



Meaning is everything

Waka Kotahi promises to correct wrong Māpua road signs

The government agency responsible for road signage, Waka Kotahi, has advised that in late June it will correct all incorrect district road signage so that the name “Māpua” is written correctly.

This comes after Māpua community requests first made four years ago for the name to be corrected from “Mapua” to “Māpua”. The correction of adding the macron to “Mapua” being undertaken now may seem to be a minor matter. However, language experts say it is essential if the name “Māpua” is to carry its intended meaning in Te Reo Māori of “bountiful” and “fruitful”.

The macron symbol is historic and has been used in many Maori words since the character was first introduced in a mid-nineteenth century agreement by missionaries, colonial government officials and Maori leaders.

The Government agency responsible for road signs, Waka Kotahi was created in 2004 and itself carries an unusual Māori name, which means “one car, vehicle or boat”. The agency says that the name and its logo “symbolise the pathway that Māori and the Crown walk together as envisaged by The Treaty of Waitangi”. The name is also intended to represent the unity of all the people of New Zealand.



In a letter written in late May, Waka Kotahi’s general manager of transport services, Brett

Gliddon, said that the agency would make an initial assessment of the number of signs using the name “Mapua” (without a macron) that needed correction.

After engagement with Top of the South iwi, he said “Waka Kotahi will then work on developing and rolling out a prioritised programme to correct any incorrect signage. The plan would take account of the age and quality of signs and the number of new signs needed within the available budget.”

“Waka Kotahi NZ Transport Agency acknowledges the importance of displaying the correct spelling of place names on direction signs,” Mr Gliddon says in his letter. He also thanked the Māpua community for bringing the issue of the missing macrons on some road signs to the agency’s attention.

The agency planned to investigate all official place names in the Nelson region that should have macrons by the end of June 2022.

The issue of the correct name for Māpua was first raised locally in 2018 by Naomi Aporo of Māpua and the issue was then taken up by the Māpua and District Community Association. Naomi had pointed out that the macron was missing for most of the “Māpua” direction signs at that time. She told a 2018 association meeting that the name “Māpua” was “a taonga, and a treasure”, because of the meaning of the word in Te Reo Maori of “bountiful” or “fruitful”.

It was a term specifically associated with the fruiting stage of kahikatea and pukatea trees, and in the community has been understood to refer to the presence in the Korepo (Seaton) Valley Swamp of a kahikatea-pukatea forest that was estimated to have covered up to 320ha of low-lying land. Native trees in the forest were a valued source of food for early Maori living in our district.

If a road-sign to “Mapua” lacked the macron over the first “a”, Naomi said, the sign was mistakenly indicating a “road to nowhere”. At the time, her initiative was well-received, and the community association did its best to have the change made for signs without the macron. The association also supported an application made in 2018 to the Geographic Board for the name “Māpua” to be given official status and recognition.

Initially, the community association sought the help of the Tasman District Council to deal with the macron problem on local road signs. However, the council said it had no responsibility for the issue and referred the issue to Waka Kotahi in Wellington.

Later in 2018, a case supported by the Māpua community for the macron to be included in our community’s name was put to the New Zealand Geographic Board. That body agreed to correct a list of 176 New Zealand Maori place names (including Māpua) which all needed a macron to be added. When they ruled on the issue, Geographic Board members said it was unlikely there would be any objections. None were recorded.

The board’s decision was subsequently published in the Government’s official publication, the New Zealand Gazette on November 5, 2018, and there were no attempts to reverse or contest the board’s decision for “Māpua”. However, it has to be said that the Geographic Board’s decision was given very little publicity in the media.

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Among other regional names approved by the board as official with the addition of macron were some other place names from Nelson Province. These included: Māiri, Mārahau and Mārahau River, Umukurī and Pangatōtara. Amended Nelson names approved by the board included Tāhunanui, Tāhunanui Beach and Tuī Glen in Atawhai.

Among Golden Bay names amended by the Geographic Board by adding a macron were: Tākaka, Mangarākau, Pākawau and Pākawau Inlet, Pōhara and Pōhara Beach, Taupō Point and Taupō Hill, Tōtaranui, Tōtaranui Beach and Tōtaranui Stream.

David Mitchell

Alt 257

[*Note from CN editor (at the risk of carrying "Coals to Newcastle")]

For easy short cuts to add macrons to your written work, simply hold down the ALT key and type three numbers depending on what letter you wish to alter.

For example: Ā = ALT 256.

Others (remembering the Alt key as well):

Ā 256	ā 257
Ū 362	ū 363
Ī 298	ī 299
Ō 332	ō 333

There is another option that involves holding down two or three keys and the letter you wish to alter but I find that rather complicated and my fingers get tied into knots.

I have a comprehensive list of just about every macron known to man. Happy to share my list (including the finger knotting version if you prefer). Just email me at m.garner@xtra.co.nz

Mary Garner

Māpua Fire Brigade



June to July 2022 call outs

18 June 7:46 fire alarm at Māpua School, false alarm, may be weather related.

23 June 13:29 alarm at Mountain Valley Honey, Wakefield. Turned back.

24 June 08:31 building fire Greenwood St Motueka. Assist Motueka Brigade to put fire out.

7 July 10:57 beach fire off Cliff Rd Kina, logs on fire. Brigade put fire out.

10 July 17:47 two-car crash SH60 near Johnson Loop, assist police.

12 July 19:20 tree across road on Dominion Rd, assist local arborist to cut tree up and clear road.

Call outs for the year = 39

Safety Tip – Be safe.

Don't over-plug your multi-board. Keep a metre from the heater

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

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Any questions phone Mark 0274392778 or mark.Theobald14@gmail.com



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“Covered in Dust”

There is an old Jewish blessing that says:
“May you be covered in the dust of your Rabbi”

What this is meaning is that you have stuck so close to your Rabbi - you were such a keen follower - that even now the dust of his going about has flicked up from his sandals, onto you.

That was considered a blessing because your master’s “dust” of influence - as it were - is all over you . . . so that over time you would have become like your Rabbi. Most commendable.

I suppose nowadays we in New Zealand think of this kind of relationship when we think of an apprenticeship; or if your mind translated into some futuristic tales from galaxies far, far away you might think of a ‘Padawan’, apprenticed to a master.

We understand the concept of an apprentice quite well, don’t we . . . it’s an invitation to training, a working relationship where you watch and study alongside of someone who knows a skill well. You are an under-study until you become proficient at it and can finish your time and go out on your own. And in time perhaps take on an apprentice of your own.

And we understand how you can become like the person who trains you, taking on their ways of doing things . . . and that can work both ways of course, in that you can pick up both good and bad work habits.

So, to be chosen by a Rabbi meant you were apprenticed to become that person’s ‘disciple’.

I really enjoyed watching “The Chosen”, which is an historical drama series based on the life of Jesus and the stories associated with him when he travelled along with his chosen disciples.

