

## Māpua School children plant a garden for weavers

A team of year 7 and 8 Māpua School children has planted a flax weavers' garden, or pā harakeke, in Aranui Park, with a second, smaller flax weavers' garden for children, also being planted this month.

The development is part of the 10-year-old Tāne's Ark project, which has involved Māpua School, Friends of Māpua Wetland and TDC in a joint project to plant the western side of Aranui Park with native trees and plants.

The site of the adults' pā harakeke is in a wetter, low-lying area in the NW corner of Aranui Park. The site has good access from Māpua Drive, with parking available nearby and it adjoins an existing area of harakeke plants.

It will be several years before the flax plants are ready to be harvested and longer-term plans for the pā harakeke are to install boardwalk pathways to access particular varieties of flax and also to locate sorting tables and seats nearby for weavers to use.

The important feature of the main Māpua pā harakeke is that it includes 16 different varieties of weaving harakeke selected from a national collection of the best weaving flaxes, the Orchiston Collection.

The choice of varieties for the Māpua garden was by Māpua builder Paul Nankivell, who spent four years learning weaving skills from an expert Motueka weaver, Mere Kingi, and then created a beautiful korowai for his daughter Alison on the occasion of her graduation at Otago University as a medical doctor. Paul is of Ngā Puhī descent, and a forebear, Kaiteke or Te Kēmara, was a notable chief present at the signing of the Treaty of Waitangi on February 6, 1840.

Plants for the two Māpua harakeke gardens were harvested by the helpful Department of Conservation staff in Tākaka, who administer a Golden Bay pā harakeke of Orchiston Collection varieties at Paine's Ford. This was originally established by a Golden Bay weaving group.

The plants came from a collection of traditional harakeke weaving plants that was started by a Gisborne woman, Rene Orchiston, in the 1950s. What is called the "Orchiston Collection" now has national recognition and government protection after the collection was donated to Manaaki Whenua / Landcare Research and was moved to Lincoln, Canterbury

Rene Orchiston was a weaver herself and started her collection in the 1950s as she travelled widely in the North

Island to visit other weavers at various marae where they were based. She realised that weaving skills and knowledge about the best plants was rapidly declining and in some case special weaving plants were being neglected, lost or removed because people did not understand their significance.

By talking with other weavers and exchanging plants for gifts of her own fruit or honey produce, Mrs Orchiston built up a collection of 60 of the best harakeke cultivars for weaving.

A booklet compiled by Landcare Research gives an example of how Mrs Orchiston worked. "She tells, for example, of walking in the high country and coming across an old Māori campsite," it says. "Three tired-looking bushes of harakeke were lying in the sun with their roots exposed, dug up by pigs.

"Rene replaced them after taking a small piece from a rare cultivar that she had not seen elsewhere. It was later identified by a Whakatane woman as "Motu-o-nui". The other two bushes were "Oue" and the yellow-striped "Parekoretawa" varieties. As harakeke was not indigenous to the area, Rene knew that any to be found in that place would be high quality plants, because they must have been carried there on the backs of travellers."

In 1987, Rene Orchiston offered her collection of harakeke varieties to the Department of Scientific and Industrial Research to form the cultural basis of a national collection of New Zealand harakeke, with stewardship of it the responsibility of Manaaki Whenua/Landcare Research.

The smaller pā harakeke area in Aranui Park will have only five plants and is designed for use by children or learner weavers. It will feature a smaller plant called Wharariki, which seldom has leaves more than two metres long. Wharariki has bright green leaves, is more tolerant of cold than harakeke and is often found in the mountains. It is recommended by DoC for children both because of its attractive appearance and because its smaller blades are easier for small hands to deal with. The children's pā harakeke area will be sited near the old Wells farm shed in the park.

Friends of Māpua Wetland has co-ordinated the pā harakeke project and welcomes contacts from weavers, supporters and anyone interested in being involved. Our phone number is 5402873.

*David Mitchell*



# Celebrating Celebrancy!

Mapua and Ruby Bay residents and neighbouring communities are very fortunate to have access to three resourceful celebrants who belong to CANZ (Celebrants Association of New Zealand).



Rose Barnes, Lynne Cribb and Suzie Brosnahan [above, L-R] are all practising celebrants who are available for Naming Ceremonies, Weddings, Civil Unions, Renewal of Vows, Funerals, Pet Ceremonies, Rites of Passage – anything that you wish to be celebrated.

We have helped with very small intimate ceremonies and also large-scale ceremonies. Every ceremony is unique.

In these modern times, when we are surrounded by a lot of distressing news and challenging life events, it is even more important than ever to take the time to celebrate our special milestones and occasions.

By using a professional Celebrant to write your ceremony you will get a personal, “in your own words”, completely “you” ceremony that will be memorable and special for you and your guests.

We are all warm, friendly, open-minded women who love what we do. We share our resources and knowledge and help each other and we have all studied through The Celebrant School.

Please feel free to contact us if you are interested in planning a ceremony. Your first meeting is complimentary.

Rose 021 1111003 rosebarnes1110@gmail.com

Suzie 027 3788277 suziebros@gmail.com

Lynne 021 887735 lynne.cribb@gmail.com



## Suzie Brosnahan Celebrant

*Bringing Together Moments To Treasure*

By becoming a celebrant I have the privilege to work alongside people as they experience milestones and important occasions in their life's seasons. I aim to create and professionally deliver a ceremony personal to you, giving you a lasting memory to treasure.

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# Mapua Boat Club

## Photo Competition

**Grab your Camera, Smartphone, iPad and get snapping – Maritime theme –wildlife, boats estuary, people, wharf.**

Pickup an entry form from Delicious down at Mapua Coolstore or email: [mpccomp43@gmail.com](mailto:mpccomp43@gmail.com)

**Entry \$10**  
All ages encouraged  
Details on your entry form

Entries must be in by the 12<sup>th</sup> September, photos will be displayed in the Port Mapua Maritime Museum from the 26<sup>th</sup>

Judging takes place on the 10<sup>th</sup> October 2019 at Mapua Boat Club followed by prize-giving and supper. Any enquiries phone Helen on 022 399 0075



**Notice of ANNUAL GENERAL MEETING**

7.00 p.m. Wednesday 18<sup>th</sup> September  
At the Mapua Boat Club rooms, Mapua Wharf

All welcome, financial members only hold voting rights

Following the close of the meeting supper and refreshments will be provided

Enquiries to Clare Kininmonth, Secretary  
[mapuabcsecretary@gmail.com](mailto:mapuabcsecretary@gmail.com) or 0221771186



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**NEW BEGINNER CLASS**  
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1.30pm – 3.00pm  
**Venue: Community Hall**  
72 Aranui Road, Mapua

Phone 03 545 8375 (please leave a message)

## Hello Animal Lovers

Well, spring already, and it usually means lots of new baby animals. I am often asked when you start training a puppy or a kitten. The answer is as soon as you get one, however not formal obedience training, but simple commands like, "No" and "Come".

It is also very important to make sure your new baby animal is socialized with all other animals in your household, and also when going for walks. So many problems arise when a pet is not allowed to mix with others, as they can be protective or scared of other animals.

It is good to see many vets now run puppy classes, but cat training is almost non-existent. How do you train a cat? In much the same way as a dog but with more patience and allowing for the fact that cats need to make their own decisions based on a reward at the end of it.

It is up to the owner to understand how cats think and then shape that thinking to make them be social and not destructive in the home. All young animals have a need to play and use up energy, so appropriate outlets should be provided with toys and exercise. It is essential that all members of the household are consistent in the training or the animal will get confused.

If a young animal learns the way to behave around its owner and in the home it will go on to be a delight for everyone.

It is sometimes important to consult a professional animal behaviourist to help. I am always happy to help with any animal behavioural issues.

*Sue Mott, Animal Behaviourist*



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# ... Mapua Village Bakery ...



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**\*\*\* Pie of The Month ..... Chilli-Con-Carne \*\*\***

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along with our wonderful staff, Marlene, Jason, Emma, Senani,  
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seeing you all, during the first month of Spring !*

Mapua Village Bakery. 68 Aranui Rd. 03 5403656. Winter hours 8am-4pm

# Whenua Iti Outdoors – Experiential Learning

**What's been happening** EER audit - highest grade achieved.

Every three years we are audited by the Ministry of Education through an audit called EER – (External Evaluation Review - like a school ERO review). EER ensures we meet the standards required to be an NZQA assessor and covers two focus areas, Education Performance and Capability in Self-Assessment. In both these areas, WIO score the highest possible grade: “Highly Confident”. This is an amazing endorsement of the organisation and we are both excited and grateful to be able to share this news. Thanks to everyone who has supported us as this success is the result of a whole community effort. We'll share some excerpts from the report over the next few weeks so here is one to get us started:

*Courses are highly relevant and well planned, with activities designed with students' safety in mind. The professional staff and ongoing nature of reflective practices help ensure the courses meet stakeholder needs.*

## **What's coming up** – holiday programmes galore

There are holiday programmes galore in the planner for all ages and abilities, including a nine day extravaganza of outdoor skills for 15+ year olds. The old favourites: Senior and Junior Journeys, Go Wild and Duke of Edinburgh Adventurous Journeys are all in there too. Many families book their children and grandchildren on a WIO holiday present as an awesome Christmas or birthday present which we think is just a little bit clever!

## **Focus on... Duke of Edinburgh**

WIO is an Open Award Centre for the Duke of Edinburgh so you can enrol and take part in the Duke of Ed with our support. We meet (optional!) on the first Thursday of each month in term time where you can meet fellow participants, take part in activities and find out more about the award. We also offer the Adventurous Journey at all levels and opportunities for Gold Residential

## **Outdoor Wanderings** – Geocaching

Geocaching is a worldwide phenomenon and an awesome way to get the whānau outside. Described as the “world's biggest treasure hunt,” a geocache is a hidden capsule marked on a map with a few clues to help you along. There are over 1600 to be found around Nelson including some around Mapua. They are everywhere! It's a great way to get out and about on bikes, on foot or however you choose to travel and explore new places and

best of all it's free! Visit [www.geocaching.com](http://www.geocaching.com) for videos, instructions, information.

We'll see you out there!

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



Happy people on the last Junior Journey – join us for a holiday programme!



Students on Uniformed Services check out the rescue helicopter as part of their course

## Advertising Costs

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

\$2.50 per cm up to 6 cm

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

E: [coastalnews@mapua.gen.nz](mailto:coastalnews@mapua.gen.nz) for more information.

Caroline Lusty, 115 Tarrant Rd, Mahana  
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Our region is changing at a rapid pace, with fast growth, housing demands, the state of our current infrastructure and our climate, we have some major challenges. The current plan addresses these challenges by increasing debt and increasing rates, our region simply can not sustain this traditional response.

I provide you with an opportunity of freshness, a new energy with new ideas, and a new way of doing things. I have worked within communities across the top of the south for the past 30 years. My success within the not for profit sector has demanded of me a

high level of business acumen, the ability to negotiate significant contracts with multiple councils, understand central government complexities, and work with limited or challenging budgets. The ability to bring together high performing teams and to provide strong leadership has seen challenging projects completed under my leadership. This experience has also been accompanied with a high degree of public scrutiny, being held accountable to the public for every single dollar and being completely transparent with strategic decision making for the future. It is time for our region to become a region which sets an example for the rest of the country. As Mayor I will navigate central government to advocate hard for investment in our region. **Vote Maru for Mayor.**

**E: [brentmaru@gmail.com](mailto:brentmaru@gmail.com) W: [brentmaru.co.nz](http://brentmaru.co.nz) M: 027 285 7075**

Authorised by: Brent Maru, 43 Tudor Street, Motueka.

