

Streets for People

etter to the Editor "Streets for People"

I have been reading about the proposed changes to parking, speed limits and road layout for our village.

My first question is "what is the problem that this proposal is solving?" The 'Streets for People' project is one that is being rolled out around the country - and in various formats around the world. It mentions safety.

So, what are the current safety issues we face?

The sharing of the footpath for cyclists and pedestrians seems to be working well - I walk and cycle around the village up to five days a week and have never felt unsafe.

The natural traffic calming we have with our current street layout also works well. As soon as there is any congestion around the mall area, traffic slows accordingly. This would be for a few minutes during each busy time which would occur a few times a day.

We don't have any pedestrian crossings, so that must be the safety issue that is to be addressed. Yes, a crossing in the village centre makes sense to me.

So, what is this proposal that we have been given suggesting?

- Not one crossing, but SEVEN I am told. Not the regular zebra stripes but seven RAISED crossings.
- The removal of at least 40 carpark spaces from the school to Java Hut all along the east side of Aranui Road. I am not sure where cars will now park when there are large events in the Hall or Church. I can't see any allowance for this in the current proposal. It is apparently to allow more room for cyclists and
- More traffic calming garden beds or similar to narrow the busiest area of road i.e., the area around the mall.
- Speed restrictions i.e., 30km for the central part of the village for 24 hours 7 days a week.
- The suggestion that the 30km limit will later be implemented for the whole of the village area AND Ruby Bay including all of Higgs, Tahi, Iwa, Toru, Broadsea, Tait, Brabant, Pinehill and the streets off

So, Streets for People is an interesting concept that I would like to know more about.

How is it decided that we need tens of thousands of dollars spent this way in our village?

Many of us travel out of the village for work, sport, to visit friends and family and for social and cultural events and we take our cars. Why is there a plan in place to make this movement in and out of the village less timely and less functional?

We have a number of small businesses operating in Aranui Road; exactly in the area where the parking is to be removed. What is the plan for their clients?

How do those who need a car for their independent mobility feel about their access to the affected businesses and the hall and the church being limited?

How are those who take their boat/kayak/waka ama etc down to Grossi Pt going to feel about narrowed roads with several raised crossings to navigate?

How easy is it going to be for emergency vehicles, service vehicles, trades vehicles etc to move freely through the village and surrounding streets? Without creating significant disruption to other motor vehicles?

In summary, just how is this proposal going to improve the overall functioning of our village, its residents, visitors, and businesses?

I now have cause for concern that the various forms of 'Streets for People' being implemented around the country are more about the imposition of an ideology using the excuse of 'improving your safety' rather than being a genuine locally driven project to meet a genuine



locally identified need. What do you think? Have vour https:// sav shape.tasman.govt.nz/streets-people/ mapua-survey (There was no closing date). Lynley Worsley

[Appears to be closed now though you can still 'Mark where you Park' - Ed]



Tamaha Sea Scouts win Māpua Cup



The feature event of the Māpua Boat Club's regatta is a rowing race between the Tamaha Sea Scouts, and the Māpua Boat Club.

In an action incident filled race, Tamaha the Sea Scout crew of 'Pamir' heat off two challengers to win Māpua Cup, taking the trophy off the Māpua Boat Club for the first time in the 5-year history of the event.

Held in 6 oar Standard Sea Scout Cutters, the race crosses the Māpua Channel to Rabbit Island where the crew has to fill a 20-litre bucket with sand, then back around a turning mark in mid- channel before the final 200m sprint to the finish line off Māpua Wharf.

The sand bucket was introduced as it was thought the Scouts would be quicker at filling them, thus giving them a slight edge over the Boat Club Crews. In fact, with the Sea Scout age now under 14, evening up the abilities of the crews has been a bit of a problem. This year Tamaha entered two crews, and the mix of scouts, leaders and parents seems to have levelled out the boats' performance. Once again, the Māpua Boat Club were represented by their women's crew, the hot favourites, who were defending the Trophy they won last year.

Things started off well ,with the three Cutters 'Pamir', 'Tamaha' and 'Kotare' leaving the beach cleanly on the first leg to Rabbit Island. The situation changed rapidly when with all the coxes leaning over the stern to get their rudders down, the three boats came together with a tangle of oars and the fleet ground to halt.



'Tamaha' was the first to get clear and the crew maintained their lead to the finish. The other two boats provided a rare spectacle with two Scout Cutters under full crew rowing hard to the finish, where the Tamaha 2 crew just held out the Boat Club to take second place.

The Regatta held at long low tide is an opportunity for the locals to do their boating from the wharf with little current. First event was for boats powered by Seagull outboards, or similar horsepower, and this year two classic powerboats and the Tamaha Patrol Boat joined the event which is as much a parade up and down the channel as a race.

But the finish was close with Wayne Daniel and his 4HP powered tinny taking the gun by half a length. The Sailing fleet was smaller this season, but the Laser, Trimaran ,and Sea Scout Cutter all had their moments. Tony Jemmett in his Laser won the first race, and Brett Glass in his Trimaran Kayak the second.

Paddleboards were sadly absent this year, apart from Katrina Ballantyne who paddled the course twice to take this season's honours.

The kayak fleet was also down in numbers, but the six competitors went hard out around the 600m course to showcase great skills and fitness.



Wayne Daniel after a quick boat change won both the competitive division races, and Angela Murton had two wins in the recreational event.

The final event was for radio-controlled yachts, and the Nelson Radio Sailing Club arrived in force with 10 International one metre yachts. These were launched from the floater and sailed three windward leeward races around a course set in front of the wharf. Looking down on to the fleet gave great viewing for the sailors and spectators.

Basil Hart, Nelson's top ranked sailor won the 3-race series, but Mike Cameron and Dave Corbett also had race wins. The performance of these 1m long boats always amazes people and the tactics and rules are the same as for full size boats, so the action is fast, furious, and remote!

The Tasman District Council Assistant Harbourmaster Paul Appleby was in attendance with his boat "Sentinel" and Paul presented some of the prizes.

The Boat Club and Tamaha Scouts had food stalls, and both stalls sold out to an appreciative crowd.

As always, for events like this there is a team who organises and runs the day. Māpua Boat Club members who were involved included John and Jenny Marchbanks, Ray Bolderson, Grant Palliser, Heather Quinn, Susan Hassall, Katrina Ballantyne, Dave Jeffery, Gordon Adamson, Dennis Crawford and Compare Mike Carr.

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Prizes were presented to place getters, and these were donated by our friendly sponsors who are all local businesses: The Appleshed, Jellyfish, Rimu Bar, Delicious, Rabbit Island Coffee and Māpua Four Square. Being able to give a prize to the winners was a nice way to end a great day, and we thank our sponsors for their support.