Seasons 1 and 2 of “The Chosen” have been met with critical acclaim for their beautiful story and accurate portrayal of Rabbi Jesus Christ’s life. More than 150 million people had watched the series by the time Season 2 ended last year, and season 3 is set to begin sometime very soon.

You view the series by downloading the App of that name and I highly recommend you watch the first two seasons to get an authentic insight into what it was like to be apprenticed to this real person from the first century, whose powerful influence has cascaded through the centuries to those living as apprentices today - right here, right now.

What stands out in the episodes for me was that those apprentices were chosen by Jesus from such varied backgrounds – folks coming from all cultures and walks of life were accepted by Him, walked in his shadow, and were transformed whole-heartedly by the experience.

For online readers, take a look at this three-minute clip from when Jesus calls the seemingly misfit Matthew to come join their ranks; The Chosen - Jesus calls the tax collector.

Of course, we are all shaped to some degree by who we go around with - their way of living and thinking . . . their truth. The modern influencers on the ‘Gram will say “you become like the five people you spend the most time with.”

So, the advice therefore, is to choose wisely whose dust is settling on you.

Well . . . I choose Jesus.

If you want to explore this more, then reach out for a conversation (and a coffee) with Greig in Tasman on 027 4347 567

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**Friday 12th August:
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**Friday 19th August:
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**Friday 26th August:
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**Friday 16th and Saturday 16th
September:
LANDSLIDE: NZS Best
Fleetwood Mac and
Stevie Nicks Tribute**

**Thursday 22nd September:
Andrew London Trio and
Wayne Mason**

**September 23rd: Spinoza and
Gutterlove**

call 5402985 for bookings

The Write Bias

News from Māpua Bowling Club

Life behind the scenes continues at the Bowls Club during this winter period with maintenance work, restoring the green and grant applications. Members continue to meet every other Friday for a social evening and some of our bowlers enjoy friendly games on artificial surfaces at four of the clubs in the Nelson area.

The Board meets regularly to plan and prepare for the new season but before that commences in October, we have several fundraising events in support of the people of Ukraine. The first quiz night at the Sprig & Fern was held successfully on Wednesday 6th July and there will be a second one on 24th August.


Now we hope you will support our sausage sizzle and cake sale with all the details on the following poster.

For any information about bowling, coaching, indoor winter socials 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

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6TH AUGUST


FROM 11 A.M.



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Māpua Community Hub

Mānawatia a Matariki – a time for acknowledging the events and losses of the past year and looking forward to the new growth in the future – very apt for the current status of our community hub project!

The successful June community consultation hui regarding the Hub Concept plans also elicited significant critique and constructive suggestions from the community. Plans and feedback have been circulated to all the organizations and health/social wellbeing services who had previously indicated an interest in and wish to access the dedicated “consultation rooms”.

Constructive and helpful feedback was received from many of them with specific comments and suggestions for ways of ensuring that their own service's needs are met. These two sets of feedback have now been collated and passed on to the architect for consideration and potential inclusion in future drafts.

For the past few months both Community Wellbeing Trustees and members of the Community Hub Working group have been working hard to compile a robust feasibility study to act as the basis for future funding applications. This has involved many hours of researching, consulting, drafting and re-drafting to prepare a document “fit for purpose”.

Currently the Trust is applying for funding to access some professional assessment and then expertise to ensure that this study is robust enough to support and result in successful major funding applications.

Recent community discussion on potential future development in our area, indicates significant population increases in our community.

It will be important that new residents have access to a range of community facilities. These will include options for local health and welfare appointments as well as somewhere to just “drop in” for company/information or join in a specific activity.

If you are interested in knowing more about or being part of this exciting new venture please contact mapuacommunitywellbeingtrust@gmail.com. You will be very welcome!

*Elena Meredith, Chairperson of
Māpua Community Hub Working Group*

Māpua Community Wellbeing Hub

Save the Date:

Sat Sept 24th 10 am–1 pm

*Plant Sale, Raffle and
Sausage Sizzle*

Māpua Community Wellbeing
Trust invite you to come along
and see the proposed Community Hub Concept drawings.



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we'll give you bank details to pay \$20 per year.

KIWISKIN news - from the Māpua Skin Clinic

Gosh it's a chilly July – be careful on the roads folks. I found a mob of sheep on the Mot Valley Highway last week at around 11 pm. They were on a blind corner, around 40 of them, and I had a brief shepherd moment. Country roads – places to be careful, eh?

This week's topic: Shingles.

Shingles is a good illness to understand. Then you can decide (i) whether or not to get immunised (ii) what to do if you get it.

Shingles tips:

- **Scalded skin** An early sign of shingles is a patch of tender skin that feels like it's been scalded. e.g., It hurts under warm water like a burn does. If you are thinking "I don't remember burning myself there" that's a clue, you might be getting shingles. The pain starts two to three days before the rash. The initial rash is red with small blisters (or vesicles) and gets crusty as it heals. If the skin is sore remember to ask your GP.
- **Shingles is contagious** Shingles blisters are packed full of chickenpox virus. People can catch chickenpox off you. Like chickenpox it is infectious until the last blister is scabbed over and that can take up to a couple of weeks.
- **It's IMPOSSIBLE to catch shingles** Shingles comes from you! It is your old chickenpox recycled. That's because even though we get better from our childhood chickenpox, it doesn't go away. It builds a wee nest on a nerve and hibernates. Later on, stress or illness and sunburn turn the chickenpox caterpillar into a shingles butterfly which flutters down the nerve to annoy the patch of skin the nerve supplies. If it gets a chance, it lays chickenpox eggs on anyone it comes into contact with. The cabbage of the shingles butterfly = people who have never had chicken pox.
- **Instructions for getting shingles** 1) catch chicken pox in your childhood; 2) wait for a few decades (like be super patient, maybe do Sudoku); 3) don't get the shingles vaccination; 4) get stressed or sick or sunburnt; 5) develop a patch of sore skin; 6) ask the GP if it is a shingles butterfly (they will think you are strange because shingles is a virus, it's not really a butterfly); 7) grow a shingles rash; 8) see the GP to get medicine in the first 3 days of the rash; 9) hide the germs from other people for 2 weeks; Finished! ... slow motion for ages with a rash and a rash at the end.
- **People NEVER catch shingles** We can only make shingles from the old chicken pox left on our nerve. Because most people have had chicken pox when they were kids, shingles is common in adults.
- **Urgent treatment helps to stop complications** Once the rash bubbles start on the skin there is a 72-hour window when medicine will work. After that medicine doesn't work.
- **Antiviral medicines** within 72 hours of developing the rash reduce the risk of permanent nerve injury and chronic pain. Doctors will feel cautious about treating tender skin before a rash appears, because there are a number of other things that can cause sore skin, so there might be 'cautious weighing up of circumstances'.
- **Facial shingles** can be very serious because, if it affects the eye, it can injure sight, causing an aching eye. That might be a problem for the rest of someone's life.
- **Shingles in the eye is an 'eye emergency'** and requires prompt specialist attention.
- **Shingles immunisation** seems like common sense for older folk. Shingles in the elderly can be a nasty illness that sometimes knocks people off their pins for months. Complications can also affect future independence and well-being.
Discuss the shingles immunisation with your GP.
- **Pain relief for shingles** is a good idea. Your GP might give you aspirin in a special solution to rub on the skin. It is jolly good for relieving discomfort. Remember that paracetamol reduces pain and symptoms of all

(Continued on page 7)

- 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

(Continued from page 6)

illnesses. It also reduces fever and makes it easier to retain fluids. Doctors will often combine paracetamol with other pain relief because paracetamol helps other pain relief medicine work better; it has an 'additive effect'. Paracetamol is a misunderstood hero. Often underrated and extremely handy, especially for sick infants and toddlers because it makes it easier for them to keep up the fluids. Paracetamol is often stronger than we realise.

