

No more Wharf Jumping?

Draft bylaw could ban swimming at the wharf. A draft Tasman District Council bylaw could ban swimming and diving at Māpua Wharf, according to resident Paul Bensemann.

The bylaw is part of the council's Proposed Navigation Safety Bylaw 2024:

<https://shape.tasman.govt.nz/navigation-safety-bylaw>, with a consultation deadline of 8pm, Sunday, 1 September.

"Most people won't know of this idea to stop wharf-jumpers and swimmers," Paul said. "It's not in the summary of the navigation bylaws on the council's Facebook page and only found in the fine print."

The bylaw reads:

"12. Swimming or diving around landing places:

"12.1. No person shall jump, dive, swim or undertake related activities, from:

(a) within 50 metres of a landing place...

"**Landing place** means a wharf, jetty, dock, quay,

landing, pile mooring, pier, pontoon, boat ramp, slipway or other facility, where vessels are moored or are launched or retrieved."

Paul, a former *Nelson Mail* reporter, said the bylaw would "cause the biggest controversy in Māpua's history".

"Friends of mine are talking about massed wharf jumps in protest. Children and young people jumping off the wharf is iconic, promoted by many tourism sites."

He said the proposed bylaw might be driven by the boat ramp proposal, with dangers to swimmers listed as one of the application's potential hazards.

"In effect, it means existing rights of children and families to use the wharf would be overtaken by influential boat-owners."

Paul has written to the TDC asking if the swimming bylaw is solely the work of the regional harbourmaster's office or is sourced from another arm of council.

Contact: Paul Bensemann
021 2142665,
story@actrix.co.nz



Children and their picnicking families at the wharf in January this year. Photo: Paul Bensemann

Richmond South - fact or fiction?

"Misinformation" is a serious charge. In times of Trumpian "alternative facts" and especially when my professional integrity is questioned, this accusation cannot go unanswered.

Tasman's deputy mayor Stuart Bryant and councillor Kit Maling recently responded to my "Are we getting Richmond South by stealth?" with "Richmond South - a place of community voices" (Nelson Mail, 17 August 2024). This discussion is highly relevant to our beautiful coastline, where swathes of productive land are under threat. Let's "fact-check" some of their claims.

Without a doubt Nelson Tasman is a popular region and people are moving here in droves from other parts of the country. This, however, is a double-edged sword and I would caution against declaring this as an endorsement of TDC's policies.

By allowing developers to sell off our beautiful landscape to the highest bidder, be it in the form of lifestyle blocks or large family homes, TDC actively drives migration to our region. This, however, only exacerbates the many infrastructure problems that we have already created for ourselves – rather than attempting to solve them.

It also is of little use to our local residents, many of whom are desperately looking for smaller, more affordable homes in central locations (as evidenced by Tasman's "Housing Preference Survey"). There is a real risk, in my opinion, that this planning approach will eventually undermine the very qualities that we all value in our region.

"Tasman values [and protects] its productive land" and the "Future Development Strategy (FDS) is about using the land smarter", write Bryant and Maling. However, at the

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same time they admit that “the council has always been open that if Richmond expands it will go southward” and that personal interests are involved in shaping this approach.

South of Richmond, to be clear, lie the Waimea Plains with the villages of Hope, Brightwater and Wakefield, boasting some of New Zealand’s most versatile soils. Such high quality soil classes are rare and we are very lucky to (still) have them here in Tasman.

A growth strategy that proposes urban sprawl in these areas and at Seaton Valley cannot claim to value or protect its productive land, or that covering these soils with concrete, roads and roofscapes would be “smart” or improve our regional productivity.

Former Auckland Council chief economist and acting chief executive of the New Zealand Infrastructure Commission Te Waihangā, Geoff Cooper, is clear that a ‘compact city’ model that concentrates growth ‘up’ in existing urban areas not only improves liveability and connectivity, it also takes advantage of significantly lower infrastructure costs, lowers transport emissions and raises productivity. In Tasman, this would have the added benefit of fully utilising the high productivity derived from our versatile soils.

However, Bryant and Maling go on to say that “enabling for higher density housing is (...) sometimes viewed as line intersects with community good and personal interests. Redevelopment of brownfield sites cannot happen everywhere and replacing infrastructure in built up areas is extremely expensive compared to green field locations.”

This broad statement is wrong and misleading. While lower land prices in greenfield scenarios may be relevant to some infrastructure items such as schools, open space or community facilities, on the whole the retrofitting of brownfield land remains significantly cheaper.

Geoff Cooper puts the infrastructure savings from a ‘compact city’ model (as compared to our dispersed model) at \$59,000 per dwelling, quoting a comprehensive

study by Infrastructure Victoria. A recent study by Sense Partners confirms this relationship between density and infrastructure costs for Wellington.

When Bryant and Maling find that replacing infrastructure in built up areas is more expensive than in greenfield locations, then they have most likely only compared the initial capital expenditure (CAPEX) from the council’s perspective, a comparison that is skewed by returns from potentially higher developer contributions from the latter. I explained this pitfall in “Tasman City Council needs to stop buy now pay later mentality”.

For starters, high development contributions flow on to high house prices, which is not at all what we need more of here in Tasman. But most importantly, CAPEX becomes increasingly irrelevant in the long-term, as councils remain responsible for infrastructure in perpetuity. What really matters is the ongoing operational expenditure, the infrastructure upkeep and renewal costs - and this is where compact brownfield development beats greenfield hands down.

The planning approach championed by Bryant and Maling was cutting edge in the 1950s and 1960s when the car was a symbol of modernity. However, the world has moved on since then. Just because a plan was conceived or publicised some decades ago does not mean that it is still valid or useful in today’s environment.

If the chairs of the committees charged with overseeing regional transport and planning in our district cannot keep up with best practice, then is it time, maybe, for them to step aside and hand the reins to a younger generation? Is there any hope otherwise for better, more affordable and more responsible urban development that meets the future needs of our district?

Timo Neubauer is a Tasman-based urban designer and small business owner. He is also part of NelsonTasman2050, an independent think tank of built environment professionals. (nelsontasman2050.org.nz)

The Write Bias

News from Māpua Bowling Club

If you are interested in joining the Bowling Club this coming season or are a regular member the following are dates for your calendar.

Open Day is Sat 21st September starting at 1pm, new members welcome to join us.

There will be a spring clean of the clubrooms and grounds before the open day. All helpers welcome as more hands make light work. Date yet to be announced.

Monday evening bowls will continue when the nights get lighter. Popular with those who work and can't make roll up days. Date to be announced later in Spring.

The club will be opening for ‘Have a Go Day’ on Sunday 13th October for anyone wanting to try bowling. Bowls are available at the clubrooms to use. This is part of Tasman District Council's Step Out Festival in October 2024

Contact Di Blanchet (secretary) for more information regarding the club if needed: blanchet.tadmor@xtra.co.nz



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IN MEMORY OF PETER OHALLORAN
born 1939, died 21 SEPTEMBER 2023

Peter was a very generous man, with his time, his friendship, and his enthusiasm about almost everything that crossed his path.

The family and I miss that part of Peter the most, and for the support he gave us all, in everything we were involved in.

I think I've walked about 1000k with Nico since he died, and I know I've had at least 1000 problems with technology (exactly as he predicted I would!)

We miss you so much Peter, your humour and your vitality — Di and the family.



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Letters to the Editor

My thanks to Katrina Ballantyne for her admirably succinct comments on the Māpua boat ramp proposal.

I fear those writing in opposition display NIMBY and dog-in-the-manger attitudes that do them no credit.

