



Gravity Winery Cellar Door - Mahana

Booster Wine Group, purveyor of renowned Kiwi wine brands, has their Cellar Door at Tasman based Gravity Winery, offering visitors the chance to taste an expansive selection of world-class New Zealand wines in one location. Sitting in the Moutere hills of the sunny Tasman region, Gravity Winery's state-of-the-art wine-making facilities are the chosen location for Booster Wine Group's Cellar Door, due to their stunning location that has been a favourite to many locals over the years.

They are offering a tasting experience like no other in the region, where you can taste and purchase wines from Nelson, Central Otago, Marlborough and the Hawkes Bay.

A taste of New Zealand's wines from the top wine growing regions in this country, right on your doorstep.

Louis Vavasour, joint CEO of Booster Wine Group, says the wineries in their portfolio are aligned by a shared vision of innovative thinking and challenging the rules of traditional winemaking.

"Our wineries push the envelope to create new standards of quality, so we're delighted to be able to share our craft with locals and visitors to the region."

Nigel Avery, joint CEO of Booster Wine Group, sees the Cellar Door as a revitalisation of an iconic winery. "We are aiming to showcase our finest offerings from our wineries, creating a space for wine enthusiasts of all levels to taste a range of quality New Zealand wines in a unique and stunning location."

Gravity Winery, formerly Mahana Estate Winery, has truly earned its unique name. The four-level winery cut into the side of a hill is one of only a few gravity-fed wineries in New Zealand, meaning no pumps are used during the winemaking process. The gravity-fed system enables the Group to handle wines in a different way, making for a better-quality product; the less you push and pull a wine, the better, letting the wine speak of its place.

Gravity Cellar Door offers a range of tastings, wine sales and a simple, but delicious array of local platters to enjoy on the deck. Their professional and friendly staff will be available to guide guests through the tasting process, offering helpful information and answering your



questions along the way." Open seven days a week, 11am till 5pm for tastings, wine sales and food.

They are also busy putting the finishing touches on a studio next to the Cellar Door for local artists and creatives to showcase their works. It is something the owner of Booster Group, Allan Yeo has wanted to do since purchasing Gravity Winery. Giving something back to the local community and supporting their passion in a great location. It will be a wonderful space run by the artists themselves and another reason to make a trip out to Gravity Winery Cellar Door an afternoon event. Make sure you have plenty of time to taste, eat, shop and enjoy supporting local.

The Cellar Door team look forward to welcoming you very soon.


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

Has your painful body part ever felt weird?

Have you ever had a painful body part that felt weird? Does it feel like it doesn't belong or as if it is out of place such as a bone in your spine? Do you feel like you are off balance, or something just doesn't feel "right"?

You might feel weaker or almost as if you just can't control that body part as well as the other one. We know most joints DON'T go out of place unless there is some big trauma (like a shoulder dislocation). It's just not possible but it sure feels like it sometime. So how do we explain this?

First, this is not uncommon. And many people feel this. And some of that comes down to how your brain controls movement and how it "feels" and perceives your body in space. The joint just feels wrong, distorted and in the wrong place - even though it is perfectly stable! Its pretty amazing actually and not at all weird even though it seems like it. Or you could say "its weird but its explainable".

Pain does odd things especially with someone who has ongoing chronic pain.

One thing pain can do is influence how the brain controls movement and how you perceive your body. All of us have something like a map of our body in our brain. You know where your body parts are because of this map and you know how to control them. This is called a representation. With persisting pain that representation or that map can become distorted or in other words less precise.

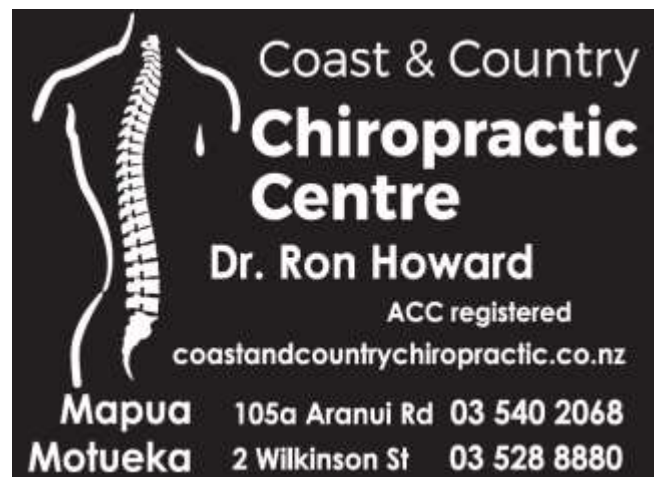
It's like spilling coffee on a real map. If you are out in the wilderness you want as much information on your map as possible to know how to navigate. You want borders, elevation changes, rivers, paths etc. You want to know when a bridge has been knocked out and how to get around it. The better your map the better you can navigate and control where you are. With chronic pain, it's like that spilled coffee on the map which blurs the borders, erases a bridge or covers up a mountain. Suddenly, your map is out of date and you can't get around as well when you are in the Swiss Alps.

Chronic pain does the same thing with the maps in your brain. They get smudged. You feel weird. Your pain can travel. You can feel out of balance. Your body part can feel distorted. You might feel like your joints are locked or out of place. It can even be harder to do imagined movements. Athletes have known this for years. They know that it is the brain that really controls movement and so sometimes the best way to control movement is to practice training the brain. That's why you see downhill skiers visualizing the course before they do their run, or a diver imagining their dive before the plunge. Movement starts in the brain, so it's a good idea to train it.

This is why it is important that our joints, spine and bodies move properly because it allows that map to be more precise. You "re-learn" about your body part again and how to move it properly. You soak up that spilled coffee.

If you need to learn more about this, we can help especially if you suffer from chronic pain in your neck and spine so that you can move better and feel healthier.

Dr Ron Howard, Coast & Country Chiropractic Centre



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Journeys of Discovery

JUNE / JULY 2020



WHAT'S BEEN HAPPENING.... Programmes back into full swing

It has been amazing to be out connecting with our students again. We have enjoyed seeing school groups on site as part of the Year 8 leadership programmes and Trades Academy programmes have been coming & going. To make sure students could keep learning on our senior secondary programmes, we have broken new ground in delivering new curriculum on the West Coast / Te Tai Poutini! We were blown away by the students and how they responded to us as their manuhiri (guests), and the learning that came from those interactions. The caves, rivers, lakes, dense bush & rugged coastline made for a spectacular learning environment for sure.