- **Fluids** People tend to drink less when they feel unwell, and dehydration is a sign of a more serious illness. Taking regular paracetamol and taking fluids is a good idea. Don't worry so much about food. You'll get hungry again as you get better and there are good liquid supplement foods at Alan and Marinas' (Māpua Pharmacy and Post) for 'juicing up' energy.

Your Neighbours. As a rule of thumb, especially if you are elderly, it's a good idea to let friends, family, general practice minister or neighbour know if you are unwell, that things aren't right; especially if you live on your own. There are good neighbours all over.

Remember the chicken pox caterpillar is itchy and slightly annoying. If it turns into a shingles butterfly it 'gets on the nerves'. Ref: flutter widgets in the Kiwiskin encyclopaedia of shingles Lepidopterology.

Have a great week everyone!

Kiwiskin Team

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Elderly people typically have multifaceted and sometimes complex health issues. The role will require your skills and knowledge across areas such as: neurology, wound management, respiratory, urology, pharmacology, palliative care, stroke, emergency medicine, gynaecology, diabetes management, stoma management, pain management and much more. Aged care workers cover a wide range of duties during each shift.

As a Registered Nurse you will be required to; give medication, change dressings, check vital signs as needed, discuss an end-of-life care plan, develop a care plan with a person and their whanau as well as make sure everything is okay with each individual person and their whanau.

For more information, contact Chelsea Martin on chelsea.martin@nmdhb.govt.nz.

Note - all NMH staff are required to be fully vaccinated for COVID-19.




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Te Mamaku Drive Corridor planting project

A 10km long green corridor along SH60 between Tasman Village and Māpua, the so-called "Te Mamaku Drive", formerly the Ruby Bypass; that's the ambitious project of some local Tasman folk.

The project comes with access for the non-motorised public like walkers, runners, cyclists, and horse riders. A stretch of unused, mostly public land on the eastern side of SH60 is visibly overgrown with gorse, broom, wattles, and wilding pine trees. It already accommodates part of the "Dicker Ridge Walking Track" and continues on Stagecoach Road down to Chaytor Road and Māpua's Dominion Flats.

The "Te Mamaku Drive Corridor Project", a sub-committee of TACA (Tasman Area Community Association), wants to connect the Waimea Estuary and Moutere Inlet with mainly native bush and trees. This would beautify the area alongside the Coastal Highway (SH60) - as has recently happened with many highways in other parts of the country - reduce the fire risk and provide a corridor for birds to move between the estuaries and nearby wetlands.

A plan has been drawn up for the whole length of the corridor, with identified priority blocks to start with and to seek appropriate funding. This is a long-term project to run over years, if not several decades!

What started more than a year ago with this simple idea has now led to the first planting of 2000 trees done on 500 metres at the start of the project at the Tasman end. Thanks to the great support and funding of TET (Tasman Environmental Trust) and Restoring the Moutere through

the Billion Trees programme, people can now envisage the direction in which the project is heading.

To continue further south another 2-3km to the start of Stagecoach Road, the group of enthusiastic people involved in the project is facing the challenge of removal of a long row of overgrown pine trees, applying for funding to clear about eight hectares of land, securing about 35,000 plants and continuing with planting to be done over the next winter of 2023.

You can also make a kind donation to our Givealittle page, <https://bit.ly/3btbsmg>.

Anybody interested in being involved in this project can contact Michael at michamarkertnz@gmail.com.



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The Māpua Community Hall

If you had ever asked in the past, anywhere in New Zealand, what is the heart of any rural or urban community, the answer would have always been, the local Community Hall.

Here in Māpua, it still is very much the heart of our village.

Our hall is unique in many ways. Māpua Community Hall is the only community owned and funded Hall in the

Our next wonderful and always packed-out event is Pecha Kucha. Now if you haven't heard of this before, it is based on speakers speaking for 20 seconds on 20 slides. Just everyday people talking about interesting things that they do or have done. And wow there are so many interesting people living here in Māpua! Your ticket also includes a curry before the show. <https://mapuaPK2022.eventbrite.co.nz>



Nelson/Tasman area. This means it is not owned and run by the Council, it is run by the community, for the community. It is run by a committee of volunteers and our hall coordinator, Anita, along with many extra volunteers who do any number of jobs when called upon if required.

The Hall history is an amazing story with many past and present local people who gave so much to create what originated as a packing shed which was moved from Kina to Māpua in 1944 and developed into a public hall by locals and officially opened in March 1945. In 2012, after years of meetings and discussions, community and committee opinions, plans were finalised to rebuild and the Māpua Community Hall was completed and officially opened on Friday the 23rd of August 2013, representing what our community have available today with thanks to the hard work of so many.

Like a lot of businesses, communities, and families, we have all faced different hardships over the past couple of years with a pandemic that no one could have ever foreseen. This left the hall with many of its classes having to 'go on hold' or stop altogether to keep people safe. When these classes stopped or went on hold, so did the Hall's income.

We rely very much on the fantastic classes that are held here every week. There are art groups, dance and exercise classes, line dancing and yoga, something for everyone!

The Hall also has a fantastic commercial kitchen. If you have a Facebook account, click and 'LIKE' our Māpua Kai Cook-up group, who have been cooking up and putting meals into freezers at the hall, Jared's Vege shop and at the Māpua School for people and families who are isolating, have other illnesses, or just finding things a bit tough now. Lately we have been doing the cook-ups every three weeks due to higher demand. These are free for anyone who needs them.

We have a wonderful sound and presentation system set up in the large hall which is just fantastic for meetings, presentations, art shows, markets, and weddings.

Of course, we also rely on our paid-up members of the hall and their subs or giving donations which helps us out from year to year. We have around 130 paid-up members, but statistics of our population in the area is nearing 3,000 people and so many people are regular hall users.

Becoming members gives us all a

piece of something quite special. For only \$20 pp or a special family sub of \$30, you'll receive regular emails of events that are happening in the Hall. As Hall members, you will also be given the first option to buy tickets to events such as our Pecha Kucha, which sell out at 220 tickets very quickly. Just as importantly, it gives us the money to be able to keep on top of the maintenance, rates and many other daily expenses. We really rely on the community's generosity to keep the Hall maintained and running well. Membership details can be found on our website at www.mapuahall.org.