Weight must also be given to the council promise of a replacement for the old boat ramp, and that the ramp will serve not only the immediate village but also a much larger area.

It will bring benefits to Māpua, as Katrina outlines, and the comments about “vast risks” are overblown nonsense. As Katrina says, an independent commissioner will make the judgment.

Anton Petre, Tasman

The decision by the Māpua Community Ramp Trust to remove the Storage building from their application for a replacement launching ramp for Māpua could lead to a serious loss of public facilities should the anti-ramp movement get their way. I am referring to Kite Park.

It has confused me that while 200 boatowners have supported in writing the provision of a replacement boat ramp for our village, why 100 odd people have opposed this project. There are 100 versions of the same few basic themes, cost, health and safety, wharf jumping, loss of public space and releasing contamination.

These are the arguments that are being used to stop the progress of the Ramp, the how, but I have never heard anyone say the why. The Tennis Courts, Scout Den, Bowling Club and Soccer Club all have facilities in the Māpua Domain that users have to pay for. Why is the proposed boat ramp so different?

If 200 people in the Village wanted a basketball court, it would be done the next week. The only difference seems to be that when costs are met, the surplus income from the ramp will be used to fund other community projects. How does that get to be a bad thing?

However, finally, Sonja Mitchell, in her latest essay, says that 40% of the remediated land should be kept for public use, and that is certainly worth fighting for.

Problem is, currently, according to the flyer circulated last year by Mitchell, Easton and others, it shows that 100% of the Remediated area is currently available for use by the community. A launching ramp will make little impression on this total area. However, this figure is dependent on the building of a boat ramp.

Kite Park, formerly and officially known as The Tahī St West Remediated Site, is shown in the Town Plans as 5 commercial sections fronting Aranui Rd and a recreation area on the raised knoll covering the former tip site (and where the Māori remains excavated during the wharf landscaping are buried) with an access lane and parking at the south end adjacent to the wooden fence. The rest of this land is zoned residential and under today's rules, how many houses could you squeeze onto there?

This Land is currently in a Land Bank due to the foresight of our TDC Councillor at the time, Trevor Norris,

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who recognised that a boat ramp would require a parking area and here was the chance to reserve some land. When the School used the Park for Easter Fair parking there were 300 cars in there one year with room to spare. Could be enough room for 80 cars and trailers you would think. That's how many are using Grossi Point during the peak days of the fishing season, and there have been 15 of these parked in Tahi St, right up to the edge of the Kite Park!

Selling this land would reduce the Council debt by not much, but it would reduce it by some, enough to put selling off this land back on the agenda. This would take away a large useful green area used by dog walkers, model aircraft, kite flyers, golfers, the two resident Paradise ducks and the numerous Oystercatchers and other birds who shelter and feed there. Not to mention overflow Wharf parking.

The fact is that this is a 'Seaside Town' and boat owners are part of our community too. Recreational facilities are a public asset. I don't own a tennis racquet but I admire and support those hardy souls playing under floodlights during the cold winter evenings. Why would I object to that just because it is something I would never do?

The issues raised as objections are well covered by the submissions and TDC regulations. E.g. The FCC East Management Plan where section 6-2-1 covers "Excavation and Replacement of Soils". This would have been implemented when the Public Toilets were built and the sewage, water and electricity services were installed underground, and when the current carpark was dug out to half a meter and back filled to produce it's hard surface.

Yes, the site for the once proposed boat shed.

Notice how the central parking lanes are continuous as they were designed to take cars and trailers after the TDC built the existing Pontoon at the wharf to support the Wharf launching ramp. The size and position of which was perfectly adequate in 1998, but we didn't have 6 liquor outlets at the Wharf then either. Times change and Māpua has grown.

So, please think through your ideas and decide if losing 60% of our recreation space in Tahi St is where you want to go, or can the Community's Boating fraternity have an edge of the 40% to access a new and necessary launching ramp?

*John Leydon, Friends of Grossi Point (Open to All),
Loyal Grossi Point Yacht Club,
Tahi St resident for the last 38 years.*

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Māpua Fire Brigade



June to Aug 24 call outs.

17 June 15:14 Boat fire in channel. Used a small boat and portable pump to put fire out. Owner was working on fitting a new grate in a fireplace on boat, grinding sparks or hot ashes may have started fire. Owner not on boat when fire started.

5 July 21:29 Rural / tanker to vegetation and tyres on fire on Bartletts Rd.

10 July 06:24 permitted burn on Kina Peninsula Rd, no action taken.

13 July 08:57 multiple small fires clearing land on Aporo Rd. Permitted fires. Left with owner.

23 July 14:48 Van on centre barrier SH60 near Harley Rd, Police on scene awaiting tow truck. No action by Brigades

29 July 10:11 Car hit barrier SH60 near Tasman View Rd, Police and Ambo on scene, no action by Brigades. In both calls a rescue appliance was sent as well as Māpua.

5 Aug 17:30 Chimney fire off Westdale Rd, out on arrival, advise owner to get chimney checked and cleaned yearly.

6 Aug 11:32 Medical on Higgs Rd, assist Ambo with CPR.

Call outs for the year =38

Safety Tip – Be safe

Don't overload multi-boards. At most, plug in one appliance per wall or multi-board socket.

Make sure leads and cords are in good condition and not frayed.

For fire safety info go to - <https://fireandemergency.nz/>

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

On 6th August ex-brigade member Greg Olsen passed away.

Greg joined in 1997 after helping to decorate the Hall for the Brigades 25th jubilee. He stepped down with minor health issues in October 2019.

We had some great events organised by Greg, like a Japanese night, a night in Cairo, Christmas parties and ANZAC Day displays.

Many thanks to the people who donated funds in Greg's memory for the continuing restoration of the vintage fire truck for which he had such a fond regard.



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Māpua & Districts Community Association (MDCA)

The August meeting included both the **AGM** and the monthly General Meeting. **Life Membership** was bestowed on **Elena Meredith** in recognition of Elena's many contributions to the MDCA and the community over the past 20+ years. Helen Bibby gave thanks on behalf of membership, and Elena spoke and sang a waiata in reply. Councillor Mike Kininmonth also thanked Elena for her work dating back to the renovation of the Māpua Hall and carpark from TDC grants.

Paul McIntosh and **Fiona Bibby** were confirmed as the incoming chairperson and secretary respectively, while **Mike Ashby** and **Lynley Worsley** joined the executive committee, with all other executive members reconfirmed in their current roles.

Paul McIntosh gave thanks to outgoing chair **Jim Vause** for his contribution as Chair and as part of the Executive in the past years.

Councillors discussed current TDC activities including the **Granny flats** (small units) workshop, submissions open for new bylaws including **Dog and Cat** and **Navigation Safety bylaws** – further information and submission forms are available on the Shape Tasman website.

The **TDC Representation Review** is also ongoing, looking at whether the existing wards / councillor numbers are appropriate given growth in the various ward areas – this is open for public submission too. Finally, the **Regional Growth Summit** was held in Nelson with Minister Jones in attendance - some 'new money' is to be allocated to the region for stopbank protection work.

The **Dominion Flats** native planting project has achieved its 10-year goals, and with this amazing project soon coming to an end we are looking for community ideas for our next community improvement project. Many thanks to Helen Bibby and her small army of volunteers for their dedicated efforts over the past decade.

Craft Group

During August we repurposed items and made bookmarks for Christmas gifts.

On the 16th of August we enjoyed a special morning tea to celebrate Ella's birthday that very day. Val went to Richmond to buy a very special gluten free cake. We shared magazines, materials, charity finds and seeds.