RESULTS - MĀPUA REGATTA PORT MĀPUA APRIL 2, 2023

MĀPUA CUP

1st 'Pamir' Tamaha 1 Catherine Barak. Brad Collier, Ben Brett, Rhys Barak, Leif Pickwell, Amanda Brett. Goedele van Cauteren. **2nd** 'Tamaha' Tamaha 2. Malcolm Brennan 3rd..'Kotare'

Māpua Boat Club **Bridget Castle**

SEAGULL OUTBOARDS

1st Wavne Daniel 2nd Vince Revell

3rd Tamaha

CLASSICS

1st Vince Revell 2nd Peter Murton



Mapua Boat Club

SAILING Race 1

1st Tony Jemmett

2nd Brett Glass

3rd Leif Pickwell

Race 2

1st Brett Glass

2nd Leif Pickwell

3rd Tony Jemmett

PADDLEBOARDS

1st Katrina Ballantyne

KAYAKS

Competitive

1st Wayne Daniels

2nd Bridget Castle

Recreational

1st Angela Murton

2nd Jan Mitchell

3rd Simon Linstone

RADIO SAILING

3 Race Series

1st Basil Hart

2nd Ken Allcott

3rd Laurie Hope



Pamir crosses the finish line to win the Mapua Cup-Keith





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Our latest news & adventures

Congratulations to Ignite Programme Graduates!

For their final journey as part of the Ignite Programme, Year 11 students from Motueka High School spent a week based at Te Tai Poutini (the West Coast). Their week included caving and white water rafting! Thanks to a generous local funder, we run the Ignite Programme with Motueka High School to support the development of selected students across 3 years of adventurebased learning.

Secondary Programmes at WIO that earn NCEA credits

If you attend one of our local secondary schools, you are able to apply to attend one of the Trades Academy Programmes that will run for 4 x 1-week blocks across the second half of the year. They are a great way to take your learning outside, meet new people and build future employability skills. Options include Adventure Tourism Leadership (Level 2 & Level 3), Manaaki Tapoi (Level 3), Environmental Sustainability (Level 3), Tourism Operations (Level 3) Uniformed Services (Level 2) & Civil Defence Emergency and Response (Level 3). It's not too early to start thinking about these as options for 2023 either! If you'd like to find out more, chat to your Trades Coordinator at school or check out: www.wio.org.nz



Our Motueka High School Year 11 Ignite graduates on the final week of the programme in the beautiful Te Tai o Poutini!



Tasman Mission

Last month Whenua Iti Outdoors had the pleasure of hosting the Tasman Mission event! The event was organised by TDC to bring tamariki from local primary schools together for a fun day of environmentally themed challenges. Ngā mihi to everyone involved in making it such a success.

WIO Nursery update

Next month plants will start going out to local landowners in the Moutere catchment group from Whenua Iti's plant nursery. There have been more than 7,000 native seedlings propagated this season in the newly extended Whenua It Outdoors nursery. Massive thanks to our nursery superstars Barbara and Lis for all their TLC!

Team bonding at its finest!

Some of the staff here at Whenua Iti took part in the recent Hoe Wero Whakatû Marae Waka Ama club fundraiser at Tahunanui Beach. We had two teams of five in the 300m waka races and both teams made it into the finals! It was a beautiful day filled with teamwork out in the elements of te taiao.



Whenua Iti staff celebrating their win at the Hoe Wero Whakatū Marae Waka Ama club fundraiser.









Help make it happen



Stacey Whale, a renowned jewellery artist in the Upper Moutere Village, has been selected to participate in the esteemed XIV Florence Biennale 2023 exhibition of contemporary art and design, to be held in Florence, Italy.

This presents an incredible opportunity for Stacey to showcase her work on an international platform and compete for the prestigious 'Leonardo da Vinci

Design Award'. Stacey's exhibit will feature a beautiful piece of wearable art - an intricate collar crafted in yellow gold and white diamonds.

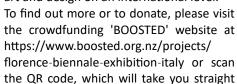
To attend this 9-day event in October, Stacey is seeking financial assistance through Boosted, the only crowdfunding platform in New Zealand dedicated to supporting local art.

Although this is a significant accomplishment for Stacey, she cannot achieve it alone. She needs your help to cover the costs associated with the exhibition, including travel, accommodation, related expenses, and the production costs of her masterpiece.

By contributing to her project, you will help make it happen and become a part of her exciting journey, help her develop her artistry and brand, and move her business forward while also assisting her in realising her dream.

Furthermore, your contribution will play a critical role

in promoting New Zealand's contemporary art and design on an international level.



to the BOOSTED Campaign Page. You can also visit Stacey's website at www.staceywhale.com



Flood Relief Fundraiser

On Saturday 11th March Hills Community Church members together with members of the Māpua community held a street market to raise funds for flood relief due to cyclone Gabrielle. A total of \$4,457.30 was raised. Thanks go to Pip Lovell and the parents of KidsnKoffee, Mitre 10 for donating the barbeque and sausages, Talleys for donating the ice-cream van and ice-cream and members of Māpua community who all helped to make the fundraiser a success.

It was decided that we would donate all the money raised to the community of Te Karaka, a small, isolated community north of Gisborne that had been severely devastated by flooding.

We contacted Rowena Douglas the Minister of St John's Church and Renae Savage, the Principal of Te Karaka Area School. Renae told us that the school although full of silt had not been totally damaged and was being used as a community centre hub for the residents who were affected.

Following the flooding, half the community had major damage to their homes with many families having to be temporarily relocated. Seven families are having to be permanently relocated which is very hard on third generation families who have a strong connection to their land and whanau. 120 people were sleeping on mattresses in the school and the school was providing meals three times a day to 400 people.

As well as dealing with the damage to homes, gardens, farms, orchards and businesses, those helping have been trying to support families who are suffering from the trauma of this event. Renae told us that this had been especially hard on the children and at least half of the children at the school had been traumatised and were in need of extra support. There are 97 students at the school aged between 5 and 18.

When asked where our donation could best be used Renae and Rowena both agreed that it should go to supporting these children in some beneficial way.

This is the message that these two ladies wanted passed on to the people of Māpua:

"We are geographically isolated but it is so uplifting at this difficult time to know that we are not geographically isolated in the hearts of so many people. We are absolutely humbled and overwhelmed by the aroha we are experiencing and want to extend our thanks to the people of Māpua for what they have done for us to support the flood relief."

Heather Hoad, Hills Community Church, Māpua

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MDCA March Public meeting

hrief summary of MDCA's 10 April public meeting

In the open forum a member of our community shared their concern over the state of the parking area on the roadside of the fence on Māpua Drive in front of the Māpua Gateway Sculpture, stating it was very muddy as a result of cars parking on there during the day, and asked who was responsible for its maintenance. Cllr Mike Kinnimonth is following this up.

TDC Councillor Report:

TDC were congratulated for making the latest 'Community Update' available in time to be included within the member meeting notice.

Clir Mike Kinnimonth. The only councillor available for this meeting had nothing to add in addition to the Community Update

Higgs Reserve

Helen Bibby reported on the excellent work being undertaken by three local residents on cleaning up the vegetation in this reserve.

