

Carbon Reduction

Walking the Talk - Local Solutions

Organisers are delighted that 'Walking the Talk - Local Solutions for Carbon Reduction' is rescheduled for August and September, having been a COVID casualty earlier this year. This is a series of events showcasing examples of carbon reducing activities on properties in our region. It highlights simple, everyday practices that remove carbon from the atmosphere and/or reduce greenhouse gas emissions.

The global research-based publications 'Project Drawdown' and the recent 'Drawdown Review' are the basis for the climate change reversal solutions featured in 'Walking the Talk'. Solutions featured are based on the Drawdown Review's framework, grouped into three overarching areas of action according to whether they reduce carbon emissions, support carbon sinks that absorb carbon from the atmosphere, or improve society through health and education.

'Walking the Talk' will be launched at Māpua on the evening of 27 August, facilitated by Steve Richards of Jester House. The programme is a visual presentation of local climate change reversal practices that reduce carbon emissions in energy, food, agriculture and land use, industry, transport and building. Also featured are land, coastal and engineered carbon sinks that absorb greenhouse gases.

Throughout, the audience will be encouraged to reflect that climate solutions are never *just* climate solutions – they have co-benefits that improve society, such as an improvement in air pollution will have on health and the health economy. Think of the co-benefits of clean water, of affordable housing and food, and many other human needs.

Three site tours in September illustrate many of the emissions and carbon sink solutions outlined in Drawdown Review. All tours are at set times and are guided by site hosts.

There is a large focus on food – growing it, storing it, cooking efficiently, preserving it, using waste and creating zero waste. Home gardening and water systems that are domestic applications of agricultural climate change reversal solutions can be seen at every site.



Growing a plant-rich diet

Resource information on plant-based meals will be available.

Solutions in energy efficiency and production that are showcased include a variety of solar hot water and solar electricity generation systems, advanced energy monitoring systems, a zero emissions stove/space heater, and water distribution via gravity or a pump operated by water pressure.

Homes built from recycled or natural materials that eliminate the high emissions of steel or cement are included in all tours, and energy efficient features of buildings are emphasised. One site includes a walk through forestry that's an example of practical, effective ecosystem restoration. Co-benefits of carbon reduction solutions will be evident from the many simple features seen and described by site

hosts – health and community spirit, for example.

It is hoped that tour participants will leave 'Walking the Talk' motivated to assess their lifestyles from a perspective of 'what have I learned that I/we could do now to reduce my emissions or create carbon sinks that draw down carbon?' And for sure, many will think 'I can do that...!'

Any of the climate change reversal solutions seen could be a start of an individual's or family's progression, a building block, towards climate change reversal. And of course, it is also hoped that everyone will talk about it at every opportunity.

The 'Walking the Talk' programme is:

Thursday 27 August, Māpua Community Hall, 7.30 pm.

Saturday Sept 12, tour of Jester House property (Tasman).

Saturday 26 Sept, properties in and around Motueka.

Sunday 27 September, properties at Ngatimoti.

Places on tours are limited; registration is required and will open at the event launch on 27 August or by email to <https://www.humanitix.com/nz>

'Walking the Talk...' is a Local Matters event, organised by the Motueka Branch of the Green Party of Aotearoa. Introductory evening (Māpua) \$10; each site tour \$10.60 (includes booking fee); students with ID free (all events).

Contact Petra pdekkernz@gmail.com or 021 029 26209.

<https://www.drawdown.org/>



Biochar production

MDCA working for the good of the community – Join us and make your view count!

MDCA's meeting of the 13th July had a full agenda.
Guest Speakers TDC staff: David Stevenson, Richard Kirby & Jamie McPherson plus Luke Donaldson from Donaldson Civil.

David updated us on the Storm Water Inundation Review in Ruby Bay, including drainage issues in Tait St and Chaytor Reserve. TDC are conducting hydraulic modelling of the area to identify current and potential issues that can be readily rectified. Results will feed into the LTP and include a review of Environmental Planning with regard building floor heights. Results could take 2-3 years.

Jamie spoke of the sea wall along Ruby Bay and how its construction with a clay water barrier is not a stop bank, but instead is designed to deflect water egress rather than stop water entering. Existing ground levels at Chaytor Reserve are being evaluated due to concerns that levels are too high.

Luke advised how well the replacement of Water & Wastewater piping is progressing. Luke thanked the community for being so obliging. After discussions with businesses in the Village, Donaldson's will be constructing a new footpath to link between the base of Higgs Road to the existing path near Sprig & Fern.

Indicative Roads MDCA has become aware that current Indicative Road maps for Māpua do not reflect future traffic movements that are safe for pedestrians and cyclists, nor do they help promote a village atmosphere.

The current Indicative Road maps are used by developers for subdivision without further consultation with community. Jamie McPherson stated that in the past traffic management focus has been on motor vehicles and is now changing focus.

After primary discussions with TDC staff and councillors the time for the community to insist changes are made is when the TRMP is reviewed. This process for Māpua is about to commence with public consultation October/November.

MDCA wishes to start community discussion and consultation now, giving time for residents to consider future vehicle, cycle and pedestrian movements; to increase safety and reduce congestion along Aranui Road with the hope that full community engagement in the submission process with TDC will occur.

Māpua Waterfront Jeremy Butler TDC Policy Dept. requested a slight land zoning change within the Waterfront Park. After a discussion the meeting agreed to respond by requesting the status quo to prevail until a decision regarding a future boat ramp had been finalised, while asking for an explanation as to why the changes are deemed necessary.

Dominion Flats (DF) Helen spoke of the wonderful effort volunteers have made planting some 2000 plants. There is always work for more volunteers every Tuesday at DF from 9 am. Bring a spade.

Community Hub The project working group has formally adopted the name 'Māpua Community Hub' subject to consultation with mana whenua. A formal offer

has been made to DVCCT trustees for their current trust deed to be renamed, and objectives re-prioritised to enable a 'fit for use' legal/financial structure for the project. Data is being gathered and assistance sought in preparing for and financing a feasibility study of both concept and plant to ensure it is 'fit for purpose'. There is a need for more trustees representing a wider diversity from the community. If interested contact elena.meredith@xtra.co.nz.

Community Driver All volunteer drivers have now been approved via the police vetting process. A short-term contract for a project co-ordinator has been advertised, with the hope an appointment will be made in July with the service available this month.

Māpua Reserve Playground upgrade The re-alignment of the Great Taste Trail cycle path has been completed.

Public seating Four seats have been refurbished thanks to community generosity. Three seats will be located between Ruby Bay & Māpua, with the fourth in the Reserve on the corner of Aranui Rd & Langford Drive. This project now requires 3-4 willing and able people for boxing the concrete slab, and either pouring or organising the concreting. If you are able to help please contact Marion at 540 2618 or marionawayfromhome@gmail.com

Videoring early life in Māpua & Moutere Hills This project is gaining some traction. See separate article in this Coastal News edition.

Dogs fouling Māpua Domain Due to some issues with dog owners not collecting doggy doos in the Domain, new signs have been erected by TDC stating that dogs are prohibited on the sports field and must be on a leash at all times.

Exercise stations in the Domain MDCA is actively looking for someone to co-ordinate this project. If you are interested, please email info@ourmapua.org

Good Sorts This initiative is to continue on a monthly basis. If you know someone in the community who has gone above and beyond to help out, please email their name and their good deed to info@ourmapua.org titled 'Good Sorts' for monthly recognition.

AGM – August 10th 7pm Māpua Hall

Our community needs you and MDCA needs Executive committee members. If you have an interest in our community and are willing to either give back or pay it forward, now is the time.

We are also looking for someone with secretarial skills, minute taking, letter writing, who is organised, communicates well, and enjoys being part of a team. Email info@ourmapua.org for more information.



Early days in Māpua Area

Māpua & District Community Association (MDCA) is about to embark on a long-term project to capture (on video and audio) the recollections of residents of the Māpua & Moutere Hills area prior to 1980.

We are looking to capture and document the stories and candid experiences and moments of our area in times gone by. Such things as: what life was like, schooling, leisure activities, modes of transport, employment, shopping, etc, etc, etc.

The purpose of this project is to bring all these memories together in one place for easy future access.

The project involves interviewing residents who fit the criteria in the comfort of their home. The interviews will be undertaken by Marion Satherley with either Margaret Cotter or Mike Kininmonth keeping an eye on camera. Interviews will last approx one hour.

The recordings will be professionally edited with the possibility of a copy being provided to the interviewee upon request.

If you, or anyone that you know, fit the criteria and have stories to tell, please email the MDCA at ourmapua.org or contact Marion on 5402 618.



Motueka Appliance Repairs

Specialising in Home Appliances
In Mapua Regularly
Call Dan **022 4568 068**



Attention all Dog Owners:

New rules apply to dogs within the Māpua Recreation Reserve (Māpua Domain). This is the result of doggie doo's not being picked up in the past. Below is an image of the signs placed at each entrance – Please take notice of them and follow the rules.

Mapua Recreation Reserve

Dogs not permitted on sportfields

Dogs on leash at all times



DOG ON LEASH AREA

tasman te tai o Aorere

Māpua Easter Fair Trust

Thanks our amazing community

With a heavy heart in March this year the Easter Fair Committee and the Easter Fair Trust realised we would have to cancel the Easter Fair 2020 as part of our nation's efforts to protect our people from COVID-19.

We knew that this would have a big impact on some of our stallholders who would lose a significant amount of income as they headed into the Easter months, as well as Māpua School and Playcentre who rely on this fundraising event.