Our meetings for September are on the 6th and 20th. We encourage those interested in all types of craft to call in and join us for a coffee and share our craft materials. There is a Koha of \$3. We meet at the Māpua church hall at 10am, closing at noon.

Contacts: Barbara 5403901 and Val 5403931.



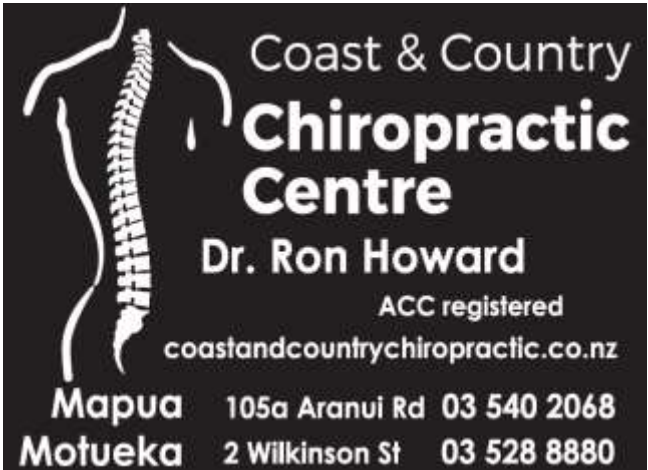
Under **Transport and Wellbeing**, we are still seeking volunteers to transport people to and from their homes to catch the bus service. Some residents need that little bit of extra help getting to the bus stop.

Under **General Business** a motion was proposed and seconded that "the TDC provide an overview of Resource Consent applications for subdivisions within Māpua, Mahana and Tasman". Robust discussion followed but the motion was not passed. Councillor Christine Mackenzie suggested that a TDC planning manager comes to talk to MDCA about the consents process.

The September MDCA General Meeting will be held on 9th September and will include a presentation from **Civil Defence** – residents interested in learning more and/or taking a more active role are invited to attend.

The planned meeting with **West Coast-Tasman MP Maureen Pugh** is being rescheduled to later this year – we will provide more details once confirmed, with the intended format to be a Q&A session on key issues impacting our community.

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



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Sept Happenings

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Wed 4th Sept

Red Heavens Play

Fri 6th Sept

Rubber Biscuit Blues Band

Sat 7th Sept

80s Night

Fri 13th Sept

Billy Joel + Fleetwood Mac

Tribute by Craig Allot

Sat 14th Sept

Altitude Pole Showcase

Fri 27th Sept

Pink Floyd



SUPER SPRING SPECIALS for SEPTEMBER

Spring is always welcomed with open arms and after a quiet Winter here on the Wharf we are looking forward to the Spring season and the warmer months ahead.

In order to make way for exciting new stock deliveries just around the corner we are having a **"Spring Sale"** for the month of September on selected top quality merchandise.

For example, we are offering top brands such as **Le Creuset** and **Staub** cast iron ware - a good selection of everyday pieces - 30% off.

- **WMF** - Selected European Cookware and Cutlery sets - 25% off.
- **KitchenAid** - All Appliances and accessories - 15% off.
- **Arthur Ave** Children's Wear - 25% off.
- **Native World** Women's Possum and Merino Knitwear - 25% off.
- **Bordallo Pinheiro** Portuguese pottery and ceramics - selected items - 30%+ off.
- plus other miscellaneous top brands - selected items - end of lines etc - 30% off.

So come on down, check us out and grab a genuine bargain - a great time to treat yourself or buy that special gift. All specials apply to existing stock only.

We look forward to seeing you - Jenny and the Delicious girls - Lin, Adi, Jan and Katrina.

We're open every day 9.00-5.00pm
on the Mapua Wharf.
Ph. 03 540 2463
E. info@delicious2015.com

Greg Olsen (aka Sir Greg)

Greg Olsen died at his home in Māpua on 6 August 2024. His memory will live on for a long time to come, and far beyond Māpua, for his theatrics and sense of fun.

"A camper's perspective on Sir Greg" was sent by Gary Marks who, with his Dunedin-based family, visited the Māpua Leisure Park every summer over many years. 'Sir Greg' was always a highlight.

The anticipation about our annual visit to Māpua Leisure Park started weeks before we began the long journey from Dunedin.

The anticipation turned into excitement, especially when we crossed the causeway into the camp. Usually our five children scattered off to various corners of the park while the tired parents set up camp.

It wasn't long before Sir Greg made an appearance. Usually dressed in white with a marine cap on, his John Lennon glasses and bugle in hand, looking like he'd popped straight out of "Dads Army"!

When he blew his bugle in the morning, the kids would come running. He was like the Pied Piper. Most of them didn't know what was planned, but it didn't matter, it was always going to be a good time!

And what amazing activities he dreamed up: Rides on the old fire engine; Story telling; Housie; Lolly scrambles; Treasure hunts; Water balloon volleyball; Sausage sizzles and marshmallows; A volcano and fireworks on the beach; Archery and slug guns; Trips to the fire station museum.

Trips to Rabbit Island on old lifeboats. There was even a gorilla on the island to scare the kids. And ships biscuits from the on-board survival box.

The annual battle of Fort Custard between the Clean people and the Mud people!

The annual candle-lit raft cruise past the camp on the outgoing tide... magical to see the little rafts with tea candles inside paper bags, drifting out to sea!

And let's not forget the amazing face paint designs and sometimes whole body works of art!

The adults were well catered for by Greg too...

Some fantastic, unforgettable theme nights: Woodstock night; Wild West night; Medieval night; African night; Roman/Cleopatra night; MASH night complete with old US jeeps and fireworks...

The Golf ball to Rabbit Island competition... Mud wrestling in the nude on the beach, and Volleyball between the campers and the "Village people".

Equally exciting were the New Year's Eve parties, and the magic shows at the Māpua Hall.

Other escapades included a rendition of "Hogan's Heroes", including myself as Colonel Klink and a very lifelike Sergeant Schultz.

And when we greeted the 'Endeavour' coming into Port Nelson with the firing of his beloved cannon!

Greg... So many good times, and memories too numerous to tell. Nothing less than full military honours needed for your send-off. Well remembered and loved by all. RIP old friend!

"Always look on the bright side of life."

Boat Club Photo Competition

Results of the 2024 Māpua Boat Club Tasman District Amateur Photographic Competition

'Elegant - almost abstract' image wins photo competition.

A close-up image of mussel shells glistening in the sun taken by Mike Loughran of Māpua, is the over-all winner of the adult section.



This image of mussels, by Mike Loughran, is the over-all winner of the adult section.

Judges Connie Thomas of CopyArt and Jane and Neil Smith of Chocolate Dog Studio were impressed with the photo and the overall high standard of entries.

They described the mussel image, which also won the competition's 'nature' category as "almost abstract with excellent focus and an unusual viewpoint. The water appearing as silk bejewelled with shells – so elegant."

It was among 113 photos entered in the annual maritime-themed competition with the categories of nature, people and boats.

The Competition is a fund-raiser for the museum, as is a 2025 calendar featuring some of the photos, available now at Delicious.

Runners-up in the nature category were Raewyn Wood and Hilary Hurst with Reinhard Gebhard's image commended. All are from Māpua.

A photo of a dinghy in an estuary by Greg Franklin of Motueka took first place in the adult's boat category. Judges said the image had: "gorgeous light. A tranquil moment captured". Runner-up in the boat category was Sarah Easton with Bruce Patrick commended.

Winner of the people section, a photo of a family fishing from the Māpua Wharf was by Angelika Gebhard of Māpua. Judge's comment: "Really captures Māpua life and a lovely family moment". Runner-up was Kevin Hedge with Jill Robinson commended.

