

What use is a plan based on outdated data?

submitted by Jim Vause et al

Outdated sea rise data damns draft Future Development Strategy?

Right now, the future of Māpua is being decided by our Council in the form of the Future Development Strategy 2022-2052 (or FDS), a plan that sets the framework for Māpua's growth for the next 30 years. The Council is obliged to prepare an FDS as a requirement of the Resource Management Act; its idea of providing for future population growth has merit given the national housing crisis.

But the draft FDS has a few things wrong, a pivotal one for Māpua (and Motueka and other places so affected) being outdated input data on sea level rise.

The government-funded NZ Sea Rise programme recently released new sea rise predictions out to the year 2300 for every 2km of the New Zealand coastline. For the first time it factored in how much our land is sinking (using data recently available from ground scanning radar satellites). Māpua is sinking about 2.5mm per year.

Also, it used the latest (2021) Intergovernmental Panel on Climate Change global sea level rise projections (caused by global heating), which have increased (again) since their previous assessment in 2014.

The graph below, from the Sea Rise programme, shows this information for a mid-range climate change scenario. The dash line is the global sea level rise by itself. The dotted line is the global sea level rise PLUS the sinking of land factored in. The two different shadings are the 66% range in statistical variations for the two lines. Looking at points 1 and 2, you see that a 30cm sea rise at Māpua

comes forward in time from 2060 (2) to 2045 (1). This brings forward into the FDS time frame a significantly greater risk of flooding of the Māpua coastal flat.

It's important to recognise too, that sea rise won't stop at the year 2052. For the mid-range climate change scenario, sea rise is estimated to be 0.82m by 2100, 1.33m by 2150 and 2.87m by 2300. Global sea level rise alone 2000 years onwards is estimated to be 4-10m.

The draft FDS can be excused in one aspect, in that the new sea rise projections only became available one day before the end of public hearings (3 May 2022).

Nevertheless, the changes in these projections, and the long-term future changes, are so profound that it would be negligent of the Council to proceed with the draft FDS in its current form without addressing them in a purposeful manner.

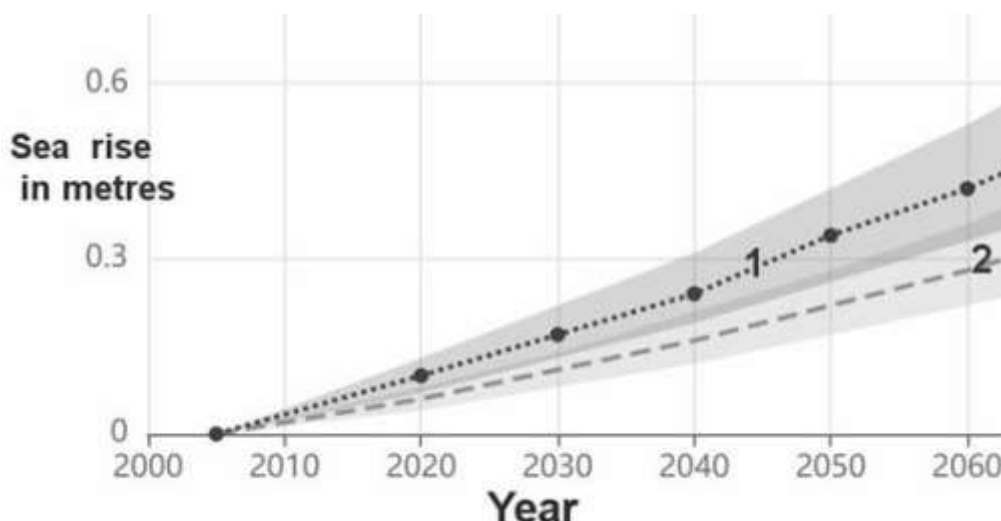
Less excusable is the almost complete failure to consider sea rise in defining the landward part of the 'coastal environment' in the Te Tai a Aorere / Tasman District Coastal Environment Study 2021. The 'coastal environment' defines the geographic application of the NZ Coastal Policy Statement, which provides a rigorous decision-making framework for the future of coastal environments such as Māpua, including addressing matters such as coastal flooding risk. The Coastal Policy Statement is a legally specified input to the draft FDS.

These are just two of the problems that afflict the Council's draft FDS plan as it applies to development in Māpua. While the TDC has delayed the latest iteration of the Māpua Growth Plan, a plan largely concerned with the rezoning of land for development, it is the FDS that defines

how the TDC will deal with the issues out over the next 30 years. What use is a plan based on outdated data?

Readers are encouraged to view the new sea rise projections for themselves (<https://www.searise.nz/maps-2>), and to contact their local TDC councillors. And please be climate restorative.

[See also item from TDC p18. and Letter p2.]



Letter to the Editor


It is vital that the community express its opinion on the proposed housing development by Andrew Spittle on the Senior farm in Stafford Drive.

I have written to MDCA asking what they have resolved to do to objectively assess the community's reaction to the presentation in May by the four shareholders. I have also posted a poll on Neighbourly which invites residents to vote on whether they liked the prospect of developing this site or not. MDCA have not replied, and few residents have voted on the Neighbourly page.

Can I please, through Coastal News, ask all residents to lodge the level of their support or otherwise by writing to MDCA or to their Council representative or TDC Chief Executive. This is probably the biggest issue to face our community ever. Your Council has determined (without asking you) that Māpua, Brightwater and Wakefield are Nelson urban subsets and must therefore plan for substantial increases in housing.