# Mapua & Districts Community Association

## AGM – Comings and Goings and Ongoing Issues

At our August meeting, outgoing Executive members Helen Bibby, Trish Smith & Tim Hawthorne were thanked for their significant contributions to the Association's work over many years in the areas of environmental, Waterfront Park and digital communication systems – all of which enhance our sense of wellbeing and connectedness to our surroundings and to each other.

**The MDCA Executive Members for 2019/20 are:** Marion Satherly (Chairperson); Wayne Chisnall (Deputy Chair); Desiree Dunlop (Secretary); Aileen Connell (Treasurer); Naomi Aporo, Mike Kininmonth, Bruno Lemke, Elena Meredith.

Cr Tim King (who is not standing as a Ward Councillor in the coming local body elections) was also thanked for his many years in the role with his regular attendance at meetings and his reliable follow-up on issues raised.

Marion noted that she had attended Tasman Area Community Association (TACA) in July and both Julian Eggers (chair of Wakefield Community Council) and Cr David Ogilvie (Motueka) were warmly welcomed to the MDCA meeting. The importance of making such links across the wider region was strongly affirmed. It was noted that MDCA & TACA jointly hosted the Meet the Candidates meeting for the upcoming Local Body elections.

The passing of **Ralph Cotter** was noted, with recognition of his community involvement over the years and the ongoing engagement with and contribution to the community made by Margaret (his wife).

Haere, haere, haere ra - moemoe ra i te rangimārie, e koro – Go now and rest in peace.

## SOCIAL MEDIA

Tim was warmly thanked for his significant contribution in bringing MDCA into the more modern communication age. His role on Exec will be taken up by Bruno Lemke.

Tim reported that from July 2018 through June 2019 MDCA posted:

- 171 notices on Facebook - viewed 88,143 times.
- 8 videos – 7 of which were “Facebook Live” video casts of presentations at monthly meetings.

The numbers who “like” the Facebook page grew from 812 to 950 & MDCA is now followed by 1024 people.

Since May 2019 we have been averaging 2 Mail-chimp emails per month to our 92 subscribers.

## MAPUA WATERFRONT & WHARF

Marion Satherley (MDCA rep on the Mapua Waterfront Working Group - MMWG) reported on the current status of the planned development for the Ngaio Tree Reserve (NTR) noting that cost estimations exceed funds available which will mean that the development will be staged.

The suggestion was made by an MMWG community rep that maybe the represented community groups could contribute funding for the “above ground costs” such as: tables, seating, bike racks, dinghy stands; lighting; drinking fountains and playground equipment. Cr Tim King noted that while TDC appreciated and supported this approach, TDC was only asking the community to contribute to the costs and if there is any shortfall, TDC will still be covering the costs.

After significant discussion, the following motion was passed

*That MDCA is happy to try to fundraise towards the completion of the Ngaio Tree Reserve development, depending on the outcome of revised costings* Helen Bibby; Tim Hawthorne.

**Wharf water pipe upgrade** - In relation to concerns and local queries about suspected leeching from contaminated soil relating to these road works near the Wharf, communication from TDC confirms that their test results show no risk to human health from this.

## ROADS AND PATHWAYS

TDC's conditions have resulted in the dropping of proposed plans for walking access across private property linking Jessie St and Aranui Road. MDCA will check with TDC what these conditions are. In the meantime Wayne will explore possibilities of an alternative option with foot traffic getting to Jessie St through the new subdivision on Aranui Road.

## DOMINION FLATS ENVIRONMENTAL PROJECT

Helen Bibby reported on the ongoing growth in both the numbers and heights of trees/plants in the domain. Work on the back track is progressing slowly. There is now a bridge over the swampy area and we hope this track will be completed within the next month. A group meets every Tuesday to plant or weed and we welcome anyone who would like to volunteer some time to join us as we won't run out of things to do. Tools are provided and we work from 9 till 12 with a decent coffee break around 10.30 to sort out the world. Come on - it's fun!

Helen is resigning from the Exec but will remain in her co-ordinating role for this project and will liaise with Naomi as the Executive member. She was warmly thanked for her regular and enthusiastic updates as well as her astounding ability to access funds! Many thanks from all us Mapuians!

(Continued on page 8)



## COMMUNITY WELLBEING/TRANSPORTATION

The Community Wellbeing Survey for Mapua/Ruby Bay & Districts held over July received 324 responses while the TACA survey on transport received 54 responses both of which are around 20% response rate.

The three main issues identified were the need for;

- a reliable ,efficient ,affordable and well-publicized transport system in the area;
- expanded and extended health services both “medical” & wider community support
- increased social connectedness between residents and a wider range of services and transport

Access on-line copies of the grouped and summarized reports (as well as the TACA survey) via the **MDCA Website –[www.ourmapua.org/wellbeing](http://www.ourmapua.org/wellbeing)**. Paper copies will be available at the Mapua Community Hall.

A full summary of the responses and suggestions from this survey can be found further on in this edition of the *Coastal News*.

The plan is to follow up responses and suggestions relating to the identified themes with a forum in September of Key stakeholders and interested individuals from both Tasman and Mapua/Districts to set up working parties to “put wheels/walking feet” under the ideas

If you are interested being part of this future development, please contact

Elena Meredith at [elena.meredith@xtra.co.nz](mailto:elena.meredith@xtra.co.nz)

## WATER /ENVIRONMENT

This expanded subcommittee will cover:

- Local project/environmental groups such as Dominion Flats; Mamaku Wetlands; Waimea Inlet
- Water updates and issues including water infrastructure and freshwater quality
- Climate change concerns and updates
- Any other specific environmental matters relevant to Mapua and Districts

Naomi Aporo will hold this portfolio on the Executive

Bruno reported from the **Water Infrastructure Group** – noting that this group of independent Ruby Bay residents will now focus solely on Ruby Bay issues and will report to MDCA to ensure that there is continuity in the wider community’s approach to these issues.

**Julie Nevin** (Ward Councillor candidate) spoke briefly on her concerns over sustainability and resilience with a focus on environmental issues; community connectedness and transparency in community consultation. She plans to hold a forum in Mapua during September to discuss these issues and sought feedback on levels of interest and potential venues

## AN AED IN RUBY BAY?

The question of interest in and demand for an AED in the Ruby Bay area was raised. It was agreed that this issue would be posted onto Facebook to see if Ruby Bay residents support and will help in the fundraising required to purchase an AED. Between \$2,800 and \$3,000 is required for such a purchase and installation.

If you are interested, please contact Wayne Chisnall via [info@ourmapua.org](mailto:info@ourmapua.org) or phone him directly.

## Future Hot Topics:

9 September – Tasman Environment Trust

Tasman District Voting system

14 October – Project Janszoon

Mapua Dawn Chorus

Predator Control

11 November – Mapua Community Care Project (see below)

## Mapua Community Care Project (MCCP)

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

## Te Tau Ihu International Generational Strategy Hui

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

## Mapua Community Phone Directory


Mapua & Districts Business Association (MDBA) is seeking help and input to update this local phone directory. Suggested a request be put onto Facebook to seek volunteers. The Secretary will follow this up.

**Be sure to attend our next monthly meeting:** Monday, 9 September 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.**

*Submitted by: Elena Meredith*



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# Motoring with Fred

Yes, I had seen this eccentric-looking short BMW driving past my gate but didn't take too much notice until it was parked along Iwa Street and I had a moment to have a quick look. A nice curved body shape with sharp edges at change of direction for the poly-carbonite panels.

It is a nice alternative and has broken the boring curved shapes in auto architecture of the last 15 years. On the badging was **i3** and another badge with **Extender**. I had to investigate this. Pip is the owner and said she loves it. Mike her partner talked me through the many computer based features on the i3.

One thing I did like was that the information screen was adjustable and big enough with simple operation.

The heater, heated seats and battery heater can be pre-set at say 7.30 in the morning. It will turn on automatically and the car will be ready, warm for you to drive. It was cold the day I took it for a drive and the heated



seats a new sensation for me but a bonus. There are so many space-age gadgets and electronic information on the i3: I haven't got space to tell all, but they were fascinating.

Driving the i3 was a blast. Great positive acceleration, nice tight steering with no over or under steer. We zoomed up the Bluff Hill no trouble with more acceleration there if I wished while clinging to the road around Marriages Road corners. BMW has installed self-braking, whereby as soon as you button off the accelerator the car starts to brake to a slow stop. Takes a bit to get used to but very efficient.

Best of all was the automatic parallel parking. Amazing! We stopped outside the bakery and Mike set all the buttons and I had to let go the steering wheel with a feeling of mistrust. The car didn't say a thing, just reversed with its quiet reversing beepers going. "Is it going to hit that car behind?" No, the beepers stopped and we glided

in to final position, 200mm from kerb: perfectly parallel. Amazing, I could imagine trying to convince my elderly father that a car could park itself.

EV (Electric Vehicles) now have separate classification on Trade Me which is an indication of popularity. The Nissan Leaf is a big seller in New Zealand, so I put the same questions to Mike as I did to Charles, owner of the Nissan Leaf I wrote about in 2016:

Can you drive to Murchison? **Leaf:** no, **i3:** yes

What happens if you run out of charge? **Leaf:** Tow it. **i3:** the petrol charge motor starts and generates enough electricity to run the electric motor at reduced speed. The charger motor can be adjusted for an early start for long journeys to maintain battery charge.

Does your wife like the car? **Leaf:** she loves it. **i3:** she loves it.

Do you have to plug it in as soon as you come home? **Leaf:** we always do. **i3:** not always.

Does the car moving charge the car? **Leaf &**

**i3:** only downhill.

Can you charge from three point plug? **Leaf & i3:** yes.

BMW i3 or Nissan Leaf. The Leaf is a true electric car and the i3 would be classed as a hybrid. Battery replacement is a big cost to both but they are getting cheaper all the time.

I might leave the readers to call which might be better for the environment over being practical transport living in the top of the South Island.

*Fred Cassin*



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**Friends of  
 Māpua Wetland Inc**

The Annual General Meeting  
 will be held at 107 Aranui Road, Māpua,  
 08 September 2019 at 3pm  
 All welcome

# Hills Community Church

In our household the coming of September and spring is the arrival of a season of birthdays. And it is always has me thinking; it is hard to comprehend how quickly a year goes by – and how much changes without us noticing.

This month we will have a second teenager in our house. And in addition to the one we already have, life is getting more complicated.

It is amazing to think back to arriving in Mapua with a six and eight year old. And now our youngest is turning six herself. I never appreciated quite what impact teenagers have in family life. There is a book written by Ian Grant about parenting teenagers - it's called 'The White Water Rafting Years'. At times that is an apt description.

But really, it is a great journey. The reality is that there are many 'white water rafting' seasons in life, usually they take the form of 'problems' that we hadn't quite banked on. I was introduced to a great quote this week about how we must learn to view the 'white water 'problems' of life.

Al Davis, the coach of the Oakland Raiders American football team once said:

"A great leader doesn't treat problems as special. He treats them as normal. If you're working, expect problems.

