



coastalnews@mapua.gen.nz

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www.coastalnews.online

## Waterfront Group Chairman Appointed

The November meeting of the Mapua and Districts Community Association began with the introduction of David Martin, the newly-appointed independent chairperson for the Mapua Waterfront Working Group (MWWG).

David gave a brief resume of his journey before taking up residence in the area. He took early retirement after holding high executive positions in Blackwell Publishers, University Press, and Lancaster University as well as other independent chair positions, and then fulfilled a lifelong dream to sail the world on a sloop, which they purchased in America. After travelling across the Pacific, stopping at several different islands, they travelled through New Zealand by campervan. After deciding this was the country they wished to settle in they spent several years living in Whangarei before deciding to move to this area. He is well-qualified to act as chairperson.

The purpose and function of the MWWG is to provide community involvement in the implementation of the master plan of the waterfront area, and one of the first areas they will focus on is the area between the Golden Bear and the sea.

**Open Forum:** Elena asked that thanks be conveyed to the TDC for the fantastic job they have done to restore the McKee Domain back to a usable public space. This is now able to be used again and already has families taking advantage of the space.

With the huge emphasis and importance of reducing plastic use in our environment Tim King was asked if the TDC had any thought of replacing the plastic rubbish bags put in the rubbish bins but there is no plan to change at this stage.

**Life Membership:** It was brought to the members' attention that the issue of life membership of MDCA needs to be discussed and guidelines drawn up to be included in the Association's constitution. Members were asked to think about reasons they think are important as criteria for life membership to be

offered, and this will be discussed at a meeting next year, well in advance of the AGM so any changes needed for the constitution can be adopted.

**Environment:** The Dominion Flats subcommittee was proud to receive an award from TrustPower for all the hard work put in by the community to the restoration programme, along with \$1000.

The grants from the Greenwood Trust and NetworkTasman have been put towards a plant order for next autumn and the remaining Rata grant money will be used for further work on the back track.

The Mapua School pupils are working on their wonderful murals for the underpass using grant money from the TDC Community Arts Grant. A large group of pupils walked from the school to the reserve and while some were painting others were pulling weeds from around the plants. A big win for the weeding team.

**Social Media:** The Facebook page continues to be viewed by many, particularly the post promoting Trevor James's talk on Fresh Water. Digital activity on the website was also strong with more than double the usual amount of visits during October.

**Transportation:** Elena spoke of her interest in the Nelson Tasman Community Transport Trust, of which she is a trustee. It has good support, particularly from the TDC and Age Concern and covers Wakefield/Brightwater/Tapawera/Mapua districts initially, to try and link in with buses from Richmond to Nelson.

**The Wharf Area:** The meeting finished with a brainstorming session where members wrote their ideas and preferences for the way forward for the public space between the Golden Bear and the sea. These were collated and forwarded to the MWWG.

Once again it was a lively meeting covering lots of topics and a good place to have your say and get some questions answered. Well worth joining in at our next meeting on 10 December 7pm at the Mapua Hall.

*Helen Bibby*



The Coastal News team would like to thank all our readers, contributors and advertisers and wish you a joyful Christmas and a happy and prosperous New Year.



# Community Has Say in Waterfront Plans

The Māpua Waterfront Working Group met in November for the second time under its new chair, David Martin, as it works towards bringing to life the Māpua Waterfront Master Plan. Group members include representatives from Iwi, the Community Association, Tamaha Sea Scouts, Business Association, Friends of the Waterfront, Māpua Boat Club and Tasman District Council.

Feedback from the community was incorporated into a design concept to be commissioned for the Ngaio Reserve, next to the ferry landing and adjacent to the Golden Bear. The design brief will:

- recognise a cultural narrative and reflect the importance of the area to Iwi through design, story boards and information panels;
- provide green space, seating and picnic tables;
- ensure access to the beach and ferry;
- provide play space for children;
- retain access to the boat ramp and keep dinghy and bike racks;
- protect the Ngaio tree, and
- encompass the intergenerational needs of whanau.

It is hoped that there will be an agreed design for the Group to review in the New Year.

The Group is working with Tasman District Council to relocate existing parking signage. It needs to be

more visible to ensure visitors use the parking off Tahī Street, rather than heading directly for the Wharf area.

Mounds and stepping logs have been given the go-ahead to be built and installed in the Waterfront Park as a children's play area, we hope before Christmas.

A low-level solar lighting plan for the area between the car park and toilets was approved.

Several people have asked about ongoing contamination testing of the Waterfront Park remediated area, and the issue was raised at the October meeting of the Waterfront Working Group. The Council reported to our November meeting as follows:

- A testing programme is in place with tests carried out every 12-18 months;
- Work is as per the site management plan and includes sampling from monitoring boreholes and sediment samples in the estuary;
- No issues have been identified and site continues to be safe;
- The last test was done in February this year and the next will be carried out between December 2018 and February 2019.

The Group next meets in the New Year when it will continue work on the Ngaio Reserve and parking, as well as looking at the other aspects of the Māpua Waterfront Master Plan, including the Waterfront Park and Grossi Point. It recognises the need for an integrated and holistic approach to the area.

## Correction

David Mitchell was mistakenly identified as the speaker discussing "social seating" at the October Mapua Community Association meeting and reported in the November *Coastal News*. These comments were actually made by David Kemp.

*Edited by Andrew Earlam (advertising) 540-2845, and Jane Powell (editorial). Views expressed are not necessarily those of the editors. We aim to have the newsletter out by the 1<sup>st</sup> of the month. The deadline for emailed items to [coastalnews@mapua.gen.nz](mailto:coastalnews@mapua.gen.nz) is the 20<sup>th</sup> of the month. Noticeboard items are a gold coin donation in the collection boxes. Club notices are free. Printed by the Tasman District Council.*

*We are looking for more **volunteers** to help with the production of the **Coastal News**. In particular using **Publisher** to produce the final copy or anything else. Our numbers are dwindling!*



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# Ngaio Tree Reserve Focus for Friends

The “Friends of Māpua Waterfront” is a group that enables people to contribute to the future design and implementation of the Māpua Waterfront Master Plan, with its focus on the Māpua Wharf area, Waterfront Park and Grossi Point. We have a busy website, [mapuawaterfront.com](http://mapuawaterfront.com), and keep the information channels open. We invite comments from members via our moderator.

With the key Ngaio Tree Reserve area between Golden Bear brewery and the estuary, this has been telling. A family focus and features for youngsters are now part of the brief. So keep the comments coming! These have been read and listened to by the working group and help in the decision-making process regarding this space.

Thank you to everyone contributing to this discussion. A small team from the Working Group has been given the job of briefing the designer and developing the final plan. They are Naomi Aporo, Marion Satherley, Graeme Stradling and David Scott.

Other key features in the brief for this area will be access to the ferry and beach, new information boards, more iwi narrative, more seating, tables and green space. Maintaining boat ramp access and improving the bollards will also help the small boat use

and sea scouts operation. Bike racks, dinghy racks, bins and toilets are to be re-sited to create this new Ngaio Tree Reserve area.

So far the Working Group has been successful in planning for community solutions to the Māpua Waterfront. The implementation is what people want. We have had decades of plans.

I do think that this group is our best chance yet of delivering a cohesive series of solutions that fit within an overarching plan. This will enable the community to balance the many voices in these debates and move forward. The wharf area is a key identifier of this area; it is a busy place we take for granted when we should be celebrating the diverse history and connection to many centuries of human habitation. Although much is made of the wharf and its role in the successful fruit businesses that underpinned Māpua, the land itself holds many stories.

This area is a key to establishing a new, more inclusive interpretation of this site, through a recognition of iwi narratives and design that reflect our shared histories. This space is also the place where the visual language of the landscaping, artworks and interpretation are established for the project as a whole across the Māpua Waterfront.



	Mon	Mon	Thur		Tue	Wed	Fri	
9.30am	LOW Impact Dance	6pm Dance Fitness	6pm Dance Fitness	Also	4-Dec Dance Fitness	5-Dec LOW Impact Dance	7-Dec LOW Impact Dance	ALL IN MAPUA HALL
	3-Dec	3-Dec	6-Dec					<a href="http://www.movegoodnow.com">www.movegoodnow.com</a>
	10-Dec	10-Dec	13-Dec					<b>move</b> Good Now
	17-Dec	17-Dec	20-Dec					f Instagram
	24-Dec	24-Dec	27-Dec					6-7pm OPEN TO ALL
	31-Dec	31-Dec*	3-Jan					<b>EARLY NEW YEARS DANCE PARTY</b>
	7-Jan	7-Jan	10-Jan					31 DEC
	14-Jan	14-Jan	17-Jan					OK on dodgy hips, clicky knees and twingey ankles
	21-Jan	21-Jan	24-Jan					
	28-Jan	28-Jan	31-Jan					
	4-Feb	4-Feb	7-Feb					
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Looking for that unique Christmas or holiday gift?

What about a genuine piece of the Ruby Coast's Gateway Sculptures?

During December The Ruby Coast Initiative Trust (RCIT) will be selling the actual fish cut outs from the Mapua Sculpture. These are all unique one-off pieces created from Mapua School pupils' drawings. Each piece will be numbered and its location on the Mapua sculpture identified.

A great local gift and a great way to support the Gateway Sculpture project. Planning is well underway for the 3<sup>rd</sup> sculpture with a successful grant application to cover the costs of resource consent – the next step in the process.