We had our AGM a few weeks ago and were looking forward to new members joining our very small committee of just six people. Unfortunately, we had no new members join us and this makes for a very busy and small committee. A commitment of one meeting per month and we really do need some new people to help us! So come and join us at our next meeting on the 15th of August at 7pm.

We need you!!

We wish to look after this well-loved facility for generations to come and this is especially important for all the hardworking locals who started this wonderful resource for all of us. We will be celebrating 80 years in 2025!

Any enquiries please contact Anita on 03 5402330 or email mapuahallsociety@gmail.com.



FRIDAY, AUGUST 26, 2022 AT 6 PM

PechaKucha Night!

Mapua Community Hall

MĀPUA HALL NEWS

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9.00 am SUPERB DANCE Move Good Now	9.00 am PANZ Pastel Artists of NZ	9.15 am AEROBICS with Lynda		9.00 am SUPERB DANCE Move Good Now
	9.00 am SIOUX LINE DANCE	9.15 am SLOW YOGA with Nikki	9.30am MĀPUA ART GROUP	9.15 am STRENGTH / CARDIO with Lynda
	10.00 am MĀPUA CREATIVE FIBRE 2nd Tuesdays	10.15 am PILATES with Lynda		10.15 am PILATES with Lynda
3.30 pm BALLET 3-4yrs Kerry Clarke Dance		1.00 pm TAI CHI		10.30 am YOGA with Martin
4.00 pm BALLET 5-7yrs Kerry Clark Dance	5.30 pm YOGA with Martin	3.30 pm FUN CREATIVE with Rachel		2.00 pm FRIENDSHIP GROUP 3rd & last Fridays
5.30 pm BROGA YOGA with Nikki	6.00 pm STRENGTH / CARDIO with Lynda	4.00 pm QUICK STEP to DANCE	7.00 pm MĀPUA COMMUNITY CHOIR	
7.00 pm MĀPUA HALL SOCIETY Meeting 3rd Mondays	7.00pm PILATES with Lynda		7.30 pm PILATES with Anne-Maree	
7.15 pm MDCA PUBLIC MEET 2nd Mondays	7.00 pm BEGINNERS YOGA with Martin			

Packhouse Cinema

• Sunday 21st August

Tickets \$12 at the door: BYO chair and snacks: Doors open at 6.15pm

Events

- **Wednesday 10th August**
Sprig & Fern Quiz
- **Friday 26th August**
PechaKucha & Curry Night

Membership

Visits our website to register for Māpua Hall Society Membership, benefits include:

- Hall Society E-Newsletter
- Regular activities info
- Event news
- Pre-sales for Māpua Hall Society events such as PechaKecha
- Vote on matters at the AGM

Hall Society News August

The Hall Society are pleased to host our most anticipated annual event, PechaKucha and Curry Night on 26th August. Tickets now on sale, online only through Eventbrite. Tickets are \$25 and includes entry and a curry.
www.mapuaPK-2022.eventbrite.co.nz

A weekend Beginners Tai Chi workshop on Sat/Sun 6th & 7th August, come for one day or both. Contact grannyjulie11@gmail.com for more details or to register your interest. Fun Creative returns in Term three for fun drama for the kids from 4pm on Wednesdays, contact rachel@funcreative.co for more info.

For a fabulous winters night out don't forget the Packhouse Cinema on the third Sunday of each month, limited to winter time only so not many screenings left - don't miss out!

If you have some fresh ideas or just want to support the crew, you can email us anytime at MapuaHallSociety@gmail.com or join us at the Committee meetings, usually every third Monday from 7pm (check the *Live Calender* on the website for latest schedule and class times).



www.MāpuaHall.org

Moutere Hills RSA Memorial Library

Māpua Community Library

WINNER OF THE NGAIO MARSH AWARD FOR
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**MEET THE AUTHOR
CHRIS STUART**
with Liz Price
Interviewer

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Meet the Author - Chris Stuart

Come along and enjoy a cup of tea or coffee and listen to an interview with Chris Stuart at the Māpua Boat Club on Wednesday 24th August 2022, commencing 2pm. Chris was the winner of the Ngaio Marsh Award for First Novel, and she will be interviewed about her book "For Reasons of Their Own", by Liz Price, Nelson counsellor and author. Please RSVP to mapualibrarynz@gmail.com The Māpua Boat Club is located down on the wharf at Māpua.

Exhibitions


Pop into the library any afternoon between 2- 4.30pm and view the beautiful embroidery by Nita Schweizer on exhibit from 22 July to 2 September.

From 2 September to 30th September Helen Bibby's pastels will be on show.

Statistics

In June 2022 the number of books, magazines and audio books was slightly down on previous months with 1574 issues. There are quite a few members travelling overseas now that restrictions have been dropped. The library has welcomed several new members in June and in the past six months we have gained 50 new members.

Helen Jeffery, Phone: 022 399 0075



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Pastel Art Nelson

We held a very successful "have a go" session on 28th June. It was good to see new people in our group for the day and two of our members did a great job instructing.

A display table was set up showing all the different pastels available to use. Some instruction on basic techniques when using pastel and different papers and then time to play and have a go. There was positive feedback from our visitors at the end of the morning so a special thankyou to two of our members Marion Painter and Gloria Anderson for organising and instructing on the day.

We are now looking forward to our Pastel Workshop in October with tutors and Master Pastelists Julie and Michael Freeman who are going to help us with painting Fur and Feathers.

We meet on Tuesdays in the Bill Marris room from 9am to 12pm so pop in and see us. You might like to have a go!

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What's On at Ruby Bay Store

Our new local performance space with its tiered theatre seating, big screen and fine acoustics has garnered rave reviews. The Hon Damien O'Connor cut the ribbon on July 22 and country-rock showstoppers Barry Saunders and Alan Norman of the **Warratahs** played the opening concert along with two other gigs that weekend. The crowd loved them. A taste of what's up next:

Saturday 13 August and Saturday 20 August, 3pm & 7pm: Members of **Top of the South Filmmakers** screen some of their award-winning films. Check out the titles on our website.

Saturday 27 August, 7pm: Professional caver, cave diver and all-round outdoorsy type **Kieran McKay** (that's him below) talks about it all and presents several of his underground films.

For tickets to these and news of many more for the diary, visit our website. Find us on Facebook and be sure to watch out for flyers.



174 Stafford Drive, Ruby Bay
rubybaystore@gmail.com
027 428 5868
www.rubybaystore.co.nz



In other news, the Store's tearooms and gallery are a work in progress, coming along nicely and opening soon. Watch that space!

Ruby Coast Running Club

Winter may be here but there still are plenty of running opportunities around if you need motivation.