If you're dealing with family, expect problems. If you're just minding your own business and trying to relax, expect problems. If everything goes according to plan, then be pleasantly surprised. If it doesn't and you've planned accordingly, you won't get so frustrated. A problem not anticipated is a problem. A problem anticipated is an opportunity."

May you find God's strength, his wisdom, and his graceful presence in all the 'opportunities' that life presents us with.

*In Christ, Rev John*

## Sunday Worship

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

## Youth Groups

Years 9 to 13 Fridays at Māpua Community Hall 6.30-8.30pm.

Years 6 to 8 Thursdays at Hills Community Church 3-4pm.  
[www.hillscommunitychurch.org.nz](http://www.hillscommunitychurch.org.nz), phone 540-3848

## Costume Carnival

**A date for your diary: Thursday 31st Oct 5-7pm  
Mapua Community 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/>



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# ‘Māpua’ is now an official name

The government authority for place names, the Geographic Board, has approved “Māpua” as an official name for our township and locality.

Māpua joins a list of more than 870 New Zealand Te Reo Māori place names throughout the country that have a macron as part of their official names. The macron is a small line over a vowel that is used to indicate that it is emphasised. The symbol has gradually become the standard means to indicate a long vowel in Te Reo Māori.

The Geographic Board’s Māpua decision has come about six months after questions about use of “Mapua” (without a macron) were first raised publicly by local resident Naomi Aporo at a Māpua Community Association meeting.

In mid-2018, Naomi urged the association to support adding a macron over the ‘a’, in Mapua. She told the association meeting that “Māpua” had a beautiful meaning, “abundant”, but without the macron, it lost that meaning.

The macron also affects pronunciation of “Māpua”, which should have emphasis on the first ‘a’ and not on the ‘u’, as is often heard.

The name “Mapua” was originally adopted in 1910 by property developer F I Ledger, who chose a word from a Māori dictionary that he felt would indicate the potential of the place to become a major apple growing area. The name quickly caught on, but when introduced did not include a macron. When a post office opened here in 1912, the name “Mapua” (without a macron) became the standard name for our settlement.

Naomi felt adding the macron retained the meaning of “abundance” and also provided a link to the pioneer orchardists of the district. Another local Māori name, Mahana, which means “warm”, was chosen by one of the most successful early orchardists, E C Bensemman, who developed extensive apple orchards in that area.

Following Naomi’s advocacy, a small group of residents made inquiries about the use of macrons in Māori place names with a view to gaining support for “Māpua” as our official name.

When checking the New Zealand Gazetteer they found that the Geographic Board had not only already corrected our town’s name, but had made corrections to scores of other South Island place names. There seemed little publicity for these changes and the group checked the Geographic Board minutes to see what had happened.

At its September 2018 meeting, the Geographic Board had agreed to correct a list of 176 South Island place names (including Māpua) that required only a macron as a correction. Board members recorded their view that there were unlikely to be any public objections to the change. The board’s decision was subsequently published in the Government’s official publication, the *New Zealand Gazette* on November 5 2018.

Among other regional names approved by the board as official with the addition of macron were some other place names from our district. These included: Māriri, Mārahau and Mārahau River, Umukurī and Pangatōtara.

Amended Nelson names approved by the board after a

macron was added included Tāhunanui, Tāhunanui Beach and Tūi Glen in Atawhai.

Amended Golden Bay names were: Mangarākau, Pākawau and Pākawau Inlet, Pōhara and Pōhara Beach, Taupō Point and Taupō Hill, Tōtaranui, Tōtaranui Beach and Tōtaranui Stream.

Some Māpua organisations had earlier decided not to wait for a Geographic Board decision and had adopted the amended word “Māpua” in their name. They included the Māpua Tennis Club and Friends of Māpua Wetland. The “Coastal News” also uses the Te Reo Māori spelling in stories about Māpua.

Interest in correcting South Island Māori names that lacked a macron seems to have started about 10 years ago. In 2010, the name of Lake Hawea in Central Otago was amended by the Geographic Board with the addition of a macron to be renamed “Hāwea”. This issue arose after descendants of a prominent chief complained that the longstanding use of the name of their lake and locality as “Hawea” was incorrect. They said the name should be Hāwea, in honour of a respected rangatira, Hāwea-i-te-raki.

At around 2010 also, Ngāi Tahu, the South Island’s biggest iwi, launched a massive cultural study into traditional Māori occupied land areas in the South Island. The project, called “Ka Huru Mānu” involved creation of comprehensive maps and massive databases and identified and located about 3000 historic places that were known to Ngāi Tahu ancestors. The iwi produced a comprehensive atlas and subsequently called on the Geographic Board to approve its list of historic South Island Māori names.

The Geographic Board’s September 2018 meeting declined to approve all the names recommended by Ngāi Tahu and sought more information on other names proposed by the iwi. However, it did accept as official any existing names that required only a macron for correction.

The group supporting Naomi Aporo’s view about “Māpua” hopes to celebrate the Geographic Board’s decision with a modest function to coincide with the start of this year’s Māori Language Week, on 9 September.

*David Mitchell*

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# Māpua Playcentre digger day

## A very special visitor!

This month we had a very special visitor at playcentre! A playcentre family own their very own digger and were kind enough to bring it along to a session where all the children got to get up close and personal with it.

We were shown all the different parts of the digger and got to see it drive around the car park. Each child got the opportunity to have a sit on the digger and play with all the controls.



This is such a nice example of the community we have here at playcentre and the wonderful resources our community have access to, to help with our Tamariki's

learning and development!

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 – 12 noon during school terms. You can



find us at 84 Aranui Road (behind the tennis courts by the scout den).

Alternatively, please contact us with any questions you have either by phone: Kathryn on 021 2534264, email:

mapuaplaycentre@gmail.com or find us on Facebook.

# Tamaha Sea Scouts fundraising

The Tamaha Sea Scout Group, based in Mapua (TAMAHA = TA-smān, MA-pua, MAHA-na) have been fundraising over the last three months. Our youth (aged 5 to 15) have been out selling \$20 raffle tickets to family, friends and visitors to Mapua Wharf. Although \$20 sounds pretty steep for a raffle ticket, the prize was big enough to justify it – a YEAR'S PETROL in vouchers (to the value of \$2,400).

As a not-for-profit group offering adventures and personal growth for our young people, we have a lot of overheads and costs that are usually only covered by charging our youth and their parents more and increasingly more fees. The committee thought long and hard about various options and decided that instead of completing numerous sausage sizzles and pub quizzes, we would try a BIG RAFFLE and see if we could knock a lot of our overheads off in one go and put a stop to the fee increases for at least the next year or two.

We started just before Easter and finished at the end of August. The second and third prizes were put together with donated goods and services from local families and businesses, with a value of \$1,000 and \$500 respectively.



The winners have been drawn under the watch of a local notary public (video available on request). Our winners were:

**FIRST** Deborah and John Enright

**SECOND** Christina Wood (our Kea leader Leif Pickwell's sister)

**THIRD** Kirsten Pickwell (Leif's wife)

A fantastic result, especially for the Pickwell family!!

The prizes were handed over at the den on 25 August and the wonderful Deborah and John Enright handed back \$1,000 of their prize as a donation to the Group – how amazing is that!? We'll be able to use those fuel vouchers for trips and adventures with our scouts. It



turns out that John used to be a member of Nelson's other Sea Scout Group - Iron Duke Sea Scouts and wanted to give something back to the local community. What a generous gesture!

Tamaha Scout Group would like to thank all the parents, the committee, our youth and especially everyone who bought a ticket and/or donated a

prize for the raffles. Please feel free to come and talk to us next time you see us out and about with the boats or kayaks off Mapua Wharf or Grossi Point.

# Māpua Health Centre

Sadly, we will farewell Dr Emily Shine later this month. It has been a pleasure to have Emily as part of our team and from the feedback we have received from patients they have greatly appreciated the care and kindness she has shown. We wish Emily all the very best for the future.

A reminder that we have a variety of external providers offering free appointments at Mapua Health Centre including the Dietician, Social Worker and Advanced Care Planning. If you would like an appointment with any of these health providers please have a chat to one of our nurses.

Two trainee interns, Tori Catherwood and Leah Bakker, will be joining us in September. This is a great opportunity for final year medical students to get some insights about general practice and health care in the community setting.

We are now providing an ear suctioning service. If you would like to book an appointment or would like to know more about it please do not hesitate to talk with one of our nurses.

Repeat prescriptions can be ordered by telephone or online through the ManageMyHealth patient portal. Repeat prescriptions are \$15 for enrolled patients and will be available within 48 hours. If you require your prescription urgently (same day) then the fee is \$25. We recommend payment of the prescription fee at the same time you request your prescription to prevent an admin fee being added to your account.

Over 27% of our patients are already using the patient portal. We are now inviting all patients over the age of 16 years to register. This is a confidential and secure way to access your health information online, and to communicate with your GP. You can view test results, request repeat prescriptions, and book non-urgent appointments at a time convenient to you. There is also an app available so you can access it at any time.

Are you a smoker? Would you like to quit? The risks associated with smoking, and the harm it can do to both short-term and long-term health, has been well proven. We also appreciate how hard it is for many people to stop. However, we urge you to try. We are committed to supporting all smokers who want to quit. Please make an appointment with one of our nurses to discuss your options for cessation

As a team we advocate and support the Code of Health and Disability Services Consumers' Rights. This ensures everyone is treated with respect regardless of age, gender, culture and/or religious differences. We believe these rights also apply to our very hardworking staff. Our team is here to help you and we appreciate that at times ill health and other issues can feel overwhelming and/or frustrating, however, we would ask that you refrain from taking those frustrations out on our receptionists.

One of the challenges facing general practice is how to manage the increasing number and complexities of health issues that patients and their carers are having to cope with, especially as our population ages and with the growing expectation of primary care taking on more of the workload that had previously been provided by hospitals.

Trying to sort out these issues can mean that the normal 15 minute appointment runs over time which then

has a flow on effect so that other patients are kept waiting.

It is therefore very helpful if you think you may have a number of issues to sort out that you either book for an extended appointment or be prepared to come back for a further appointment to complete the process.

We've been dealing with quite a few coughs and colds as well as a number of flu's. It's really helpful if you or your child are becoming unwell and would like an appointment that you let us know early in the day if possible as it can be quite hard fitting in extra patients towards the end of the day.

Thankfully, we will soon be emerging from the challenges of winter into the gentler climes of spring. This can be a good time to check out options for health and lifestyle. A famous health advocate, Dean Ornish (<http://ornishspectrum.com>), has shown that the main factors that can improve our risk for heart disease (the number 1 cause of death in our society) are:

Stress management

Exercise

Nutrition

Social / Spiritual interaction

Education (including non-smoking, etc)

[Ornish, D. *et al.* (1998) JAMA, 280(23): 2001-7]

So what is happening in or around Mapua to help develop our common **SENSE**? You might be surprised to know that the following are some of the activities and classes available: Pilates, Tennis, Walking groups, Yoga, Tai chi, Meditation, Aqua aerobics – Richmond, Stop smoking, Healthy lifestyles + green prescription, Girotonics.

The practice nurses at the health centre can help you find out more about any of these. Please let us know if you are aware of other healthy lifestyle activities or groups happening in the area.

Every year around 600 men die in NZ of prostate cancer. Blue September is about getting the word out about prostate cancer.

If you buy a blue ribbon, paint your face blue, donate money to the Prostate Cancer Foundation or even tell people, you will be helping to lower the death rate and reduce the suffering from this disease.

