

July 2021 marked the third anniversary of the Māpua Kai Collective. We know that the Māpua community has embraced the idea and an increasing number of people are remembering to pick up a meal and cut themselves a little slack. We sincerely thank our ongoing sponsors and supporters.

As anticipated, since we installed our new freezer at the Māpua Fruit and Veg store there has been a steady run on meals. In the store you will also find a list of ingredients of our commonly cooked recipes, so if you are picking up a meal you can photograph this if necessary. Since our printed labels are generic, we don't attach ingredient lists to individual containers. This means if you have a food allergy, you can check out the ingredient list to be sure.

We were pleased to be able to send a batch of meals to Westport to help with flood relief. While the team was busy in the Māpua hall kitchen one Tuesday afternoon in July, Brent popped in to collect some meals to take down to Westport. Based in Wakefield, Brent and his wife Melissa began a support page on Facebook called **Big Bake Up**. The intention behind this was to help coordinate donations for the flooded Westport community. It is good to know that some of our meals were part of this effort. A new member of the cook up team in July was Ali Muckle. She came in particularly handy as, like Christine Peacock, she has a height advantage - handy for

THE MĀPUA *Kai Collective*

stirring those large capacity pots, and for reaching the top cupboard where we keep our supplies!

A few people in the community are keen to get involved with cook up sessions but don't see the Facebook notifications or miss out for other reasons. Cooking sessions typically happen on a Tuesday afternoon when the freezers are low, and the five or six volunteer slots are quickly filled. While our current system is efficient in terms of the time it takes to coordinate volunteers, it can exclude willing helpers who



Brent with a bag of Māpua Kai Collective meals en route to Westport



Ali Muckle our new member of the cook up team

are out of the loop for whatever reason. We've come up with a new approach which will involve gathering a shortlist of people who would like to be contacted by email. If you would like your name added to this list, please get in touch with Julianne Brabant who has offered to take on the job of contact person specifically for this purpose. She can be emailed at julianneb2104@gmail.com.

Left: Three of the committee members were caught on camera in the kitchen - from left, Bridget Castle, Kaye Latham and Rose Barnes.

Kaye is developing a karakia especially worded for the Collective.

It's a good opportunity to remind ourselves of our purpose:

To provide free, healthy meals for those in need in our extended community, no questions asked.

Bridget Castle





Māpua & Districts Community Association

Māpua Liveability. What does this really mean for you and how can the village character continue on for future generations?

Is it about having smaller houses or multi story dwellings on smaller lots, about the feeling of open space or about saving our trees?

What are your thoughts about having better off-road walk and cycle connections that offer safer alternatives to getting into your vehicles?

Or is there something else you are passionate about preserving?

Whatever it is about our community we would like to be preserved or enhanced, our best way to move forward is to be united in our approach.

MDCA intend to undertake a community survey in the coming months, so keep an eye out for this.

AGM: Was held on Monday the 9th of August. Our new Chair is Paul McIntosh; Vice-Chair, Wayne Chisnall; Secretary, Marion Satherley; Treasurer, Aileen Connell; with Executive Committee members Mike Kininmonth, Esmé Palliser, Robert Wilson, Elena Meredith, Bruno Lemke, Anne-Marie Beeler and Lou Gallagher. It's great to have a full complement of community members on the Executive Committee for the coming year. Thank you for making yourselves available.

Mayor Tim King was in attendance and thanked the outgoing Chair Marion Satherley for her dedication to the community over the last three years, presenting her with a certificate of appreciation.

Tim updated the meeting regarding the 'Three Waters' proposal by central government and as yet there is no clear indication of what direction this will take. To read the TDC report please go to ourmāpua.org and under the subtitle 'meeting', locate and click on the 9th of August 2021 meeting info and scroll down.

Roads & pathways: By the time you read this a crossing between 72 and 73 Māpua Drive should have commenced.

Māpua Waterfront Working Group (MWWG): There was a good attendance at the opening of the Ngaio Reserve. It is looking really good; however, we request that parents or adults please discourage children from running through the gardens and trampling the plants. These plants have cost us - the ratepayer - good money and it would be a shame to have these areas fenced-off to enable the plants an opportunity to establish.

The next step for MWWG is to have an archaeological report undertaken on Grossi Point to enable future planning to be undertaken.

Dominion Flats: In November it will be eight years since this restoration project began, and what a transformation! With grants, donations, and many hours of hard work by many people we now have the beginnings of a native bush reserve that will be there for years to come. This year another 2000 plants have been planted helped by school children and community members, meaning all areas now have plants in them.

The next task is in-filling with selected plants throughout the Reserve, along with weed and pest control. Thank you to those who helped to have Dominion flats reclassified to Scenic Reserve B. This new classification now provides greater protection for generations to come.

Community Hub: The Māpua Community Wellbeing Trust (MCWT) has finalised a Trust Deed to enable funding applications to begin. Funds are required to undertake a feasibility study.

Māpua Willing Wheels: This voluntary community service is now one year old. A big thank you to the Rata Foundation, Māpua Auto Centre, and MDCA for financially supporting this project. A big thank you also goes to Rachel Mason for her stunning administration and co-ordination, along with the team of volunteer drivers.

AED: A big thank you from the community to Cushla from Cushla's Fabrics and Foodstuffs via Māpua Store. Both businesses have funded the equipment replacement required (pads and batteries) at the AED units located outside their businesses for the public to use in a health emergency.

Social Media: We continue to get good engagement from the community with regards the MDCA Facebook page. Facebook is another media for MDCA to hear the thoughts of the community.

There is now a community information directory (clubs, groups, health services etc) on the MDCA website ourmāpua.org. You can use this directory to find out what is available within Māpua and Districts.

