



Tasman National Art Awards and exhibition

We are feeling positive! As the South Island remains at Level 2 in response to the latest outbreak of the Delta strain of Covid, the Tasman National Art Awards and Exhibition will go ahead in Māpua Community Hall. All precautions for staff and visitor safety will be in place and numbers will be limited to a maximum of 100 people at any given time.

Unfortunately, the official opening on Saturday 2nd October will not take place as the South Island will remain at Alert Level 2 until the next Government review on October 4th.

So for everyone who would have joined us for art, conversation, drinks and nibbles, sorry! No grand opening but open we will on Sunday 3rd October and we hope to see many of you at the

Tasman
National
ART
Awards

exhibition, enjoying the paintings and not letting Covid spoil this exceptional opportunity.

The exhibition will be open every day, 9.30am to 4.30pm from Sunday 3rd October until Saturday 16th October.

There will be some stunning pieces of art on display, all for sale, and a chance for everyone to choose and vote for their favourite in the ever popular "People's Choice Award".

Free catalogues and a bumper raffle will enhance the enjoyment.

If you would like to be involved in any way, or need some information, please make contact with team leader, Glenys Forbes on 03 540 3388 or by

email gmforbes@ts.co.nz

Sue England

The Write Bias

News from Māpua Bowling Club

Plenty has been happening during the winter months to prepare Māpua Bowling Club for the 21/22 season. Of course, the latest Covid lockdown caused a blip but as long as we don't go backwards here on South Island, all is ready for opening on Saturday 18th September. And the green, our prime asset, is looking great thanks to our two green keepers, Ian Benbow and Murray Blanchet.

A full programme of fixtures has been prepared to satisfy all the members whether they want to play competitively or just for fun. Seven open tournaments are scheduled into the calendar, five mixed, one for ladies only and one for gentlemen only. Along with these are some Māpua only events and a new competition against Riwaka Bowling Club with a beautiful, perpetual, silver rose bowl at stake.

A 6-week group coaching course for club members will commence on Wednesday 29th September, weather permitting. And individual coaching is available throughout the year. Strong links have been developed with Māpua School over the past few years and it is hoped that groups of children will join us once again to have an introduction to lawn bowls.

Through age or injury, it is all too easy to lose flexibility and with it, the ability to bend over to deliver a bowl. The "bowling arm" is a tool that has been developed to overcome these problems and allow everyone to continue getting enjoyment from bowling. The Club has four bowling arms for people to try and there will be a coaching session to assist.

Two "Have a Go" days have been planned when the Club will be open for anyone to come and try their hand and discover just what Māpua Bowling Club has to offer.

The first is on Sunday 17th October and the second, Sunday 6th February both commencing at 1.15pm. The Club has plenty of sets of bowls for new players to borrow; the only requirement when having a go is sensible footwear to protect the surface of the green. We look forward to seeing plenty of new faces and having some fun.

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

Sue England

Moutere Hills RSA Memorial Library

Māpua Community Library

Lit Fest 2021 The hard decision was made to defer this year's event to next year: 23-25 September 2022. Save the date.

Our sincere thanks to our organising team and to Page and Blackmore (please support them) for all the work they have put into this event. We are very appreciative that many of our authors have indicated their availability for next year.

Story Time with Tim This popular Thursday morning session (10.30-11.30am) is open to all pre-schoolers (bring an adult with you) on a week-by-week basis BUT is deferred until Level One.

Exhibition Barry Robertson's colourful work will be displayed until mid-October when Judy March's paintings will be mounted. As always, you are welcome to pop in to admire.

Charity status and donations Our library is a registered charity so you can claim 33% tax rebate on your donation. Since Covid arrived on our shores, we have had significantly smaller grants from our long-standing grants organisations. On top of this, our fundraising efforts have been curtailed - no quiz nights and a postponed Literary Festival.

The library's primary objective is to maintain a collection that is current and relevant to our members so regular book purchasing is key. Your donation of any size

would be particularly appreciated this year. Please take a slip from our front desk for internet banking details (or email us) - we are happy to organise a receipt for you.

TDC Community grants This year we were granted \$1000 towards the purchase of new books. Thanks to the grants team for making this application - and to TDC and its ratepayers - for the grant.

Level Two please scan or sign in, wear a mask and maintain social distance while in the library. Hand sanitiser is available.

Open seven days (Except Stat holidays)

Monday	2pm-4.30pm
Tuesday	2pm-4.30pm
Wednesday	2pm-4.30pm
Thursday	10am-12.30pm, 2pm-4.30pm
Friday	2pm-4.30pm
Saturday	10am-12.30pm, 2pm-4.30pm
Sunday	2pm-4.30pm

Facebook: Māpua Community Library;

Web: mapuacommunitylibrary.co.nz;

Email: mapualibrarynz@gmail.com

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Letter to the Editor

"Motueka Coastal Bus is Coming"!?

Interesting 'Header' in the Coastal News, August 2021, issue.

I applaud the general aims and hopes of the NTCTT [Nelson Tasman Community Transport Trust], however, I believe it may be useful to relook at the in-depth user analysis of the current service set up and operations of the "Māpua Willing Wheels".

Can the support information be published in the Coastal News? Please!

I mean, do we have critical mass/demand to support and sustain such a service, is there a real need or is the proposal just a social 'wish-list' response?

Individual user requirements need to be revealed and translated into a demand profile and service scheduling.... otherwise, false hopes and enthusiasm is being created, and ultimately disappointment, frustration, and wasteful investment of time, energy, and monies.

Details of potential users may well reinforce that their preference is to support local services for convenience (and resilience) and minimise their carbon footprint and travel times. Bus schedule times and direction may not suit, and bus stops themselves could add to an unworkable inconvenience. Providing safe bus stops is an outstanding and continuing 'Health and Safety' issue that requires multi-million investment in transport infrastructure!

Investment in a small "mini-bus", may be better spent identifying and assisting a few individuals to review their travel needs closer to home and minimise unnecessary travel!?

