

Moutere Hills RSA Memorial Library Māpua Community Library Māpua Community Library Literary Festival



Authors in Conversations Special
Purchase four author talks and pay \$15 per session.

Tickets: www.mapuacommunitylibrary.com

Gerard Hindmarsh, Golden Bay author of seven books, will be showing a PowerPoint presentation and having a chat with Greig Caigou, who shares his passion for wilderness preservation.

David Young will be in conversation with Charlotte Sunde, whose research into our cultural and environmental relationships with New Zealand's lakes was published as a rich repository of digital stories.

Alesha Bilbrough-Collins, local author of her recently published book *Food for Thought*, will be in conversation with Nicola Galloway, award-winning food writer, culinary tutor and author of five cookbooks.

Robert Jenkins, author of *The Fell* will be in conversation with Tim David, emeritus Professor at Canterbury University and amateur musician and photographer.

Chris Stuart will be in conversation with Liz Price, who has been a huge supporter of Chris' literary journey from her first novel *For Reasons of Their Own* and now her second crime novel *The Glasgow Smile*.

Suzanne Clark, author of six published books including *Hokioi: Giant of the Sky*, will be in conversation with Esme Palliser, local arts follower, about her literary career and interesting life she has led over in Golden Bay.

Kim Swan, who describes herself as "like Barry Crump but in a dress!" and is a veteran Kiwi hunter/hunting author of nine publications, will chat to Greg Caigou about her latest book *Hot Hogs and a Rifle*, a collection of pig-hunting tales full of action, humour, triumphs and disappointments.

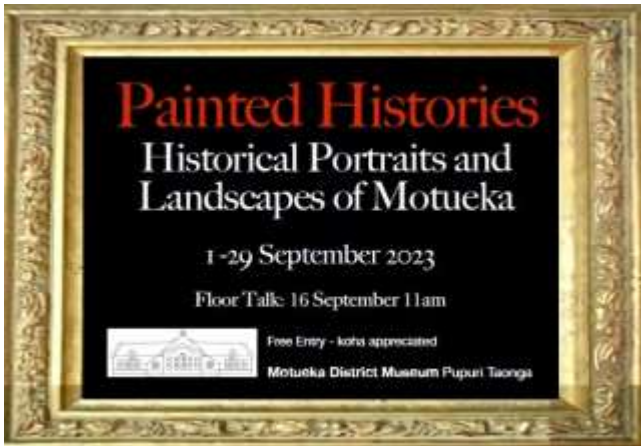
Pic Picot, well known Nelson identity and author of his autobiography *Pic - adventures in sailing, business, and love* - plus Pic's *Really Good* recipe book, will be in conversation with Elaine Fisher, local freelance journalist and photographer.

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Māpua Masterplan early engagement underway

There is a lot going on in Māpua and by consolidating various Council processes into a single plan, we hope to ensure cohesive decision making in Māpua and make this a simpler process for everyone involved to have their say.

Development of the Māpua Masterplan 2023 is now underway, building off the work and community consultation done as part of the 2022 Māpua Structure Plan and other council projects before they were rolled into the Masterplan.

We have used what we have learnt to develop a set of draft principles for the masterplan and issues and opportunities in Māpua.

These 10 principles fit within six guiding themes of placemaking, connectivity, infrastructure, environmental values, cultural identity, and natural hazards and climate change.

The initial phase of public engagement is underway, and we will be looking for feedback from now until 30 September.

Stage 1 consultation will involve seeking feedback on the draft principles, issues and opportunities that have been identified. Feedback can be provided online at Shape Tasman (<https://shape.tasman.govt.nz/mapua-masterplan-2023>).

Come along to our Māpua Community Hall drop-in sessions, where staff will be available to hear and record your feedback in person.

Saturday 2 September, 10.00 am – 12.00 pm and 1.00 pm – 3.00 pm.

Thursday 14 September, 2.00 pm – 4.00 pm and 6.00 pm – 8.00 pm.

You can also email us your feedback at mapuamasterplan@tasman.govt.nz.

After gaining and consolidating this feedback into some masterplan options, Council will undertake a series of workshops with the community to review these options for the Masterplan.

Dates for the Stage 2 consultation on masterplan options have not been set yet but are anticipated to be towards the end of 2023.

Finalisation of a draft option will be approved by the Council's Strategy and Policy Committee for community consultation, to be undertaken as part of the Local Government Act, which will involve a process of submissions and hearings before a final decision is made.

Letter to the Editor

Māpua boat ramp

Common sense resulted in the cessation of use of the boat ramp by the wharf due to the retail development in the area. Food outlets, retail shops, a brewery and the ferry to Rabbit Island all contribute to a lively venue enjoyed by many locals and visitors alike. Māpua is a seaside village and boating is a distinct aspect of its origin and history. The proposed “new” boat ramp is not a new facility but a replacement of that which was taken from the community. Closure of the old boat ramp at the wharf by the council was on the promise that there would be a replacement.

A community is made up of many elements not all of which will be utilised by all residents. The location and use of the boat ramp once in place will not restrict or deny to anyone the activities they currently undertake in the wharf front location. I pass through the area daily, sometimes more, on my bike rides or walking the dog and letting her chase balls on the large green areas. I am not a boatie and have no interest in boats, but this doesn't mean I should deny the boat club access to what they had for decades.

Most of the arguments I have seen against the project have been without merit or of the NIMBY variety. No proposal is going to be perfect for all residents. While I pass through the area daily or twice daily, I have never seen a pétanque game being played. Despite this use being moderate at best the pétanque group is being catered for and a better facility provided for them. In a recent letter to the editor one writer noted that plans for the boat ramp affect the use of the park and of the wharf by non-boat owners. Logically a pétanque area or toilets would affect non pétanque and non-toilet users too. The wharf area is multipurpose and should be enjoyed by multiple groups.

The boat ramp plan does not cut out any other individual or group from current activities. Positively it opens new opportunities for a kayak group, sailing group and youth activities which are lacking in Māpua. The popularity of the wharf is clearly evidenced in summer with numerous out of town visitors who provide much needed revenue to local businesses.

Wharf jumping seems to be an activity many say will be a danger with the ramp close to the wharf. The previous boat ramp location was even closer and the exit point for swimmers close to the ramp which didn't seem to impede the numerous numbers who enjoyed the wharf jumping activity. The new location of the boat ramp makes wharf jumping safer than when it was in its previous locale.