General Business:

Streets for People Concern was raised to whether the planned 'Streets for People' project (now out for public consultation) was actually going to meet the initial hopes and desires of the community due to strict guidelines being imposed by the project funders NZTA (Waka Kotahi). These concerns even went as far as questioning whether what is

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currently being proposed may in fact have a detrimental impact on the community

with regard to pedestrian, cycle and vehicle safety.

The question was asked about the status of connecting the off-road cycle/walking path along the Seaton Valley stream from Toru St to Māpua School. It was felt this option was a much safer option for Māpua School students than using Aranui Road.

Māpua & Districts

COMMUNITY ASSOCIATION

(Please get involved in the 'Streets for People' community consultation process.)

Wastewater discharge. Jan Heijs gave a very interesting presentation on his analysis and conclusions as a result of MDCA's LIGOMA requests to TDC. The LIGOMA results and Jan's presentation will be up on the MDCA website (ourmapua.org) under the May meeting documents leading up to the next public meeting.

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.

Next public meeting to be held on Monday 8th May, 7pm, at Māpua Hall.





The look and feel of Māpua

Māpua, like it used to be. Keeping the "look and feel" of our village is a favourite issue that most residents identify when asked about Māpua's future, and it was the number one principle of the TDC's 2010 Māpua Structure Plan.

"The character of Māpua is maintained and enhanced by accommodating growth within specified limits and in such a way that it retains its village scale, heritage, some horticultural land and natural features."

Much water has been under the bridge since then and much more will flow in the future, both under and over the bridge. When it comes to "look and feel", does your mind hark back to the good old days, to that time when you first saw Māpua, a time when the hills were covered not with ostentatious mansions but with produce-bearing fruit trees? A time when there were no spec house monocultural subdivisions, a time before cafés, a time when the wharf area was all warehouses and you spent days jumping off the wharf into estuary water contaminated by agrichemicals from the Fruit growers' Factory? Ah the good old days! Welcome to selective recall.

One can remember the feel of the past but one cannot remember the future. Thus, in considering "look and feel" you have to predict the future and that requires a lot of very hard thinking.

To start, let's divide look and feel into the commercial (shops and service), residential and community structures, plus facilities and services such as green spaces, sports fields, roading etc.

Imagine driving down Māpua Drive in 2033. What would you like to be greeted by? A green tilt-slab supermarket surrounded by black asphalt car parks, bathed in the orange glow of a Mitre10?

Or would you prefer a variety of smaller wood-clad retail shops, say a butcher, a baker and a candlestick maker? Perhaps some green playing fields or even a wetland, there to soak up the inevitable floods and sea level rise, for climate change must be factored into your "look and feel".

And what of the housing? Mansions on the hills or rows of 2 storied apartments? Do you want more crowded and fenced-in infill housing or perhaps whole blocks of well-designed townhouses and communal green spaces?

What about a supermarket? Where would you want it? A nice big yellow Pac n Save beside the Māpua Hall or would you want it tucked out of vision's way in a commercial area? Do we need a Pac n Save? Do we need a supermarket?

Which brings me to a key point. What we want and what we need are two very different beasts, for "wants" are driven by marketing, advertising and commercial interests, all playing on that human humbug of "keeping up with the Joneses". That's why most new houses have four bedrooms and two bathrooms.

In the 1950s kiwi families actually survived in houses with two bedrooms, one bathroom and an inside toilet if you were lucky. We do not need two bathrooms, but we want them. Can you, in your thinking about Māpua's look

and feel, differentiate between needs and wants, both the community's and your own? Can you identify the developments that need to happen in Māpua versus those where "want" is driven by the lust for making money?

Change may be inevitable, except from a vending machine, but change is what happens with development and time. What change do you want? Personally, Arrowtown always comes to mind. Its look and feel may not be achievable in Māpua but certainly many of that village's design criteria and those used for the Wanaka foreshore area could be incredibly useful for us.

This is about good urban design. The TDC has a number of useful resources on its Urban Design webpage including Māpua specific urban design. Well worth the read particularly if you want to have meaningful input into the plan that will define Māpua's future, namely the forthcoming TDC Māpua Management Plan.

Jim Vause

[Search Urban Design on TDC website www.tasman.govt.nz or scan QR code.] https://www.tasman.govt.nz/my-council/key-documents/more/rates-and-housing/urban-design/







What's so special about a "Nibby"?

Recently I lost my walking pole. It came out of the side of my pack where I had stowed it during a bush bash down off the high alpine tops. I'd figured I didn't need it as there were plenty of hand holds in the bush as I made the steep descent, and it wasn't until taking a break that I noticed it'd hitched up somewhere back up in the untracked jungle. Gone.

I love a hill stick. My modern version is a collapsible lightweight walking pole, crafted by Black Diamond and I use it as a third leg on tricky terrain and also as the main support for my ultralight tarp, which is my main shelter system when travelling solo.

This modern hi-tech fancy tool is no substitute however for the hill stick I use around the slopes of my home block. For that, my 'go-to grab' is a Lancewood pole . . . yay big, about the perfect diameter to snug into my hand, and with a texture that just melds with a simple sense of being rugged and weathered at the same time. Hove it.

This useful hill stick is otherwise known as a "**nibby**" over in Marlborough . . . where 'tussock-jumpers' can sometimes use them as mutton prodders!

I heard of a chap too, who for many years collected old musterers' sticks; he

had over a hundred, all with the name of the musterer written on them and they were on display at the Burkes Pass Hotel (but were all lost when the hotel burned down). Some were Lancewoods like mine, most were Manuka.

I like to think of a hill stick as essential kit for travelers, especially in the backcountry.

And there is rich narrative and imagery in the Bible around such sturdy sticks.

Our great ancestor Jacob lived a basic lifestyle, as a traveler, who it is told only had his staff when he crossed the Jordan to seek a new life in a faraway place. The stick was an icon of the sojourner, travelling toward a new life.

As too the Hebrew nation left oppression in Egypt to strike out quickly for the promised land, with only their cloak tucked into their belt, sandals on their feet and a staff in their hand.

But perhaps the richest imagery is connected to shepherding . . . and the shepherd's staff – a hill stick of sorts.

And the most classic Psalm 23 from the shepherd boy

David, who would be King, is a good example. Here the song writer is reflecting images of comfort, protection, and security. That's what the master and guide of the sheep is purposed to do . . . and that is the picture we should have of the "great shepherd of the sheep" - the God and Father of us all.

For He cares for us and guides us along through the high places and the darker valleys, toward those green pastures of peace that King David talks of.

You can trust the Good Shepherd.

His staff represents Him, and His care and strong support for us.

Let me also leave you with this picture . . . mainly cos I love leaning over the top of my favorite pole.

Hebrews 11:21

It was by faith that Jacob, when he was old and dying, blessed each of Joseph's sons and bowed in worship as he leaned on his staff.

Worshipping God as you lean over your "nibby" is such a beautiful image.