We have been overwhelmed to see how much support – emotional and financial – the Fair has still had. A huge thank you to our sponsors, NBS, who still contributed sponsorship money which will be invaluable in these financial tough times. Many of our stallholders offered donations or refused refunds too.

Thank you to Jane from Chocolate Dog Studio for beautiful design work which will not go to waste, and to the many volunteers from Māpua School and Playcentre who contributed their time and energy.

A big thank you to Liz Ussher who has put in mammoth amounts of time and energy to run the fair these past few years. This was supposed to be her last fair. Thank you Liz, and good luck with all your future ventures.

What a special place we live in to rally round in such difficult times. See you next year!

The Easter Fair Trust



architecture studio | mapua

- Warmer
- Drier
- Healthier

Simone Wenk
Reg. Architect (Germany), LBP Design 2 (NZ)
03 540 3282 / 021 1049 039
simonewenk@xtra.co.nz

Shed 4, Mapua Wharf
www.architecturemapua.co.nz



Nelson Tasman Community Transport Trust

This trust works to provide affordable and appropriate transport services to people living in outlying townships in the Tasman area.

Several Trustee positions are opening on the Trust Board, offering a rewarding opportunity for individuals keen to help people stay connected and at the same time eager to do something practical about climate change.

We also need a minutes secretary to record our monthly meetings in Richmond.

Please email ian.viapre@inet.net.au for further details.

MAPUA HALL NEWS

72 Aranui Road Mapua | mapuabookings@gmail.com | 03 540 2330

Regular Weekly Activities at the Mapua Hall



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9.15 am Yoga with Charlotte	9 am PANZ Pastel Artists of NZ	8.30 am Aerobics with Lynda	9.30 am MAG Art Group <small>Mapua Art Group</small>	8.30 am Aerobics with Lynda
9.30 am Superb Dance <small>with Hilary</small>	9 am Sioux Line Dance	9.15 am Yoga for Healthy Aging with Nikki		9.30 am Superb Dance <small>with Hilary</small>
5.30 pm Broga Men's Yoga <small>with Nikki</small>	10 am Mapua Creative Fibre <small>2nd Tue of Month</small>	9.30 am Pilates with Lynda	2 pm Friendship Group <small>3rd Thursday of the month</small>	9.30 am Pilates with Lynda
6 pm Dance Fitness <small>Dancehall Fitness with Hilary</small>	1:30 pm Tai Chi Beginners	1 pm Tai Chi		10.45 am Yoga with Martin
6:30 pm Mapua Hall Society Committee meeting <small>Meeting 3rd Monday of month</small>	2:00 pm Chair Flair with Hilary			2 pm Friendship Group <small>3rd & last Friday of the month</small>
7 pm Mapua & District Community Assoc. <small>Meeting 2nd Monday of month</small>	6 pm Aerobics with Lynda	6 pm Yoga with Thomas	7.30 pm Mapua Community Choir	6.30 pm YOUTH GROUP <small>Most Fridays</small>
	7 pm Pilates with Lynda			

This month

For current times and timetable updates please check the live calendar on the Hall website www.MapuaHall.org

Packhouse Cinema

Packhouse Cinema screening "Fisherman's Friends" on Sunday 9th August at 6.30pm
 Tickets \$12 at the door.

Coming Soon

Mapua School Quiz on 4th September.

General Election 12th, 13th and 19th September.

Hall Society News

Thank you to those that have paid Hall Society Financial Membership for 2020-2021. Your generous donations and membership subscription is most appreciated, membership is \$15 per person annually and can be paid online to NBS 03-1354-0308218-00 with your name and 'membership' as reference.

New classes arriving in August include Chair Flair with Hilary on Tuesday's from 2pm, Broga Men's Yoga with Nikki on Monday evenings and an introduction to SOLOS Mindful Movement from 1pm on Thursday 13th.

The July AGM saw a reshuffle to the Hall Committee with some new members joining the team. We look forward to some new ideas for the Hall in 2020/21.



Police report

Been some lovely days recently. Very unlike the middle of winter – we are so very lucky our climate is so good here. There have been some heavy frosts though.

Recently I biked up to Woodstock from Motueka and at 12.30 pm some corners were still frozen solid and were treacherous. Every year we have several crashes where people get caught out going too fast on icy corners so make sure you aren't the next one.

Drive to the conditions; going fast to save a few seconds could end up costing you a whole lot of time, expense and possible injury. Not really worth it, is it?

We have been very lucky and there has been very little reported crime in the Māpua area over the last month. Keep your cars and shed locked though as you never know when an opportunist thief may come snooping around.

- Male caught driving over 120 km/hr on Māpua Drive. Licence suspended immediately for 28 days
- Male warned for smoking cannabis in a car at Grossi Point.
- Take care out there.

Grant Heney, Senior Community Constable, Motueka

Letter to the editor

Scrubby but RIP

STo those who noticed and perhaps lamented the loss of the Lawsonianas (Lawson Cypress) along Aranui Road, may I put my hand up and say, "it wasn't me."

For decades these Lawsonianas have defied successive Power Boards which, to their credit, have always shown tolerance and forbearing; however the day did come when ultimatums were made, coupled with the demands of Māpua 's future infrastructure, and the trees' gallant hold in that stony ground came to an end.

Scrubby old things they may have been, but they were a constant in Māpua's everchanging scene and I was sorry to see them go.

The Lawsonianas were planted by my father Len Beere in the early 1950s to enclose the broom and rank grass he bought after the war. He wanted them to provide fenceposts and firewood, even, Len being a recent war returnee, a fort to keep out invaders.....

With each tree putting up several trunks they certainly have for nearly 70 years, given us the fenceposts, jumping poles, endless firewood and kindling; these firs earned their keep and will be missed.

Helen Beere



Tuffnell
Plumbing Drainage & Gas

Servicing Mapua, Ruby Bay & Moutere Hills areas daily

**Plumbing – Gasfitting – Drainlaying
Wastewater Servicing**

Contact us to book your job or free quote today

03 543 8090 or 0800 129 683

info@tuffnell.co.nz

"We thank all our clients for their continued support"



Master Plumbers
Representing Excellence

Māpua Fire Brigade



June to July 2020 call outs

15 June 16:05: Tanker to alarm activation Motueka Community Health on Courtney St, turned back.

2 July 2020 01:03: residential alarm activation Aporo Rd, faulty unit.

Calls this year = 45

Safety Tip – Be safe.

Smoke alarms need to be tested monthly and taken down and cleaned six monthly. Keep insects and dust away from alarm to keep them working as they should.

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

for fire permits go to - <http://www.checkitsalright.nz/>



Relaxing Beauty Salon in the heart of Mapua
Rejuvenating Facials, Waxing and
Electrolysis, Pamper Packages,
Manicures and Pedicures, Eye Treatments

Call Jill Today or book online
11 Moreland Place, Mapua. Ph 5403923. Web: radiancebeauty.co.nz



RADIANCE
beauty therapy

Book Reviews

“Free Food for Millionaires” and “Pachinko” by Min Jin Lee

Min Jin Lee shifted from Seoul to New York at the age of seven years.

She was a successful corporate lawyer, but stress issues resulted in her resigning and concentrating on writing; her first love.

Short stories, essays and newspaper articles were published as she studied the art of writing. Finally, twelve years after resigning her law position, her first novel “Free Food for Millionaires” was published.

This is the story of Casey Han a young woman of the 1990s. She graduates from one of the elite colleges where she won a scholarship. Not being from a wealthy family, she enters the story with no money, no job, but with a fierce determination to succeed.

Casey is an angry young Korean American woman at war with her Korean parents. Their traditional values scorn her modern outlook, morals and reluctance to conform to their beliefs. They have spent their lives working long hours in unpleasant work conditions and expect their daughter to be obedient and respectful.

Min Jin has observed young Korean women during her years as a student and a writer and her astute observational skills result in a powerful story.



The author lectures at various universities both at home and abroad and ten years later her second novel is published.

“Pachinko” is also highly rated in America and in this epic historical novel the Japanese Korean culture is revealed. It is “the first novel written for an adult English-speaking audience about Japanese-Korean culture.”

It is a thought-provoking story which sometimes moves at a slow pace and flits backwards and forwards in time.

These stories portray an in depth feel for people who are considered inferior because of their race.

Joyce Bullock



**NOTICE OF ANNUAL
GENERAL MEETING
2020**

**Wednesday 19th
September**

**7.00 p.m. at Mapua Boat Club rooms
Mapua Wharf**

All welcome, financial members only holding voting rights
Following the close of the meeting supper and refreshments will be provided.

Enquiries to: **Clare Kininmonth, Secretary**
Email: mapuabcsecretary@gmail.com
or phone: **022 177 1186**



ANTIDOTE APPLIANCE REPAIRS

Laser Electrical Motueka and Antidote Appliance Repairs
Proud to be 100% Locally Owned and Operated

- Air Conditioning and Heat Pump Installation, Cleaning and Servicing
- Domestic & Commercial Wiring
- Appliance Repairs
- New Builds or Renovations
- 24 hr Callout Service

Contact Greg and Donna Bradley
- 03 528 9071
- 027 243 2212
- 9a Monahan Street, Motueka
- motueka@laserelectrical.co.nz
- laserelectricalmotueka.co.nz





Decor 8 with Distinction
QUALIFIED PAINTER & DECORATOR

Simon Noake
M: 021 751 073
E: decor8@xtra.co.nz

BROOK STREET LOUNGE
SUSTAINABLE CLOTHING



Recycled Clothing and Accessories for Men and Women

Your Consignment Store
for Quality Recycled Clothing for Men and Women. Prices from \$5.