Parking of the boat trailers is another issue people raise. As anyone will witness over summer the overflow parking area is well used by visitors to the wharf. Adding the boat trailers of boat ramp users will hardly be an issue. As a regular user of that area, the overflow parking does not preclude me using the area nor any of the other activities I see when I am there i.e., children practising golf,

people with campervans having a picnic or others like me exercising their dog.

A view is held that numerous sections of the community are against the boat ramp and development of the area. I remember a boat club member coming to my home and asking whether I supported the project or was against it. I checked and the boat club members carrying out the survey went to nearly every home in Māpua and 95% of those surveyed were in support.

Someone even suggested that the boat ramp was going to be so busy that it would be dangerous to get across it on a walk to Grossi Point. I cannot imagine the boat ramp use being so busy that people cannot get across it. Even on the busiest street in Māpua outside the Four Square, pedestrians don't seem to have an issue getting across. Walkers tend to tread the path around to Grossi Point at low tide, boaties tend to launch their vessels closer to high tide.

Reading some of the views against the boat ramp one gets visions of armadas of hundreds of boats clogging our harbour. The reality is quite different.

The current proposal does not preclude the addition of other features such as a children's play area or other community utilities such as picnic tables. The area has so much potential which currently is underutilised. In the evenings when I walk through with our dog we may encounter the odd dog walker, someone having takeaways or a few people walking round to Grossi point. Use of this amazing space is minimal. The development of this area incorporating the boat ramp is a positive for most users of the wharf area and for wharf businesses.

Water based activities are part of living in a seaside location. We are a seaside community, having a boat ramp is a part of our identity. If it wasn't for the boat club, we would not have a wharf today and the thriving community now inhabiting the wharf would not be there.

Roy Courtney

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Ruby Coast Running Club

While it is still very cold, the days are starting to get longer now. The extra light is very welcome on our regular Thursday evening 5km events.

Well done to all our walkers and runners who have continued to come along each week and brave the winter conditions. Even braver are our timekeepers. While our walkers and runners get to warm up once they start moving, our timekeepers don't enjoy that benefit. We are very lucky to have the support and dedication of our hardy timekeepers, Norm, and Rob, who have come along every week right through winter to record our times as we cross the finish line.

If you have been thinking of coming along to our 5km events, don't let the thought that they are timed put you off. Mostly people are just competing against themselves and trying to improve on their own previous times. We have a range of abilities, and it is a really encouraging and supportive environment. We would love you to come and join us.

This month saw a group of our runners enter the Dovedale Hill Race on 5 August. The event is a 11km run from Wakefield to the top of Dovedale Hill along the Pigeon Valley Road. We had some great results, with two of our runners winning trophies. Niki was awarded the Watts Rural Trophy for 1st Runner Waimea Harriers Woman, and Debbi was awarded the Donald Gunn Trophy for 1st Waimea Harriers Runner 60+ Woman. Richard and Christine were also the first team to finish, and Niki was third female overall. Well done to you all.

Next up was the Brightwater Sprig & Fern 10km on 20 August; the second event in the Sprig & Fern 10km series. It was a really wet day for it. We had a small but keen and very hardy contingent attend. Everyone made the best of the conditions and had a good run – and the refreshments at the Sprig & Fern afterwards were especially well deserved.

Fingers crossed for better weather for the next 10km in the series (the Motueka 10km on 30 September), and also for the Abel Tasman boat trip scheduled for next weekend. These are not Ruby Coast Running Club events, but you can find out more about them and/or links to the organisers of the events on our Facebook group: Ruby Coast Running Club. Both events are open to anyone to enter.

If you would like to come to our regular Thursday 5km events, we meet each week in front of the playground by the Māpua Hall. Our start times are 5.15pm for walkers and runners who need more than 30 minutes to complete 5km, and 5.30pm for everyone else. Come along a few minutes beforehand to sign in.

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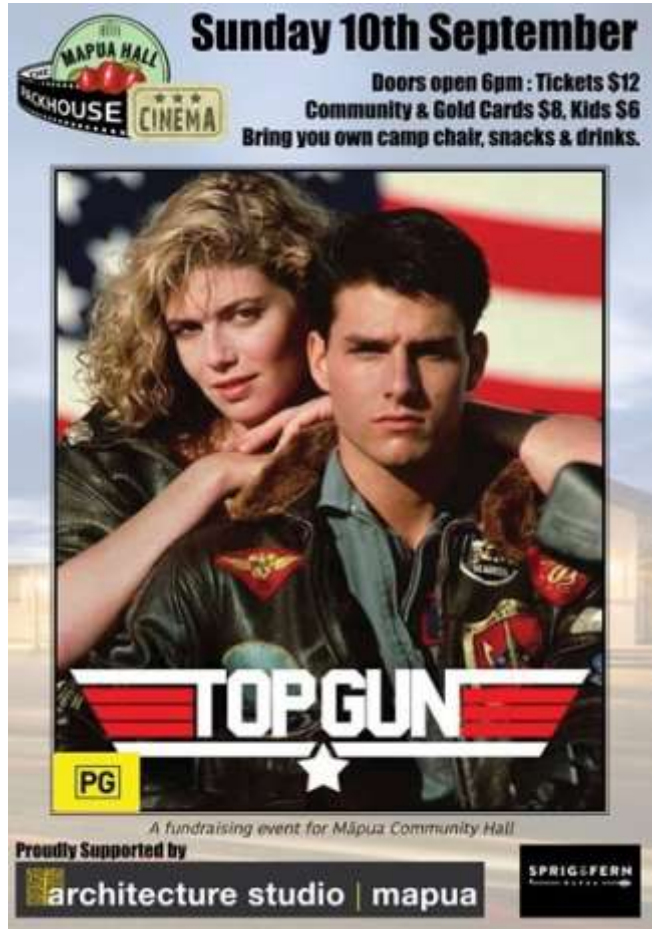
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Packhouse Cinema

Date: Sunday 10 September 2023

Location: Māpua Community Hall, Māpua Packhouse
Doors open at 6pm, film and director talk begin at 6.30pm
Price: Adults \$12, Community Services and Gold cards \$8,
Kids \$6 (PG)



Sunday 10th September
Doors open 6pm : Tickets \$12
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Bring your own camp chair, snacks & drinks.

TOP GUN

PG

A fundraising event for Māpua Community Hall

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Join us for an unforgettable cinematic experience. Enjoy the exhilarating masterpiece "Top Gun," directed by Tony Scott, and gain insight into its creation with a Director's talk to start.