WHAT'S COMING UP.... MEA & MOA Programmes for Primary Students

Following the popularity of these programmes last year, we are excited to be able to offer the Mini Environmental Adventures (MEA) and Mini Outdoor Adventures (MOA) Programmes again in Term 3. The programmes will offer local schools an opportunity for Years 1-4 to join us for a fun day of engaging outdoors-based activities that will foster teamwork, resilience and a connection with the world around them. A big thank you to the contributions from local trusts in making this happen - Māpua Ruby Bay Trust, McKee Trust & Whenua Iti Trust.

FOCUS ON.... Resilience

We have been hearing a lot about the importance of resilience, especially in response to the effects of Covid-19, but what are the things that we can actually do to help foster resilience in our tamariki?

Regular physical activity teaches our stress-response system to recover more efficiently. At Whenua Iti we take our learning outdoors, in smaller groups and focus on building a positive learning environment where students can use communication & teamwork to overcome challenges. Developing resilience is a focus of all the programmes we design. And fun too. Don't forget the fun!

To read about other ways to build resilience read The Guardian article on 'Six ways to raise a resilient child': <https://bit.ly/30FOtNd>

OUTDOOR WANDERINGS.... Punakaiki, West Coast

Given that we have been on the West Coast, Punakaiki is definitely front of mind now. This is a beautiful part of the coast, with the famous Pancake Rocks where at high tide, if you time it right, the blowholes will be in action. The Pororari River Track must be one of the most beautiful short walks you can do, and if you're keen for some mountain biking you could try out the Paparoa Track from the Punakaiki end. Or just stroll the beaches & get your fill of the sea air. So many reasons to head outdoors!



Kayaking on Lake Kaneire as part of the Adventure Tourism Leadership course



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Letter to the editor

Mystery sign

Recently along the walkway from Aranui Rd to Langford Drive I noticed a small sign hidden between the flaxes. It says "Nederlands Jongetje" in Dutch which translates to "Dutch little boy".

I have asked a few people whom I would suspect of having more local knowledge than me, but no one knew the history behind the sign if indeed they had seen it at all. Someone suggested it may have been the name of a dog or rabbit, or something to do with geocaching. It has apparently been there some time – a few years.



Anyway, it is a mystery to me and my friends so maybe a reader knows something about it and could enlighten us.

Petra Dekker

Correction

In the May newsletter a poem was erroneously attributed to Pam Ayres. The author of this poem is Jan Beaumont from Auckland. Sincere apologies Jan.

Trees, Editor


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@@@@@@@@@@

Thankyou all for your ongoing support !!

03 5403656

Winter hours : 7.30am-4.pm Mon-Fri. 8am-4pm Sat & Sun

Māpua Playcentre

Easing out of our bubbles at Māpua Playcentre

Sitting now at the end of June, writing this article at Level 1, it feels like the concern and anxiety of moving into lockdown to break the spread of COVID-19 in New Zealand, was long ago.

At Māpua Playcentre, this meant cleaning and securing our centre and freeing our tadpoles and froglets back into the wild. Our tamariki had a wonderful time caring for them and watching them grow, and as we closed the centre down, it was time for them to go wild.

A bit like my small child's hair. Reluctant to get a haircut at the best of times, without the help of the lovely ladies at Hair in Māpua, he had a fine lockdown mop. "Don't worry" he said, "I can see between it."

Playcentre parents seem to be a resilient bunch, bouncing back even from insults like "mum, you're the worst hairdresser in the world." Hanging out with our children at home for an extended period of time, our parents reported some fascinating ways of keeping our children entertained and learning.

One mum made beautiful flower-filled ice eggs for her child to explore temperature, texture and transformation.

A budding archaeologist extended his interest in exploration and discovery at the same time as exercising his muscles and determination digging for treasure in a local reserve. He hit gold - a pig's skull! The skull is now proudly displayed in his own museum next to some fossils, a shark's tooth, some kind of mandible and other wonders.

The young archaeologist educates me every session on some new fact about fossils, dinosaurs or animal skeletons. It is incredible the way young children can delve deep into knowledge and understanding of the world when they follow their own passions.

Following passions is something we actively encourage at Māpua Playcentre. One passion our children hold strongly this term, is building trains and obstacle courses out of our large, colourful foam blocks. Sometimes they are all very passionate about building their own ideas out of all the blocks, all at the same time!

I am very glad that I spent some of my lockdown time completing the Playcentre Aotearoa online learning course

Playcentre

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

Mapua Playcentre
84 Aranui Road
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Quality Early Childhood Education for 0-6 year olds.

Whānau tupu ngātahi - families growing together

based on He Māpuna te Tamaiti, a new social and emotional competence resource for ECE centres.

The resource lists 19 different practices for helping children to deal with difficult social and emotional learning, and I am sure I used at least 12 of them helping children to resolve this sticky little moment.

A grandparent on session that day who is a qualified Early Childhood Education Teacher, praised me on my skill (I am a parent rather than a qualified teacher) and I was so thankful to hear that. It reminded me how much I have learned since I first started coming to Playcentre with my children, thanks to various Playcentre courses and support from the facilitators and other parents.

That's the moment I felt back into the swing of things at Playcentre post-lockdown: when the focus was again all about children and families growing together and learning together, and thanks to New Zealand's incredible nationwide response to COVID-19, less about hygiene and disinfection.

If you would like to learn more about Playcentre or come and play with your child, drop in any Monday, Thursday or Friday 9.30-12.00 at 84 Aranui Road during term time or check us out on FaceBook. Visitors are always welcome.

Stay safe, stay connected, stay playful!

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

Classes are casual until July 21st, cheaper concession tickets are available for 5, 10, 20 or 30 sessions. Term dates have gone a bit weird, so I'm making it up as I go along 😊.

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 and 10.15 am.

Strength/weight training, Aerobics and Pilates.
Please contact Lynda for details,
lynda@hht.co.nz 027 222 1491.