Māpua Recreation Reserve playground upgrade: It is great to see the new and improved playground getting so much use. There is still one item of equipment yet to be installed along with some rocks and plantings. The date for full completion is not yet known, so please be patient when the area is closed off for this work to be undertaken.

Māpua memories: Mike and Marion are undertaking a video recording project to capture the memories of long-time residents so the experiences of those who live or have lived in our community for some time is preserved for many generations to come.

It is important to be aware and understand how a community comes to be, the underlying ethos that made/makes our community what it is today, and to take this into consideration when planning for the future. These videos will give MDCA and the community the opportunity to start to understand and then respect this.

The video recordings will be deposited in several places but the most important will reside with TDC within their Oral Histories project, which will not only safeguard the recordings, but also make sure they are kept up to date as technology changes. To date, nine recordings have been undertaken, varying in length from one hour to over three. We have 45 people on the list to be interviewed, so this is a long-term project. If you know anyone who would be interested in participating in this project, please email info@ourmāpua.org

Continued on page 3

Māpua Aquarium memorial plaque: With the remaining funds from the public donations after the Aquarium burnt down and with the help of TDC Commercial Dept a bronze plaque has been designed by Grant Palliser. It has been manufactured to be placed within the new pedestrian entrance onto to the Māpua Wharf area at the end of Aranui Road when this redevelopment occurs.

Thank you to the local businesses that support our community, and I would like to encourage residents to support these businesses so they can continue to support our community.

MDCA works closely with TDC to ensure our community functions in a way that suits the majority of our residents. To have a vote that counts, become a financial member of MDCA by simply paying \$10.00 per person per year into our NBS account 03 1354 0356471 using your name and phone number as references.

Our next public meeting will be held in the Bill Marris room at Māpua Hall on Monday 13th September commencing at 7.15pm.

Marion Satherley

Application for Grants

It's that time of year again when we invite local community voluntary organisations to apply for grants from the Māpua Ruby Bay & Districts Community Trust.

You can download an application form from:
<https://mapuacommunitytrust.wordpress.com/>
Please fill it in and attach it to an email to:
mapuarubybaycommunitytrust@gmail.com

No need to print it out. Applications must be received by 1st October for consideration.

The Write Bias

News from Māpua Bowling Club

Along with grants and sponsorship, fundraising is essential for the continued existence of our bowling club. We are fortunate to have one member dedicated to organising raffles and quiz nights at the Sprig & Fern which are always popular and help to boost the coffers.

We are now looking forward to a movie night and possibly some Bingo or Beetle sessions during the daytime. The members are very grateful to Carol English who has offered to assist with our grant applications; her experience will be invaluable.

Our new green keeper, Ian Benbow and his assistant, Murray Blanchet are on steep learning curves but given that this is still wintry weather, the green is in excellent condition, and we are all itching to get back out there in the middle of September; well done to the pair of them. Advice from the green keepers at United Bowling Club is very welcome as Ian and Murray develop their skills.

A group of Māpua members have undertaken umpire training organised by Nelson Centre. Knowledge required by bowls umpires is highly technical and detailed; it will be excellent to have some new umpires in the Club.

Patience is needed as we wait for the outdoor season but there is plenty to occupy us indoors including the annual mid-winter lunch; the roast dinner and selection of very naughty puds which went down a treat and was a good opportunity for members to socialise together.

On Monday 16th August we welcomed Kirsten Roedsgaard-Mathieson to the Club to talk to us about the **Brook Waimārama Sanctuary**. This is the largest fenced sanctuary for endangered plants and creatures in the South Island and enjoyed by visitors of all ages. This gem is just a few minutes' drive from Nelson CBD. We were very keen to share this opportunity with the community of Māpua so for a gold coin donation, everyone was welcome to join us at Māpua Bowling Club for the presentation and afternoon tea. It was an enjoyable and successful afternoon.

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

Sue England

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Moutere Hills RSA Memorial Library

Māpua Community Library

Lit Fest 2021 24-26 September.

We are thrilled with the line-up and in particular the children's workshops and the opening night featuring Q & A with Christine Leunens 'From book to film script' - *Caging Skies* to *Jojo Rabbit*.

Being able to showcase so many talented local authors is really exciting.

The programme and more information are mounted in the library and posted on our website. Cash purchases from the library or Page and Blackmore and online purchases via the link on our website.

Foyer display Lit Fest authors' books are the display theme in the foyer - they are available for browsing only.

Children's activity The Matariki themed school holiday activity has provided us with a colourful display in the children's area. Thanks to all of you who contributed to it.

Shelf rearrangement Our Regional Interest display is now just past the issuing desk alongside the table. Its new location has already attracted positive feedback. Young Adults books are now in the far corner. More beanbags are planned for this area. (Any donated bean bags would be greatly appreciated.)

Our newly purchased Fiction and Non-Fiction has been allocated more shelf space with the purchase of more end-of-aisle shelving.

Story Time with Tim This popular Thursday morning session (10.30 - 11.30am) is open to all pre-schoolers (bring an adult with you) on a week-by-week basis. Pop in and enjoy!

Suggest a book If we don't have a book in our collection that you would like to suggest we purchase, you are very welcome to log the details in the designated notebook at the issuing desk. Our goal is to ensure that our collection is relevant, and we enjoy receiving suggestions from our members. Chances are, you will be the first to enjoy the book that you suggest - we aim to reserve it for you and contact you when it is ready for borrowing.