Of course, I am going to start with our very own 5k series that runs all year round. We meet every Thursday night at the Māpua Domain outside the playground. We have an early start for those requiring some extra time to get around the course and a 5:30 start for everyone else. It is chilly and dark still so wearing bright or reflective clothing and having a head torch is a pretty good idea. Our numbers dwindle a bit during this time of year, but we will be there to encourage those who do turn up.

But if Thursday night is a no-go for whatever reason there were many other events on the weekends to head out to do. A few of us formed teams to run in the Monaco mid-winter marathon (photo). We had two two-person teams there. Richard and I managed second place for the mixed two-person team relay, and Dawn and Faye took 2nd in the all-female two-person team.

Four of us went to the Wakefield pack run put on by the Waimea Harriers. That was a great run due to the "pack" nature. We ran half an hour out on the course, turned and ran back. This means that we basically all start and finish at the same time, some people just get further out before turning.

There were cross country runs out at Rabbit Island too.

Why am I mentioning all these other events? Because as a group we can motivate each other to go, share the ride out to these other events, and share in the fun.

So, lace up those shoes and come out and join us!





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Tai Chi

We are hosting a Tai Chi workshop in Māpua Hall on Sat 6th August and Sunday 7th August 9:am -3pm. David Parker from Tai Chi Internal Arts is our instructor who will be travelling down from Tauranga.

David will be teaching Tai Chi Qigong which involves standing exercises with deep breathing and a Tai Chi set of exercises. The workshop is open to all ages, and this really is an opportunity not to be missed.

Cost will be \$30 per day to cover hall costs.

Please bring a water bottle and a small plate of finger food for a shared lunch. Tea and coffee will be available for self-service at the small kitchen in the entrance hall.

More information can be found on Tai Chi Internal Arts.nz or contact Julie Booth on 027 6463066 or email grannyjulie11@gmail.com

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Summary of 11th July public meeting

To view the full minutes and documents for this meeting, and/or for more information on any of the topics discussed below, please visit ourmāpua.org, and select the relevant drop down menu topic.

Public Forum

Rebecca Patchett spoke on behalf of the “Māpua Action Group” (MAG) who are very concerned about the proposed development at 49 Stafford Drive, the Future Development Strategy (FDS), and the Growth Plan Change (GPC). MAG now has a website with heaps of information including suggestions on how interested residents can connect with TDC. MAG’s aim is to promote best practice planning.

Ward Councillor updates

- **Walking & Cycling** strategy is now looking at how projects can be accelerated. Govt. has funding available through a submission process called ‘Street for People’. This funding allows successful applicants funding up to 90% of the development of cycling/walking projects.
- **Three Waters** Three acts need to be passed. Currently the bill is before the select committee. TDC is seeking public feedback to be incorporated into the TDC submission to Govt. TDC’s current concerns include asset ownership, accountability, rural water supply issues, regional representation etc.
- Mike asked whether TDC’s Three Waters submission to Govt. will be available for the public to read. Cllr Mackenzie didn’t see why not.
- **Three Waters** ‘Better off Funding’ from Govt. of \$22million with initial payment of \$5million. Workshops will be held shortly on how best to spend the money. Receiving this funding is not dependent on supporting Three Waters.
- **FDS** On the 27th July the joint committee sign off on the matters of the FDS.
- **Reserves management** The Mouere/Waimea ward councillors have met to discuss improvements to Grossi Point and Māpua Tennis court resurface and lighting \$221k.
- **Speed limits** Work is progressing on this, and public consultation is expected around Nov 22. There is a high probability that many speed limits will reduce. There is still 100km on rural roads and these may reduce to 80km.
- **Māpua Structure Plan** To be updated. Paul stated during initial conversations TDC was focused on understanding the community’s desires.

- **Three Waters** The open sessions at the Richmond & Motueka Public Libraries were poorly attended; this was very disappointing. Feedback to TDC needed to be in by the 15th July and the Govt. Select Committee submissions closed on the 22nd July.
- **Rates Increase** Will be 5.05% and was confirmed on the 23rd June.
- **Māpua Structure plan** It is expected submission will close on the 21st February 2023. TDC is expecting community consultation to be wide.
- **Māpua/Ruby Bay stormwater** Planning is underway.
- **Local Body Elections.** Nominations open on the 15th July and close the 15th August. Elections will be held on the 8th October.

Māpua Willing Wheels (MWW):

Hopefully Māpua residents are also aware that the Motueka Coastal Bus Service travels through Māpua on Tuesdays, Thursdays, and Saturdays; collecting booked passengers en route to Richmond Sundial Square and Swimming Pool. See details on Webpage ntctt.org.nz

Māpua Community Hub

Things are moving along as per last month’s report. The working group would welcome any input/involvement from those interested in advancing this community facility.

Māpua liveability

- MDCA have been actively working with TDC on the future of our community for several years with some good wins so far.
- MDCA’s future development goals include good process, openness, transparency, informing residents, advising how to make submissions.
- It is important that residents are free to choose how they engage in any community issue, and it is great to see like minded groups evolve as they have more scope than MDCA due to the limitations within MDCA’s constitution and the inability of MDCA to speak for everyone in the community.
- MDCA must not be active in polarizing community members between two different viewpoints.
- MDCA are pleased residents are becoming aware of the issues on the table and want to get involved.
- There was hope from the floor that the cost of undertaking the Māpua Structure Plan (MSP) review will not be a waste of financial resources in that the outcomes of the MSP will result in effective long-term change
- A statement was made from the floor noting that it appears there are problems in how the supporting statistics are reported with there being no opportunity to have meaningful discussions around how these statistics are gathered and decided upon. Cllr Mackenzie asked this person whether they have asked to sit down with a TDC staff member to have this explained. The response was, through the submission process there is no opportunity to have a conversation, stating there are big questions around the modelling used for population predictions and questioned what happens if the predictions are incorrect and the population actually decreases instead of increases? Cllr Mackenzie stated she is

(Continued on page 15)

(Continued from page 14)

questioning the key assumptions that are made, as these assumptions often drive the outcomes. Cllr Olgivie stated that a growth prediction through population increase was in the category of either Low – Med – High, and many outcomes were concluded on the high level. Others in the community have questioned the modelling stats with regard the Maths. The growth currently being attributed to the Māpua predictions were far in excess of anything that has actually occurred in the past.

Road and pathways

Aranui Road surfacing Jamie McPherson (TDC) visited Aranui Road with Cllr Mazkenzie. Jamie agreed to have another site visit when it is raining to gain a better understanding of the surface flooding issues. Jamie will also check with the contractor regarding several spots where oversized chips are showing through the top surface.

Māpua Drive surface The repair has now been completed. The detour along Seaton Valley Rd while the repair was being undertaken caused issues for some residents due to driveway blind spots.

Speed limits TDC will be undertaking a community wide speed review in the near future. The best way to deal with speed limits is through the consultation process.

General Business

Local Body Elections MDCA will organise a public 'Meet the Candidates' evening, possibly in September.

Please supply MDCA your questions for consideration to be provided to each candidate prior to the public meeting giving the candidates an opportunity to answer thoughtfully.