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Amanda

Amanda has been involved with real estate for over 30 years. Her experience and knowledge is extensive. Her clients appreciate her candid approach and the fact that Amanda really does understand what is needed to achieve a great result and a positive real estate experience. Phone: 027 472 1960 • Email: amanda.james@harcourts.co.nz



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Sian has an extensive knowledge of the area, and she knows property. How to present it, how to market it and how to sell it, and most importantly she knows how to negotiate the best deals for you. "I never forget that my clients are real people, with real needs, hopes and dreams". Phone: 027 296 8345 • Email: sian@harcourtstasman.co.nz



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Jen

Jen is passionate about people, she's knowledgeable, professional and approachable and has a background in property law so she understands the process of buying and selling property. Jen believes that honesty and integrity are key in creating positive outcomes. You can be assured of a smooth and positive outcome for all your property transactions. Phone: 027 738 8545 • Email: jen.williams@harcourts.co.nz



Jayden

Jayden is a recent addition to the Harcourts Mapua team. He grew up in the Nelson region and has a background in marketing which has assisted him to build a reputation of unique marketing for his clients. Look no further if you want your property to stand out from the crowd. Phone: 021 0293 0220 • Email: jayden.terris@harcourts.co.nz



Suzie

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Book Review

“Why is that lake so blue?” – by Dr Simon Pollard

(A spider biologist, award-winning natural history photographer, writer and a lot more besides – see page 108!) You will find this book in the children’s section under the category The Natural World.

Feel free to find your inner inquisitive child and to be both delighted and amazed. This wonderfully photographically illustrated book is dedicated (to quote Simon), “To all the young New Zealanders who are fascinated, as I was as a child, by the wonderful and exciting place we are lucky enough to live in”.



As I fall into the ‘not so young’ category (with four young grandchildren) I was intrigued by the title and delighted that I could both thoroughly enjoy and learn more about New Zealand’s natural world.

The eight chapters take us from 100 million years ago when our country was geologically part of the supercontinent called Gondwana, to the fact that NZ has its own rocket laboratory which launched its first rocket into orbit from the Mahia Peninsula in 2018. All eight chapters intrigue, tell factual illustrated stories, use down to earth language (where appropriate English, Te Reo and Latin) and are full of fascinating facts, positive comments and activity suggestions.

For example, did you know that “around 16 to 19 million years ago New Zealand had two species of crocodiles”?

You WILL know that we have a native scale insect that looks like an aphid, feeds on the sugary sap of native beech trees and because the sap contains more sugar than the scale insect can eat, it poos out the sugar it cannot eat by producing a droplet called honey dew; how many of us have tried it!

Given we have all got through recent events, how about reading this book yourself, sharing it with your whanau of any age and help keep Aotearoa New Zealand magic!

A final quote from the book is the Department of Conservation’s motto “Our nature. Our history. It’s New Zealand’s unique legacy. Enjoy it. Enrich it. Pass it on.”

Ev Smith

Moutere Hills

RSA Memorial Library

AGM 2020 - It was a great turnout for the AGM and we welcome a fantastic group of people willing to be on our committee. It is a special organisation that is spoilt for volunteer numbers - a lovely thing to celebrate!

Office Bearers are:

Chairman - Ruth O'Neill; Vice Chair - Helen Jeffery; Secretary - Lynley Worsley; Treasurer - Susan Butler

Committee: Bernie Babe, Carolyn Hughes, Judi Salisbury, Judy Vaughan, Olive Beban, Rachel Boon, Sue Lockhart, Tim David.

Special acknowledgement to Jacqui Jaine who did not stand for re-election to the committee. Jacqui has done and organised a lot during her time on the committee and we are grateful that she has remained on our volunteer list.

‘Library Open’ Flag - We now have a small teardrop flag to put out on the fence when we are open!

Literary Festival 2021 - Save the date - 24-26 Sept.

Winter Book Sale - 19 September - The book sale subcommittee has decided to vary our normal winter sale timing this year to target everyone while out and about on Election Day, so add on a bit of time when you head out to vote and come and see what treasures you can find!

Displays - David Stones’ work is on display until 24 July when Sue England’s work will be hung. Once again, we are proud to show off local talent.

Home Delivery - A number of volunteers have made themselves available to deliver books to those who are not able/prefer not to visit the library. If you would like books delivered, please email the library or ring during opening hours outlining your request. We will be happy to help.

Book Donations: We are again accepting donations so if you had a sort out during lockdown, please think of us for any books you think we could use. We particularly welcome the donation of modern gardening books if you have any you no longer need.

Lynley Worsley

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;

Facebook: Māpua Community Library;

Web: www.mapuacommunitylibrary.co.nz

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

MDCA - Concerning communications with Community and Council

Māpua & Districts Community Association (MDCA) held its first meeting with combined “on-line and on-seat” attendees present, with positive feedback from both groups. It is interesting to note that Tasman Area Community Association (TACA) has now accessed MDCA’s ZOOM format for their past two meetings so this system may well become the “new normal”!

OPEN FORUM:

Council requirements on subdivision. A local resident (supported by others) noted the importance for other residents to be aware of the requirements for applicants - when subdividing a section under the TDC Development Plan 2019 - to provide and pay themselves for a footpath in front of the properties. Cr Anne Turley is supporting and advising the resident in relation to this issue.

Thank you to the landowners adjacent to the pathway alongside Māpua School to the ocean. Landowners who allowed walkers and cyclists to use their private driveway during the Covid Lockdown period; MDCA will write to thank them for their neighbourliness.

ENVIRONMENTAL PROJECTS

Dominion Flats. Helen Bibby reminded the community that the local planting for “The billion trees project “will be **June 27 and 28.** See details on MDCA Facebook Page.

Dedicated section on local environmental issues for MDCA Website page. Bruno and Gillian are working together to help set this up. The plan would be to include links to other relevant environmental groups.

Local wildlife areas Work is continuing on developing a local map showing the local coastal areas that are of significance in regard to nesting birds and wildlife locations, to inform the local community of these locations so that they can avoid disturbing them.

COMMUNITY WELLBEING

Community directory MDCA will apply for funding for the collection of correct data and the software required for its input onto the Webpage.

Community drivers Provisional name: *Māpua Willing Wheels*, now has 12 volunteer drivers. See advertisement for a co-ordinator to establish and co-ordinate the scheme in this issue of *Coastal News* and on MDCA Facebook Page info@ourmapua.org

Community Hub Noting current discussions happening on developing/accessing formal structures for meeting legal and financial requirements, as well as considering relationships around accessing the “old church” plant – all needed before we can begin applying for funding.