Open seven days (except Stat holidays):

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

Fb: Māpua Community Library;

Web: mapuacommunitylibrary.co.nz;

Email: mapualibrarynz@gmail.com

Major Sponsors: Rātā Foundation, Network Tasman,
The Lion Foundation; Tasman District Council

Lynley, Secretary



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- in & around Māpua, Motueka, Richmond, Nelson (no airport runs)
- business, medical appointments, activities, shopping
- ride home from sports' practices or after-school activities

Costs: Example - Māpua to Richmond return \$35
Drivers: Team of locals all police vetted & ready to go

To book a ride contact Rachel on:
022 6822 373 - ALLOW 24 HOURS NOTICE
mapuawheels@gmail.com



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 Nelson Tasman Community Transport Trust (NTCTT) & Māpua & Districts Community Association (MDCA)
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 & the Rata Foundation & Lotteries Commission

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Need a lift?

Māpua Willing Wheels -
Voluntary drivers community transport



Happy Birthday - It's our 1st Birthday!

Māpua Willing Wheels are celebrating their first birthday, having been operational since August '20.

The need for reliable and affordable transport for Māpua and Districts residents was highlighted in the 2019 Residents Community Wellbeing Survey. The fact that the team of volunteer drivers are still going strong a year later shows the demand is there, with many requests coming from repeat customers.

The service has been very warmly and positively received and the Wheels team are thrilled to have the support of many local businesses through sponsorship and displaying of their posters. The volunteers have enjoyed meeting new people and being of service to residents in their community. The service is available to anyone that needs it:

- * in and around Māpua, Motueka, Richmond, Nelson (no airport runs)
- * for business, medical appointments, activities, shopping
- * for rides home from sports' practices or after-school activities

Costs: Example - Māpua to Richmond return \$35

Drivers: Team of locals, all police vetted and ready to go
Contact the Service Co-ordinator, Rachel Mason, to book a ride - PLEASE GIVE 24 HOURS NOTICE

Email: mapuawheels@gmail.com / Tel: 022 6822 373

Nelson Tasman Community Transport Trust (NTCTT) aims to create sustainable transport options for Tasman communities. The NTCTT runs the Wakefield Community Bus and helped to set up and run Māpua Willing Wheels. Provided in partnership by NTCTT and Māpua & Districts Community Association and funded by the Community Connect MSD funding/grant, Rata Foundation and Lotteries Commission.



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MĀPUA HALL NEWS

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Regular Weekly Activities at the Māpua Hall



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9.15 am Yoga with Charlotte	9 am PANZ Pastel Artists of NZ	8.30 am Aerobics with Lynda	9.30 am MAG Art Group <small>Māpua Art Group</small>	9.15 am Aerobics with Lynda
9.30 am Superb Dance <small>with Hilary</small>	9 am Sioux Line Dance	9.15 am Yoga for Healthy Aging with Nikki		9.30 am Superb Dance <small>with Hilary</small>
3.30 pm Ballet 3-4yrs <small>with Kerry</small>	10 am Mapua Creative Fibre <small>2nd Tue of Month</small>	9.30 am Pilates with Lynda		10.15 am Pilates with Lynda
4 pm Ballet 5-7yrs <small>with Kerry</small>	2:00 pm Chair Flair with Hilary			10.45 am Yoga with Martin
5.30 pm Broga Men's Yoga <small>with Nikki</small>	6 pm Aerobics with Lynda	1:30 pm Tai Chi	3:30 pm Fun Creative <small>with Rachel</small>	2 pm Friendship Group <small>3rd & last Friday of the month</small>
7 pm Māpua Hall Society Committee meeting <small>Meeting 3rd Monday of month</small>	5.30 pm Yoga with Martin			
7.15 pm Māpua & District Community Assoc. <small>Meeting 2nd Monday of month</small>	7 pm Pilates with Lynda		7.00 pm Māpua Community Choir	
	7.30 pm Swing Zing			

This month

- **Friday 17th September**
Māpua School Quiz
- **24th - 26th September**
Māpua Literary Festival

Packhouse Cinema

- **Sunday 19th September**

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

E-Newsletter

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



Hall Society News September

Thank you to all who have renewed membership with the Hall Society for FY22, this ongoing contribution is vital to the sustainability of our Hall and also keeps you up to date with what's happening. Membership is due from 1st April for the financial year, if you did not receive a reminder please email me at MapuaHallSociety@gmail.com (or fill in the google form through the website) so I can update your contact details to ensure you are getting all the latest info.

Onto events at the Hall for September: The annual **Māpua School Quiz** which is a fundraiser for the year 8's trip to Wellington is on Friday 17th September from 7pm. A team from the Hall Society will be there running the bar with proceeds of this going directly to the Hall. For tickets check out the Māpua School Facebook page or email pday@mapua.school.nz

The Māpua Literary Festival hosted by the Māpua Community Library is on from 24th to 26th September with a wonderful line-up of guest speakers, reading and illustration workshops. Tickets and enquiries on 03)540 2545 or visit www.MapuaCommunityLibrary.co.nz



www.MāpuaHall.org

Māpua Craft Group

Due to our lockdown, we are unable to meet on the 20th of August. There may be only eight more meetings before the Christmas break so we will soon start making cards to send overseas. Would you like to join us?

Recently I have been wondering if we have passed on to our children the craft skills we share at our meetings. The photo below shows the beautiful quilt our daughter made for our Golden Wedding anniversary as a surprise for us. It took her 10 years to make whilst working, gaining a Degree, raising two daughters and being a co-partner in the family business.

Our members have shown us their creations over the last few years; these are really beautiful and show our many talents.

Barbara Halse 5403901





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Māpua Hall

Community Noticeboard

I have volunteered to keep the Hall Community Board up to date and tidy. I have spoken to the Hall secretary who is going to make some headings for the notice board.