During Covid "lockdowns", the sense of community thrived, people at risk were kindly identified and assisted by thoughtful neighbours; this included ordering groceries in and taking people to the Doctor. Long may neighbourly co-operation continue.

We are a small caring community, that is able and happy to help one another (well, most of us!). Perhaps an UBER styled Neighbourly App. developed by 'Willing Wheels', could be the answer to some people's travel needs?

W.K.Darling, Ruby Bay.

Who is the Mystery Knicker Flusher?

Sewerage pumps blocked by clothing - again

Tasman District Council engineers are baffled by a recurring problem of blockages of clothing in sewerage pumps in Māpua.

Community Infrastructure Waters and Wastes Manager Mike Schruer says from time to time over the past few years there have been problems in the Aranui-Higgs Rd wastewater pump station catchment with blockages.

He says these blockages are caused by someone in the area flushing clothing into the sewer system.

"The latest spate of incidents started at the beginning of August and since then our contractor has had to attend to eight pump blockages caused by four T-shirts/singlets and five pairs of underpants."

Mike Schruer says pump blockages take several hours to clear and are costly, which affects all ratepayers. The pumps must be craned out, pulled apart, cleared, reassembled, and reinstalled.

"These are new pumps installed during a major upgrade of Māpua infrastructure which was completed in August, and we're concerned that blockages caused by these bulky items of clothing could permanently damage them."

Engineers have managed to establish the general area of where the garments come from but cannot pinpoint the precise property. It includes Aranui Rd from Langford to the Domain, half Langford Dr, and Higgs Rd up to and including Jessie St.

Mike Schruer asks that if you suspect this may be a member of your family, please speak to them and point out the problem they are causing. If you believe it may be a neighbour, please contact one of the Council's Wastewater Engineers in confidence.

"In the meantime, please remember the sewage system is for wastewater only, clothes and rags should be disposed of by other means."

Contact: Mike Schruer - Community Infrastructure Waters and Waste Manager **DDI +64 3 543 8686**

Perrys Auto Mapua

Thank you everyone for your continued support
Level 2 means we can return to normal operating hours

We continue to ask you to comply with the following in order to keep both you and all our staff safe

- 1) Please bring your own mask and it must be worn, we cannot allow anyone into the shop without a mask
- 2) Please stay 2 meters apart
- 3) Sign in or scan before entry
- 4) Sanitize on entry and exit

Any questions feel free to ask our friendly staff or talk to Chris

Stay Safe Everyone

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Māpua Kai Collective

A busy month in the kitchen

As soon as we were back at level two, the Māpua Kai Collective got cracking to restock our freezers.

During two afternoons at the hall kitchen, we produced 68 portions of mac 'n cheese, 38 cottage pies, 28 fruit crumbles and 83 pastas bolognaise.

Within 4 to 6 weeks, we can expect our freezers to be running low again. This is a clear indication that the community has embraced the idea and is making good use of this free service.

Your role is to share the meals with people in our community who might appreciate a little help for whatever reason. Meals can be collected from the school and from the Fruit and Veg store. Pick up a bunch of flowers while you're there!

Remember that you can give your name and contact details to Julianne Brabant if you want to join a cooking session one Tuesday afternoon. Her email address is julianneb2104@gmail.com

Thank you again to everyone who helps make the Māpua Kai Collective a reality: the committee,



the shoppers, kitchen chefs and helpers, the school, Sally and Jared for hosting freezers, for our community for your donations and for spreading the love.

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With 20% discount for long-term advertising (3+ months) and prompt payment by internet banking only. The deadline is the 20th of each month with each issue coming out on the 1st.

There is no separate January issue.

E: news@coastalnews.online for more information.

Book Review

Three books about “Leaving”

Finding a book that compels the reader to read on is the calibre of a quality book and these three titles are my favourites this year.

All could have been entitled “Leaving the Country of Birth due to Oppression.”

The first is a work of fiction while the following two are autobiographies.

‘American Dirt’ by Jeanine Cummins follows a young woman and her eight year old son as they escape from Mexico to USA. The author spent four years researching details and listening to personal experiences of escapees.

The story opens with Lydia’s husband and their extended family being gunned down while barbecuing in the back yard. Lydia’s husband, a journalist had published anti-drug cartel comments which resulted in the mass execution.

Lydia and her son Luca were inside but despite surviving Lydia knew they were marked for life by the cartel. From then on, the reader shares the difficulties of travelling without a trace to move from Mexico to USA.

One learns of the cruel mercenary personnel on the journey and the caring kind folk who support escapees. Some critics of this story note that some of the details are controversial and add that Mexico is a beautiful country where many people live in harmony.

The book has become a best seller and no doubt educated many to the extreme difficulty of passing through a passage of horrors.

‘Know your place’ by Golriz Ghahraman

The autobiography of a young woman who fled Iran with her parents when aged nine years. The huge sacrifice that the parents of this only child made were revealed.

Both very able but they were unable to work in their chosen fields and instead worked at a hard menial job to survive and improve their lives. They moved house to an

area that ensured that Golriz could attend a secondary school they considered would give her a better education.

Golriz shares her very open progress as she becomes a human rights lawyer, completes a further degree in the UK and works on United Nations missions.

She is the first refugee to be elected to our parliament. She shares her difficulty with the challenges of prejudice that she experiences often, and it is hoped she will become hardened to the back biting which sadly is a factor in democratic governments.

She is passionate, caring, and hardworking and admits that she has been having counselling for three years.

This is a young woman with the potential to make a special input into our country. With maturity it is hoped that she can move through the angry stage she was still experiencing at the conclusion of her book and adopt a more positive outlook on life.

‘After the Tampa’ by Abbas Nazari

The autobiography of a young man who fled from Afghanistan with his family in 2001. Many will remember the controversial Tampa event.

The horrific details of one family’s experience are outlined in vivid descriptions. Abbas wrote the book while in lock down in America and relied on his parents’ supplying details of this journey, a time when he was only seven years old.

The history of his homeland and the oppressed Hazara people is very sobering. Despite his parents never receiving an education, they worked hard in NZ and proved that they too were very able folk. The indignities that the 400 plus Tampa asylum seekers endured were shocking. Abbas and his family were amongst the lucky people who were granted entry to New Zealand while many others remained in Nauru for many years.