Purchasing a sea creature from the Mapua Sculpture is not only a unique gift (even for yourself!) but also contributes to the Trust's fund raising for this next sculpture which will be in place at the Seaton Valley and Coastal Highway intersection next year.



If you would like to register your interest in the purchase of a piece from the Sculpture, please email to [secretary@rcit.co.nz](mailto:secretary@rcit.co.nz) or phone Janet on 5403364.



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*Lisa Chandler*

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# Mapua School

At this time of the school year, we take time to look back and reflect on the learning and growth of our students at Mapua School. We also take time to think about what has worked well for our taira (students) and to make plans for the coming year.

Our Board of Trustees has made a commitment to maintaining our strategic goal of having teacher:student ratios that are at or below the ministry funded levels. This means that we will start the 2019 school year with four learning teams, each with three classes in them.

We have decided to open our zone at Year Eight for 2019 as we have a limited number of spaces available. These classes will still be considerably smaller than Ministry of Education funding levels would usually allow. Anybody interested in enrolling their child for their final year of primary school at Mapua School should email [admin@mapua.school.nz](mailto:admin@mapua.school.nz) for details on how to do this.

This year students have been involved in our community in many and varied ways. Tane's Ark wetlands restoration project continues to provide an authentic context for environmental science learning, volunteer projects with our community have provided an authentic context for learning in social sciences and our new entrants have enjoyed taking on a tuakana role when hosting our local preschools. We love being a school in the heart of such a fantastic community. Thank you all for helping our students "be all they can."

As a member of The Moutere Hills Schools cluster, we recently took part in the annual Armistice Day Athletics. Our involvement in this event goes back many, many years, with the celebration of the 100th Athletics Day coming up next year. It is always fantastic to spend the day with our school whanau, as our tamariki pit themselves against the standards to see how many points they can score during the day. Of course the excitement of the relays, RSA Cup, Taylor-Martin Cup and the Peace Shield is hard to beat! We were so proud of how our representatives gave it all they had in these events.

As I write, our middle team are preparing for their much anticipated camp this week.

All of our Year Three and Four students will spend the day in the Abel Tasman before sleeping overnight at school in tents on the back field at school. This camp is a great transition for our students and helps prepare them for the bigger challenges of three night camps in the senior school. By the time they hit the Wellington Camp experience in Year Eight they will be experts!

We have a busy few weeks ahead of us before the end of the school year. Learning teams will be celebrating the year in a variety of ways: we have Pets Day, Triathlon and Senior Swimming Sports. We would also like to invite everyone who has helped our school in any way during the year to a "Thank You Morning Tea" on 7 December, 10:15am. Your contribution to our school is very much appreciated, and this is a very small way of us acknowledging the fantastic support we get from our community.

This year has been another amazing year at Mapua School. We have much to celebrate as our taira grow, achieve and become all they can be in an environment of challenge and support. Thank you all for your ongoing support in creating this environment.

Poipoia te kakano kia puawai. (Nurture the seed and it will blossom).

*Sharon Prestidge, Deputy Principal*



## Grant to Improve Park's Forest Area

A Tasman District Council grant from rates of \$1500 to Friends of Māpua Wetland will be used to enhance the main native forest area planted in Aranui Park by Mapua School children as part of the Tāne's Ark project.

The Māpua Wetland group hopes to clear some selected pioneer trees in the Rangatira area of forest in the south-west corner of the park. Rarer native trees that are under-represented in the park will be planted in appropriate gaps. Friends of Māpua Wetland and the planters will be working in co-operation with TDC park supervisor Richard Hilton on the project.

Pioneer trees planted between 2009 and 2011 to help suppress weeds in this park corner were mainly manuka and kanuka. Some akeake were later added to provide extra shelter for rarer plants. Some of the kanuka and manuka trees are now reaching heights of 10 metres and the plan is to cut some back to create planting gaps.

Cutting back or, if necessary, felling some of the pioneer trees is likely to be done in January–February and the planting of other selected trees likely to be in autumn 2019. It is hoped that Māpua School children will again plant the replacement trees, which are expected to be 3m-4m tall.

Plantings over the past three years in the Rangatira area have added kahikatea, matai, totara, miro and

tītoki trees as well as several rare and threatened narrow-leaved maire trees.

Almost all the native tree planting in the western side of Aranui Park has been done by Māpua School children. The main aim of the Tāne's Ark project has been to replicate the sort of native lowland forest that was in our district before European settlement.

A bridge across the stream near the western fence of Aranui Park now gives access to a rough walking track through the "Rangatira" area. As the forest matures grows, it is hoped to improve this track.

Meanwhile, Friends of Māpua Wetland is assisting the Ruby Coast Initiative group with information and photos for a new signboard for the Aranui Road entrance to the park. The RCI group has successfully installed other attractive signboards for Māpua areas popular with visitors, such as at Māpua Wharf and Pine Hill Reserve.

A recent visit by 25 members of the Nelson 50-plus Mini Walking Group in late November showed that few members had heard of Aranui Park before their visit. Members, who came from Nelson City, Stoke and Richmond, praised the park and, after a picnic lunch there, took a short walk through the adjacent Māpua Wetland.

*David Mitchell*

## Where Are Three Valuable Maori Artifacts?

Do any readers know the fate of three valuable Māori artefacts that were found in Māpua in the 1930s?

If so, the Nelson Provincial Museum and Friends of Māpua Wetland would love to hear about a 3-metre section of a hull of a Māori waka, a whakapapa generation stick and a harakeke (flax) fishing net.

Questions about what happened to the three Māori taonga arose during research by Friends of Māpua Wetland on information for a new signboard planned for Aranui Park

The Mapua finds were recorded by Bernard Wells's in his 1990 history of the district *Fruits of Labour*. He wrote that in the 1930s, his father, Arnold Wells, and "Messrs E. Senior and L. Wakefield" unearthed a three-metre section of a totara Maori canoe while working in a ditch that would drain their properties. This was alongside a section of Seaton Valley Road towards modern day Mapua Drive.

The part of a waka hull "appeared to have a straight butt join for a prow or stern section and a break, or further join, amidships. A flax fishing net was found and also a carved whakapapa, or generation stick, with knobs of various shapes and

sizes, used to aid the memory in recalling genealogical names," Bernard wrote.

The finds were originally reported in a 1977 detailed archaeological survey of the Motueka area by Aidan Challis, a former Motueka teacher and later a staff member of the Historic Places Trust.

In his study, Dr Challis compared the three-metre hollowed section of the Māpua waka to a well-known historic full totara waka hull that for many years was displayed at Te Awhina Marae in Motueka alongside the Maori Anglican Church, Te Ahurewa. Both were waka useful for travel in rivers, shallow streams, inland pools or lakes.

Dr Challis's book shows scale drawings of the whakapapa stick, which appears to be about 65cm long. However, there were no drawings of the waka find in his study and no information about the fishing net.

Inquiries were recently made to the Nelson Provincial Museum about the Mapua finds. Staff there were aware of the reports, but had no information on the whereabouts of these taonga.

*Any information about the three missing taonga is welcome, please contact David Mitchell, phone 540-2873.*



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**PANZ**

**T**his year seems to have zoomed by. Our pastel art group has had a busy year with several excellent and enlightening workshops, our "Top of the South" art exhibition in February, our National PANZ conference and exhibition in Timaru, mini-workshops, our regular Tuesday morning get-together at the Mapua Hall and much, much more. Wow, when I write this down we have been busy! A positive type of busy though. We have a steady group of people (sometimes up to fifteen or more members) that get together on Tuesday morning to paint, share ideas, participate in mini-workshops, socialise and sometimes to even critique each other's work in a friendly and relaxed atmosphere.

We will be finishing our year with a barbecue on the first Tuesday in December, and will then take a break to refresh ourselves for next year's tasks ahead. We will be back at the Mapua Community Hall on 5 February 2019.

For those of you who look forward to our art exhibition in February, we have now decided to move it to the weekend of the Queen's Birthday holiday, which will be held from 1 June to 3 June 2019. We will still hold the exhibition at the Mapua Community Hall and it is free to the public.

I don't usually make New Year resolutions, but if some of you do, one of them might be to re-ignite the creativity in yourself and start a new hobby or pull out your old pastels and start painting again. We welcome new members anytime during the year. You can pop by the Mapua Community Hall and see what we get up to.

From our members to all of you, we wish you a very happy and safe holiday with family and friends. We hope that 2019 is a positive and adventurous year for you and yours!

For additional information please contact our Area Rep, Glenys Forbes at 03 540-3388 or by email gmforbes@ts.co.nz. You can visit our Facebook page: PANZ Pastel Artists of New Zealand, to see what our pastel artists from New Zealand and abroad are creating.

*Gloria Anderson, PANZ Member*

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# Mapua Health Centre

We wish to extend a warm welcome Dr Emily Shine, who will be working as a locum for us over the Christmas period, and then joining our team in March next year as a permanent doctor working three days a week.

We also welcome Dr Jo Alward, who is returning to do some locum work during December to help us cope with the usual increase in patient numbers over the holiday period.

Sadly we will be saying farewell to Sarah Pumphrey, one of our receptionists, who leaves us in January and we wish her all the best in her new career.

In addition, we have a final year medical student, Holly Pittar, joining us in January as part of her introduction to general practice.

2018 has been a very busy and interesting year for Mapua Health Centre, and we would like to say "thank you" to all our patients for your support and understanding during this time, especially when there have been delays in the waiting time for consults, which have often been related to a temporary shortage of doctors, as reflected by a shortfall of doctors and locums throughout Nelson and the surrounding areas.