All the business cards have been removed as there is now a place for these at the Four-Square shop.

The hall notice board is to be used for **events** happening in the Tasman area e.g. Māpua, Ruby Bay and Tasman. Exceptions are sponsors of the Hall who want to advertise events, e.g. The Playhouse.

Please make the posters attractive with typed lettering and no bigger than a postcard if possible. This will give more space on the notice board and avoid overlapping of posters.

If the time of your event has passed, please remove your poster.

The notice board is not very big so - for anyone who might be new to the area - there are other opportunities to advertise e.g. Coastal News, Māpua Business Booklet which comes out annually, Library News Board.

Julie Booth



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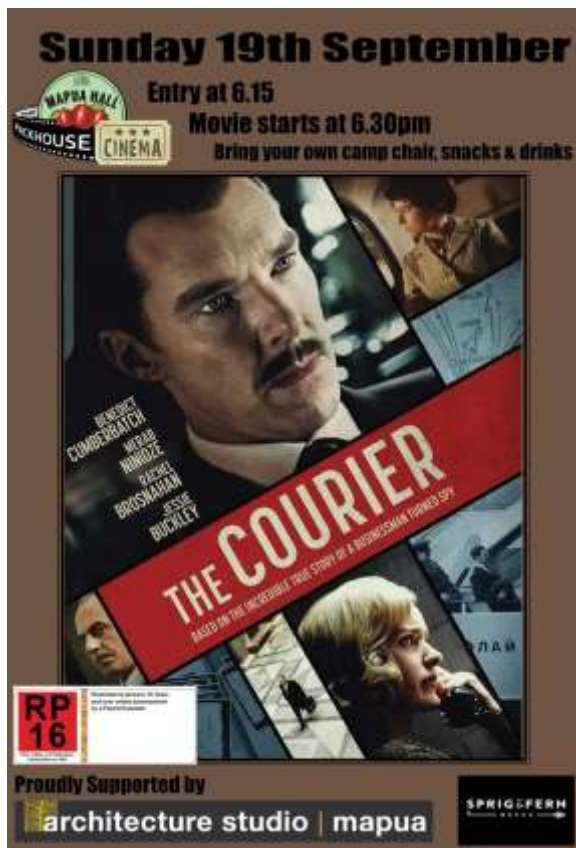


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The Courier

Playing @ Māpua's famous "Packhouse Cinema"

6:30pm Sunday, September 19



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

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

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

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

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

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

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

Coping with uncertainty

It seems very strange to be writing this from lockdown. While most parts of the world have been grappling with the Delta strain of Covid for a while, we have, as a country really had life as normal, although that doesn't recognise the fact that for many, here included, life has been turned upside down.

Uncertainty is with us whether we like it or not; in many ways learning to accept the uncertainty of our surroundings and circumstances, is a pretty healthy way to live.

And yet most of our lives is spent in trying to plan away any uncertainty. We strive for security, and we strive to guarantee the stability of the life we have built for ourselves.

How do you cope with uncertainty? How do you hold lightly those plans that you make?

The Indian Jesuit priest Anthony De Mello wrote about how easily we form attachments to things which ultimately have no lasting value in our life; and it is not that we simply become attached to something, or someone that is important to us, it is that we begin to base our identity, our security, our happiness, on 'things'.

In reality though, learning to live without attachments is in fact the key to not only happiness, but to freedom from anxiety and fear,

I love the way the Apostle Paul, writing from the uncertainty of a prison cell to the church in Philippi sums it up.

I have learned to be content whatever the circumstances. I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. I can do all this through him who gives me strength. (Philippians, 4:11-13)

Blessings in Christ

Rev John

Hills Community Church

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Sunday Morning Services

9 am Traditional service

10 am Morning tea

10:30 am Contemporary service and children's programme

Māpua Youth Club: Years 9 to 13,

Fridays at Māpua Community Hall 6.30- 8.30pm.

After school kid's club: Years 6 to 8,

Mondays at Hills Community Church 3-4pm.

www.hillscommunitychurch.org.nz or phone 540-3848

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- 3) Please stay 2 meters apart
- 4) Sign in or scan before entry
- 5) Sanitize on entry and exit

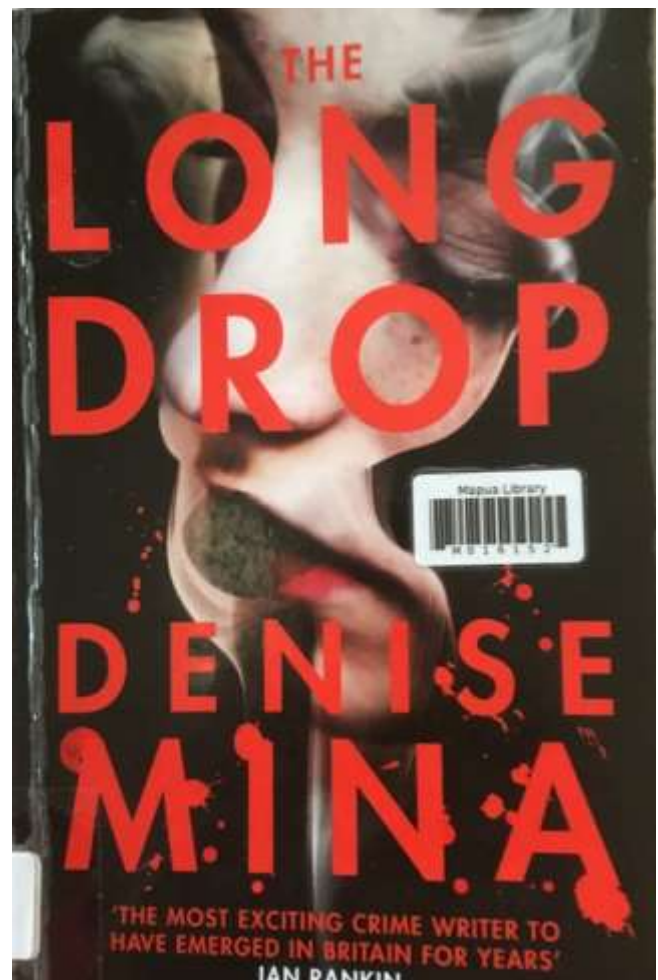
Any questions feel free to ask our friendly staff or talk to Chris