New and not-so-new Designer and Mainstream Brands including Vintage and Retro Finds sizes 6-24, Maternity, Footwear and Accessories

HOURS:
Fri-Sat-Sun 11-3

151 Aranui Road
(with Parking)
Across from
Mapua School

Special Events for You and your Friend, Hen's Nights, Birthdays. Enjoy an evening in the shop this weekend.

GET IN TOUCH Facebook or Instagram @brookstreetlounge

Māpua Craft Group

This photograph shows our non-slip small mats that can also be used to loosen those stubborn jar lids. The fabric is cheap to buy and we crocheted around the edges.

Our locked store cupboard contains cardboard, paper, scissors, coloured pencils, rulers, felt, wool, glue, ribbons, paint brushes, stamp pads, ink pads and decorative items for card making.

There is a sewing machine and iron so there is plenty of stock to inspire crafters.

We meet at 10 am till 12 noon at the Hills Community Church in Māpua, on any Friday during term time. We welcome everyone who is interested in "craft". There is a small koha to cover the hire of the room, and tea/coffee is provided.

Barbara Halse 5403901.



Pastel Artists of New Zealand

With bubbles burst and an air of normality in the streets of Māpua, it is a pleasure to be back in the Community Hall every Tuesday morning to paint, create and natter with our fellow artists. Membership is still strong in PANZ Nelson, one of the larger groups in New Zealand, though regular numbers at our weekly meetings have still to pick up following the Covid-19 lockdown.

The first Tuesday of each month is "challenge day" and for that, attendance is high. We must be gluttons for punishment as some of the challenges really live up to the name, challenge!

Marian Painter was inspired by a feature in a recent PANZ national newsletter...

"Every so often it's beneficial to 'let go' and connect to those creative instincts that reside in all of us. Emotion is integral to growth."

At the beginning of July, she steered us through what proved to be a fun and engaging morning using a limited palette of colours, a 15-minute time limit for each of three exercises and the source black and white images were selected one minute before starting.

The first exercise was met with a few gasps of disbelief; this is way beyond the comfort zone, much too scary! But actually, it wasn't. Ten members took part and by the end of exercise three the room was full of smiles; it was a very happy atmosphere and there were some very dirty hands to prove it.

Marian was very encouraging and complimentary about our efforts. They were far from perfect, but we were up to the challenge and might be inspired now to take a few more risks with wild card colours; a valuable lesson for us all.

What lies ahead on the challenge front remains to be seen, but you know what? We will be up for it! Why not come along and join us?

For any information about our pastel group please contact our Area Representative, Glenys Forbes on 03 540 3388 or by email gmforbes@ts.co.nz. You can visit our Facebook page: PANZ Pastel Artists of New Zealand to see national and international pastel artwork.

Sue England



Māpua Health Centre News

As we continue to adapt to changes brought about by the COVID lock down and its flow on effects, we have been working hard to fulfil an extra demand for face-to-face appointments as well as various health department requirements.

Thankfully, we seem to be getting on top of this and we are trying to stay on time with our appointments. To assist us with this we would like to remind patients that our standard appointments are 15 minutes long which can generally cover one or two health related items. If you have more to discuss, please book an extended appointment (extra charges apply).

If you have only booked a single appointment and we cannot safely discuss all of your concerns in that time we will ask you to make another appointment.

We have recommenced our evening clinics with Dr Andre Bonny and these are held on Tuesdays from 6.00-8.45 pm, by appointment only. We also have telephone or video/zoom consultations available with all the GPs, which can be useful in terms of saving travel time and inconvenience, as well as helping to avoid coming into contact with or spreading infectious diseases.

If you have registered and activated your access to our patient portal (ManageMyHealth), you can now view most of your consultation notes dated after 1 July 2020. This is a great way to refresh your memory about any instructions or advice that you have been given by your GP, changes to your medication doses, plans for ongoing treatment, etc. You can also arrange for prescription renewals, make your own appointment, check your lab results and send messages.

The flu vaccine continues to be available free to those over 65 years or if you have a chronic medical condition such as asthma requiring regular medication, heart disease, diabetes, etc. If you have any concerns about the vaccine or are not sure if you qualify for a free one, please do not hesitate to contact one of our nurses.

The August calendar includes Iron Awareness Week. Iron deficiency is not necessarily the consequence of low intake but can also be the result of various medical conditions (from chronic renal failure to coeliac disease,

gastrointestinal blood loss), heavy periods and excess intake of zinc (which hinders iron absorption).

Iron-deficiency anaemia is a serious problem in the developing world due to a limited food supply, while in Western countries it can occur in people who follow restricted calorie diets to lose weight.

Iron intake is most easily achieved with eating meat but can also be managed by consuming healthy iron-rich vegetarian foods in combination with vitamin C-rich foods (such as citrus, broccoli, bell peppers etc); and in the same meal which will improve iron absorption. The bio-accessibility of iron from whole-grains (such as brown rice, quinoa) can also be increased by garlic and onion. As little as one thin slice of onion can significantly increase iron absorption.

Drinking tea and coffee with meals can impair iron absorption so try to avoid those. However, the good news is that vitamin C can overcome the effects of iron inhibitors such as phytic acid, polyphenols, calcium and milk proteins.

It is also Daffodil Day this month in support of the Cancer Society. A recent study found that highly processed foods may raise overall cancer risk and that even a 10% increase in the proportion of ultra-processed foods in the diet, such as dehydrated soups, processed meats, biscuits, and sauces, was associated with an 11% increase in overall cancer risk.

Conversely, a diet consisting mostly of fresh or minimally processed foods, including fruits, vegetables, pulses, rice, pasta, eggs, meat, fish, and milk, was associated with a reduced risk for overall cancer and breast cancer (*BMJ*. February 14, 2018).

There are a number of important events for the month, including:

- 1-6 World Breastfeeding Challenge
www.silentleadershipchallenge.com
- 9 International Day of Indigenous People www.un.org
- 12 International Youth Day
www.un.org/en/events/youthday
- 28 Daffodil Day – Cancer society NZ
www.cancersociety.org.nz
- 26-02 Iron Awareness Week www.ironweek.co.nz



Suzie Brosnahan
Celebrant

Bringing Together Moments To Treasure

By becoming a celebrant I have the privilege to work alongside people as they experience milestones and important occasions in their life's seasons. I aim to create and professionally deliver a ceremony personal to you, giving you a lasting memory to treasure.

www.sayyesenterprises.co.nz/suziebrosnahancelebrant
✉ bookings@sayyesenterprises.co.nz or ph: 027 378 8277
f www.facebook.com/suziebrosnahancelebrant




Beautiful Location and Relaxed Atmosphere
One on One personal services - Experienced Hair Designer

Ph 022 354 8771
Facebook@thebasinNELSON
www.thebasin.co.nz

{ the basin }
BOUTIQUE HAIRDRESSING
APPLEBY, NELSON

fabulous cuts & colour



Coast & Country
**Chiropractic
 Centre**
Dr. Ron Howard
 ACC registered
 coastandcountrychiropractic.co.nz

Mapua 105a Aranui Rd 03 540 2068
 Motueka 2 Wilkinson St 03 528 8880

SUMMIT Licensed REAA 2008

GORDON WEBB
 Top Salesperson 2007/2008/2009/2010
 Runner Up 2005/2006 | Top Office 2014/2015
 in Summit Real Estate MIRNZ

Tasman - Nelson - Marlborough

Having grown up in this fantastic little village and seeing it blossom and thrive, I truly believe that my team and the passion and knowledge I have for the area will get you the very best results.

'A Good Deal Better'



Gordon Webb
 Residential & Rural Branch Manager
 021 540 241 | 544 2900
 gordon.webb@summit.co.nz
 summit.co.nz

Tasman Tech  
 Computer Repairs

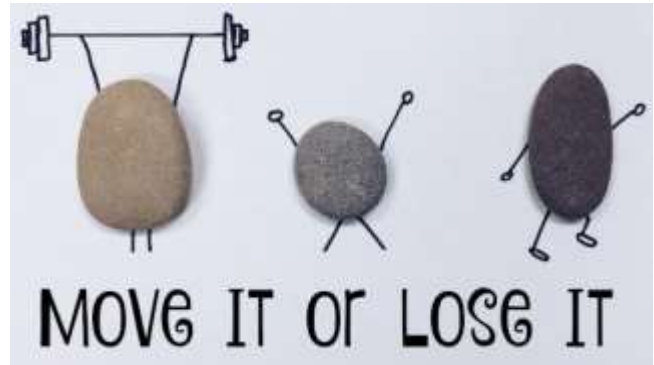
-  Virus & Spyware Removal
-  PC & Mac repair
-  Tech & Gadget help
-  Hard Disk Recovery
-  Home & Office Networking
-  Printers & Peripheral
-  Web Design & Development

022 517 9698

Paul Goldsmith
 Office@TasmanTech.co.nz

Move it or lose it

Some age-related changes, such as wrinkles and grey hair, are inevitable. It was once thought that changes to muscles, bones and joints were unavoidable too. However, researchers now demonstrate that many factors associated with ageing are due to inactivity, and that performing physical activity can help to reduce or reverse the risk of disability and chronic disease.



Exercise and movement in general are really amazing tools to keep ourselves healthy and also younger. In a recent study published in the Journal of Applied Physiology, they examined the effects of aerobic lifelong exercise and its effects on the cardiovascular and skeletal muscle health.