Do you trust your council to identify the demands on infrastructure necessary to maintain your quality of life and do you trust them to ensure that health, education, and transport pressures will be adequately planned and executed?

Peter Paterson, 3 Coutts Place



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Movie: "Submarine"

**Showing at Māpua's famous 'Packhouse Cinema'
at 6:30pm Sunday 17th July. Doors open 6.15pm**

15-year-old Oliver has two objectives: To lose his virginity before his next birthday and to extinguish the flame between his mother and her ex-boyfriend.

Precocious Oliver struggles with being popular in school but when Jordana a dark-haired beauty takes an interest in him, he's determined to become the best boyfriend in the world.

Meanwhile, his parents' already rocky relationship is threatened when his mother's ex-boyfriend moves in next door.

Dead pan humour is the order of the day with Submarine. Understated lines such as "my mum gave a hand job to a mystic" could go unnoticed by an inattentive audience.

Casting Craig Roberts as Oliver Tate was a masterstroke and much of the film's success is based on his performance. The imaginative and peculiar schoolboy analyses everything, often conjuring up fictional events which parody mainstream movies. Submarine is a simple coming of age story, without the solid plot of the British film veterans.

In essence the narrative follows two strands, the relationship between Oliver and Jordana and between Oliver and his family. Trying to date Jordana and reignite the spark between his parents isn't a small task, not that that fazes Oliver. Submarine is devilishly funny and a true gem which I hope becomes a DVD cult movie.

Got too many Books?

SARAU WINTER SALE 30 & 31 July 2022

Please call Sharon to arrange drop-off: 027 432 8145
Or wait until the 29 July and bring them straight to the MHCC.

THANKS!

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A fundraiser for the Sarau Community Trust



Seaton Valley Sculpture – Coming soon!

The RCIT has had a great month. The Māpua Community Trust has made a substantial grant towards the Seaton Valley Sculpture, and we are incredibly grateful for this boost to our fund-raising efforts.

We've had some great community donations and sold one of our 'mini Māpua Sculpture models' as well. We are also grateful to the MDBA for holding a silent auction at their June AGM.

This has all contributed to getting us closer to the funds needed for our third Gateway Sculpture. This community support is fantastic and much appreciated!

It's not too late to support the effort to get this final sculpture realised. We have only one of the limited-edition Māpua Sculpture models left for sale (with or without a light) and a few of the original fish from the Sculpture.

Thanks to our wonderful Māpua Library, you can view our scale-model of the Seaton Valley Sculpture which is now on display there. Feel free to pop into the library and have a look!

Tax-deductible donations (receipts will be issued) can be made via bank transfer to the RCIT account at SBS Nelson 03 1355 0772610 00. Please include: **Particulars:** *Your name* **Code:** *Your phone number* **Reference:** *Donation*

For further information:

Check out the website: www.rcit.co.nz

Facebook: Ruby Coast Initiative Trust, or

Ph: 03 540 3364 to speak with Janet the Trust's Secretary.



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Māpua Fire Brigade



May to June 2022 call outs

9 May 07:29 A two-car crash on Māpua Drive. Assist at scene.

31 May 14:29 Bonfire off Aporo Rd, no permit, brigade put fire out.

3 June 18:26 Smoke alarms sounding in house near Kina. False alarm, nothing found.

8 June 22:24 Bus fire in Motueka, turned back.

18 June 17:46 Fire alarm at Māpua School. False alarm, may be weather related.

Call outs for the year = 34

Safety Tip – Be safe.

Cool ash before you stash – soak with water in a metal bucket, leave on concrete or earth.

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

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

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What's been going on?

Trades Academy programmes have seen students upskilling in te ao Māori on waka trips and exploring sites of significance in Mōhūa (Golden Bay), contributing to conservation management strategies and supporting biodiversity projects in the Nelson Lakes, working with local fire & emergency crews to understand civil defence response and building adventure leadership skills while kayaking, caving and climbing their way around Te Tau Ihu. We have run Adventurous Journeys for students completing their Duke of Edinburgh's Award, facilitated nature connection and holiday programmes on the West Coast, worked 1 on 1 with students who need extra support and run a school camp! That's just in the last month... and I've probably missed a few things off.

Helping to re-engage students in school

We work hard to create opportunities for students to succeed, especially if it's a challenge in a classroom setting. Schools are currently experiencing record numbers of absences in the wake of Covid disruptions. To help re-engage students we are working with local high schools to design programmes to build students confidence and resilience through a series of outdoor experiential activities. By overcoming challenges in a supported environment with their peers forms positive relationships and students are more ready to take on challenges at school. Ngā mihi nui to funding from **Ministry of Social Development** and **Ministry of Youth Development**.

Community Planting Day

On **Sunday 14th August** we will be coordinating a community planting day at the Waimeha Inlet, at Moturoa (Rabbit Island) - we'd love to see families coming along in the weekend to get involved. And if you're in Māpua, you can bike there! Our team will be there to support you to take part. For details email dana@wio.org.nz

October Holiday Programmes

It's never too early to enrol in our holiday programmes! In October we are running **Go Wild** for 7-10yr olds and an **Adventure Skills Development Programme** for 16-18yr olds which includes 15 NCEA Level 3 credits. Our summer holiday programme dates are also up on our website. Enrol early to get your preferred dates!