This becomes a refreshing appreciative account of life as a grateful member of our team of five million. Abbas has worked hard both physically and in the academic field resulting in a Fulbright scholarship. A publisher approached him to write an autobiography and he thought it would be a project for the distant future. Lock down changed this.

Abbas is a fine young man of whom his family and New Zealand can be very proud. I look forward to following his progress through life.



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A community garden in Māpua? – Interested?

Māpua Community Hub Working Group has been approached about the possibility of the development of a local community garden. This is a project that has been raised before by members and discussed as part of the potential development of the “Old Church” building complex and its grounds into a Community Hub .

While this may not be feasible on the current site, the Hub Working Group is keen and willing to set up a local meeting to assess the level of community interest in this project and then to determine the best processes to research a site and the requirements for such a venture.

If you are interested in being part of such an initial exploratory meeting, please contact:

Vicky Stocker - Māpua Community Hub Working Group-Ph: 021 144 2294 or email: gvstocker@gmail.com

Elena Meredith, Co-ordinator, Māpua Community Hub Working Group

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St John's Anglican Church, Wakefield

175th Anniversary Celebrations 9, 10 October 2021

Wakefield is a small village with a big story.

Long before roads existed in this area, Wakefield was a first stop and haven at just one day's walk from Nelson, for travellers on foot, and horse and cart, making their way to the goldfields of the Wangapeka, or heading to the West Coast down the Buller Gorge.

Edward and Mary Ann Baigent established a timber business here, and in 1846 helped to build St. John's Church, which became a beacon on the hill to travellers and locals alike.

By the way, in her spare time, Mary Ann, mother of 12 children, set up Wakefield School, today the oldest school in NZ in continuous use!

We would like to honour and celebrate the amazing people who created our town and its stories. We have lots of events and activities planned and look forward to you celebrating with us on this fun weekend.

Saturday, 9 October 2021 our celebrations will kick off with a re-enactment walk From Spring Grove led by Nelson Bishop Steve Maina and others in period dress.

- At 10.30am a cup of billy tea or water will be available at the Spring Grove Drill Hall.
- Around 11 the walk will start heading along the cycle trail on Higgins Road to where it meets the southern end of Edward St, then up to St. Johns and the Worship Centre car park (or as renamed for the occasion, 'The Church Green').

The walk will proceed at a leisurely pace, suitable for younger children, and will take about 1.5 hrs. Please bring

water and suitable clothing, if you want to join in the spirit of the occasion and wear period costume you would be very welcome. If weather is poor, please check Wakefield Community Facebook Page for postponement dates. If you'd rather not do the whole walk, just join us at any point along the way.

- Upon arrival at The Church Green there will be the welcome from Rev Harvey Ruru, the Mihi Whakatau.

- Then feel free to enjoy art exhibitions from locals and schoolchildren, quilt displays and historically interesting exhibitions in the Worship Centre.

- Nibbles and drinks from food stalls will be available all afternoon for a gold coin donation.

- Watch black powder shooting demos in the Church Green.

- Go for a horse and cart ride.

- Enjoy and add your details to the timeline/information frieze in St. John's and tour the cemetery with notes to find your 'rellies' or historical figures' gravesites.

- Live music in the afternoon.

- A hangi will be opened later in the afternoon and everyone is welcome to join us for a meal. And this will all be done in period costumes!

- There will also be slide shows in the Worship Centre. Times to be advertised later.

Sunday 10th there will be a church service all are welcome to join, at St. John's, with Bishop Steve preaching, followed by the cutting of The Cake, cups of good coffee, and lots of talk.



Saturday 9 October:

9.00am A recreation of the walk made by many settlers to Wakefield beginning at the Spring Grove Drill Hall to arrive in Wakefield at 12.30 - dressed in period costume

All morning - Prep and putting the hangi down

12.30pm Mihi Whakatau - Official welcome. Wakefield School kapahaka group

12.45pm Activities start with a bang! Blackpowder shooting demo; Food stalls; Art and craft exhibition; Tours of the old historic church and churchyard; Horse and cart rides; Steam traction engine rides; Historic Wakefield photo display, Old style games and activities; Cups of tea/coffee available all afternoon.

Music provided by folk band "RuralNewZ"

4.30pm Lifting of the Hangi.

6pm Evening show in the Worship Centre

Sunday 10 October:

10am Sunday service at the old church, followed by cake cutting and reflections in the Parish lounge.

Mark the dates, we look forward to sharing the birthday with you!



Only showing at Level 1

The Courier

Playing @ Māpua's famous "Packhouse Cinema"



We really need more movies like this. If you enjoy movies that teach history with good acting and without the typical Hollywood garbage, then this movie is for you. A terrific movie!

Even if you know the history only superficially, you certainly couldn't help but hear about the "Cuban Missile Crisis" that took place in the early 1960s, when the USSR and the USA almost started a third world war.

However, everything worked out OK in the end and now we find out who we must thank for resolving the conflict and making the sky above our heads calm again.

The star of the film is a British businessman Greville Wynne (Benedict Cumberbatch) who is involved in financial affairs around the world. Thanks to his charisma and his silver tongue, Wynne finds friends everywhere and he gets recruited by the British special services.

Upon arrival in Moscow on business he is to get in touch with a local defector and transmit important information back to London. I've watched lots of spy films, but this one's gone deep into my soul. To start with, I really appreciated the stylization which looks as if the film was filmed in the 1960s.

I can't fail to mention the actors. Benedict Cumberbatch is beyond comparison; he doesn't know how to act badly. I also loved Merab Ninidze as the Russian agent who decided to help England and the United States in their battle against the USSR.

So, the film is remarkable, it is a great pleasure to watch it. The tension won't let you go until the very end and I highly recommend it.

Police report

Let's hope we get to move to Alert Level One soon. It's good to see the majority of people are heeding the Alert Level restrictions. Thank-you to those helping to keep everyone safe and reducing any spread of COVID-19 in the community.

