

## MAPUA COMMUNITY LIBRARY CHILDREN'S LITERARY FESTIVAL

In the region of 700 children, teachers, and parent drivers from our six local schools took part in the Festival on Friday 20 September.

The morning began at Hills Community Church, offering an hour of whimsical theatre for Years 1-4 entitled *The Wishing Star* by Evergreen Creative troupe of Nelson. Giving a pat on the back where it's due - Anna is wonderful, being equally believable as a child, a grandmother and a T-Rex.



The six schools in the Mapua area all had their children write stories for a competition, and book vouchers were presented by visiting author Jon Tucker, courtesy of Volume bookstore, so favourite books could be chosen by the winners.

Each school had two age groups and each school was judged only within itself. The younger children were asked to write 200 words, the older 700 words. Then schools exchanged stories so they were judged independently.

The Story Writing Competition winners, years 1-4, were: Dovedale - Conrad Van Reenen; Mahana - Dakota Archibald; Mapua - Holly Clark; Tasman - Tom Jones-Hunter; Tasman Bay Christian School - Jak Cropp; Upper Moutere - (no entries).



Years 1-4:

The afternoon was designed for Years 5-8 and consisted of Story Competition prize giving by Jon Tucker and then four workshops, thanks to wonderful facilitators.

The Story Writing Competition winners, years 5-8, were: Dovedale - Katie Redward; Mahana - Nika Rayward; Mapua - Mia Fay; Tasman - Grace Palmer; Tasman Bay Christian School - Jorgia Troughton, Upper Moutere - Amanda Lineham



Years 5-8:

The workshops were for 1½ hours and the time passed too quickly. The *Illustrating My Story* and *Map-making* workshops, each with 30 children, were particularly busy with paper and art supplies.

*Illustrating My Story* - Thank you Mike Howell and Barbara Glass



Map-making – thank you Eirlys Hunter and Geoff O'Malley



Additionally there was a workshop of pen, paper and clever minds for 30 children on Screenwriting – thank you Mel Drewery and Julia Ludbrook

A fourth workshop with over 200 children was an audio-visual talk by Jon Tucker on his adventures with Babs and five sons


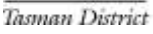
who were schooled on their boat travelling the seas.

Thank you to Jon Tucker for his Talk. (Continued p2)



Also, importantly:

Mapua Community Library would like to thank Mapua/Ruby Bay and District Community Trust for a grant that allowed us to buy a copy of Eirlys Hunter's *Map-makers' Race* and Jon Tucker's *Those Snake Island Kids* for each school's library.

We also thank  for a grant that made the Festival possible  with minimal financial support needed from the schools, which we are also grateful to have received.

Our thanks to Geoff O'Malley who donated, on behalf of LINZ, two very large maps of the area to each school.

Acknowledgement is happily given to Neil at Chocolate Dog for photographing the event.



And finally, to the Mapua Community Library volunteers and some husbands who put many hands to setting-up and cleaning for these events and showed great village spirit.

We have an absolute jewel of a community resource in the village's independent, volunteer-run Mapua Community Library and hope you will either discover it for the first time or continue to use it happily for many years.

*Pat Russell, Children's Literary Festival Organiser*



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When we choose our pets whether they are dogs, cats or other animals, so often it is because of what they look like. However it is vital that a chosen animal which might spend 15 or more years with an owner should have a compatible personality.

What a lot of people forget is that every animal is different even within the same breed. Just like people, some are more affectionate than others, some show their feelings more than others and most important, some are more adaptable than others.

It is therefore amazing that such strong bonds develop between humans and animals which is why it is so heart breaking when the animal dies.

Over the years I have had many animals and I can honestly say there have only been a very few that were truly outstanding and formed an amazing bond.

So when choosing a puppy or older dog time should be spent observing it with others; preferably also how responsive it is to the prospective owner. All or most animals can be trained but it makes it so much easier and rewarding if there is a special connection.

I am always happy to help with animal behaviour issues.

*Sue Mott, Animal Behaviourist*



**MAPUA BOAT CLUB  
KIDS FISHING COMPETITION**

**Where** - Mapua Wharf  
**When** - Sunday 17<sup>th</sup> Nov 2019  
**Time** - Lines in 1pm - out 2.30pm  
**Registration from 12.45pm**

**3 Categories:**

- Under six years
- 6 - 9 years
- 10 - 12 years

**Spot prizes - sausage sizzle  
Prize presentation**

**CONDITIONS OF ENTRY:**  
Only fish caught on lines win prizes  
Maximum 3 hooks per line  
Children to be accompanied by an adult at all times

**Please direct enquiries to:**  
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## Māpua Boat Club

The Boat Club held its AGM on the 18<sup>th</sup> of September. As the Commodore, Tim Robinson reported, this was the 34<sup>th</sup> AGM of the Boat Club.

He reported on a full and active year for members and the community generally, with large attendances at the Nov 2018 Kids Fishing Competition and the Mar 2019 Māpua Regatta. Members also enjoyed trips to D'Urville Island, with one in particular including a stay at Kapowai Bay.

This year Thursday club nights have included a range of guest speakers with large attendances. Tim commented on the amazing talent and experiences of some of our members. Speakers including a deep sea captain, oil rig worker, someone who had sailed around Australia and the Islands as well as the Antarctic, the Arctic, Russia and the Middle East.

We also noted the passing of two members of the Club. Ralph Cotter and Adrian Warren. We remember them both; especially Ralph, a life member who gave tirelessly to the Club over many years.

We were also very pleased to award Annette Walker life membership to the Club for her tireless work on the committee; in particular being the driving force behind the recent upgrading of the **Maritime Museum**.

This wonderful pictorial record of Māpua and the greater Tasman Bay is an asset to the whole community. Plans are advanced for an exciting new interactive display for children. And for those who are missing the tide chart, this is away for repair and should be back on display shortly.

The boat ramp members of the boat club and Tamaha Sea Scouts have been further investigating the feasibility of a community boat ramp at the Waterfront Park.

As this issue of the Coastal News goes to print entries to our **photo competition** are on display at the Museum. We are fortunate to have Jane and Neil from Chocolate Dog and Paul Nankivell as the judges. **Prize giving** will take place at club night on the 10<sup>th</sup> of October. It is planned to make this an annual event to be held over the winter months.

### Dates for your calendar.

17 Nov 2019 Kids Fishing Competition This year, with the kind approval of Margaret Cotter and family, we are very pleased to announce the instigation of the Ralph Cotter Memorial Trophy as part of the presentation.

21 Mar 2020 Māpua Regatta. A fun day for the entire community culminating with the race to decide the winner of the Māpua Cup between the Tamaha Sea Scouts and the Boat Club.



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# Whenua Iti Outdoors – Experiential Learning

## What's been happening—Adventure Therapy

New evidence that time in the outdoors and nature is good for us appears every day and we are always pleased to see it, as it backs up the work we do at WIO and the results we see regularly.

Our Adventure Therapy programmes take this approach to a new level and enable young people to use their experiences in the outdoors, to build confidence and skills to help them with wellbeing and mental health.

We are running a series of Adventure Therapy programmes in 2019 and so far we are really pleased with the progress participants are making towards long term changes in wellbeing and life skills.

Wellbeing and mental health are hot topics for our communities and developing effective ways that change these outcomes for our youth is vital.

### What's coming up – Need a credit top up?

Adventure Max offers secondary age students a chance to earn up to 20 level 2 NCEA credits and take part in some pretty cool activities at the same time.

The residential course runs from 31 October to 15 November and includes Rock, Cave, MTB and Sea Kayaking adventures in our beautiful national parks.

There is a generous 25% fee subsidy on offer if you enrol before 30 September, so if you have a teen in need of credits, take a look at our website for more details.

## Focus on... 2020!

Early spring may seem a little early to plan for 2020, however schools are already booking in for camps and we are involved in many course selection evenings connected to our Trades Academy Programmes.

Most weeks, the programmes we offer are pretty much booked up, so if you have a particular date or course in mind, we recommend you get in touch to discuss the options that are available.

### Outdoor Wanderings – Taking it up a level - MTB

Mountain biking is pretty popular in our region as there are so many tracks at every level. If you've been out a few times and feel comfortable on some of the easier runs, Kaiteriteri is an awesome place to start taking your MTB skills to the next level.

The park map shows you the different grades on offer and our favourite intermediate tracks include Ziggy/Corkscrew and Shady Lady and if you ace those, Tree Hugger and Skullduggery are a good progression with a bit of R&R on the beach to finish.

We'll see you out there!

[www.wio.org.nz](http://www.wio.org.nz) [info@wio.org.nz](mailto:info@wio.org.nz)

*Whenua Iti Outdoors – Experiential Learning Inspiring Positive Change*



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# Conservation; Candidates; Community Conversations

The Hot Topic at the Māpua & Districts Community Association's September meeting, was a presentation from Skye Davies assisted by Sandra Bishop on the **Tasman Environmental Trust (TET)**.

This was established in 2000 and has an office in Richmond. Its main mission is *"connecting people to nature conservation in their environment"*.