The study compared the muscles and cardiovascular capacity of people who regularly exercised in their 20s, people in the 70s who exercised their whole adult lives and an inactive group in their 70s.

They found that the muscles of people who have exercised their whole lives closely resemble those of people in their 20s who currently exercise. The inactive group's muscles showed significant changes. The cardiovascular system of the active older group was reduced compared to the 20-year olds, but their capacity was 40% higher than the inactive group as well as their cardiovascular health being equivalent to people 30 years younger than them.

As the old saying goes, 'use it or lose it'.

Dr Ron Howard, Coast & Country Chiropractic Centre

Bellydance with Raewyn
 Classes for anyone and everyone
 Wednesday 5th for 7 weeks
 Class 1: 6:15 PM to 7:15 PM
 Beyond Beginners/Intermediate level
 followed by Class 2: 7:30 to 8:30 PM
 New Beginners & Continuing Beginners
 The Wee Wellbeing Studio
 155 Stafford Drive, Ruby Bay
 For more information please contact
 Raewyn raewynsnook@gmail.com
 phone 029 775 1853

COMING UP AT



7th and 8th August

Andre Vegas Presents: La Mystic
Magic and Variety Show

29th August: Best 80s Night Ever

2nd September: Tasman/West Coast
Meet the Candidate Debates

4th September: Raybon Kan
Stand Up Comedy

8th September: THE BETHS!!!

11th September: Boogie Train

September 19th: Local Legends
Tillerman, Soul Kitchen and
Lemon Grass

26th September:
Paul Madsen presents The Eagles
Queen and Beegees Tribute show

Personal Training at Home

To: build your Strength and Balance,
increase your Flexibility, reduce the risk of Falls

For all ages

Targeted, personalised exercises to help you
keep doing the activities you love

Fully qualified Personal Trainer with many years'
experience working with people of all ages

Contact Marv Edwards: Text 027 312 6435

Email: marv.edwards@outlook.com



Ruby Bay
KITCHEN

Chef-made food at takeaway prices
172 Stafford Drive, Ruby Bay
03 540 3530

*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.

Printed by the Tasman District Council.



DOG TRAINING

Mary Chaffey
Canine Behaviour Consultant
and Endorsed Trainer

*From basic polite manners to
serious behaviour problems*

 **GROUP CLASSES
PRIVATE CONSULTATIONS**

Contact Mary Chaffey: 021 288 0881
www.k9mana.co.nz k9mana@gmail.com

Endurance Spraying Ltd

Pete Hughes Owner/Operator

petejulieh@gmail.com

Cell 0211 942 654

- All types of weed spraying
- Hill country gorse a specialty
- Commercial & Residential
- Lawn Spraying & Fertilising
- 20 years experience - Growsafe certified

Regeneration trumps Recovery – Rod Oram to speak in Māpua

Rod Oram will speak in Māpua on Monday 10 August. His focus will be a Green Recovery and its critical components the Zero Carbon Act and reducing poverty. His address to a Māpua audience is guaranteed to be thought-provoking and stimulating.



Rod is an international business commentator and is well known in NZ for his regular contributions to newsroom.co.nz, Radio New Zealand's *Nine to Noon*, and to Newstalk ZB.

He is a frequent public speaker on deep sustainability, business, economics, innovation, creativity and entrepreneurship, in both NZ and global contexts.

One of Rod's recent articles includes 'NZ's moment for bold action', a summary of five current initiatives that propose strategies capable of delivering real outcomes that could change New Zealand's course (Newsroom June 16, 2020).

Another looks at the need for innovative ways to help our economy survive and evolve rapidly into one that is more sophisticated, more resilient and more valuable (Newsroom March 27, 2020).

His regular slots with RNZ's *Nine to Noon* have a similar focus on important issues of the day.

Rod is hosted by the Motueka Branch of the Green Party of Aotearoa, as part of its Local Matters programme that focuses on issues rather than politics.

**Māpua Community Hall, 7.30pm, Monday 10 August.
Entry \$10, students with ID free. Door sales only.**

Contact Petra 021 029 26209 for further details.

Harcourts

MAPUA

Our Philosophy

It's all about people.

Companies don't succeed, people do. As an organisation we understand that our success is all about people - our team and our clients. Part of our Philosophy is to never lose sight of 'people' being at the centre of everything.

Successfully buying and selling real estate is mostly about fulfilling people's needs, dreams and aspirations. That's why Harcourts people not only receive in-depth professional training which has become recognised as the benchmark for the entire industry, but they are committed to building meaningful and genuine relationships with their clients.

At Harcourts Mapua, we know that our clients want to deal with consultants who have expertise, knowledge of property and the area and someone who will treat them with honesty and integrity, a consultant committed to achieving the best possible result for them whether they are buying or selling.

We are committed to putting our absolute focus on creating a relationship of trust and respect with all our clients. We've found that this philosophy is great for achieving personal satisfaction, high morale and continued success.

A totally consultative approach is what makes the Harcourts way of doing things so seamless. Trust, honesty and integrity remain the company's personal hallmarks. Add to those attributes an intimate knowledge of the local market and current property trends, a solid work ethic plus well-developed negotiation skills and you have the perfect recipe for success.

2A Iwa Street, Mapua. Telephone 540 3425

ARROW REALTY LTD - Licensed Agent REAA 2008



Amanda James • 027 472 1960



Franklin Op den Buysch • 027 445 6581



Jen Williams • 027 738 8545



Jimmy Lillington • 021 158 1773



MYMOVE TASMAN LTD - NELSON/TASMAN PROPERTY MANAGEMENT EXPERTS

Maximising your investment

“ Thank you for the brilliant service you guys provide, by far the best property Managers we've ever dealt with.

Jane & Peter ”

“ Fabulous service! Easy to deal with, excellent communication skills and helped me find the perfect rental property. Highly recommend MyMove from a tenant perspective.

Thank you. Jen. ”

“ We are over the moon on how effective and professional MyMove's services have been. With their stickability and commitment, it is a pleasure to be reliant on their level of service.

Kevin & Jane ”

Harcourts

- We are specialists in Property Management, our people are dedicated professionals who promote a company wide focus on the delivery of exceptional customer service.
- Our Property Managers continue to remain at the forefront of Property Management legislative changes.
- We are leaders in Property Management technology. Our Property Managers enjoy a mix of mobile and web based products for seamless management of the many administrative processes required.
- We accelerate the renting of your property to the right tenant through our focussed marketing and tenant screening procedures.
- We maximise your investment by optimising your return.

Sian Potts – Your Property Management Expert

Sian has a proven track record for delivering a high level of customer service and her clients appreciate her clear communication and attention to detail.

Know that when working with Sian, you will be employing the services of a property manager you can trust, someone who will ensure your property and your tenants are well looked after.

Mobile: 022 384 9791
Office: 03 540 3425
Email: propertymanager@mymove.co.nz



Ruby Coast Running Club

Good for the body, good for the soul
 Another month has gone whizzing by and our merry band of runners have been rather busy.

We managed to have seven teams enter the Monaco mid-winter Marathon. Both runners and walkers from our club entered. We were looking pretty good in our club shirts and having a great time.



Our club comradery makes these events just that extra bit special. You should join us!

The following weekend saw a few of us enter the Motueka Sprig & Fern 10k. One of our very own won a spot prize at this event, always a nice added bonus.

Our aim with this club is to encourage each other in running or walking. Our Wednesday night 5k is a great way to get started with the group. We also have weekend runs which might work out if you can't get to the Wednesday night runs.

Look us up on Facebook or contact Debbi on 027 327 4055. I am very happy to chat and we would love to have you join our group.

Debbi

Advertising Costs

Ads go by the size in column centimetres. Columns are 8.5 cm wide and costs are as follows:

\$2.50 per cm up to 6 cm	\$3 per cm up to 10 cm
\$4 per cm over 10 cm	\$48 ¼ page
\$60 ½ page	\$80 full page

With 20% discount for long-term advertising (3+ months) and prompt payment by internet banking only. The deadline is the 20th of each month with each issue coming out on the 1st.

There is no separate January issue.

E: news@coastalnews.online for more information.



TASMAN Bible Church

Part of the Tasman Community for over 50 years



FRIENDS & NEIGHBOURS
Tasman Bible Church

3rd Friday monthly, 10:30am



FORGE
youth
Wednesdays @ 7pm

mainly music est. 1993
Wednesdays @ 10am

— Church Service on Sundays @ 10:00 —

www.tasmanbiblechurch.org

Mapua Village Bakery

Our New Winter Loaf

“ Pane - de - Casa ”

Preservative free fermented loaf

August Pie of the Month

“ Chilli - con - carne ”

A real winter warmer !!!

With the present road works happening, there is public parking behind the bakery.