Unfortunately, last month there were two unlocked cars broken into on Jessie Street; similar to reports made to Police only six months ago. It is a reminder to not leave valuables in vehicles, to ensure vehicles are locked and parked in well-lit areas, and if possible, out of sight from the road. This will help to keep your vehicle safe from this type of dishonest offending.

The following incidents have been reported in Māpua over the past month:

- 23 August two cars were broken into on Jessie Street and had cash and speakers stolen from them.
- 28 August a car had its window smashed at an address on Aporo Road.
- 1 September Police received a report of a family harm incident.
- 10 September a bird feeder was reported to have been stolen from Paramount Way.

Police also attended a sudden death at Māpua Leisure Park.

Take care out there.

Grant Heney, Community Constable

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MĀPUA HALL NEWS

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Regular Weekly Activities at the Māpua Hall



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9.15 am Yoga with Charlotte	9 am PANZ Pastel Artists of NZ	8.30 am Aerobics with Lynda	9.30 am MAG Art Group <small>Māpua Art Group</small>	9.05 am Aerobics with Lynda
9.30 am Superb Dance <small>with Hilary</small>	9 am Sioux Line Dance	9.15 am Yoga for Healthy Aging with Nikki		9.30 am Superb Dance <small>with Hilary</small>
	10 am Mapua Creative Fibre <small>2nd Tue of Month</small>	9.30 am Pilates with Lynda		10.15 am Pilates with Lynda
4 pm Ballet 3-7yrs <small>with Kerry</small>	2:00 pm Chair Flair with Hilary			10.45 am Yoga with Martin
5.30 pm Broga Men's Yoga <small>with Nikki</small>	6 pm Aerobics with Lynda	1:30 pm Tai Chi	3:30 pm Fun Creative <small>with Rachel</small>	2 pm Friendship Group <small>3rd & last Friday of the month</small>
7 pm Māpua Hall Society Committee meeting <small>Meeting 3rd Monday of month</small>	5.30 pm Yoga with Martin	6:30 pm Yoga for Healthy Aging with Nikki		
7.15 pm Māpua & District Community Assoc. <small>Meeting 2nd Monday of month</small>	7 pm Pilates with Lynda		7.00 pm Māpua Community Choir	
	7.30 pm Swing Zing			

This month

- 1st October - 17th October
Tasman National Art Awards
- Friday 22nd October
Māpua School Quiz
(Level 1 only)

Packhouse Cinema

- Sunday 17th October

Come along on the third Sunday of every month: Tickets \$12 at the door: BYO chair and snacks: Doors open at 6.15pm.

E-Newsletter

For monthly updates from the Hall community sign up to our E-Newsletter Just visit our website and click on 'Newsletter' on the home page.



Hall Society News October

Most regular classes have resumed at the Māpua Hall, many of which are running in the larger Main Hall to accommodate social distancing, so please check in with your instructor or the live calendar on the Māpua Hall website for latest timetable changes.

Many events have been postponed during September and October and organisers will endeavour to reschedule as soon as it is safe to do so. **The Packhouse Cinema** postponed the September screening of "The Courier" and the volunteers will run this film once we return to Level 1. The **Māpua School Quiz** fundraiser is also postponed to Friday 22nd October, again to run only under Alert Level 1. At Level 2, The **Tasman National Art Awards** will run from Sunday 3rd to 16th October 9.30am - 4.30pm daily. More info on their website at www.tasmannationalartawards.nz

Visit our website and fill in the google form to join or re-new your Māpua Hall membership and update your contact details to ensure you are getting all the latest info.

www.MāpuaHall.org





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Māpua Health Centre news

We would like to say a big thankyou to all our patients who have attended their consults in the back carpark as part of the COVID-19 precautions. We appreciate this is not a normal process, however this has enabled both patients and staff to stay safe.

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 the age of 50.
- 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.

Research suggests that, regardless of genetic risk, women may be able to reduce their risk of developing breast cancer by getting adequate levels of exercise; maintaining a healthy weight; and limiting or eliminating use of alcohol, and hormone replacement therapy (*JAMA*, July 2020).

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 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 Geriatr 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 medical notes and test results, as well as request appointments, ask questions by a dedicated email option and get repeat prescriptions. If you would like to register for Manage My Health™ please contact the receptionists 03 5402211.

This month's health events include:

- | | | |
|------|---|--|
| 1 | International Day of Older Persons | www.un.org |
| 1-31 | Health Literacy Month | healthliteracymonth.org |
| 1-31 | Breast Cancer Awareness | nzbcf.org.nz/home |
| 1-31 | Save Kiwi Month | doc.govt.nz/news/events |
| 5 | World Teachers Day | https://teachingcouncil.nz/ |
| 10 | World Mental Health Day | mentalhealth.org.nz |
| 11 | International Day of the Girl Child | www.un.org/en/events/girlchild |
| 12 | World Arthritis Day | www.arthritis.org.nz |
| 13 | International Day for Disaster Risk Reduction | www.un.org/en/events |
| 15 | World Handwashing Day | www.hqsc.govt.nz/ |
| 16 | World Food Day | www.fao.org/world-food-day |
| 20 | World Osteoporosis Day | www.bones.org.nz |
| 24 | United Nations Day | www.un.org |
| 28 | New Zealand Shake Out Day | civildefence.govt.nz |

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Would you stop in time?



Worn Shock Absorbers - the hidden dangers

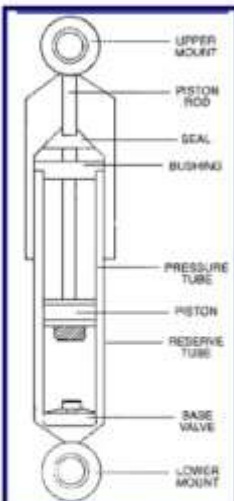
Shock absorbers keep your vehicle's wheels in constant contact with the road - without them your brakes and tyres simply can not do their job.