Skye used the Tree image showing how TET was the trunk connecting bureaucracy (funders & political systems) to the [grass roots] people doing stuff on the ground. She noted that TET has 3 key themes:

- a) *Knowing our treasures* – what is especially precious; what is under threat in our area. The Waimea Inlet was noted as a high priority system both nationally and also as part of the regional strategy for Te Tau Ihu o te Waka a Maui – Top of the South. Telling stories to raise awareness about these is important.
- b) *Taking Action* – thousands of volunteers have planted 35,000 native plants; 1,000 traps have been set around the Waimea Inlet for predator control. Skye noted here how much people enjoy these activities not only for the value of the result but also for the connections with other like-minded conservationists.
- c) *Connecting for greater impact* – "how to all pull in the same direction"; aligning priorities and pooling resources. Taking the Waimea Inlet as an example she noted the involvement of Mana Whenua & Kotahitanga mo te Tao; Moturoa Trainee Project; Battle for the Banded Rail; Forest & Bird; TDC & NCC; MDCA. Currently TET is focusing on strategies for using the \$million grant from the Plant One Billion Trees Project.

Those at the meeting were interested in how to make contact with TET and keep informed of its activities – Skye noted the Website and Facebook as ways to do this and also encouraged subscribing to the monthly Tasman/Nelson Conservation Volunteers' Newsletter.

## LOCAL MEET THE CANDIDATES MEETING

At the meeting on 26 August, all 4 Mayoral candidates plus the 10 Ward Councillor candidates plus two Hospital Board candidates fronted up to a meeting of over 100 interested residents in the Mapua Hall.

The evening's proceedings were also live-streamed on MDCA Facebook's site which was accessed by 873 viewers.

It was encouraging to see the numbers of both women and younger candidates – the need for gender & age diversity being stressed by several of them.

Each candidate had the same time slot to present their rationale for seeking election and respond to 7 pre-submitted questions. Processes relating to the contract and managements for the controversial Waimea Dam as well as ways of managing and contributing to effective councillor/staff relationships & communication systems were both high on the topics of interest.

Penny Griffith preceded these presentations with a short explanation of the STV (single transferrable vote) system for voting which will be voted on as a referendum at the coming elections. She urged voters to adopt this system.

Marion Satherley (MDCA Chairperson) thanked all the

candidates for their contribution and staying power throughout a long intensive evening and we were all urged to "vote in this region we love".

## WHAT'S IN A NAME – MĀPUA?

Many of us will have seen the information relating to the correct spelling (and pronunciation) of our district's name – Māpua. MDCA thanked David Mitchell and Naomi Āporo for their time & work with the NZ Geographical Society to establish the correct format for this and a number of other names in the region.

It was seen as especially fitting that this had been publicised and celebrated in Te Wiki o Te Reo Māori (Māori Language Week). There was discussion on acknowledging (and using) the dual names for local regions such as Moturoa (Rabbit Is) Motuiti (Rough Is) Mamaku (Ruby Bay)

## SOCIAL MEDIA

Bruno noted the success of, and appreciative response to, the "Facebook Live" video casts of presentations such as the Candidates' meeting – allowing many who cannot attend evening meetings to be informed and become involved. Another top posting this past month (209 views) was on the issue of the school students needing to walk through a flooded underpass to and from the school bus stop on Mamaku Drive

For the first (and hopefully last!) time since being established, the site was hacked and used to spread spam around the world. Our Internet provider closed the site down so no one (not even our techie) could access it. It took a week of to-ing and fro-ing between the provider, techie & MDCA before the site was active again. We are putting things in place so this doesn't happen again!

## MAPUA WATERFRONT & WHARF

Marion Satherley (MDCA rep on the Mapua Waterfront Working Group - MWWG) reported that there was much discussion between the member groups on the option of sharing costs to assist in the completion of the Ngaio Tree Reserve development. The "Ngaio Tree" sub-committee will work on possible ways forward and these will be reported on at the October MDCA meeting

## DOMINION FLATS ENVIRONMENTAL PROJECT

Helen Bibby reported on the possible plan to build a boardwalk through the underpass as a solution to school students getting wet when it is flooded.

## COMMUNITY WELLBEING/TRANSPORTATION

The Reports of the Community Wellbeing Survey for Mapua/Ruby Bay & Districts and Tasman District have been widely distributed on line and paper copies also made available (Mapua Community Hall & Library)

A Community Forum to follow up the 300+ suggestions prioritizing and time-framing them into action plans was held on September 19<sup>th</sup>. See elsewhere in this issue for details of that meeting

Elena Meredith stressed the importance of MDCA listening and responding to the community's priorities

## WATER /ENVIRONMENT

Bruno Lemke reported from the **Ruby Bay Coastal Homeowners' Group** – noting that members had:

(Continued on page 6)



1. met with Rob Ol' Grady ( TDC Engineering Project Manager) on a two hour "walkabout" around Ruby Bay viewing and discussing the seawall, coastal erosion and other drainage issues. The group members were impressed with his interaction with them as well as the detailed notes and many photos he took. He has undertaken to report back.
2. spent time with a TV1 filming crew looking at & discussing historical and current coastal issues. This footage was shown as a TV1 News item Tuesday 14 September.

#### AN AED IN RUBY BAY?

Wayne Chisnall is working through the requirements to set up a "Give a little " Page to be posted onto Facebook enabling Ruby Bay residents to support and help in the \$2,800—\$3,000 fundraising required to purchase and install an AED in the local area.

#### Future Hot Topics:

14 October – Project Janszoon; Mapua Dawn Chorus; Predator Control

11 November – Mapua Community Care Project

#### Māpua Community Care Project (MCCP)

All members of the community were invited to attend both a community consultation meeting at Māpua Hall October 23 at 7.30 pm and their preceding AGM at 7 pm

#### Te Tau Ihu International Generational Strategy Hui

Cr Anne Turley noted that these Hui are being held around the region – contact Naomi Āporo for more details

**Be sure to attend our next monthly meeting:** Monday, 14 October at 7 pm, Bill Marris Room, Mapua Hall.

MDCA works closely with TDC to ensure our community functions in a way that suits the majority of our residents. To have a vote that counts, become a financial member of MDCA by simply paying a \$10 membership fee to our NBS account 03-1354-0356471-00 with your name & phone number as a reference.

*Elena Meredith*



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# Mapua Bowling Club

## The Write Bias

During the past month Māpua Bowling Club members have been busy spring cleaning the clubrooms and the outside area, getting them ready for the new season.

Also in the spirit of spring, a delicious Spring Lunch was enjoyed by the members on 15<sup>th</sup> September. Chris Green and her kitchen helpers did a wonderful job preparing the hot meal and of course the table laden with desserts went down a treat.

The Club's opening day is set for 29<sup>th</sup> September. Glenn Saunderson, the club's greenkeeper has been busy all winter getting the green ready. It is looking good.

So during the month of October lawn bowling season gets into full swing. Keen bowlers will again be seen arriving at the Māpua Bowling clubrooms with bowls polished, ready to take part in the roll-ups on Tuesday, Thursday and Saturday afternoons.

Leisure Bowls which is held on Monday evenings will begin on 4<sup>th</sup> November.

Ever think it might be interesting to give lawn bowls a go? New bowlers are warmly welcomed by the club. Just stop in on any of the roll-up afternoons which start at 1:15 pm. Bowls are available for use and coaching is available. You just need to wear flat-soled shoes to protect the green.

Later in the month on Thursday 17<sup>th</sup> October the club will be taking part in the Spring Fling at Māpua. The Club will be open to anyone wanting to visit the clubrooms or learn more about lawn bowls.

For information about the bowling club or booking the clubhouse and facilities please call Secretary, Di Blanchet (540 2627). Or check out our web page:

[sporty.co.nz/mapuabowls](http://sporty.co.nz/mapuabowls)

*Barbara Brown, Māpua Bowling Club*



## Mapua Bowling Club

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### **Lynda's Exercise Classes in the Mapua Hall**

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- ◇ Listen to your child and try not to tell them what to do.
- ◇ Encourage your child throughout the play.
- ◇ Appreciate your child's effort and provide lots of positive feedback.

Come and join us at playcentre to explore the art of play in a safe and welcoming environment with your child.

Come and check us out. We offer a term of free sessions for first time families and all children under two are free. Session times are Mondays, Thursdays and Fridays 9.30am to 12 noon during school terms. You can find us at 84 Aranui Rd (behind the tennis courts by the scout den).

Alternatively, please contact us with any questions: [mapuaplaycentre@gmail.com](mailto:mapuaplaycentre@gmail.com) or find us on Facebook.





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## Costume Carnival

Hills Community Church is holding its annual Costume Carnival at Aranui Park, Mapua, on Thursday 31 October. The carnival has been running for more than ten years and is a highlight in the calendar for families in Māpua and the surrounding districts.

It is run as a free gift to the community; a positive trick-or-treating alternative at Halloween. Children (and adults too if they like) are encouraged to come dressed as fairies, superheroes, princesses, animals, All Blacks, etc. (No scary costumes please).

Prizes are given for the most creative costume to boys and girls in each age group (preschool, primary and teenagers, and adults). There will be a range of fun-filled games and activities to participate in.

Bring your children for a fabulous, fright-free evening of old fashioned games, sled rides, jumping on the bouncy castle, and a free sausage sizzle. Each time you have a go; earn a silver token to swap at the prize tent.

<http://www.hillscommunitychurch.org.nz/>

### Sunday Worship

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

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# Friends of Māpua Wetland

## AGM report

Māpua Wetland continues its journey towards being the complete and vibrant ecosystem that always was there.

Over the past year FMW's focus for planting continues largely in Tāne's Ark in Aranui Park. In particular, we have established a stand of pā harakeke – working flax for muka, fibre, or raranga – weaving.

Apart from the contribution to cultural heritage such planting provides, a very wet section of the park will in time, become an attractive area and when the harakeke are established, board walks will make the plants accessible.

The stream's appearance is also being improved with planting by Māpua School student volunteers (in their lunch hour) and members of Māpua Wetland.