Fortunately, 2019 is looking more positive on the staffing front and this will help us to continue providing a high quality and comprehensive service.

We are looking at options of how to best to provide for an increasing range of health services and a growing patient population. Ideally, we would like to build a larger and purpose-designed health centre, which would also include a pharmacy, dentist, physiotherapist and other health practitioners. We would like to thank the Community Health Committee and its chairperson Derek Craze for the dedicated support that they provide in maintaining the health centre and exploring new solutions for our future development. If you would like to help towards these goals please contact Sue Fox at 03 5402211.

Over the Christmas period we all hope to enjoy quality time with whanau and friends. However, this can sometimes put added financial and social pressure on people, and can lead to difficulty coping or affect a person's mental health. It is important if this happens to seek help, which is freely available by calling or texting 1737 to talk with trained counsellors.

With summer approaching, the Health Promotion Agency has released their latest *SunSmart* prevention video. The video is specifically aimed at 16-24 year olds, and promotes the five prevention steps:

- **Slip** into the shade
- **Slip** on a shirt
- **Slop** on some sunscreen
- **Slap** on a hat
- **& Wrap** on some sunnies.

The *SunSmart* website has some valuable information and resources that may be of interest to your patients, to help encourage them to protect their

skin and eyes from UV radiation, as well as warning signs of skin cancer.

Our patient portal service is growing in popularity with lots of positive feedback. Manage My Health™, [www.managemyhealth.co.nz](http://www.managemyhealth.co.nz), is a website that uploads patient information from our computer to a secure web server to enable you to access your own health information and manage aspects of your health care wherever you may be. It also allows us to communicate details of test results, appointments, etc. If you would like to register for Manage My Health™ please contact the receptionist on 03 5402211 or talk to the staff when you next call in to the centre.

On behalf of the team at Mapua Health we would like to wish you all a safe, healthy and very happy Christmas, and all the best for 2019.



Happy Holidays from the team at the **JF**

We are open 7 days from 9am till late  
Located at Shed 1 Mapua Wharf, Mapua - 03 540 2028

e: [info@jellyfishmapua.co.nz](mailto:info@jellyfishmapua.co.nz) www: [www.jellyfishmapua.co.nz](http://www.jellyfishmapua.co.nz)



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# Mapua Bowling Club

The Mapua Bowling Club is fortunate to be supported by a very generous community. Recently we have received a grant from the Network Tasman Charitable Trust to buy four bowling arms. These are special devices that assist bowlers who find it difficult to bend down when bowling. These will be shared at the club by any members who need them.

So, if you have wanted to enjoy bowling but thought a joint problem would prevent it; think again. These bowling arms might just be the answer for you. Stop by the club and see how they work.

The Club thanks the Network Tasman Charitable Trust for enabling those in the community with arthritis, knee or hip problems, or those waiting for joint replacement operations to continue to be active and involved in outdoor activities.

The first two months of the bowling season have just flown by. It has been a very busy couple of months. The Club champs have started, members are involved in Nelson Centre competitions, and we have held our first open tournament of the season. And of course, our regular roll-ups take place at the Club every Tuesday, Thursday and Saturday afternoons beginning at 1:15pm.

With the summer evenings getting warmer, the Monday evening Leisure Bowls have also begun. Play starts at 6:00pm. There is no need to pre-book; just turn up on a Monday evening and give it a go.

Flat-soled shoes are essential to protect the green. There are plenty of sets of bowls to borrow at the club and the bar is open. Cost for the whole season is only \$45 or you can pay a weekly fee of \$5. Why not give it a try?

Mapua's first open tournament of the season was a Men's Pairs tournament held on 19 November and was generously sponsored by World Travellers of Motueka. The team from Tahunanui came first on the day, with the men from the Nelson Bowling Club a close second. Mapua's pair of Warren Keith and Kevin Brown also played well on the day and took home the third-place winnings.

The next open tournament at the Club will be the Mad Butcher Ham and Turkey Triples on Monday 10 December.

The Club's Christmas function is scheduled for Saturday, 8 December, with a fun afternoon of bowls planned, along with a sausage sizzle, ham raffle and jewellery auction (with jewellery items kindly donated by Michael Hill Jewellers).

To close for the year, we wish the *Coastal News* readers and you bowlers out there a wonderful and safe holiday season.

For information about bowling, coaching or booking the clubhouse and facilities please call the president, Margaret Busby, on 03 544-6325.

*Barbara Brown*

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# Ho Ho Ho

It's the holidays and your Christmas cracker is not the only thing that is going to pop.



If you find yourself sitting on the deck chair pondering what your home would be worth in this current market, pick up the phone and give us a call as we will be available right through the silly season.



Our 2018-2019 summer selling season is heating up, don't think for a minute that it slows down like your favourite relative on Christmas afternoon.

Thanks for all your support throughout the year and a very merry Christmas to you all!!

*Kim & Adele*



# Whenua Iti Outdoors: Experiential Learning

**What's been happening:** WIO has been buzzing this last month – it's hard to find a parking spot; there are so many people coming and going! This is a wonderful situation to be in and we are so grateful for the community support out there, as without the amazing tautoko we get from you all we would not be able to work with such a wide variety of people.

It's school camp season and there are groups here from far and wide, including Auckland and Wellington, and of course across our own region. Many schools have us along for their end of year day out and it's always fun to be involved and part of the celebrations!

**Focus on Trades Academy:** In just about every week of the school year, Trades Academy groups are at WIO taking part in a whole variety of programmes from Adventure Tourism to Uniformed Services and more. It's an awesome opportunity for students in Years Twelve and Thirteen at school to gain NCEA credits and practical skills at the same time. Next year there is a new programme focused on Environmental Science bringing the total number of programmes to nine. Enrolments are open now through your school co-ordinator.

**What's coming up:** Looking ahead to sunny January, there are still a few places on the Senior Journey and our Adventure Skills holiday programmes. They are an excellent way to round off the school holidays for the teenager in your life: new

mates, new experiences, challenge and fun, all on our beautiful doorstep.

**Outdoor Wanderings:** Options for adventures in the Abel Tasman: There is still time to fit a wee trip in to the Park before it gets crazy busy. It feels like every tourist hires a sea kayak and yet it's not something we locals do too often. If you can get your hands on a sea kayak, a good weather window and favourable tides, it's something well worth having a go at. If you have time to camp out, at about 4pm the day-visitors melt away leaving a beautiful evening and sunset.

Of course you can walk sections of the track either from Marahau or get a ferry into the Park and visit a section you have not been to before (swing bridges, swimming holes, picnic spots...) and there are so many local businesses offering waka trips, sailing trips; you name it you can have a go in our own wee piece of paradise! There's even the Project Janszoon app, which is full of great information about the Park's history and flora and fauna. Make sure you download it before you set off.

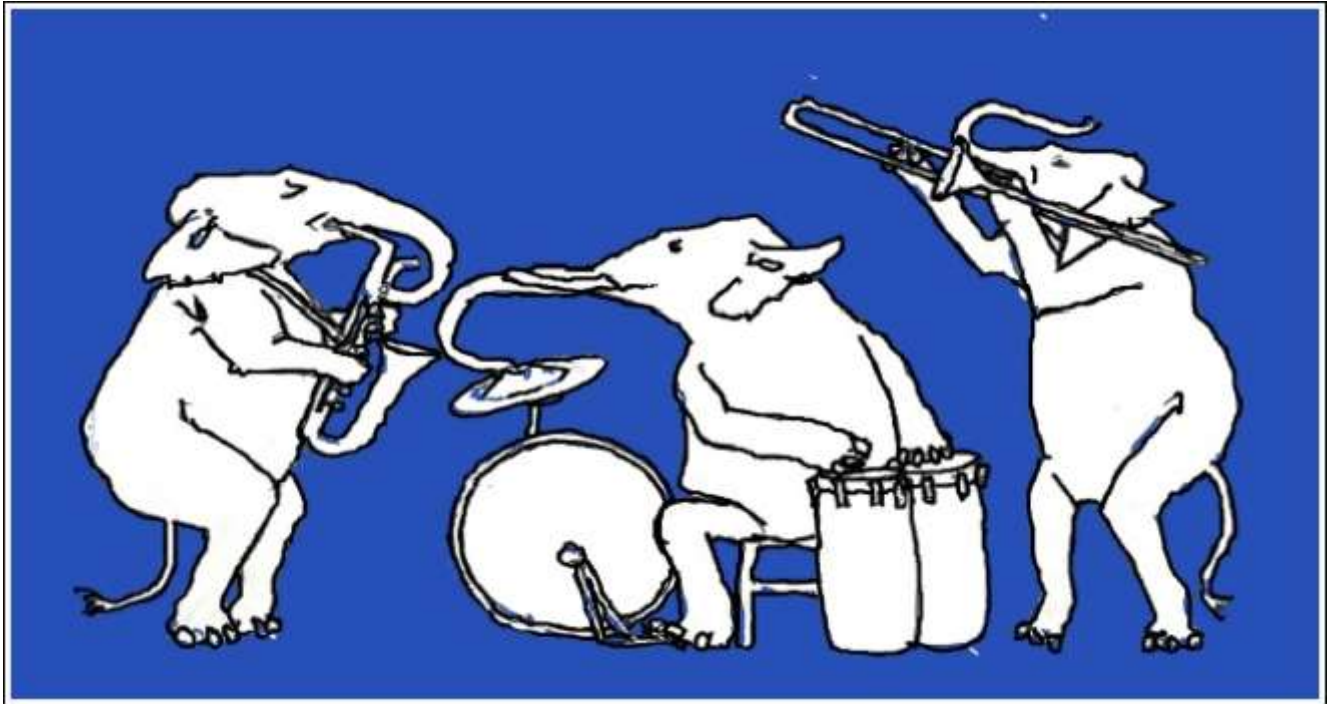
Happy holidays everyone; we'll see you out there!  
More information? [www.wio.org.nz](http://www.wio.org.nz) [info@wio.org.nz](mailto:info@wio.org.nz)

Cave photo:- Catch-up Camp, Adventure Tourism Leadership Level 2 exploring underground.  
Tramping photo: The last Senior Journey crew having an adventure in Nelson Lakes National Park.  
Beach photo: Garin Year 12 camp at Appletree Bay, Abel Tasman National Park, after a day's kayaking.