We follow Pete "Maverick" Mitchell, played by Tom Cruise, as he aims to conquer the skies alongside co-pilot Goose (Anthony Edwards). Maverick's daring clashes with enigmatic rival Iceman (Val Kilmer), lead to heart-stopping aerial duels and themes of competition and camaraderie.

"Top Gun" transcends action, showcasing Tony Scott's finesse with sweeping dogfights, magnetic pilot chemistry, and thumping soundtrack featuring the anthem "Danger Zone."

We see Maverick transform from lone wolf to true leader as he faces his past, discovers friendships, and realizes his potential. The film's impact on action cinema and Tom Cruise's rise to superstardom solidify the film's legacy, a must-see classic for all cinema fans.

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Collective action for climate change

The Local Matters Group is delighted to welcome Steve Abel to the Tasman District to facilitate a stimulating evening about how we can best use our collective organising efforts to achieve a resilient climate future.

Steve Abel is a long time environmental and climate activist. He was instrumental in successful campaigns to end native logging on crown land in the late 1990s and to stop offshore oil and gas exploration in Aotearoa in 2018.



Steve is standing in the October 2023 elections for the Green Party in the West Auckland electorate of New Lynn. His particular interests are in the protection and restoration of forests,

freshwater and oceans as well as in the transformation of energy and agriculture.

Steve has a wealth of experience as a campaigner and activist, and he will talk about how Te Tiriti o Waitangi, social justice and environmental integrity are all essential in order to achieve a liveable planet. He says 'most New Zealanders rate action on climate change among the top concerns for people and for the world'. In his presentation he will share his passion and knowledge about how we can work collectively to take action.

Join us on Wednesday 13 September, 7.30 pm at Māpua Hall for Steve Abel's presentation:

'Collective Action for Climate Change'.

Door sales only - \$10 ticket, students with ID free. Supper included.

This is a Local Matters event, organised by the Motueka Branch of the Green Party of Aotearoa NZ.

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Māpua Health Centre report

A reminder that we are very fortunate to have a Health Improvement Practitioner (HIP), Kamalesh, who has a background in Mental Health and is also trained as an OT. He is working with our patients to assist them in achieving their health 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. Appointments for Kamalesh are fully funded.

We also have a variety of other providers offering appointments including the dietician, a physiotherapist (Garth), Advanced Care Planning by trained practice nurses, ear suctioning service and a Plunket nurse. If you would like an appointment with any of these health providers, please have a chat to one of our receptionists.

We are receiving an enormous number of requests from patients for health information related to their results, hospital letters and other specific information. This has considerably increased the workload for the admin and nursing team.

The patient portal, using ManageMyHealth (MMH), is the best option for patients to access their health details and we are intending to send out a simple MMH opt-on email to all eligible patients in the near future. Also, we will be starting to charge more appropriately for the Nursing team's time and as such, phone calls for results amongst other things will be charged at a nurse consult rate.

In addition to the MMH portal providing access to results, medical notes, hospital reports and booking non-urgent appointments at a time convenient to you, repeat prescriptions can also be ordered online. 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. 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 group |
| Yoga | Tai Chi | Meditation |
| Aqua aerobics – Richmond | | |
| Stop smoking | Girotonic | |
| Healthy lifestyles + green prescription | | |

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 more than 4000 men will be diagnosed with prostate cancer in New Zealand and over 700 men will die from it. Overall, the number of men diagnosed in New Zealand is increasing, largely due to increased rates of testing and the death rate is slowly dropping, largely due to better outcomes from early diagnosis and improved treatments available.

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 | Random Acts of Kindness Day | https://rak.co.nz |
| 4 | World Sexual Health Day | https://worldsexualhealth.net |
| 4-10 | Gamble Harm Awareness Week | www.gamblinghb.co.nz |
| 8 | World Literacy Day | http://internationalliteracyday.org |
| 9 | Foetal Alcohol Awareness Day | www.fan.org.nz |
| 10 | Suicide Prevention Day | http://wspd.org.au |
| 11 | Te Wiki o Te Reo Māori (Māori Language) | www.reomaori.co.nz/te-wiki-o-te-reo-maori |
| 14-20 | Keep NZ Beautiful Week | www.knzbcleanupweek.co.nz |
| 15 | World Lymphoma Day | www.leukaemia.org.nz |
| 18-24 | Mental Health Awareness Week | https://mhaw.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.carfreemetrod.com |
| 26 | World Contraception Day | www.who.int/life-course |

Māpua Boat Club
ANNUAL GENERAL MEETING
7pm Wednesday 20th September
At Māpua Boat Club rooms - Māpua Wharf
Enquiries to Katrina Ballantyne, Secretary
Email: mapuabcsecretary@gmail.com
Phone: 0211393945

From the Editor

Dear Reader

There are some small changes happening for the Coastal News. In this format we have been in production for over 22 years and during this time TDC have helped us with the printing.

In previous incarnations we had spent much time collating copy, folding A3 pages into A4, or copying one side 500 times then copying onto the other side, clearing paper jams in photocopying machines. Then TDC offered the use of their printing system which not only copied both sides but also put the staple in the corner, all without human help. Later we were able to send in an electronic copy rather than printing it out ourselves. Technology marches on!

The Council were very obliging in doing this work and only charged us the cost of the paper, seeing it as a community service. However, it seems the task now has become too onerous – maybe staff shortages – with the result that we have to use commercial printing services. This has meant that the cost has quadrupled or more. We were very grateful for TDC's service.

While this cost will be covered by advertising revenue, it will mean a few things will change.

Firstly, there will be no more colour editions as the cost of that is nearly three times the black & white cost.

Secondly, we will be printing a few less copies, to keep costs down. Previously we always had an excess as this made it easier to have more copies in each distribution box (currently 6). So some distribution boxes may close and some months we may run out. I know there are already challenges with the Four Square box running out of copies.

Bullivant Island Restoration Project 2023 planting day

Thursday the 3rd of August saw a willing group of BIRPers commence this year's planting on Bullivant Island. In total over 220 plants have been planted this year.

Species planted are Ngaio along the ridges to the southern end to stop erosion, Totara to the channel side and Coprosmas, Akeake and Kanuka as infill planting.



Thirdly, we may have to cut down on free community advertisements or charge for them. For the August issue it cost us over \$25 per page of the News. Which is actually fairly reasonable when you break it down, at 5½ cents per page.

Fourthly, there will be less donated to the Māpua Community Trust which relies on the Coastal News for funding.