It is fascinating to observe how, in the interaction between school and wetland, the quiet 'reclamation' that is the wetland, continues to enhance the potential for a deeper relationship with our natural/native heritage.

Each year it is easier to see the benefits of TDC reserves manager, Richard Hilton's overall plan with Tāne's Ark. The establishment of islands and tongues of native stands of grasses, shrubs and trees by the school, enhances the overall appearance of the park-like aspect of the reserve.

These plantings tie both sides of its visual aspect together and add to the effect of the now relatively venerable exotic trees planted by another generation decades ago. This planting by the school is, of course, also entirely consistent with the original deed of gift from the Wells family.

This year we will focus on getting our plants through the dry summer and we hope to mulch the latest planting area, Streamside in the centre of the park.

Wetland members have been experimenting with trapping efforts in this post-mast year. There has been

particular success with a new trap featuring a noose that notwithstanding its macabre element, is rapidly becoming the humane instrument of choice in dealing with the Australian over-stayers that are seriously damaging their preferred trees, such as pukatea.

Recent weather events, especially last summer's heat and drought, have reminded us that management of the wetland in the Anthropocene is going to provide new challenges. A sufficiency of water is no longer guaranteed and planting will have to focus on those trees that can cope with more extreme conditions.

We are appreciative of the council engineers who have set up monitoring equipment to ensure their work on the storm-water system, in particular the creation of a holding tank near the new subdivision off Aranui Road, will not temporarily affect the water table that feeds the wetland.

Māpua Wetland held its AGM in September and the executive committee elected are David Young chairperson, John Cretney treasurer, David and Judy Mitchell secretaries, and an informal committee of volunteers for projects as required.

*This article is based on David Young's chairperson's report.*

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# More on the macron

## Māpua, Mahana and the macron

David Mitchell's write-up about Māpua, with macron, becoming an official name (September issue), was a fascinating read. He described how the words Māpua and Mahana had been chosen by Pākehā land-owners - Māpua by Francis Ledger and Mahana by my grandfather Edward Christopher ("EC") Bensemann.

I suggest it is only partly true the names originated from these men and that there was much more thought and community effort than published local histories would have us believe. Most importantly, I believe that Māori were involved in both place-names, which is all the more reason for the macron.

Francis Ledger, when chair of the Nelson Progress League in 1934, took credit for naming Māpua saying he had asked a "Mr Caldwell of Wellington, a Māori scholar", for an appropriate name for his estate here. He said also he had "asked prominent Māori in Motueka for the Māori name for Western Entrance, but none could give an answer".

Māpua and Mahana made their first appearances in or about 1910 just after E C Bensemann returned from the Manawatū to buy land in his original family area. Like Francis Ledger, Arthur McKee and the Weyergang family, he was excited about the district's prospects for a horticultural industry.

These people and others put their combined energies into building the Māpua jetty and wharf and the roads feeding them. EC bought 260 acres in Mahana in 1910 and 450 acres of Māpua in 1912. He and Francis provided the first shipment of apples from Māpua wharf, weighing nearly 4 tons, in April 1913.

While Māpua and Mahana could be viewed as early-20<sup>th</sup> Century names for large private estates owned by Pākehā landowners, Francis and EC carefully researched appropriate Māori words by consulting with others and especially local iwi.

EC's main informant was Huta Paaka, who lived at Motueka, but EC also sought advice on Māori names from the Stephens, Mokena, Bailey, Bennett and other families. His apple brand was "Pai Rawa" (Very Good), and most of

his six children were given Māori names in consultation with iwi, including my father Ranginui Bensemann.

The close relationship with the Mokena or Morgan family was evident in the Great Depression when Morgans and Bensemanns shared the small wooden cottage just uphill and across the road from the Mahana earth house, with all the children, including my father, sleeping in a single bed.

Traditional Māori place-names are generally more poetic and meaningful than the rather prosaic surnames of European admirals, generals, politicians and business leaders that are recalled by so many of our towns and cities.

I understand, after talking to my uncles, that Huta Paaka, a committed Christian and Anglican Church leader fluent in te reo, came up with the word Mahana. I have no proof that he did likewise with Māpua but feel that EC and Francis would have sought his opinion at least.

Mahana does not only mean "warm". A house or marae is said to be "mahana" because of community spirit and the presence of a range of generations. Māpua can have similar poignancy in its meanings of "fruitful", "abundant", "prolific" and "flourishing" and it is difficult to believe such a beautiful and sophisticated word could be found merely by looking through a Māori dictionary.

Our Māori and Pākehā ancestors may have foreseen our vibrant community here, not just a productive orchard.

*Paul Bensemann*

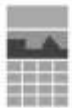
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# Māpua Health Centre

We would like to say thank you to everyone for their patience while the integrative medicine part of the practice has moved from Mapua Health Centre to Te Ora Centre at 69 Aranui Road. Supplements previously sold at Mapua Health Centre are now available either at Te Ora Centre or Mapua Pharmacy. Mapua Pharmacy will now stock the brands: Clinicians, Metagenics and Drs Best products and you can arrange other supplements by contacting Camilla on 928 0922 or email at [camilla@teora.co.nz](mailto:camilla@teora.co.nz).

We are pleased to announce that we will shortly have a check-in kiosk in the waiting room. This will provide you with an alternative option to let us know that you are here for your appointment, particularly when our reception team are busy with other patients.

The kiosk also has the ability to update some of your details such as your phone number, home address and email address. Please do not hesitate to ask one of our team for assistance if you are unsure.

Following instruction from the Ministry of Health regarding the measles outbreak we have been instructed to prioritise children 4yrs and under for the vaccine until sufficient supplies are available. Distribution of vaccines is being provided to those areas of NZ where there are most confirmed cases of measles. Thank you for your understanding. We will keep you updated as more information comes to hand or you can visit the Ministry of Health website: <https://www.health.govt.nz>

This is breast cancer awareness month. Breast cancer is New Zealand's third most common cancer and accounts for more than 600 deaths every year. The risk of being diagnosed with breast cancer increases with age.

- Breast cancer isn't common in women under 50.
- About 70% of women diagnosed with breast cancer and about 80% of women who die from it are 50 or older.
- While it is less common, young women can get breast cancer too. 6% of breast cancer in NZ occurs under the age of 30 years. Although it is uncommon, men also get breast cancer. About 25 men are diagnosed in New Zealand each year.

Some women are at greater risk of breast cancer because there is a history of close family members having the disease. However, most women who develop breast cancer have no relatives with the disease.

Evidence suggests that following a Mediterranean diet in everyday life may significantly reduce the risk for types of breast cancer that are associated with poorer prognoses in postmenopausal women. *Int J Cancer*. March 5, 2017.

However, a study has also shown that drinking as little as one small glass of wine or beer a day (about 10 g of alcohol) can increase the risk for breast cancer by 5% in premenopausal women and by 9% in postmenopausal women. On the flip side, the report also found that vigorous exercise (such as running or fast cycling) reduced the risk for breast cancer in both pre- and postmenopausal women, and strong evidence confirmed earlier findings that moderate exercise (such as walking and gardening) also decreases the risk in postmenopausal women. *Medscape* - May 23, 2017

This month also celebrates the International Day of Older Persons and recent research shows that higher amounts of omega-3 from seafood are associated with healthy aging in adults, defined as survival without chronic disease, such as cardiovascular disease, cancer, lung disease, or severe chronic kidney disease (*BMJ*. October 17, 2018).

Also, older adults who keep to a Mediterranean diet are less likely to become frail, and those who have a high adherence to the diet have a 56% reduction in risk (*J Am Geriatric Soc*. January 11, 2018).

Exercise may reduce disability even in the frail elderly according to a study incorporating 150 minutes a week of walking and activities to improve strength, balance and flexibility (*Ann Intern Med* 2018).

The patient portal service is working well and we greatly encourage you to register for it so that you can enjoy the benefits. It allows you to have access to your own medical information via a secure web server and includes being able to review test results, as well as request appointments, ask questions by a dedicated email option and get repeat prescriptions.

In due course it will also allow you to review your medical notes and have full access to all your records. If you would like to register for Manage My Health™ please contact the receptionists 035402211.

This month's health and school events include:

- |      |                                      |  |
|------|--------------------------------------|--|
| 1    | International Day of Older Persons   | <a href="http://www.un.org">www.un.org</a>   |
| 1-31 | Health Literacy Month                | <a href="http://www.healthliteracymonth.org">www.healthliteracymonth.org</a>       |
| 1-31 | Breast Cancer Awareness Month        | <a href="http://www.nzbcf.org.nz/home">www.nzbcf.org.nz/home</a>                   |
| 10   | World Mental Health Day              | <a href="http://www.mentalhealth.org.nz">www.mentalhealth.org.nz</a>               |
| 9-15 | New Zealand ShakeOut (Civil Defence) | <a href="http://www.civildefence.govt.nz">www.civildefence.govt.nz</a>             |
| 11   | International Day of the Girl Child  | <a href="http://www.un.org/en/events/girlchild">www.un.org/en/events/girlchild</a> |
| 12   | World Arthritis Day                  | <a href="http://www.arthritis.org.nz">www.arthritis.org.nz</a>                     |
| 16   | World Food Day                       | <a href="http://www.fao.org/world-food-day">www.fao.org/world-food-day</a>         |
| 20   | World Osteoporosis Day               | <a href="http://www.bones.org.nz">www.bones.org.nz</a>                             |
| 24   | United Nations Day                   | <a href="http://www.un.org">www.un.org</a>   |



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# Musical Notes of my Life by LM

## Road to Nowhere

[with passing nod to "Chasing Cars" by Snow Patrol]

We left Portrush at 7am on a very cold March morning. We were driving to Belfast to catch the ferry to Stranraer, Scotland and then onwards to Ayr further north on the west coast. It was our niece Emma's birthday and I was going to be the clown and children's entertainer at it.