RELATIONSHIPS

“Good sorts” How to enhance the sense of community in our districts was discussed with the suggestion of encouraging nominations of local “good sorts” for publication; a posting advertising this will be prepared for the MDCA Facebook Page.

Sharing information between community groups The model of Community and Whānau group meetings was noted as a successful model running in Nelson, Richmond

and Motueka. Local community groups and services meet regularly to exchange information, identify shared projects and areas of concern to co-operate in. This could develop as part of the proposed Community Hub outreach.

Projects

1. Interviewing long-term local residents A list of 30 possible interviewees was noted. Marion Satherley has indicated an interest in doing the interviewing with Esmé Palliser offering assistance with framing the approach and questions. There is still a need for access to experienced support for the editing process; anyone willing to assist or offer suggestions of where to access such technical assistance please make contact on info@ourmapua.org

2. MDCA Historical Document The brief is now completed. Anyone interested and with the skills for this project can access it on the MDCA Facebook page.

3. Community Seating MDCA agreed it would explore options and spend up to \$1200 on these (including the concrete bases).

SOCIAL MEDIA

Noted high levels of engagement with postings on the Kai Kitchen, Grossi Point discussion paper and the pathway to Mamakū Drive.

Bruno will work on adding new options in the drop-down menu to enable the inclusion of the community directory as well as the new “Our Area” option.

COMMENTS FROM COUNCIL/COUNCILLORS

Cr David Ogilvie noted that the impact of the agreed 0% rates increase would include:

- a reduction in revenue of between \$3-4 million; from lost business property rentals and lower Airport and Port returns.
- no extra staff unless relating to resignations.
- no increase in staff salaries. Future Council staff presentations (during winter) could also be undertaken by the Zoom link.

He confirmed that:

- there would be no fewer capital projects than those agreed to.
- operational services will remain the same.
- Waimea Dam costs: any increases will be covered in the 21-22 rating year

His responses to questions were:

About TDC’s intentions and changes to their structures - *Encouraged input into the “early engagement and change processes of the LTP.*

About TDC’s need to have more immediate responses from TDC to residents’ concerns/complaints – *make use of your Ward councillors.*

How much input do you councillors actually have in impacting on these issues? – *“considerable I would say “.*

Is council in an era of cultural change? – *yes.*

FUTURE HOT TOPICS:

July: Q & A session on Stormwater and Coastal Inundation issues with speakers Rob O’Grady, Richard Kirby, David Stevenson and Jamie McPherson.

MDCA report continues...

Be sure to attend/join in our next monthly meeting: **Monday, 13 July at 7 pm.** Format to be confirmed on MDCA Facebook & Mailchimp mailout.

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 a \$10 membership fee to our NBS account 03-1354-0356471-00 with your name and phone number as a reference.

Elena Meredith



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- suit local resident.

Are you:

1. interested in setting up and co-ordinating a much-needed community service linking those needing and those offering transport around Māpua Districts?
2. available for an average of 5 hours per week from July to December 2020 to establish then co-ordinate this exciting new venture?
3. well organized and self-motivated with excellent time management and communication skills?
4. computer-literate in setting up systems and recording data – including financial transactions?
5. comfortable working alone as well as within a team – in face to face as well as telephone communications?
6. willing to use your own computer, telephone and working space for this project?

Yes? – then please contact:
Elena Meredith elena.meredith@xtra.co.nz
for the full Job Description & application details.

This position is:

- funded by the Community Connect MSD funding/ grant as part of the NTCTT /Māpua project
- provided in partnership by the Māpua and Districts Community Association (MDCA) and Nelson Tasman Community Transport Trust (NTCTT).

Māpua's "Good Sorts"

We would like to pass on our gratitude, through the Coastal News, to Damon and the team at Māpua 4 Square.

The service that you provided to our community over the recent Covid lockdown was amazing and often went above and beyond the call of duty!

To Debbi from the Jellyfish Restaurant – you added a great service by coordinating a dedicated team of volunteer drivers to provide a much-needed home delivery service.

Our grateful thanks to everyone involved. You were truly Māpua's lockdown "good sorts"

Thanks again from the Bartlett family and many others in the Māpua / Ruby Bay community.

Gill Bartlett





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Willing Wheels

Attention all residents of Māpua and Districts –do you have a problem accessing transport?

Do you – or does someone you know, need to access reliable and affordable transport:

- In and around Māpua?
- To get to business, appointments or activities in Richmond/Motueka?
- To find a ride home from sports practices or other after school activities?

Watch out for Māpua Willing Wheels (Volunteer Drivers' Service) planning to meet these needs.

Team of local voluntary drivers – already police vetted and ready to be of service

Service Co-ordinator - still to be appointed (see advert for contract elsewhere in this edition and on MDCA Facebook Page)

Plenty of notice will be given and details provided for when we are ready to take your calls and match up drivers and passengers

Māpua Willing Wheels will be provided in partnership by the Māpua & Districts Community Association (MDCA) and the Nelson Tasman Community Transport Trust (NTCTT)

For further information contact Elena Meredith MDCA (Convenor Community Wellbeing Sub-committee) at elena.meredith@xtra.co.nz

Understanding life around the BBQ

I'm standing beside Gabriel (11 years young) and his sister Eliza (8) as they tend to a BBQ and some food treats they're preparing for seven Samoan RSE workers.

These Resident Seasonal Employees have been stranded here by border closures during the pandemic. With local harvest contracts finished, no income and with little else to do, they've been provided opportunities for work and some other meaningful contributions into our Tasman community. And good on them, and those who have stepped in with offers of support – such as Gabriel and Eliza's parents.

The men are digging holes with Dad and Grandad Murray working alongside the Samoans ... chatting, lifting posts, pounding with the crowbar, and all are breaking a sweat. Kind of neat.

Meanwhile these children pitch in, and their older brother Xavier works on another post hole with Misty, a Samoan vegetable grower. Off to the side little Judah (5yrs) does his utmost to mimic the men, digging at the ground with his small spade.

"So," I ask Gabriel "What is happening in our villages now or in the world, that I should write about in the local community newsletter?"

Gabriel is schooled at home and their parents discuss such things as part of their education; as well as providing other "hands-on" learning, such as being hospitable - as they were today.

"You should write about all the problems overseas with black people being treated so badly."