At rest or in motion, the bottom surface of your tyres is the only part of your vehicle in contact with the road. When contact with the road is broken or reduced, safety is severely compromised. For example, tests have shown:

- Braking distance may be increased by 2.3m when driving at 55km/h.
- The maximum safe speed on dry roads should be reduced by 10% if shock absorbers are 50% worn i.e. travelling at 90km/h instead of 100km/h.
- Skidding and aquaplaning can begin at a speed 10% lower on roads with 6mm of water and shock absorbers that are 50% worn.
- Driver fatigue occurs 26% faster.
- Reaction time can be delayed by 26%.

A shock absorber is basically a pump located between the frame of the vehicle (via the upper mount) and the wheels

(via the lower mount). The upper mount, piston rod and piston are all connected, with the piston surrounded by hydraulic fluid. As your wheel and suspension travels up and down, the lower mount moves, forcing hydraulic fluid through tiny holes inside the piston. These tiny holes only allow a small amount of fluid through the piston which slows its movement, in turn slowing the movement of the spring and suspension, therefore reducing wheel bounce.



Shock absorbers should be thoroughly tested on a mechanically induced rebound bounce tester (as shown) at least every 12 months. At Mapua Auto Centre this is done with every WOF



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Māpua Fire Brigade

August to September 2021 call outs

7 Aug 01:20 Alarm activate Māpua School

2 Sept 14:11 Cardiac arrest at Leisure Park, CPR. Left in hands of police.

2 Sept 14:22 Rubbish truck fire on Iwa St, battery/electrical fire. Fire put out.

12 Sept 08:35 Called to a shed fire near Westdale Rd. Was a permitted burn on Bronte Rd East, no action taken.

18 Sept 17:12 Permitted bonfire Kina Peninsula Rd. No action taken.

19 Sept: 05:53 House fire in Motueka.

Calls this year = 48

Safety Tip – Be safe.

Clean and check smoke alarms.

When you're asleep, you lose your sense of smell. Don't assume your smoke alarms are working. Press the button to check.

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

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

Community Directory

How can you find the right community, group, service, or person you need to contact?

Simple! Just go to the **online community directory** – now operational on the MDCA Website ourmapua.org/community-directory/ and advertised on the Māpua Community Association Facebook Page.

A hundred groups and services who operate in our district are listed and have all been contacted to ensure that their contact details are correct and complete.

This new information service has been:-

- funded by the Māpua and Ruby Bay Community Trust,
- researched by Connie Sherlock
- set up with technical expertise from Francesco & Seija Brogi



the wee design crew

The MDCA on-line community directory complements the *Business Directory* produced by Māpua & Districts Business Association and will be updated each year, with a plan for it to also be available as a print resource – go connect!!

Elena Meredith (MDCA Community Wellbeing Sub-committee)

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On 'A Cornish Road'

In 2011, my eldest son was born. He met his grandparents the day he came into the world. This might not seem like a big deal, until you realise that the last time someone of my mother's paternal line met their grandmother was 4 generations earlier (very briefly at the age of 2), and the last time someone actually knew their grandfather in any meaningful way was in 1770. A whopping 240 years had gone by.

My grandmother went to England before she was married. Her letters, diary and photo album are the closest I will ever come to knowing what she thought and how she sounded. I love paging through the 1940s photos of her cycling trip through England and France.


One in particular is my favourite. It's quite plain. Almost boring, maybe. There are no gorgeous old cottages or an Eiffel Tower or perfectly preened Westminster gardens. The caption simply reads, "A Cornish Road". Lined with tall, impenetrable trees, the dirt road stretches out in front of my grandmother and her camera, then veers round a corner and out of sight.

I can't help but think generationally when I look down that Cornish Road, almost literally through the eyes of my grandmother. Behind her stretches the road, and time, and the generations of our family. Ahead of her: obscured. It saddens me to think of so many parents in my line whose lives were tragically cut short. Breast cancer. Heart attacks. Liver failure. Syphilis. Cholera. Suicide. Their legacy was absence, fathers and mothers lost generation after generation.

But although knowledge was erased, heirlooms were lost, and letters got tossed out in anger, one thing was passed down that has coloured and changed my entire life: a faith in God. I don't know very much about my ancestors, but they knew God. I am who I am because that one truth survived, even as every human aspect of my ancestry slipped away. As they fade into the silence of history, the message that comes from the grave (carved into a 140-year-old headstone) is: "It is good that a man should both hope and quietly wait for the salvation of the Lord."

As I walk my own Cornish Road, one day time will sweep past me and veer round a corner out of sight. I hope it will carry the same faith my ancestors had, and the message of the salvation of the Lord, to another generation.

(Ruth Russ attends Tasman Church and spends lockdown making crazy Sunday School videos with her family to make people laugh.)



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Our latest adventures...

SEP / OCT 2021



Fun times with our mini adventurers

The site has been a-buzz with the patter of little feet & laughter from tamariki on-site for mini outdoor & environmental adventures over the last few months. They have been active on the obstacle course and playing games that foster teamwork, communication & participation and learning about te talao (the environment) that is around them through fun activities. Although lockdown got in the way, we will have connected almost 1,000 children to these programmes in 2021. We are hugely grateful to the funding from DOC through their Communities Grant, and to sponsorship from NBS and Pic's Peanut Butter that enables these programmes to reach so many children. "The children love it and get so much out of it!" - Teacher.

Summer Holiday Programmes available to book!

There is something for all ages this summer! Go Wild (7-10yrs), Kaitiaki Kids (10-12yrs), Junior Journey (11-13yrs), Senior Journey (14-16yrs), Aotearoa Calling (15-17yrs) and Adventure Skills Development (16-18yrs). If you are enrolled on the Duke of Edinburgh's Award, or are interested in taking part, Adventurous Journey training and qualifying trips can be completed as part of one of these programmes. Ngā mihi nui to Rātā Foundation and DIA Lottery Communities for funding & making these programmes accessible to our community! Head to www.wio.org.nz to book.

