
Rose Barnes rosebarnes1110@gmail.com Phone 021 1111003
Steve Richards jesterhousesteve@gmail.com Phone 022 1634135

Let us know what you are thinking about, and we can give you some more information.

We are looking for 15-20 presenters.

The format is: 20 pictures and 6-7 mins of narrative for each presenter.

The pictures will automatically move to the next one every 20 secs.

We will help you format and do the IT stuff and support you in any way we can.

You don't need any prior experience, and it's a great way to share-it' can be humorous, serious, interesting, about your passion, history.....

Everyone has a "story"- contact Judy, Rose or Steve now

Office hours are Mon-Fri 9-12pm
03 540 2330



72 Aranui Road Mapua
email: mapuabookings@gmail.com

Book Review

Time of the Child by Niall Williams



Doctor Jack Troy was born and raised in the village of Faha, but his responsibilities mean he has always been set apart from his community. A visit from the doctor is always a bad sign of things to come. His eldest daughter, Ronnie, has grown up in her father's shadow and remains there.

But in the Advent of 1962, as the town readies itself for Christmas, Ronnie's and Doctor Troy's lives are turned upside down when an abandoned baby is left in their care.

As Christmas approaches, a deep and abiding love for this secret visitor takes root in the doctor's household. But it is Ireland in the 1960s and under the eye of the church, and the gossip of the parish, what chance does the unmarried Ronnie have of holding onto this most unexpected gift?

Niall Williams impresses by the way he enters the innermost thoughts of his characters, with a profound questioning of how we should live our lives.

Reviewed by Barrie Walker

Māpua Bowling Club

In my last article I wrote about the impending Ladies Day (giggles day). I would like to report it was a great success. Lovely weather great bowling and lots of fun catching up with other bowlers from around the district.

For the first time we had some ladies travel from Reefton who won the prize for the best decorated hats. Very well deserved too but also great effort from all the other teams. The men also came up trumps doing a great job at the catering.

The bowling season finished at the end of April so some of our bowlers will join Motueka for winter bowling as the club has an artificial bowling green.

The club Championships are now completed, and the results are as follows: -

Men's Championship winners:

Junior singles: Dave Dillon; **Senior singles:** Warren Keith; **Veteran Singles:** Warren Keith; **Junior Pairs:** not contested; **Senior Pairs:** Steve Delaney, Dave Dillon; **Veteran Pairs:** Warren Keith, Arthur Win; **Triples:** Warren Keith, Arthur Win, Ian Benbow; **Fours:** Steve Delaney, Warren Keith, Arthur Win, Ian Benbow.

Ladies' Championship winners:

Junior singles: Karen Clark; **Senior Singles:** Sue England; **Veteran Singles:** Sue England; **Junior Pairs:** not contested; **Senior Pairs:** Sue England, Karen Clark; **Veteran Pairs:** Di Blanchet, Di McBride; **Triples:** Sue England, Di McBride, Barbara Adcock; **Fours:** Sue England, Di Blanchet, Debbie Win, Di McBride.

Julie Booth

Travel

Wonders of Vietnam & Cambodia:

A Journey Through History, Landscapes, and Discovery

There's something about Southeast Asia that captures the heart and imagination—lush landscapes, vibrant street life, ancient temples, and the warmest of welcomes. If you've ever dreamed of exploring Vietnam and Cambodia but weren't quite sure where to begin, you're not alone. These two countries offer some of the most rewarding travel experiences, blending culture, beauty, and adventure in a way that stays with you long after you return.

Hanoi is a lively, vibrant city where peaceful lakes and leafy boulevards contrast with the buzz of scooters and street food vendors. It's the perfect place to explore at your own pace, whether you're sipping coffee in a tucked-away café or wandering through the Old Quarter's colourful chaos.

Venturing into the lush hills of **Mai Chau** and **Pu Luong**, we discover a slower, quieter pace of life. The air is filled with the scent of rice fields and woodsmoke as you explore terraced rice paddies and traditional hill tribe villages. These serene locations offer an authentic glimpse into rural Vietnam, where life is lived in harmony with nature.