Added to the journey was my partner's mother Gwen and a wine storage cupboard, which my partner's sister Jan, had purchased on her last trip to Northern Ireland.

Driving down the motorway towards Belfast, you get a good view of Belfast Harbour and the ferry terminals. Scanning the harbour, I thought there was something missing. I turned to my partner and said, "I can't see the fast ferry."

There were two types of ferry that operated the Belfast to Stranraer crossing. One was your conventional type ferry and the other was a high-speed ferry service (HSS). The difference between the two wasn't just the crossing time. The HSS was a catamaran that could travel at 75 kph. With it being a new boat, it was a lot plusher inside and generally it was a much nicer experience.

Stenna Line put it into service boasting that it would have a crossing time of 85 minutes. Whereas the conventional type ferry's sailing time between Northern Ireland and Scotland was over three hours.

When the HSS was first put into service it was a sight to see, a spaceship like design powering its way up Belfast Lough to the Harbour. Many people would line the coastal paths of the Lough to get a glimpse of it. It was for this reason that a family in 2007 were along the shoreline when the boat passed them heading towards the harbour.

Having watched it speed by they seemed to be unaware that the boat created a wake. So, they stood and watched as the wave travelled towards them. Standing still, probably still in awe of the vessel, it never occurred to them that a wave of about ½m had to come ashore somewhere and that that somewhere was pretty much where they were standing.

The woman and her two young children were reported as *nearly* being swept into the sea by the wave.

Once word had spread about this unfortunate incident there were plenty of people who came forward, through their personal injury lawyers to claim the same thing had happened to them.

The repercussion of this was that the high speed ferry had to reduce its speed as it entered Belfast Lough. It still had the fastest sailing time, but it was now 119 minutes.

Oh, and there was the incident of a truck and trailer unit going through the rear doors, half away across the Irish Sea. It was just left dangling out of the ferry, metres above the water and the boat had to return to port.

I know ferries are designed to be 'roll on, roll off' but I'm not sure this is exactly what they had in mind.

Anyway, on this March morning the fast ferry was nowhere to be seen. The lough or the open sea didn't look rough (oh yes, I forgot, another design flaw of the HSS was the fact that it couldn't handle rough seas) but yes, the sky was grey and the weather forecast was for a bit of snow.

We drove our car into the boarding lanes and when we got to the check-in booth, we were told the bad news. The fast ferry wasn't running because of the forecast, so we would all go on the slow boat. The check-in lady also informed us that the weather in Scotland was pretty wintery with many of the roads closed.

"That's ok," we said as we were only driving 40 minutes once we were in Scotland and that was on the major roads. We were directed onto the ferry and we had resigned ourselves to the fact that the ferry was going to take about three hours. Our plan was to return home straight after the party on the 6pm sailing back to Belfast.

Once on board this ageing ferry we headed to the lounge area. The interior of the ferry did look like it had spent at least the last 10 years resting on the bottom of the ocean rather than floating above it. Everything was worn down with peeling paint on the bulk heads. As we looked around, we noticed that many of the passengers were football fans.

The fans were divided into two groups. The green and white of Glasgow Celtic and the blue and white of Glasgow Rangers. Now I knew why they had put on such an old vessel. There was a good chance that the rival football fans would trash the vessel in a mini riot.

If a riot broke out on the way to Scotland, the ship was in such a poor condition that a) no one would actually notice, b) no one would care and c) there was the very real possibility that a small riot on board might well improve the vessel's looks.

As the sailing got underway, the views from the window can be best described as grey. A grey sea, disappearing grey land and appearing grey horizon.

Every 15 minutes a message would come over the ship's tannoy about the weather in Scotland. Roads were being closed due to snow and then we heard that all train services had been cancelled due to snow. It was at this point that we started to take the weather forecast seriously. All roads out of Stranraer were now either closed or being described treacherous to drive on.



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Needing to find out more, I headed to the information desk. Due to the deteriorating conditions there would be no 6pm sailing back to Belfast. There was only going to be the 12.30pm, which was the vessel that we were on doing a return journey within hours of it docking, or a midnight sailing.

My partner and I were now faced with the dilemma. If we were going to make it to Ayr for the party, we would be unable to get a ferry home until midnight but if we didn't go to the party, we could get the next ferry home.

We returned to the lounge to inform my partner's mum of the situation. To Gwen it was straight forward; we were going to the party and we would catch the night sailing home. But Gwen wasn't driving and Gwen didn't have a job to go to the next day.

We decided that we would make our decision once we had reached Scotland. We settled back into our seats having bought a cup of hot grey water that had been advertised as tea.

After several hours, out of the greyness you could see the light grey outline of Stranraer, Scotland. As the ferry approached the port, the Captain made an announcement "there is a power outage in Stranraer therefore we are unable to dock as the ramps to the boat are not operating".

We were now trapped on the boat 500 metres offshore. We stared out the window into the greyness. Occasionally we would spot something that was a little less grey, but these just turned out to be cars with half a metre of snow on the roof.

After about an hour the boat started to move again. The power to the docks had been restored.

As the ferry was moving towards the docks, my partner and I were moving towards the same decision about what to do once we were off the boat.

As we drove down the ramp into the port, we saw rows of vehicles waiting to embark. My partner and I exchanged glances. We were on the same page.

We drove towards the exit of the port, did a sharp right-hand turn and lined up behind the other vehicles waiting to board the ferry home.

Gwen realized what we were doing and made a protest. We explained again that the roads were closed due to snow and this was the only ferry that would get us back to Northern Ireland at a decent hour.

Not happy with our plan, Gwen then did something that we had never witnessed before. Out of her handbag came a mobile phone.

She had up to this point, insisted that she didn't need a mobile phone and she wouldn't remember how to use it anyway. She phoned Jan to tell her we would not be going to the party.

My partner and I stared out of the window into the greyness while we waited to re-embark onto the same ferry to go home.

---

## Push Pause

I'd climbed high out above the rimrock of the large basin and had been traversing the ridgeline which was now bathed in full sun. Down below on one side of the ridge a flotilla of mountain ranges floated in a sea of fog while off in the distance some rowdy kea heralded my presence to all the wild horizons beyond.

I was tired and my chest still thumping from the exertion of the climb . . . but I loved it. Easing down onto a chunk of granite I sat to take it all in and somehow none of the battles to get here mattered anymore.

There had been the choked chasms of the gorge far below and then the grind up the steep side of the waterfall. I had passed several deer out feeding on the higher ground which eventually led upwards to my lofty vantage point.

I was in Fiordland and the panoramas are as picturesque as any you'd see anywhere. It's enormous country, where images like this are fully earned!

I love these mountain-top moments and they have become a favourite retreat for me. During those times to pause I can take everything in, life slows down somewhat and I'm reminded again of some lyrics from an old song my parents used to sing:



*"The stars are the candles and they light up the mountains, mountains are altars of God.*

*Oh the place where I worship is those wide open spaces, built by the hand of the Lord."*

In my late teens I easily turned to Christianity because of all those times I had spent in such wide-open spaces. The Bible says in the book of Romans; "For since the creation of the world His invisible attributes, His eternal

power and divine nature, have been clearly seen, being understood through what has been made."

For me, these extra-special times at rest out in the hills refreshes the scope of my place in all of Creation and reminds me again of my connection to God, and how I should respond to that.

Perhaps you already have your own special place where you pause and turn your thoughts to the more essential things. If not, can I suggest you do just that. Be intentional. Find that particular place of solitude. Pause a while . . . reflect . . . reconnect.

The Bible says "Be still (let go; cease striving) and know that I am God."

A wise old lady once said "Beware the barrenness of a busy life." (*Corrie ten Boom*)

*Greig Caigou is a keen hunter and enjoys pastoring Tasman Bible Church.*

# Community Wellbeing Forum – Māpua & Districts

**W**hat is happening to all those survey forms and the data you provided? The promised follow-up “What next?” Community Forum was convened on Thursday 19 September to address these questions.

This was attended by 25 people (3 representing regional organizations/ departments) with 20 apologies (lots on in the district that night!)

## The kaupapa

Attendees introduced themselves noting the importance of links between school and community and the strong connections between the themes of health, transport & social connectedness.

Concerns over social isolation & loneliness, issues of homelessness and the reality of issues for a “fast-growing elderly population” were all commented upon.

## Progress to date

Vicky Stocker (Hills Community Church) summarized the co-operative process of developing the Community Wellbeing Survey; noting the 20% response rate and the high levels of support stated from the community for “something to be done”.

Vicky reported that the responses fell into three main categories: **Transport, Health & Social connectedness**: commenting on how strongly these were interlinked under the umbrella of “community wellbeing”.

She noted that amongst the responses there were “some surprises and some expected ones”. It was agreed that we “didn’t want to shove this into a filing cabinet” but wanted to “give it our best shot at making some of the results and suggestions into realities”.

## Putting wheels under the wishes

Those present then divided into groups interested in one of the three topic strands and discussed possible/ achievable priorities amongst these and who was interested in being part of an ongoing working party in each area.

### Transport -

In terms of **transport in our own area**, the projects agreed on were to:

1. Establish a roster system of matching volunteer drivers in Māpua with those needing travel around Māpua for appointments / activities (hopefully with the support of Age Connect’s system).
2. Work on setting up a community bus system (leased locally if possible) for a regular Māpua to & from Richmond/ Motueka route, building up to several days a week and maybe several times a day.

