

Māpua Boat Club

New Commodore appointed – Andrew Butler

Andrew and his wife Susan made the move to Māpua from Canterbury, three years ago. Andrew says his prior boating experience is limited to water skiing on the Southern lakes, some cray fishing in the waters off South Westland with his son in law and the occasional trip up snow fed rivers.

Moving to the Tasman area has been a fabulous lifestyle change and he was drawn to the Māpua Boat Club where he has enjoyed the friendliness of the members.

Andrew looks forward to his role as Commodore and hopes to see movement forward on the issue of a replacement boat ramp for the Māpua Community.



Kids Fishing Competition—Sunday 17 November.

After an overcast start to the day it gradually brightened up and around 15 families – Mums Dads and children - turned up just on 1pm for the start of the fishing competition.

Lines were dropped over the jetty and the anticipation was evident as the kids started putting their lines down



and bringing them up all excited when they caught a fish or some seaweed.

There were several types of fish caught: baby mullet, kahawai and garfish, along with red, brown and green seaweed.

While all this was going on, the BBQ was in full swing providing sausages and bread for the hungry boys and girls plus their parents.



At the prize giving ceremony, Margaret Cotter presented a new trophy for the biggest fish of the day; in memory of her late husband, Ralph.

This went to Under Six entrant, Basil Tennant who will get his name engraved on the trophy. The trophy stays at the boat club but Basil received a small miniature trophy which he will keep.

There were also several spot prizes given out.

Many thanks to our kind sponsors:

Hunting & Fishing, Jellyfish Restaurant, Hamish's Café, Margaret Cotter and John Clinton



Results:

Under 6 Years

Basil Tennant
Hugo Talley
Xavier Johnston

6-9 Years

Issacc Stephens
Charlie Fillary
Lucy Johnston

10-12 Years

Danny Bruce-Miller
Jonah Bruce-Miller
Hunter Davis

Full house for Dr Mike Joy in Māpua

Dr Mike Joy attracted a large audience in the Māpua Hall on Thursday 7th November with a powerful presentation on the science that points to a world that is nearing its limits to growth.

He explained how food production and transport are totally reliant on energy from fossil fuels.

His message was sobering and shocking at times, but also hopeful for a future where New Zealand can lead the world by example if we *all* start changing now.

Dr Joy referred to the report "Limits to Growth" (1972), in which a group of scientists showed models and graphs predicting the implications for our food and energy systems that now, after almost 50 years, prove to be scarily accurate.

Population growth has been the main driver for having more animals grazing the land. Although intensification and irrigation of the land has seen huge increases in GDP for New Zealand since the 1980s, it also subsidises our reliance on fossil fuels for our food production.

Dr Joy showed that relying on only renewable energy and new technologies will not be the solution to the problems we're facing.



There is no 'one' answer to this. The world is simply too small. The solution is in our lifestyles. We need to go back to small and simpler living within local communities. Dr Joy recommended this site for ideas on simpler lifestyles: www.futurelivingskills.org

The evening was greatly facilitated by our local Steve

Richards from Jester House, who captured the evening very well by concluding, "Your greatest responsibility is to be good ancestors"!

The audience were very interested and had many questions for Dr Joy. Conversations carried on during supper.

Local Matters is a programme organized by the Motueka branch of the Green Party. The focus is on sustainability and social topics rather than politics.

We invite various speakers and show movies with the aim of sharing ideas and engaging in a discussion with the community.

The past year has seen several talks on freshwater quality, climate change and an evening on co-housing.

Local Matters is taking a break for now and will be back early next year, looking at examples of some positive changes happening within our local community.

Anyone interested in receiving more information on Mike Joy's presentation, contact Petra Dekker on 021 0292 6209.

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 - a fun packed KidsZone & Animals
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Festival news & competition details - www.saraufestival.co.nz

High Summer Casual Exercise Classes
in the Mapua Hall 2019-20.

9 weeks pay-as-you-go classes, start January 3rd, end February 28th. Early start times, *ten-trip ticket* option is cheaper than the Casual rate. All classes 55-60 min long.