No visit to northern Vietnam would be complete without experiencing **Halong Bay**. Spending two nights aboard a traditional junk boat, you glide past the iconic limestone karsts, taking in the breathtaking scenery from every angle. With plenty of time to relax and reflect, this extended cruise offers an unforgettable opportunity to truly connect with the beauty of the bay.



The town of **Hoi An** offers a completely different experience with its well-preserved heritage architecture, glowing lanterns, and vibrant tailor shops. Whether you're enjoying a cooking class, cycling through the countryside, or simply taking in the beauty of the river, Hoi An's charm is truly captivating.

The journey concludes in **Siem Reap, Cambodia**, home to the majestic temples of Angkor. From the awe-inspiring **Angkor Wat** at sunrise to the jungle-wrapped ruins of **Ta Prohm**, the ancient temples leave a lasting impression, their beauty and mystery deeply felt by all who visit.

This journey strikes the perfect balance between local guided tours and free time to explore independently. It's a wonderful experience for solo travellers, couples, or friends, and with the group departing directly from Nelson, it's an easy and stress-free way to discover the magic of Southeast Asia.

For more details on joining this unforgettable escorted experience, visit www.travelwithbecks.co.nz



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What's On In May

FRIDAY 2 MAY, 7 pm

SEAN KELLY ON TOUR

Sings Irish, whistles, plays bodhran and a bit of guitar too

SATURDAY 3 MAY, 7 pm

JACQUIE BOER

Entertaining Nelson singer appearing with James Wilkinson

SUNDAY 11 MAY, 4 pm (Doors from 3.30)

HAPPEN FILMS

- **Ben & bEartha** tells the story of passionate composter Ben Bushell of Nelson's 'Community Compost' and his game-changing approach to making compost on an urban scale.
- **The Rubbish Trip** Eight years without a rubbish bin. What does it mean to be on the zero waste journey? Why is it important for each of us to take personal responsibility for our waste.

SATURDAY 17 MAY, 7 pm

THE EARLY BOBS

Clayton Taylor showcases songs from Dylan's *Masterpieces*

SATURDAY 24 MAY, 7 pm

RUFOUS WHISTLER NZ TOUR

Australian folk & alt-country trio turning heads all around

MONDAY 2 JUNE, 7 pm

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Māpua Fire Brigade



Mar to Apr 25 call outs

- 10 Mar 11:41 Sleepout on fire Blackbird Valley, spread to shrub.
- 21 Mar 04:09 House fire Upper Moutere Highway, house badly damaged.
- 23 Mar 13:28 Log on fire at Pine Hill reserve. Public put out before arrival.
- 24 Mar 07:46 Fire in area near SH60 and Stringer Rd, permitted burn. Left with owner.
- 30 Mar 05:42 Medical – respiratory. Westdale Rd. Stood down by Ambo. Person in care of Ambo.
- 30 Mar 12:17 Out of control fire - Grass then shrub.
- 08 Apr 11:46 Burn off on Maisey Rd, no action taken.
- 08 Apr 19:28 Halogen light burnt ceiling in house on Gardner valley.

Call outs for the year =24

For fire safety info go to <https://fireandemergency.nz/>
For rural fire go to <http://www.checkitsalright.nz/>

Some conditions of fire permits:

Notify Firepermit NZ before you light the fire.
You must have a means to contain and extinguish fire: e.g. water hose, sprayer, shovel to smother.
Wind not to exceed 10km per hour.
Fire must be monitored and controlled until fully out.
Permit must be produced for inspection.
Please read and follow permit conditions.



I'll make a start here (read the RH column first). This is me (in the middle!) with a couple of Egyptians I met, standing in front of the River Nile in Luxor, probably 1973. Plenty hair. On my way to NZ.
Andrew Earlam



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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.

Calling on all writers in the community

The editors of the Coastal News are on the lookout for new people to contribute to the monthly newsletter. The Coastal News newsletter is **for the people by the people**. Our volunteer staff do not include journalists, but keen writers would be warmly welcomed onboard.

We are thinking of people who like to write stories about:

- interesting things going on in the community, e.g what is that building that they are putting up on the corner of Warren Place?