**Convenor:** Elena Meredith (MDCA Community Wellbeing Subcommittee & Community Transport Trust):  
elena.meredith@xtra.co.nz or 540-3338

### Health -

In terms of **health in our own area**, the projects agreed on were:

1. Andrew Goodger (MNDHB) to send a comprehensive list of health and related agencies.
2. Agencies and individuals on this list to be approached to see if they would be willing to run local clinics/ appointments/ services in Māpua on a regular basis to

avoid so many travelling outside Māpua for appointments.

3. The old Church could make a possible community hub – based on the model of Motueka’s Decks Reserve Community House.

**Convenor:** Vicky Stocker (Hills Community Church):  
gvstocker@gmail.com or 540-2294

## Social connectedness -

Areas for further research and follow-up were brainstormed in this group:

1. Community Hub – for information and access to services (see No 3 above)
2. System of hooking into “excess supply of volunteers” in the area & linking them into areas where support is needed.
3. Possible establishment of an accessible (maybe online) directory of such health and social support agencies.
4. Wider & more focused use of community’s communication systems and forums (e.g. *Coastal News*; MDCA Facebook & Website; Neighbourly; Community Notice-boards) to inform residents of what is available and what is going on.
5. Revive “Welcome to Māpua” Newcomer Packs; link with visits to newcomers.
6. How to set up linking surrogate “grandparents and grandchildren” to make links between families and available older people.

**Convenor:** Garry Pryce:  
garryandmaggie@xtra.co.nz 027-5656544

## Report Back

These themes and commitments from each working party were reported back to the wider group.

- It was acknowledged that **more resources** (including research) would be needed for some of these projects and that locating and accessing these is an ongoing task for us all.
- It was **agreed to accept Mapua & Districts Community Association’s offer** to be the repository and communication channel for the three working parties – with its breadth of focus on the whole community. This along with Nelson Tasman Community Transport Trust can also be avenues for accessing further support in terms of funding.
- Working parties will **keep records** of their communication and summarize these in a **report for the beginning of December**.

Most agreed that “grass roots response is the answer” with the wish that services are made available and resources released together to **all** members of the community “so that none are left behind.” Those attending were thanked warmly for their attendance, enthusiasm & input and ongoing results were eagerly looked forward to.

*Elena Meredith  
(MDCA Community Wellbeing Sub-committee)*



# Māpua Community Care Project

## Dale Vercoe Community Care Charitable Trust (DVCCCTRUST)

Since the last update the Trustees' main focus has been working on subdivision and planning issues relating to the land being gifted by Dale Vercoe and his family.

Thank you to the Mayor, Deputy Mayor and other staff at the TDC for all your help so far in these areas. We appreciate being able to hold trustee meetings at the Mapua Library. A big thank you to others who have given up their time to help and encourage us over the past few months.

All are invited to attend a presentation to update the community on the Trust's progress. This presentation will be part of the Mapua District Community Association meeting, held at the Mapua Hall, on Monday 11th November at 7pm. We thank the MDCA for providing us with a platform to engage the community and seek more support to move the project forward.

Members of the public are also invited to attend the DVCCCTRUST AGM to be held at the Mapua Bowling Club rooms at 6pm on Tuesday 26th of November. A huge thank you to Fleur and the Car Club Team members who are supporting the Community Care Project again this year.

The Mapua Car Show will be held on Sunday 10<sup>th</sup> November at Mapua. Dust off your classic car and join in the fun on the day! On Wednesday evening 27<sup>th</sup> November the Fundraising Quiz at the Mapua Sprig & Fern will be raising money for the Community Care Project. Make up a team, come and enjoy the fun and be into win some great prizes!

The Trustees were very happy to support the recent Mapua and Districts Well-Being and Tasman Area Transport Survey and look forward to working with community groups and interested people to "Help make our great little community even better" for all.

*Katherine Kingdon, Paul Zealand,  
Ron Oliver and Tim Manning  
DVCCCTRUST Trustees*

# Letter

Hello Mapua Community

Please mark in your diary - Sunday 10 November, 10am until 2pm to visit the 2019 Mapua Car Show, held at the corner Aranui Road and Tahi Streets

This event supports the Dale Vercoe Community Care Charitable Trust

**\$5 entry per car  
and gold coin donation per adult to view**

A number of car clubs are supporting this event and feel free to bring your own vehicle for show and tell.

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*Kind regards, car enthusiast Fleur Roberts*



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## June to Aug call outs

15/8/19 23:13 downlights on fire Coastal Highway near Robinson Rd. Minor damage to inside of house.

29/8/19 13:30 fire on Neudorf Rd, turn back.

02/9/19 13:53 small unpermitted fire out of control Seaton Valley Rd, used tanker to put out.

12/9/19 10:15 car and caravan rolled SH60, may have fishtailed due to wrong loading.

12/9/19 18:44 persons stuck in lift, pry door open.

Calls this year = 66

## Safety Tip – Be safe.

Check smoke alarms are working, clean alarms.

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

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

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# Somewhere, Elsewhere Doc

## A short story by Tom Hunter

Every couple of years, Margaret, my wife, bludgeons me into a complete physical at the village surgery. This visit is conducted under sufferance and is preceded by a week or two of rigidly enforced abstinence from coffee and muffins.

That's not the worst of it though. The digital examination is enough to put you off your breakfast for a couple of years. Anyway, I've been studiously avoiding having my right knee looked at in case it involves further invasions of my ancient body.

However, a few days ago, Margaret found the empty pain killer packets in the rubbish. I know this because ever since she's been looking at me covertly over the top of her glasses. I know she's dying to ask what's wrong.

She doesn't ask because she's afraid she may not like the answer. We've both become a little paranoid about creeping lurgies in our old age. Anyway, I've got to put us both out of our misery.

I loaded up my golf clubs at lunchtime, pretending to be off to play a few holes today. Actually it's destination medical centre. Aside from Margaret's fears, my big seven 'O' is looming and I'm afraid I might leave fixing whatever it is too late.

For the last month all I have been able to think about was a kid at school that died of knee cancer – at least that's what we heard at the time. I am mindful though that anything medical science couldn't explain to us back then became the big 'C'. The cause of this agony has been elusive so the possibilities have become that much more sinister.

At the surgery I endured five minutes of growling about arriving without an appointment. Trying to be ultra friendly after the telling off, the gatekeeper finished with "alright James, if you take a seat we will hope for a cancellation this afternoon." Without protest I meekly sought the sanctuary of the chairs and magazines and settled in for a long wait.

When I was a kid it was always Jimmy but somewhere around fifty, people who didn't know me started to call me James. Perhaps they felt

that Jim, my real name, lacked the appropriate dignity for an older person. Doc Padgett always called me Jimmy.

Back in those days his surgery consisted of a few chairs, a nurse that popped in and out of the inner sanctum and no magazines that I can recall. The pervasive smell of antiseptic though has stayed with me for years.

And, another thing, there certainly didn't seem to be anything explaining patient's rights. Back then you could be the only one waiting to see the doctor with plenty of time to reflect on the need to be there at all.

Those were the days of Mercurochrome and plaster casts. I can't remember a day at school back then where somebody didn't proudly display a limb covered in graffiti. I never did have one.

This fondly recalled nostalgia was interrupted by the unexpected, "James – doctor will see you now." The chances of seeing the same doctor twice in a row were pretty slim but that's what happened.

"Say Jimmy, long time no see. What brings you here today?"

"My knee."

"Right. So what about your knee?"

"Well, it creaks and groans and feels like it needs new bearings."

"We've looked at this before, haven't we? The fish oil and the glucosamine not working anymore, eh?"

"Nope, never worked and now I'm into pain killers too much for my liking."

If truth were told I'd forgotten all about those pills. Considering they were the size of small nuclear warheads that was probably why I conveniently forgot to renew the prescription.

"OK, let's get a few notes. You know, I'll have to send you for an X-Ray and then, depending on what we see, to a specialist?"

I nodded.

"So, Jimmy, I might have asked this before but have you any idea how this happened in the first place?"

*(Continued on page 17)*



Bingo! That's when I realised I did know how it had happened. Old Doc Padgett called me Jimmy and asked exactly the same question. I always wondered why it was 'in the first place,' as if there was a 'second place'. Funny the way these little things stick in your mind, but perhaps this story had been lurking in my mind for a while now.

It was a hot early Sixties summer afternoon. My mate Dennis and I had just finished a marathon Monopoly game. We agreed it was time for a swim at the creek so we grabbed our bikes and rode a block to collect Jingles and Curly; Jingles after the fat cowboy and Curly - no explanation needed. The twins lived in a ramshackle house with no TV, so we were pretty sure they would be up for it.

The creek was at the back of Finnemore's orchard. It was a bit spooky there so we always went together. We held our breath and pedalled furiously through the vacant lot at the back of the subdivision where there was supposed to be a dead body. Yeah, well, there might have been.

We left a cloud of dust behind as we hit the dirt track through the bottom of the orchard. Half way along, and this was another ritual, we always stood on the pedals and screamed like banshees down to the creek.

Old man Finnemore didn't mind us using the swimming hole but all the same he sat on his veranda most of the time where he could see anyone snaffling apples. Tubby Barrett said that Finnemore took a shot at him once when he was snaffling. We didn't believe him but we didn't want to take chances either.

The noise we figured would let old man Finnemore know we weren't stopping for his precious apples. But, the fact was, it was mostly about frightening off any spookies lurking at the swimming hole - a flawless theory that worked all that summer.