Fifthly, I would like to acknowledge those readers that give a generous donation when they pick up a copy. I do have a collection of foreign coins gathered over the years which I am prepared to exchange if anyone wants: 1 yuan, 2 euro, 3 quarters (US), \$5.10 in Aussie money, some the size of half crowns, and some old NZ coins. \$5 the lot!

Sixthly, it would be nice to have someone to keep on top of the monthly invoicing, as it tends to fall behind. Volunteers step forward please! We use Xero.

And lastly, I would like to acknowledge our team that put the News out, come rain or pandemic – Mary Garner for editing, Trees van Ruth for layout and Debbi Bamfield for distribution.

Thank you for listening – Andrew Earlam

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Traditional Chinese Medicine and Acupuncture

My name is Andrew Perzigian and I am a practitioner of Traditional Chinese Medicine (TCM) and Acupuncture who recently started seeing patients out of Te Ora Integrative Health clinic at 69 Aranui Drive in Māpua.

My path to practicing TCM was a roundabout one. In 2007, just a few years removed from law school and a few blocks from my home in San Francisco, I happened upon The American College of Traditional Chinese Medicine

A few hours later at dinner I declared to my wife, "I'm going to go to acupuncture school." She looked at me quizzically but took it in stride and the rest is history. Well, sort of....

TCM School turned out to be more than I bargained for. The first two years were constant memorisation of Mandarin terms and ancient concepts of physiology and health. TCM speaks of Qi (life force), Blood (which is the usual red stuff but also the residence of our minds... who knew?) and delineates all phenomena, whether internal or external, through a prism of polarity, or Yin and Yang.

The final two years of school involved slightly less memorisation but felt like a crash course in western and TCM diagnosis, pharmacology and herbalism and almost exactly 1,425 clinic hours. My TCM school whim turned out to be an amazing and wonderful time but also an exhausting and long four years.

Although much of what exists within the rubric of TCM has been in practice for over two thousand years, only recently has it been put to the rigours of modern double-blind, placebo research involving randomised control trials and systemic reviews.

Even when I was in school and up until almost ten years ago, there were only a few such trials and most were considered of relatively low value and involving too few subjects. The past decade, however, has seen an explosion of well conducted clinical trials that, more times than not, elaborate and support the safety, efficacy and widespread applicability of acupuncture for the treatment of the most common conditions facing the modern world.

A well-trained practitioner of TCM who can employ traditional tongue and pulse readings along with an understanding of western medical diagnosis and terminology, can provide acupuncture to effectively treat a wide range of cardiovascular, dermatologic, respiratory, digestive, mood, sleep and reproductive system disorders as well as most acute and chronic pain conditions.

Each appointment with an acupuncturist lasts about an hour, leaving no need for rush and plenty of time to consider lifestyle factors that may help mitigate symptoms.

Additionally, a licensed acupuncturist is accredited with ACC and annually completes 60 hours of continuing education each year. I have completed apprenticeships in traditional pulse taking, fertility, orthopaedic acupuncture and multiple shorter courses on a wide range of common medical conditions.

I look forward to getting to know many of you. Please reach out if you have any questions or inquiries (www.acupunctureworks.co.nz, nzacupunctureworks@gmail.com).

Andrew Perzigian

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Pastel Artists NZ

One of our founding members – Glenys Forbes – has had a wonderful week. As they say, good things come in threes.

First off, she took a plunge and entered an online pastel art competition in the USA. As it was the same price to enter 3 pieces as it was for 1, tongue in cheek she went for the 3.

No-one was more surprised than her when she was notified that, out of 416 entries, they had selected 100 to go forward for final judging and all 3 of hers had been accepted!

Then she learned that both her entries had been accepted for the Tasman National Art Awards. (125 accepted out of 349)

But the icing on the cake was when out of the blue she learned that she had been nominated for an International Scholarship to attend an online event called "PASTEL LIVE" hosted from the USA.

This was run over 4 days, and due to the time difference, started each day at 3am (day one at 2am) and finished around noon NZ time. The value was over NZ\$1,000.

An introductory video (very short) had to be filmed (thanks to Jane) and connections sorted. 25 International Master Pastelists from 16 Countries gave demonstrations and answered questions from hundreds of attendees from all over the world.

There were 6 other scholarship winners, from South Africa, Scotland, England, USA, and Egypt. A mind-blowing experience for her.

Māpua Craft Group.

We enjoyed a delicious morning tea with our dear friend Nita at her Richmond home in August.

Now our attention is focused on making "thank-you" cards for Māpua library to present to speakers at their literary festival in September.

There has also been a request to add "sympathy" cards to our card box in the library that adds to funds, with the price being \$5 for two cards complete with envelopes.

We will continue to create blankets for Eastern Europe; donations of wool and woollen garments to repurpose would be appreciated.

During our coffee/tea break at each meeting, we share flowers, magazines, and tips.

Here's one for making marmalade!

Prepare the peel and fruit, add water to just cover in a suitable non-metal bowl with lid and microwave for 10 minutes on High to cook it. Then carefully place into a preserving pan, add sugar (3/4 cup for every cup of fruit) and boil to setting point. My lime, lemon, mandarin, and orange marmalade thus made is a breakfast treat!

You are welcome to join us (even for a short time) at Hills Community Church meeting room on Fridays on the 1st and 15th of September between 10am and midday. There is a \$3 Koha to cover the hire of the room. Coffee/tea and nibbles are provided free. Please phone Barbara on 5403901 if you would like more information.

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MĀPUA HALL NEWS

72 Aranui Road Māpua | māpuabookings@gmail.com | 03 5402330

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|
| 9.00 am SUPERB DANCE Move Good Now | 9.00 am PANZ Pastel Artists of NZ | 9.15 am AEROBICS with Lynda | | 9.15 am STRENGTH / CARDIO with Lynda |
| | 9.00 am SIOUX LINE DANCE | 9.15 am SLOW YOGA* with Nikki | 9.30am MĀPUA ART GROUP | 9.15 am YOGA with Martin |
| | 10.00 am MĀPUA CREATIVE FIBRE 2nd Tuesdays | 10.15 am PILATES with Lynda | | 10.15 am PILATES with Lynda |
| 3.30 pm BALLET 3-4yrs* Kerry Clarke Dance | | 11.30am TAI CHI INTERNAL ARTS | | |
| 4.00 pm BALLET 5-7yrs* Kerry Clark Dance | | | | |
| 5.30 pm BROGA YOGA* with Nikki | 6.00 pm STRENGTH / CARDIO with Lynda | 6.00 pm Māpua Football Club | 7.30 pm MĀPUA COMMUNITY CHOIR | |
| 7.00 pm MĀPUA HALL SOCIETY Meeting 3rd Mondays | 6.00 pm YOGA with Martin | | | |
| 7.15 pm MDCA PUBLIC MEET 2nd Mondays | | | | |

Packhouse Cinema

Sunday 10th September, 6.30pm
Showing 'Top Gun'
Rated: PG

Doors open at 6pm : Tickets \$12,
Community & Gold Cards \$8, kids \$6
BYO chair & snacks.