Our Carbon Footprint Journey

One of the surprising things we found when doing some initial calculations of our carbon footprint, was that the biggest improvement could be made by switching one of our meals to vegetarian every week. Thanks to the creativity in our food room, students are now enjoying a vegetarian meal each week which equates to 25% of meals on our programmes. As part of the Businesses for Climate Action we are taking part in a leaders forum to support 'Mission Zero' - a support group to help businesses take the next step in sustainability. We encourage you to have a look, or better yet - sign up! missionzero.nz

The Team at Whenua Iti.



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Upcoming music events at exciting new venue

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email store@rubybay.co.nz or txt 027 417 1713 or 027 362 0484

Barry Saunders with Alan Norman

Barry is one of NZ's most recognised and distinctive voices in country rock. His 'continual road trip of shared music, conversations and observations has led to songs that tumble out like faded photos from a much-thumbed album'. He is a founding member of perennial favourite band **The Warratahs**. Singer/songwriter Barry will play the Store's opening weekend with Alan on keyboard and percussion.

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Craft Group

On June 15th Elizabeth and her helpers displayed blankets and lots of other knitwear at the reformed Church in Enner Glynn. These items will be forwarded to the people in Ukraine via "Missions without Borders" and some of the baby clothes (see photo) will go to our Plunket clinic.

We are making cards for special occasions to sell for various charities. As well as giving to others we share many useful items and tips. You are most welcome to come and view our craft work and join us for morning tea between 10am - noon on the first and third Fridays of the month. It may be wise to phone Barbara on 5403901 to check dates as sometimes these have to be altered.

Barbara Halse.



Tai Chi

We all know that exercise is good for our health, and we are lucky in Māpua to have so much on offer: biking, running, bowling, aerobics, Pilates, walking and dance etc. Now we can put Tai Chi on the list again.

Tai Chi started in Māpua in 2004 when I began my first class and before Covid we had two well attended classes; one for beginners and one for those more experienced. Yes, we have been practicing Tai chi for 18yrs!

Some Tai Chi-ers have been practicing together during lock down but now restrictions are relaxed we are able to offer classes again.


Classes will start on Wednesday 13th July in Māpua Hall as before:

- Beginners class 1 pm—2 pm.
- Continuing class 2:15 pm—3:30 pm.

Classes will cost \$5 per session to cover the cost of the hall.

Hoping to see newcomers and old friends once again enjoying this wonderful art form. Please contact me if you need more info at: grannyjulie112@gmail.com

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What is the reason for an annual skin check?

Melanoma can be picked up early by an expert with the right equipment. We are concerned by the volume of melanoma we are diagnosing at routine skin checks. Remember:

- Melanoma is common in NZ
- It grows rapidly
- It kills young people with families
- It can look OK to the naked eye
- Melanoma isn't always black, some start as small pink spots!

Patients who have had melanoma require six monthly skin checks.

An undiagnosed melanoma, left for more than a year can be life threatening. That is why your doctor will recommend an annual skin check.

Winter: a good time for skin projects

Wintertime is a good time for skin checks and for treatments, like liquid nitrogen and the stronger creams for reversing complicated sun damage. That's because there is less UV light around which, in turn, reduces the risk of sun damage while the skin is recovering.

Healthy winter habits: strong bones and good cheer

Sunlight affects mood, and in the winter, when there is less sun, susceptible people can get quite down in the dumps, or like my kids call it 'the gloms'. Sunlight is important stuff!

In the Northern Hemisphere, some countries lose sunlight over winter and it is twilight for 24/7.

Many people lose their spark, and there is a high incidence of depression and suicide. That's because the human sparkle comes from the sun's sparkle.

If a person has, for example, a tendency to low mood, or a past history of depression, then sun is something to help in the background. It's not a treatment for depression, or a substitute for medicines. It is, however, another way to help top up our sparkle.

IMPORTANT: if you are ever sad enough to feel like it's not worth carrying on, seek help. It might feel like you're the only person feeling like that, but that's certainly not the case. These are tough times, and a lot of people are struggling with the shape of the world. It's a good time for strengthening communities, to be like Māpua, because then when we've all got one another's backs, we're a village, and a family, and we are safe.

If you, or someone you know is feeling too sad, too much of the time, it might be more serious, and it's a good plan to check in with your family doctor.

Mood: Safety information

It's about time... mood disorders are losing their 'taboo'. We are realising they're common and affect many of our families. And thank goodness nowadays there are simple and safe treatments.

If you would like to check your mood you can download;

<https://www.healthnavigator.org.nz/media/5591/2-score-sheet-gad-7-anxiety-and-phq-9-depression.pdf>

This is a simple screening test for anxiety and depression, commonly used by health professionals. If you're worried, you can use it to check your own mood.

Remember, though, our mood changes day to day and that's quite normal. The test is looking for a change in the normal pattern of mood over several weeks, not "life's normal ups and downs".

It's empowering to know that if you're feeling down, you're not alone and it's safe to get help. Remember your GP!

Māpua Health has excellent mental health resources with extra support from our awesome DHB. There are so many people you can talk to; maybe the local minister, a counsellor, a teacher, an elder or someone else you trust. It's good to let them know if you need help now, because then they can make the time. Remember, these are people who are energised by helping others. Your company is good for them.