As we neared the bank, Jingles on his clapped out old Schwinn, pedal clanking against the chain guard, clanked himself into the lead. At the riverbank he took off into the air and skidded into the water up to the pedals. He hung there for a minute and then keeled over. It was a challenge to see who could get out the furthest so I doubled back to get a better run at it.

As I went over the bank my front wheel snagged a tree root. I went flying and landed in a heap; one knee whacked a rock and the other

skidded on the gravel. I tried to scramble up but I kept slipping. In the end I just sat in the water and stared at my legs. My right knee looked funny with the kneecap facing the wrong way. The other knee was bleeding like crazy.

Curly went green and staggered away muttering some new expletive he'd just learned. Jingles, oblivious to the real drama and being a budding mechanic, shouted from the top of the bank that it was just a busted spoke and he could fix it.

Dennis, never really practical when it came to most things had a brilliant moment. He grabbed my kneecap and pushed it sideways. It made a squishy noise and snapped back like it was on an elastic band. I don't recall it actually hurting at the time because of the blood pouring from the other knee.

Somehow they got old man Finnemore and his rusted old F100 pickup to get me to Doc Padgett's surgery. The first thing the Doc said was "Well Jimmy, how did this happen in the first place?"

Anyway, that day, it took a couple of stitches and a good painting of Mercurochrome to fix the left leg. I remember it looked impressive.

Doc felt the wobbly kneecap on the other leg, which by now had swollen to the size of a football. He said the swelling was a good sign but how he figured that out was a mystery.

Anyway, all he did was wind one of those elastic bandages around and around it. I was mortified - no plaster cast. I remember my mum seemed pleased about that which seemed totally unfair to me at the time.

Doc Padgett got my attention back as he held me by the shoulders and looked me in the eye, "Well, Jimmy, you might get a bit of gyp from that knee in your old age but it's OK for now."

At the time "gyp" was a concept beyond my comprehension.

"Earth to Mr Jones, are you with me?"

I felt my kneecap being pushed back and forth.

"Oh, yes, sorry doc. What was the question? I was somewhere else."

"Somewhere?"

"Elsewhere."

"Oh. I see. So, Jimmy. Any idea how this happened? Any ideas at all?"

"Nope. Old age I guess."

# Pastel Artists of New Zealand

Confession time. I have missed three Tuesday morning sessions in a row. All legitimate I hasten to add (dog to the vet, funeral, committee meeting) but it means I'm unable to report on any challenges, shared knowledge or gossip that may have taken place.

But today, Tuesday 10<sup>th</sup> September, I was back at my usual table in the corner near the wall heater, so I can report on the activities of the morning.

There was gossip. It centred on joy or disappointment and the acceptance of rejection when a submitted piece of art is declined for showing by a judging panel. Criteria are always set by judges but it is still a subjective process and artists should not be despondent if their work is sometimes rejected. Try again is the mantra and who knows, next time you might be the one whooping with delight.

After the 10 o'clock 'sermon' (shared notices, nothing serious), Michael Busby talked about and demonstrated all the gadgets and paraphernalia, many home-made, that he uses in the creation of his paintings. It left most of us flabbergasted.

His work is skilled and precise and the gadgets are designed to help achieve accuracy. Many of us work purely

by eye and instinct and sometimes with the use of a grid, particularly for portraits. But there is a place for all. If you want to be loose and messy, you certainly can. If you want to be detailed and accurate, then Michael is the man to talk to!



By the time you read this, the Tasman National Art Awards and Exhibition will be underway in Mapua Community Hall. The exhibition opened on Saturday 28<sup>th</sup> September and is open daily from 9.30 am to 4.30 pm until Saturday 12<sup>th</sup> October. Entry is free and there is still time for you to view and enjoy the art on display. You might even decide to purchase; all of the artworks are for sale. Information can be found on the art awards website or Facebook page [www.tasmannationalartawards.nz](http://www.tasmannationalartawards.nz)

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

*Sue England*



NEW PROGRAM

# JAMES REID

**SONGBOOK TOUR**  
SONGS FROM THE FEELERS,  
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**Playhouse  
Theatre**

**Thursday  
3rd October**

**Show @ 8pm**  
**Dinner from 6pm**

**\$40, dinner + \$38**

PLUS! eventfinda JAMESREID.CO.NZ

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# The Playhouse Cafe

## What's On Guide

# OCTOBER 2019

## OPEN FOR EVENTS, GROUPS and SUNDAY LUNCH

Free Drop off to Mapua

Call 5402985 for bookings

M	T	W	T	F	S	S
1	2	3	4	5	6	
		JAMES REID of the Feelers \$40, Music 8pm Dinner from 6pm, buffet + \$38 Tickets from eventfinda	PAUL UBANA JONES \$30, Music 8pm Come and see the master at work Amazing gat player Mind blowing voice	CLOSED FOR PRIVATE FUNCTION	Open from 11am till 4pm	
7	8	9	10	11	12	13
FILM CAMP Mon 7th till Fri 11th, 9am till 4pm daily Kids write, shoot and edit their own movie For kids 10 to 14 years, \$400 includes meals				Filmcamp Screenings Free 630pm	CLOSED FOR WEDDING	Open from 11am till 4pm
14	15	16	17	18	19	20

**LAST CHANCE FOR CHRISTMAS PARTIES**  
**Fri Nov 29th: Paul Madsens QUEEN TRIBUTE**  
**Fri Dec 20th: Murder Mystery**  
**Sat Dec 21st: Best 80s Night Ever!!!**

**RUGBY WORLD CUP FINALS DINNER**  
**SATURDAY 2nd November**  
 5 course gourmet meal, Dinner \$60 from 7pm  
 kickoff 10pm  
 Includes Inhouse baby sitting services  
 Free for locals but diners get best seats  
**MASSIVE SCREEN and Projector! 3m by 9m**

November Offerings  
**FRI NOV 8th**  
**Born on the bayou: CCR TRIBUTE BAND**  
**SAT NOV 9th**  
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Closed for Private Function  
 25  
 1970s Soul Train Disco Party!!  
 Free Entry  
 Music 730pm  
 Dress up have fun  
 1  
 CLOSED FOR PRIVATE FUNCTION  
 26  
 Labour Weekend  
 POLE STARS NZ  
 \$30, 7pm  
 NZs Best pole performers hit the stage  
 2 Rugby World Cup Finals Dinner  
 5 courses \$60  
 7pm, Kick off 945  
 Baby sitters in house  
 27  
 CLOSED FOR WEDDING  
 3  
 Open from 11am till 4pm

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# Why Does My Pain Recur?

Recurring pain, problems and injuries are annoying to athletes of all ages who want to compete at the highest level. They are also annoying to everyday people who want to enjoy the outdoors and recreational activities as well as those who just want to climb the stairs or sit at their computer without pain. Maybe they are annoying to you?

If you have pain, problems and injuries which recur, you may have thought or asked a version of this question on more than one occasion...

## "Why do my pain or injuries recur?"

Recurring problems and injuries are likely to repeat if you are just treating symptoms rather than getting to the underlying cause of the problem. Over the counter medication, prescription drugs, or anything else for that matter that is focused on artificially reducing inflammation or chemically numbing the pain, can be a reason why injuries come back over and over again. Chemically altering the way you feel can lull you into a false sense of well-being while also setting you up for a recurring injury.

Just because you feel better does not mean the problem is gone. Just because the pain has subsided does not mean the injury has been eliminated or corrected. It just means the pain is gone - for now. This can lead to recurring injuries, severe and permanent problems as you age.

When it comes to truly healing, sometimes the injury can be your best advocate. If you listen to your body rather than put it to sleep with drugs, you will be able to make choices to understand and start to correct the underlying cause, and support your long-term health.

Many people have problems and ongoing injuries because they have areas of their spine that are not moving properly, often for years. As I have written in previous articles here, this alters all sorts of muscles that are controlled by the brain which therefore affects how they move our bodies.

It is these sort of faulty movement patterns which put stress on our muscles, ligaments and joints which then cause tissue failure and injury. This affects our spine, our extremities and our nervous system, and that can affect your health on every level.

These problems can lie dormant and asymptomatic for decades or cause immediate pain and discomfort in any part of your body from head to toe including your organs, systems and muscles.

Many scientific studies have shown that adjusting dysfunctional segments in the spine can not only improve spinal function but can also improve the way we sense our environment, process information in our brain and control the muscles in our arms and legs.

All this helps to decrease re-occurring injuries and helps to prevent injuries in the first place. Chiropractic care is indeed able to enhance human performance in the general population as well as top athletes.


Additionally, your personal habits and lifestyle choices have a lot to do with perpetuating or eliminating reoccurring injuries too. If your body is telling you not to run because of an injury that won't go away, listen to it and go for a walk or ride a bike instead.

If your body is telling you not to lift a certain way or with a heavier weight, listen. If it's telling you to eat or not to eat a certain food, listen.

Whether you plan to live as a high level athlete or just want to get on with your daily activities with ease, taking the actions described above, listening to your body's messages and responding to them wisely will enable you to eliminate pesky injuries and enjoy your ideal life more.

If you experience problems and injuries which recur, here at Coast & Country Chiropractic we may be able to help you. If you are hoping to understand more about how your body works and an approach to putting that knowledge to work in a meaningful way for a happier, healthier life, we can help. We are trained in diagnosing, treating and managing pain.

*Dr Ron Howard*



**Coast & Country  
Chiropractic  
Centre**  
**Dr. Ron Howard**  
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[coastandcountrychiropractic.co.nz](http://coastandcountrychiropractic.co.nz)  
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## A Year-round Favourite

**T**his is an old family favourite that we have eaten in our household for longer than I care to remember.

It is one of those dishes that can be knocked out in 20 minutes flat, no matter the season, and satisfies the

hungriest of appetites. I've even been known to scoff a bowl of it cold for breakfast on a warm summer's morning.