Here are some of the local and world health initiatives for September:

1-30 Cervical Screening Awareness Month [www.nsu.govt.nz/](http://www.nsu.govt.nz/)

1-30 Breathe Better September (asthma)  
[www.breathebetterseptember.co.nz](http://www.breathebetterseptember.co.nz)

1-30 Blue September, prostate cancer awareness  
<https://blueseptember.org.nz>

1-30 Students Against Dangerous Driving <https://sadd.org.nz/>

3-9 Gamble Harm Awareness Week [www.gamblinghb.co.nz](http://www.gamblinghb.co.nz)

8 World Literacy Day <http://internationalliteracyday.org>

9 Fetal Alcohol Awareness Day [www.fan.org.nz](http://www.fan.org.nz)

10 Suicide Prevention Day <http://wspd.org.au>

10-16 Keep NZ Beautiful Week [www.knzbcleanupweek.co.nz](http://www.knzbcleanupweek.co.nz)

15 World Lymphoma Day [www.leukaemia.org.nz](http://www.leukaemia.org.nz)

19 Suffrage Day 125 [www.womens-health.org.nz](http://www.womens-health.org.nz)

21 International Day of Peace [unesco.org.nz/homepage.htm](http://unesco.org.nz/homepage.htm)

21 World Alzheimer's Day [www.alzheimers.org.nz](http://www.alzheimers.org.nz)

22 World Car-free Day [www.carfreemetrodc.com](http://www.carfreemetrodc.com)

23-29 Mental Health Awareness Week <https://mhaw.nz/>

26 World Contraception Day [www.who.int/life-course](http://www.who.int/life-course)

# Book Review: The Alice Network by Kate Quinn

Have you ever heard of the atrocity at Oradour-sur-Glance at the end of WWII. Nor me! So, historically my interest was fired.

In June 1944 as the SS Panzer Division retreated from France, an incident occurred where all the men and older boys were rounded up and slaughtered and the women and children were barricaded into the village church which was then set alight. 642 villagers lost their lives.

But...this fiction novel is not about that incident specifically. It is about an all-female network of spies, headed up by Louise de Bettignies (an actual espionage agent), code name, Alice du Bois.

Two accounts run concurrently - Eve is an alcoholic, embittered former member of the network whose life has been catastrophically affected by her WWI wartime experiences. She is bent on revenge. Charlie, single and pregnant, is a privileged member of the post-war wealthy American set. She is on a quest to find her favourite cousin whom she knows was last heard of in France toward the end of WWII.

Charlie's mother takes her to Europe so that 'her little problem' can be taken care of. Once in Europe Charlie escapes the clutches of her overbearing mother and begins tracing back Rose's last known activities. Her search brings her to a dark, dreary flat where she encounters a Luger waving, drunken woman - Eve - who makes it clear that Charlie is not welcome.

By turn each of the women tell their story.

Eve's recounting of her entry into and her activities within the spy network make for riveting reading: the courage and daring of the members of the Alice Network

seem foolhardy at the very least and the physical and mental trauma that they suffer is horrific.

Charlie's story, by comparison, seems somewhat trivial. It inevitably involves a love interest (with Eve's 'carer', Finn) and her language sometimes does not befit the era that her story is set in. I found this 'contemporary' story much less convincing than Eve's historically true account.

Despite their introductory meeting, a trust, brokered by Finn, is built up between Eve and Charlie. Eve can see opportunity to seek out the perpetrator of the physical violence which she has endured, so she agrees to help the younger woman look for her cousin. Their search eventually takes them to Oradour-sur-Glance and from its only resident, they piece together what actually happened here.

Oradour-sur-Glance has never been rebuilt and is preserved by the French government as a memorial to the villagers who so horribly lost their lives here. Look up [www.oradourinfo](http://www.oradourinfo) and see for yourself.

This book is in the Mapua Community library as is another of Kate Quinn's books 'The Huntress'.

*Reviewed by Penny Brown.*

## Love Tennis!



Mapua Tennis Club are running a free "Love Tennis" event: **Saturday 7 and Sunday 8 September 1pm - 4pm.**

This event is for anyone, young or old, who would like to try out - or get back into - tennis. No need to have played tennis before; this is not a match play situation, it's about joining our Mapua tennis community to have a bit of fun. We have rackets available; come down for a social afternoon either Saturday or Sunday or both if you feel like it!

By attending, you will have the chance to win a trip for two to the 2019 ASB Classic in Auckland in January. There will also be other giveaways and score yourself a free Hell Pizza just for coming along!

Bring yourself, better still bring your whole family - age is not a barrier to tennis, and find out all there is to love about tennis! We will be firing up the BBQ, and there'll be plenty of fun games, action on court and an amazing opportunity to socialise in your own community.

Further details can be found on our Facebook page @MapuaTennisClub **See you there!**



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Wine Time!



# Wine Time!

Oh, how I love these “Days”! First it was “Sauvignon Blanc Day” on 4 May; “Chardonnay Day” was on 21 May and yesterday, 18 August, was the long-awaited “Pinot Noir Day”.



My wine of choice to celebrate this wonderful day was the 2018 Kahurangi Estate Pinot Noir. I had already taken it for a trial run, sitting in the glorious sunshine at Tasteology, a very pleasant spot to spend an autumnal Saturday afternoon.

In my own non-expert opinion, this is a very drinkable Pinot Noir: delightfully fruity with a cheeky little hint of spice. A Pinot Noir I would be quite happy to drink on it’s own, although yesterday I teamed it with my favourite braised lamb shank recipe, as to me, Pinot Noir and lamb is a match made in heaven!

The two worked together perfectly; so perfectly the bottle was soon empty, giving us no choice other than to open a bottle of Merlot (the only other red we had in stock); and it wasn’t even “Merlot Day”. That’s not until 7 November!

I spoke with Cameron Woods from “Tasteology @

Kahurangi Estate” to get the low-down on this tasty drop:

“2018 wasn’t an easy vintage for viticulturists and winemakers, particularly with Pinot Noir. You could even expect the resulting wines to be disappointing. Not so with the Kahurangi Estate Pinot Noir.

Through careful handling in the winery we have a Pinot, though light in colour, that is full of interesting nuances. Destemmed, the grapes were then plunged three times daily through fermentation before moving into Oak Barrels where it stayed for 10 months. With 50% new oak there is enough influence without it overpowering the structure of the wine. Unfiltered, unfinned the wine retains its natural flavours.

At Tasteology we think the most important part of wine tasting is to decide if you like it or not. We believe the Kahurangi Estate Pinot Noir 2018 is a wine that you will enjoy. A delicate nose of forest berries leads through to a balanced palette with a subtle mix of fruit and savoury, if not autumnal notes. The finish has just enough white pepper spice to keep the interest going and tempt you to a second glass.

This is a wine that can be enjoyed by itself or maybe with a wild mushroom risotto. But you don’t have to take our word for it. You can always pop in to Tasteology @ Kahurangi Estates to try it for yourself.”

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Above: Cameron demonstrates his enjoyment of Kahurangi Estate Pinot Noir

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# Musical Notes of my Life by LM

**"The only way is up" By Yazz**

**THE ALPS CHALLENGE: 17 - 21 September 2009**

In the winter of 2009 (northern hemisphere), I was looking for a new challenge. I had recently completed a 1,500-piece jigsaw and had mastered the art of spinning plates and whilst these activities kept me busy inside the house it was time to take on something physical and outdoor.

Upon reading a cycling magazine I noticed an advert looking for cyclists to take on the Alps Challenge in aid of Macmillan Cancer charity in September. To register you had to send in £195 and fill in a form stating that you were of sound body and mind, and you would raise a minimum of £1600.

The other part of the application form informed you that accommodation would be on a shared room basis with someone of the same sex. It then asked me to put down a name of the person I wished to share a room with. Things were looking up as I scribbled in the name Clare Balding (a very famous BBC sports journalist) I get to climb the iconic tour mountains and then share a room with CB all for raising £1600.

However, it seems that Ms. Balding was otherwise engaged so plan B was to talk one of my friends into doing it. My partner had ruled herself out on the basis that she had more sense. So, which one of my friends should I ask?

Actually, this decision was fairly easy on the basis that I only had four friends. All four owned bicycles, which was a good start. However, all four of them wouldn't regard themselves as enthusiastic regular cyclists. Two of them would only use their heavy old mountain bikes if the weather permitted. I quickly ruled them out.

This left Susan and Clare. One of them was planning on doing a half ironman and one of them had an Achilles problem. I opted for Susan who had the Achilles problem.

I needed to persuade Susan that she really wanted to get that bike out of her garage. We went for a meal at a local restaurant. I kept filling her wine glass with French

wine and dropped huge hints like 'I wonder what it would be like to ride up the Alps'. At the end of the evening, I reckoned I had Susan potentially interested in the challenge. After all she couldn't run (because of the Achilles) so why not cycle.

But it took another long chat over a tuna and mayo sandwich (on brown bread) to persuade Susan the time had come for her to take on a big cycle challenge.

With us both signed up we sprang into action. It was March. It was time for our first training ride. We met on the outskirts of town with a plan of cycling along the coast and back for about 30km.

It was cold and the sky was threatening snow and during the last part of our ride it delivered an icy sleet shower. I tried to encourage Susan by saying 'September in France will be lovely and warm'. I will be reminded of this again during the Alps Challenge itself.

Each day of the challenge we were going to cycle over 100km covering two Cols (mountains). It didn't sound much, but for me it required heaps of training. My cycling at this point was very much geared to doing shorter races and I was built like a sprinter. By this I mean I had massive thighs and I liked my food.

By April it was important to get down to some serious training. Susan started fund raising; I kept cycling. May arrived; Susan's fund raising was going well. I kept cycling.

By June I had upgraded the gears on my bike, bought two new pairs of cycling shorts and a new pair of sunglasses. I justified all those purchases by kidding myself that they will make me fitter and faster on the bike come September, especially the sunglasses.

September soon arrived. Training in July had gone well as we were spurred on by watching the Tour de France. The Monday before the Challenge I was lying on the physio bed reflecting that I was in the best form of my life. After all I was only being treated for a bulging disc, groin strain and tendinitis in my right foot. I was ready.

We flew out on the Thursday and arrived in the heart of the Alps at Bonneville. Here we met the 55 other cyclists who were also undertaking the challenge. Our first task

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was to reassemble our bicycles as they had been taken apart and placed in special bike boxes for the flight.

Working away on my bike with a hex key, staring at various parts, I realized I'd forgotten to pack a very important piece of assembly equipment, my partner. I only ended up phoning her four times for instructions. With bikes ready it was time for dinner and to contemplate climbing the mountains that surrounded us.

It was an early start for our first day. We were to cycle from Bonneville to Albertville via Col des Aravis at 1,487m and the Col des Saisies which had 8% gradient for 13km reaching a height of 1,650m.

Lined up in a carpark with everybody and their bicycles listening to the route briefing, I looked round to see where Susan was. As I did, I lost the balance on my bicycle and fell to my left.

As I was heading towards the ground my fall was broken by the cyclist next to me, who in turn lost his balance. This started a domino effect. As I stared up from the ground, I had a full view of the domino effect as 15 other riders lost their balance. Not a good start to the challenge.

We were informed that the route was clearly marked out for us by orange arrows the size of your hand. By the second junction we had all gone the wrong way. *Sacré bleu!*

Once we were back on the correct route the road soon started to go upwards. For all of her fundraising Susan was cycling well within herself and for all my training I was finding it tough. Susan weighed less than me by 20kg and was built like a mountain goat. She was at home on the mountain roads.