The overall winner in the children's section (under 15) was Juliette Brett of Ruby Bay who also took the first prize, runner-up and commended awards in the nature category.

Judges' comments for Juliette's winning sunset photo: "Lovely light, good colour – captures the water so well. Stunning reflection of sky in wet sand, the rocks and the ground – seems galactical and peaceful".

Cash Mickell of Brightwater won the people category of the children's section with a photo of a child sitting on the shore among harakeke (flax). Judges' comments: "Wonderful sense of a private moment of a young child looking out to a whole world of possibilities. Lovely light. Captures the water well".

A photo of boats moored next to a wooden jetty by Brea Mickell, also of Brightwater, won the children's boats category. The judges' comments were: "Lovely angles, the blues of the boats matching the mountains. A sense of each boat containing the whole world. Good use of walkway as leading lines into the picture".

Another photo by Brea was runner-up with Cash Mickell commended.




Juliette Brett's sunset image is the over-all winner in the children's section.

Prizegiving for each category's winning, runner-up and commended images was held at the Māpua Boat Club rooms on Sunday August 11 with vouchers from the sponsors presented. The sponsors are: CopyArt, Appleshed and Jellyfish

restaurants, Rimu Bar, Hamish's, The Smoke House and Delicious Homewares.

by Elaine Fisher



Māpua Boat Club

NOTICE OF ANNUAL GENERAL MEETING
7.00 pm Wednesday 18th September 2024
at The Māpua Boat Club rooms
Māpua Wharf

All welcome, voting rights for financial members only.
A new constitution written to comply with the Incorporated Societies Act (2022) will be voted on.
Following the close of the meeting supper and refreshments will be provided.

Enquiries to Katrina Ballantyne, Secretary
mapuabcsecretary@gmail.com or phone 0211393945

MĀPUA SPRING PLANT SALE

Saturday 21st September
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Old Church Hall, Aranui Rd Māpua

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CONTACT:
Jan Patterson
027 701 1032
janpattersonnz@gmail.com

 Fundraiser for the proposed
Māpua Community Hub

Boat Club Calendar

Māpua Boat Club 2025 Calendar available now



A tranquil scene at Grossi Point, captured by photographer Angelika Gebhard of Māpua, is the cover image for the 2025 Māpua Boat Club calendar.

It features stunning photos from 2024 Māpua Boat Club Tasman District Amateur Photographic Competition, and is now on sale at Delicious for \$20.

The A4 sized calendar is ideal for posting overseas and as a Christmas gift which reflects the beauty of this region.

CopyArt, the competition's major sponsor, had the first copies of the calendar printed in time for prize giving on Sunday August 11 and they were eagerly snapped up by the 40 people who attended the event.

Annette Walker presented the prizes, donated by generous sponsors, CopyArt, Appleshed and Jellyfish restaurants, Rimu Bar, Hamish's, The Smoke House and Delicious Homewares.

Planning is underway for next year's competition and organisers encourage everyone to start taking photos in the Tasman District now – all with a maritime theme, to enter in one or more of the categories – People, Boats and Nature.

Ruby Coast Running Club

It has been getting noticeably lighter at our regular Thursday evening 5km events. I think it is now at last time for us to put away our headtorches for the year. As much as it is good to be able to hold our 5km events right through the year, it is certainly a lot more pleasant during daylight hours. Fingers crossed the warmer weather is on its way too.

As well as our regular Thursday evening event, our runners and walkers have also taken part in a couple of local events this month.

First up there was the Brightwater Sprig & Fern 10km, the second event in this local series. This involved a 10km loop course which included a hill to add to the challenge. This is a fun event for walkers and runners with socialising afterwards at the Sprig & Fern.

The next event on the calendar was the Dovedale Hill Race, an annual event, always popular with our runners.

As the name suggests, it is a hilly course. At around 11km the distance is similar to the Brightwater event, but that is where the similarity ends. It is a much more challenging course. The Dovedale Hill race is all hill, and being a one-way course, it is all uphill. Unlike many hilly courses there is no corresponding downhill to enjoy after the work of running up hill (that is, apart for the very keen runners who chose to run back down the hill after the race). All of our runners who entered this race did really well, well done to you all.

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, runners that need more than 30 mins to complete 5km and anyone bringing a dog, and 5:30pm for everyone else. There is no need to register in advance – just arrive a few minutes beforehand to sign in and to listen to the course briefing. Then join us afterwards for refreshments at the Sprig & Fern across the road.

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

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

 **KIWISKIN**
Māpua Skin Clinic

Telephone: 03 540 2373

Email: mapua@kiwiskin.org.nz

Website: www.kiwiskin.org.nz

Address: Unit 9, The Village Māpua
66 - 68 Aranui Road, Māpua 7005

Māpua Health Centre news

We welcome back Dr Sophie-Lee Mace who has returned from maternity leave. We will soon be hosting student nurses again as part of their ongoing clinical training in general practice.

We have decided to change the patient portal from Manage My Health to a new one called Centrik. It provides an easy-to-use app which allows registered patients to view a clear summary of their immunisation history, prescribed medications, recorded allergies, and any diagnoses, as well as book, manage and cancel appointments, receive reminder notifications, and to request and pay for repeat scripts.

We will be sending out invitations to all eligible patients in the near future inviting them to join the new portal. They will not have to come into the Health Centre to join but instead will be able to join up online. The details we have in the system for you must be correct, especially your DOB, email and phone number. It has proven to be a user-friendly system that comes highly recommended.

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

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

The cost for a prescription for a registered patient is \$19.50 with an urgent prescription costing \$30.

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

- Stress management
- Exercise
- Nutrition
- Social / Spiritual interaction
- Education (including non-smoking, etc)

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

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

- Pilates
- Tennis
- Walking groups
- Tai chi Meditation

- Aqua aerobics – Richmond
- Stop smoking
- Healthy lifestyles + green prescription
- Girotonics

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

Every year around more than 4000 men will be diagnosed with prostate cancer in New Zealand and over 700 men will die from it. Overall, the number of men diagnosed in New Zealand is increasing, largely due to increased rates of testing and the death rate is slowly dropping, largely due to better outcomes from early diagnosis and improved treatments available.

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

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

- 1-30 Blue September, prostate cancer awareness
<https://blueseptember.org.nz>
- 1-30 Cervical Screening Awareness Month
www.nsu.govt.nz
- 1-30 Breathe Better September (asthma)
www.breathebetterseptember.co.nz
- 1-30 World Alzheimer's month www.alzheimers.org.nz
- 1-30 Fetal Alcohol Awareness (FASD) month
<https://fasdmonth.nz>
- 1-30 Random Acts of Kindness Month
<https://rak.co.nz>
- 2-8 Gamble Harm Awareness Week
www.gamblinghb.co.nz
- 4 World Sexual Health Day
<https://worldsexualhealth.net>
- 7 International Day of Clean Air for Blue Skies
www.un.org/en/observances/clean-air-day
- 8 World Literacy Day
<http://internationalliteracyday.org>
- 8 World Physiotherapy Day
<https://world.physio/wptday>
- 9 Fetal Alcohol Awareness Day www.fan.org.nz
- 10 Suicide Prevention Day <http://wspd.org.au>
- 11 Te Wiki o Te Reo Māori (Māori Language)
www.reomaori.co.nz/te-wiki-o-te-reo-maori
- 15 World Lymphoma Day www.leukaemia.org.nz
- 19 Suffrage Day www.womens-health.org.nz
- 20-27 Keep NZ Beautiful Week
www.knzbcleanupweek.co.nz
- 21 International Day of Peace
www.unesco.org.nz/homepage.htm
- 21 World Alzheimer's Day www.alzheimers.org.nz
- 22 World Car-free Day www.carfreemetrodc.com
- 23-29 Mental Health Awareness Week <https://mhaw.nz>
- 26 World Contraception Day www.who.int/life-course