I ask why such things are happening and I get a young person's insight on the shame of it all. We talk of how people are different, yet all the same in other ways. People are different and that's a good thing, says Gabriel, adding a rather funny extra point.

"After all, we can't all be the same. How would we tell who each other is . . . otherwise we would need labels!"

By now Xavier is alongside the sizzling BBQ and conversation is getting very real. Differences between people allow us to share what we are good at. We can "learn the food they eat and what life is like for them – we might learn something new. We can improve the way things are done, in all sorts of different ways."

Mum Lucy sums things up as she brings yet more yummy food to the patio, ready for when all can sit together and yarn after the mornings labour "We're all made in Gods image" she adds. "It's wonderful ... because God's creation is so diverse and vast, and we can see this in all the differences he's incorporated into human beings. We should respect that ... and value that and be thankful for that."

There we all were - young and old white Kiwi people, and brown island people, all serving and blessing each other and enjoying life - altogether making the world a better place that day in our little space. We can all work alongside each other. And that's the point isn't it?

*Greig Caigou,
Pastor – Tasman Bible Church*



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.



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MAPUA COMMUNITY HALL



Check out what's happening at the hall in July on the live calendar at www.MapuaHall.org

Thank you to those that have paid Hall Society Financial Membership for 2020-2021.

Your generous donations and membership subscriptions are most appreciated especially as the Hall navigates these difficult times. Membership is \$15 per person annually and can be paid online to NBS 03-1354-0308218-00 with your name and 'membership' as reference. Mapua Hall Society AGM will be held on Monday 20th July 2020 at 7pm in the Bill Marris room, all members Welcome.

What's On at the Hall In July!

Monday	Tuesday	Wednesday	Thursday	Friday	Sat	Sun
Office OPEN 9.30-12.30		Office OPEN 9.30-12.30	Office OPEN 9.30-12.30			
9.15am Yoga with Charlotte 9.30am Superb Dance w Hilary 6pm Mapua Fit with Hilary 7.30pm MAPUA SCHOOL Presents John Parsons	9am PANZ 9am Sioux Line Dance 6pm Yoga with Martin 6pm Aerobics 7pm Pilates with Lynda	9.15am Yoga for healthy aging with nikki 9.15am Aerobics 10.15 Pilates with Lynda 1.15 Taoist Tai Chi with Lynn 6pm Yoga with Thomas	9.30 Mapua Art Group 6pm Mapua Fit with Hilary 7.15pm Mapua Community Choir	9.15am Aerobics with Lynda 9.30am Superb Dance w Hilary 10.15 Pilates with Lynda 10.45 Yoga with Martin	9am SHARQUI A belly dance workout	
9.15am Yoga with Charlotte	9am PANZ 9am Sioux Line Dance 10am Mapua Creative Fibre 6pm Yoga with Martin 6pm Aerobics 7pm Pilates with Lynda	9.15am Aerobics 10.15 Pilates with Lynda 1.15 Taoist Tai Chi with Lynn 6pm Yoga with Thomas	9.30 Mapua Art Group 7.30pm Mapua Community Choir	9.15am Aerobics 10.15 Pilates with Lynda 10.45 Yoga with Martin	9.15am Aerobics 10.15 Pilates with Lynda	
9.15am Yoga with Charlotte 7pm MDCA Meeting	9am PANZ 9am Sioux Line Dance 6pm Yoga with Martin 6pm Aerobics 7pm Pilates with Lynda	9.15am Aerobics 10.15 Pilates with Lynda 1.15 Taoist Tai Chi with Lynn	9.30 Mapua Art Group 7.30pm Mapua Community Choir	9.15am Aerobics 10.15 Pilates with Lynda 10.45 Yoga with Martin		6.30pm Packhouse Cinema
9.15am Yoga with Charlotte 7pm Mapua Hall Society AGM ALL WELCOME	9am PANZ 9am Sioux Line Dance 6pm Yoga with Martin	1.15 Taoist Tai Chi with Lynn 6pm Yoga with Thomas	9.30 Mapua Art Group	10.45 Yoga with Martin 6.30 Mapua Youth Group	9am SHARQUI A belly dance Workout	10am Tiny Dancer
9.15am Yoga with Charlotte	9am PANZ 9am Sioux Line Dance 6pm Yoga with Martin 6pm Aerobics 7pm Pilates with Lynda 7pm MDCA Executive meeting	9.15am Aerobics 10.15 Pilates with Lynda 1.15 Taoist Tai Chi with Lynn	9.30 Mapua Art Group	9.15am Aerobics 10.15 Pilates with Lynda 10.45 Yoga with Martin 6.30 Mapua Youth Group	9am SHARQUI A belly dance Workout 9am Lynda's Workshop	9am Lynda's Workshop 10am Tiny Dancer

Māpua Health Centre news

As we are adjusting to life in Level 1 it is important to remember that we still need to keep safe. To do this we ask any patients with cold, flu, respiratory symptoms or fever, **NOT** to come directly to the Health Centre, but to **please phone first**. One of our clinical team will phone you to evaluate your symptoms and give advice. This applies to patients of any age.

If it is decided that we need to see you in person we have several measures in place not only for your safety but that of other patients and our team.

If you do have an appointment and are asked to come to the back entrance, there is carparking space available. Please wait in your car and phone reception to let them know you have arrived (03 540-2211). The doctor will then come and take you to a room that has been designated for managing possible infections.

A reminder that you can also book a telephone or video/zoom consultation with your GP, by calling one of our receptionists. This not only saves you time and travel it also ensures we keep our community safe. Face-to-face appointments are now fully available if preferred or needed for clinical reasons.

A big thank you to everyone for doing your bit to ensure we take control of this corona virus, as well as limiting other flu-like illnesses. It has been a steep learning curve for everyone and we need to continue to be vigilant by washing our hands, sneezing and/or coughing into our elbows, keeping track of where we have been, and most of all to being kind to yourself and others and staying connected to whanau and friends; this is especially good for our mental health.

Flu vaccines are still available so if you would like to book an appointment please contact one of our receptionists or alternatively if you already have an appointment with the nurse or doctor the flu vaccine can be done at the same time.

We are pleased to advise that Sally Tohill, the PHO social worker, will be recommencing clinics from 6th August. These clinics which are free, are held six weekly and by appointment only. Sally assists patients along their whanau/family and carers to adjust to changes resulting from a health condition or disability.