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**mag**  
Mapua Art Group

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ARTWORK**  
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**3rd -13th**  
**10am to 5pm**

media includes: oils, acrylics,  
watercolours, pastels, mixed media,  
3D and photography  
free entry - eft-pos available  
enquiries -  
mapuaartgroup@gmail.com

A  
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T

## Mapua Art Group

Mapua Art Group (MAG) meets every Thursday from 9am to 12 noon in the Bill Marris room, Community Hall.

The focus is on meeting and talking with other artists, both amateur and professional, and enjoying their comments, praise and/or suggestions to move a 'stuck' artwork along. Nothing is very serious and it can be quite noisy at times, driving one poor artist into the annex so that he can concentrate!

There is no restriction on media and people often bring more "crafty" projects along, just to enjoy the company of other creative people.

MAG holds a yearly exhibition in the Bill Marris room, which shows all the work that the artists have been working on during the past year. It is a very casual exhibition and sold artwork is taken by the purchaser straight away. We have a roster of 'sitters' and enjoy the social Opening Night get-together. The exhibition runs from 3 to 13 January, opening from 10am to 5pm every day.

The wonderful sketch above is by one of the artists, Wayne Elia. He had a request to design a tie with elephants playing jazz instruments.

We start meeting again in the New Year after the exhibition, and anyone is welcome.

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## Students' Murals Grace Dominion Flats Underpass

The Year Seven students of Mapua School took on the challenge of painting four murals on each panel of the Dominion Flats Reserve underpass.

Earlier this year, the Mapua and District Community Association asked Mapua School if pupils would be willing to design and paint four murals for each panel of the Dominion Road underpass.

They received a community arts grant from the Tasman District Council for the materials needed to bring the art to life. The time and effort has been a huge commitment from the school. The pupils of Mapua School have enjoyed the project enormously.

"I have enjoyed the process of our designs slowly coming together," said Poppy Smethurst, a Year Seven student from Mapua School.

The teacher in charge of the project, Simon Clearwater, has been delighted at the outcome.

"The kids have been fantastic in their enthusiasm and their attention to detail. It really is great for them to have total ownership in a community project like this."

The Dominion Flats Reserve has about 6.2 hectares of land that the Tasman District Council bought just after the bypass was finished. In November 2013 the first public planting was held, helping to return it to its original patch of native bush.

The Mapua community has done an amazing job with weeding and planting and with grant money from many sources there are now more than 50,000 plants growing.

Neville and Helen Bibby were a big help to bring the students' artworks from paper to the wall. They said, "The designs are bold, clever and a fantastic statement that draws favourable comments from all who see them. The community can be proud of our young people and it's well worth a walk along the track just to see the artwork."

Next year the school hopes to be involved in carrying on with the artworks, adding colour to the inside of the underpass.

*Mia Fay*



Photos of the designers in front of their artwork: Mia Fay - Morepork, Mikara Langley-Tait - Butterfly, Amelie Evans - Insect, Poppy Smethurst - Tui.





# Mapua Community Library

(Moutere Hills RSA Memorial Library)

**New Year Book Sale:** Saturday 5 January AND Sunday 6 January at the library: Come and buy your holiday reading and support the library! Bring your family, neighbours and visitors down to the library for a browse. Most books are \$1 or \$2. Open 9am-1pm. More books donated for the sale are welcome, in particular of the holiday reading genre.

**Christmas Raffle:** Donations and support appreciated: We will once again run our very popular Christmas raffle. This is an important component of our local fund-raising and is always so well supported. Funds raised will go towards maintaining and updating our catalogue system; something grants organisations don't find to be very 'sexy' to support!

We welcome donations for the prize hamper(s) from 'anyone and everyone' in the community; there is a box in the library foyer to receive your donation.

Look out for our ticket sellers outside Mapua 4 Square in the week 10-16 December; the hampers always look magnificent.

**Christmas Closures:** A reminder that we are always closed on statutory holidays.

**Book Signing:** Cockle Bay - Wednesday 12 November, 6-7.30pm: We are thrilled to host a book-signing evening at the library for local author Maz Robertson. Gold coin donation for entry and for tea/coffee and nibbles. Everyone is invited. Bring a friend.

**Art Displays:** Wayne Elia will display his paintings until 8 January. Graham will be followed by Shona McLean's paintings. You are welcome to pop in and view this local talent, whether you are a library member or not.

**Thanks to our Book Suppliers:** We have a wonderful working relationship with the bookshops that supply many of our new books, and they regularly offer a meaningful discount. Our thanks to Paper Plus Motueka, Whitcoulls Richmond and Page & Blackmore Nelson.

**Visitors to Mapua:** If you are visiting Mapua, you are welcome to become a temporary member of our library. We are an independent, community library, staffed and run by volunteers and it is free to join. We have free magazines to take away as well as current magazines to borrow, second hand books to purchase and a great selection of up-to-date books to borrow. We look forward to welcoming you to our library.

**Thanks:** We continue to receive wonderful feedback about the treasure that our community library is. There are so many people and organisations that are a part of maintaining this as an up-to-date, welcoming and special place. It is truly a COMMUNITY library. Thanks to everyone who has contributed in any way.

Our best wishes to you and your loved ones for a safe and happy holiday season – may you always find time to read a good book.

*Lynley Worsley, chairman*

## Library Hours:

Monday	2pm-4.30pm
Tuesday	2pm-4.30pm
Wednesday	2pm-6.30pm
Thursday	10am-12.30pm; 2pm-4.30pm
Friday	2pm-4.30pm
Saturday	2pm-4.30pm

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

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



## MAPUA LEISURE PARK

Camp ground is fully open as usual.

Flood damage all repaired.

But sadly, the **BOATSHED CAFÉ & BAR** will not be operating this summer.



Office Hours: The hall office will be closed from Friday 21st December and will re-open on Monday 14th of January 2019.



To all our hall users, supporters, volunteers, hall staff and Mapua community, our grant donors and to council help, Thank you for your generosity and continued support through 2018.

Have a safe and happy holidays everyone, see you in the new year!