Stay Safe Everyone

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Book Review

The long drop by Denise Mina



Peter Manuel is a ruthless serial killer, choosing targets at random and revelling in their dead bodies BUT did he actually kill William Watts wife and daughter?

This book by Denise Mina is a semi-fictionalised account of a killing by 'The Beast of Birkenshaw' in the late 1950s. Ms Mina is a Scottish crime writer and playwright whose books have been dubbed Tartan Noir.

In this era, crime in Glasgow and particularly in the Gorbals was rampant; the saying there was 'strong men are revered' but they were also feared. The more you read however, the more you realise that it is those of weak character who are perpetrating crime with their bullying, standover tactics and threats of violence in a community where poverty, fear and suspicion make it ripe for blackmail, protection rackets and murder.

Weirdly, in this book, the apparent victim who has lost his whole family, befriends the alleged killer in an attempt to allay suspicion of himself being involved in the crime. Watt and Manuel go on prolonged drinking binges. Watt's encounters with the criminal underworld seem naive and slightly unconvincing and his endeavours to find the murder weapon seem more self-protective than a drive to find justice for his family.

reviewed by Penny Brown

Our latest adventures...

AUG / SEP 2021



Students learn & volunteer with Civil Defence, Westport

Students on our Civil Defence Emergency Response Trades Programme drove to Te Tai Poutini/West Coast where they spent the week working with volunteers & learning in situ about the coordinated response to cope with the devastating flooding. Students spent time with the commander of the operation, learning about the operational logistics and how the response had been coordinated, then headed to the volunteer centre to help with the removal of flood damaged household items & carpets from the houses of elderly and vulnerable members of the community. A huge shout out to the amazing volunteers and response team from LandSAR, Civil Defence who were truly inspirational to our students! They have taken away so much from the experience.

Steve Porteous entertains at Nature Connection Event

Steve Porteous from Human Bushcraft and Wild Living delivered an enlightening day & evening of nature connection here at Whenua Iti to over 60 people who joined us for the seminar. It was great to hear of more tools & ways to develop the natural curiosity and connection to the environment in our tamariki. Thanks to the community members who came along to support the event, including DOC, Tasman Bay Guardians, TDC, Tasman Environmental Trust & EnviroSchools Aotearoa.

A chance for students to earn NCEA credits outside of the classroom!

It's time for high school students to start thinking about enrolling on programmes for 2022. Whenua Iti Outdoors offer a range of Trades Academy Programmes through schools that run as four one-week blocks across two terms. Each programme offers 18-20 NCEA credits at L2 or L3, incorporating hands-on, practical learning opportunities that help build essential skills for future study & employment. They are fully funded by the Ministry of Education through the Trades Academies. Programmes for 2022 include Emergency & Response, Adventure Tourism, Conservation Studies & Manaaki Tāpoi - find out more via your Trades Coordinator at school, or visit www.wio.org.nz

Holiday Programmes available to book in October

Next holidays we're running **Kaitiaki Kids** for 10-12yrs & **Go Wild** for 7-10yrs. Both programmes involve 5 days of action, nature immersion & fun outdoor exploration, with Kaitiaki Kids including an overnight adventure - a great stepping stone to our journey programmes offered in the summer. Head to www.wio.org.nz to book.

Why we don't let students take phones on our programmes

Students themselves understand the benefits of taking a break from their phones. In talking with students we found that some have reduced the amount of time they spend on their phones after completing a Trades Programme. One student said that it helped her socially to build confidence with new people, because otherwise she would have been on her phone. Another student recognised the benefit in taking a break - "It's just good for your mental health & wellbeing" - and helped him to better connect to nature and the outdoors while on our programmes. Food for thought!!



Steve Porteous in full flight during the Nature Connection Seminar at Whenua Iti.



Students volunteering in Westport to help clean up after the flooding event

We'll see you out there!



www.wio.org.nz

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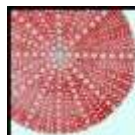
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The Māpua Skin Clinic

In October the Mapua Skin Clinic will move from its temporary location at Māpua Health to purpose-built professional rooms in Māpua Village Mall, next door to the pharmacy. Until then we continue to operate from rooms at Mapua Health Centre

We have invested in state-of-the-art equipment to support best possible care and our new community operating theatre has been built to Southern Cross accreditation standards.

Our focus remains patient comfort, ease of access, affordability, and quality of care and, to this end, we have increased opening hours, shortening wait times.

Our goals

Fair pricing – prices are unchanged and patients with a GP outside of Mapua no longer have to pay a premium for our services.

Prompt care – it can be nerve wracking waiting for an appointment if you have a spot that's worrying you; we are introducing a 'same week spot check' service in the New Year.

Subsidies

Subsidised care – as a socially equitable organisation we are committed to using a proportion of any clinic surplus to subsidise care for people who can't afford standard fees.

Melanoma discount – We want to be sure everyone who has had melanoma is safe. If you have had a histology confirming a melanoma and haven't attended the clinic before you will receive a 50% discount on your first skin check.