Membership: 1st April - 31st March

From \$20 per person
Visit our website to register for
Māpua Hall Society Membership,
benefits include:

- Hall Society E-Newsletter
- Regular activities info
- Event news
- **Pre-sales** for Māpua Hall Society events such as **PechaKucha**
- Vote on matters at the AGM
- Financial support for your Hall.

Hall Society News September 2023

A few dates for the calendar in September: **Māpua School Quiz on Friday 8th September**. The **Māpua Hall Makers Market on Sunday 10th September** from 10am-3pm.

Events coming up at your local community Hall include the "**Māpua Literary Festival**" **15th-17th September** hosted by Māpua Library, tickets available for readings, workshops and presentations through the Māpua Library or at www.MapuaCommunityLibrary.com

The annual '**Tasman National Art Awards**' in the Main Hall with exhibition running from **Sunday 24th September until Sunday 8th October**, 9.30am-4.30pm daily with Free entry.

There are plenty of ongoing Community information sessions including Local Matters and TDC Master Plan. Monthly Hall Society meeting is on Monday 18th September at 7pm, all welcome. School holidays from 23rd September to 8th October so some regular classes may vary.

Check our Facebook page for all event details:



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www.MapuaHall.org

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The Write Bias

News from Māpua Bowling Club

Many are the expenses that are paid out each year to keep Māpua Bowling Club up and running. Membership subscriptions are just a small part of our income; fundraising is a very important feature.

In-house we have sales tables, raffles, and we are fortunate to have two quizzes at the Sprig & Fern, but a large part of our income comes from the sale of firewood.

The Club is indebted to Denzil Stephenson and his wife Kate who donate their trees, their time and their lunches to produce a stack of firewood for sale each season. Many people are involved in the process of lopping, splitting, clearing, and stacking and the attached photos show some of the work that has been happening during these



winter months. If you are interested in purchasing some of our firewood please contact secretary, Di Blanchet.

A one-off recent fundraiser was the delivery of Yellow Pages in Māpua and Upper Moutere. 2,000 books needed to be delivered but the load was shared by several club members and the job quickly completed.

Not all bowling clubs have coaches and umpires. Māpua is fortunate to have both, and all are accredited at national level. Two of our umpires, Di Blanchet and Sean McBride, have recently been tested by a Bowls NZ examiner and been upgraded from level 1 to level 2 umpires. Very well done to both; this is great for our small, rural club.

For any information about bowling, coaching, winter socials 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

“Spring is sprung, the grass is ris”

Here's to helping your own garden and wider community to bloom!

Saturday Sept 16th 10am - 1pm,
121 Aranui Road Māpua

Nau mai, haere mai! Māpua Community Wellbeing Trust and Community Hub Working Group are back again selling freshly sown, carefully nurtured seedlings and plants at good prices to help liven up both your garden and also the wider community with the development of a Community Hub.

In a 2019 district-wide community survey many residents indicated their wish to be able to attend local health and social support clinics as well as being able to easily access advice, support, and company in their own community.

Since then both bodies (separately and co-operatively) have continued to explore possibilities in terms of location, facilities and style of programmes. The proposed community hub is being planned in response to these and other expressed wishes and is intended to complement the already existing wonderful community facilities and programmes in Māpua.

Make this your **BIG DAY OUT** – take this opportunity, take time to listen to the Literary Festival speakers in the Community Hall and then pop into the **plant sale** for some garden joy

While buying your plants, enjoy a bite to eat, purchase a raffle ticket and share your own thoughts/ideas with the plant sellers – your comments and input will be welcome.

For further information contact:

Connie Sherlock 021 180 7024 jandcsherlock@gmail.com
Jan Patterson 027 701 1032 jan.patterson@gmail.com



Yoga with Martin

Mapua Hall

New! Beginners/Recovery:
Tuesday, 6.00 – 7.00pm

General: Friday, 9.15 – 10.30am

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Suzie Brosnahan

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Māpua Fire Brigade



June to August 23 call outs

10 July 20:26 Wood fire smoking on Tarrant Rd, chimney badly blocked, advice to owner to clean before using again.

22 Jul 20:51 Car fire that caught vegetation on fire on Tasman View Rd, deliberately lit. Police investigating, car stolen from Christchurch.

27 July 03:11 Alarm activation at Mahana school, nothing found.

31 July 10:05 Residential alarm Cliff Rd. Smoke from fireplace, inversion layer in chimney, cold when lit.

7 Aug 01:55 Car in paddock on Moutere highway near Davey Rd. Minor injuries to driver.

Call outs for the year =37

Safety Tip – Be safe.

Clean and check smoke alarms, dust and insects can set off alarms.

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

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

We have had a few members who have left recently and are looking for some new members with daytime availability to join the Brigade.

Māpua Community Concert

What a fun night on 27th July when the Māpua School Choir joined with the Māpua Community Choir and the Motueka Brass Band to present an evening of musical entertainment.

After a welcoming waiata sung by both choirs the Brass Band entertained with a lively selection from Grease followed by the hymn Deep Harmony where they were joined by the Community Choir.

Māpua School children then sang a bracket of songs including a very energetic song called Bad Hair Day which was performed with all the actions.

The Community Choir then brought two quieter numbers Peace in the Valley and Steal Away, which were to be followed by Pie Jesu, but unfortunately the soloist was unwell.

The school children then joined in and together the choirs sang a selection of well-known songs from Abba ending the evening with a rousing telling of Why We Sing.

As a bonus for the community Māpua School, Motueka Brass Band and Māpua Hall each received \$200 from the koha collected on the night, so win-win.

So, thank you to those who braved the cold night and came and supported this community project, and – watch this space – maybe another concert could be looming in the not too distant future, providing home grown entertainment right on your doorstep.

Want to join the choir? Contact Helen Bibby n-h.bibby@actrix.co.nz

Suffering and Joy

I found myself the other day wishing for the old days. Surprisingly, however, it wasn't the good old days I longed for.