Maybe this kind of reflects the fact that life on this earth is as a traveler – we are sojourners here - as we travel toward a better country . . . that is a heavenly one.

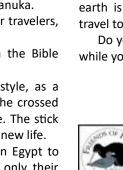
Do you have such a stick you could lean upon today . . . while you worship God Almighty?

Greig Caigou is the Pastor at Tasman Church
– a vibrant local community of Jesus followers



mountaineering is for them not

a sport; but plain business"





FRIENDS OF FLORA Annual General Meeting

Tuesday 16th May 6:30pm Moutere Hills Community Centre (1539 Moutere Highway) A light supper will be served

Guest Speaker Alison Ballance "Takahë – bird of dreams"

Author Alison Ballance shines a spotlight on one of New Zealand's two surviving giant flightless birds. Seventy-five years ago, the mysterious takahe was spectacularly rediscovered in remote Fiordland, and since then it has been at the center of New Zealand's longest running threatened species conservation program.

Degrowth: by Dr Mike Joy

[Institute for Governance and Policy Studies (IGPS), School of Government, Victoria University of Wellington]

On 17 April, a sell-out crowd of over 150 people filled the Mapua Hall to listen to Dr Mike Joy present a summary of the research on environment overshoot. That is, how humans, in the space of a few decades, have over extracted and over used resources that our planet has taken millions of centuries to accumulate.

Dr Joy, better known for his research on freshwater, is a strong advocate for reducing our destruction of the environment in which we live, by prioritising ecology and human wellbeing above the blind pursuit of economic growth, encapsulated in the concept of degrowth.

He presented a sometimes bewildering array of scientific data that highlighted how mankind is rapidly outrunning the resources our planet can provide, largely due to access to cheap energy in the form of fossil fuel, a very dense energy source that has transformed human society from a pre industrial time where energy was either animal and human muscle (burning wood being used for heat only) to our current world, highly dependent in every sphere on fossil fuels.

These fuels are becoming increasingly harder to extract, while their use leads to increasing environmental degradation, overuse of land and water, and a dramatic reduction in biodiversity planetwide, such that now wild terrestrial mammals account for less than 5% of the earth's mammal biomass. The rest are humans and farm animals.

He also looked closely at alternative energy sources, showing that while wind, solar and hydro are somewhat cleaner and greener than fossil fuels, there was no way by which our society's current energy consumption could ever be met by such alternatives, for the scale required to replace oil and coal is simply beyond not only human

ability to produce, but also the planet's ability to provide, classic examples being metals such as lithium, cobalt and copper.

Occasionally there was the odd debatable conclusion in his presentation, such as when comparing the energy sources such as fossil, hydrogen, and electricity. He deduced a disutility of electric vehicles based on their very poor weight to energy ratio, without considering EVs' superb energy conversion efficacy and the actual circumstance of the energy usage where, in cars, battery weight was not of significant importance. However, it is a very valid conclusion when it comes to electric aircraft, for as any pilot knows, the energy density to weight ratio for batteries looks to be largely unsolvable for long distance flight.

Ultimately, to drive home our economic dependency on fossil fuels and the necessity for degrowth, Dr Joy's graphic of the direct relationship between fossil fuel use and Gross Domestic Product (GDP), highlighted not only that GDP does not measure human wellbeing, but also that our obsession with economic growth will be to the personal detriment of not only ourselves but more importantly, our children's children's children.

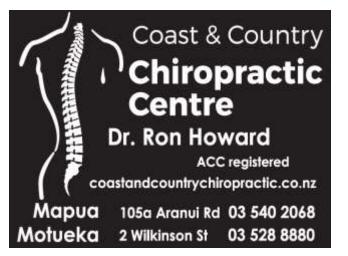
In past times, such an Armageddon prophecy would have been the domain of Friday night corner preachers, however Dr Joy has put before us a prediction based on the science of how our future world will look if we do not degrow.

We look forward to part two of his speech, on how to degrow.

Jim Vause









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May 5th:
Alan McElroy and Friends
Irish and Scottish
Comedy Night

May 12th: All of Us, Play

May 20th:
The Underground and
Viami Mice
Full Live Band 80s Night

May 26th: Jarred Fell, Comedy Magician

May 27th: COVER ME

Māpua Health Centre report

e start this month's Health Centre news with a letter from Dr Tim Ewer:

Dear patients and our wider community.

My journey with Māpua Health Centre began over 33 years ago when a group of local community volunteers renovated the old post office, and we opened the doors of the fledgling GP practice in March 1990. It has been a very special privilege and pleasure to care for you and your families over the many years.

This Practice has been an integral part of my life and so it is with a mix of joy and sadness, that I am writing to let you know of my intention to step back from General Practice. My last day with Māpua Health Centre will be Tuesday 13th June.

It is especially satisfying to know that I will be leaving the practice in the excellent hands of a full, highly skilled and caring staff of doctors, nurse practitioner, nurses, receptionists, administrators and supportive health practitioners. I have no doubt that this team will take good care of all your future medical needs. Your medical records are confidential and will remain with Māpua Health Centre.

I will, however, continue my work in Integrative Medicine at my private rooms, Te Ora Integrative Health, on Monday, Tuesday, and Wednesday mornings from 21st August 2023.

Please see https://teora.co.nz for more information.

It has been a deeply gratifying experience to have been present from the start of Māpua Health Centre and watch it flourish over the last three decades. It has morphed through various transitions and grown from a small 3-room clinic to its present greatly expanded size, along with a dedicated staff of 28. I wish all of our community the best of health in the coming years.

With warm regards,

Dr Tim Ewer

We are upgrading our computer software system to "Evolution" on the 8/9 May. This will mean that there will be fewer appointments over those two days while the conversion is happening, and we hope there won't be any technical hiccoughs. The staff have already received training in the new system, but it may take a little while for them to become fully familiar with it, so please be patient if there are any delays or technical difficulties.

This month also includes asthma awareness day and, in addition to routine supportive options and medical treatment, recent research shows that fruit and vegetable intake has been associated with reduced asthma risk and better asthma control, while dairy consumption is associated with increased risk and might exacerbate asthmatic symptoms (Nutr Rev.Nov 2020).

Children who eat fast-food three or more times a week had a much higher likelihood of severe asthma, as well as more hayfever and eczema, whereas eating extra fruit appeared to be protective (*Thorax* 2013).

A meta-analysis suggested that taking vitamin D reduced the frequency of acute exacerbations, namely emergency department visits, hospitalizations, or the need

to administer corticosteroids, by over 60% (Cochrane Database Syst Rev. 2016).