Monday	Tuesday	Wednesday	Thursday	Friday	Sat	Sun
<b>What's On at the Hall In DECEMBER &amp; JANUARY</b>					<b>SUNDAY 2nd DEC</b> 10am-3pm <b>MAPUA MAKERS</b> <b>Christmas MARKET</b>	
<b>3</b> 9.15am Yoga with Charlotte  9.30am Low Impact Dance  6pm Mapua Dance Fitness	<b>4</b> 9am Sioux Line Dance  1:30pm Tai Chi Beg.  3.30pm Mapua Dance Co.  5.15pm Mapua Drama Club	<b>5</b> 9.30am Low Impact Dance 9.30am DRU Yoga 12.30pm Tai Chi 2.45pm Junior Ballet 6pm Yoga with Thomas 7pm Barre Class  7.30pm <i>Nelson Male Voice Choir</i> <b>Summer Concert</b>	<b>6</b> 9am Mapua Art Group  9.30am Flow Dance Fitness	<b>7</b> 9.30am DRU Yoga  9.30am Low Impact Dance		
<b>10</b> 9.15am Yoga with Charlotte 9.30am Low Impact Dance 11am <b>Introductory Drumming session.</b> 6pm Mapua Dance Fitness 7pm Mapua Comm. Assc. Meeting	<b>11</b> 9am Sioux Line Dance 1:30pm Tai Chi Beg. 2.30pm Sit & Be Fit 3.30pm Mapua Dance Co. 5.15pm Mapua Drama Club 6pm Aerobics 7pm Pilates	<b>12</b> 9.05am Aerobics 9.30am DRU Yoga  10.05 Pilates  12.30pm Tai Chi  2.45pm Junior Ballet 7pm Barre Class	<b>13</b> 9.30am Flow Dance Fitness  6pm Mapua Dance Fitness	<b>14</b> 9.05am Aerobics  9.30am DRU Yoga  10.05 Pilates	<b>15</b> 7pm <b>Motueka Dance Group</b>	
<b>17</b> 9.15am Yoga with Charlotte 9.30am Low Impact Dance 6pm Mapua Dance Fitness 6.30pm Hall Committee meeting	<b>18</b> 2.30pm Sit & Be Fit  6pm Aerobics  7pm Pilates	<b>19</b> 9.05am Aerobics 9.30am DRU Yoga  10.05 Pilates  2.45pm Junior Ballet 7pm Barre Class	<b>20</b> 2pm Friendship Group	<b>21</b> 9.05am Aerobics  9.30am DRU Yoga  10.05 Pilates		
<b>24</b>	<b>25</b> <b>CHRISTMAS DAY!</b>	<b>26</b> <b>BOXING DAY!</b>	<b>27</b>	<b>28</b> 8.30am Aerobics 9.30am Pilates	<b>29</b> 8.30am Aerobics 9.30am Pilates	<b>30</b>
<b>31</b> 6pm Mapua Dance Fitness	<b>1 JANUARY</b> → <b>NEW YEARS DAY!</b>	<b>2</b> 8.30am Aerobics 9.30am Pilates	<b>3</b> 6pm Mapua Dance Fitness	<b>4</b> 8.30am Aerobics 9.30am Pilates	<b>5</b> 8.30am Aerobics 9.30am Pilates	<b>6</b>
<b>MAPUA ART GROUP EXHIBITION</b>						
<b>7</b> 9.30am Low Impact Dance 6pm Mapua Dance Fitness	<b>8</b> 6pm Aerobics 7pm Pilates	<b>9</b> 8.30am Aerobics 9.30am Pilates 12.30pm Tai Chi 6pm Yoga with Thomas	<b>10</b> 6pm Mapua Dance Fitness	<b>11</b> 8.30am Aerobics 9.30am Pilates		
<b>MAPUA ART GROUP EXHIBITION</b>						
<b>14</b> 9.30am Low Impact Dance 11am <b>Drama/Dance with Lily</b> 6pm Mapua Dance Fitness	<b>15</b> 9am Sioux Line Dance  6pm Aerobics  7pm Pilates	<b>16</b> 8.30am Aerobics 9.30am Pilates 9.30am DRU Yoga 12.30pm Tai Chi  6pm Yoga with Thomas	<b>17</b> 2pm Friendship Group  6pm Mapua Dance Fitness	<b>18</b> 8.30am Aerobics 9.30am Pilates 9.30am DRU Yoga	<b>19</b> 8.30am Aerobics 9.30am Pilates	<b>20</b>
<b>21</b> 9.30am Low Impact Dance 11am <b>Drama/Dance with Lily</b> 6pm Mapua Dance Fitness	<b>22</b> 9am Sioux Line Dance  6pm Aerobics  7pm Pilates	<b>23</b> 8.30am Aerobics 9.30am Pilates 9.30am DRU Yoga 12.30pm Tai Chi  6pm Yoga with Thomas	<b>24</b> 6pm Mapua Dance Fitness	<b>25</b> 8.30am Aerobics 9.30am Pilates 9.30am DRU Yoga	<b>26 &amp; 27</b> <b>International Yoga Event</b>	
<b>28</b> 9.30am Low Impact Dance 11am <b>Drama/Dance with Lily</b> 6pm Mapua Dance Fitness	<b>29</b> 9am Sioux Line Dance  6pm Aerobics  7pm Pilates	<b>30</b> 8.30am Aerobics 9.30am Pilates 9.30am DRU Yoga 12.30pm Tai Chi  6pm Yoga with Thomas	<b>31</b> 6pm Mapua Dance Fitness			



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## Fire Brigade



### October/November call-outs

- Oct 14: Building fire Motueka, assisted in controlling fire.
  - Oct 24: Rubbish fire Aporo Road, no action by brigade.
  - Nov 4: Scrub fire Neudorf Road, started by fireworks from car. Another scrub fire on Neudorf Saddle started by fireworks from same car.
  - Nov 5: Neudorf Saddle fire relit.
  - Nov 8: Alarm Horton Road, no sign of fire.
  - Nov 9: Rubbish fire Bronte Rd, controlled edges.
  - Nov 11: Pine tree rubbish fire, controlled edges.
- Calls this year: 72

**Safety Tip – All open fire need a permit expect BBQs and braziers. Ring Nelson Tasman Fire and Emergency on 544-2441.**

**Gas barbecues:** Always check the gas connections are not leaking before lighting. Keep portable gas barbecues well away from tents and caravans. Light the match before the gas is turned on. When cooking is completed, check the gas supply and appliance switches are turned to the 'off' position.

**Charcoal barbecues:** Keep the barbecue well away from tents and caravans. Place it where it is not likely to be knocked over. Protect the barbecue from the wind. Use fire starters to start the fire safely. To rekindle a slow fire, tuck dry kindling under the coals and add charcoal if necessary. Don't use flammable liquids on fires. After cooking leave coals to cool before disposal by dousing the coals with water.

At the moment we have twelve fire-fighters. We have room for four more persons who live or work within in the Mapua area and can come to training on Thursday night and call-outs at any time. Ideally you should be located within four minutes of the station.

If interested call the Chief Fire Officer, Ian Reade, on 027 445 7049 or come and see us on Thursday around 7:30pm.

*Mark Theobald SO/secretary*

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# Good Reading for the Summer Holidays

**Instead of a book review for the December issue four avid readers have provided a short comment on some of their favourite reads:**

***Buy Me The Sky*** by Xinran

Xinran tells intriguing true stories about the impact of China's single child policy. 100 million 'only children' with six devoted adults (four grandparents and two parents) are a unique group of young people in this great nation. A very thought-provoking book.

***The Cull*** by Tony Park

Here is an author with huge knowledge of South Africa, its wild animals and its poaching problems. Each story combines a clever combination of a serious issue and a mystery. *The Cull* like all of his books is a great read.

***Frederick's Coat*** by Alan Duff

If you found *Once Were Warriors* a worthwhile read I can recommend this story for you. Set in Australia, the world of drugs, violence and crime is explored. A touching relationship between a father and son provides the human interest element.

***Trowena*** by Witi Ihimaera

This is based on a group of Maori prisoners who served as convicts in the 1840s in Tasmania. Another inspirational novel by a very special writer, which is on a par with his book *The Parihaka Woman*.

***Drawn Out*** by Tom Scott

This has been described as, "a seriously funny memoir." Tom has met with many colourful New Zealanders and he brings them to life with hilarity and honesty. There is never a dull paragraph. A great read.

***The Men Who United the States*** (Simon Winchester)

Don't be put off by the "men" in the title, because as Winchester says, "Though we might nowadays wish it were otherwise, most – but not all – were men. And he goes on to tell the history of the creation of inventions and systems which have connected the diverse peoples who came to America, making them into the United States. In his book, we can ponder Winchester's perspectives on the process, as we meet fascinating, little-known "pioneers, inventors and mavericks who have made the United States the country it is today." I found it so refreshing to see a history of this country that was not all politics and war, money-making and greed. A long book in five parts, but you can read as much as you want, when you want, and still get the point. But don't miss the Epilogue.

***The Professor and the Madman: A Tale of Murder, Insanity and the Making of the Oxford English Dictionary*** (Simon Winchester).

Sometimes "real life" is the stuff of what you might consider "fiction" and this book shows that to a

T. Two men, with what we would think of as an obsession with words, conspire in the 1800s to put together the monumental Oxford Dictionary. Truly, this tale is for avid readers and lovers of words – how often have you thought of what it must have taken to compile all the words in the English language at any given time, let alone their definitions and usages? What a story!

***The Secret Scripture*** (Sebastian Barry)

Rose McNulty (nearing her 100th birthday) has been a patient in the Sligo Regional Mental Hospital for well over 50 years, and people have forgotten "why". The facility is scheduled for demolition.

Dr Stephen Grene is a psychiatrist who is evaluating whether Rose should be transferred or released. She is writing her life story on bits of paper she keeps under the floor of her room. He is exploring her past through talking with her and delving into hospital records. Differing perspectives of the same events begin to pull the reader into a mystery.



***The President is Missing*** (Bill Clinton and James Patterson)

This novel gives a reader much to ponder – about responsible decision-making in a world of politics, technology, international relations and more. It is also a "page-turning" story, which not only James Patterson fans will enjoy.

***The Hare with the Amber Eyes*** (Edmund de Waal)

Do you enjoy stories of real people, treasure hunting, genealogy, memoirs, perspectives on world history? This account of a tiny carved hare has them all. It leads the reader into a depth of thought, as the author follows the trail of this little object that he has inherited as it travels through time and countries with his family.

***Paper Ghosts*** by Julia Hearerlin

How do you find where your dead sister's remains are when the alleged murderer is in care with dementia? Kidnap him, perhaps?

***The Colour of Bee Markham's Murder*** by Sarah J Harris

A boy who only recognises people through the 'colour' of their voices is eye-witness to a murder. So what is the use of police showing him a photograph of the suspect?

***The Naturalist's Daughter*** by Tea Cooper

Her father has done all the field work, but has been spurred by a platypus so is too unwell to present his findings to the Royal Society. But it is Victorian

England and she is a woman and so is barred from appearing before the RS committee.

**Dictatorland** by Paul Kenton

If you are disillusioned about politics here thank your lucky stars that you are not a citizen of the countries where politics is blatantly corrupt and the leaders get rich and powerful by any means.

**Island Home** by Tim Winton

The author describes himself as a token celebrity, but in truth he is an ardent conservationist. Western Australia is lucky to have such commitment from someone who would rather be a quiet-living family man.

**Play On** – an autobiography by Mick Fleetwood and Anthony Bozza'

Mick Fleetwood was a founding member of Fleetwood Mac, one of the world's most successful and popular bands over four decades. In this book he tells a full and candid story of his life as one of music's greatest drummers and bandleaders.

Severe dyslexia was a huge obstacle to satisfying his curiosity, as reading and most of the basic skills required to stay afloat in school were beyond him. An understanding family was very supportive, giving him space in his sister's shed, a full set of drums and all the time in the world to practise after finishing school.