68 Aranui Road. Mapua. 03 5403656





Tessa Mae's
WITH ATTITUDE
Gifts & Homewares in The Village
OPEN 7 DAYS




Mapua Landscapes
LIMITED
03 540 3423

Landscape Supplies
Courtesy Trailers
Gardening products
Wine Barrels
Railway Sleepers
Bridge Beams+Trellis

Digger and Truck available for Retaining Walls, Driveways,
Shaping up sections ready for landscaping, house sites

15 Warren Place, Mapua www.mapualandscapes.co.nz



Shanti Massage Therapy
Relaxation and Deep Tissue Massage

Kim Saunders Stevenson
Certified Massage Therapist

178c Old Coach Rd, Mahana 540-3911

CAS Drainage
Certified Drainlayer.
Residential, commercial and industrial.
New installs, repairs and maintenance.
Competitive rates.
Email or Call for a free quote:
casdrainage@xtra.co.nz 027 300 6422



Simplicity Funerals
Simply respectful. Simply affordable.
Why Choose Us?
Simple really... we excel in honouring, celebrating
and memorialising your loved one *together.*

- Range of pricing plans
- Prearranged and prepaid funeral options
- Full monumental headstones & plaque services

Nelson & Tasman wide,
we're part of your community
03 539 0066
69 Haven Road, Nelson 7010
www.simplicity.co.nz



Sunday 9th August
Entry at 6.15
Movie starts at 6.30pm
Bring your own camp chair, snacks & drinks

BASED ON A TRUE STORY
FISHERMAN'S FRIENDS
SOME BANDS CAN'T BE MANAGED

CAST: SAMUEL MAYS, ALAN FURSTOF, GAVIN RAYMAN, JEFF JONES, SAM EDWARDSBURY, THORNTON MIDDLETON, JAMES CLARKE

Proudly Supported by
architecture studio | mapua **SPRIG & FERN**

Packhouse Cinema

"Fisherman's Friends"

Showing at Māpua's famous "Packhouse Cinema"
@ 6:30pm Sunday 9th August

(Bring your own chairs, nibbles and drinks).

A group of music executives from London get stranded in a tiny Cornish fishing port when their holiday yacht fails to arrive. While making the most of their unplanned holiday, they stumble upon a traditional sailor's shanty session being sung outside the local pub. One of the team gets left behind to try to sign up the singing fishermen to a music contract.

"FISHERMAN'S FRIENDS" has a lot of charm. We're in POLDARK territory, so the scenery is a guaranteed hit, and the fishermen are a likeable (mixed) bunch. All in all, there's a healthy dollop of the feel-good factor that made THE FULL MONTY and the MARIGOLD HOTEL movies such crowd-pleasers.

I really enjoyed this movie, based on a true story of a group of Cornish singing fishermen who made it big in the charts against all odds. This quintessentially British themed movie delivers the goods. This film of underdog makes good is based on real events. It's a gentle drama punctuated with some great songs. The comedy elements are well done while the romance perhaps feels a bit of an afterthought. if you're a fan of sea shanties you'll love it.

THE WRITE BIAS

news from Māpua Bowling Club

The period of lockdown to keep our country safe from the threat of Covid-19 showed just how resilient and adaptable Kiwis are. The same was true for the members of Māpua Bowling Club.

Instead of meeting in person, there were phone calls, text messages and a regular newsletter sent out by email. This was full of fun, jokes, puzzles, anecdotes and conversation, including an image of one desperate family running out of food! Ian and Harrison definitely proved themselves to be resourceful.



Now the bubbles have burst, we are enjoying being able to meet again in the clubhouse every first and third Friday of the month. This is a social evening to keep us together until outdoor bowls recommences on Saturday 12th September.

Along with an open bar and selection of snacks, there are board games, pool, darts, table tennis and carpet bowls or just a good old natter to keep everyone engaged. Please come along and join us; non-members are more than welcome, and it is also a chance to learn more about our outdoor season.

Whatever your age, lawn bowls might be the sport for you. We have regular visits from the kids at Māpua School, a weekly group of teenagers as well as full playing members and casual members. There really is something for everyone at Māpua Bowling Club and we are actively looking to recruit some new members. Free coaching is readily available.

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

Sue England



JELLYFISH
RESTAURANT & BAR

with glorious seaside dining, our beautiful restaurant has indoor / outdoor seating and a large deck over the wharf

we cater for breakfast, lunch and dinner with locally supplied food from land and sea

superb local wine and beer

located at shed 1 mapua wharf 03 540 2028 - open 7 days book on line at: jellyfishmapua.co.nz

Hello Animal Lovers

We are now in the middle of winter and no doubt animals and humans are looking forward to spring. Already the days are getting a little longer and this is one of the indicators to our animals that warmer weather is on its way.

The length of daylight has a significant effect on an animal's coat and depending on whether it is a dog, cat, horse or other pet, they start to shed in preparation for spring.

Also, behaviour starts to change and many, particularly young animals start to get frisky. Everyone has seen lambs leaping about, but young horses do that too, as well as other animals. Unlike humans who control their environment and temperature, animals that live outside particularly will change their behaviour as the seasons change.

All animals are governed by observation of body language and although they can be trained to the voice, the body language of the owner or handler is the most important. Animals are associative learners and if they are given a command like "sit" with a dog, this should always be accompanied with a hand gesture.

Horses too are watching body language with each other and their handlers and they will associate a gesture with a response. A lot of people get hurt because they cannot read their animal's body language and they are inconsistent with theirs. It takes a lot of practice to get it right but not enough pet owners practice body language or learn correctly how to apply it.

It is essential that children learn how to approach an animal as too much excitability or inappropriate body language can end up badly as the animal gets the wrong message.

If owners have more than one pet, it should be understood that the animals are reacting to each other as well as their owners. Many accidents can be avoided if pet owners understand their animal's behaviour.

I am always happy to help with your animal behaviour issues.

Sue Mott, Animal behaviourist

Groovy Paws Dog Grooming

Caroline Lusty, 115 Tarrant Rd, Mahana
Ph: 03-543 2277 027 520 1285
Email: caro.lust@xtra.co.nz

Sarau Winter Sale

Second-Hand Books
Pre-Loved Clothing
and a Cosy Cafe

29th & 30th August
Saturday & Sunday
11am - 3pm

Moutere Hills Community Centre




Mapua Dawn Chorus

Working with Mapua residents to protect and increase our bird life

Community Meeting

- Learn how you can encourage biodiversity and make a real difference in our beautiful corner of Nelson Tasman (includes Ruby Bay and surrounding Mapua areas).
- Get an update on project progress.
- Meet other community members who are already trapping, including new MDC Coordinator, Tracey Murray.
- Learn about neighbouring trapping groups, other projects, apps, and future plans.
- Display of traps and how to use them (traps and tunnels for sale at \$5/ea), plus info on recording catches and using the trap.nz website.
- Join our FB page for updates and information.

When: Wednesday 19th August 7.30pm
Where: Mapua Hall
If you can't get there but would like to participate, please contact Tracey at mapuadawnchorus@gmail.com



Garry Simkin Plastering


For all Interior Plastering

027 226 1722

MAPUA AUTO CENTRE

"YOUR AUTOMOTIVE SPECIALIST"

Fully Equipped Automotive Workshop	All Makes & Models	6 Courtesy Cars W.O.F.
------------------------------------	--------------------	---------------------------



20 WARREN PL, MAPUA, NELSON 7005 | PH 03 540 2180



tasman tree fella LIMITED

Do you have a tree problem?
Specialising in confined space tree removal & tree reduction

- felling ★ firewood splitting
- height reduction ★ large chipper available
- trimming ★ fast & friendly service
- chipping ★ free no-obligation quotes

Contact: Matiu Noakes: 021 1058 359 or 03 526 8001



MAPUA'S ONE STOP AUTO SHOP

Thank You!

Thanks to everyone who continued to support us through the lockdown and beyond.

LET'S KEEP IT LOCAL!

T: 03 540 2866 | E: perrys.auto.services@xtra.co.nz
www.perrysautoservices.co.nz | Find us on Facebook @perrys9829



SUMMIT

SELL WITH ADELE

THREE GREAT REASONS WHY YOU SHOULD CHOOSE ME TO SELL YOUR HOME

- Neighborhood Knowledge.**
I have lived in this wonderful location for 25 years.
- Negotiation Skills and Confidentiality.**
I can remove myself from all the emotional aspects of selling your property - it's part of my job description. This allows me to focus on getting you the very best price for your home and as a professional, your confidentiality is assured.
- Locally Owned Company**
Summit is a long standing, locally owned company with proven results throughout this spectacular region and I am delighted to be part of such an amazing team!

"Know me before you need me"
Call today for your free property market valuation

Christians Against Poverty

FACT: Poverty does exist in our communities.

Some people are struggling with debt, sometimes for reasons outside of their control. For example, rising rents, coinciding with a disconnected relationship, has forced some solo parent families to the 'breadline'.

One woman in her early thirties facing hardship and unmanageable debt commented; "I'd lost myself under mounds of debt . . . I felt worthless."

Others are especially vulnerable in this time of fall-out from Covid-19, either through job loss, reduced hours or other hardship brought on by the lockdown - all of which hits so much harder when money is tight already.

One biblical imperative is to take care of the poor and one reason for that is because poverty causes isolation, shame and fear. And it robs people of their hope.

Tasman Bible Church aims to help bring real hope to people in our community. We offer assistance to provide some freedom from the chains of debt and poverty, and while this is not easy, we would also like to be able to alleviate the more localized causes of such hardship.

Stephanie Bryant is our local church member who is trained as a debt coach with "Christians Against Poverty" (CAP) which is an international debt counselling charity with a growing network of 46 Centres throughout Aotearoa, New Zealand.

Through a combination of advice, financial education, and budgeting services CAP is well resourced to provide free help to anyone. Also, money courses are provided in this region and when necessary could extend to other life skills or job clubs.

So far 1700+ people have become debt free through the work of CAP nationally.

If you are aware of someone needing assistance in this way, please contact Tasman Bible Church (03) 526 6836 so that Stephanie can arrange a visit to discuss what a realistic budget might look like and to provide assistance in dealing with creditors; walking with that person to provide some hope for the future.