Clinical Team

Dr Tim Phillips has been practicing skin cancer medicine and training doctors in this and skin cancer surgery for 25 years. Tim is deeply concerned by the volume of unmanaged skin disease in NZ communities and by projections that there won't be enough doctors to manage the 'skin cancer epidemic' we are entering. Although he is still doing some after-hours general practice work to 'keep his hand in' Tim has decided skin cancer medicine is where he can be most helpful.

Subspecialty surgical Nurse – Kerri Townsend is an experienced senior theatre ENT plastics theatre nurse with a wealth of experience in skin cancer surgery.

Subspecialty dermatology Nurse – Sally Waugh is the nurse manager for specialist dermatologists in Nelson and has extensive clinical and surgical experience

Practice Manager – Daniel Bulman successfully managed the amalgamation and subsequent growth of Greenwood Health facility in Motueka.

Administrator – Caroline Petersen has worked in health administration and design for many years. In addition to setting up Kiwi Skin IT and administration processes and supporting the build with her design flair, she manages psychology practices and is a busy mum. Caroline is the lovely voice on the phone when you ring to book.

If you require any further information, please look at our website kiwiskin.org.nz or contact us by phone on 03 540 2373 or by email to mapua@kiwiskin.org.nz



KIWISKIN - Māpua Skin Clinic

Dr Tim Phillips and the KIWISKIN team are delighted to announce that in October the Māpua Skin Clinic is moving from it's temporary site at Māpua Health Centre to peaceful, purpose built professional rooms adjacent to Māpua pharmacy. Fees for our services remain unchanged.

The shift means we will have more time and space, and state of the art equipment, to ensure the best possible skin care. One of our goals for the New Year is to be able to check a spot you are concerned about within the same week.

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

Māpua Skin Clinic - a community skin service - working in with everyone's GP, regardless of where you are registered.

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

Address: Unit 9, 66 - 68 Aranui Road, Māpua (Behind Māpua Bakery)

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

Māpua Health Centre news

Hopefully, we will be out of COVID lock-down and its flow on effects. We have been working hard to fulfil an extra demand for face-to-face appointments as well as various health department requirements. Thankfully, we seem to be getting on top of this and we are trying to stay on time with our appointments.

Covid Vaccination Clinics are now being held at Māpua Health Centre on Tuesdays 4-7pm Wednesdays 10-11am and Thursdays 2-3pm. If you would like to book a vaccine the quickest way to do this is to go online and book on <https://bookmyvaccine.covid19.health.nz/> This website is very user friendly.

Sadly, we said goodbye to Dave Emerson our HIP (Health Improvement Practitioner) who has been transferred to work with the team at Stoke Medical Centre. We are however, delighted to welcome Kamalesh Lovegrove to our team at Māpua Health Centre.

Kamalesh is trained as a Health Improvement Practitioner and he has recently shifted to Nelson. He has a background in Mental Health and is also trained as an OT. He is looking forward to working with our patients to assist in achieving goals by providing support and follow-up for issues related to mental health. He can see people of all ages and at all stages of their lives and help with any type of issue related to behaviour change or mental wellbeing.

One of our clinical team may refer you to Kamalesh when you are in a consult, and you can usually see him immediately or we can arrange an appointment at a later date.

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.

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

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.

About a third 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 notes and 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.

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 Māpua 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, Stop smoking, Healthy lifestyles + green prescription, Girotonics, Aqua aerobics – Richmond.

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 New Zealand 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 |
| 1-30 | Breathe Better September (asthma) | 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 |
| 1-30 | World Alzheimer's month | www.alzheimers.org.nz |
| 1-6 | Gamble Harm Awareness Week | www.gamblinghb.co.nz |
| 1 | Random Acts of Kindness Day | https://rak.co.nz |
| 4-12 | Conservation Week | https://www.doc.govt.nz |

Continued on page 13

Continued from page 12

- 8 World Literacy Day <http://internationalliteracyday.org>
- 9 Fetal Alcohol Awareness Day www.fan.org.nz
- 10 Suicide Prevention Day <http://wspd.org.au>
- 13-19 Keep NZ Beautiful Week www.knzbcleanupweek.co.nz
- 15 World Lymphoma Day www.leukaemia.org.nz
- 19 Suffrage Day www.womens-health.org.nz
- 21 International Day of Peace www.unesco.org/nz/homepage.htm
- 21 World Alzheimer's Day www.alzheimers.org.nz
- 22 World Car-Free Day www.carfreemetrodc.com
- 26 World Contraception Day www.who.int/life-course
- 27-3 Mental Health Awareness Week <https://mhaw.nz>



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Māpua Fire Brigade



July to Aug 2021 call outs

- 13 July 11:30 Missing child near Kina, stood down, child found.
- 19 July 09:36 Car v light truck, SH60 and Maisey Rd. Assist with one patient. Left with police.
- 23 July 20:50 Car rolled SH60 near Tasman View Rd.
- 27 Jul 13:50 Smell of burning on Maisey Rd, nothing found.
- 27 July 14:16 Assist with house fire, Pretty Bridge Rd.
- 30 July 23:16 Alarm activate Motueka High School, smoke found from a kiln.
- 31 July 17:01 Chimney Fire Tait St, too many dry pinecones. No action taken.
- 6 Aug 09:27 SUV v truck and trailer SH60 near Harley Rd. Put fire out, left with police and Nelson Fire
- 7 Aug 01:20 Alarm activated Māpua School.

Calls this year: 42

Safety Tip – Be safe.