September 2024 MĀPUA HALL NEWS

72a Aranui Road Māpuā | Mapuabookings@gmail.com | 035402330

Monday	Tuesday	Wednesday	Thursday	Friday
9.30-11.15am DELIAS DANCE DIVAS	9-12pm PANZ PASTELS ARTISTS OF NZ	7.15am-8.50am YOGA TONE AND RESTORE with Aeven		9am -10am STRENGTH/CARDIO with Lynda
11.30-12.30PM MINDFUL MOVEMENT with Tilly	9-12pm SIOUX LINE DANCING	9am -10am- Aerobics 10am -11am- Pilates AEROBICS/ PILATES with Lynda	9.30-12.30pm MAG MAPUA ART GROUP	9-15am YOGA with Martin
12-1pm BEGINNER WEIGHT CLASS with Lynda	10-1PM CREATIVE FIBRE 2ND TUESDAY OF THE MONTH	9-15am LIFE YOGA with Nikki		10am- 11am PILATES with Lynda
		11.30-12.30PM MINDFUL MOVEMENT with Tilly		
5.30-7pm BROGA with Nikki	6-7pm STRENGTH/CARDIO with Lynda	1-2.30pm TAI CHI INTERNAL ARTS with Julie		
7pm MAPUA HALL SOCIETY meetings 3rd Mondays	6-7pm YOGA with Martin	1.30-2.30pm CHAIR YOGA with Yvonne		
7.15pm MDCA PUBLIC MEET meetings 2nd Mondays			7.30-9pm MAPUA COMMUNITY CHOIR	

MAPUA HALL
TICKETS \$25
Includes entry and curry.

FRIDAY 20 SEPTEMBER
7.30PM

PechaKucha

20 X 20

IMAGES SECONDS

TICKETS FROM
EVENTBRITE
MapuaPk24.eventbrite.co.nz

BAR OPEN AND
CURRY SERVICE
FROM 6.00PM

Hall Society News September 24

We are grateful for the *Community Lotteries Facilities* funding and *House Solutions* for replacing our back deck, its looks fabulous!

Funding for our Hall is generated through venue hire, membership, donations and community grants.

Our *hirers, members, sponsors and volunteers* help behind the scenes to keep our Community Hall operating so successfully. If you would like to become a member, please use this link <https://mapuahall.mystrikingly.com/#membership>

The Wait is over!!!!

PechaKucha

Friday the 20th September 6-10pm

Doors open at 6pm for a belly warming curry & a drink before the Pecha Kucha starts at 7.30pm sharp.

Pecha Kucha (Japanese:[petʃa kɯtʃa] means: chit-chat) is a presentation style in which 20 slides are shown for 20 seconds each (6 minutes and 40 seconds in total).

The format, which keeps presentations concise and fast-paced, powers multiple-speaker events called Pecha Kucha Nights.

**Many thanks to our fabulous Presenters and Volunteers
and Sponsors**

Nuedorf Winery, Jelly Fish, Siefrieds, Mapua Sprig & Fern, NBS Motueka,
Architecture Studio Mapua and New World Motueka.

10 Walking tips for Good Dog Owners

For many people, their dogs are a very important part of their life. Dogs have become fully fledged members of our households and families. However, just because you love your dog to the moon and back, does not mean everyone else is going to feel the same. In fact, your cute cuddly dogs can be a very scary experience for others that don't know them.

In my opinion, most people are out on their walks trying to be good dog owners. But it's easy to take your eye off the ball and not notice how your dog is being a nuisance until it's too late. Follow these 10 good dog owner tips to reduce the chances of your dog being a problem for others on your walks.

1. Awareness

Have awareness about other people, dogs, pets and wildlife that might be impacted by your dogs' presence. Look around and think before you let your dog off the lead. Not everyone is a dog person and not everyone wants to be approached by your dog. Make sure you have good visibility if you are choosing to let your dog off. Take a moment to see who else is around so you don't get surprised by people coming around a corner etc. Try to keep your dog in your sight at all times when in public.

2. Follow the rules

Be aware of the dog rules where you are walking and stick to them. They are there for a good reason. If you are walking in an on-lead area, keep your dog on lead. Some dog owners using those areas are really relying on you to follow the on-lead rule. Their dog could have a behaviour issue. There might also be vulnerable wildlife or nests that need avoiding. Also, remember when walking in off-lead areas that you are allowed to let your dog off the lead, but it's still not cool to let them run riot. The rules in off-lead areas are definitely more relaxed. But you still need to maintain a level of control, especially if someone asks you to. Be aware the TDC dog control policy is currently under review, and you can make submissions about the rules in local walking areas until 8 Sept.

3. Get consent for greetings

Get the OK from other dog owners before letting your dog approach. Especially if the other dog is on the lead. There are heaps of reasons why another dog or person might need space from your dog, even if your dog is friendly. The other dog could be injured, sick or recovering. There might be a big size difference between your dogs, or they could be scared, training, working, in season or just not in the mood. All of these reasons are valid, and none of them have anything to do with your dog and whether or not they are friendly. It has everything to do with the other dog and how they will simply not cope with your dog's presence. Try not to let your dog run up to others (or their vehicles) uninvited. Despite your dog's best intentions, it's rude and offensive to some.

4. Train your dog

ALL dog owners have a responsibility to train their dog. Period. At the very least dogs need to learn good recall and lead manners, so they are not a nuisance in public. The bottom line is your dog needs to be taught to listen to you and it is your job to gently guide and teach them how

you want them to behave. Ask for professional help if you don't know how to achieve this or you don't have time yourself. Dogs thrive on knowing what's expected of them in a given situation. Train your dog so they know what that is.

5. Make good decisions!

Have realistic expectations of your dog. As the saying goes, set your dog up for success. Try your best not to put them in situations where they are likely to be out of your control. You are the one that needs to make good decisions on their behalf. It is better to give them less freedom if that means keeping them out of mischief. Make good decisions about where you choose to go walking and whether you will let your dog off the lead. Contrary to popular belief, dogs don't need to run like maniacs every day to burn off energy. They just need to get out and about to stretch their legs and use their noses to sniff the environment. FYI... given the option, most dogs' favourite thing to do is sniff, not run!

6. The right equipment for the job

Always carry a lead and use it when you need it to stay in control. Longer leads are a great option because they give dogs more freedom and give you an opportunity to practice recall training before giving them total off-lead freedom. A good walking harness is also helpful and will protect your dog's vulnerable neck area. Some harnesses are designed to reduce pulling in a humane way and are great for managing heavy pullers (keeping you on your feet!). Avoid products that are designed to hurt or scare your dog like choke chains or shock collars.

7. Be transparent

Be honest with others about your dog's social skills (or lack thereof) so they know what to expect. Warn people you meet if your dog is nervous or fearful and you will give them an opportunity to act accordingly. If your dog is likely to struggle with social interactions, keep them on the lead and politely ask others to keep their distance if they are approaching you without asking.

8. Clean up after your dog

Please, please clean up after your dog. Dog poo is gross, especially other people's dog poo. Sadly, some of our beautiful local walkways are already littered with dog poo. As the population in our community increases so will the dog numbers. We really need to clean up our act; more dogs out walking means even more dog poo! I find having a solution for carrying bagged poo makes the experience a lot more pleasant. I use biodegradable bags and wear a durable pouch around my waist to store it until the next bin or until I get home. I try not to drop bagged poo on the ground to pick up on my return journey. It's tempting, but as a human being I'm bound to forget about it at least sometimes.