Immediate help

Sometimes people get so miserable that it's hard for them to remember things being better, or that they can get better, and hope for the future disappears, and that can be unsafe; so just in case anyone out there is feeling that it's not worth carrying on, kind souls are waiting, and by contacting them you're giving them something good to do. The number to call is: **LIFELINE AOTEAROA 0800 543 354**

Winter Sunstructions

- Pick a warm and sheltered spot on a sunny day
- Aim to bask in the warm for thirty minutes
- 9.30 is a good time
- Take off the packaging (clothes)
- The goal is to expose as much skin as possible
- And....relax

Caution!

... aeroplanes, skydivers, paragliders, hang gliders, glider gliders, kids with gliders, hunting balls over fences, drones, curious tourists, Donald Trump, lost souls from dance parties, freedom campers, explorers, hot air balloons, space shuttles, drones, skyscrapers, cranes, meteors, high divers, sky divers, helicopters, satellites and swooshers in wing suits. Choose your spot well.

'Safe UV' before 10 am

The sunlight between 10 and 4 is too strong, even in winter, and that's why 21st century sun worshiping is a beginning and earlier in the day thing. You can also coordinate your practice use with a nice cup of tea, meditation, reading a book, painting your toenails, painting a painting, painting a painter, or even painting a painter painting toenails ... It's limitless. There are also the bendy toy things like yoga, dancing like a wiggle, exercising and knitting a cheerful jumper. Kiwi blokes can do the above all at the same time, but we don't talk about it cos we are humble and shy.

Sunshine for your bones

Basking in the sun is also good for the bones because the sunlight shines through the skin and turns inactive vitamin D into active vitamin D, like water into wine.

(Continued on page 8)

(Continued from page 7)

It's God stuff, and that's how the sun helps make our bones strong.

The bendy legs of rickets are an example of the soft bones people get when they don't get enough vitamin D. Believe it or not, the Assyrian population in Wellington often has problems with vitamin D deficiency and even bendy bones. That's because many of the community live in apartments that don't get direct sunlight, and they often wear cultural garments that cover the skin when they are outdoors. That stops the sun changing the water into wine.

But wait there's a solution: if you can't get enough sun for your bones, your GP can prescribe a vitamin D tablet that is taken once a month. Simple!

Skin Q+A: What is a photosensitivity rash?

A number of medicines can react with sunlight causing a rash in sun-exposed areas and that's the clue. A photosensitivity rash only occurs where there is sun exposure and sun protected skin is unaffected. Normally a photo sensitivity rash is a 'nuisance' and the trick is to be careful of the sun and to use sunblock if you are sensitive to this type of medicine.

Common medicines that can cause photosensitivity include some antibiotics, anti-allergy medicines (believe it or not), some medicated skin preparations, oral contraceptives, hormone treatments, anti-Inflammatories (like nurofen and voltaren), some mental health medicines, and the list goes on. The thing is, most people taking these medicines will never experience the nuisance of a rash. However – another good reason for being careful of the sun, eh?

Free spot check /navigation update

This programme is working well. Anyone with a spot that they worry about can get it diagnosed for free. This is a navigation service and, if you have something that requires treatment, we are delighted to refer you to your GP or whomever you would like to provide the care. We are 'anti-competitive' and our focus is you and where you would like to get the treatment.

Planning: Hatching a Community Education programme

One of the plans for 2023, in the spirit of our community health hub, is a colouring competition for regional schools. This will help strengthen the next generation's understanding of skin care.

Topic zone: juniors = what does sunlight do to people/sun safety; seniors = the injury sun causes/what to do if you have a spot that worries you.

Call to skiers, snowboarders and tobogganists

It's woohoo time again! And the ski tan isn't cool any more... rats. Cover up!

The maths is: sun + snow + reflection + thin atmosphere at high altitude = UV barbeque.

The glare of the sun also causes cataracts!

- Use transparent zinc (100% UV block) and reapply every 2-3 hours. If possible, use a nose guard.
- Always wear dark glasses, make sure they are 'polarised'.
- Moisturise as part of the 'après ski package'.
- Faster is funner.
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The Write Bias

News from Māpua Bowling Club

The Club had only just closed for the season when organised mayhem was let loose out on the green! A company from Christchurch came up to plane two bowling greens in the Nelson area one of which was Māpua. This left barrow-loads of soil to be removed out into the parking area, 45 cubic metres in all.

A willing crew of members and friends achieved the mammoth task in a day and a half, being continually fed and watered by an equally willing crew in the kitchen. Teamwork!

The Club is indebted to Pat Gelling of Gellings Contracting Ltd who loaded and trucked away all the dirt to compost on his place at no charge whatsoever.

The green is now level once again and is waiting for the new seed in the next month or so. It is then all down to the weather how quickly it grows and how soon the members can resume play.

Winter evening socials have resumed every first and third Friday of each month and so far been very successful.

It is a good opportunity for members to stay connected and enjoy some indoor games and supper.

The Club AGM on Saturday 18th June is another opportunity to get together, vote in the new Board and share an afternoon tea.

Thanks to the Sprig & Fern the Club has two more quiz nights scheduled, the first on Wednesday 6th July and a second one during August. The Club always needs funds but right now the people of Ukraine need help even more than we do. Some of the proceeds from the quiz nights will be given to a worthy cause in Ukraine and this will be followed up by a big fundraiser run by the Club during August. If anyone is interested to know more about our plans for helping Ukraine please contact me, Sue, at s1ad2as3@xtra.co.nz

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

Sue England



Moutere Hills RSA Memorial Library

Māpua Community Library

Exhibition now on at the library, pop in and check it out. Local artist Hazel Dodge is largely self-taught and seeks to represent movement and nature abstractly in her work, while attempting to share deeper meaning. Hazel likes to work mainly with acrylic, oil, and mixed media.