Free Programmes Available for Secondary Students

In response to the latest lockdown, we have free places on rangatahi leadership programmes for local students aged 16-18yrs in November & December, to help them gain new skills, a connection to the outdoors, earn NCEA credits and build a supportive group of new friends. There are 3 to choose from! **Adventure Leadership** (7-14 Dec), **Adventure Skills Development** (7-15 Dec) and **Kaitiaki Leadership** (16-24 Nov). These will suit students who enjoy practical learning, could do with a boost of credits and some time outdoors and who don't have many external assessments. A huge thanks to funding from Top of the South Trades Academy, West Coast Trades Academy, Jobs for Nature, the Whenua Iti Foundation and other community support to make these programmes happen. You can find out more & enrol via our website www.wio.org.nz or get in touch with your school Trades Coordinator or your Dean.

Nature Connection Activity FREE Online Resources & Prizes Won

Congratulations to **Zoe Lovell** from Māpua School who won a Macpac backpack for her entry & to **Mahana School** for winning 50 native plants for their participation in our nature connection challenge! Ka rawe! We loved the response from tamariki & schools to the new set of resources our Nature Connection team developed. Activities were designed for 7-14yr olds for distance learning, including making a waka, designing a solar clock, going on a nature hunt & finding your special garden 'sit spot'. The activities require minimal resources and get our tamariki outside to connect with nature with a chance to learn a few more kupu (words) for their te reo Māori kete! They are all available on our website free to download - have a go!



Students learning the art of navigation on a Duke of Edinburgh's Award Journey



A nature Mandala made as part of our Nature Connection Activities Challenge.

We'll see you out there!



www.wio.org.nz

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Māpua Boat Club

The Māpua Boat Club's 2022 calendar is on sale for \$20 at the Delicious Homewares retail store down at the Māpua Wharf. Or you can pre-order by emailing Mapuasecretarybc@gmail.com

Numbers are limited, so get in quick.

The calendar comprises photos that were taken by local photographers and entered in the club's annual photography contest.

There were 109 photos entered into the competition with the overall winner being Raewyn Wood with her photo of a kotuku (white heron) bathing.

Proceeds from the sale of the calendars will be used for ongoing maintenance and upgrades of the Māpua Maritime Museum and boat club facilities.

Helen Jeffery, Phone: 0223990075



MĀPUA BOAT CLUB 

KIDS FISHING COMPETITION

Where - Māpua Wharf

When - Sunday 7th Nov 2021

Time - Lines in 12noon - out 1.00pm

Registration from 11.00 am



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:
mapuaboatclubevents@gmail.com

'Madame' of Māpua

[See story next page, p17]



'Madame' with her three daughters, from left, Margaret, Friedl and Faith. *Photo courtesy of Michele Leggott and Roseanne Cranstone.*

Become a Māpua Boat Club Member

and become involved in our regular events for members and the community:

Boating Regatta, Photograph Competition, Kids Fishing Competition, Fishing Trips, Club Nights, Guest Speakers and most importantly - custodians of the wharf so kids and families can continue to enjoy what is the cornerstone of what makes Māpua such a great place to live.

PS You don't need to own a boat!

Enquiries: mapuabcsecretary@gmail.com

‘Madame’ of Māpua

In write-ups for the *Coastal News* in 2013 and 2019 I mentioned the Weyergang family as one of the early European settlers of Māpua. Herman Weyergang is recorded in local histories as the first ‘wharfinger’ – Nelson Harbour Board’s employee in charge of the Māpua Wharf – appointed probably in late 1912.

This is perhaps a typical case of official records reflecting ‘history’ rather than ‘herstory’. Recent research has shown Herman’s wife, Constance Weyergang, was just as much if not more of an influence in the fledgling community.

One of my cousins in Australia has provided photos taken in the early 20th Century of the Weyergangs with my grandparents, who were early Māpua farmers. Constance Weyergang is always referred to in the captions as ‘Madame’.

That she deserved such a respectful title is supported by Bernard Wells’ book *The Fruits of Labour, A History of the Moutere Hills Area served by the Port of Mapua*, published privately in 1990.

But many more details of her early life and role as a prominent and cultured pioneer have been uncovered in the past few years through a huge body of work led by Auckland University Professor Michele Leggott, focused on an early New Zealand botanical artist and poet, Emily Harris, and her family. Herman Weyergang was Emily’s nephew. (See <https://emilycummingharris.blogs.auckland.ac.nz/researchers/>)

Madame, as my uncles and aunties and no doubt other local children called her, was born in 1876, probably in New Plymouth, and christened Minnie Constance Gilbert. Her father, George Gilbert, had arrived with his family at New Plymouth on the *Simla* in 1851, but because of pacifist beliefs, he shifted to Nelson to avoid jail after being called up to fight Taranaki Māori.

Mentored by one of New Zealand’s most famous early painters, John Gully, George painted water colours of the Nelson to Golden Bay area in the 1860s before shifting back to New Plymouth after the war was over.

Constance married Carl Herman Alexander Weyergang in 1909 and the couple settled in Hawkes Bay where

Herman was an orchardist. They shifted to Māpua in June 1912 to run the Seaton Estate, within months (on November 1) opening the first Māpua Post Office in a room of their house. This seems to be the first time the name Māpua was officially recorded.

Like her father, Madame Weyergang was an accomplished artist, capturing local scenes before the village was built. One of these water colours was reproduced in the *Coastal News* in 2013, and again here.

She was also a pianist, running community singing sessions and piano lessons at home. Newspapers of the time show she was a driving force for events around Māpua – especially at the wharf packing shed – including concerts, ‘harvest festivals’ of produce, and flower shows.

Several of our family photos depict her tending her own beautiful garden, always dressed immaculately.

The First World War shook up Herman Weyergang in the same way it affected the Bensemans and others in the district of German descent. Under suspicion, despite being born in New Zealand, they were often quick to volunteer to fight their German cousins.

Many, like Herman, who was christened ‘Hermann’, immediately dropped the ‘double n’. Older men with farming and family responsibilities were sometimes exempt but Corporal Herman Weyergang, 44, signed up when just one year less than the maximum possible age.