This month's health events include: 1-7 Privacy Awareness Week

	,	1 ,,,
2	World Asthma Day	www.ginasthma.org
5	International Midwives D	Day
	WV	vw.midwiferycouncil.org.nz
7-13	Youth Week	www.arataiohi.org.nz
8	World Red Cross Day	www.redcross.org.nz
9-15	Road Safety Week	www.brake.org.nz

International Nurses Day www.nursingcouncil.org.nz
 ME Awareness Day www.anzmes.org.nz
 International Day of Families www.un.org

15-22 Youth Week https://arataiohi.org.nz/youthweek 15-22 Hospice Awareness Week

https://www.hospice.org.nz

19 Pink Shirt Day – awareness of bullying

www.pinkshirtday.org.nz

https://privacy.org.nz

22 International Day of Biological Diversity

www.unesco.org/en/days/biological-diversity
30 Multiple Sclerosis Day www.msnz.org.nz

31 World Smoke-Free Day www.who.int





For Our Community

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	9.05 am AEROBICS with Lynda		9.05 am STRENGTH / CARDIO With Lynda
	9.00 am SIOUX LINE DANCE	9.15 am SLOW YOGA with Nikki	9.30am MĀPUA ART GROUP	9.15 am YOGA with Martin
	10.00 am MĀPUA CREATIVE FIBRE 2nd Tuesdays	10.05 am PILATES with Lynda	9.30am TAI CHI INTERNAL ARTS	10.05 am PILATES with Lynda
3.30 pm BALLET 3-4yrs Kerry Clarke Dance		11.30am TAI CHI INTERNAL ARTS		
4.00 pm BALLET 5-7yrs Kerry Clark Dance				2.00 pm FRIENDSHIP GROUP 3rd & last Fridays
5.30 pm BROGA YOGA with Nikki	6.00 pm STRENGTH / CARDIO with Lynda		7.30 pm MÁPUA COMMUNITY CHOIR	
7.00 pm MĀPUA HALL SOCIETY Meeting 3rd Mondays	6.30 pm YOGA with Martin			
7.15 pm MDCA PUBLIC MEET 2nd Mondays				

Tai Chi Internal Arts news

Change in a class time

The new beginner's class will change from Thursday to Wednesday and will be held in the Bowling Club from 9:30am to 11am.

We will be practicing Qigong movements as well as Tai Chi and new members will be very welcome. There will be no change to cost of \$5 and all money raised will be donated to the Bowling Club.

The Wednesday regular class will continue to be held in Māpua Hall.

Please contact Julie Booth on 0276463066 or grannyjulie11@gmail.com for more information if required.





Wanted:

Volunteer tutors with ESOL experience.

Required to help students in the Tasman region. Please contact Judy Vaughan 027 540 3163 or bvaughan@xtra.co.nz



Pastel Art Group

The pastel group are now back at work in our usual venue in the Bill Marris room on Tuesday mornings from 9am -12noon.

Most of us are still buzzing after a brilliant Pastel Art Convention in Arrowtown from Fri 10th—12th March.

Over 40 pastelist attended from around New Zealand and many had been lucky enough to get their artwork accepted for the Art Exhibition held in the gallery in the museum building in Arrowtown. According to the judges the standard of work was exceptional. The exhibition will be on during the month of April so if anyone is in Central Otago at this time, I recommend a peep.

Attending a Pastel Art Convention is an opportunity to learn so much more about the use of pastel as well as catching up with old friends. Julie, one of our members, last year booked great accommodation situated just around the corner from the gallery where most of us stayed. We had demonstrations from Stephie Clark, our chief judge, who has a



a more abstract approach to painting a landscape



Stephanie's demo painting

free and impressionist style influenced by colour and the form of flowers.

Another artist demonstrated the working of a landscape in an abstract manner and the final demo on using oil pastels.

Workshops were available for

those who wanted to practise more under the guidance of very experienced Pastelists.

We also had a lot of fun and on Saturday evening we had dinner consisting of oven fired pizzas, salads followed by yummy desserts.

On Sunday we revisited the exhibition to listen to Stephie explain how the judges decided which painting deserved an award. Many of us found this very interesting and valuable.

Sunday evening was spent in a very busy and noisy pub, but the food was good and not too expensive.

Lots of reminiscing about the weekend but most of us ready to leave for home on Monday after a great weekend.

Julie Booth

What's On at Ruby Bay Store

Saturday 6 May, 7pm
WE WAYWARD DIVAS Off Our Meds in May. \$20

Sunday 7 May, 1pm WORKSHOP: Singing for the Terrified

with divas Gilly Darbey and Vikki Clayton, \$15/\$12

Saturday 13 May, 7pm WE MAVERICKS, \$25

Wednesday 17 May, 7pm
MATT JOE GOW and KERRYN FIELDS
Your Heart of Gold, \$25

Saturday 20 May, 7pm BRYONY MATTHEWS, \$20 Saturday 27 May, 7pm BRYCE WASTNEY, \$20

Book online www.rubybaystore.co.nz

Store opens 30 minutes before each show • 174 Stafford Drive, Ruby Bay

The Write Bias

News from Māpua Bowling Club

The tradition of holding a Ladies Friendship Day, or as it has come to be known, "Giggle Day", was continued on Wednesday 29th March at Māpua Bowling Club.

A fancy dress theme had been set for the teams and the interpretation of "a song or movie title" went beyond

imagination! Māpua was host to the Peaky Blinders, Wee Willie Winkie, the Pirates of the Caribbean, and ET to name but a few.

As the ladies let their hair down, the Māpua men attempted to keep order out on the green and in the kitchen and bar. The day started with a glass of bubbly and concluded with bowls of ice cream via a lovely lunch of ham, quiche and mixed salads.

All eight rinks were in action with sixteen teams of triples. There was some conventional bowling along with plenty of crazy bowling challenges, spot prizes and penalties for any wrong bias of which there were a few. A bell was rung, all play stopped, and the guilty party had to stand in the middle of the green to sing a nursery rhyme. Oh! The wrong bias shame!

Arthur Win, MC for the day, aided and abetted by Dave Dillon managed to tot up the scores at the end of the day to find the

three winning teams. Prizes were sponsored by two Māpua Club members, Dave and Sue England, and awarded as:

First place: Di Blanchet, Di McBride and Margie Dillon of Māpua.

Second place: Mary Orbell, Trish Campbell and Rae Peterson of Stoke.

Third place: Jean Daubney, Chris Green and Hilary Brown of Māpua.

The prize for the best dressed team went to the "French Connection", the ladies from Takaka Bowling Club.

All round it was a highly successful day and a whole lot of fun. Mention has to be made of greenkeeper, Ian Benbow who arrived as his alter ego, **Sadie** (left). Not only was Sadie responsible for a green in near perfect condition but also a lot of mischief with her feather duster.

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

Sue England



The winners



The French Connection





The Coastal News is 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 **20**th of the month.

Noticeboard items are a gold coin donation in the collection boxes. Club notices are free. Printed by the Tasman District Council

Moutere Hills RSA Memorial Library

Māpua Community Library

Book Sale—Easter Weekend

The day was rather overcast but luckily the rain held off and there was good foot traffic due to the Easter Fair being held down at the reserve. A total of \$550 was taken. Special thanks to all who volunteered to help on the day and especially Jacqui and Katrina for the extra tables.