Sally also connects people with community services and assistance, and responds to emotional, psychological, social and practical needs. If you would like to arrange an appointment with Sally, please contact one of our team.

Deepti, the PHO dietician will also be starting clinics on the 23rd July. These clinics are free to our patients and are held every two months, by appointment only. If you think this may be beneficial or you want to know more, please chat to one of our clinical team.

Evening medical clinics have recommenced and are now held on a Tuesday from 6-8.45pm, by appointment.

This month is "Dry July". Dry July is a fundraiser that challenges you to go alcohol-free and raise funds for New Zealanders affected by cancer. The funds raised through Dry July will help cancer patients, their families and carers, in practical, tangible ways. We aim to improve the comfort, care and wellbeing of people affected by cancer.

Since Dry July launched in New Zealand in 2012, the campaign has inspired 37,000 Kiwis to go dry, raising \$5.1 million for people affected by cancer and funding more than 170 projects for 15 beneficiary organisations across the country.

We now have staff members who are trained to provide guidance regarding 'advance care planning'. This gives everyone a chance to say what's important to them. It helps people understand what the future might hold and to say what treatment they would and would not want. It helps people, their families and their healthcare teams plan for future and end of life care. It also makes it much easier for families and healthcare providers to know what the person would want - particularly if they can no longer speak for themselves. Please contact the receptionist or Sarah, our lead practice nurse, for more information.

The patient portal service ManageMyHealth has been up and running for over four years and we encourage you to make use of it if you are not already familiar with it. Registered patients can now review their medical notes and lab results, request repeat prescriptions and make doctor appointments. If you want to know more, please check with the receptionists.

Important national and global events for the month:

- July 1-31 Dry July www.dryjuly.co.nz
- July 3 Term 2 ends - Primary, Intermediate and Secondary schools
- July 11 World Population Day www.un.org/en/events/populationday
- July 20 Term 3 begins - Primary, Intermediate and Secondary schools
- July 28 Hepatitis Awareness Day www.hepfoundation.org.nz
- July 30 International Day of Friendship www.un.org/en/events/friendshipday

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Ruby Coast Running Club

Another month has rolled by and our little band of runners has grown, with some awesome new members.

The hardy souls (or fools depending on your outlook) meet every Wednesday night with their head torches and reflective clothing to take on the 5k course of the night.

Our walkers set off at 5:15pm and our runners at 5:30pm. Not to be deterred by dark of night or wild weather.

Not sure what drives them to do it. Perhaps it's the afters at the Sprig and Fern where we can hold a decent conversation without any puffing and gasping for breath.

All I can say is that it is great fun, great people and you should come along too!

Wednesday nights at the Mapua Domain by the playground entrance. Look us up on Facebook: Ruby Coast Running Club for more information.

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Hello animal lovers

Like so many people in New Zealand I have been watching Country Calendar for many years. So many of the episodes feature farms with sheep on them and whilst I appreciate that farmers have sheep to make a profit, I felt something should be said about the handling.

Sheep like all herd animals are influenced by what happens around them and tend to band together if threatened. As sheep do not damage each other in close quarters this feature has been exploited in the handling.

Most farmers use dogs to drive the sheep where they want them to go in addition to using flags on sticks and yelling in the yards. This means that the sheep are frightened into running away into yards or running together.

In only one episode of Country Calendar did I see a different approach by the farmer with sheep. They were never frightened into moving nor were dogs used to drive them; instead subtle hand gestures and using appropriate distance were enough to get them to walk calmly into yards. Therefore, the sheep remained quiet and cooperative and were never stressed; the farmer pointing out that this was reflected in the quality of their meat when going to the works.

Consider how trained dogs work sheep in a sheepdog trial; it is with subtle movements and always keeping the sheep calm.

Having owned sheep for many years I know it is very possible to get them to come to you, usually through the use of some sheep nuts. They will run from a long way away in a paddock towards you and not be scared at any time. All sheep are hard wired to be scared of dogs as they represent wolves in the wild and so they run away from them.

I have pointed this out to farmers over the years, but they always say it's alright if you only have a few sheep, but it does not work for big flocks. I do not agree as if you have a lead sheep that will come towards you all the others will follow. So, it saddens me to see so many sheep frightened into submission.

I appreciate the subject is controversial, but it is worth considering for the sake of the sheep.

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

Sue Mott, Animal Behaviourist



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Maintenance of Automatic Transmission

Do you know when the last time you had the fluid in your automatic transmission (auto trans) replaced? And which method was used (drain or flush) to replace it?

Clean auto trans fluid is translucent red with protective additives to extend the life of seals, 'O' rings and mechanical components. As the fluid degrades it becomes brown in colour; is no longer translucent; it thickens; and the protective additives lose their effectiveness.



Dirty fluid: A small amount of thick, brown fluid on a metal surface.



All mechanical components require clean fluid (oil) to effectively protect and lubricate moving parts and limit the effects of friction. Friction produces heat, hence, an increase in friction could cause over heating and accelerated component wear.

The first signs of wear within an auto trans is harsher shifting through the gears followed by the gears starting to slip and then eventual failure. Repairs can be very expensive, usually starting at \$2,000.

We recommend the much cheaper option of a regular servicing program, especially vital for CVT auto transmissions. As a rule of thumb, we suggest the following servicing intervals:

1. Every 40,000km when vehicle is used frequently for towing.
2. Every 60,000km under normal use.

Please check your vehicles manufacturer's frequency recommendations, in case it differs from the above. Also check the fluid type recommended by the manufacturer as not all auto trans fluids are made equal and serious damage can occur if the incorrect fluid composition is used.

Flushing is the recommended regular servicing method. Flushing involves attaching your vehicle to a specialised flush machine which removes all the old fluid from the entire auto trans system by forcing new fluid in. An external viewer on the machine alerts the technician to when all the old fluid has been removed.



The alternative 'drain and replace' method is an ineffective option as it only removes approx 25% of the fluid within the auto trans system.

Happy & safe motoring from the team at MAPUA AUTO CENTRE

YOUR AUTOMOTIVE SPECIALIST

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.