It was surely a shock to Constance. Both her father and grandfather, Baptist Minister Thomas Gilbert, had been outspoken opponents of conscription in Taranaki. Herman served for one year and two months, including in France, where his brother Otto, five years younger, was killed.

As the Weyergang family history says, ‘Herman’s return to Mapua after the war seems to have been difficult’. By the mid-1920s the couple had separated, Constance shifting to Nelson and Herman back to the North Island.

Paul Bensemenn

Watercolour of the pre-village Māpua by Minnie Constance Weyergang, signed ‘MCW’. The current shopping centre is close to the painted haystacks. ‘Madame’ gave this artwork as a Christmas present to the author’s grandparents, ‘E.C.’ and Esther Bensemenn.



COMING UP



Ribs Night: Oct 1st + 8th

Curry Night:
Oct 7th + 14th + 21st

Saturday Oct 2nd:
The Best 80s Night Ever,
back up date 7th Oct,
back back up date 15th Oct

Saturday Oct 16th:
Paul Madsen Presents Queen
and The Beegees

Friday Oct 22nd:
Jan Preston
Boogie Woogie Piano

Thursday Oct 28th:
Alan McElroy presents
Irish & Scottish Comedy

Friday Oct 29th:
90s Riot Dance Party and
Heart Kids Fundraiser

Skin tips—from the Māpua Skin Clinic

Hi folks. Welcome to Skin Tips, your monthly community newsletter from The Māpua Skin Clinic.

What's been happening with the 'ozone hole'?

Earth is protected from ultraviolet light by a layer of ozone gas high up in the atmosphere. The ozone acts like sunscreen and absorbs most of the UV light before it reaches our noses.

In the old days, before we realised there was a problem, we used chemicals called CFCs [chloro-fluoro-carbons] in aerosol sprays and refrigerators without knowing these were damaging the ozone layer. This damage occurs when sunlight causes a chemical reaction with CFCs that breaks down the ozone, resulting in a hole in the ozone layer.

This hole sits over Antarctica and gets bigger in spring when there's more sunlight driving the chemical reaction. Then in summer the hole starts breaking up, and strands of ozone depleted atmosphere float over New Zealand, which is why New Zealand sunlight is so dangerous. It's raw, not filtered.

Good news for the future is that the ozone hole is getting smaller. In 2016 it was 20.9 million km² ... 21% smaller than in 2006, and with the phasing out of ozone-depleting substances under the Montreal Protocol, Antarctic ozone is expected to return to pre-1980 levels by around 2065. In the meantime, remember sunscreen and a hat!

ECZEMA MADE EASY

15-20% of people get eczema at some stage in their life. It is more frequent in people with asthma and allergies and, like asthma, it often settles as people get older.

Eczema is commonly found in the elbows or the backs of the knees. People who get eczema generally have skin that's more sensitive and that might sometimes react to simple things like soap. This reaction causes an itchy flaky red patch of skin; and that's called eczema

Eczema has two stages:

Stage 1: irritated skin gets inflamed and sore. People commonly treat the first stage with a steroid cream. Natural products like papaya can also be helpful.

Stage 2: the skin's normal 'moisture barrier' has been damaged by the inflammation and it dries out and is flaky and itchy. This is when a moisturiser is just the thing.

The moisturiser forms an artificial barrier that keeps the skin moist for healing and also forms a protective barrier against irritants. Moisturising is the mainstay treatment of eczema and in many cases good moisturising breaks the eczema cycle.

ECZEMA TIP: moisturising is the primary treatment for eczema; moisturising regularly helps break the eczema cycle.

SUN SMART: Ultraviolet light is the commonest carcinogen in our environment -> avoid it between 10 am and 4 pm.

Cataracts are caused by ultraviolet light-> remember sunglasses; wrap arounds are the best for blocking UV.

Have a great week! All the best from the Kiwiskin team



KIWISKIN - Māpua Skin Clinic

Dr Tim Phillips and the KIWISKIN team are delighted to announce that in October the Māpua Skin Clinic is moving into it's peaceful, purpose built professional rooms adjacent to Māpua pharmacy.

The shift means we will have more time, space, and state of the art equipment to ensure the best possible skin care.

- Full Body Skin Checks
- Spot Checks • Cryotherapy
- Minor Skin Surgery

Māpua Skin Clinic - a community skin service serving the entire Nelson/Tasman region.

Call us today to find out more or to book in to the KIWISKIN - Māpua Skin Clinic

Address: Unit 9, 66 - 68 Aranui Road, Māpua.

Phone: 03 540 2373 • Email: mapua@kiwiskin.org.nz • Website: www.kiwiskin.org.nz

Tilvery – Boutique accommodation

7 Tarrant Road, Upper Moutere

E: info@tilvery.nz W: www.tilvery.nz FB: @TilveryNZ

Tilvery recently opened with five beautifully appointed cottages. They are contemporary in design and all individual in colour schemes, fittings, and furniture. Nestled in the picturesque landscape of Upper Moutere on Tarrant Road.

Relax in style and comfort, in your own private setting, just minutes away from the vibrant seaside village of Māpua and right in the heart of the Great Tasman Taste Trail.

Five spacious, modern cottages; your privacy is paramount, with each cottage having its own sunny, private terrace and garden.

Tilvery has been a labour of love for owner/operator Chris Warren, who is no stranger to luxury accommodation.

In 1989, Chris created the renowned Lazy Fish in Queen Charlotte Sounds, Marlborough. Over the next 15 years, this sought-after backpacker's accommodation, evolved into a fabulous five-star luxury retreat which he ran successfully until he sold and moved to the Tasman region in 2007.

When Chris was planning this project, he looked at different cladding options. He saw bricks being used locally, so googled brick patterns, got some ideas, and then started playing around with some designs. He liked a few so thought he'd have a different design for each cottage. The cottage dimensions then needed to be reworked, altering windows, door placements and exterior wall dimensions to fit each pattern. The rest, as they say, is history...

Tilvery is the perfect choice when you want somewhere special to relax and unwind. Perfect for your staycation or, for family and friends who need their own space. Chris looks forward to welcoming you soon.



Māpua Craft Group.