I suppose a trigger warning is in order. About four years ago, my husband and I suffered a miscarriage. The grief was surprising, swift, and visceral. It lingered in our lives. At the beginning of the pregnancy, we had upsized our car in preparation for a fourth child, and we put our small house on the market and started looking for a bigger one. These things became stark reminders of our loss. It was not an enjoyable time of our lives, so why was I suddenly longing for those days?

Well, it wasn't for the days themselves. I found, during this time, a heightened awareness of the presence of God. A profound peace on steroids. God had never seemed so real. I did wonder why it had happened, of course. But there was not a moment during those long weeks, in the tears every day for countless days, that I thought angrily to God, "Why on earth did You do this to us?"

I was so grateful for verses in the Bible like Psalm 66: "Our lives are in God's hands, and He keeps our feet from stumbling. You have tested us, O God; You have purified us like silver. We went through fire and flood, but You brought us to a place of great abundance."

Despite what some preachers say, God does not promise us freedom from hardship if we follow Him. He promises He will be with us despite the hardship. He promises a close, intimate relationship.

However, to have that nearness with God, I've since found, is surprisingly difficult when life is going well. In the everyday monotony of motherhood, I struggle. With the distractions of my cell phone, I struggle.

Please don't mistake me; I don't wish tragedy upon myself, or anyone! But I can't deny that, in the midst of a season of loss, I found great joy and comfort in the presence of God.

Job, in the Bible, lost his children, his livelihood and his health, and yet when told to curse God, he said, "Shall we accept good from God, and not trouble?" In Philippians 4, a man named Paul sat in prison, chained to his guards 24/7 (imagine the indignity). He wrote these words: "Rejoice in the Lord always; again I will say, rejoice!"

I hope always to cultivate a closeness with God, come what may.

[Ruth Russ is a member of Tasman Church. She had hoped to make some witty remark about her house relocation, but instead is learning that when you ask God for patience, He often gives you circumstances in which to practise it.]

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Our latest news & adventures



WIO Cadetships

To help create a pathway in further learning for graduates of the Manaaki Tāpoi Trades Programme, Whenua Iti established a number of cadetships for students to come under the wings of our kaiako and take a step forward into planning, leadership and facilitation on waka programmes with rangatahi. The feedback from our cadets was overwhelmingly positive and we hope to offer more opportunities like this in the future. Thanks to funding from RUIA for making these cadetships possible.

Instructor Training

Special thanks to Lis Cleland for educating our tutors on how they can incorporate the nursery into programming here at Whenua Iti. It is a fantastic resource for tamariki and rangatahi, to build nature connection, to create a service opportunity and more. Ngā mihi to WWF New Zealand, Top of the South Community Foundation, Tasman District Council, Tasman Environmental Trust, Department of Conservation through the community fund and jobs for nature fund, Moutere Catchment Group and Weave Working Together for your funding support that has helped the development of the nursery.



WIO tutors planting seedlings in the Whenua Iti nursery during a recent training session with Lis Cleland.

Rangatahi Leadership Programmes

Thanks to funding from our local Trades Academies, we have free places available on our Rangatahi Leadership programmes for secondary students from our local partner schools. These programmes offer an amazing chance to get outdoors, learn some new skills and earn NCEA credits! We have spaces available for the upcoming September/October school holidays as well as during Term 4. Limited places are available so be sure to enrol soon via the programme page on our website <https://www.whenuaiti.org.nz/rangatahi-leadership-programmes/>

MEA/MOA

There has been a hype of activity here at Whenua Iti over the last couple of weeks with lots of young adventurers fostering a connection to nature through a series of fun activities and games on our MEA and MOA programmes. The team enjoyed seeing their smiles and hearing their laughter radiating around the site. Ngā mihi to the Department of Conservation - Jobs for Nature and Community Grant, Unlocking Curious Minds, and the Worldwide Fund for Nature for your funding support on these programmes.



WIO participants taking in the view in the Abel Tasman National Park on a recent sea kayak expedition.

We'll see you out there!

www.wio.org.nz



RUBY BAY STORE

What's On Next

CRAIG HUBBER Saturday 2 September, 7pm, \$20

Hear the southern man who wrote the song 'Kiss Twist' for movie *The World's Fastest Indian*. With special guest **Andrew White**

KATH BEE

Sunday 3 September, 2pm, \$10

Children's entertainer Kath (right) sings and plays, and has a new kids' book and song 'I Can Do It'



MOVIE NIGHT: *Into the Forest*

Saturday 9 September, 7pm, \$15/\$12:

Acclaimed Canadian post-apocalyptic drama

SINGER/SONGWRITER SHOWCASE

Saturday 16 September, 7pm, \$20

Featuring 13-year-old Motueka prodigy **KC** (right) with songs as alluring as her voice. Plus loop pedal exponent **Flo Pauls** and multi-instrumentalist **Harmony Aquarian**



MADDISON CONNOR IN CONCERT

Saturday 23 September, 7pm, \$20

Fundraiser for local teen country music
Entertainer of the Year 2023 finalist

THE REVELATORS

Saturday 30 September, 7pm, \$25

Featuring **Clayton (the Early Bobs) Taylor**

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Book Review

The Measure - by Nikki Erlich

What would you do if a small box was delivered to your doorstep, individually addressed and with this message clearly inscribed on the outside:

The measure of your life lies within. Would you open it? Even if or because you discovered that everybody else you knew has received the same package. Some do, like small eager children at Christmas unable to postpone the moment of discovery, only to find a length of string within.

Others are more hesitant, especially when discovering that people were finding different lengths of string. They suppress their curiosity (possibly out of fear that they might find a short piece of string).

Then the cynical who will not be drawn into the scam. Out of sight, out of mind.

The media, both social and traditional is reporting widely on this global distribution to all adults aged 22 and over; inevitably the news has gone viral. Those who open their boxes see themselves as 'short stringers' or 'long stringers'. Medical investigations are confirming that these predictions in a multitude of cases are correct; short stringers are dying; the length of the string does correlate with life expectancy.

But science also says that when your sample size is the entire world, correlation can be questioned, anecdotal evidence can support any theory. Behaviour changes. Some short stringers just withdraw from society and await their fate. Others begin to see no point in ethical behaviour, no tangible motive to do good, no regard for public law or moral order and this disregard begins to seep into classrooms, boardrooms, health facilities and political institutions across the globe.

Short stringers become the target of society, discriminated against in every way possible: socially, politically, educationally, racially, economically. The issue is do short stringers belong to groups that are already comprised in society (people of colour, of poor socio-economic status, of poor education and opportunity)?