Quiz Night

The library's quiz night was booked out three weeks prior and quite a few people missed out. Looks like you need to book well in advance for future quizzes. Special thanks to all who donated prizes for our raffles and also to Belinda, Rachel, Susan Judi who helped with the organisation. It was another great night and raised \$844 for library funds. Remember to book your table well in advance for our next quiz to be held on Wednesday 19th July 2023.

Web Site

Our website has gone live, and we have received good feedback on the style and content. Have a look at https://mapuacommunitylibrary.wordpress.com



Māpua Community Hub

The Māpua Community Wellbeing Trust (MCWT) completed a feasibility study for the creation of a Māpua Community Hub. The MCWT had this document professionally reviewed and the recommendations from it have led to a conversation with the Hills Community Church Trust over the use of space in the new church building.

In order to progress the Hub concept, we have extended our vision to create the Community Hub in both the old and new buildings.

In the meantime, preparations are in place for a quiz night at the Māpua Sprig and Fern on **Wednesday 31 May**. These quiz nights are very popular, be sure to book a table in good time. If you can't make it the Hub team would be very happy to receive a donation of a small raffle prize, ph Vicky on 021 1441 791 to arrange collection.

March Stats report

Views 171, Visitors 85, Home Page 109, About Us 16, Events 15

Mapua Community Library Literary Festival to be held over the weekend of 15 -17th September 2023.

Diary these dates!

We do have an exciting line up of authors attending this weekend festival. Tickets will be on sale from July. Authors attending include: Gerard Hindmarsh, David Young, Suzanne Clark, Chris Stuart, Alesha Bilbrough-Collins, Kim Swan, Robert Jenkins, Pic Picot.

There will also be two children's workshops, "Telling Stories with Illustrations" run by Jane Smith of the Chocolate Dog Studio; a publishing workshop run by The Copy Press; and a great Poetry Evening "Poetic License" featuring Jessica Le Bas, Carol Ercolane, Emma Callaghan, Henry Ludbrook, Rose Michel von Dreger, Mark Raffills and Roger Lusby.

Ruby Bay Gumboot Golf challenge

he results of the Easter Weekend 'Golf' tournament, played in near ideal conditions, are as follows:

Best Nett and overall winner: W.K. Darling (Local knowledge and rules won the day).

Runner-up: Wayne McLean (enjoyed the best recovery 'Shot').

Closest to the Pin: Kieran Darling ("Hole-in-One" just inches away).

Joyce Wethey Women's Prize: Jo Smith (dressed to impress).

Most Golf: Neville and Kathy Hedley (Lovely pear in the orchard).

The regular 'high class' international participants of previous years did not show because of a prior engagement, namely the 'US Masters' at Atlanta.

Anyway, 'Gumboot Golf' could gain popularity in a reaction to the trend of extreme weather events we continue to experience.

Many thanks to the various sponsors and participants who all contributed to a most enjoyable fun event.

Looking forward to repeating the occasion next year. Suggested Charity, Nelson Hospice.

Keith Darling





Community Transport Trust – Vacancies

Nelson Tasman Community Transport Trust has two administrative vacancies to support our mission for providing and supporting accessible and friendly community transport systems to outlying regions of Nelson and Tasman.

Position 1: Part Time Trust Administrator.

Location: Nelson/Tasman

Duration: 1 year contract May 2023 - May 2024.

Contract: 1 year for 20 hrs per month (@ \$28 per hour)

paid monthly on receipt of report.

Description: Work as part of a team to resource monthly meetings with timely agendas and accurate minutes, provide book-keeping support for Treasurer, ensure information is shared and circulated in a timely manner, respond to requests for information and apply for grants, assist Transport and Marketing Co-ordinator to publicize and promote services.

What we are looking for: Well-organized person with an enthusiasm for community projects and contacts, ability to organize own time management; prioritize tasks and meet monthly timelines, confidence in working with others in promotion and publicity, willingness to use own computer and transport.

Position 2:

Part Time Transport and Marketing Co-ordinator.

Location: Nelson/Tasman

Duration: 1 year contract; May 2023 to May 2024.

Contract: 1 year for 40 hrs per month (@\$28 per hour)

paid monthly on receipt of report.

Description: Work as part of a team to recruit, train, support and keep data on voluntary drivers for our three services, maintain the Trust's two buses to ensure fully functional and legal, provide marketing and publicity opportunities and outlets for each of our three services, liaise with other organisations and community groups with similar focus.

What we are looking for: Self-motivated person with passion for community focused projects, enthusiasm for working alongside and with others, practical skills for care and basic maintenance of vehicles, creative approaches to publicity and promotion, skills in data-collection and report writing, ability to organize own time-management, willingness to use own transport and computer.

Interested?

What we offer: Reimbursement of consumables and travel (@ 83 cents per km), opportunities to work with and resource enthusiastic others who share the same goals of promoting strong viable community links and reducing carbon emissions through providing affordable accessible community transport systems.

To view contracts scope:

Please go to www.ntctt.org.nz/contract

Applications in writing clearly stating suitability for the position. Emailed as attachment to:

chairperson@ntctt.org.nz

Applications close: May 5th 2023 at midnight. Contract to commence in mid-May.

For further information:

Contact chairperson@ntctt.org.nz

Māpua Fire Brigade



March to April 2023 call outs

16 March 20:16 Oil spill at intersection of Dominion Rd and SH60, and Dominion Rd and Old Coach Rd. Used absorbent material and high-pressure hose to clear oil.

8 April 09:26 Alarm activation Upper Moutere School, alarm set off by bug spray.

9 Apr 23:07 Alarm activation Aranui Rd, a battery alarm sounding, unknown cause.

10 Apr 13:18. Tree on car on Dominion Rd, person out of car. Left for road crews to clean up.

10 Apr 13:47 Sheds on power lines on Maisey Rd, left for Power Board

Call outs for the year =16

Safety Tip – Be safe

Clean and check your chimney before lighting a fire in your fireplace.

For fire safety info go to - https://fireandemergency.nz/ For fire permits go to - http://www.checkitsalright.nz/

We are also looking for some new members to join the Brigade, who would be available day time.

If interested come and see us at 3 Iwa St after 7pm on a Thursday evening.

Māpua Craft Group

uring April we made knitted poppies to wear proudly on Anzac Day.

To celebrate Easter, I made a Simnel cake (an old English tradition), but with chocolate rather than marzipan

eggs on it - see attached photo.

Our next meetings will be on the 5th and 19th of May at 10am till noon at Hills Community Church meeting room. For just \$3 per meeting, you



can enjoy coffee and company, share ideas and exchange items too.

Two of our members are busy making blankets for sending to those in need overseas.

We hope you will enjoy the coronation viewing this month.

Barbara Halse, 5403901

Rural Conversations

Changes to land and water management



You're invited to an information event hosted by Top of the South Rural Support Trust and Rural Women NZ, with short presentations from Tasman District Council staff and an opportunity to talk one on one with them about what the changes may mean for you.