"We'll meet again, don't know where, don't know when" to quote a famous saying!

During Lockdown we have been knitting - see the photo of baby clothes made by Leonie.



Ella and Elizabeth have been completing a blanket of knitted and crocheted squares made by most members over recent months.

Cross stitch patterns in the attached photo can be made using Aida cloth. A library book may show you how to do this - a school holiday project?

A priority for us now is to complete Christmas cards for sending overseas before the NZ Post cut-off date.



Our meeting days and times may change; we hope to meet on the 1st and 15th of October at Māpua Community Church at 10am -12noon. Please check with Barbara (5403901) if we are still in lockdown.

On the 15th we would like to show any interested parents and children our magazines and cards.

Barbara Halse. 5403901.

Edited by Andrew Earlam, Mary Garner and Trees van Ruth. Views expressed are not necessarily those of the editors. Distributed 1st of the month

Deadline for copy to news@coastalnews.online is 20th of the month. Noticeboard items are a gold coin donation in the collection boxes.

Club notices are free.

Printed by the Tasman District Council.

October

How are we all doing out there? Strange times for all, it's been a time to reflect, think outside the square and perhaps, change things up. We are all in this together.

New Monthly Networking Event

We missed out on our first casual catchup due to Lockdown. We are excited to take two this month...**TUESDAY 5 OCTOBER, 5-6pm @ the SPRIG & FERN MAPUA.** A monthly relaxed gathering with no agenda other than catching up with each other, sharing information and networking to support each other in business. Thereafter, it will be the first Tuesday of the month at another member's business. We look forward to catching up with you then.

Our next Lunch & Learn is November 3, 12-1.30pm. Watch this space, when next month we reveal another local inspirational person to share their knowledge.

If you would like your business profile showcased in our newsletter and on social media we would love to share your story. Or, if you have any great informative websites that you would like to share among the MDBA members that have helped your business contact Kirsten today by email, at mdba@mapua.co.nz. We would love to share these too. Knowledge is power.

UPDATED MDBA MISSION STATEMENT

The committee has been hard at work with lots of tasks getting ticked off. One being, our revised mission statement to reflect what we believe the MDBA is about in these current times, we hope you agree...

STRONGER TOGETHER

As local businesses working together, we seek opportunities to influence, advocate, and lead on behalf of our members.

OUR MISSION STATEMENT

To form supportive relationships for local businesses to thrive.

OUR CORE VALUES

RESPECT FOR PEOPLE AND PLACE

We are kaitiaki for the places that we live and work. We consider the impact on our environment and our communities in our planning.

INCLUSIVITY IS KEY

Knowledge sharing across different industries can help us better learn and thrive. All businesses in our region are welcome and can find support.



NEED MORE LOCAL MAPS OR DIRECTORIES?

Contact Kirsten via email mdba@mapua.co.nz and she will organise distribution to you. If you are a member, and need more you can have up to three copies at no charge, then just \$9 a copy for more.

MEMBER UPDATE—MEMBER UPDATE—MEMBER UPDATE



TASMAN COMPUTER SERVICES has been quietly operating in Mapua for 20 plus years and is a long time member of the MDBA. After a career overseas for a number of years in electronics, Greg then decided to retrain in computer programming and started Tasman Computer Services Limited in 1996 after coming back to New Zealand, and has been in Mapua for 23 years.

Tasman Computer Services provides sales of new and ex-lease equipment, sales of software, programming in Microsoft Access, Excel and Word. Greg also does installation and repair of most brands of computers. For any computer issues Greg is the man for sorting your computer problems and upgrades.

His workshop / home office is located at 56 Iwa Street, the best way to contact him is by phone, or send a text to book a suitable time to have your computer problems sorted.

Opening hours: by appointment. Phone or text Greg on 027 6540 969 E: Greg@tasman-computers.co.nz

Supporting Local Businesses since 1992

Noticeboard

Tasman Golf Club: Twilight Golf at Kina Cliffs Thursdays. Tee off 5 - 5.15pm, members (\$5) & non-members (\$10) all welcome. Optional BBQ to follow. Ph Lyndal 03 5266819, teeup@tasmandgolfclub.com or just turn up.

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

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

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

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

MATHS TUTOR - Experienced High School maths teacher available for individual tuition. \$30 for 45 minutes. First lesson free. Jane 021 02972934

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

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

Māpua Friendship Club: a young-at-heart group meet 3rd and last Fridays, Māpua Hall for indoor bowls & bring-a-plate tea, + occasional outings. \$3 door fee, 20c raffle. Contact Valeri 540-3685.

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

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

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

Kidz 'n' Koffee playgroup: Wednesdays 10-noon, Hills Community Church (during term time). All parents & carers welcome, we cater for 0-6 yrs. \$2 don/family. Make new friends. Info: Verena 027 435 1932.

Taoist Tai Chi: gentle meditative-style movements improve flexibility, balance and relax the mind. Wednesdays 1.30-3.00 pm, Māpua Hall. All welcome. Enquiries 027 443 1121

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

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

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

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

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

Toy Library: extensive selection of toys, puzzles & videos for children 0-5yrs. Māpua Hall every 1st & 3rd Tuesday, 10-11am & 6.30-7.30pm, 1st & 3rd Friday 3-4pm. mapuatoylibrary@gmail.com

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

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

RSA: Anyone interested in joining Moutere Hills RSA is welcome. No former service history required. Great platform to catch up & meet new members. Nic Poultney 021 220 3920 or 548-4420

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

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

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

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

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

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

Tasman Area Community Association (TACA) 7.30pm last Thursdays (x Dec) Tasman Bible Church. Residents of Ruby Bluffs to Tasman & Kina welcome. Info: Facebook or www.tasmancommunity.org.nz

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

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

Motueka Scottish Country Dance Club: Weds 7.30pm Lower Moutere Hall Scout den. No partner needed, dress casual, wear soft flat shoes, beginners welcome. Good exercise, lively music. Contact Fay 021 039 3559 or Alison 0220 363 891.

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

Coastal News: to see it in colour download the pdf from www.coastalnews.online