Investigators deny this, but nothing is disproved. Very quickly short stringers become irrational and impulsive. Homes and possessions are sold, children withdrawn from school, relationships ended or not even started because of the futility of it all.

Others feed off the negative responses of anger, resentment, envy, and violence when jobs are lost, relationships have gone wrong, medical procedures withdrawn, health and life insurance is denied. Short stringers are the new 'discriminated against' group.

The long stringers, sensing their invincibility, begin to indulge in risky and dangerous behaviour: drug taking,

criminal activity, impossible physical activities; not fully understanding that a long life does not necessarily mean a life of quality. Horrific injuries are survived, life incarceration has to be endured. Inevitably corruption begins to creep in; strings are swapped or stolen or concealed or used for personal gain.

There are eight protagonists in this book, both short and long stringers. All have back stories but none of them are really disadvantaged before the delivery of the box. Had some characters been included from deprived groups it may have made for interesting reading; does a long string elevate them in society or a short string subject them to even greater discrimination?

Stories are resolved, but the strings in boxes remains unexplained - where did they come from, how were they distributed globally and at exactly the same time, who or what had initiated this whole idea? If it wasn't something concrete and tangible, but merely a concept or perception, how had it been taken up universally to the point where powerful governments take action?

China makes it mandatory to open the boxes and register the length of string received on a national data base, North Korea has demanded that all citizens hand in their boxes for safekeeping as a means of their 'beloved leader' safeguarding the lives of his citizens.

'Where did the strings come from?' is as good as asking 'how long is a piece of string?' There is no answer.

So perhaps a disappointing ending, but with so many complex issues to explain, perhaps a satisfactory and believable resolution would have been impossible.

If this book does nothing else, it leaves you with this message:

'Have a meaningful life, of any length. You don't need to have a long life to have an impact. It is not the length of life, but the depth of life that counts.' This book is available in the Māpua Community Library. Carpe diem!

Reviewed by Penny Brown



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1st Sept**The Rubber Biscuit Band****2nd Sept****Zac Griffin****and Phil Doublet****GOLDEN GUITAR WINNER****8th Sept****1970s Disco Party****Free Entry****16th Sept****THE****JORDAN LUCK****BAND****23rd Sept****Craig Allot presents****Pink Floyd Tribute**

MDCA 14th August Public Meeting

Open Forum

eBus discussion

- Elena celebrated the arrival of the new public bus service.
- Buses can be a little late depending on the traffic in Nelson. Someone was seen sitting on a rock while waiting on a chilly day for the bus which arrived 15 mins late. Have bus shelters and seating for people to wait while being protected from the elements been included?
- Cllr Christeen will investigate whether bus shelters are planned for Māpua.
- The blue eBus that comes through Māpua is diesel until a charging station is built in Motueka. A meeting participant noted it makes sense to use the diesel buses that are available as it costs a lot to manufacture an eBus. Another participant had a problem with the diesel bus being painted up as an eBus when this appears as a manipulation of words and can make community members question what else is being manipulated by TDC.
- Apparently the 'e' in the diesel 'eBus' stands for the 'everyone bus'!

TDC Councillor Reports

Christeen Mackenzie

- TDC are looking at trees with pink flowers (Taiwan Cherry Tree) and about to talk to property owners who have these trees on their properties to encourage their removal due to them being prolific reproducers.
- Community Services Awards are open for nominations and close 31st August.
- Waimea Inlet Action Plan: plan and manage the important ecosystem of the Waimea Estuary.
- At a recent LGNZ (Local Government) Conference, Tim King was awarded a Super Leader award.

Mike Kininmonth:

- The first drop-in centre for the Māpua Master Plan is 2nd September 10am – 12noon, & 1pm-3pm. This is the community's opportunity to have their say. Currently, there is no detailed plan available for this consultation. A brochure is to be distributed. A meeting participant noted the words 'preserve the unique character of the village' have been dropped.
- Speed limits are on the radar again. A question was asked whether the outcomes will be based on accident statistics. Cllr Christeen stated NZTA have recommended speed limits and TDC have to take these into account in their draft plan. This plan will be formally consulted.
- The Recycle Centre has been upgraded so it has the capacity to take building site waste.
- Mariri Recycle centre is still open.
- Soft plastics are being collected again at some chain stores.

Dan Shallcrass:

- Congratulations to Paul as the outgoing chair – a job well done.

- Asphaltting the pump track – currently getting estimates and working with TDC regarding the area in the Domain that can be used.
- Reiterated it is early days for the Māpua Master Plan.
- Streets for People has been a challenging process.
- Exciting things are happening in the area.

Dominion Flats

As the trees grow we are seeing more birds with several weka, including some chicks, living in the reserve and today a pair of kereru visited briefly which was exciting. As long as dog owners are considerate and we don't have prowling cats, the numbers and species will increase and the vision for the reserve will be achieved.

General Business

Streets for People: TDC Report

Māpua's Streets for People pilot project is ready and TDC contractors will start construction work soon, piloting quick, low-cost, semi-permanent improvements.

Some traffic management will be in place during construction but there won't be any disruptions to the new eBus service. Once the shared pathway pilot is in place, if it needs tweaking, there will be flexibility to do that, and the community will have a voice by providing feedback about the new layout once it's down. We'll then use that information to see where possible improvements can be made. Keep up-to-date at shape.tasman.govt.nz/streets-people/Māpuasfp

It will take approximately 6 weeks to undertake the works, provided no Māori artifacts are discovered, which could extend this time frame.

TDC were congratulated on the 'Streets for People' brochure that arrived in letter boxes today, noting it was a pity a similar brochure was not produced and delivered to each impacted resident prior to the first consultation phase.

Paul bumped into TDC staff today while walking in Māpua and they handed him a brochure titled 'Māpua on the Move'.

Surveillance cameras located on a lamp post near Te Ora Health: Councillors were asked why they are there. Apparently it's for 'Streets for People' but didn't elaborate. Cllr Mike to follow this up.

Māpua Masterplan - from TDC

The aim of the Māpua Masterplan is to develop an integrated plan, in collaboration with the community and iwi, that brings together Council planning processes to address key issues and opportunities. More importantly it should reflect the aspirations of this growing coastal community.

Drawing on previous feedback from the community, we've developed ten draft principles that incorporate issues and opportunities within Māpua, as well as six guiding themes: **Placemaking, Infrastructure, Environmental Values, Cultural Identity, Natural hazards and climate change**

The initial phase of public engagement is about to start, and we will be looking for feedback from 21 August until 30 September.