After 24km we reached the ski station with the support crew there to hand out bananas and water. I spoke to an elderly French cyclist. "I suppose you do this climb every day" I said. "Oh no" he replied, "every other day".

After a quick photo stop with Mt Blanc in the background, we began the descent off the mountain. We picked up speed and before we knew it, we were in the village of Flummet. Lunch was provided for us here by a company called Extreme Catering.

They had laid on a huge buffet, but with another mountain to climb you just can't eat like that in the middle of a ride. To be honest all I wanted was an energy bar and failing that some drugs would be good, you know, like the pro cyclists.

We pedalled on, minus the drugs, to the top of Col des Saisies. From here we 'flew' down to Albertville arriving at 2.30pm. Tired and hungry from 100km cycle we arrived at the hotel to find we had beaten the truck with our luggage in it. Disaster. We had to wait another couple of hours for our stuff to arrive by which time we were very cold.

The next day our route took us up Col de la Madeleine and Col du Telegraphe on our way to Valloire. Susan and I started the 24km climb together. By the first corner she was gone. Out of sight. I had a long slow grind in front of me. The last 4km of this climb was so arduous with 8% gradient. I was feeling flat and empty.

Finally, I reached the top of the Col at 1,993 metres. It was a barren landscape. There was our support crew handing out the bananas and sitting on the only chair on the summit was Susan, looking like she had been out for a quick ride.

We pushed on flying down the mountain pass to the valley floor. Soon we reached the start of the climb of the Col de Telegraphe. The pain in my legs had gone. It was now travelling up my body towards my arms, back and neck. I pulled out a packet of energy chews. It said take one every 40 minutes. I opened the packet and put 6 of them in my mouth at once.

With my cheeks looking like a chipmunk I kept turning the pedals and trying to chew at the same time. Surely, they were going to give me a boost. Their effect seemed to work as we were cycling downhill towards our next hotel. We had spent seven hours cycling covering 108km.

The last day of the challenge had arrived. From our hotel we were going to ride over the giant of the Alps - the Col du Galibier. At 18.1 km with an average gradient of 6.9% it would rise to a height of 2,642m. We left the hotel at 8am that morning.

One of the other cyclists in our group suggested we should do a warmup ride around the village first. I declined the offer. As far as I was concerned 9% gradient at the start would soon warm me up.

As we reached the summit there was snow all around us. We stopped for a quick photo and to put on all the layers of clothing we had with us. With the temperature close to freezing we started the long descent on the other side. I might not be a climber, but I can certainly pick up speed going down a mountain.

My descent was like a tractor tyre being thrown down the road. I was picking up a huge amount of speed and everyone was trying to get out of my way since I looked like I was totally out of control. Once at the bottom, I regained composure and we cycled on towards our final climb.

This would be the most iconic climb of them all, Alp d'Huez. With 21 hairpins bends along the 13.1km route and an average gradient 8.9% it sure wasn't going to be easy. The road on this climb is covered in the names of legendary riders and cycle clubs that have completed this climb.

There is a theory that under 5kph you don't have enough speed to keep your balance on a bicycle going uphill. I'm glad to say that I proved this theory to be wrong. I managed at least 4kph.

Around the last corner near the top, a photographer popped out to take a picture of me. The agony on my face quickly turned into a smile. Click, photo done, agony returned. Another 800m, I had made it.

I found Susan in the local bar with a beer waiting for me. We had finished the Challenge and I swore I'd never cycle up mountains again. Why would I, after all there was a good bus service to take you to the top.



# Community Wellbeing Survey Results – Mapua & Districts

Remember that survey form in your letter box in July? Fifteen hundred were distributed and 324 responded (nearly 20%) Thank you all so much for your time and thoughts; a pleasing result, which will provide relevant and viable data to work with.

Tasman Area Community Association also surveyed residents on their transport needs and their comparable stats and comments are included. Fifty four responded, which is a 23% return - even more awesome!

## Interesting statistics related to the respondents:

1. Age ranges :
    - Mapua: Under 25 = 4.3%; 25-49=12.3%; 50-64= 27% ; 65-79= 46%; 80+ = 9%
    - Tasman: 25-49=14.8%; 50-64 = 38.9%;
  - Gender :
    - Mapua: Twice as many female as male
    - Tasman: Male – 53.7%; Female – 46.3%
- For obvious reasons, unfortunately we cannot compare these with the latest Census figures!
2. Mapua - Paper copy responses made up 22% and of the 29 respondents in the 80+ age range, 24 replied on the paper version.
  3. Email was noted by 159 (49%) as their preferred means of communication with the second choice (47) being on-line/social media
  4. Our “friendly neighbourhood” was the top choice for what we value about Mapua (87.5%) with “safe environment” (84.7%) and “natural environment” (83.2%) close behind.

## Three main areas of concern identified:

1. **Affordable & available Public Transport**

### i. Mapua:

Although currently 92% of respondents use a private car as their main means of transport, many noted that this was because “there was no choice” and they would prefer to use public/community transport . On the other hand , 44% noted that their choice of activities was restricted by a lack of such transport “occasionally”, “frequently” or “constantly”. 52% travel away from home daily whilst 43.8% travel weekly.

### ii) Tasman

- travel outside home: 25%= daily ; 46.3% = 2-3 times per week; 20.4%= weekly ; 7%=fortnightly
- In terms of the impact of lack of transport – 61% noted that this restricted their choice of activities “occasionally”, “frequently” or “constantly”.

#### a) Main destinations identified :

Richmond 47%; Motueka 20%; Nelson 17%; around Mapua: 12%; other: 4%.

**Airport** also noted (in comments) as significant destination for both areas.

b) *Main purpose for travel:* - [respondents could select as many options as they wished]

#### Mapua

Shopping 57%; Social and interest groups 48%; Health appointments/hospital 47%

#### Tasman

Health appointments 54.5%; Work, education/training 50%; Social and Interest groups 50%

#### c) *Timetable suggestions:*

Twice daily; 2-3 times weekly; roster drivers and book rides; dial rides for night-time services

# Harcourts

## Harcourts Mapua

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d) *Style of transport provided:*

Bus/van/mini-bus; Ferry to Nelson; Ferry or Bridge to Rabbit Island; Mono-Rail to Richmond

e) *Who is the service for?*

Daily commuters; Elderly (gold card?); Those unable to drive (now or later); Teenagers - sport & social activities

f) *Other suggestions*

- cycling and walking tracks - increased numbers of both between Mapua & Richmond and from outer subdivisions into Mapua Village
- safer sharing of roads & footpaths – to accommodate the range of users - walkers; cyclists; scooters; micro mobility.

g) *What does this tell us? –*

- that lack of community public transport is already a significant concern for many residents in both areas and that this will increase in the future with an increasing % of the population unable to drive
- that there is a range of needs to be met and any such system will need to be reliable, affordable; flexible and well publicized to meet this range
- respondents are keen to see road transport complemented with walking/cycling options.

### Improved Additional Health Services

a) *Agencies you would like to see in Mapua*

- Aged care & Support 73.5%
- Disability & Health 50.5%
- Mental Health 35.4%

b) *Support you would access if available*

- Personal care 22.4%
- Delivered meals 19%
- Respite Care 14.2%

c) *Health Centre*

- More GPs needed – would prefer allocated doctor
- Worker/family friendly hours – evening/weekend morning
- Walk-in emergency clinic

d) *What does this tell us?*

- That “health” is recognized as being more than an absence of physical illness
- That a wider range of social support services could complement the Health Centre

### 3) Social Connectedness

a) *What is valued about Mapua?*

- Friendly neighbourhood 87.5%
- Safe environment 84.7%
- Natural environment 83.2%
- Outdoor activities 61.5%
- Children’s activities 21.7%

b) *Support you would access:*

- Social contacts 51.2%
- Housekeeping 42.5%
- Gardening 42.5%
- Shopping 34.3%
- Out of school care programmes 15.4%

c) *Agencies you would like to see in Mapua*

- Adult Education & Support 73.5%
- Budgeting Advice 14.8%
- Support for preschool families 7.5%

Comments were made about the importance of local:

- i. **facilities** (such as the Mapua Community Hall)
- ii. **community organizations** (such as the Mapua & Districts Community Association) being outward focused and inclusive and the importance of both in terms of providing venues for connecting with issues and other people as well as raising and addressing wider issues of concern to the community
- iii. **social and activity groups** for connecting the community

### What next?

No-one likes “dormant data” so it is important that:

a) **this information is shared widely amongst the community:**

- a copy will be posted on the MDCA Website – [www.ourmapua.org/wellbeing](http://www.ourmapua.org/wellbeing)
- copies will be emailed to those organizations who supported/publicized the survey
- paper copies will be available at the Mapua Community Hall (and library?)
- a summary of the results and access information will be posted on community noticeboards

b) **Interested residents and key community stakeholders meet to discuss future action**

- We plan to convene a forum in September where individuals and stakeholder groups can meet and identify, then prioritize areas for further research and action in the three main areas of concern.
- If you and/or your organization is interested in being part of such a forum and possibly ongoing working parties, please contact:

Elena Meredith ( MDCA) [elena.meredith@xtra.co.nz](mailto:elena.meredith@xtra.co.nz) – 027 2433511 or

Vicky Stocker ( Hills Community Church) [gvstocker@gmail.com](mailto:gvstocker@gmail.com) 540 2294

As one survey respondent commented: “Mapua is a great community- let’s make it better!”

Elena Meredith ( MDCA- Community Transport Subcommittee)



# Tasman Bible Church

## Life Choices

This year our Members of Parliament are considering two bills that involve life and death. Both bills will make it easier for people to end life.

David Seymour, leader of the Act party, has sponsored a bill promoting the legalisation of suicide (or assisted suicide) for those whose quality of life has fallen below an acceptable level.

Andrew Little, Justice Minister in the Labour-led coalition government, has sponsored a bill seeking to both decriminalise abortion and greatly ease restrictions on ending the life of an unborn child.

In both cases, it is argued that the rights of New Zealand citizens are being strengthened. In one case the right being promoted is to end one's own life (or to have someone make that choice on your behalf). In the other case, it is the right for a woman to terminate her pregnancy that is being promoted.

The common thread, it is argued, is that of choice. We want the choice to be able to end our own lives (or have someone assist us to do so), if we believe the quality of our life has fallen to an unacceptable level.

In the case of a pregnant woman, the choice to end the life of the embryo in her womb over-rides any rights that embryo might have to live.

Ironically, if someone other than the mother decides to

terminate a pregnancy, that act is considered infanticide and the offender will face criminal prosecution.

At the same time, there is a determined effort by government to *increase* life expectancy of New Zealanders in areas such as road safety and health care. There is also great alarm expressed by most parliamentarians at the high levels of suicide in our country.

"We must do more to reduce the rate at which people (especially young people), are choosing to end life! There must be something seriously wrong with our society if people are choosing to end their own lives!" So, we are to tell our young people that suicide is not an option worthy of consideration, but others who are suffering, that it is?

Our moral and ethical landscape in New Zealand is changing rapidly. We have more rights as individuals than we have ever had. But are all these rights, right? Is it possible that some of these rights are actually wrong? God only knows!