Mapua Boat Club
PHOTOGRAPHY
COMPETITION

MARITIME THEME **3 CATEGORIES**
WILDLIFE // BOATS // PEOPLE

ENTRY FORMS:
 Pickup from Delicious down at the Mapua Wharf,
 Mapua Boat Club Facebook page or
 email: mapuaboatclubevents@gmail.com

ENTRY FEE: Adults \$10 // Children (under 12) \$5
 limit of 5 photos per entry // Entries close on **Monday 20th July 2020**

Photos will be displayed in the Port Mapua Maritime Museum from Friday 24th July - Sunday 9th August 2020
 Judging and prize giving will take place on 4pm on Sunday 9th August 2020 at the Mapua Boat Club rooms

Any enquiries please phone Helen on 0223990075

JELLYFISH RESTAURANT & BAR **COPYART**

Māpua Boat Club

Club nights have commenced again; every Thursday evening from 5.30pm - 7pm. Come on down and join in a friendly social couple of hours, open bar and raffle.

Check out the new signage down on the wharf; the Museum one (slightly changed) replica of the original Nelson Harbour Board sign, which can be seen in the Museum and the other – a new Boat Club Sign – we feel is a great new addition to the wharf.

Anyone looking for a mooring? There is one available in the main channel, opposite the wharf. New chain and set up in January 2020 \$30 per week, would also consider selling. Phone Martyn 021 314 1161

With the success of last year's Photographic Competition we have decided to organise another event. Once again, the subject will be our beautiful surrounding area of Māpua, Ruby Bay and the Tasman Bay Estuary.

It would be wonderful if we could get more people interested in this event and we have included a children's section this year You don't have to have a flash camera - great shots can be taken with your mobile phone or tablet.

Entry forms are available from Delicious Homewares store on the wharf, download one from our Facebook page or email: mapuaboatclubevents@gmail.com and we will send you a form by return.

Entries close on Monday 20th July 2020 and all entries will be exhibited at the Port Māpua Museum from Friday 24th July through to Sunday 9th August with prize giving taking place from 4pm on Sunday 9th August 2020. Special thanks to our wonderful sponsors Copyart in McGlashen Ave, Richmond and everyone's favourite Jellyfish Restaurant and Bar down on the Māpua wharf.

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EXTRA SHOW ADDED FRIDAY

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Pastel Artists of New Zealand

This feels like déjà vu. The PANZ articles for 2020 began with, "we are back". After the Christmas break it felt good to return to painting with our friends on Tuesday mornings. But with our feet only just inside the door, we had to close again in response to the Covid-19 pandemic and keep the community safe.

Now it feels great to say, "we are back again" and pastel painting sessions have resumed on Tuesday mornings in the Bill Marris Room of Māpua Community Hall.

The scheduled programme has flown out the window and right now, members are enjoying some quiet, reflective painting (actually, not always that quiet) but a revised programme will emerge in the coming weeks. Monthly challenges and creative tasks will be set for those who want to join in and it adds to the fun of our weekly get-togethers.

In the two weeks that we have been back, some cracking artwork is to be seen on the easels and such a variety; portraits, florals, landscapes, birds, industry and I have to mention Sharon's beautiful ballerina.

But don't be deterred if you would like to give it a try. This is a very welcoming group and plenty of us have

started with no knowledge or skill in the pastel medium. It is amazing how quickly you can improve and actually get to enjoy the grubby fingers that are all part of the pastel experience.

"Impressions" in Richmond is a very supportive and useful outlet for art supplies. I mention them because they also run a variety of courses. Glenys Della Bosca would be delighted to hear from you.

And so, would we. Visitors are always welcome to come in for a look around and informal chat. We have the materials if you would like to give pastels a try.

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

Sue England



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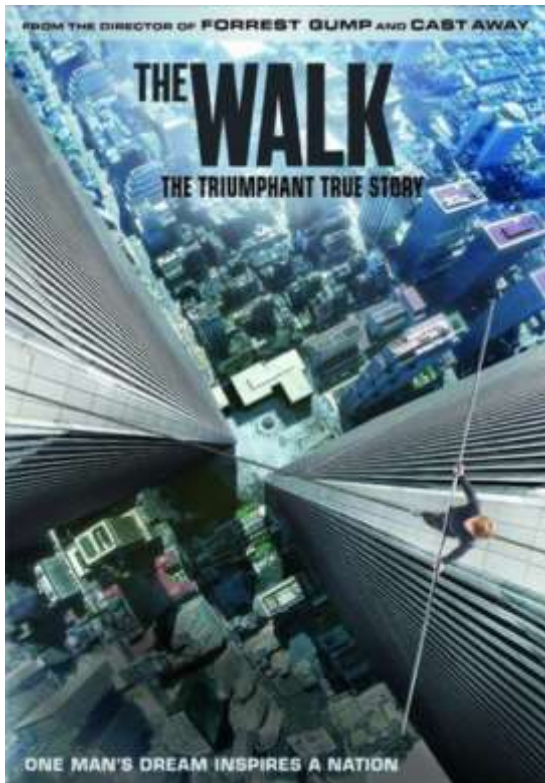
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The Walk

Showing at 6:30 pm Sunday 12th July
@ Māpua's famous "Packhouse cinema."

BYO camp chairs, snacks and drinks

Twelve people have walked on the Moon but only one person has ever walked the immense void between the Twin Towers of the former WTC in New York!

"The Walk" is a movie about the life of French high-wire artist Philippe Petit, who in 1974 illegally performed a high-wire walk between the World Trade Centre's Twin Towers. Phillippe is a dreamer who risked everything to achieve the impossible, and as a result gave people something beautiful, pure and hopeful.

The movie is interspersed with scenes of Philippe Petit (Joseph Gordon-Levitt) talking directly to the audience, narrating his life story and the events that led up to his high-wire stunt.

The unbearably intense second half surely makes up for all the talk. It's taut and scary with thrills and sequences boasting miraculous visual effects. There are times when you may need to close your eyes (as evidenced by my sweaty palms).

I would go so far as to say, "there's no point watching this movie anywhere else other than at a cinema."

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Māpua Craft Group

Meeting again on 19 June after Lockdown, we started by making holders to help unscrew those very tight jar lids and bottle tops. These are very popular for elderly people who may have difficulty opening containers.

If you would like to escape from your four walls this winter and work with friendly people in a warm room with morning tea/coffee and often home-made baking, you are most welcome.