Statistics In May 2021 the number of books, magazines and audio books issued is in line with the previous month's with 1,676 issued. This is a few less than May 2020 (when there were 1860 issues) but people were not travelling overseas so much last year.

The LP books have been changed over and this gives us 70 different large print books to the library's collection.

The library always welcomes new members and as of 7th June 2022 we have 2,929 members.

Quiz night We welcome the community's support for our second quiz night of the year. We especially would like

donations of unwanted gifts so that we can make up some super spot prizes for the evening. These can be dropped off at the library during opening hours 2-4.40pm seven days per week.

Home baking, preserves and produce is also well received and can be delivered to the library on the 27th of July. Diary this date and make up a team; it's a lot of fun.

Advance notice - Meet the Author Chris Stuart

Chris is the winner of the Ngaio Marsh Award for best first novel in 2021 with her book "For Reasons of Their Own". This event will be held at the Māpua Boat Club rooms on Wednesday 24th August 2pm. Afternoon tea available. RSVP: mapualibrarynz@gmail.com

Save this date and come and listen!

Helen Jeffery



MAPUA COMMUNITY
LIBRARY QUIZ NIGHT
WEDNESDAY
27TH JULY 2022

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7.30PM
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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	9.30 am MĀPUA ART GROUP	9.15 am STRENGTH / CARDIO with Lynda
	10.00 am MĀPUA CREATIVE FIBRE 2nd Tuesdays	10.15 am PILATES with Lynda		9.30 am PILATES with Lynda
3.30 pm BALLET 3-4yrs Kerry Clarke Dance				10.30 am YOGA with Martin
4.00 pm BALLET 5-7yrs Kerry Clark Dance	5.30 pm YOGA with Martin	4.00 pm QUICK STEP TO DANCE		2.00 pm FRIENDSHIP GROUP 3rd & last Fridays
5.30 pm BROGA YOGA with Nikki	6.00 pm STRENGTH / CARDIO with Lynda		7.00 pm MĀPUA COMMUNITY CHOIR	
7.00 pm MĀPUA HALL SOCIETY Meeting 3rd Mondays	7.00 pm 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 17th July
Come along on the third Sunday of every month: Tickets \$12 at the door: BYO chair and snacks: Doors open at 6.15pm

Events

School Holidays
11th - 24th July 2022

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 July

Thank you to all those that attended the Māpua Hall Society AGM on 20th June 2022, we have a great team lined up for the coming year with a couple of changes. We wish to give a heartfelt Thank you to Karen Welsford for her valued contribution over recent years as Committee Member, Vice Chair and Chair and we wish her well as she leaves the post. Also Thanks to Richard who has stepped down (but still a keen helper) and to the rest of the Committee and our wonderful volunteers that continue to keep the Hall functioning day to day, your service is most appreciated by many.

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 Calendar* on the website for latest schedule and class times).

If you are a current Hall Society member check your inbox for exclusive pre-sale opportunity to purchase tickets to PechaKucha 2022!

www.MāpuaHall.org



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

Lynda's Exercise Classes in the Mapua Hall,

Term 2 started Tuesday Apr 19th and runs now till Friday July 29th (17 weeks)

Regular fitness and Strength classes for all levels.

Classes on **Tuesday** evenings 6 pm & 7.05 pm,
Wednesday & Friday mornings 9.15 am & 10.15 am.

Strength/weight training, HIIT, Pump, Aerobics and Pilates.

\$12 1 session, \$20 for a double header - 2 sessions on the same day. 5-trip ticket \$45; 10-trip ticket \$75; 20-trip ticket \$140; 30-trip ticket \$190.

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

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There is no separate January issue.

E: news@coastalnews.online for more information.

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Māpua Health Centre news

We are very pleased to announce that Dr Sophie Mace is now working with us on Tuesdays, Wednesdays and Fridays, easing the pressure on appointments somewhat.

As part of providing a wide range of health options we are now fortunate to have a variety of health professionals working from the centre including: Megan who is a Clinical Pharmacist; Kamalesh who provides mental well-being; Rangi who is a Health Coach; Garth who has 2 Physiotherapy clinics each week; Jennie who has 6 weekly Dietician clinics; and Sarah who runs the Plunket clinics.

Evening medical clinics are now held on a Tuesday from 6—8.30 pm, by appointment.

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. We also have a purpose installed cabin for patients who exhibit symptoms of possible infections who can be seen separately to avoid spreading infections to other patients and staff.

If you are having a **blood test** with one of our team of nurses at the Health Centre there will now be a charge of \$10 for this service. If you prefer, it is still possible to have your blood test at a Medlab at no charge but do remember to make an appointment with them first.

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.

To help prevent unnecessary loss of appointment opportunities and maximise our ability to provide same day appointments where possible, we have introduced a policy for patients who fail to attend their appointments without a good reason, where they are likely to be charged 50% of the consult fee on the first occasion and 100% if there is a second or on subsequent times.

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.

Dry July aims to improve the comfort, care and wellbeing of people affected by cancer. Since it launched in New Zealand in 2012, the campaign has inspired over 40,000 Kiwis to go dry, raising millions of dollars for people affected by cancer, and funding more than 170 projects for 15 beneficiary organizations 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 to book an appointment or speak to Kathryn, our Clinical Lead Nurse for more information.