- Check smoke alarms
- Don't use heating appliances through multi-boxes
- Never leave cooking unattended

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

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

Tasman Art Focus Group (TAFG)

Tasman National art awards and exhibition

Don't miss out! Put these dates into your diary straight away, Saturday 2nd October until Saturday 16th October.

This is a golden opportunity to view, enjoy and possibly purchase works of art that will be on display in Māpua Community Hall for a full two weeks. Come and visit; come back again and bring your friends; you won't be disappointed, and you will be supporting artists from all corners of New Zealand. Entry is free along with glossy, souvenir catalogues.

The selectors have chosen 125 paintings for display from 281 entries. Three further judges will select an overall winner, four merit awards, the water colour medium award and the focus prize for best portrait. See if you agree with the judges' decisions, but whether you agree or not, you can make your opinion count by voting for your favourite painting in the ever popular 'People's Choice Award'.

All details can be found on our Facebook page or at www.tasmannationalartawards.nz.

Official Opening: Saturday 2nd October, 7 p.m.

Open daily 9.30 a.m. until 4.30 p.m.

Closing: Saturday 16th October

We look forward to seeing you.

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

Sue England



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To chop or not to chop

My mother's generous three-acre garden was always well-tended, hedges perfectly clipped, roses intentionally pruned. My grandmothers also showcased lovely country gardens.

When I grew up and got my own tiny little townhouse section, I had big aspirations for my 400 square metres, but with a one- and four-year-old underfoot at the time, gardening became far more haphazard, with jobs generally ending up on the Long-Past-Time-To-Do List.

One afternoon as my sons played under the cherry tree, I took the opportunity to get out my secateurs and prune my unruly Pittosporum balls (or at least, they had been balls, once upon a time). As the first leaves fell to the ground, my four-year-old squawked, 'Don't chop the bush, Mummy!'

'Why not?' I questioned.

He came out from under the hanging cherry limbs, emphatic. 'It wants to grow!'

There are lots of things in the garden, and in life, that want to grow. Not all of them are necessarily beneficial, however. Weeds must be pruned or removed. Sometimes a tree has been planted without thought and is crowding out everything else, or blocking sun, or threatening power lines. Sometimes, when a bitter or angry thought seeds in our mind, it must be pruned with an act of forgiveness before it can root and bloom into cynicism or full-blown hostility.

My four-year-old and my poorly kept Pittosporum balls bear a striking resemblance; both the boy and the bush desire to grow up with no boundaries. The Pittosporum ball, left unpruned, will eventually become shapeless, unpleasant to look at, and its undergrowth will be a mass of dead, bare branches.

Similarly, a person who is not 'pruned' by their parents' discipline, or by frequent introspection into their own lives and character, can become directionless without guidance, and develop unpleasant characteristics and habits.

In the Bible, Jesus talks about pruning. John 15 quotes Jesus' metaphorical words to his followers: 'I am the Vine, and you are the branches.' Jesus says that, as with any tree in a literal garden, if a branch does not bear fruit, it will be cut off, 'while every branch (person) that does bear fruit, [God] prunes so that it will be even more fruitful.'

What sort of fruit is Jesus talking about? Further on in the Bible, Galatians 5:22 gives us a list of what's called the Fruits of the Spirit: 'love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control'.

These are not character traits which develop from a person who wishes to grow up without boundaries, thinking only of themselves. This fruit creates healthy mind-sets, healthy bodies, and healthy lives lived not just for ourselves, and it is brought about with discipline and 'pruning'.

Ruth Russ

[Ruth Russ is a member of Tasman Church. She has four boys who provide entertaining insights into life, God, and the inner workings of Beyblades.]

Māpua Boat Club Photo Competition



Overall Winner and Winner of the Adults Nature Division - Kotuku Bathing by Raewyn Wood

A total of 109 photos were entered into the 2021 competition, these included 15 photos entered from four children and the remainder were adult entries. This competition is held yearly around this time of year and we particularly welcome amateur photographers.

In 2020 we introduced a children's section and discovered there are some amazingly talented children out there.

The competition is sponsored by the print shop, **CopyArt** in Richmond and the **Jellyfish Bar & Restaurant** located on the **Māpua** wharf.

Entries were down slightly on the previous year but the judges, Jane Neil from Chocolate Dog Studio mentioned that the photos were a very interesting mix of our beautiful area that we are all so lucky to live in.

Local photographer, Raewyn Wood took out the Overall Adults' prize with her 'Kotuku Washing' photo and the Children's Overall Winner was Lily Williams with a photo she took of the Milky Way from her tiny house in the Mouere Valley.

Adults: Nature

1st prize: No 36 – **Raewyn Wood** - *Kotuku Washing*

Commended: No 46 – **Tere Williams** – *Riwaka Resurgence*

Commended: No 1 – **Colin Taylor** – *In The Dog Box*

Commended: No 38 – **Raewyn Wood** – *Squatters*

Adults: Boats

1st prize: No 1 – **Martyn Barlow** – *Man on Boat*

Commended: No 3 – **Jim Vause** – *Going Home*

Commended: No 4 – **Jim Vause** – *Painted Ocean*

Adults: People

1st Prize: No 15 – **John Leydon** – *Woman Watering Garden*

Commended: No 18 - **Jim Vause** – *Moon Girl*

Commended: No 14 – **John Leydon** – *Mapua Ferry*

Overall winner in the Adult's Division

No 36 **Raewyn Wood** – *Kotuku Washing*

Children: Nature: No 5 – **Lily Williams** – *Milky Way*

Commended: No 10 - **Kiara Puche** – *the Tui*

Children Boats: No 12 – **Juliette Brett** –
Boat Mapua Jetty

Children People: No 14 – **Katrin Struben** – *Reflections*

Overall winner in the Children's Division

No 5 – **Lily Williams** – *Milky Way*



Raewyn Wood



Spoonbill - People's Choice by Bill Heritage



John Leyden



Lily Williams



Martyn Barlow



Mapua Ferry - John Leydon - highly commended in the Adults



Wine and People - Kiara Puche - winner of the People's Division in the Children's section

Become a Māpua Boat Club Member

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

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

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

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

Club notices are free.