"If music be the food of love, Play On!"

All these books are available in the Mapua Community Library.

### Mapua Author Releases First Children's Book "The Rascally Hedgehog"

The Rascally Hedgehog is a delightful story with a powerful road safety message. The book provides support for caregivers teaching their children the realities of playing on the roadways.

Katherine Ballantyne-Kingdon lives in Mapua with her husband Warren. They have two sons and three delightful grandchildren. Katherine spent many years, as a classroom teacher and Rural Teaching Principal, encouraging young learners to love reading.

The Rascally Hedgehog story was inspired by a past experience. Katherine's eldest son Tim was two years old when he learnt his first valuable road safety lesson from the sad demise of a hedgehog.

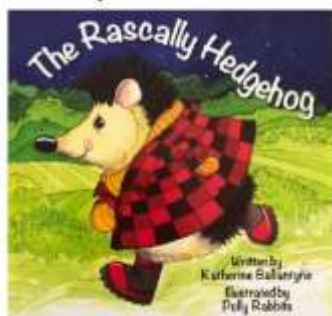
Illustrator, Polly Rabbit has brought Katherine's ideas to life with colourful and delightful illustrations. Polly has been illustrating books for many years. Her business is called Pawprints Illustration & Design and is based in Nelson.

The Rascally Hedgehog is printed by "The Copypress" also a Nelson firm.

Supporting the Local Economy

Katherine can be contacted at:

kwingdon@xtra.co.nz Books are \$19.99



## Mapua Craft Group

There will be many friends and relatives who will be delighted to receive a festive card made by our talented ladies this term.

We are fortunate to have a well stocked cupboard of craft materials to share and donate so that we all benefit.

Next year we start again on 8 February. Do join us at the church supper room at 10am on a Friday. There is no joining fee, committee, or rules. We enjoy the relaxing company with morning tea, and we understand if you are unable to come every week.

We wish you all a Happy Christmas and a relaxing holiday.

Barbara Halse.

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## Meet the Author

Maz Robertson, author of the recently released novel *Cockle Bay*, lives near Mapua on a lifestyle block with her artist husband Barry. *Cockle Bay*, a drama set in Otago, is her first published work of fiction, and to give you an idea of the story, here is the blurb on the back cover:

*It's party time in the quirky village down south and Meg is hoping damaged Luke will find sanctuary here from his war torn demons. Her needs are put aside until his dodgy past catches up with him and she has space to wrestle with her own issues. Against a backdrop of homeland, mountains and the environmental protest movement of the swinging seventies, Cockle Bay exposes cracks in love, loyalty and friendship in this compelling exploration of social connections and disconnections.*

Maz would love to meet you at a public launch and book signing event to be held at Mapua Library on 12 December 6-7.30pm (gold coin donation to the library). A light supper will follow a short presentation of the story behind the story, and copies of her book will be available for purchase.

# Musical Notices of My Life by LM

When your day is long and the night is yours alone. When you're sure you've had enough, of this life, well hang on. Don't let yourself go, 'cause everybody cries, and everybody hurts sometimes". *Everybody Hurts* by R.E.M

In schools, there has always been the tradition of the dreaded cross-country race. This race was scheduled for the coldest, wettest and greyest day of the year. Which meant any day from October to May (northern hemisphere). Everybody hated it, including the ones that were good at it. I fell into that category. I was always winning or close to winning it, not because I was a good runner, but it was down to the fact that I was the sad lonely one who didn't walk it, chatting to my mates.

Although it was called "cross-country", there was no countryside to cross. So, the course consisted of a lap around the school's football pitch and then out along the roads through housing estates before it looped back into the school grounds. The P.E. teachers stood on the pitches and shouted encouragement at us. They were not inclined to follow us, so once out of the school grounds and out of sight, the class all went their separate ways.

One group headed straight for the corner shop. They had enough wit about them to take cash to stop and buy sweets. The other group was even more cunning. Having worked out that Emma's house was on the route, about six of my classmates went there, whereupon they dunked ginger biscuits in mugs of hot tea for twenty minutes. The third group that I was in just kept running. I arrived back through the school gates and finished just in time to see the others running like a stampede towards the finish. No one questioned why they had so much energy towards the end of race or how they got a tea-stained tee shirt along the way.

When I reached my 30s I decided that running might be a good thing to take up again. So, I joined a local running club and started to participate in 5km and 10km races. I enjoyed these distances and the

training runs during the week that we did. However, everyone in the club always talked about the Holy Grail: the marathon. Each year a ballot was held to get a place to run the London marathon, in which all our names were entered. I remember sitting in club meetings and praying that my name wasn't called out. 'Please, please, please don't pick my name out' I thought to myself. My anxiety was huge and all the time I had to pretend that A) I really wanted to get a place and B) I was gutted that I didn't. Year after year I escaped the pressure of running the London Marathon. But this didn't really let me completely off the hook. If you couldn't run a full marathon there were plenty of half marathons to do instead.

There has been a lot research to show that running a half marathon increases your chance of dying by 40% compared to running a full marathon. So therefore, I consider myself to have been very brave to undertake running 13.1 miles or 21km. There is also a statistic that shows for every 150,000 marathon runners, one will die. I found it quite disturbing that, in fact, half and full marathons keep death lists of the runners who have perished by trying to complete the mileage. With all this knowledge in mind I picked my half marathon races carefully.

I entered "The Great North Run" on the 21st September 2003. The race of 21km took place every year in the north of England and about 65,000 runners entered. It started in Newcastle upon Tyne and finished at South Shields. I can't tell you much about these cities because when you are plodding away the kilometres you tend not to take in the surroundings, plus the whole race took place on the major roads between the two cities.

The morning of the race started early. You had to report to start at 6.30am and put all your luggage and warm gear onto a truck, which would be waiting for you at the finish line. Since the race didn't start until 9am it meant you had a few miserable hours hanging around in your running gear with only a plastic bin liner to keep you warm. We were all herded into



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The deadline is the 20<sup>th</sup> of each month with each issue coming out on the 1<sup>st</sup>.

starting pens on the motorway. Where you started depended on what your expected finish time would be and your number on your kit gave this away. The higher the number the slower you were. My number was high and yes, I was towards the back. In fact, I was so far back that I didn't even consider myself to be in the North of England anymore.

At 9am the race was started. It took my group of runners a good 10 minutes to pass the start line just because of the volume of runners in front of us. We ran over a bridge as we left Newcastle when I realised I needed to pee. Thankfully there were port-a-loos just around the corner. I waited at least 10 minutes in the queue for the loo. "Damn", I thought, "there goes my good time that I was hoping to achieve". In theory the course was supposed to be slightly downhill all the way to South Shields, hence the optimist in me was hoping for a good time.

After this comfort break it was back to running along the motorway towards South Shields. With about 5km to go, my legs, knees and feet were burning, I was passed by another runner. Nothing unusual there, except this runner was dressed up as a Jacobs Cream Cracker. My heart sank. I was so slow that people in fancy dress were passing me. But it was I who was the wise one. If you are going to die in a half marathon you're likely to draw your last breath within the last 3km of the finish line. Therefore, by getting slower I was increasing my chance of surviving. So once the cracker had passed me and then someone dressed as a dinosaur, I pondered their demise just short of the finish line. I wonder if the death lists of marathons and half marathon runners indicate whether they were in fancy dress or not. Seeing someone doing CPR on a Jacobs Cream Cracker or a dinosaur would have been surreal! I finished the race in one piece in a time of 2 hours and 40 minutes. A slow time but hey, there was the pee stop and having to negotiate running space around people dressed up as cartoon characters etc.

The next 21km race that I entered didn't have 150,000 runners. It only had 50. So, I reckoned the chance of me surviving was good. The race took place at a small village called Dervock near to where I lived in Northern Ireland. It was the middle of July. The weather at this time of year was supposed to be warm but with it being Northern Ireland you could end up with four seasons in one day. What none of us were expecting was for it to be extremely hot.

Unlike the Great North Run, there was no hanging about before the race. You just signed a piece of paper, put a number on your running top and made your way to the start line. There was a race briefing before the race commenced and the organisers explained that the route was clearly marked and that there would be several water stops along the course. As the mercury in the thermometer climbed towards the 30 degree mark, the signal was given for the race to get underway.

The race soon became stretched out, with good club runners disappearing up country roads before me. I settled back into my nice routine of starting slowly and getting slower as the kilometres began to be eaten up. With the sun out and temperature unusually high, I was looking forward to the first water stop. I knew I was close to one as I could see wet patches on the road where my fellow runners had spilt their water and empty water bottles. As I turned the corner there was an organiser's car loaded up with water bottles. "Oh, thank God" I thought. It was the 5km mark and I needed water. Then just as I was about 800 meters away the car started its engine and zoomed off into the next country lane. "What the heck, I need water, hold on, wait!" I shouted. The car loaded with thirst-quenching water continued on its way. Ok, another 5km and maybe I'd get a drink then. But you can imagine my despair to see the water car disappear again out of my view as I was approaching it. Yes, I was last in the race but there was no need to punish me by denying me water. As I passed the area where once there had been a water stop, I spotted the left-over liquid evaporating in front of my eyes. 5km further on, the same story. At this point I did contemplate licking the left-over water from the tarmac. I continued with no water. I was in the last 6km of the race when a farmer at his field gate saw me. "You've just missed the water car", he said. I couldn't answer as my mouth was so dry. As I was entering the last few kilometres an ambulance drew level with me. "Are you still part of this race?" they asked. I nodded. "Do you want a lift?" I shook my head. I shuffled on.