9. Consideration and compassion

Be considerate and apologetic if your dog has accidentally caused a nuisance. Your dog might have (innocently) given someone a big scare so take that into account if they are having an emotional reaction at you or

Continued on page 13

Aroma Dynamics
 Aroma Therapy Massage
 Abdominal Massage
 Chi Nei Tsang
 Healing Touch

Massage for: Adults & children, Pregnancy /Postnatal,
 Baby massage, Recovery Treatments, Indian Head massage,



Julja has an International Diploma in Aromatherapy. She is a qualified Baby Massage Instructor, a Chi Nei Tsang practitioner and works with Healing Touch

She is right here in Māpua
 027 465 7885

Continued from page 12

your dog. A sincere apology goes a long way to resolving an accidental dog intrusion. Losing control of your dog happens to the best of us. Even dog trainers! It's how we deal with it that sets us apart. Also, try to have compassion for others having a bad dog day, it could be you the next time. If they are doing their best to get their dog under control, have patience and be helpful if possible.

10. Find your dog people!

There are dog friends out there for everyone. Dogs are social creatures and so are we humans. Find dogs and owners who appreciate your dog's personality. Social contact is very healthy for most dogs provided it is welcomed and consenting. Of course, some dogs/people are just not into other dogs and that's OK too. With a little consideration, planning and training we can all coexist in harmony and respectfully share public areas.

Sue Walsh, Dog Behaviour Consultant @ Dog Almighty

The dog walkers at Dog Almighty take lots of dogs out for walks in our community each week. We try our very best to follow the tips above on every walk. As a team of dog experts we truly believe this approach is best practice for dog walking. Not only are the dogs kept safe, it also limits any impact we have in providing our dog walking service to lots of busy families each week.

Find our dog walking team on facebook:

www.facebook.com/dogalmightywalks





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Aroma Dynamics

Where does good health come from?

Physical health and emotional health are deeply interconnected. Aromatherapy massage is a holistic approach to good health and wellbeing on all levels:

Body and mind, emotions and spirit. For an Aromatherapy massage with Julja a blend of pure essential oils will be prepared for you and your unique needs. The oils and the massage will be tailored to enhance and support your wellbeing and energy levels.

The profoundly relaxing yet energizing effect of this holistic treatment can help to give you a clearer understanding about your body, your emotions, and the connection between the two. These are ideal conditions for the mind to find peace and the body to heal.

Aromatherapy massage is particularly effective for:

- Supporting the healing of recent injuries
- Chronic pain conditions
- Back pain/back injuries
- Neck and shoulder tension
- Sleeping problems
- Anxiety and depression
- Headaches and migraines
- Menstrual and menopausal problems
- Stress related conditions

What is Chi Nei Tsang?

Chi Nei Tsang is massage and body work on the abdomen which supports the multiple functions of the internal organs. The abdominal massage techniques help relieve the body of excess stagnation and are helpful to relieve digestive complaints like constipation, bloating and irritable bowel syndrome.

Chi Nei Tsang stimulates the lymphatic and circulatory systems and strengthens the immune system. Thus, it helps to achieve optimal results in other healthcare modalities, for example clients receiving it before and after surgery may recover more easily.

A Chi Nei Tsang massage supports the release of deep-seated tensions and the restoring of vitality. It has been used successfully with chronic pain in the back, neck, and shoulder areas.

Chi Nei Tsang helps to balance emotions. Unprocessed emotions are stored in the digestive system, waiting to be addressed. One of the reasons for ill health can be poor emotional digestion.

Abdominal massage allows emotions to unfold and supports new balance and harmony in life. Chi Nei Tsang is an internal form of feng shui that creates the conditions in which healing can take place.

Julja has had the International Diploma in Aromatherapy Massage since 2004 and is a Chi Nei Tsang/ Abdominal Massage practitioner. She has also completed a course in Indian Head massage and is a qualified Baby Massage Instructor.

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Book Review

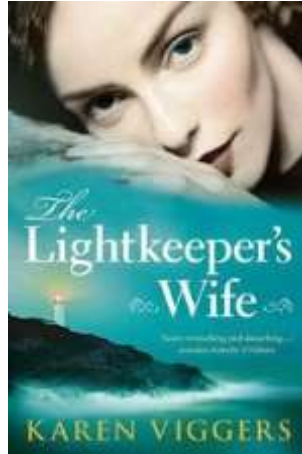
The Lightkeepers Wife by Karen Viggers

If you tend to let the look of the cover influence your book choice, try and ignore the vamp who stares steadily at you on this library edition of which is a very readable book. I'm still not sure how she fits into this character driven novel.

The story centres around the eponymous Mary who is elderly and sick and has some amends to make and a secret to reveal before she dies. Her decision to move back to Bruny Island (south of Hobart) is triggered by a letter, delivered to her by someone from her past. It contains information which she can take to her grave or make accessible to those it affects – a choice only she can make.

She had lived and brought up her family on Bruny as the lightkeepers wife in a marriage comfortable but not stimulating. She decides that she needs to go back to the island and revisit all the places meaningful to her relationship with her husband, the light keeper, to atone for her betrayals and secrets held. Unbeknownst to her family she has arranged accommodation, food and supplies to be delivered by the island ranger who she will persuade to accompany her to the nostalgic places she has listed to visit.

Her somewhat inconvenienced daughter has arranged for her to go into a care home and is curious. Her eldest son remains detached, getting on with his life: her younger son, Tom, can see why she wants to return but is still dealing with the trauma of the divorce he has gone through whilst working in Antarctica. He is passively supportive, but Mary is helped by her granddaughter who takes her to Bruny, reluctantly but without question.



Karen Viggers is a practising vet and has worked in Antarctica, mainly as an ornithologist – the novel moves seamlessly between the two continents telling the story of mother and son and how they have both suffered in their own way. It is the author's sensitive descriptions of the landscape that points to her having experienced the environment – she talks of the 'drone and roar' of the sea – no fancy adjectives.

The island ranger is resentful of the role he has been given – he feels put upon – but a relationship does grow between them, and he ends up being concerned for her welfare in a familial way. He is her only contact with the outside world – Mary's observations are limited to viewing the cold, wind-ravelled

This is a novel of love and loss, regrets and atonement; how so often it is damaging to keep secrets - they take on a life of their own, are haunting for the keeper of the secret and can be critical to the life decisions of the people/person they are about. Mary and Tom are very similar in many ways, both prone to reclusiveness and solitude, and as Mary resolves the secret that has haunted her, Tom is able to come to terms with his own issues by reconnecting with people who matter to him, to Antarctica and his love of birds, and to the peace and solitude that that brings.

Karen Viggers has written other novels (*The Orchardists Daughter* is also in the library); her latest *Sidelines* is about children's sport and what happens when competitiveness – especially between those (parents usually) on the sidelines – gets out of hand.

Reviewed by Penny Brown

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Every year there is a vast diversity of subjects and styles. There is something for everyone to enjoy. All art works are for sale and each year we have a huge number of pieces sold to grace the walls of homes and businesses.

Come along and experience this year's exhibition!

At the Māpua Community Hall

Opening night/awards announced:

Saturday 28th Sept, 7pm doors open, 7.30pm start.

Exhibition open:

Sunday 29th September – Saturday 12th October

Daily 9.30-am- 4.30pm

All welcome

All artworks are for sale (eftpos available)

Free entry and catalogue (donation appreciated)

Anna Pickersgill-Brown, Chair

Tasman National Art Awards

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Who is a local?