(continued page 20)

A series of drop-in sessions are planned for September at the Māpua Community Hall where staff will be available to hear and record your feedback in person:

- **Saturday 2 September, 10 am-noon and 1-3pm**
- **Thursday 14 September, 2-4pm and 6-8pm.**

Find more information and provide feedback at: shape.tasman.govt.nz/Māpua-masterplan-2023



Paul stated if the process of the Māpua Masterplan (MMP) follows the same process of the Future Development Strategy (FDS) then it means nothing will be hard and fast moving forward, and protecting the community from undesirable developments that are led by developers rather than community.

Future development strategies in the past have not been set into policies and therefore cannot be used as a guide for developers or any future planning.

MDCA and residents need a TDC commitment that community feedback will be taken into consideration and that all feedback is documented, made available, and the community requires an explanation as to why things were and were not accepted into the decision-making process. There needs to be complete transparency.

TDC will deliver brochures into everyone's letterboxes advertising the public consultation meetings.

TDC has run its governance team on the smell of an oily rag, and they are reviewing how the committees and groups operate. They have decided the way the Masterplan has been set up is not effective and therefore the Strategies & Policy Committee will take it over.

Paul asked whether Iwi become a stakeholder rather than having a governance role? Cllr Christeen said no-one has been appointed yet, but Iwi will become a voting member of the Strategy & Policy Committee.

The challenge with the Strategy & Policy Committee process is there is a huge gap between the TDC and Community. We don't see anything that will change, because the MMP is under the Local Govt. Act and not the Resources Management Act.

What are the community being asked to do for this consultation? Go to the drop-in centres to repeat the same thing we have been saying for many years? Yes. It is important for the community to get engaged when the draft plan comes out.

What is the timeline? This has not been defined.

All councillors are part of the Strategy & Policies committee. The Strategy & Policy meeting is available to view by zoom. Paul reiterated that all feedback needs to be made public.

Question Is the purpose of the drop-in centres for the community to learn or for the community to give feedback. Answer – for community feedback.

Question Is the community going to be informed prior to the first round of consultation about what is being consulted? Stated that prior knowledge of the topic helps community members to have had time to think about what options they may prefer.

Christeen stated the community will be informed via letterbox drops, Coastal News, TDC website etc.

Paul encouraged the audience to get involved in this consultation process and thanked the councillors for answering the hard questions.

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 per person per year into our NBS account 03 1354 0356471 using your name and phone number as references.

Next Public meeting to be held on
Monday 11th September, 7pm, at Māpua Hall



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Huge thanks to all the businesses that advertised in the 2023 Mapua & District Tourist Map that is free to pick up around Nelson and Tasman district. Your advertising fees went into design of the map, printing, physical map signage and this grant! Without you, this grant wouldn't be possible.

The MDBA is all about investing and growing local business and this grant is part of this journey.

Spread the word and share with deserving businesses and individuals who deserve to unlock their potential with this grant. Applications close 10th of September 2023.

Learn more: <https://www.mapua.co.nz/2023-mdba-business-grant/>

LUNCH & LEARN - 7 WAYS TO GROW YOUR BUSINESS WITH MANOLI AERAKIS



We're delighted to share that our recent Lunch and Learn event in conjunction with Business Assist featuring Manoli from Malloch McClean Tasman was a resounding success, with record-breaking attendance.

Manoli's engaging talk on "7 Ways to Grow Your Business" left attendees inspired and armed with valuable insights.

We're truly grateful to everyone who attended and contributed to the event's success.

UPCOMING EVENTS:

Networking Event at the Golden Bear
<https://www.mapua.co.nz/e/networking-september/>

View all our upcoming events here:
<https://www.mapua.co.nz/events/>

2023 FREE TOURIST MAP

"Best Map So Far! We love it and are excited to give them to our customers!" Order yours here:
<https://www.mapua.co.nz/free-tourist-map/>

JOIN TODAY!

HERE ARE SOME OF THE MAIN REASONS OUR MEMBERS JOINED:

MAPUA.CO.NZ

Networking: Meeting local businesses and learning from others

Support: Being a part of the local business community and advocating for businesses

Advertising: Listing in the map directory and promoting their business locally

Local support: Supporting the local association and finding support in the community

We're committed to providing valuable resources and opportunities for our members to connect and thrive.

Lynda's Exercise Classes in the Mapua Hall

Term 3/4 starts August 8th and goes till Dec 22nd (excluding October holidays and a few random Fridays)

Regular fitness and Strength classes for all levels.

Cardio/Weights Tuesday 6 pm,

Old-fashioned Aerobics Wednesday 9.05 am.

Cardio/Weights Friday 9.05 am.

Pilates Wednesday and Friday 10.05 am.

5-trip ticket \$50; 10-trip ticket \$80; 20-trip ticket \$150;

30-trip ticket \$210. Casuals – yes, \$12 per session.

Top-ups for single sessions on your ticket \$10.

Please contact Lynda for details,

lyndamabin@gmail.com 027 222 1491.



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Noticeboard

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

Motueka Lighthouse: last Thursdays, Motueka Community House, 7-9pm. \$3 Koha. 28 September - Walking the Shamanic Path. Angie: angel3000.h@gmail.com

Reiki/Energy Healing by donation, Sunday 1st October 11am-2pm. Motueka Community House, Decks Reserve. 20 min sessions available. Bookings at the door. Angie: angel3000.h@gmail.com

Stamp & Coin collections in Māpua/Ruby Bay & the Moutere evaluated & purchased. Nick Ferrier 021 688243

New Book Group meeting 3rd Tuesday of the month 2-4 pm. Call Vanessa 0223630219 Or Sue 0212671317

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

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

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

Māpua Women's Rec Group. Come and join our friendly social walking group. Meet outside Tessa Mae's Thursdays 9.15am. Options for all fitness levels plus activities and social events. mapuarecgroup@gmail.com or just turn up.

Knit & Natter group now at Appleshed: 10am Tuesdays. Contact: Debbi 027 327 4055

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

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

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

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

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

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

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

Māpua Friendship Club indoor bowls, third & last Mondays. Now at Māpua Bowling Club rooms. Bowls at 2pm, followed by "bring a plate" afternoon tea. \$3 door fee. We are not a competitive bunch and have lots of laughs. For more information contact Val 540 3685

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Coastal News: you can usually download the colour pdf from www.coastalnews.online

Contact us: news@coastalnews.online