The patient portal service **ManageMyHealth** has been up and running for over six 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.

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

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



PECHAKUCHA SPEAKERS

Do you have an interesting story or activity you would like to share with our community as a PechaKucha presenter in Mapua Hall on 26/8/22? We still have space for more speakers to join the line up.

Please call or email Grant for more info
0211594310 ... misterpnz@gmail.com



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Book review

Miss Eleanor Oliphant is completely fine

Author: Gail Honeyman

Publisher: Harper Collins, 2017

This book, by Gail Honeyman won the Costa First Novel Award in 2016 and the British Book Awards Debut Book of the Year in 2018.

The book tells the story of Eleanor, a young woman who has been left to cope by herself in what she believes to be a cruel, rejecting world. The protective wall she has built around herself is finally challenged, compromised then breached as she begins to see things around her and herself in a different light. The story develops as the reader finds out what happened to Eleanor and why she sees the world in the way she does.



The writing is well paced, and amusing and the story moves along at a satisfying rate without too much flourish or annoying detail, no skipped pages for me anyway. The writer's sparse language is none the less evocative and the reader enters Eleanor's small world as she describes it and the people who she comes across. Her perspective is darkly amusing at first and not an altogether pleasant experience. Inhabiting Eleanor's world feels petty and spiteful. Eleanor's character at first appears staid, naive, defensive, and judgemental but as the story unfolds Eleanor's character also evolves and the reader begins to feel pity then hope for her.

Honeywell drops clues throughout and builds the big picture to keep things rolling before the denouement toward the end. At the same time Honeywell also gets the reader to do a double take that makes us reconsider our own assumptions about life and the world around us. I'm not sure if this was the author's intent but Eleanor's close observation of her world and her reckoning of the outside

world tips toward some kind of autism spectrum understanding and it is up to others in her life to explain and expand her horizons for good or bad.

Eleanor's journey toward self-acceptance and understanding is driven mostly by her support cast of a friend, a mother, a sister, professionals, workmates, and acquaintances. These characters are less developed and

there is a cinematic fairy story quality about the place these characters play in Eleanor's life that isn't entirely believable. For instance, there is the fairy godmother type character who drops in at the right time even when there aren't strong reasons for some of these

characters to be interested in Eleanor, and some events are too coincidental. In fact, one could view the story as a modern day fairy-tale. There's a wicked stepmother, a knight in shining armour, and a few other baddies and minor heroes that help the heroine realise her potential, albeit as a strong independent woman rather than a commoner who marries into royalty.

Regardless, the story is overall a feel good story about the confusing and potentially destructive but ultimately healing quality of relationships and the strength of the human spirit to rise above traumatic events. At the risk of delving into deeper themes, the story also feels particularly relevant today as, at least in therapy circles, there is plenty of talk of 'trauma' related issues. Eleanor's journey from trauma to self-actualisation is very modern and current and may encourage some readers to reflect on their own lives. Who needs a therapist! This book is a great weekend read. I would recommend it - 3.75 out of 5.

Reviewed by Rebecca Patchett



13th May 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 ourmapua.org and select the relevant drop-down menu topic.

Presentation

Lou Gallagher from MDCA Exec. presented the transportation results of the recent 'Community Survey'. In summary, Māpua and Tasman residents currently rely on private vehicles for regular transport outside the local area. While Electric Vehicles (EVs) are in much greater use here than the whole of NZ, petrol and diesel are still our main fuel sources. There is significant demand for suitable public transport in both directions to Motueka and Richmond/Nelson. People would also like to be able to walk and cycle for regular shopping needs.

For full details of the survey results go to: www.ourMāpua.org – drop down menu 'Our Māpua' – subheading 'Our Projects' then 'Community Surveys'.

Public Forum

Jim Vause surveyed our Ward councillors and Mayor Tim King to ask what position they would take with regard to the potential rezoning of the flat land at 49 Stafford Drive. Three responded stating they do not hold a position/opinion on the matter and noted the need for due consideration of the issues and submissions prior to commenting. There is a meeting on the 4th of July, Māpua Hall to discuss critical analysis of the data that forms the basis of the FDS (Future Development Strategy).

Jan Heijs expressed his disappointment with the FDS process thus far, stating the report does not reflect and in many cases ignores community feedback.

Jan has concerns in relation to the methodology used by TDC to estimate growth in our region and in particular the disproportionate allocation of growth to our village. Jan questioned how genuine TDC are to not only listen to the community but also consider feedback with an open mind. Jan would like TDC to seriously question the integrity of the 'FDS Deliberations Report' and to reject the proposal as it stands.

Ward Councillor updates

- The Walking and Cycling strategy has been approved. Funding will be investigated within the next Long-Term Plan.
- The public can now attend Council Meetings in the public gallery provided they wear a mask.

- Councillors have asked for a workshop on the FDS to help to increase their understanding. FDS is a joint project between NCC and TDC.
- Nominations for Community Superhero's (Community Service Awards) open in July.
- TDC are working with NCC to set up a holding company for Port Nelson and Nelson Airport. This is motivated by having access to more funds at lower interest rates.
- Annual Plan (AP) is being worked through – rates increase expected around the 5% mark.
- Speed Management Plan meeting will occur soon. TDC want to reassess speed limits on our roads.
- Three Waters: TDC will be given \$23 million, \$5 million of which is expected in Aug/Sept. TDC view this money as an opportunity to get some projects completed that have been deferred over recent years.