Well, we have a bit of an answer to that one in this issue. Read the MDCA report on p1. Nelson Tasman Chamber of Commerce are setting up office space in there, and room for fitness centres and co-working space—hot-desking maybe?

- gardening e.g. if you are a keen gardener, why not share your knowledge about what to plant in the coming month and what to harvest?

This topic also covered this month with Lee Curtis' item about an unfortunate experience with herbicide, and no spuds for dinner.

- if cooking is your thing, any seasonal recipes?
Ratatouille is my go-to summer dish, when aubergines are in season and slightly cheaper. Although it is strictly French I always had it in Mallorca (Spain)—my dad was a dab hand at making it. Gently fry an onion in plenty of olive oil, add garlic if you want, a chopped aubergine on top, a red capsicum also sliced up, then a tin of tomatoes. Turn the heat right down and put a lid on it. Ready in an hour or two. Needs salt too of course.

- motoring, I used to like the column 'Motoring with Fred', whatever happened to that?

I'm just trying to fill up space here—half a column to go! We did here from Fred and his mates last month with his idea of South Island becoming an Australian state. Not sure what they were on! But it would be good to see his motoring column again.

- sports,
Cricket, soccer, we have bowls, pétanque, tennis? Pickle ball—they have approached the tennis club for court space.

- opinions,
Hmm, they'd have to agree with us!

- road trip moments,
I was going to tell you about the best loo stop on the way to Christchurch, but I think I will keep it secret. It's not that good!

- a favourite holiday to far flung places,
- memories from years gone by,
How about sending in an old photo of yourself that we wouldn't recognise (with lots of hair) and telling us where and what you were doing.

- anything you might share around the campfire, really.

The aim is to involve more people from the community and to make the newsletter more interesting reading, something to look forward to every month.

We look forward to your input. Please send your contribution to news@coastalnews.online before the 20th of the month to be included in the newsletter for the next month.

Noticeboard

Yoga [hatha]: Tuesdays 7.30-8.30pm, Appleby School Hall; Fridays 7.45-8.45am, Richmond Town Hall. Contact Janey, 021 979 244

Death Café: Share thoughts about death & dying. 2nd Wednesdays, 10-11.30am. Revite Café, 265 High St, Motueka. Email: LKc1957@protonmail.com or margaret@margaretmccallum.com

Tasman Golf Club: Ladies 9 hole & 18 hole summer competition. Tee off 9:30am every Tuesday. All skill levels welcome. \$25 for non-members. Call Lyndal 03 5266819 or email teeup@tasmangolfclub.com

Tasman Area Social Walking Group: welcomes all to our Wednesday 9.30am walks. 60-90 mins walk & then coffee. Walks vary & support local cafés. Info: Fiona 021 232 6089

Nelson Branch RNZAF meets 2nd Saturdays at Phils Restaurant, Club Waimea, Richmond. ex RAF, RNZAF or others with interest in aviation. Contact: John Bethwaite, 035476634 or Trevor Squires, 039706644. Meal \$25.

Craft Group: please check with Barbara or Val that meetings are going ahead. 03 5403901

Stamp & Coin collections in Māpua/Ruby Bay & the Mouere 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: Debby 027 327 4055

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.

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

Tasman 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

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

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.

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

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

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

Māpua Art Group meets Bill Marris Room Māpua Hall Thursdays, 9.30am-12.30pm. Paint, draw, in a social environment. All levels, media. \$5 incl morning tea. Tables, chairs, easels provided. mapuaartgroup@gmail.com

Māpua Community Choir: 4 part harmony, no audition necessary, small koha, Māpua Hall 7.15pm Thursdays, contact: Rachel Boon, 027 358 6003, rboonnz0@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

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

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). All most welcome to share their love of gardening. Guest Speakers, Workshops, Garden Visits. Info: coastalgarden.group@gmail.com

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 Mouere Hall Scout den. No partner needed, dress casual, wear soft flat shoes, beginners welcome. Good exercise, lively music. Contact Fay 021 039 3559 or Alison 0220 363 891.

Club Notices are free. Others by gold coin donation to one of the distribution boxes. Advertising costs—see p2.

Your details: Please make sure contact details are up to date. Send us an email.

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