What are these events about?

Sound management of land and water resources in New Zealand is a critical issue. Understanding the recent government regulations is important for rural communities and Council. We realise this keeps changing and there is more still coming, and that this is confusing, adding stress and pressure onto farmers.

Council now has a better understanding of what these changes mean. At these events we'll look at recent government changes, what's still to come and how this may impact you. You will meet the Council staff tasked with implementing these changes, have an opportunity to clarify any questions and find out what support may be available to you.

MPI On Farm Support will be joining us to introduce their staff and explain what their role is. Refreshments will be provided.

Our District is underpinned by primary production. These events are open to all local agribusiness, rural landowners, and those supporting our rural communities.

- Essential freshwater legislation
 - Freshwater farm plans
 - Intensification
 - Wetlands
 - Intensive winter grazing
 - Nitrogen use and reporting
 - Stock exclusion
 - Fish passage
 - Riparian and wetland enhancement and funding
- Significant Natural Areas (SNA) and biodiversity
- Plant and animal pest management
- Outstanding Natural Landscapes and Features
- Resource consenting
- Pricing agricultural emissions
- · The Land and Freshwater Plan and having your say on the future rules

Dates and venues:

- Murchison: Thursday 27 April, 11.00 am 2.00 pm, Murchison Sport Recreation and Cultural Centre
- St Arnaud: Thursday 27 April, 4.30 pm 7.30 pm, Lake Rotoiti Community Hall
- · Collingwood: Monday 1 May, 11.30 am 2.30 pm, Collingwood Memorial Hall
- Upper Moutere: Tuesday 2 May, 11.00 am 2.00 pm, Moutere Hills Community Centre
- Tapawera: Tuesday 2 May, 6.30 pm 9.30 pm, Tapawera Rugby Football Rooms



03 543 8400

rural.info@tasman.govt.nz

tasman.govt.nz/my-region/tasman-rural-hub









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Ruby Coast Running Club

The cooler temperatures of autumn have made for some very pleasant running conditions. However, with the shorter days, especially since the clocks have changed, it is important to keep visible. For our regular Thursday evening 5km events that means it will very soon be time for head torches and reflective gear.

At the time of writing last month, a group of us were about to tackle the Harris Hill Top Challenge on 25 March. We were lucky that the much hoped for fine weather eventuated, so we were able to enjoy panoramic views across Nelson and Tasman Bay. It was a really challenging run.

We set off straight downhill for the first kilometre or so, before heading back uphill, then further up, then down again, then up, up, down, along, up, up, and down again until 10 kilometres later we arrived back where we started.

One of our team unfortunately took a tumble in the gravel near the start (ouch!) but impressively kept on running and completed the whole course. Another of our team took a wrong turn, adding an extra kilometre or so, not to mention lots of extra elevation, but still finished in good time and smiling.

Garry Simkin Plastering For all Interior Plastering 027 226 1722 Afterwards, having all completed the challenge, we relaxed and enjoyed the views and some well-earned refreshments at the scenically located Summer House.

We have also had a number of our informal group runs this month. These runs are typically on Saturday mornings and always finish with a coffee. We usually run locally, but sometimes we venture further afield.

We recently went to Motueka and ran along the Great Taste Trail towards Riwaka and back again. It was a very scenic run and a nice change to run on the flat.

If you would like to join our Saturday morning runs, you can find details of the meeting time and place and the planned distance on Facebook: Ruby Coast Running Club.

We also always welcome new members at our Thursday 5km events. We meet each week in front of the playground by the Māpua Hall. We start at 5.15pm for walkers and runners who need more than 30 mins to complete 5km, and 5.30pm for everyone else. Just turn up a few minutes beforehand to sign in.

K Welsford





Is there War in Ukraine?

- Peter Francis April 2023

In 2015 my Anzac poem began like this: Bright poppy flowers we wear

On April twenty-five each year
To remember all of those who gave
young lives, consigned to early grave.
Surely their memories we must keep
Lest we forget all those who "sleep

in Flanders fields – where poppies blow Between white crosses – row on row."

In 1945 after the horrors of two world wars, representatives from 50 countries, including the big four major powers, met for two months in San Francisco, to draft the Initial United Nations charter. Hoping that would prevent any further wars,

"The German philosopher Georg Hegel once said, "The only thing that we learn from history is – that we learn nothing from history." And as if to prove that saying:

In February last year Russia attacked neighbouring Ukraine Declaring "It's not a war - it's an act of self-defence."

So what's the Russian invasion called by Ukraines Every night they fear rockets drones and planes?

Do innocent Ukrainians say it's "An act of self-defence?" More likely "it's a bloody War – which makes no sense."

When the lights go out and there's no heating or food Are civilians concerned calling it War might be rude?

Is it a War when hundreds of thousands are killed? Is War measured by volumes of human blood spilled?

Was it a not a war where three Kiwi volunteers were lost? Putin might say "That's their unwelcome involvement cost."

WW1 combatants took far too long to compromise Causing the pointless deaths of countless lives

But It's not Ukraine who now needs to make concessions It was Russia who launched the unlawful aggressions

In December 2022 Putin said, "Our goal now is to end this war," Now he's changed his mind, how then to end what he now calls war?

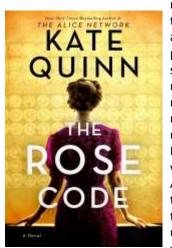
And what will History now learn from us? If we forget all those who sleep in **Ukraine's** fields Where popples blow between white crosses – row on row.

Nor should we forget courageous Kiwi volunteers: Andrew Bagshaw, Dominic Abelen and Kane Te Tai.

Book Review

The Rose Code by Kate Quinn

n the autumn of 1939, Hitler's advance seemed unstoppable. German military communications were



relayed using hand ciphers, teleprinter codes, and above Enigma machines portable cipher devices that scrambled orders nonsense so they could be relayed via Morse code over radio transmitters, unscrambled in the field. Even if the scrambled orders were intercepted by the Allies, no one could break the encryption. Germany thought Enigma was unbreakable. They were wrong.

In 1940, three very different women – aristocratic Osla, Londoner Mab, and shy local girl Beth – are recruited to the mysterious Bletchley Park, where the best minds in Britain train to break German military codes.

Seven years after they first met, on the eve of the royal wedding between Princess Elizabeth and Prince Philip, disaster threatens. Osla, Mab and Beth – their friendship torn apart by secrets and betrayal – must race against the clock to crack one final code before it's too late, for them and for their country.

Another good read by this author is "The Alice Network".

Reviewed by Barrie Walker

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Wastewater Overflows

Following my discussion in the April Coastal News, this article provides some of the findings from the technical details sent to the MDCA.

From my previous article, it was evident that the Tasman District Council doesn't follow its own rules; that there is no intention to enforce these rules; that the rules are unrealistic and not fit for purpose and that there is no intention to fix them.