If you don't like things too spicy, use a mild curry paste or powder and go for more lemon for a sharper tang. And you can add a spoonful of tamarind paste for additional sourness to counterbalance the sweetness of the sultanas.

If you don't like canned tuna, go for fresh, or use tofu, prawns, chicken, turkey, even lamb. Like all good curries and stews, it's even better the next day and freezes well too.

### Tuna Curry Serves 6 - 8

2 x 250 g cans Tuna in spring water - drained, or 600 g chicken or turkey thighs or boned shoulder of lamb cut into large pieces, or 3 - 4 prawns per person.

2 tablespoons vegetable oil

1 large onion sliced into large chunks (8<sup>th</sup>s)

2 cloves garlic, crushed

2 tablespoons Patak's Madras curry paste or a curry powder of your choice

500 g Tomato puree

½ - 1 cup water

Salt to season

A handful of sultanas – optional

1 whole lemon, quartered

Freshly chopped coriander to garnish

In a large frying pan or heavy based saucepan heat the oil to a medium heat, add the onion and garlic and sauté until they start to colour. Add the curry paste or powder to the pan and stir in, cooking for a few minutes.

If you are using chicken, lamb or turkey, at this point add the meat and coat the meat in the curry paste.

Add the tomato puree and the water, stir again to combine and if using Tuna, add now. Squeeze the juice from the quartered lemons into the curry and toss in the lemon quarters, pips removed, as well. Season with salt and reduce to a simmer.

Cook gently for 20 - 30 minutes or more – this will depend on the meat you are using but fresh or canned tuna and prawns take the least time – stirring occasionally.

Serve on plain or cumin rice, with chopped coriander and a wedge of lemon to garnish.

### Onion Raita Garnish

¼ cup aromatic vinegar

½ red onion, peeled and sliced finely

Place the vinegar in a shallow dish and add the sliced onion. Leave to 'pickle' for half an hour and serve on top of the curry and rice.

### Cumin Rice Serves 6

50 grams jasmine or brown basmati rice /person (250g)

1 teaspoon cumin seeds

1 tablespoon vegetable oil

Enough water to cover the rice – normally 1 quantity of rice to 2 x quantity of water

Salt to season

Wash the rice until the water runs clear. Place the oil in a saucepan and heat over a medium heat. Add the cumin and toast until just perfumed. Add the rice, stir, then cover with water by about 1-2 cm. Season with a little salt, and bring to the boil.

Once boiling reduce the heat to a low simmer and cook until the rice is just showing bubbles or little craters on the top of the rice. Put the lid on tightly, turn off the heat, cover with a tea towel, then leave to rest for 10 minutes. When you lift the lid the water should have all been absorbed and the rice will be fluffy, light and perfumed. If you wish, you can fold in a knob of ghee or butter through the rice before serving.

*Sarah La Touche is a qualified Holistic Nutritionist. A registered member of the New Zealand Clinical Nutritionists Association, she also runs B&B and self-catering accommodation in Mapua, **walking and gastronomic hosted holidays in France – 2020 culinary tour dates on request.** She is available by phoning 027 315 1165, [sarah@livingnutrition.co.nz](mailto:sarah@livingnutrition.co.nz) or [www.foodiesinfrance.com](http://www.foodiesinfrance.com), or [www.holidaystaymapua.nz](http://www.holidaystaymapua.nz).*



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**References available.**

# Moutere Hills RSA Memorial Library

**Late Night Opening Change to Tuesday:** We are continuing our evening opening hours for the period of daylight saving but have decided to **change it to Tuesday evenings**. This synchronises nicely with the Mapua Health Centre having their evening opening hours on a Tuesday. Please note however that we will not be open as late as the Health Centre.

**Volume Mapua Literary Festival and Literary Festival Quiz Night:** I am writing on the eve of the festival. The children's events involving six schools look absolutely wonderful and ticket sales for the main Festival and Quiz Night have experienced their usual 'late in the piece' rush! Support from local businesses has again been strong and is much appreciated. All bodes well for a wonderful weekend. Details in the next edition.

**Short Story Winner Announced:** In conjunction with the Literary Festival, we run a short story competition. Congratulations to our winner - Tom Hunter, with his story *Somewhere, Elsewhere Doc*. His story is published here in the Coastal News on page 16.

**Community Grants Scheme:** We are very excited to receive \$3000 from this TDC scheme. It will be used to purchase books to maintain our collection's currency and relevance.



**Displays:** Janet Marshall's NZ Native Bird paintings are on display until the end of October. You are very welcome to pop in and view our display of local talent.

Our **foyer display** changes each month - and yes, books are available for immediate borrowing.

**Borrowing Statistics:** We are pretty sure that August was our busiest month ever for borrowing. We issued over 2000 items! It is wonderful to see so many enjoying the library collection.

Lynley Worsley

Library Hours (closed Statutory Holidays & New Year's Eve)

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

mapualibrary@xtra.co.nz; Facebook: Mapua Community Library; mapuacommunitylibrary.co.nz

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



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# Spring Fling

**Māpua Spring Fling is back!**

**Book the date – Thursday 17<sup>th</sup> October.**

We had fabulous weather for our last Spring Fling and the event was a huge success with well over 400 ice creams slurped, gallons of home-made lemonade guzzled and over 500 sausages chomped. So we're back for more of the same this year!

The objective of this 'everything free' event is to develop community connections, bridge the generation gap and provide an opportunity to mix and mingle. It is fantastic to see friends and neighbours catch up with each other, locals meet locals they had never met before, make introductions and everyone looking relaxed and happy.

Last year the Sports Tasman crew (courtesy of Tasman District Council), turned out with games galore and a sprinkling of bean bags. There was a giant Connect 4 as well as heaps of other games and activities.

The Bowling Club opened its doors for people to try their hand at a spot of bowling. As always the Māpua Fire Crew turned up at the end and completely drenched all the kids!

We have always been fortunate to receive donations that enable this event to happen and sincere thanks go to Māpua Ruby Bay and Districts Community Trust, Talleys, Hamish's, Māpua Auto Centre, TDC activities trailer team and NBS, all of whom make a contribution to this fantastic community event.

Most of these donors have supported us for the full 12+ years we have been running. We are very grateful for their generosity.

The Māpua Spring Fling is an event for all members of our community to come together and enjoy our Domain and each other's company. It is organised by the "Strengthening our Community" group which works to fulfil the proverb "*It takes a village to raise a child.*"

In recent years a few of the original event organisers have decided to deservedly take a step back leaving us slightly short staffed. After 13 years, the formula is well-defined, the 'to-do' list is complete and the organising is all run via an email trail.

So it is not onerous, doesn't involve meetings and is a worthwhile, rewarding activity. If you are happy to join the organisers or would like to know more, please contact Sally Hargraves on 027 898 600 or 540 3917.



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## Māpua Kai Collective

The fantabulous September cook-up team produced 70 containers of Pasta Bolognaise and 61 Fruit Crumbles.

A reminder that you can collect a meal from one of our freezers – situated at Delicious, the school foyer and the Mapua Community Hall - and take it to someone you know who needs a break.

If you'd like to be a link in our chain or a strand in our kete, consider making a donation towards our grocery bills – our savings account at NBS is: 03 1354 0464683 50

Please tag the transaction as 'donation'.

A sincere thank you to everyone who already contributes to the Collective. You are helping us weave a stronger and more resilient community.

*Bridget Castle*

## Zoom Hair & Beauty

Lisa - salon director  
Peter - senior stylist  
Leone - stylist  
Megan - beauty specialist  
Andrea - massage / Make up

We welcome Carmen - Senior stylist  
bringing 30 years' experience.  
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the rest of the team online  
[www.zoomhair.co.nz](http://www.zoomhair.co.nz)

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# Orphan Kids Charity

## 10 x 10 x 10

Would you like to help a local charity raise  
\$1,000 in Ten Days?

### Orphan Kids Charity (OKC)



On the 10th of the 10th we will launch our campaign to raise 100 x \$10 in 10 days. The idea is simple; if 10 people each day donate \$10 over the 10-day period we can raise \$1,000!

We need to find the support of 100 people to achieve this. Could you assist with a donation or find others to join you to make up a group of ten to fund a day?

OKC was established as a charitable trust in 2013 here in Mapua. We provide educational scholarships to students orphaned in the north of Vietnam.

We are a small charity having successfully supported several students through their tertiary

study and the achievement of qualifications (including teaching, tourism, accountancy and business studies).

For the coming study year, we aim to support 13 students with their study and hope to assist another 4 with their transition from graduation to employment.

If you would like to help us achieve the goal of raising \$1,000 in ten days, you can make a donation directly to OKC's bank account which is ANZ 06 0453 0210529 00. Or contact Janet Taylor (540 3364) or Sarah McLeod (540 2698) to find out more.

If you are interested in knowing more about OKC (including options to directly sponsor a student) you can visit our blog site at

<http://orphankidscharity.wordpress.com/>

We will update progress on our 10x10x10 target here as well. The ongoing support from our community is making a difference and is very much appreciated.

*Thank you! Janet Taylor*

## Māpua Craft Group

Our most outstanding Friday meeting last term was when Elizabeth brought her dolls to show us. With a friend, she developed patterns and sold "Make your own Doll" packages using most attractive materials. Her dolls featured in handcraft magazines.

Elizabeth used to hold doll making classes locally and many ladies must treasure her dolls.