It was also highlighted that the TDC building in Queen St Richmond was not up to current earthquake standards.

There was a suggestion that instead of TDC rebuilding, they join with NCC, however NCC buildings are also under earthquake standard questions. It is possible that amalgamation will be revisited as part of the ongoing Local Govt. reform. It was noted that Richmond, Motueka and Golden Bay Borough Councils combined to form TDC in 1988. At the same time the United Councils formed (Nelson, Tasman and Marlborough) which weren't successful and failed after three years.

GPC (Growth Plan Change) for Māpua and Motueka has been slowed after recognizing more community consultation was required with each community.

Māpua Willing Wheels (MWW)

NTCTT has got a new structure. Kamal Willis has been appointed the new administration coordinator who will be handling both the MWW and the Wakefield Community bus bookings. Please phone Kamal on 022 682 2373. Rachel Mason is now the Promotion/publicity coordinator. Phone Rachel: 020 4196 0553.

Māpua Community Hub

The May community consultation meeting was well attended. The trust is now focusing on accessing funding to enable professional input into the draft feasibility study. Anyone interested in helping advance this community facility would be welcome.

AED

AED training will commence in early July for small groups within community organisations. If your group is interested in being included, please email:

info@ourmapua.org

Māpua liveability

Actively coordinating with TDC to help facilitate community meetings regarding the GPC and TDC's verbal commitment to update the "Spatial Plan" for Māpua and Districts.

MDCA acknowledge and thank Andrew Spittal for being the only one of four land developers who have engaged with the community.

(Continued on page 17)

Continued from page 16

Environmental

Wildlife Corridors

Meeting announcements will be posted on MDCA Facebook page. If you are interested in participating, please check the Facebook postings.

Road and pathways

Aranui Road surfacing

A concerned resident has contacted TDC with regard to the standard of the resealing work along Aranui Road now that the Water and Wastewater works have been completed. This concern was shared by the meeting identifying that the underlining issue is with the preparatory work rather than the actual surface materials. This situation is being followed up with TDC.

Māpua Drive surface

The compaction that has occurred on the roads surface on the western end of Māpua Drive after the removal of the clay bank has caused this piece of road to be very slippery and dangerous. Until TDC are able to remediate this issue the speed limit has been reduced. Please exercise care when travelling along this stretch of road, especially when it is wet.

General Business

Liquor License applications

Submissions have closed and both applicants have now received copies of the submissions to evaluate and consider their next steps.

Network Tasman

At a recent public meeting held by the developers of 49 Stafford Drive a question was asked regarding new homes being installed with solar panels for electricity generation and it was mentioned that Network Tasman were not interested in this proposal. MDCA wrote to Network Tasman and their response highlighted that Network Tasman are a power distribution company and not a power generation company. Therefore, power generation is not something they undertake.

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 11th July commencing at 7.15pm** via Zoom and/or in person at Māpua Hall.

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Now, is the perfect time to dust off your ski gear to check it is all in order and ready to give you another season of reliable use.

Now is also the perfect time to have your vehicle checked over to ensure it is ready to face the climatic extremes and the geographical nature of travelling to and from the slopes.

Rough snow covered roads can test your vehicle to the limit. Your cooling system will be working overtime on the journey up to the field. The tyres, suspension, gearboxes, and vehicle tune will be put through their paces and then your vehicle will be left to sit in the snow covered car park until you decide to go home. This is when the condition of your battery and your anti-freeze will be put to the test.

Who wants to end a fun filled day in the snow by becoming stranded simply because a preventable mechanical failure went unchecked or to have an accident because your brakes were inadequate or your tyre tread depths too low.

Vehicle Check List:

- ☐ Cooling system - checked & in good condition
- ☐ Brakes - checked & in good condition
- ☐ Tyres - checked with good tread depths
- ☐ Wiper & Blades - checked & in good condition
- ☐ Suspension - checked & in good condition
- ☐ Gearbox or auto trans - operation & fluid levels checked
- ☐ Battery - tested
- ☐ Heater - will it keep the windscreen clear.
- ☐ Tune - checked for smooth running
- ☐ 4X4 - is it engaging

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What is the future for Māpua?

Tasman District Council is about to embark on a refresh of the 2010 structure plan for Māpua and we want to hear from current and future residents and anyone with an interest in the village and its surrounds.

Over the coming months we will work with the Māpua community and alongside iwi to listen and join with them in developing a new structure plan that creates a clear vision and identity and builds on all the work that has already been done.

A new structure plan, like its predecessor can guide and be implemented through the council's resource management plan, long term plan, design guides for development.

Māpua is growing fast - you only have to look around to see that.

However, we can't just shut the gate and say "no more development".

We have heard that it is difficult for older people to stay in Māpua as there are limited options to downsize. It's similar for first home buyers and young families looking for a smaller and hopefully less expensive home.

So how do we make the most of the land there is and meet the needs of those looking for smaller, accessible, or affordable homes in Māpua?

Moreover, how should Māpua grow and what can we do to make sure new development and redevelopment is done in a way that maintains the character and identity of Māpua?

It's not just about houses, but also where the businesses will go that support a vibrant community and places to work.