*Geoff Paynter*

For more info on Tasman Bible Church head to [www.tasmanbiblechurch.org.nz](http://www.tasmanbiblechurch.org.nz)

# Kia Kaha for the climate!

Professor James Renwick, one of NZ's foremost climate change researchers, spoke to a large crowd in Mapua on Friday 9 August on 'Climate Emergency - What's the Story?'

In Mapua he lived up to his reputation as a straight talker who presents unpalatable climate change information with a mixture of clear, research-based facts and positive suggestions for action we can all take NOW. His concluding message was for **you and me** – "We're entering a climate not seen for millions of years, everything is changing, adaptive planning is required NOW and in the future, future change depends on our action from now on to reduce emissions".

Professor Renwick is a contributor to the Intergovernmental Panel on Climate Change (IPCC), the world body that assesses scientific knowledge related to climate change, its impacts and potential future risks, and possible response options to achieve a zero carbon future.

He was awarded the Prime Minister's Science Communication Prize last year.

His presentation started with a simple review of climate science - why the earth is heating up and the atmospheric or 'greenhouse' gases that are generated on earth and radiated into earth's atmosphere, causing warming in addition to the sun's heat. He likened greenhouse gases to a duvet or blanket over the earth.

Major greenhouse gases are carbon dioxide that remains in the atmosphere for centuries, nitrous oxide (remains more than 100 years) and methane (remains approximately 12 years).

Impacts of global warming include polar ice melting, sea levels rising, and more frequent extreme weather events such as cyclones, floods, droughts, and higher fire risks. Think 'Europe's summer temperatures this year', 'melting Arctic permafrost', 'cyclones Gita and Fehi', 'local drought', 'Pigeon Valley fire'... - climate science predicts that all such events will increase in frequency if the world does not act NOW. Humanity's long term survival is at stake.

Action for climate change reversal is targeted at keeping global temperature rise no greater than 1.5°C within the next 10 years. If this target is not met and there is 2° of warming, science predicts that there will be three times the number of droughts, heavier rainfall between droughts with accompanying slips and floods, 4-6 months of extreme fire danger (particularly along eastern New Zealand), sea level rise and eroding coasts, high temperature extremes with health consequences, more disease vectors. And those are just some of the potential consequences.

And as Professor Renwick stated: "We are in control; it's over to us". Again, that's you and me. He emphasised that the best thing we can do is talk about it and make a noise, NORMALISE those conversations and the sense of emergency and necessary changed behaviours. And importantly, **question your local body candidates for their stance on climate change**, and vote accordingly.

The following comments are taken from one of Professor Renwick's previous articles, and summarise his

positive advice in his Mapua address more clearly than our notes from the evening.

"Feeling like you're a part of the solution, that you're making a positive difference, is so much more empowering than feeling helpless or despairing, or apathetic. Each of us can take small actions that collectively add up to big reductions in emissions.

Anything that lowers your personal carbon "footprint" is a good idea: using public transport when we can, engaging in active transport - cycling and/or walking - flying less (and offsetting when we do fly), eating less or no red meat, making sure our homes are well-insulated, buying an electric vehicle (if we're looking for a new car), and so on.

But the most important thing we can do is talk. Talk about climate change. Make it as much a part of the daily conversation as the cricket or the rugby. Talk about the magnitude and the urgency of climate change with family/whānau, with neighbours and local community, with workmates, and most importantly with our elected representatives in local and central government.

The sooner we start down this path, as a country, with all sectors on board, the sooner we'll achieve the changes we need as a country, and as a global community. Some of our nearest neighbours in the Pacific are some of the most at-risk communities and it's my feeling that we have a moral obligation to them to do all we can.

Showing other countries how it's done and then helping others tread the same path is a vital role this country can play, now and in the future." (<https://www.stuff.co.nz/environment/climate-news/109531916/one-simple-thingyou-can-do-to-tackle-climate-change>)

Several of the Mapua audience referred to 'Project Drawdown. The Most Comprehensive Plan Ever Proposed to Reverse Global Warming'. Project Drawdown is a collection of 100 solutions to slow or reverse climate change, compiled by scientists and researchers around the world. It is described as the blueprint for building a climate-safe world.

The term 'Drawdown' refers to the potential of each solution to reduce or draw down carbon from the atmosphere. Project Drawdown ranks the value of each solution according to its potential to avoid or remove greenhouse gases from the atmosphere, with #1 as the solution with the most potential.

It tells us what can be done; in many cases what we as individuals can do. Solutions are presented in sections on energy, food, women and girls, buildings and cities, land use, materials. The final section describes some solutions that may come with future potential technologies.

<https://www.drawdown.org>

Project Drawdown is in the Tasman and Nelson libraries, the Tapawera Area School/Community library.

*And as this article was being written one of London University's colleges announced it will ban beef and beef products from its campus food outlets, as a stance for climate change reversal. <https://www.theguardian.com/> Article submitted by Local Matters Committee, Motueka Greens*

## Pastel Artists of New Zealand

It happened and it was a success: the 'Big Picture'.

Everyone present on Tuesday 23 July was given a small piece of a painting and a blank piece of paper. It was impossible to guess what the painting was all about but the task was to copy it exactly onto the blank.

Marian and Sue knew it was a Vincent Van Gogh but for the other PANZ members, complete bafflement. But when the work was complete and the sixteen pieces stuck together, Vincent would have been proud! The result is here for you to see, can you tell which is which?!



Members of PANZ Nelson meet every Tuesday in Mapua Community Hall to practice and paint but occasional tasks are thrown into the mix to challenge thinking and skills. These are optional, but most members have a go accompanied by coffee, groaning and laughter. Gloria set such a challenge to get the grey matter tingling: we couldn't paint the object, just the negative space. Get your head around that one!

Another challenge played out over a few weeks with the big reveal on Tuesday 6 August. We were all tasked with using our imaginations to produce a painting based loosely on either an autumnal tree or bees buzzing around blossom. The results were varied, clever and fun. There were bees around honey pots, single blooms, bonsai, a lightning strike and cubist versions of trees. Now we can look forward to Sharon's still-life challenge that will take us out of our comfort zones for half an hour one Tuesday morning.

It is nearly time for the prestigious Tasman National Art Awards and Exhibition, to be held in our own community hall. The exhibition opens at 2pm on Saturday 28 September and is then open daily from 9.30am to 4.30pm until Saturday 12 October. Entry is free so come along to view, enjoy and possibly purchase. 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*





# The Playhouse Cafe

## What's On Guide

# SEPTEMBER 2019

### OPEN FOR EVENTS, GROUPS and SUNDAY LUNCH

Free Drop off to Mapua

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M T W T F S S

**Christmas Party line up**

**BEST 80s NIGHT EVER!!**  
Fri 22nd Nov and Sat 21st Dec

**MURDER MYSTERY**  
Fri 6th Dec, Sat 7th Dec,  
Sat 14th Dec, Fri 20th Dec

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SUPERSTAR SHOW**  
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30 Paul Madsen's  
The BEATLES  
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11am till  
4pm

6 THE BEST  
80s NIGHT  
EVA!!!  
FREE ENTRY  
MUSIC FROM  
730pm

7 Tease on  
Tour  
NZs Best  
burlesque  
performers  
\$25, 8pm start  
Dinner from 6pm

8 Open  
11am till  
4pm

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Closed  
for  
private  
Function

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4pm

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Acoustic set of feeler favs and more  
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# Local Activities to Reduce Stress and Back Pain

Here at Coast & Country Chiropractic Centre we can help relieve pain and prevent injuries, but you being active is also a great way to help keep your spine healthy. Just going for a brisk 10 minute walk each day is enough to help improve your health and prevent conditions of the spine, joints and supporting structures of the body. But there are also a few other recreational activities that you can incorporate into your daily routine to prevent back pain and reduce stress.

Here are a few suggestions and why you may benefit from them:

## Yoga and Pilates:

Yoga and Pilates are forms of exercise that typically focus on moving the body while focusing on breathing and body awareness. The poses are purposeful and usually work a few areas of the body at once, including the back and leg muscles to build a stronger foundation for other movements. Also, the poses often focus on balance which can be important to prevent falls and injuries as we age.

Interestingly, if an individual has a poor sense of balance, this is often associated with chronic neck and back problems. Improving your spinal movement helps you to not only reduce your pain but also to have a better sense of balance.

Compared to higher impact activities that cause added strain to the body, Yoga and Pilates are known to be 'safe' for healthy and even injured individuals. Yet, with most practices, being keenly aware of your body is important and adapting movement to your skill level. However, regular practice has been shown to decrease back pain.

The great thing about Yoga and Pilates is that there are several types of classes catered to your specific skill and comfort level.

## Aqua Fitness

Aqua Fitness is a dynamic, low impact activity that usually involves the entire body in movement, including the abdominals, gluteal, and leg muscles. Since the movements are done in water, the water adds extra resistance to strengthen muscles but also minimizes impact on your joints.

Aqua fitness has been shown to be an effective management tool for those suffering from certain musculoskeletal injuries allowing them to keep active. Notably, people suffering from low back pain may particularly benefit from aqua fitness or gently swimming in water.

Contact the **Richmond Aquatic Centre** <https://www.clmnz.co.nz/richmond/> to find out more about the classes and pool availability.

## Tai Chi

This Chinese martial art focuses on meditative, deep breathing combined with methodical practice of slow movement enhancing mobility and balance among those who practice the art.



Tai Chi is known to have major health benefits – even for those with back pain. Tai Chi can improve pain and function, while decreasing likelihood of chronic pain. It is a safe and effective activity for those experiencing long-term back pain symptoms.

Other activities you may want to consider are low-impact cardiovascular exercises such as **Dance Fitness, Sit and Be Fit**, or getting out with the **local walking groups** here in Mapua and

Motueka. There are always alternatives to staying active, even when you experience pain.

Furthermore, all the activities I've listed above are available here in Mapua with the exception of the Aqua fitness. Check with our very own **Mapua Community Hall webpage** at <https://mapuahall.org/calendar/> for a current listing of all the hall activities for times and days of the week.

If you're looking for ways to stay active and relieve pain, meet with us to discuss more options with what might be advisable or not pertaining to the current condition you are in. We are always enlightened with the high level of engagement, and hence the encouragement with which our amazing little community are out there just doing it! (Dogs are GOOD!)

Even though winter is now waning the excuses can flow so easily... keep moving, mind your posture if that's all you can do... but for a lot of you we know that is not true!

Stay warm, stay safe.

*Dr Ron Howard*

*Coast & Country Chiropractic*

Coast & Country  
**Chiropractic  
Centre**  
Dr. Ron Howard  
ACC registered  
coastandcountrychiropractic.co.nz  
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References available.



# Naturally Sweet



Almonds and berries go together like no other thing. They are the perfect combination for desserts and cakes especially if you want to keep desserts, cakes and muffins from being too cloyingly sweet.

I don't have a sweet tooth. The odd square of bitter dark chocolate is far more my thing. But when it comes to desserts, I do enjoy the marriage of almonds and berries.

We don't generally eat desserts but in winter, when friends come to dine, I always like to finish with a treat. So it might be a winter crumble or cobbler made with almond meal, oats and seasonal fruit like tart apples or rhubarb, a rich dark chocolate something, a classic tarte tatin, or better still, a super-lemony lemon tart. Those are my favourite 'go to' sweet things usually.

Since I've arrived in Mapua, Lemon Posset has been added to the list, and with the plethora of berries available both fresh and frozen, this little twist on a frangipane berry tart has sneaked its way onto the favourites list too.