We also share the good news that there is a God who loves and values every individual.

Because of this we remain confident in the assurances we have through Jesus Christ that God is good . . . we place our trust in Him, and that brings real peace to the way we approach all of life:

"I give you peace, the kind of peace that only I can give. It isn't like the peace that this world can give. So, don't be worried or afraid." The Bible

Greig Caigou enjoys being part of the family at Tasman Bible Church.



Motueka
SUNDAY MARKET
www.motuekasundaymarket.co.nz
Every Sunday 8am-1pm - Rain or Shine
DECKS RESERVE CARPARK T. 540 2709 M. 027 278 8806

Thank you to the Community.

We so appreciated the wonderful turnout that crowded out our building for the Community Concert to help raise funds to support stranded harvest workers from the Pacific Islands.

A total of \$4700 was donated and this provided 'love gifts' to the performers from Tonga, Fiji and Samoa, as well as financing all the medical tests and authorisations that enabled Samoan workers on a local Tasman orchard to be able to return home. Great Stuff.

Greig Caigou, on behalf of Tasman Bible Church.



electrical
WORX 2017 LTD

We recommend **TOSHIBA**
HEAT PUMPS
Think Toshiba. Think reliability.

- Heat Pump installation on all makes
- SmartVent installation

"FOR ALL YOUR ELECTRICAL NEEDS"

DOMESTIC | INDUSTRIAL | COMMERCIAL

- Servicing • Installation • Maintenance

HEAT PUMP INSTALLATION
SMARTVENT INSTALLATION

PH 0800 WORX4U
0800 967 948

Lynda's Exercise Classes in the Mapua Hall,
Term 3, 2020.

A new term started Tuesday July 28th and runs for 9 weeks until the September holidays.

Concession tickets are available for 5, 10, 20 or 30 sessions. Casual (one-off) \$12, 2 sessions on the same day \$20.

Classes on **Tuesday** evenings 6 pm and 7 pm,
Wednesday & Friday mornings 9.15 am & 10.15 am,
and some **Saturday** mornings 9.15 am & 10.15 am.

Strength/weight training, Aerobics and Pilates.

Please contact Lynda for details,
lynda@hht.co.nz 027 222 1491.

Journey from Exile

Late last year I caught a documentary on TV 'Searching for Sugarman'. It captured the story of the late 60s/early 70s American folk singer Sixto Rodriguez, the son of Mexican immigrants living in Detroit. If you haven't heard of him, you are not alone; his two albums were completely ignored, and, having sold no records, his record label dropped him and he left the music industry, 'too disappointed to be disappointed', to live out his days in Detroit working in construction.

That could be the end of a very short story but what is so intriguing is that his music is fantastic, at least if you like the idea of late 60s Mexican inspired psychedelic folk/rock. But even more surprisingly is that his music found its way to Australia, and then South Africa where the music became a soundtrack to a generation, and he became a legend.

All of which was completely unknown to Rodriguez and in the days before the internet, nothing was known about Rodriguez in South Africa; the rumour was that he had committed suicide on stage. But in the late 90s a South African Journalist thought he'd see if he could find out what happened to Rodriguez.

Eventually Rodriguez' daughter heard of this and utterly surprised that her Dad was a superstar in South Africa, made a connection.

To cut a remarkable story short Rodriguez, flew to and performed in South Africa, a 'homecoming' concert of sorts.

Today Rodriguez, and his music have found a worldwide audience of millions, and he continues to tour, even to NZ.

I love this story – it is so remarkable, and yet it speaks of something profound. His daughter describes it like this 'It is like he went from being an exile to who he really was'.

I wonder if this is really in part the journey that we are all on, to find and live 'who we really are'. And yet we spend our lives 'in exile' losing our true self, to the many disappointments, hurts, and distractions of life.

And yet, God is searching for us, calling to the deepest part of us. Our great task in life is to somehow learn to hear the voice of one who searches for the lost exile, the one who lovingly created us, and who is us calling us to himself, to home.

Wherever you may be at on this journey, whether lost, longing for home, or caught up in the busyness of living, may we place our hope in the one who knows us. May we trust in the hope expressed by Paul who wrote to church in Corinth: "For now, we see only a reflection as in a mirror; then we shall see face to face. Now I know in part; then I shall know fully, even as I am fully known". 1 Cor 13

Let us trust that in all things, we are, in God, who we are really are.

Visit: hillscommunitychurch.org.nz

Or on Facebook: hills community church Māpua

As much as we are able, the church is also open Tuesday to Friday mornings, for prayer, or quiet space.

Yours in Christ

Rev John Sherlock 021 0707 276

Moutere Hills

RSA Memorial Library

Quiz Night Fundraiser. This was a great success. Thanks to all who supported it and also Lola Quizmaster, Sprig & Fern Māpua, Katherine Kingdon, Māpua Village Bakery and Tessa Mae's. We raised \$829! This will boost library funds; it will most likely fund items other than book purchasing which tends to be covered by grants.

Our more significant administration costs include our database/technology system, magazine subscriptions and book covering and labelling materials - all of which are covered by fundraising.

Something Fishy. The Junior Syndicate from Māpua School created scales to make 'He ika nui'. We are thrilled to display this artwork in our children's area. Because it is hanging in the open, it was noted that the back didn't have any scales. What a great school holiday activity in the library. We now have a double sided ika! Thanks so much to all of our wonderful artists.

Winter Book Sale. 19 September. Save the date.

Displays. Sue England's embroidery and painting will be displayed for the month of August. Once again, we are proud to show off local talent.

Our current foyer display is 'Travel the World ... from your armchair'.

Roadworks. We will be maintaining our regular opening hours throughout the period of the roadworks.

Our REGULAR and COVID Level One opening hours are below. Other COVID Levels may mean a variation to these.

Monday	2pm-4.30pm
Tuesday	2pm-4.30pm
Wednesday	2pm-4.30pm (extended to 6.30pm during daylight saving)
Thursday	10am-12.30pm; 2pm-4.30pm
Friday	2pm-4.30pm
Saturday	2pm-4.30pm

Email: Mapualibrary@xtra.co.nz;

FB: [Mapua Community Library](https://www.facebook.com/MapuaCommunityLibrary/);

Website: www.Mapuacommunitylibrary.co.nz

Major Sponsors: The Lion Foundation; Rata Foundation; Tasman District Council

JASON GARDINER BUILDERS
Renovations · Alterations · New Builds
CONTACT US FOR A FREE CONSULTATION
PH 027 246 0870
www.jasongardinerbuilders.co.nz

Journeys of Discovery

JULY / AUGUST 2020



WHAT'S BEEN HAPPENING.... Inspiring Programmes for Youth

We have enjoyed developing programmes for local youth to help inspire confidence and leadership across a range of ages. The Ignite Programme for Year 9 & 10 boys from Motueka High School kicked off again and included trips into the Abel Tasman and towards Tu Ao Wharepapa (Mt Arthur). During the holidays we had a super group of 7-10 yr olds on the Go Wild Holiday programme – winter was no barrier to adventure! They tackled the high ropes, went caving, built shelters and some brave souls went swimming at the beach! A big highlight was running the first Inspiring Leaders Programme for Y12 students from across the region, with the support of our local councils. These fantastic rangatahi were great to work with and we are certain we'll be seeing more of them in the future. There's another exciting term ahead and we are all pausing to be grateful for being able to operate under more normal circumstances again!

WHAT'S COMING UP.... Kōhine Maia

Hopefully if you have a teenage girl you have heard of Kōhine Maia by now. This is a great initiative by Sport Tasman to provide more opportunities for young women to be active in the outdoors. They have lots of events going on, and next term Whenua Iti Outdoors are getting involved to run bespoke programmes for Motueka High School and Te Kura Kaupapa Māori o Tuia te Matangi. We are excited to be working with these young women to help them discover new and fun ways to connect in the outdoors. To find out more about Kōhine Maia, check out their [Facebook Page](#).

FOCUS ON.... Connecting Kids to Nature

The positive effects on health and wellbeing through connection with nature are numerous, with studies agreeing that time outdoors leads to happier, healthier and better learners. Nature activates all the senses, makes children calmer, improves concentration and promotes creativity & imagination and studies conclusively show that learning outcomes are improved as a result. We love connecting kids to nature at Whenua Iti and are truly heartened by the response of schools to our Mini Adventurers Programmes this Term, with numbers at almost 1,000 now. Wowee! A very big THANK YOU to Pic's Peanut Butter who have helped to sponsor this programme that will allow children from their local community to connect with nature. Read more about the importance of nature connection on our website: www.wio.org.nz.

OUTDOOR WANDERINGS.... Coastal Walks

It's a great time of year to visit our coastlines. You could go searching for washed up kina shells on Kina beach. For a longer walk (about 3.5 hrs) the Cable Bay Coast Walkway offers uninterrupted views across the bay in the clear winter light. If you find yourself over in Golden Bay, the Farewell Spit & Puponga Farm Tracks take you along stunning rugged coastlines with both shorter and longer day walks possible – great for the kids! Head to www.doc.govt.nz to plan your day walks & for more information.



Off on a caving adventure with the GO WILD Holiday Programme!



Lunch stop on the Ignite Programme in the Mt Arthur Ranges.