Leone and Nita (shown here) brought along their treasured dolls - Nita made her first doll for her daughter over half a century ago!

*Barbara Halse.*





## Movie Night

Academy award winner Mahershala Ali, and nominee, Viggo Mortensen, star in GREEN BOOK, a film inspired by a true friendship that transcended race, class, and the 1962 Mason-Dixon Line.

When Tony Lip (Viggo), a bouncer from an African American neighbourhood in the Bronx, is hired to drive Dr Don Shirley (Ali), a world class black pianist, on a concert tour from Manhattan to the deep south, they must rely on 'The Green Book' to guide them to the few establishments that were then safe for African Americans.

Confronted with racism, danger as well as unexpected humanity and humour, they are forced to set aside differences to survive and thrive on the journey of a lifetime.



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**Sunday 13th October**  
**Entry at 6.15**  
**Movie starts at 6.30pm**  
**Bring your own camp chair, snacks & drinks**

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## GOKYO & RENJO LA

### One of the best short treks in Nepal!

After a flight to Lukla, we walk up to Namche Bazaar then head off the main Everest trail to reach the tiny settlement of Gokyo, set on the edge of a lake amid snowy peaks. Gokyo Ri beckons, a 2-3 hour climb to 5340m with clear views of Everest, Lhotse, Cho Oyu and Makalu. The next day we skirt the lake on an old trading route and follow a rocky path to reach Renjo La (5417m) in about 3 hours. It's quite different to the view from Gokyo Ri and we can take time to enjoy the grand array of vast Himalayan giants all around us. All too soon it will be time to drop down towards our next lodge.



## MAPUA COMMUNITY HALL



Check out or what's happening at the hall in October on the calendar below .

This month Packhouse Cinema is screening **'The Green Book'** on **Sunday 13th** and this will be the last film for the 2019 season. The Hall Society wish to Thank Pete & Di O'Halloran for their tremendous efforts in voluntarily putting on this show for the community each month, it's a wonderful fundraiser for the Hall and an enjoyable, local night out for the community.

This month brings the **Tasman National Art Awards** from **28th September through to 13th October** along with the school holidays so check the Mapuahall.org website for any changes to the regular timetable.

Come on down and join us at the **Mapua Sprig & Fern** on **Wednesday 9th October** for the Mapua Hall fundraising Quiz!

### What's On at the Hall In October!

Monday	Tuesday	Wednesday	Thursday	Friday	Sat	Sun
<b>TASMAN NATIONAL ART AWARDS</b> 28th September-13th October	1 9am PANZ 1.30pm Tai Chi for Beginners 6pm Yoga with Martin	2 1pm Tai Chi 6pm Yoga with Thomas	3 9am Mapua Art Group	4 9.30am Superb Dance w Hilary	5	6
7 6pm Dance Fitness with Hilary	8 9am PANZ 10am Mapua Creative Fibre 1.30pm Tai Chi for Beginners 6pm Yoga with Martin	9 1pm Tai Chi 6pm Yoga with Thomas	10 9am Mapua Art Group		12 9am SHARQUI A belly dance workout	13 6.30pm <i>Packhouse Cinema Presents</i> <b>'GREEN BOOK'</b>
14 9.15am Yoga with Charlotte 9.30am Superb Dance w Hilary 6pm Dance Fitness with Hilary 7pm MDCA Meeting	15 9am PANZ 9am Sioux Line Dance 1.30pm Tai Chi for Beginners 2.30pm Sit & Be Fit 4.30pm Mapua & Ruby Bay Districts Community Trust meeting. 6pm Yoga with Martin 6pm Aerobics 7pm Pilates w Lynda	16 9.05am Aerobics w Lynda 10.05 Pilates w Lynda 1pm Tai Chi 6pm Yoga with Thomas	17 9am Mapua Art Group 9.30am Flow Dance Fitness 2pm Friendship Club 5pm SPRING FLING in the Domain 6pm Dance Fitness with Hilary	18 9.05am Aerobics with-Lynda 9.30am Superb Dance w Hilary 10.05 Pilates 6pm Mapua Youth Group	19 9am SHARQUI A belly dance workout 9.05am Aerobics w Lynda 10.05 Pilates w Lynda 7.30pm Motueka Dance Group	20
21 9.15am Yoga with Charlotte 9.30am Superb Dance w Hilary 6pm Dance Fitness with Hilary 6.30pm Mapua Hall Committee Meeting - ALL WELCOME	22 9am PANZ 9am Sioux Line Dance 1.30pm Tai Chi for Beginners 2.30pm Sit & Be Fit 6pm Yoga with Martin 6pm Aerobics with-Lynda 7pm Pilates 7pm MDCA Exec Mtg	23 9.05am Aerobics w Lynda 10.05 Pilates 1pm Tai Chi 6pm Yoga with Thomas	24 9am Mapua Art Group 9.30am Flow Dance Fitness 6pm Dance Fitness with Hilary	25 9.05am Aerobics with-Lynda 9.30am Superb Dance w Hilary 10.05 Pilates 2pm Friendship Club	26 9am SHARQUI A belly dance Workout <b>PANZ Workshop</b>	27 9am Tai Chi Intensive
28 9.15am Yoga with Charlotte 9.30am Superb Dance w Hilary 6pm Dance Fitness with Hilary	29 9am PANZ 9am Sioux Line Dance 1.30pm Tai Chi for Beginners 2.30pm Sit & Be Fit 6pm Yoga with Martin	30 1pm Tai Chi 6pm Yoga with Thomas	31 9am Mapua Art Group 9.30am Flow Dance Fitness 6pm Dance Fitness with Hilary			



# Daffodil Day

The last Friday in August is always a riot of colour with the Cancer Society's Annual Daffodil Day Appeal. Thank you once again Mapua for your generosity in supporting the stall run by the Mapua Women's Recreation Group.

We had an amazing time at Don Heslop's picking the daffodils on Thursday. Don grows them especially for the Cancer Society and the variety of daffodils is astounding.

Our community raised \$2567.60 this year.

The winner of the Big Bear raffle was Villy Jones.



## Thank you!

On behalf of Alzheimers New Zealand, Nelson Branch, I wish to thank the volunteers, individuals and businesses in Mapua and Motueka for their generous contributions and support of the Alzheimers fundraising raffle table held in Mapua on Tuesday 17<sup>th</sup> September. (below)

Many thanks also to Mapua 4 Square for allowing us to set up in front of the shop.

Valerie Roche



## Advertising Costs

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

\$2.50 per cm up to 6 cm

\$3 per cm up to 10 cm

\$4 per cm over 10 cm

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E: [news@coastalnews.online](mailto:news@coastalnews.online) for more information.

*Edited by Andrew Earlam and Mary Garner. Views expressed are not necessarily those of the editors. We aim to have the newsletter out by the 1<sup>st</sup> of the month. The deadline for emailed items to [news@coastalnews.online](mailto:news@coastalnews.online) is the 20<sup>th</sup> of the month. Noticeboard items are a gold coin donation in the collection boxes. Club notices are free. Printed by the Tasman District Council.*

*We are definitely looking for a **volunteer** to use Publisher in the production of the **Coastal News**.*





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# Noticeboard

**Storage** wanted for my adorable 96½ year-old vintage pickup wagon. Currently not in active service. Could be long term. Please phone Bruce, 027 375 7590.

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

**Nelson Trout Fishing Club:** 7pm 3rd Wednesdays, Fish & Game Rooms, 66/74 Champion Rd, Stoke. Beginner or expert. Courses, field trips, speakers. Open to all ages. Info: 03 5476432, secretary@nelsontroutfishingclub.com

**Friends & Neighbours:** Varied programs of interest, friendship & good morning tea. Third Fridays 10:30 - 12:30pm at Tasman Bible Church. Info: Lorna 528-4902, Jane 526-6709.

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

**Motueka Scottish Country Dance Club:** Wednesdays 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.

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

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

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

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

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

**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.

**Māpua Fellowship Group:** Monthly lunch meeting noon 16 October at Jellyfish, Mapua Wharf. Anyone who would like to join please contact Janice Higgs 03 528 8883 by 14 Oct.

**Ruby Coast Walking Group** meets 9.30am Wednesdays by Tasman Store. Walk 1½ hrs then coffee & muffins back at the Store. All welcome. Fiona: 021 232 6089 for more info.

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

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

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

**Ruby Coast Run Club** runs most mornings. Find us on Facebook or contact Debby 027 327 4055.

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

**Catalyst 5k run:** Thursday nights 5:30pm. Contact Debby 0273274055

**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

**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

**Intermediate Club** Year 6-8: 3-4pm at Hills Community Church. Food, fun & Hangout. Contact Mark Waweru 020410 48 799

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

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

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

**Tasman Golf Club** welcome new golfers to Kina Cliffs for local golf experience at realistic cost, the best in Nelson. Coaching available. Info: Derek 540-3364 ev, or Claire 03 526-6819.

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

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

**Toy Library:** extensive selection of toys, puzzles & videos for children 0-5yrs. Māpua Hall every 1st & 3rd Tuesday, 10-11.30am & 6.30-7.30pm. Info: Anja, 544-8733.

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

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

**Māpua Craft Group:** Fridays 10-noon, supper room, Hills Community Church. Simple craft work, occasional guest speakers, demos & outings. A social, a cuppa, some easy craft. \$2 + koha for materials.

**Tasman Area Community Association (TACA)** 7.30pm last Thursdays (except Dec) at Tasman School. Residents of Ruby Bluffs to Tasman & Kina are welcome. Info: www.tasmancommunity.org.nz

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

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