We will not know which current councillors are re-standing until the 12th August when the nominations close.

TDC – Community Leases and Licensing Policy Development. Cllr Mackenzie explained this by using an example of the Wakefield Toy Library which leases a TDC building which is in disrepair and no-one knows who is responsible for the repairs/upgrade. The leases are low, and no payment agreements are in place. This arrangement needs to be tidied up so all parties are aware and clear on their expectations, hence the need for guidelines and policy. The amount of TDC property in the area that is being used by non-profit organizations is huge with many agreements going back many years.

TDC are holding a zoom meeting on the 31st August at 7pm for all affected groups to learn and have input. All affected groups will be contacted by TDC.

MDCA AGM:

August 8th followed by a monthly meeting. If you would like to serve your community in this way, please forward any nominations or expressions of interest to info@ourMāpua.org

Walking & Cycling strategy

We have had a request from a MDCA member for more resting areas along walking/cycling pathways for less able people to rest for a while.

MDCA works closely with TDC to ensure our community functions in a way that suits the majority of our residents. To have a vote that counts, become a financial member of MDCA by simply paying \$10.00 per person per year into our NBS account 03 1354 0356471 using your name and phone number as references.

Our next Public Meeting will be held on Monday 8th August commencing at 7.15pm via Zoom and/or in person at Māpua Hall.

Mapua & Districts Community Association AGM

will be held on Monday 8th August
7.15pm at the Mapua Hall.

All members of our community are invited
to attend. To receive a nomination form
email request to info@ourmapua.org

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Māpua Health Centre news

We are very pleased to have Dr Coco Bardsley joining us as our GP Registrar on the 1st of August for six months. Unfortunately, Dr Ricki-Lea Aitchison is leaving general practice to work solely at the Skin Institute and her last day with us will be on 10 August. This means that at this stage, we will be unable to offer full skin checks, although our GPs are happy to check any spots/lesions of concern and we continue to offer routine minor surgery when needed.

Join the Portal. ManageMyHealth is our patient portal which now offers you access to your consultation notes which is a great way to refresh your memory about any instructions or advice that you have been given by your GP. It also gives the ability to order prescription renewals, make your own appointment, check your lab results, and send messages. Simply bring your Drivers Licence to MHC and Reception can sign you up.

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 and 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.) 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 review of studies and meta-analyses found "convincing evidence" of a lowering of colon cancer risk with less alcohol and red meat and eating diets high in dietary fibre, including adherence to a Mediterranean diet, a pesco-vegetarian or semi vegetarian diet. (*JAMA* February 16, 2021). An earlier study found that highly processed foods may raise overall cancer risk and that even a 10% increase in the proportion of ultra-processed foods, such as dehydrated soups, processed meats, biscuits, and sauces, in the diet 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). We know that sugar is not good for us, but even some artificial sweeteners can lead to cancer, especially aspartame which causes a 22% increased risk (*PLoS Med.* 2022 Mar 24).

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

- 1-7 World Breastfeeding Week
<https://worldbreastfeedingweek.org>
- 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
- 22-28 Iron Awareness Week www.ironweek.co.nz

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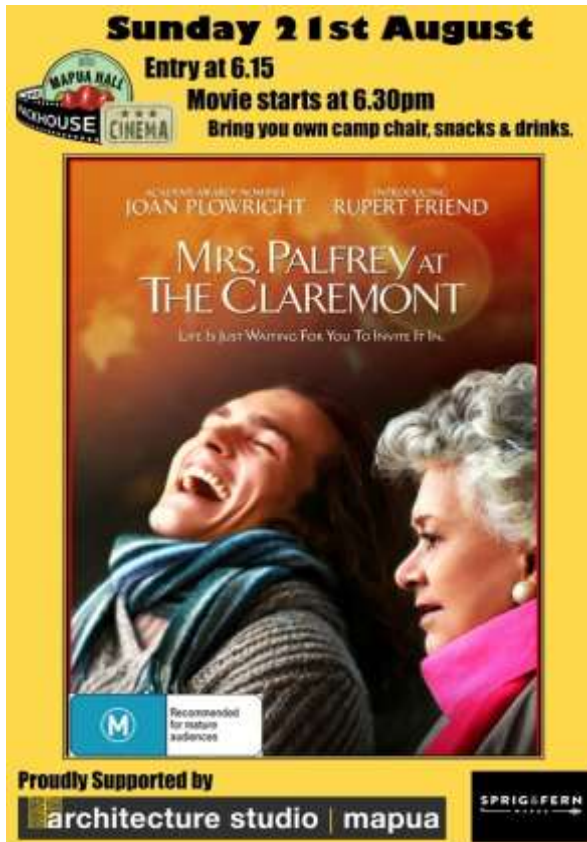
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Mrs Palfrey at "The Claremont."

Showing at Māpua's famous 'Packhouse Cinema'



Mrs. Palfrey (Joan Plowright) is a recently widowed English woman of independent means who decides to move to a small London hotel she saw advertised in a newspaper in Scotland. As so often happens the picture in the newspaper was much better than the reality she discovers upon her arrival!

One of the things that had most attracted Mrs. Palfrey was the promise of enjoying some fine English cuisine. Something the taxi driver transporting her to her new home finds extremely amusing.

'The Claremont' turns out to be a crumbling old edifice that serves as a retirement home for a small, weird, but fascinating group of tenants. Once settled into her barely navigable room, Mrs. Palfrey meets her fellow 'inmates' at dinner and announces she has a doting grandson who will be calling on her at times.

Yet despite multiple attempts, her self-centred grandson Desmond (Lorcan O'Toole) doesn't respond, and Mrs. Palfrey realizes she has ended up moving into a world of loneliness.

But then Mrs. Palfrey meets Ludovic when she has a fall on the sidewalk in front of his apartment. "Ludo" as he wants to be called is a busker - a young man who sings in the underground in exchange for coins thrown into his guitar case. Trying to be kind to Ludo she invites him for dinner at the Claremont and asks him to pretend he is her missing-in-action grandson.

This proves to be the beginning of a happy and uncomplicated friendship between a woman at the end of her life and a young man just beginning his.

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- **Maintenance & Tune:** A vehicle which is out of tune or in need of a service is less efficient and will use more fuel to maintain any given speed.
- **Keeping the load down:** Increased wind resistance and additional loads have a slowing effect. Removing items not required for any given trip will save fuel. ie. Golf clubs in boot; roof racks; ski box; bike racks; etc
- **Driving Style:**

Smooth driving - Make sure you accelerate smoothly and change gear early without labouring the engine. If you drive an automatic, choose 'economy' gear to keep the engine speed down.

Speed - Driving over the speed limit on the open road increases fuel costs by up to 10%. If you drive fast enough to be fined, this percentage increases significantly.

Look ahead - Always check what's coming ahead of you and maintain a safe following distance will help you keep a constant speed. This uses less fuel than accelerating and braking regularly.