With land earmarked for new reserves and open space, more investment planned to improve cycling infrastructure and a review of the Māpua waterfront plan scheduled for next year, we need to consider how all these pieces fit together.

Population projections for Nelson and Tasman were modelled to inform the new Nelson-Tasman Future Development Strategy (FDS).

At its highest level the FDS will present a 30-year vision for where our growth will go in Nelson and Tasman, what locations and to a degree what types of housing we might expect to live in.

There has been criticism of Tasman's modelling estimate of future population growth and how much land we will need for new homes.

As someone famously said "all models are wrong, but some are useful".

This is clearly illustrated in Māpua, where the models suggest there is a big demand for new homes, and we are likely to need 1000 new homes over the next 30 years.

A second model estimates there's only room for about 600 new homes in Māpua.

To fit those 600 new homes in would require rules that allow a change in the types of houses we currently see. Possibly smaller homes, possibly higher density of development.

If we are to accommodate more homes in Tasman, Māpua has limited ability to help, and we will need to look elsewhere to fill the gap between what the model tells us we are likely to need long term and the model that tells us how many homes we are likely to see in an area.

However, there is no getting way from the fact that the population is growing fast and finding somewhere for people to live is getting harder.

Nearly all the land that can be used for houses in Māpua either already has a house on it or is zoned for housing.

Further out, many of the lifestyle block sized properties have covenants that prevent subdividing them into smaller lots. Something councils have no control over.

For land further in that hasn't yet been developed, we need to consider what we could do before it is subdivided and the opportunity to provide a greater range of housing is lost.

The Council recently initiated a plan change that covers land on either side of Seaton Valley Road; land that is already zoned for residential purposes.

The reason for the plan change work is to look at how the rules could be changed to enable higher density development on this land. Do we want to see the last of the undeveloped land go into the same standard residential type housing or something different?

Our preference is higher densities or more houses in the same space rather than further pressure to rezone more productive land.

What has also become clear is a need to pause, take a step back to look at the whole village and how this project fits with the longer-term vision for Māpua.

With that in mind, keep an eye out for opportunities over the coming months to have your say on Māpua's future.

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71 Aranui Road, Mapua

A few words from Patrick Stowe...

I recently stepped down after five years on the MDBA Committee, four of those as Chairperson. Reflecting on my time with MDBA, unsurprisingly Covid has been the biggest challenge for everyone. The committee initiated the Go Local, Shop Local, Support Local campaign to encourage our community to show their support for businesses. The response was extremely heartening. At Rimu Wine Bar we felt very privileged and thankful to have the level of local support we received and continue to receive through this unpredictable time. We have also experienced first-hand the impact a very small but vocal minority can have on business, creating roadblocks and stalling the bureaucratic process. Communication is key to building harmonious relationships and I would strongly encourage anyone in this community who has a concern or a view about what any business may be planning to take the time to have a conversation with them.

The other notable change is the rate of population growth across the Tasman District and particularly in the Mapua/Moutere area. My hope is that growth is well managed, planned for and infrastructure in place to ensure the negative impacts are minimised and the positive impacts maximised.

I am very excited to see what the future holds for the district and know that the most special aspect is and will always be the people. *Cheers, Patrick Stowe*

July 2022

Thank you to all who came to the AGM to hear Mayor Tim King speak. It was a great night and wonderful to see you all and to hear how you are doing.

BUSINESS MEMBER UPDATE

Long time member, Moutere Caravans is your one stop shop for all your caravan needs. Whether you need repairs done on your European/English caravan or require any products from their parts and accessories shop, the friendly team will look after you. All products are also available from their website online shop and can be couriered to anywhere in New Zealand.

With the weather being colder, now is the perfect time to give your caravan a bit of love and care so that it will be ready to go for the next adventure.

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NEW MEMBER UPDATE **WELCOME ABOARD RIVERSIDE CAFÉ & LICENSED RESTUARANT**



Riverside café, in its beautiful homestead and garden, provides the perfect setting for meeting friends - for coffee, lunch or a wonderful Saturday night meal. Open Wednesday to Monday.

You'll find it next to the Great Taste Trail in Lower Moutere, where Selena's warm Kiwi welcome combines with Lilian's traditional French cooking and baking to provide a homely gastronomic treat. Lilian's signature dishes include French onion soup, Croque Monsieur, with Confit d'aqneau or Beef Daube if you're feeling more hungry. If you prefer your beef in a pie, that is on offer too, together with a range of vegetarian options. Walnut tarts, French apple pie and chocolat fondant complete the menu for those with a sweet tooth.



Selena and Lilian, together with their two children, have created a venue that combines the best of French and Kiwi character. It's a family affair with a playground and sandpit area for children to play and have fun in. With it's warm and relaxed atmosphere, where the food is delicious, locally sourced and reasonably priced - what more could one ask for. Make your booking today.

Our current hours: Mon 10-2.30pm. Thu to Sun 10-3.30pm/Sat Night 6pm till late .
289 Main Road, Lower Motuere. P: 03 526 7447 E: cafe@riverside.org.nz W: www.riverside-cafe.co.nz FB: www.facebook.com/RiversideCafeNZ **CLOSED TUE & WED.**

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 Tuesday's. 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@tasmangolffclub.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.

Māpua Friendship Club: Indoor Bowls at Māpua Hall on 3rd & last Fridays. Bowls at 2pm followed by "bring a plate" afternoon tea and chat. \$3. No previous Bowling experience needed. 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