I find blackberries and boysenberries either fresh or frozen work well in this dessert. Traditionally you use a classic French frangipane, or almond cream over a beautiful buttery brisé pastry, then add the fruit. But sometimes I find pastry a bit rich and if you have gluten free diners its just as easy and delicious to omit the pastry altogether.

In this case I make these little individual desserts in flat-ish round ramekin dishes. They look so pretty served individually with a dollop of vanilla ice cream on top, or a splash of cream or thick plain yoghurt as an accompaniment if desired.

## Almond & Berry Desserts

Makes 4 small – medium sized ramekins

Pre-heat the oven to 180°C.

For the Frangipane cream –

6 tablespoons unsalted butter, softened

1/3 cup, vanilla sugar

2 eggs

1 cup almond meal (flour)

1 teaspoon vanilla extract

4 – 6 long blackberries or boysenberries, fresh, frozen or thawed

Use other fruit if desired like blueberries, strawberries, raspberries, or blackcurrants.

Icing sugar to dust. (optional)

4 x round china ramekins 12 x 12cms & 3 cms deep, well buttered.

Using an electric mixer, cream the butter. Add the vanilla sugar and beat until fluffy. Add the eggs, one by one, then using a spatula, fold in the almond meal and vanilla essence.

Divide the frangipane mix between the four ramekins and spread evenly with a small spatula or knife. Nestle the berries onto the frangipane cream so that there are plenty in each dish but not too many that it will overflow. The berries will sink into the cream while cooking.

Place the ramekins onto a baking tray, and pop into the pre-heated oven. Bake for 15 – 20 minutes until the top is lightly golden and the cream is cooked through and resists your finger slightly, like a sponge.

Remove from the oven, dust with icing sugar if desired and serve hot, warm or cold, on their own or with ice cream, cream or natural yoghurt.



*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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# Moutere Hills RSA Memorial Library

**Library Membership:** is free and open to all, whether you are a permanent or temporary resident. Just bring in your contact details as well as those of another person that you don't live with. We no longer issue library cards - just advise the desk volunteer of your name.

**Library Stats:** July was one of our busiest months ever - we issued 1851 items!

**Literary Festival Quiz Night:** tickets available from the library and Volume. Cash sales.

*NB Should anyone under age 18 wish to attend, they must be supervised by a parent or guardian.*

**Volume Mapua Literary Festival - 20-22 September:** Tickets still available - online via the Volume website or in-store. Visit the Events section of our website or the Volume website to download a copy of the programme, or pop into Volume or the library for a hard copy.

**Cartridge Recycling:** Drop-off bin for used cartridges (printer and copier) is available in the library foyer during opening hours. Huge thanks to those who have contributed to this fundraiser and recycling project - a win-win!

**Displays:** Anny de Groot's pastel work is well worth a visit and is on display until mid-September.

**Conservation Week:** 14-22 September - Janet Marshall's NZ Native Bird paintings will be on display from 19 September until the end of October.

You are very welcome to pop in and enjoy the warmth and our display of local talent.

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

*Lynley Worsley*

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

Monday 2pm—4.30pm

Tuesday 2pm—4.30pm

Wednesday 2pm—4.30pm (extended to 6.30pm during daylight saving)

Thursday 10am—12.30pm; 2pm—4.30pm

Friday 2pm—4.30pm

Saturday 2pm—4.30pm

[mapualibrary@xtra.co.nz](mailto:mapualibrary@xtra.co.nz); Facebook: Mapua Community Library; [mapuacommunitylibrary.co.nz](http://mapuacommunitylibrary.co.nz)

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

## Volume Mapua Community Library Literary Festival 20-22 September

*The Mapua Library Children's Programme is on  
FRIDAY SEPTEMBER 20*

*Good literary communication comes in many forms,  
and so:*

### Hills Community Church, Aranui Road, Mapua

09:30 Doors open for schools to arrive and settle children

09:50 Presentation of Six Prizes by Jon Tucker for the Schools' Story Competition Years 1-4

10:00 - 11:00 THEATRE for Years 1-4:

Journey into a Magical Kingdom

*Glenn Cousins, Fleur Jackson and Gina Foley,*

*Wintergreen Creative Nelson*

### Mapua Community Hall, Aranui Road, Mapua

12:30 Doors open for schools to arrive in Main Hall

12:50 Presentation of Six Prizes by Jon Tucker for the Schools' Story Competition Years 5-8

1:00 - 2:30 WORKSHOPS for Years 5-8:

#### **1. Illustrating My Story (Main Hall, near Reception)**

*Barbara Glass and Mike Howell*

Barbara is illustrating her new book and Mike has illustrated several children's books

#### **2. Map-Making (Rear Gallery)**

*Eirlys Hunter and Geoff O'Malley*

Eirlys is a teacher and author of *The Mapmakers' Race* and Geoff is Principal Analyst Land Information NZ

#### **3. Screenwriting (Bill Marris Room)**

*Julia Ludbrook and Melanie Drewery*

Julia is a film screenwriter & director and Melanie is an

author and playwright

#### **4. Author Reading, Stories and Q&A (Main Hall)**

*Jon Tucker* is author of several books, an adventurer, a sailor, and environmentalist

#### **Exploring! - THE SCHOOLS' STORY COMPETITION**

For children years 1-4 and years 5-8; competitions are within each school.

Two prizes will be given in each school, one per group.

The RSA Mapua Community Library happily acknowledges support from the six local schools whose 670 children are taking part:

Dovedale School, Mahana School, Mapua School, Tasman School, Tasman Bay Christian School, Upper Moutere School

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# Māpua Kai Collective

## September Update

It's hard to believe that, although I'm preparing this article in mid-August, you are likely to read it in September, after the start of spring!

The Kai Collective is still thinking 'winter' at the moment, especially after a donation of carrots from Arthur and Jenny prompted Rose to create a warming ginger and carrot soup.

Judy and Olive got stuck in with Rose in the loaned Jester House kitchen for this impromptu cooking session. And Rose was joined by Gael and Helen to bag the soup at Jellyfish. Thank you to both venues, and the volunteers, on behalf of all who use our meals.

And judging by the freezer stocks, there is a steady demand in our community.

How would you like to become a regular donor to our grocery funds? The Kai Collective team are keen to see financial support come largely from the community that is using the meals we produce.

For the cost of a cup of coffee a week, you could contribute to our monthly grocery bill. It's easy to set up a monthly Automatic Payment and think no more about it.

If you'd like to do this today, the Mapua Kai Collective savings account at NBS is: 03 1354 0464683 50. Please tag the transaction as 'donation'.

Be assured that each payment we make from this account is backed up by a bill and requires the approval of two committee members.

Everyone who has spoken to us after using a meal from one of the Mapua Kai Collective freezers, says it was delicious, and such a help.

Let's keep spreading the love!

*Bridget Castle*

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# Retired and getting Re-connected

Retired? OK what now? Maybe you have looked forward to the day you can put your feet up, and who can argue with that... for a while!

One member of The Mot Shed said today 'I have never been so busy since retiring', but as John Hawkesby said when fired by One News some years back: "There is only a certain amount of golf you can play in one day!"

When retiring from work you are of course literally **disconnected** with no plan B in sight (or button B to press!) Disconnected from work, colleagues and purpose (not to mention money). No wonder for many of us it is difficult time trying re-connect, especially when we have so much to give but no outlet.

What are **you** going to do with all that experience you have built up, particularly if you have raised a family and they have all left home? You could share it, get re-connected and make friends and make a real difference in the community!

A recent Guardian article on the new Hospice shop quoted "One of the greatest gifts you can give is your free time". Using free time with experience and kindness can be a winning combination and rewarding for all.

There are young mums and families in the community that have no grandparents nearby and would love to have an experienced person or "Grandfriend" for support and advice.

A Nelson Pre-school has recently advertised for grandparent-like figures to read to their children and there are local playgroups that would welcome the interaction of Grandfriends with their young ones.

If you would like to know more about re-connecting as a Grandfriend to a playgroup/pre-school, or young mum, or family get in touch. [grandfriendsconnect@hotmail.com](mailto:grandfriendsconnect@hotmail.com) and check out the website

[www.surrogategrandparents.org.nz](http://www.surrogategrandparents.org.nz)

Let me know your location and what you can offer and I will get back to you.

Other opportunities for re-connecting

<https://www.volunteernelson.org.nz/>

<http://bigbrothersbigsis.org.nz/about-us-nelson.html>

<https://www.redcross.org.nz/get-involved/volunteer-opportunities/nelson/>

Charlie Townsend

---

## Māpua Craft Group

Decoupage, wreaths and garlands were the craft themes for August. It is surprising the variety of ideas that resulted in colourful boxes, tins and plastic containers as you can see in the picture.



The wreaths, mostly as Christmas decorations, were colourful with the use of spray paints on dried poppy heads, agapanthus and pine branches. Bay leaves and baubles can be added later.

Several ladies knit for grandchildren, friends, Plunket and premature babies at Nelson hospital.

Term three ends on 27 September and we meet again on 18 October. Several ladies have called in to see what we do.

There is no membership fee and we understand if people cannot attend every week. Do call in on any Friday during school terms between 10 & 12 noon. You will be made most welcome with a morning tea.

We ask for a koha to cover the hire of the room at Hills Community Church.

Barbara Halse

---

## Fire Brigade



### June to Aug call-outs

25/5/19 Tree stumps on fire, SH60, controlled burn. Left with owners.

21/6/19 Garage fire, bucket of ashes left next to wood box in garage. Damage to inside of garage.

24/6/19 Stove-top fire, Aranui Rd

12/7/19 Smoke in area of Maisey Rd, rubbish fire burning tree prunings. Told owner not to put any more on fire.

15/7/19 Van rolled Langford drive, five persons involved, some with minor injuries. Left with Police and ambulance.

18/7/19 Assist ambulance Higgs Rd, help put person into ambulance.

21/7/19 Alarm activation Tasman school, fumes off new fireplace.

7/8/19 Cardiac arrest Seaton Valley Rd, assist ambulance.

15/8/19 Downlights on fire Coastal Highway near Robinson Rd. Minor damage to inside house.

Calls this year = 62

Safety Tip – Be safe.

Remember the heater-metre rule – always keep furniture, curtains, clothes and children at least 1 metre away from heaters and fireplaces.

Never cover heating appliances or store objects on top of them.

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

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

# Movie Night

Wow, what a great Australian movie, beautiful cinematography of Australia's landscape showing the beauty of the Northern Territory. The film was heart warming and also very funny with a great message and likeable characters.

As the suburbs of Darwin recede, *Top End Wedding* gets itself into parts of Australia that seldom make it onto our movie screens. The Aboriginal communities of the far north might make an unlikely setting for a rom-com, but Blair makes the transition not just seamless, but exhilarating.

Overall, a very enjoyable Australian romantic comedy and a must watch!