Late March, the MDCA received technical information following a request under the Official Information Act. The information received showed:

- That the sewerage operator at TDC has no intention to meet the legal requirement that would not permit any overflows. This is illegal.
- To date only the performance of the Motueka network was assessed in 2020. An old assessment of the Richmond to Wakefield network was assessed in 2012 but these investigations were found not fit for purpose. No other performance assessment has been carried out on any other network in the district including the Māpua network. This is very unusual and does not reflect good practice.
- The methods that were used (mainly in Motueka) do not follow accepted guidelines. This makes it impossible to properly assess the performance of the network, including the establishment of an overflow frequency or the rate of inflow and infiltration - the rainwater that gets into the sewage network and causes overflows. This is not good practice.
- The list of recorded overflows shows many sites over the last 5 years. It is generally accepted that overflows are under-reported because a lack of online measurements and because many overflow locations (popping manholes) are not visible during big rainfall events so won't be noticed by the public. Without a proper performance assessment method, it is difficult to say how accurate this information is.
- It is not clear how improvement works are justified and costed without a performance target. Setting an affordable performance target after consultation with iwi and community is good practice but this hasn't happened with our council.

So overall, the technical planning methods used by TDC are not good practice.

The next step will be to undertake a presentation on 4 May 2023 at about 1:30 pm before the Environment and Regulatory Committee, hoping that our elected members will direct staff to use proper legal processes that regulate overflows and to apply good planning practice to justify their expenditure.

We recently learnt that the 3-waters reform has been delayed by 2 years and now comes into effect on 1 July 2026. After that it will take considerable time for the new water authority to get their head around the performance of all the networks in their jurisdiction. Any commitments and legal requirements will have to be honoured. So the sooner TDC gets its act together the more certainty our community will have that our networks are properly regulated and that we have good practices in place.

Please note that although I have assisted the MDCA in some actions, this article is written by me personally and not on behalf of the MDCA.

Jan Heijs, Māpua



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There is no separate January issue.

E: news@coastalnews.online for more information.

Lynda's Exercise Classes in the Mapua Hall

Term 2 starts Tuesday April 4th and runs for 12 weeks until Friday July 7th.

Regular fitness and Strength classes for all levels.

Cardio/Weights Tuesday 6 pm,

Old-fashioned Aerobics Wednesdays 9.15 am,

Cardio/Weights, Pilates

Wednesday and Friday 10.15 am.

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

for single sessions on your ticket \$10.

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



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

May 2023

The official start of Winter has arrived. For some it is a great time of year to take stock, slow down and enjoy some time working on their business and planning for the next chapter.

It was great to see so many visitors to the Mapua Fair on Easter Sunday. A fantastic event for our district. A big shout out to the Mapua School and all the volunteers. The crowds were huge and the positive vibes were great to see. The Mapua tornado certainly gave us a reminder of the power of mother nature. Amazing to see all the locals rallying to help in the aftermath. A big thanks to the first responders and the teams from Delta, Network Tasman, Treescape and the like.

April Lunch & Learn, Business Resilience

It was a great discussion with the panel and members engaging in some thought provoking and helpful advice to use and implement.

Upcoming MDBA Events

Pencil in the below dates for our next events. further details will be on our social media pages and sent out via email to you all.

16 May - Networking event. 7 June - Lunch & Learn in collaboration with Business Assist

Till next month, cheers from the MDBA.

WHAT'S HAPPENING - FROM THE COMMITTEE

You may have noticed a few updates with the MDBA website, there is more information available for you to access. New members can now sign up online, simply follow this link https://www.mapua.co.nz/application-form/ making it even easier to connect with like minded local business people.

MDBA FREE MAP 2023 OUT SOON

This is underway with sales for ads for the new map selling fast which was fantastic. We are excited to have the updated map out in the region all going well by late May/early June. You can keep up to date with the progress on the map via this link also found on the MDBA website https:// www.mapua.co.nz/free-tourist-map.

NEW MEMBERS - WELCOME ABOARD...

A warm welcome to our newest members, Aaron from Premier Property Works for all you landscaping, construction and property maintenance call today 022 350 8166. Elaine from Upgrade Pilates Studio find her on social media.

FEEDBACK WANTED

Let us know how we are doing. If there are any topics you would like to see at one of our networking events, perhaps you would like to host one of these events at your place of business? If you would like more directories, or, if you would like your business shared via social media email Kirsten at mdba@mapua.co.nz. Gordon Shaw our chair is always available to meet and discuss any business issues or ideas for our region, contact him by email chair@mapua.co.nz.



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THE COOL STORE GALLERY

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

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Noticeboard

Spiritual/Energy healing by donation, first Sundays 3.30-6.30pm. Motueka Community House, Decks Reserve next to Red Cross. Private Appointments Also Available. Contact Angie 0225804938 angel3000.h@gmail.com

Motueka Lighthouse last Thursdays, Motueka Community House, Decks Reserve. 7-9pm. \$3 Donation Appreciated. This month 'The Power of Words and Water for Healing'. 25 May. Contact: Angie, angel3000.h@gmail.com

Stamp & Coin collections in Māpua/Ruby Bay & the Moutere evaluated & purchased. Nick Ferrier 021 688243 **New Book Group** meeting 3rd Tuesday of the month 2-4 pm. Call Vanessa 0223630219 Or Sue 0212671317

Playcentre: behind the tennis courts at 84 Aranui Rd. Come & play – Mondays & Thursdays 9.30-noon during term time. mapua@playcentre.org.nz

Pastel Artists Nelson: meet Tuesdays 9am-noon, Bill Marris room, Hall. Visitors welcome. Marg: 027 257 1857

Coastal Stringers: Ukulele & guitar group meet Fridays 1-4pm at Bowling Club. All welcome, just arrive & enjoy the singing. Contacts: Colleen 5403010, Diane 5402627.

Māpua Women's Rec Group. Come and join our friendly social walking group. Meet outside 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 now at Appleshed: 10am Tuesdays. Contact: Debbi 027 327 4055

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

Motueka Toastmasters: Like to speak with more confidence? Meet 1st & 3rd Weds, 6.45-8.30pm, St Johns rooms, Jack Inglis hospital. Visitors welcome. Info Sierra 027 8444765 or Peter 027 7468311.

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

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

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

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

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

Indoor bowls at Māpua Hall on 3rd & last Fridays. Bowls at 2pm followed by "bring a plate" afternoon tea. \$3. Māpua Friendship Club. Contact Val, 540-3685

Māpua Art Group meets Bill Marris Room Māpua Hall Thursdays, 9-noon. Paint, draw, help each other in a social environment. All levels & media. \$5 incl morning tea. Tables, chairs, easels provided. Barbara Glass 027 443 1121

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

Kids 'n' Koffee Playgroup: Wednesdays 10-noon during term time, at the old church building. 0-6 year olds. Morning tea provided. Gold coin donation. Info: pippie.d@gmail.com

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.

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

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: you can download the pdf from www.coastalnews.online—now printed in colour by TDC!