The upside of running these distances in an organised race is, if you are about to collapse, there will normally be an ambulance or first aiders with defibrillators close at hand. Therefore, your chance of survival is quite high. I did find it reassuring that the ambulance was beside me, but their lack of encouragement was down-heartening. "Just get in", they repeated. "No" I replied. Everybody hurts some time and my hurt was going to end soon. I could see the finish line and like an oasis rising out of desert heat, I spied a table full of water bottles. This time I knew they weren't going to move. I finished in 2hrs 25min. A personal best. So how hard could a marathon be? I would find the answer to that question in Berlin a little later in the year.



# Hello Animal Lovers

Well, it's December already and not long until Christmas. Many people take this time to have holidays and go away to visit family. Sadly, it is also a time when many animals are dumped or put up for adoption. Imagine how they must feel, having been part of a family, to be sent away to somewhere unfamiliar or even threatening.

There are many animal-friendly holiday destinations which cater for dogs and even cats. Also there are people who will pet-sit during the holidays and be happy to stay in a nice destination.

There is another aspect to pet ownership, in that many people get cats and dogs as Christmas presents: fluffy little kittens and small cute puppies, which often grow to be quite another responsibility for owners. It would be preferable that animals were not given as pets for Christmas, as so many of them are surrendered or abandoned the following year.

A pet is a responsibility for the life of that pet. In cats it can be twenty years or more, and in dogs from five to fifteen years, which is a serious commitment particularly when they get into their later years and need special care. Bigger animals such as sheep, goats and horses can also live to twenty or more years, and still should be given the special care they need even if they have outlived their usefulness.

So it is the responsibility of every pet owner to understand that each pet is a sentient being and dependant on their owner not just for food and water, but for social interaction as well. Our animals give us their loyalty in their lifetime and we should be loyal to them in return, which so many animal-lovers understand and provide.

Lastly I would like to wish all animal-lovers a very merry Christmas and safe and happy New Year.

*Sue Mott, Animal Behaviourist*

Sue Mott

Animal  
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# Hills Community Church

As we come towards the end of the year, it is so easy to get swept up in the busyness of this season; of tying up loose ends, and ticking things off.

Whether it is the end of the year looming with work deadlines, or planning for Christmas and family events, there are always things to keep us busy. I wonder whether the busyness that seems to surround much of our lives is one of the major threats to our wellbeing and balance.

It has been said that busyness is often a form of laziness. It can be a way to feel like we are achieving something, but it may be more about avoiding spending time connecting with our soul. In this sense, it may not be the busyness that is wearing us down, but may be the fact that our inner being, our soul, needs attention. And the only way to do that is to slow down, to still the noise and meet ourselves. And it is in doing that we prepare a space for God to meet us. This is the preparation that we need for the Christmas season.

I pray that as we head to the Christmas season that each of us may prepare in our hearts, soul, and minds, a space to welcome 'Immanuel' God with us.

*In Christ, Rev John Sherlock*

My daughter asked me for a pet spider for her birthday, so I went to our local pet shop and spiders were \$70.. Forget it, I thought, I can get one cheaper off the web.

## Advent and Christmas Services in Mapua:

**Advent Season reflections:** An opportunity for peace and quiet reflection. Wednesday 5, 12, 19 December 7pm to 7:30pm at Hills Community Church

**Community Carols at Mapua Wharf:** 6pm Thursday 13th December - This year we will highlight and support the Red Cross Nelson refugee settlement programme.

**Christmas Nativity Play:** Come dressed as a character and join in the fun re-telling. Sunday 16<sup>th</sup> December 10:30

**Christmas Eve Carol Service:** 9pm Christmas Eve  
**Christmas Day: Family Communion:** 9:30am Christmas Day

**Summer services at HCC:** 9:30am 30 Dec – 3 Feb.

## Advent Season

An opportunity for peace and quiet reflection  
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# Tasman Bible Church

## Christmas Already!

The older we get the quicker time travels—this is a little-known fact. Here we are rushing headlong toward the end of another year. When I was young it used to be ages before another Christmas rolled around. Now it comes every couple of months (or so it seems).

The problem with this odd wrinkle in the space-time continuum is that regular things easily become rather blasé. Birthdays, anniversaries, Easter and even Christmas, fall due so regularly they become more or less just another day.

Back in the “good old days” of actual mail, cards and written letters, you had to give thought well ahead of time to special days. Now everything is so much more instantaneous and convenient. But perhaps convenience is a mixed blessing. Does anyone actually bother to send email Christmas greetings? I suspect not.

In 2018 we have so many opportunities to have “special days” it really does take an extra-special day to get our attention. Christmas Day ought to be one of those. But it, too, has become somewhat mundane for many. It is now considered just another holiday, like all the rest. The underlying reality of what Christmas Day represents, however, is remarkable. In fact, it is a wonder the whole country does not come to a standstill as we consider, in awe, what this day signifies in the cosmic scheme of things. Even Christians, people who think a lot about God and about what he has done and is doing in our world, can

easily lose sight of the tremendous truth that Christmas day represents.

J. I. Packer, a respected Christian author, puts it this way:

“Nothing in fiction is so fantastic as is this truth of the incarnation. If Jesus had been no more than a very remarkable, godly man, the difficulties in believing what the New Testament tells us about his life and work would be truly mountainous. But if he was truly the Son of God, it is much more startling that he should die than that he should rise again. And if the immortal Son of God did really submit to taste death, it is not strange that such a death should have saving significance for a doomed human race. The incarnation is in itself an unfathomable mystery, but it makes sense of everything else that the New Testament contains.”

*Geoff Paynter*



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## A Day in the life...

*HIGH ANDES OF PATAGONIA, DAY 7*  
Paso del Viento

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As the view opens up, the uphill toil will be forgotten! Beyond the rocky foreground and moraine rubble, an enormous river of ice can be seen extending to the horizon—The Patagonian Ice-Field—the largest ice mass outside Antarctica and Greenland. It feeds dozens of glaciers that flow into the great lakes of Chile and Argentine Patagonia.

Time to absorb the scale of the surroundings before we make our descent back to camp.



## Fishing Contest

Sunday the 11th of November saw the return of the Mapua Boat Club's annual fishing competition. Due to the February storms and subsequent damage to the Club rooms the event had to be postponed from its usual date in March. Holding this event in the spring would seem to be the way to go with a bumper turn out of 60 entrants across the three age groups.

Thanks to sponsorship from Hunting and Fishing, Jellyfish and Coppins Great Outdoor Centre excellent prizes were up for grabs! Well done to Edward (under 6 years), Emily Jane (6-9 years) and Luke (10-12 years) who won in their divisions.

At left: Two of the proud winners with their prizes. More pictures on page 30.

**Ukefest - Mapua wharf**  
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# SUMMER 2019

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M	T	W	T	F	S	S
24 Closed	25 Christmas Day Luncheon	26 Boxing Day Cricket	27 The great 2018 QUIZ NIGHT	28 JORDAN LUCK BAND	29	30 BOOGIE TRAIN BLUES BAND
31 The Best 1980's New Years EVER!!	1 OPEN 11am till Late	2 Murder Mystery	3 Paul Madsen Superstar Show	4 Johnny Cash Tribute	5 Fleetwood Mac Tribute	6 Open 11 til 4
7 Closed	8 Closed	9 OPEN 11am til 4pm	10 All you can eat ribs night	11 Roller Coaster Blues Band	12 David Bowie Tribute	13 Open 11 til 4
14 Closed	15 Closed	16 WEDDING CLOSED TO THE PUBLIC	17 All you can eat ribs night	18 Neil Diamond Tribute	19 Paul Madsen Superstar Show	20 Open 11 til 4
21 Closed	22 Closed	23 OPEN 11am til 4pm	24 Andrew London Trio	25 Adam McGrath of the Eastern	26 Bryce Wastney	27 Open 11 til 4
28 Closed	29 Closed	30 OPEN 11am til 4pm	31 All you can eat ribs night	1 THE CHILLS	2 WEDDING CLOSED TO THE PUBLIC	3 Open 11 til 4
4 Closed	5 Closed	6 OPEN 11am til 4pm	7 All you can eat ribs night	8 Isaiah B Brunt Blues Trio	9 NADIA REID	10 Open 11 til 4
11 Closed	12 Closed	13 Closed	14 Closed	15 Jermery Elwood + Michelle Acourt	16 1970s Disco	17 Open 11 til 4

# A Busy Day at the Mapua Wharf



## Postal Delivery

We can post you the *Coastal News*.  
Email [coastalnews@mapua.gen.nz](mailto:coastalnews@mapua.gen.nz) with your postal address and we'll give you bank details to pay \$20 per year.

## COMMUNITY CAROLS

THURSDAY 13TH DEC  
6:00 PM

MAPUA WATERFRONT PARK

JOIN US FOR  
COMMUNITY CAROLS LEAD BY  
MOTUEKA DISTRICT BRASS BAND

ALSO:  
MAPUA SCHOOL  
TAMAHA SCOUT CUB PACK  
CHILDREN'S ITEM

CHRISTMAS TREASURE HUNT  
CHRISTMAS TREATS

WE'D LOVE TO SEE YOU THERE  
BRING A PICNIC TEA AND A BLANKET

FOR MORE INFO CONTACT:  
HILLS COMMUNITY CHURCH  
TEL: 540 3848

(IF RAINING: AT HILLS COMMUNITY CHURCH)



Contestants and supporters at the at the Mapua Boat Club's annual children's fishing competition at the Mapua wharf last month. See also page 27.