Printed by the Tasman District Council.

COMING UP



11th Sept: Paul Madsen
Queen, Eagles, BeeGees

15th Sept: My Mother
The War Hero Play

24th Sept: OdESSA
Funk band from Wellington
and Nic's 40th Birthday!!

8th Oct:
Graham Wardrop and friends

9th Oct: Sun City Soul
and Big Papa Soul Bands

15th Oct:
Adam McGrath from The
Eastern and Friends

22nd Oct:
Jan Preston Boogie Piano



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Māpua Development moratorium lifted

The completion of a 15-million-dollar infrastructure upgrade at Māpua and nearby Te Mamaku/Ruby Bay is being welcomed and means a moratorium on development in the area can be lifted.

The popularity and subsequent growth of the area has put extreme pressure on basic services and the infrastructure could not always cope. In the past there have been wastewater overflows and odours at pump stations; the drinking water supply worked hard to cope with demand and at times storm water systems were overwhelmed.

Tasman District Council Operations Committee Chair and Deputy Mayor Stuart Bryant says these issues forced Council to introduce a moratorium and for the past two years there have been strict constraints on development in the Māpua area.

But with the investment of more than 15-million dollars that moratorium was lifted at the beginning of August.

Councillor Bryant says the projects have been a massive undertaking and at times created disruption for residents as roads and footpaths were dug up so new pipes could be laid.

"But I'm sure the community will agree that the improvements were desperately needed, and the result has been worth the effort."

The community's entire wastewater system has been overhauled with larger more durable pipes. There are several new pump stations.

Reliable high quality drinking water supplies are now guaranteed well into the future with a new higher volume feeder pipe laid across Moturoa/Rabbit Island. There have also been water treatment plant upgrades and a new reservoir at Pomona Road will be commissioned soon.

Stormwater services in the area have also been improved.

Councillor Bryant says the project has dramatically improved the resilience of services and has paved the way for the area to cope with the more than 300 new dwellings that are forecast to be built in the Māpua Te Mamaku/Ruby Bay area during the next 10 years.



Advertising Costs

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

\$2.50 per cm up to 6 cm	\$3 per cm up to 10 cm
\$4 per cm over 10 cm	\$48 ¼ page
\$60 ½ page	\$80 full page

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

There is no separate January issue.

E: news@coastalnews.online for more information.



Preliminary Notice of Annual General Meeting

7.00pm Wednesday 15 September

**Māpua Boat Club rooms
Māpua Wharf**

Enquiries to Katrina Ballantyne, Secretary
mapuabcsecretary@gmail.com
0211393945

Endurance Spraying Ltd

Pete Hughes Owner/Operator

petejulieh@gmail.com

Cell 0211 942 654

- All types of weed spraying
- Hill country gorse a specialty
- Commercial & Residential
- Lawn Spraying & Fertilising
- 20 years experience - Growsafe certified

September.

Spring has sprung. The days are getting longer and the sun is warming up.
Let the good times roll.

New Monthly Networking Event

We are excited to start a monthly relaxed gathering with no agenda other than catching up with each other, sharing information and networking to support each other in business. With Spring upon us what better time to start. **September 1st, Wednesday 5pm—6pm at the Sprig & Fern Mapua.** Thereafter, it will be the first Wednesday of the month at another member's business. We look forward to catching up with you then.

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

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

August Lunch & Learn—Mapua. A big thank you to Frank @ Hybrid Bikes for a great Lunch & Learn session. He was so engaging and open with some great strategies on marketing your business and the challenges he has faced. Knowledge sharing with each other, locally.



Enquiries about becoming a member of the MDBA, email us on mdba@mapua.co.nz. **Stay Local—Support Local—Shop Local—Eat Local**

NEED MORE LOCAL MAPS OR DIRECTORIES?

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

MEMBER UPDATE—MEMBER UPDATE—MEMBER UPDATE



KINA BEACH BEAUTY is run by beauty therapist and celebrant, Suzie Brosnahan. Having spent 15 years as a Tutor of Beauty Therapy at the National School of Aesthetics in Christchurch, Suzie has a wealth of experience and expertise, holding both national and international qualifications, including ITEC and CIDESCO.

Operating from home, Suzie is able to offer a range of beauty treatments to meet both your regular personal grooming needs and your 'treat yourself' extras. So why not allow yourself the luxury of a little pampering, or perhaps, purchase a gift voucher for a loved one or friend.

Visit her website for a full list of treatments and prices. Once you have discovered what she can do for you, phone or email Suzie to arrange a suitable appointment time.

Opening hours: by appointment. P: 027 378 8277 W: www.sayyesenterprises.co.nz/kinabeachbeauty

Supporting Local Businesses since 1992

Noticeboard

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

Tasman Dippers: A casual collection of people who enjoy connecting with the open water. Year-round dips or swims in the sea at Rabbit Island. All the info you need can be found at www.tasmandippers.nz

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Tasman Golf Club welcome new golfers to Kina Cliffs for local golf experience at realistic cost, the best in Nelson. Coaching available. Info: Jim 022 096 6067 & Lyndal 03 526 6819, teeup@tasmangolfclub.com

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

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

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

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

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

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

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

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

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