We'll see you out there!



www.wio.org.nz

Experiential Learning Inspiring Positive Change



enhanceskin

COSMETIC, MEDICAL & VEIN CLINIC

Affiliated Provider to Southern Cross Health Society for Endovenous Laser Treatment & Ultrasound Guided Sclerotherapy

Non Surgical Endovenous Laser Treatment
Walk In, Walk Out Treatment that's **Reassuringly Local**
Cosmetic Botulinum : Dermal Fillers : Sun Damage Treatments

Say goodbye to unsightly, aching varicose veins...
Find instant relief and wear shorts again!

CALL FOR YOUR **FREE**, NO OBLIGATION
DOCTOR'S ASSESSMENT & SCAN
OR COSMEDICAL CONSULTATION

Dr David Orsbourn
MBChB, Dip Obs, FRNZCGP, FACAM
Fellow New Zealand Society of Cosmetic Medicine
Certificate of Procedural Phlebology
Member of Skin Cancer College of Australasia



7 Buxton Square, Nelson - 03 548 8216 - www.enhanceskin.co.nz

Cool Store Gallery



THE COOL STORE GALLERY

showcases works of over 100 established & emerging artists from Nelson & the West Coast regions.

Come & browse & chat with our friendly staff.

Open Daily in summer 10am-5pm later in weekends

Tricia Morrison
7 ARANUI ROAD
MAPUA, NELSON
Wk: 03 540 3778
Hm: 540 3005



Stephanie Wright
B.App.Sci.Chiropractic

Practitioner of Tibetan Medicine
Tibetan Acupuncture
Tibetan Massage
Facial Enhance Cosmetic Acupuncture

Ph. 021 169 0218
swchiro@gmail.com stephaniewright.co.nz



Open late daily
Kitchen open until 9 pm

We do off-licence sales at Cellar Door prices

Mapua Wharf 540 2580

Gain Lambert
Master Painter



DECORATOR  **Master Painters**

CRAFTSMAN PAINTERS & DECORATORS
GAVIN LAMBERT (OWNER)

Ph: 03 540 2748 Cell: 021 476 318
Email painter@scorch.co.nz / 26D Jessie St, Mapua, 7005
www.lambertdecorators.co.nz

Tasman Bay Chiropractic
64 Oxford Street, Richmond

We look forward to welcoming you into our spacious, airy practice.

Health guidelines are adhered to.
Face-to-face and Telehealth appointments available.
Referrals and new patients welcome.
Call with queries or for more information
tasmanbaychiropractic.co.nz

03 544 4554 Monday-Saturday 



Keeping you in the game since 2002

+ Mapua Pharmacy

OPENING HOURS: Mon - Fri 9am – 5:30pm
Sat: 9am- 12.30pm, Closed Sunday

Prescriptions	Trilogy Skin Care
OTC medicines	SHE skincare range
Vitamin supplements and health products	Accredited TMP, ECP and Sildenafil suppliers

Located behind the Mapua Village Bakery **Tel 03 540 3735**
Fax 03 540 3741

You deserve a higher level of real estate.

The mark of a good agent is the quality of the relationships and the referrals that comes from doing what's right, simply because it's the right thing to do.

Integrity, ethics, honesty, attention to detail, dedication, friendly and approachable, but more than that understanding the power of having a confident negotiator at your back when you need it. With over 12 years in real estate and over 40 years in management I know what works. Want to learn more - contact me today!



Anne Hunter
P: 027 630 2811
E: anne@debbiecooper.co.nz
W: debbiecooper.co.nz

Sales Associate, MREINZ
Debbie Cooper Real Estate Ltd (Licensed REAA 2008)

DC DEBBIE COOPER
REAL ESTATE

Winter Motoring

Use the checklist below to help reduce the chance of having problems with your vehicle this winter.

- **Cooling System:** What is condition of your inhibitor?
Good inhibitor concentration ensures the cooling system remains free of corrosion, sludge, and prevents the system from overheating or freezing.
- **Windscreen:** Are your wiper blades working effectively?
Good visibility can be compromised if the wiper blades are in poor condition or when the sun is low in the sky.
- **Headlights:** Do your headlights work and point in the right direction?
Good night vision is essential. Correct headlight alignment enables maximum visibility and avoids your lights blinding oncoming traffic.
- **Battery:** Is your vehicle getting hard to start? Has the CCA of the battery been tested?
Battery longevity depends upon its use and initial quality. Often, after three years of age, a battery may struggle to start your vehicle, especially when it gets colder. Testing the cold cranking amps (CCA) of a battery, helps indicate its condition.
- **Tyres:** Are the tread depths safe and are the tyre pressures correct?
Tyres are your vehicle's only link with the road. Borderline tread depths or tyres that are incorrectly inflated will impede the removal of water from under the wheel in wet conditions, compromising its ability to grip onto the road.
- **Wheel Alignment:** Are your wheels tracking correctly?
Correct wheel alignment ensures your wheels track correctly. Wheels that track incorrectly (even if only slightly out) cause premature tyre wear and reduce the wheel's contact with the road, causing unstable handling.
- **Shock Absorbers:** Are your shock absorbers functioning correctly?
Shock absorbers control the wheels. Worn shock absorbers reduce the amount of contact the tyres have with the road, reducing your ability to control your vehicle's steering, braking and stability.
- **Brakes:** Do your brakes operate effectively? Is your brakefluid free of contaminants?
Brakes enable you to stop in a safe manner and in the shortest possible distance. Contaminated brakefluid, worn or malfunctioning brake components can result in brake failure.
- **Thermostat:** Is your engine's thermostat operating to its optimum?
To keep everyone warm in the cab, the thermostat needs to be operating at its optimum temperature to ensure the interior heater works effectively.

If you have any concerns, talk with your technician.

Happy & safe motoring
from the team at

Living with Shield Beetles

Shield beetles destroyed our tomato crop for the second season in a row. They puncture the surfaces of the stems and the tomatoes and suck the lifeblood from them whilst helping infect them with disease, leaving a plot of wilted plants with mushy tomatoes hanging from them.

I have tried things suggested in garden books and internet sites [except for chemical insect sprays] but these resilient pests just kept multiplying and by mid-summer our garden was crawling with them, feeding on beans, cauliflower, cabbage, sweetcorn; in fact, everything. How will I protect the crop next summer?



These are the things I tried; I sprayed Neem oil and pyrethrum but stopped after trials on captured beetles showed the products had little effect on them. The claim that squashed beetles are a deterrent, from my experience, is false. Brushing the beetles off the plants into a container of water works; get the container below them as they drop to the ground when they detect a threat. Feed the swimming beetles to the hens.

The problems with the container of water method are that green beetles are very difficult to see amongst the foliage, and it is time consuming; the beetles that are removed will be replaced from the surrounding populations, and you will never get the lot, and they breed..... so they begin rebuilding their numbers the minute you leave to watch "Country Calendar".

Maybe there is a parasite or predator insect, or a bird will arrive and clean up the beetles. Maybe two summer droughts proved the right conditions for them. Last summer the black willow aphid, the common wasp and the white tail spider were all largely absent on our property. Maybe in the same way in some summers, the shield beetle will not be a problem.

Maybe I will carry on with the same regime, living with shield beetles but hoping for their unexplained departure.

Wayne Elia, of Seaton Valley

Postal delivery subscription

We can post you the *Coastal News*.

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

[Unfortunately cheques are no longer accepted]

Local Plant Nursery now open to the public

We at TASMAN BAY ESTATES are growing our own, mainly native, plants since 2017 in our nursery at 35 Horton Road. We have planted over 25,000 native plants in the first stage of our development and keep planting several other areas on our properties. We also want to support local restoration groups and welcome their amazing projects.

Since July 2020 we have opened the nursery to the public for retail sales at very good rates and with



special discounts for mass planting. Jo and Lou are very enthusiastic about their work and love to welcome clients. The nursery is open for the public every Wednesday and Saturday. Jo and Lou are also available for appointments. Please call Jo 0211 223 056 or Lou 02111 863 120.

Besides a large variety of natives, we also have palm trees, exotic trees and even garden design items such as pavers available at good prices.

Carsten Buschkuehle

NEW BUSINESS--NEW BUSINESS--NEW BUSINESS



Tasman Bay
ESTATES

Natives - Exotics - Grasses - Ferns
Attractive prices - Great Quality

The Nursery

@ 35 Horton Road, Tasman

Open Wednesdays 8am-4pm and by appointment

Call Jo: 021 - 122 3056



LOWCOST LAWNMOWERS

SERVICE • SALES • REPAIRS

ROTARY, RIDE-ON, HAND & REEL MOWERS
CHAINSAWS, LINE & HEDGE TRIMMERS
GARDEN TOOL SHARPENING

FREE PICK-UP & DELIVERY
(CONDITIONS APPLY)

WWW.LOWCOSTLAWNMOWERS.CO.NZ

Ph: 03-547 4038 M: 0274 071 328

144 Moutere Hwy, Appleby
E: lowcostlawnmowers@xtra.co.nz



Need help with your lawn mowing,
pruning & general garden maintenance?

Call or email today to see how we can help

☎ 027 359 1309 ✉ tasmangardenproject@gmail.com

Māpua Playcentre

Mental Health and Wellbeing for Parents

As an Early Childhood Education Centre, Māpua Playcentre follows the Te Whāriki Curriculum which asks us to nurture our children's current and future mental health and wellbeing.

Playcentre however is not just about children; it is about the whole family. So, what does Playcentre offer to parents for their mental health and wellbeing?

The Mental Health Foundation of New Zealand suggests that to look after our mental health, we should try and find ways to connect, to notice, to give, to keep learning, and to have a regular routine.