Ever wondered how long do you have to live in Māpua to be called a local? In the 1970s I lived and worked in Cromwell. Back then, to be a local, you had to have been born in the town. I even delivered a few locals. Then the maternity home closed. No more locals.

Māpua is not like that. We are a far more progressive and interesting community. Māpua may only constitute 2.7% of the Tasman region, but our village is a hotbed of interest in a wide variety of matters largely resultant of the diversity of our population, matters captured in the Māpua District and Community Association's (MDCA) constitutional realms of "social, economic, environmental and cultural life".

The MDCA reflects collective thinking on these four realms. We all have individual thoughts and opinion but the MDCA, as an association, is collective in its thinking and actions and does not, well should not, iterate any one person's beliefs or interests. Naturally obtaining collectiveness can be challenging, for it requires having a membership that is inclusive of the diversity of our village and focuses its group think on matters consistent with the association's above realms.

Additional to these four realms, comes time. The MDCA's prime objective of "making our Community a better place for both current and future generations" highlights that thoughts and actions must consider more than just the here and now. Think intergenerational.

So does the MDCA membership criteria of resident and ratepayer assure that members have a long-term intergenerational interest in the above four realms? Many residents live here for but a few years before moving on. Ratepayers just need to be wealthy enough to own land. They don't actually have to live here, or even to have ever lived here. Absentee landlords can apply.

Needing to be a resident or a ratepayer excludes many with a genuine interest in our village: you may work here, you may play here, you can be a voluntary worker or a carer for someone here, your family may have lived here for generations, you might well have grown up in Māpua, you may come here regularly for leisure, you may have contributed significantly to the community's well-being, you could even have been born in Māpua but you don't qualify because you don't live here or own land.

More inclusive membership criteria would be better. Prior to 1840, land ownership in Māpua was determined by a combination of criteria: Marriage, gifting, conquest and residency, all on a collective, not individual, basis. After 1840, marriage and gifting remained. Conquest changed. Māori stopped fighting each other over land after 1840. Pakeha took a few more decades before they stopped stealing land by rifle and cannon conquest. Now money and law have replaced conquest. Residency has replaced "ahi ka" (keeping the fires burning) but it is now individualized and no longer intergenerational. Collective and intergenerational community values count no longer. Now it's money and wealth that count.

Widening the MDCA membership criteria would be inclusive, not exclusive. Exclusion is more controlling. Inclusion captures a great diversity of opinion. Exclusion is easier. Diversity can be a challenge to cohesive group think.

RUBY BAY STORE What's on in September

The Nelson County Playboys

Saturday 7 September, 7pm, \$25

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The Early Bobs

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Dealing with diversity requires a more capable organisation with appropriate processes, such as transparency about members' interest biases and differentiating beliefs from facts. Being exclusive is a lot simpler and easier.

Declaration: Jim Vause, retired Chair of MDCA, is descended on his father's side from English settlers who arrived in Nelson in 1842. On his mother's side, his first ancestors arrived on the Tākitimu in 1350, but he's not a local

Yoga with Martin

Mapua Hall
 New! Beginners/Recovery:
 Tuesday, 6.00 – 7.00pm
 General: Friday, 9.15 – 10.30am
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HILLS Community Church



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.

Great family friendly crèche facilities and outdoor space.

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 Fridays, 10am to noon.
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 quiet space.

For more information contact Hills Community Church:

Phone: 03 540 3848,
 email: office.hcc@xtra.co.nz
www.hillscommunitychurch.org

Motoring with



-Spring is upon us-

Spring is a vibrant time of the year.

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



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



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



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



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



Wishing you happy and safe motoring....

the team at



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3 Mondays in September 9th 16th and 23rd.

Māpua Hall, 12.00am – 1.00pm.

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Our latest news & adventures



October School Holiday Programmes

The days are lengthening and the sun is crisp - the perfect time to venture outside and discover what's growing! This October we have several holiday programmes to get your tamariki and rangatahi active in the outdoors. Enrolments are now open for our Go Wild and Kaitiaki Kids programmes, based at the Whenua Iti Outdoors site and our surrounding wilderness areas. For the older rangatahi, we have some epic 9-day programmes on offer; **Adventure Skills Development** and **Kaitiaki Leadership**. The bonus is that both of these programmes offer NCEA Level 3 credits! Visit our website to enrol now!

WIO Quiz Night - 3rd Sept

If you haven't already, mark your calendars! The Whenua Iti Quiz Night is taking place at the Sprig & Fern Motueka on Tuesday 3rd September. Lots of awesome raffle prizes up for grabs - bring cash for tickets! Bring along your whanau or your work mates for a fun night. All proceeds support WIO. Book a table to ensure a spot.

Rongoā Māori kaupapa session

Ka ora te whenua, ka ora te tangata. When the land is well, the people can be well. Our team were fortunate to participate in a Rongoā Māori kaupapa session, guided by Sean Delany and Latoya Maikuku-Piggott. This mātauranga opens up a whole other dimension of curriculum for our instructors to share with participants on programme, connecting to the healing nature of te taiao! Ngā mihi to Top of the South Community Foundation for funding this training.

First Aid Scenarios at Tinline Campsite

If you got lost in the woods today, you'd probably hope that a Uniformed Services graduate found you! This **Trades Academy** group practiced First Aid scenarios at Tinline Campsite in Abel Tasman National Park, gaining NCEA credits in the process. They covered the immobilisation of limbs, the splinting of arms, and strategies for keeping 'patients' warm and comfortable (oh and did some excellent acting!) Like what you see? Check out our 2025 Trades Academy programmes our website NOW!



July's Kaitiaki Kids learn how to check predator traps



Uniformed Services students at Tinline Campsite

We'll see you out there!

www.wio.org.nz



Quilt Show

Waimea Area Quilters Group will hold their 5th biennial Quilt exhibition over the weekend of September 14th and 15th at the Wakefield School Hall, 10am to 4pm daily, admission \$3.

This small friendly group was formed 13 years ago. We hold monthly meetings in St John's Church Hall, Wakefield plus a summer and winter weekend retreat.

On display will be:

- The group's entry in last year's Cathedral Christmas Festival of Trees display,
- The "hexagon" challenge where members created a piece of work with the pre-requirement to include a hexagon and to use material from a specific piece of fabric provided.
- Bargello quilts with a difference - taught by a fellow group member.
- Impressive "bowls" made from fabric - taught by a fellow group member.
- "Postcard challenge" created from fabric and gifted to another group member on their birthday.
- A wide variety of group members' own choice of work.

The pictures show the butterfly as an example of the "hexagon challenge" that the club completed last year. The results from other members will be on display at the show.

The second picture is taken at our monthly "show and tell" and it is one example of the work we do.

We will host merchants from across the South Island supporting us in a pop-up Merchant Mall on site.

There will be raffles on offer at the show including a stunning quilt created from American-born, British-based Kaffe Fassett's colourful fabrics.

All members of the public are welcome to:

- come and view the amazing show of work
- vote for your favourite quilt
- sit and enjoy tea or coffee plus delicious home-made goodies provided as a fundraiser by the Wakefield Big Bake Up team who do a fantastic job distributing meals for those in need within their community.
- bring your friends for a great spring outing!



WAIMEA AREA QUILT SHOW
 Saturday & Sunday, 14th & 15th September
 Wakefield School Hall, Edward Street
 10 am – 4 pm DAILY
 ADMISSION \$3.00
 Café – Merchant Mall – Raffles

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Lynda's Exercise Classes in the Mapua Hall

Spring 2024 Classes restart August 6th

A short-ish term until the October holidays.