Reduce idle time - if you're going to be stationary for more than 30 seconds (other than at intersections), switch your engine off.

• Keeping yourself COOL while in your vehicle

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Seaton Valley Sculpture

Any building project starts to get exciting when it gets close to the point when construction is about to begin. This is where we are at with the final sculpture which will help define the Ruby Coast area. The Trust is overwhelmed by the generosity of our community who are helping to bring this project to its fruition.

Model on display at the Māpua Library

Recently the trustees met with Brightwater Engineering Limited, the engineers responsible for the construction and installation of the sculpture. We are now able to order the fabrication to begin and Brightwater Engineering hopes to commence this month. We are now close to having the funds needed to complete this project.

Once again, a huge thankyou to the community, businesses, Māpua Community Trust, Rātā Foundation and the Tasman District Council for their support of this project.

Some readers may have seen the sculpture maquette currently on display at the Māpua Library. If you haven't seen it, please feel free to pop in. The library has kindly allowed it to be displayed there. This third sculpture is quite different to the existing ones, and we are very excited about its imminent construction.

For more information check our website www.rcit.co.nz or visit our Facebook page or call Janet our secretary on 540 3364.

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Our latest news & adventures

What's been going on?

We have to acknowledge our awesome team who have adapted and kept programmes running even though winter bugs have caught up with so many of our whānau. Kia piki te ora ki a koutou! Wishing everyone out there a climb back to health. Recent highlights include our holiday programmes, which were run both locally and on the West Coast. Amazing to see the enthusiasm for outdoors activities in the winter from the tamariki - gumboots and jackets and off they go! Ngā mihi nui to funding from the Rātā Foundation, MYD, Lotteries, Kaimahi for Nature, Oranga Tamariki and DIA who help to support tamariki to attend these programmes.

Upcoming Rangatahi Leadership Programmes (NCEA Assessed)

In the October Holidays and across Term 4 we are running a series of programmes for 16-18yr olds that build confidence, leadership & essential employability skills with NCEA credits at Level 2 or Level 3. **Funding may be available** to local students. Please enquire. Full details are on our website.

Adventure Skills Development | 8 nights | 4-12 Oct & 18-26 Oct | \$2200 | 15 L3 credits
Kaitiaki Leadership | 8 nights | 18-26 Oct | \$2200 | 13 L3 credits
Adventure Leadership* | 3 nights | from 17-21 October | \$950 | 6-8 L2 credits

*There are 4 blocks available. Students can enrol on one or multiple blocks which include sea kayaking, rock climbing, mountain biking and caving.

Fun Whānau Community Planting Day

On **Sunday 14th August** we will be running a community planting day with the TDC at Moturoa (Rabbit Island) as part of the Waimeha/Waimea Inlet restoration. Whenua Iti instructors will be there to run some fun nature connection games & activities, morning tea will be provided and there are spot prizes for all who register to come along! Forest & Bird Youth members will be helping us too. We are limited to 50 people so please register online via our website or email lucy@wio.org.nz.

Manaaki Tāpoi students connect with Māpua School Tamariki

Many of the Manaaki students noted at their graduation that a highlight for them was the chance to connect with the younger tamariki at Māpua school. The students (and kaiako!) loved the opportunity to meet and work alongside some of the Māpua students and be part of the opening of the Rongoa garden. Ka rawe!

Connecting rangatahi to their turangawaewae

Matua Mike & Charlie spent a few days on Rangitoto/D'Urville Island with the support of Ngāti Koata Trust to explore the potential for the next step up in the rangatahi leadership wānanga we are facilitating for Ngāti Koata Trust. He motu ātaahua tēra! A beautiful island, the kōrero goes that Rangitoto is the last place where Ranginui and Papatuanuku still touched before being forced apart by Tānemahuta, and is understandably a significant site for Ngāti Koata. Thanks to funding from Rātā Foundation and NCC for supporting these wānanga!

The Team at Whenua Iti.



Manaaki Tāpoi students & Māpua School tamariki helped at the opening of the Rongoa garden.



Come and join us on the 14th of August to have fun planting at Moturoa/Rabbit island.

We'll see you out there!

www.wio.org.nz



Māpua Craft Group.

Due to Winter ailments, we were unable to meet on 15th July.

The photograph shows some of the 3B1 notebooks covered with pictures from old calendars. I use mine for my grocery list each week.

The fingerless mittens have been given to friends who feel the cold. The pattern is detailed below.



Fingerless Mittens: Size 4mm needles, double wool. Cast on 40 stitches, rib for 10 to 12 rows. Continue in stocking stitch to the start of your fingers, rib 4 rows, cast off. Sew up leaving a space for the thumb. Make another one. Create a new fashion and see if teenagers can make their own!

Our next meetings should be at Hills Community Church on the 5th and 19th August, 10-12 noon. Please check with Barbara as plans may change.

Barbara Halse 5403901

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TRUSTEES WANTED – APPLY NOW
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Mapua Boat Club

Note these dates:

Photo competition: Entries open 12 September
 Entries closed: Friday 30 September
Exhibition at museum will run from 3 - 16 October.

Prizegiving: Sunday 4 pm, 16 October
Competition is open to all amateur photographers, and we are especially supportive of getting under 15-year-old children entering the competition.

Photos categories are Nature, Boats, People
 - and must be taken in the Tasman Bay Area.

Kids Fishing Competition: Sunday 30 October

Māpua Boat Club

**PRELIMINARY NOTICE
 OF ANNUAL GENERAL MEETING**

Wednesday 21st September 2022, 7.00 pm
 at

The Māpua Boat Club rooms - Māpua Wharf

Enquiries to Katrina Ballantyne, Secretary
mapuabcsecretary@gmail.com

RANGERS RUGBY

ANNUAL QUIZ NIGHT!

Grab a team and come along for a great night of fun.
 Everyone leaves with a prize and a yummy supper is provided.

FRIDAY 5TH AUGUST

\$15 ENTRY

7PM

MOUTERE HILLS COMMUNITY CENTRE

****TABLE BOOKINGS ESSENTIAL****

SECRETARY@RANGERSRUGBY.NZ

Or TXT: 021 413 904

Book review

Orhan's Inheritance by Aline Ohanesian

Until Orhan's Inheritance, I'd never read a book twice but when I got to the end I went straight back to the beginning and read it through again.

Orhan's Inheritance ticks all my boxes for a 'good read' – well researched and believable historical fiction, firmly placed in place and time or should I say, 'times' and a 'page turner'.

In 1915 and 1916, an estimated 800,000 to 1.2 million Armenians were forcibly marched south from Anatolia in Turkey to the Syrian desert. Along the way they were beaten, starved, raped and murdered. Once there, survivors were put into concentration camps. By the end of 1916, only a small proportion were alive, and millennia of Armenian civilisation was dispersed and destroyed. Historians refer to this event as a genocide.