As parents we give constantly; love, time, patience, snacks, patience, bad haircuts, patience (again), money, patience (AGAIN!), patience (AGAIN!!!).

At Playcentre for a change we get to give to other adults, who are not quite so demanding. Sometimes this means listening to a fellow mum who has had a rough night, or reassuring someone that their child's desire to stuff peas up their nose is not the sign that they are a future psychopath, passing on clothes, or cooking meals when a family is in need.

The survival of our centre requires that we give by looking after our building, our computers and our finances. I think that many new parents - especially mums who tend to do the bulk of looking after our babies - can struggle with feeling like they don't contribute or have value to the wider world anymore. Of course, you do. Just looking after your child has enormous value.

However, for that feeling of giving to a wider community and using those skills that you have other than comforting, nurturing and caring, Playcentre is run as a parent co-operative and welcomes whatever you have to give.

On Thursday sessions we focus on connecting with our Rhythm & Rhymes baby group. Pop in on Thursdays at 10am to meet other mums with new little bundles. This is also a lovely time to step out of the work of caring and notice the smiles, the vulnerability, the magic of these new lives and their precious friends.



Playcentre

Session Times
Monday & Friday
9.30am - 12noon
during school term

Mapua Playcentre
84 Aranui Road
ph. 540 2386
mapvapl原因centre@gmail.com
or follow us on Facebook

Quality Early Childhood Education for 0-6 year olds.

Whānau tupu ngātahi - families growing together

Our free parent education programme challenges us to keep learning. Topics covered include the huge importance of play, to learning Te Reo Māori, and positive guidance for behaviour. This last topic is particularly popular with parents because it makes life easier at home, and what a great foundation for effective communication with our kids as they get older. Great for everyone's mental health, now and in the future.

Structuring our week round a regular routine takes the mental load off and many parents use it knowing that twice a week, they come in and forget about home responsibilities and focus on playing, on learning and on friendships.

At Māpua Playcentre we know that little kids have very specific (and ever changing) routines, and so we are free for under 2s. So, no guilt about paying for a whole session if you need to nip off early for a nap!

If you think you'd like Māpua Playcentre to be part of your regular routine, or you'd just like to pop in for a visit, you are always welcome. We're open Mondays, Thursdays & Fridays 9.30-12.00.

Or get in touch to arrange a visit if you prefer.
Phone 03 540 2386, email mapua@Playcentre.org,
84 Aranui Road behind the tennis courts.

Come and be part of our family.



GRAVITY WINERY
CELLAR DOOR

Spend the afternoon relaxing with the stunning vista of the Tasman region in front of you, while enjoying a glass of your favourite wine.

Wine tastings - Local platters - Wine Sales

Open 11am - 4.30pm Daily
www.gravitywinery.co.nz
243 Old Coach Road, Mahana 7173 P. 03543 2817



MAPUA & DISTRICTS BUSINESS ASSOCIATION

Want to get in touch?
Email us at:
mdba@mapua.co.nz

Another year has rolled around and so has another AGM! This year's MDBA AGM was held at Gravity Winery in Mahana, and was very well supported.

Thank you to all that came along.

Our guest speaker was Ali Boswijk, the CEO of the Nelson Chamber of Commerce who talked about Project Kōkiri, a community-led marketing campaign that aims to support our regions economic recovery and remind locals (and potential visitors) how good we've got it here!



We look forward to doing more for our local businesses in the coming months. We will introduce our new committee members in next months newsletter.

A huge thank you to Kirsten at Gravity Winery for hosting us all. *Patrick Stowe —Chairperson—MDBA*

NEW MEMBER THIS MONTH:

Gardens are our happy place.

It's an enormous reward seeing the gardens' flowering beauty, plentiful harvest, weed free beds and hedges in straight lines. Of course a client's smiling face from the kitchen window or a surprise message of thanks at the end of a long day has it perks too!

With over 10 years of garden design and maintenance experience, qualified and approachable, we think your garden should be a sanctuary, not a task. We can help you get the most out of your green space without the backaches!

Each garden project brings with it it's own unique challenges of site and place. We tailor each garden for the client, keep it as contemporary as the house design, or perhaps find plants from where they originally hail from. Call us nostalgic, but we think that's what a garden is supposed to be: familiar, peaceful, sensual, yet unexpected. A beautiful adventure in your own backyard.

We draw up garden planting plans for new builds and use plants that not just suit the owners needs, but the location. How you will use your outdoor space and the indoor outdoor flow of your property are all taken into consideration. Stylish materials that complement your existing house new or old are carefully considered and discussed.

We source locally grown plants as much as possible, lucky to have such an abundance of talented growers in our region. Natives and low water use plants are the future for our area and climate. Flowers, colours, edible gardens and mini orchards can be achieved too, with care and regular maintenance.

We have a team of great gardeners on board to tackle the biggest weeds and carefully plant your new gardens with skill and an eye for detail. Working with skilled local contractors we can carefully manage the project from design to completion and beyond.

If you are ready for a new garden, future proofing your old garden, perhaps just a weed and mulch session or rose bush that's in dire need of a chainsaw, Claire & the team at Can You Dig It can help.



Phone 021 024 878 60
www.canyoudigit.nz

www.mapua.co.nz

Supporting Local Businesses since 1992

Noticeboard

MATHS TUTOR - Experienced High School maths teacher available for individual tuition. \$30 for 45 minutes. First lesson free. Jane 021 02972934

Māpua Friendship Club: 2nd & last Fridays, Māpua Hall, indoor bowls & bring-a-plate tea. New members welcomed. \$3 door fee, 20¢ raffle. Contact: Val 540-3685.

Māpua Art Group meets Bill Marris Room Māpua Hall Thursdays, 9-noon. Paint, draw, help each other in a social environment. All levels & media. \$5 incl morning tea. Tables, chairs, easels provided. Cushla Moorhead 03 528 6548.

Java Hut Knit Group: 10am Tuesdays at Java Hut. Bring your knitting or crochet. Debbi 027 327 4055

Yuan Gong: Improve your health and life by daily Yuan Gong practise. Info: Marianne 0220 828 559

MDCA: Māpua & Districts Community Association meets Feb-Dec, 2nd Mondays, 7pm Māpua Hall; info@ourmapua.org

Kidz 'n' Koffee playgroup: Wednesdays 10-noon, Hills Community Church (during term time). All parents & carers welcome, we cater for 0-6 yrs. \$2 don/family. Make new friends. Info: Verena 027 435 1932.

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.

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

Taoist Tai Chi Beginning class Tuesdays 1.30 - 2.30pm. Continuing class Wednesdays 12.30 - 2.30pm. All welcome. Enquiries 545-8375

Women's Recreation Group - meets outside Māpua Mall Thursdays. Leaves 9.15am for 1½hr walk. Route varies. Join us whenever you can. Some members cycle. Lynley 540-2292.

Re-cycle Printer Cartridges at the Library. Printer & Photocopying cartridges accepted. Reduce waste, raise funds for the Library. Two good reasons!

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 every 1st & 3rd Tuesday, 10-11am & 6.30-7.30pm, 1st & 3rd Friday 3-4pm. mapuatoylibrary@gmail.com

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

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

Toastmasters: Like to speak with more confidence? Motueka Toastmaster Club meets every 1st & 3rd Weds, 6.45-8.30pm, 15 Courtney St, Motueka. Please come along to a meeting, no obligations. Info: Dave 027 538 0059.

Catalyst 5k run: Wednesday nights 5:30pm. And...

Ruby Coast Running Club runs most mornings. Find us on Facebook or contact Debbi 027 327 4055.

Intermediate Club Year 6-8: 3-4pm at Hills Community Church. Food, fun & Hangout. And...

Community Youth club. Year 9 -13 youth. 6.30-8.30 most Fridays at Māpua Hall. Contact: Mark Waweru 020 410 48 799. Funded & co-ordinated by HCC.

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

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

Tasman Golf Club welcome new golfers to Kina Cliffs for local golf experience at realistic cost, the best in Nelson. Coaching available. Info: Jim 022 096 6067 & Lyndal 03 526 6819, teep@tasmangolfclub.com

Coastal Stringers Ukulele group: beginners welcome. Fridays, 1.30~4pm Boat Club rooms on the wharf. Just turn up & join us for some fun! Info: Colleen 540-3010, Diane 540-2627.

Coastal Garden Group meets 1pm first Thursdays, Tasman Bible Hall (opp. Jesters). Men and women most welcome to share their love of gardening. Guest Speakers, Workshops, Garden Visits. Ph 03 970 0565

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

Māpua Craft Group: Fridays 10-noon, supper room, HCC. Simple craft work, occasional guest speakers, demos & outings. A social, a cuppa, some easy craft. \$2 + koha for materials. Julie Cox 0277418575, Barbara Halse 5403901

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

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

Friends & Neighbours: Varied programs of interest, friendship & good morning tea. Third Fridays 10:30 - 12:30pm at Tasman Bible Church. Info: Jane 526-6709.

Māpua Boat Club: Social evenings Thursdays 5.30-7pm at club rooms, Māpua Wharf. No boat required. Monthly guest speakers, raffles, free snacks, open bar. Info: Clare 0227117786

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.

Technical problems solved! - Can't set up something new you've bought? Need computer tuition? Local help is at hand! Web design and mobile app creation also available. Call Sam, 03-538-0711, 021-0828-4473, sam@sambennett.co.nz.

Club Notices are free. Others by gold coin donation to one of the distribution boxes.

Coastal News: to see it in colour download the pdf from www.coastalnews.online