- Cardio/Weights** Tuesday 6 pm,
- Old-fashioned Aerobics** Wednesday 9.05 am.
- Cardio/Weights** Friday 9.05 am.
- Pilates** Wednesday & Friday 10.05 am.

5-trip ticket \$50; 10-trip ticket \$80; 20-trip ticket \$150;
 30-trip ticket \$210. Casuals – yes, \$12 per session.
 Top-ups for single sessions on your ticket \$10.

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



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Tai Chi

Tai Chi has been taught in Māpua for over twenty years and very little changed during that time. Promising students were accredited to instruct so that classes were able to be taught in Motueka, Richmond and Māpua. The current Instructors are Patricia Robinson (Motueka), Merrick Mitchell (Richmond), Julie Booth (Māpua).

Two years ago, we all left the organisation we belonged to, as much as we were grateful for the teaching and training we received. We have gradually discarded many aspects of the teaching in that era to take on the principles of Tai Chi Internal Arts that better enable us to achieve a softer, connected and more powerful Tai Chi.

Banyin Lee, the Principal Instructor living in Perth, Australia set up the organisation 8yrs ago and visited last year to conduct workshops in Māpua and Tauranga, which, as instructors, we attended.

Merrick visits Perth annually to spend time with his family which gives him the opportunity to catch up with Banyin to learn any new moves and to attend classes. Merrick and I visited Brisbane in June to attend a workshop run by Banyin which was inspiring.

As Instructors the last two years haven't been easy for us, as we have been teaching moves only just one step ahead of our students, despite the fact we have all been practicing Tai Chi for a long time and have had extensive training.

I decided to take July and August off from teaching for many reasons, but it has given Merrick and I time to plan documentation to officially become part of Tai Chi Internal Arts. Students will see little difference in cost apart from a small fee to become a member of Internal Arts. Class cost of \$5 per session will not change.

A few years ago, Banyin put out a summary to Instructors, and I quote "We are tackling the fundamental aspects of our training which is vital to prevent Tai Chi being reduced to a form of walking that may even be detrimental to our knees. We have successfully integrated Internal Arts principles, the Art of Qigong and Tai Chi so they are performed in a coherent way. We have also eliminated outer arm stretching which of course is not proper Tai chi."

A new class will start on Wed 4th September in Māpua Hall 1pm -2:30pm, new beginners welcome.

A new beginners' class starts in Richmond on Monday 7th October 11am-12:30pm at the Church on the Hill off Oxford Road.

Julie Booth, grannyjulie11@gmail.com or 0276463066



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Māpua Village Bakery

Staff Update



This is Eric. He's one of the owners and is usually around the bakery in the mornings.

On weekends you can find him at the Cheese Shop's food trailer The Mousetrap when he sells cheese and toasties at the Nelson and Motueka weekend markets.

With a father from Palmerston North he's a Kiwi from way back, but he did spend his younger years in the USA. So please forgive the accent.

After 15 years in Auckland working in media, tourism, and banking he gave up the corporate life and moved to Riwaka to live the good southern life.

While his sporting days are long past he did grow up playing cricket and fencing. Now it's just Rugby on the television (except that trip to Dunedin to see the Highlanders beat the British and Irish Lions!).

Lastly, he enjoys movies and computer games like any good member of Generation X.

The staff are impressed because he's finally learned to work the till.

Pet of the Month



This is Ewok. Of course he is.

He's a 14-year-old Australian Terrier and is as furry and fun as can be for an old fella. He loves long walks on the beach and drinking Jeff's coffee.

Ewok is very playful and when not thinking about food he loves making friends, especially those he meets at the bakery.

The only people he doesn't like are Storm Troopers.

As mentioned, he's always hungry, but he's also a bit of a gourmet with refined tastes. He'll turn his nose up at a croissant if there's an angel food cake nearby.

Don't go asking to borrow his favourite toy though, because that's Jeff.

New Bread Menu

Bread Menu

Everyday: Multigrain Sourdough
Plain Sourdough
Baguettes
Knot Rolls
Ciabatta (large and small)

Mondays: Pumpkin & Cheese Plaits
Tuesdays: Turkish
Wednesdays: Winemaker's Cobs
Thursdays: Healthy Harvest
Fridays: Focaccia
Saturdays: Wholemeal Sourdough
Sundays: Sweet Loaves

As mentioned last month we've been trying out lots of new breads. We'll have our core range available every day, but then throughout the week each day will have a special bread.

We'll always make it on that day, so if you have a favourite you know when to come in.

Monday - Our super-fluffy pull-apart pumpkin and cheese bread.

Tuesday - Our locally exotic Turkish bread.

Wednesday - Winemaker's Bread is a soft rye-style bread with a few seeds.

Thursday - Healthy Harvest is a seed and nut bread packed with flavour.

Friday - Our Focaccias come in potato and herb & cheese flavours.

Saturday - The return of our wholemeal sourdough.

Sunday - Sweet white loaves with sultanas.

Smashed Avocado

We've just simplified our menu. We no longer have breakfast and lunch options.

Everything is available as long as the kitchen is open.

We've kept all our best-selling favourites and basics like The Big Baker's Breakfast and Eggs Benedict. We've also actually added one new item—it's Smashed Avocado!

After visiting all the trendy and fancy cafés in the area



we noticed almost all of them had Smashed Avocado on the menu.

Now, we're not fancy and trendy, but it seems like there's some demand out there for this breakfast option.

So if you've been craving one, pop in a give it a try. Comes with eggs and bacon.

School Fundraiser

The Great Māpua Grocery Grab 2024

After much success raising \$16,000 last year, Māpua School is embarking on The Great Māpua Grocery Grab fundraiser for the 2nd year.

Shaun and Taryn McFadden from our local Four Square have kindly donated the generous and fun prize of a one-minute Grocery Grab to the value of \$1000 for the 1st prize winner and Māpua School will provide 2nd and 3rd prizes of \$200 and \$100 Four Square vouchers.

Our school families will be selling the raffle tickets during September by door knocking, convincing family members they need tickets (with love of course) and selling them at the Four Square on Friday and Saturday afternoons, so keep an eye out for us!

The Māpua School fund-raising team are focusing their efforts on repairing and replacing broken playground

equipment and improving play spaces for our amazing tamariki to enjoy. We are reliant on our fantastic school community to help us provide an enriched physical environment, as funding from The Ministry of Education quite simply does not stretch anywhere near far enough!

It is time for us to take the improvement of the learning environment for our tamariki into our own hands and we really need your help to make it an attractive and exciting place to learn. We appreciate every bit of support we get from our wider Māpua community – thank you!

Sales of the raffle tickets are underway, and the prize winner will be drawn on Friday 20th September at a special

school assembly.

Get your tickets from one of our school families and be in to win this great prize. We would love your continued support. If you would like to buy a ticket but don't see any of our team you can email us at foms@mapua.school.nz.

Friends of Māpua School



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Noticeboard

Wanted to rent: 2-3 Bedroom house in Māpua for 6 to 12 months. Professional couple with no pets. Happy to pay rent 6 months in advance. Please call Steve 021 240 2940

Nelson District Spiritualist Church: roof repair fundraiser Clairvoyant Evening, Friday 30 August, 7-9pm. Door sales from 6:30pm \$20.00 non-members, \$10.00 members. 76 Tipahi Street, (cnr Tipahi & Motueka St) Nelson.

Māpua Friendship Club indoor bowls, first & third Mondays, at Māpua Bowling Club rooms. Bowls 2pm, then "bring a plate" afternoon tea. \$3 door fee. Lots of laughs and non-competitive. For more info contact Val 540 3685

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 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

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@tasman golfclub.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

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

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

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

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 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

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. 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 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.