# Motoring with Fred

## Māpua Car of the Year

It's the time of the year where I have to review some of the great cars I have written about this year. That doesn't mean how expensive or fast it went, but usually a number of factors. Some people might not understand, but you can actually love a car, or at least be very bonded to it, usually for some historic, passionate reason. Following brands, modifying or "rodding" a car is a personal expression which is an art form a bit overlooked in New Zealand. For myself, it was reading American magazines in the 1960s looking at those big cars, saying, "I will have one of those one day", and I did.

Terry's Porsche Carrera 2 (top) was one of the fastest sports cars I have ever been in. Thanks Terry for letting me drive around Ruapuna down in Christchurch. The blaze of speed and noise was every little boy's wish: to have a go on a real race track driving a real sports car. Your urging to go faster even on the corners really tested me, and I can see why you have a passion for your Porsche Carrera. It was hard to comprehend that you can get so much power out of a 3.6 litre engine. Terry, great car and it is the winner of Māpua Car of the Year.

Pete's Nissan 300ZX sits nice and low-down, so close to the road it was the same feeling as being in a Formula One car. The 300ZX has a well set-out dash, with all controls and gauges in easy view. Paint a nice fire-engine red and a wedge body shape that won't ever date. The 222hp V6 engine sends it along with a blaze of power and noise like a true Japanese sports car. Pete, your car is second in the Māpua Car of the Year.

Richard's E-bike. This was my first ride on an electric bike and I was very impressed. Styled as an American beach cruiser with the sand/snow tyres, it looks great with contrasting orange/black paint. Running gear from proven brands like Samsung battery, Shimano drive train and hub, seven-speed settings and Mozo suspension. All components were good quality gear. A ride on it proved without doubt that this bike is transport for the new environmentally conscious world. It costs \$1.40 to charge the battery.



I could not fault it. Richard your bike is third in Māpua Car (bike) of the Year.

It is coming up for the campervan season, so watch out for slowing down and indecision from drivers. People using GPS to locate themselves get distracted!

Merry and safe motoring – well maybe make it a "happy and safe motoring".

*Fred Cassin*

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## Treating Headache Pain with Chiropractic Care

**H**eadache pain is the third most common reason why people come in to see us. There are many reasons why a person may get headaches and currently the research says that in order to successfully manage headaches we must first make an accurate diagnosis.

Being able to think clearly and calmly allows us to make decisions, process emotions, and carry on with our day-to-day lives. That clarity can be easily destroyed with a strong headache. Many people have occasional headaches, but frequent headaches that affect your ability to sleep or get on with your day can be disabling.

**Types of Headaches:** The most common form of headache is tension-type headache with a global prevalence of 38%. Next most common form of headache are migraine, which has a prevalence of 10%, chronic daily headache 3% and cervicogenic headache 2.5 ~ 4.1%.

Tension-type headaches commonly present as mild to moderate, described as pressing, tightening or band-like tension around the head.

Migraine headaches usually last from 4 ~ 72 hours and at least two of the following: One-sided head pain (although 40% will be both sides), pulsing or throbbing, impairs daily activities, or is intensified with exertion. In addition, at least one of the following: Nausea/Vomiting, sensitive to light or sound. If your headaches last less than four hours it usually is not a migraine.

With cervicogenic headaches, the neck is the source of the problem but the pain is localised to the

neck/skull region. It may also project to the forehead, orbital region, temples, or ears. This sort of headache is brought on or aggravated by certain neck movements or a sustained neck posture. This sort of headache pain is the result of trauma to the neck at some point.


**Where To From Here:** The causes of headaches are not always well understood but a family history of headaches, neck stiffness, and stress are common factors. Both tension-type and migraine headache are complex neurological entities and not as straightforward as many people think. To add to this complexity, a person may not fit into one specific category. For instance, someone may seem to have tension headaches, but they also get a bit of nausea.

Here at Coast & Country Chiropractic Centre we can assess, diagnose, treat and help you to manage your headaches. Current evidence suggests that chiropractic care, including gentle chiropractic adjustments, can be effective in treating the different types of headaches. Studies have also shown that chiropractic care can help decrease the intensity and frequency of migraines.

It all starts with a very thorough history of your headaches and an examination. Treating and managing people with headaches can at times be straightforward or complex. It will involve biochemical, structural, psychological or environmental factors and most often a combination of either or all of the factors listed. Once the correct type headache has been identified and diagnosed, then we are better able to treat it and manage your headaches. We will advise and guide you on the steps you can take to help yourself once you are doing better.

It's important to take headaches seriously. Consider consulting us if you often have headaches, if you frequently take a pain reliever for your headaches, if your headache pattern changes or if your headaches are getting worse. Seek prompt attention if your headache is sudden and severe, follows a head injury, or is accompanied by fever, stiff neck, weakness, numbness, or difficulty speaking.

*Dr Ron Howard*



Coast & Country  
**Chiropractic  
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## Playcentre

My son has a huge interest in Christmas, as many children do, and he asked me recently what I would like from Santa. I actually considered his question seriously and, after several new car models flicked through my mind, I came to an interesting and pleasant conclusion that I think Santa has already given me everything I want. By that I don't mean that my car is top of the range, or even new for that matter, but instead, I realise I am already blessed and so very lucky.

If you are reading this article, there's a good chance that you are blessed in the same way. I'm talking about our good fortune to live in this gorgeous place. The Nelson/Tasman area is a true stunner. Not only is it so beautiful it makes your heart flutter, but it is also safe for our kids, friendly, vibrant and creative. I don't need to go on; you already know. Right at the moment with summer knocking on our door I am falling in love with it all again, as I do every year. Life is pretty good here in this lovely community and in answer to the question of "what do I want?" I proceeded to tell my son all about how lucky we are with the things we have. He was probably left wondering how we went from Santa to a lecture, but I hope the general message seeped in.

Mapua Playcentre is a part of what makes this community special for my family. The setting is

beautiful and the people are warm and welcoming. We now have some spaces available for the Monday session as well as the Friday, so if you are looking for another way for you and your children to enjoy our shared backyard, then this is for you. We offer a term of free sessions for first time families, and all children under two are free. Session times are Mondays and Fridays 9:30am – 12pm during school terms. You can find us at 84 Aranui Road (behind the tennis courts by the scout den). Alternatively, please contact us with any questions you have either by phone: Kathryn on 021 2534264, email: mapuaplaycentre@gmail.com or find us on Facebook.

From everyone at Mapua Playcentre we wish you and your family a very merry Christmas, and a safe and happy holidays. Merry Kirihimete me te Tau Hou hari.

### From the Mouth of a Playcentre babe...

*Master 4: "Santa must be partly nocturnal mummy. He doesn't sleep all Christmas Eve you know."*



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# Noticeboard

**Place to park** wanted for my modern campervan on a small lifestyle property between Māpua & Tasman. I live very peacefully, respect privacy, don't smoke & no pets. Need access to water. Relocating from N to S Island. Julianna: 021 0277 4396, julianna.selak@gmail.com

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

**Lynda's exercise classes** in Māpua Hall will run on a casual basis from 11 Dec until 1 Feb 2019. Please contact Lynda for timetable & fees: 027 222 1492 or lynda@hht.co.nz

**Māpua Friendship Club** will meet Thursday 20 Dec, but not 28 December. On Thursday 17 Jan & Friday 25 Jan will be our usual Bowls & afternoon tea. Enquiries: Val 540-3685.

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

**Māpua Boat Club** nights Thursdays 5.30-7.00 at the Club rooms, Māpua Wharf. Visitors and guests welcome. Info: mapuabcsecretary@gmail.com

**Māpua Fellowship Group** (formerly Probus): Māpua Hall, first Fridays 1.30pm. A social group with interesting speakers and a monthly social lunch. Contact: Club Pres: John Sharman, 540-3642.

**Ruby Coast Walking Group** meets 9.30am Wednesdays by Tasman Store. Walk ~1½ hrs, then coffee & muffin back at the Store. All welcome. Just turn up. Fiona 526-6840, fiona.oliver @xtra.co.nz

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

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

**Ruby Coast Run Club** meets 7.30am at Java Hut most days of the week. Info: Debbi 027 327 4055.

**Daytime Book Group:** Meets first Tuesdays 9.45am. New members welcome. Anne 540-3934

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

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

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

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

**Ruby Coast Newcomers Social Group:** meet new peo-

ple, make new friends. Coffee 10am last Fridays at Tasman Store & occasional social events. Just turn up. Vivien/Richard 526-6707, vpeters @xtra.co.nz

**Tasman Area Community Association (TACA):** 7.30pm last Wednesdays (not Dec) at Tasman School. All Ruby Bluffs to Tasman & Kina residents are welcome. Info: tasmancommunity.org.nz

**Croquet Māpua:** Come join us Sundays 1:30pm & Fridays 10am at Māpua Domain / Iwa Street end. All abilities welcome. Inquiries Myra Boyd 021 146 0234.

**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

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

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

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

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

**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

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

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

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

**Taoist Tai Chi** Beginning class Tuesdays 1- 2.30pm. Continuing class Wednesdays 12.30 - 2.30pm. All welcome. Enquiries 545-8375

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

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

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