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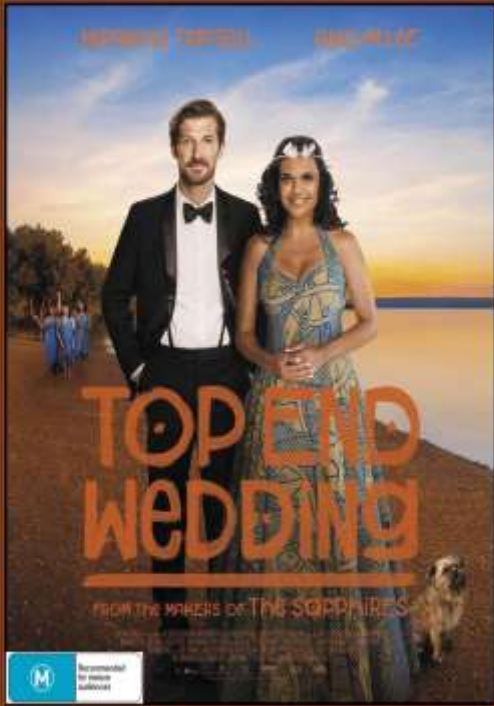
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Sunday 8th September

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# MAPUA COMMUNITY HALL



Check out calendar below or on the Mapuahall.org website for what's happening at the hall in September with our regular timetable and the **Packhouse Cinema** on Sunday 8th screening the Australian film 'Top End Wedding' also the **Mapua Makers Market** on Sunday 15th. As well as special events such as the **Mapua and Volume Books Literary Festival** with some great guest speakers running from Friday 20th to Sunday 22nd September. Also the **Impressions National Art Awards** from 28th September through to 13th October.

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

Monday	Tuesday	Wednesday	Thursday	Friday	Sat	Sun
						1 10.00am Yoga with Charlotte WORKSHOP
2 9.15am Yoga with Charlotte 9.30am Low Impact Dance 6pm Mapua Dance Fitness	3 9am PANZ 9am Sioux Line Dance 1.30pm Tai Chi for Beginners 2.30pm Sit & Be Fit 6pm Yoga with Martin 6pm Aerobics 7pm Pilates	4 9.05am Aerobics 9.15 Hatha Yoga 10.05 Pilates 1pm Tai Chi 6pm Yoga with Thomas	5 9am Mapua Art Group 9.30am Flow Dance Fitness	6 9.05am Aerobics 9.30am Low Impact Dance 10.05 Pilates 6pm Mapua Youth Group	7 9am SHARQUI A belly dance workout	8 9am Tai Chi Intensive  6.30pm Packhouse Cinema presents: TOP END WEDDING
9 9.15am Yoga with Charlotte 9.30am Low Impact Dance 6pm Mapua Dance Fitness 7pm MDCA Mtg.	10 9am PANZ 9am Sioux Line Dance 10am Mapua Crea- tive Fibre 1.30pm Tai Chi for Beginners 2.30pm Sit & Be Fit 6pm Yoga with Martin 6pm Aerobics 7pm Pilates	11 9.05am Aerobics 9.15 Hatha Yoga 10.05 Pilates 1pm Tai Chi 6pm Yoga with Thomas	12 9am Mapua Art Group 9.30am Flow Dance Fitness	13 9.05am Aerobics 9.30am Low Impact Dance 10.05 Pilates 6pm Mapua Youth Group	14 9am SHARQUI A belly dance workout 9.05am Aerobics 10.05 Pilates 1pm Art Exhibition	15 10am Tai Chi Intensive  10am Mapua Makers Market
16 9.15am Yoga with Charlotte 9.30am Low Impact Dance 4pm Waimea Inlet Forum 6pm Mapua Dance Fitness 6.30 Hall Committee Mtg	17 9am PANZ 9am Sioux Line Dance 1.30pm Tai Chi for Beginners 2.30pm Sit & Be Fit 6pm Yoga with Martin 6pm Aerobics 7pm Pilates	18 9.05am Aerobics 9.15 Hatha Yoga 10.05 Pilates 1pm Tai Chi 6pm Yoga with Thomas	19 9am Mapua Art Group 9.30am Flow Dance Fitness 2pm Friendship Club	20 9.05am Aerobics 9.30am Low Impact Dance 10.05 Pilates 11am Mapua Literary Festival	21 9am  Volume Books Literary Festival	22 9am  Volume Books Literary Festival
23 9.15am Yoga with Charlotte 9.30am Low Impact Dance 6pm Mapua Dance Fitness	24 9am PANZ 9am Sioux Line Dance 1.30pm Tai Chi for Beginners 2.30pm Sit & Be Fit 6pm Yoga with Martin 6pm Aerobics 7pm Pilates 7pm MDCA Exec Mtg	25 9.05am Aerobics 9.15 Hatha Yoga 10.05 Pilates 1pm Tai Chi 6pm Yoga with Thomas	26 9am Mapua Art Group 9.30am Flow Dance Fitness	27 9.05am Aerobics 9.30am Low Impact Dance 10.05 Pilates 2pm Friendship Club	28 9am SHARQUI A belly dance Workout  Impressions National Art Awards	29 9am Tai Chi Intensive
30 9.15am Yoga with Charlotte 9.30am Low Impact Dance 6pm Mapua Dance Fitness						

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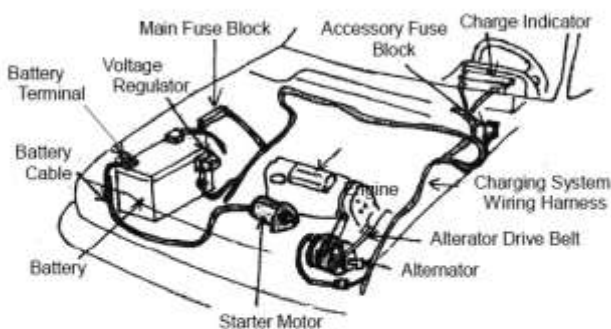
All components within the starting/charging system are connected. A problem with one component can sometimes seem like a problem with another. All components must be in good working order to start your vehicle and make it run properly.

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Starting and charging system faults can occur for many reasons, with a repair varying from cleaning electrical connections to component replacement.

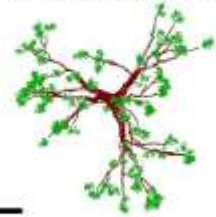
If you suspect your vehicle has a starting or charging problem, contact your automotive technician to check it out and avoid the inconvenience of getting stranded somewhere.

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# Application for Grants

## Mapua/Ruby Bay and District Community Trust

### Applications for Grants

Voluntary organisations or individuals engaged in a project of demonstrable benefit to the Mapua/Ruby Bay community are invited to apply to the Mapua/Ruby Bay and District Community Trust for a grant.

Applications will be considered at the next meeting of the Trust in October and should be in the hands of the secretary by **October 1st**.

Forms may be obtained from the secretary (John Sharman Ph 540 3642) or downloaded from <https://mapuacommunitytrust.wordpress.com> Applications should be emailed as a single attachment to: [mapuarubybaycommunitytrust@gmail.com](mailto:mapuarubybaycommunitytrust@gmail.com) or mailed to P. O. Box 19 Mapua.

Grants will usually be for less than \$500 but the trustees have a discretionary right to vary this in individual cases.

# Coastal News in Crisis

Not as critical as it was! We have had some offers of help with the proofing and editing side - and even writing. What we are still missing is someone with Publishing skills.

We have had a good run of support for the production of the Coastal News but lately our numbers have been in decline. This is Jane's last issue and I thank her for the great job she has done. She is off to Timaru at the end of the month. She may still write a wine column or two for us.

What are we looking for? We use MS Publisher to set up the final pages with text, pictures and adverts. So someone with computer skills, publishing skills, good grammar, English as she is spoke and a desire to help the community.

For the Coastal News does indeed help the community, not only as something local to read, but any profits go to the Māpua Community Trust [or The Māpua / Ruby Bay & Districts Community Trust to give it its full name]. The Trust has built up a capital of more than \$160,000 and donates around \$3,000 a year to local organisations from the interest on that capital.

[See above regarding applications for grants.]

So if you know anyone that could help us then please get in touch. Remuneration? Well probably 3 meals a year, including a drink.

But that's not all – we could use other help such as writing, interviewing, making up adverts – anything.

Don't delay – apply in the next ten minutes and ...

*Andrew Earlam, Only editor left!*

# Police Report

Still cold frosty mornings so care needed on the roads with ice. Hopefully spring will arrive shortly.

My job as the community constable for the Motueka area is being restructured into a family harm job. This will mean my main focus will be on family harm follow-ups working closely with other agencies.

Unfortunately this will impact on the level of service I will be able to provide to the wider community. I won't be able to visit rural businesses, camp grounds or hotels/restaurants as often. I am personally disappointed with this as that is not the service I am used to providing. But the powers that be say that we need to put our resources into the most needed areas and family harm is certainly a growing problem.

Just a shame that despite some new staff coming into the area as part of the 1800 extra police, no new person has been assigned to deal with family harm out our way - hence me picking up that role.

Take care out there

Grant HENEY, Family Harm, Motueka

### Occurrences:

2 family harm incidents

Sudden Death

Neighbourhood dispute Ruby Bay

49 yr old male, licence suspended for 3 months, Ruby Bay

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\* Conditions apply.

*Edited by Andrew Earlam (advertising) 540-2845, and Jane Powell (editorial). 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 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**.*



# MAPUA AND DISTRICTS BUSINESS ASSOCIATION

Administrator: Mel Stringer  
027 943 2469  
mdba@mapua.co.nz

Ohhh I'm starting to get a feeling that Spring is heading our way.....lamps in the fields, daffodils on the road side..... hmmm best not get ahead of myself I'm sure that winter hasn't let go her grip just yet!

This month I would like to introduce Kieran Inglis of Appleshed Fame to you all. Kieran Joined the Committee a couple of months ago, we look forward to his valuable contribution in the months ahead!

Make sure you head on down to the Appleshed to say "Hi"

*Mel Stringer—Administrator MDBA*



Welcome to the Apple Shed Kitchen & Bar. We are a scenic 35 minute drive from Nelson, located over the water on Mapua Wharf, with unrivalled views across the Waimea Inlet.

The Apple Shed offers a simple and seasonally driven menu, complimented by a carefully selected range of wine, beer, cider.

Once an original fruit storage shed, the restaurant is a natural, inviting space, framed by large bi-fold windows and doors making the most of it's picturesque waterfront location.

The Apple Shed is the perfect place to enjoy your morning coffee, lunch with family and friends, an intimate dinner or a relaxing weekend brunch.

To avoid disappointment, reservations are recommended.

**CONTACT US**  
P: 03-540 3381

E: [info@theappleshed.nz](mailto:info@theappleshed.nz)

[www.mapua.co.nz](http://www.mapua.co.nz)

Supporting Local Businesses since 1992

# Noticeboard

**We are officially 'Māpua'** - Interested local people are invited to celebrate official recognition of the name 'Māpua'. Please join us in Aranui Park on Monday 9 Sep, 12.30pm (near the old Wells' Shed).

**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 seasoned trout fisher, something for all. Casting & river skills, mentoring, fly-tying courses, field trips, guest speakers. Open to all ages. Info: 03 5476432, secretary @nelsontroutfishingclub.com or Facebook

**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. Debbi 027 327 4055

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

**MDCA:** Māpua & Districts Community Association meets Feb-Dec, second Monday of each month, 7pm Māpua Hall; contact: info@ourmapua.org

**Māpua Friendship Club:** 3rd Thursdays & last Fridays, Māpua Hall, for indoor bowls & bring-a-plate afternoon tea. New members enthusiastically welcomed. \$3 door fee, 20c 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 21 August at CHAI YO Café, Queen St, Richmond at noon. Anyone who would like to join please contact Janice Higgs 03 528 8883.

**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 or fionaoliver1948@gmail.com 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 Debbi 027 327 4055.

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

**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, vpeters@xtra.co.nz

**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.