Meetings are at Hills Community Church at 10am till 12 noon every Friday during school times. We ask for a \$2 donation to cover room hire and a koha for any materials used from our large store of many craft materials and items used.

If you are unable to attend at any time, that is perfectly fine. Please note that we will not be meeting on the 10th and 17th of July as that is school holiday time.

The accompanying photo shows a quilt made by Leonie; this was a "work in progress" for a long time but so worthwhile and satisfying.

Barbara Halse



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Banana cake, Best Ever

I'm not a big cake person so when I do bake something, it needs to be very good. This supa duper banana cake recipe from Stephanie Alexander's 1996 tome, *The Cooks Companion*, is my "go to" favourite.

It's straightforward and fabulous, with a luxurious, moist texture, and so easy to adapt with a wee tweak here or there, if you like. The crumb on the top not only adds a unique flavour and texture but also means you don't have to mess about with icing it.

This week I added half a cup of stewed rhubarb from the garden, turning it into a rhubarb AND banana cake which was delicious. I use coconut sugar in all my baking instead of normal sugar, which adds a rich nuttiness and means the glycaemic load is lower too.

Serve it with natural yoghurt, crème fraîche, whipped cream, or rich vanilla ice cream.

Stephanie Alexander's simple banana cake

- 125g softened unsalted butter
- 1.5 cups sugar (I use coconut sugar)
- 2 eggs
- 1 cup ripe bananas
- 1 teaspoon pure vanilla
- 250g plain flour, sifted
- 1 teaspoon bicarbonate of soda
- ½ teaspoon salt
- ½ teaspoon ground cinnamon
- ½ teaspoon ground all spice
- ½ cup buttermilk or ½ cup milk with 1 teaspoon of fresh lemon juice



Butter and flour a 20 cm cake tin, then line the base with baking paper. Preheat the oven to 180° C.

Cream the butter and sugar until pale and fluffy.

Beat in the eggs one at a time, the banana and vanilla.

Sift the dry ingredients and add to the mixture, alternating with the buttermilk.

Spoon the mixture into the prepared tin and sprinkle over the crumb.

Bake for 45 minutes or until a metal skewer comes out clean. Place on a wire rack to cool completely.

Walnut and brown sugar crumb

Combine 3 tablespoons coarsely chopped walnuts, 3 tablespoons self-raising flour, 1.5 teaspoons ground cinnamon, and 100g softened butter and 3 tablespoons brown sugar

Rub together a little to combine then scatter over the uncooked cake and bake as above.

Sarah La Touche

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Learning and letting go

We find ourselves in a strange season. Strangely normal, and yet everything is different. While we have so much that we can give thanks for; by and large New Zealand has been spared a significant health impact from COVID. However, alongside this sits an enormous amount of economic upheaval; these are uncertain times for many.

But worldwide, the situation is very different, and we need to remember that we are part of a global family, indeed many of us have family and connections all over the world, in many different situations. We can though, lift up all this to God in prayer: prayer for the world's leaders, for wisdom, for care and compassion of those who are struggling, for health workers and medical research.

Comfort for all those who grieve. We live in an extraordinary time, where we do, in fact have a chance to live in a different way. And so, we pray for the world, that peace may reign over conflict, that justice may overcome oppression, and that compassion may grow both in our midst, but also in the systems of the world, that we partake in.

Recently I was asked these questions, relating primarily to the life of church:

"Where have we learnt and what can we take? I think for many we must ask, what can we let go of?"

And so, as we sit in this space of readjustment and rebirth, these are perhaps the questions for each of us. What would you like to take from the experience of Lockdown, into the patterns and rhythms of your life, and perhaps, as you come to engage in the many aspects of our lives, what might you need to let go of?

Rev John Sherlock, 021 0707 276 hillscommunitychurch.org.nz

Sunday Worship

9am: Traditional service, 10.30am: Contemporary service and children's programme including crèche. Morning tea between the services. Holy Communion celebrated at both services on the 2nd and 4th Sunday.

Youth Groups

Years 9 to 13 Fridays at Māpua Community Hall 6.30-8.30pm. Years 6 to 8 Thursdays at Hills Community Church 3-4pm.

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Fire Brigade



May to June 2020 call outs:

- 23 May 1310: Ute rolled on SH60 near Tasman View Rd
- 7 June 0744: called to trees on fire Aporo Rd, found a controlled permitted fire.
- 10 June 1118: alarms sounding, Seaton Valley Rd; two battery alarms going on outside deck. Removed batteries.
- 12 June 1732: alarm activation Māpua School; no sign of fire; defective unit.
- 14 June 1347: house fire Seaton Valley Rd; found a controlled permitted fire. Owner got a warning about not following local council rules – fire ban in that area June to August
- 15 June 09:33: play hut on fire on George Harvey Rd, Upper Moutere; put out.
- 15 June 16:05: tanker to activation at Motueka Community Health on Courtney St; turned back.

Calls this year: 44

Safety Tip: Be safe. **Always empty ashes and ashtrays into a metal bin and pour water over them before disposal. Remember that ashes can take up to five days to cool.** Leave on concrete.

The TDC have areas with no fire/smoke ban between June and August

https://www.tasman.govt.nz/document/serve/Maps268_269-FireBan%26FireSensitiveAreas-15.06.2019%20Op.pdf?path=/EDMS/Public/Other/Policy/Plans/ResourceManagementPlan/TRMPMaps/PartVI_Discharges/000000184453_Download box should appear about the bottom. Open it or save.

Last week We got a 2007 Fire engine to replace our old 1991 fire engine. We have gone from a manual gear box to an automatic gear box. We will enjoy the air suspension.

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

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

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

Police Report

Great that things are returning to some sort of normal after the recent Covid virus.

Frosty mornings now so be extra careful on some shady corners, they can be very slippery even after midday.

Please be aware that trailers are hot property for thieves at the moment. There have been two stolen in the Motueka area in the last few weeks. Make sure your trailer is secured particularly if it is visible from the roadside. Great to report that there has been very little crime in the Māpua area recently – long may that last.

But don't go getting slack and leave your car unlocked or valuables in it on view. You never know when an opportunist thief is about.

Take care out there.

4/6: Assist a mentally unwell person Māpua

13/6: Assist a mentally unwell person.

Grant Heney GHD036, Motueka Police

Family Harm/ Community Constable

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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.

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, teeup@tasmanclub.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 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

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 5403602, 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.

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

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