Reader relief from the desperate tragedy is thankfully provided by the narrative moving from modern day Turkey and the main protagonist Orhan and 'survivor' Seda in a Californian retirement home to the 1915 characters Lucine and Kemal. Lucine is the daughter of a Christian Armenian rug manufacturer while her childhood friend is Kemal who is Muslim. Both are unconsciously committed to their respective cultures but begin to notice each other as young lovers do.

The story begins with the death of Orhan's grandfather who has bequeathed Orhan his textile businesses whilst surprisingly making only scant provision for Orhan's father and aunt. The family home has been left to the unknown Seda who Orhan tracks down to an assisted living facility in California. So begins the slow unravelling of the personal, family, and national tragedy that has affected Turks and Armenians through generations.

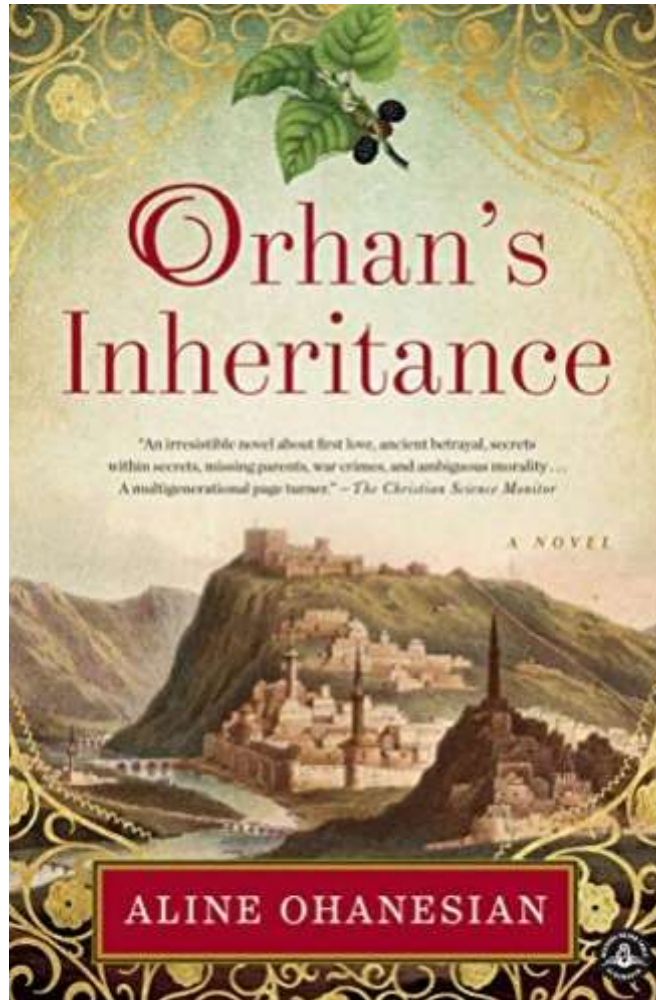
It's time for me to read Orhan's Inheritance again, this time slowing down long enough to spend time on historic detail and maps. It's a story of humankind - our brutality, our spirit, our drive, and our capacity to love and experience joy as well as tragedy.

I'd like to make contact again with the beautiful Artyn who came to my high school as a US field scholar in 1968. Artyn with the strange name, the just-about black eyes, the gentle nature. She told us her family was Armenian. I wish I'd had the curiosity to ask her more and the

wisdom to learn from her family story.

Orhan's Inheritance is available in book, large print, eBook, and on request, for purchase by the Māpua Library. Probably my best read ever!

Hilary Clifton




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\$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. Printed by TDC.

There is no separate January issue.

E: news@coastalnews.online for more information.

Noticeboard

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 for winter, Boat Club for summer. All welcome, just arrive & enjoy the singing. Contacts: Colleen 5403010, Diane 5402627.

Māpua Women's Rec Group. Come and join our friendly social walking group. Meet outside Tessa Mae's Thursdays 9.15am. Options for all fitness levels plus activities and social events. mapuarecgroup@gmail.com or just turn up.

Knit & Natter group at Alberta's: 10am Tuesdays. contact: Debbi 027 327 4055

Local Women's Walking Group - all welcome to our Tuesday morning walk of 5-7km leaving 9am - call Lynley 03 540 2292 for more information.

Māpua Craft Group: Meetings may change this year. Contact Julie Cox 0277418575 or Barbara Halse 5403901.

Motueka Toastmasters: Like to speak with more confidence? Friendly supportive environment. Meet 1st & 3rd Weds, 6.45-8.30pm, St Johns rooms, Jack Inglis hospital, 15 Courtney St, Motueka. Visitors welcome. Info Tam: tortipon@gmail.com or 021 08738996.

Re-cycle Printer Cartridges at the library. Volunteers are happy to collect printer & photocopier cartridges and transport to recycling centre. Blue bin in our foyer.

Tasman Golf Club: Mixed Social 9 Holes of Golf. Tee off 9.30am Fridays. Friendly group, all levels very welcome. Cost: \$25 for non-members. Ph: Lyndal 03 5266819, teeup@tasmangolfclub.com or just turn up at Kina

Māpua Community Choir: 4 part harmony, no audition necessary, small koha, Māpua Hall 7.15pm Thursdays, enquiries Helen: n-h.bibby@actrix.co.nz

Tasman Dippers: A casual collection of people who enjoy connecting with the open water. Year-round dips or swims in the sea at Rabbit Island. Info: www.tasmandippers.nz

Māpua Boat Club welcomes new members. No boat required. Social nights Thursdays 5.30 - 7pm at Club rooms on Māpua Wharf. Raffles, cash bar, snacks, regular guest speakers. To join, contact Secretary, Katrina 0211393945

Stamp Collectors - anyone interested in forming a group or having their collections evaluated – contact Nick Ferrier 021 688243

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

Indoor bowls at Mapua Hall on 3rd & last Fridays. Bowls at 2pm followed by "bring a plate" afternoon tea. \$3. Māpua Friendship Club. 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. Barbara Glass 027 443 1121

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

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

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.

Fibre Craft Sunday. Birch Hall, Richmond A&P Showgrounds. Last Sundays 1.30-3.30pm. Learn to spin, knit, felt or weave. \$5 includes tea or coffee. All ages welcome. Richmond Creative Fibre Group: Diane 547-6517 or Karyn 544-9709

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

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 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.

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

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

Motueka Senior Net. Tech for mature adults. Monthly meetings. Help sessions 2x/month. De-mystify technology in a fun & friendly forum. Clubrooms 42 Pah St, Motueka. Seniornetmotueka.org.nz

Coastal Garden Group meets 1pm first Thursdays, Tasman Bible Hall (opp. Jesters). Men and women most welcome to share their love of gardening. Guest Speakers, Workshops, Garden Visits. Ph 03 265 1842

Sing Your Lungs Out! Free community singing group for anyone with respiratory issues, morning tea. Singing improves your lung health! 10am Mondays, Te Awhina Marae, Pah St, Motueka. Pip 0274 282 693

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

Tasman 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

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.

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

Contact us: news@coastalnews.online