Tuesday	6pm	Cardio/Strength
Tuesday	7.05pm	Pilates (all levels)
Wednesday	8.30am	Aerobics
Wednesday	9.30am	Pilates (all levels)
Thursday	8.30am	WAKEFIELD Aerobics
Thursday	9.30am	WAKEFIELD Pilates (all levels)
Friday	8.30am	Cardio/Strength
Friday	9.30am	Pilates (all levels)
Saturday	8.30am	Weight training: Jan 18, Feb 15
Saturday	9.30am	Pilates (all levels).

Ten-trip ticket, use for any class any time in the 9 weeks;
\$75.00 (\$8.33 per session).

Casual rate (pay per class); \$10.00.

Double-header discount (Cardio then Pilates on the same day); \$17.00 for both classes (\$8.50 each).

All tickets will expire on Feb 28th when a new term starts. Tickets are transferable between members of the same family but not outside family.

Contact Lynda 0272221491 for more details.

Book Review: Drawdown – The Most Comprehensive Plan Ever Proposed To Reverse Global Warming

Drawdown – Edited by Paul Hawken, published 2017, New York Times bestseller - available in Māpua Library.

With such dire climate predictions from scientists, greenhouse gases continuing to rise and little sign globally of the required political, corporate and personal will for change, I have become increasingly guilty of thinking “game over” when it comes to the fate of the human race.

Then along comes this book that is embedded with optimism! The editor sees global warming “not as an inevitability but as an invitation to build, innovate, and effect change, a pathway that awakens creativity, compassion, and genius.”

The book addresses the climate crisis at its very roots, gives an opportunity to examine ourselves and our relationships with the environment and, most importantly, the means to believe that a different world is possible.

It is beautifully laid out with stunning photographs, very easy to read, comprehensive and well deserving of the broadest possible readership.

Drawdown brings together an international group of researchers and scientists to offer a set of meticulously researched, realistic, and in some cases startling, solutions to climate change.

One hundred effective techniques and practices are put forward. Some of these are well known and some I had never heard of. All of them already exist, are economically viable, and communities throughout the world are successfully using them.

“If deployed collectively on a global scale over the next thirty years, they represent a credible path forward, not just to slow the earth’s warming but to reach drawdown.”

This “drawdown” refers to safely sequestering the excess carbon that already exists in the atmosphere alongside lowering current emissions of greenhouse gases. Just reducing carbon emissions is not enough and with this drawdown emphasis the book differs from many other climate change books.

Each solution is then ranked in terms of its potential for lowering and sequestering carbon, the net cost of the technology, and the net savings. Perhaps the biggest surprises for me (and apparently for the researchers) were in these rankings - e.g. the solution with the largest potential impact is in dealing with the chemicals in refrigerators and air conditioners, correctly recycling them and finding alternative coolants.

And reducing food waste is more impactful than massively ramping up solar farms - in fact 8 of the top 20 solutions are related to food. The rankings of the solutions, and the reasons why, are fascinating!

This has to be one of the most important books of our times being a vital, practical framework for addressing climate change and putting the earth back into balance. And thankfully, to this sometimes “game over” reader, it offers hope – to visualise a brighter, cooler, more equitable, regenerative and sustainable future.

For further information: <https://www.drawdown.org>

Reviewed by Diane Sutherland

Below are the top 10 of the 100.

Solutions by Rank			TOTAL ATMOSPHERIC CO2-EQ REDUCTION (GT)	NET COST (BILLIONS US \$)	SAVINGS (BILLIONS US \$)
Rank	Solution	Sector			
1	Refrigerant Management	Materials	89.74	N/A	\$-902.77
2	Wind Turbines (Onshore)	Electricity Generation	84.60	\$1,225.37	\$7,425.00
3	Reduced Food Waste	Food	70.53	N/A	N/A
4	Plant-Rich Diet	Food	66.11	N/A	N/A
5	Tropical Forests	Land Use	61.23	N/A	N/A
6	Educating Girls	Women and Girls	59.60	N/A	N/A
7	Family Planning	Women and Girls	59.60	N/A	N/A
8	Solar Farms	Electricity Generation	36.90	\$-80.60	\$5,023.84
9	Silvopasture	Food	31.19	\$41.59	\$699.37
10	Rooftop Solar	Electricity Generation	24.60	\$453.14	\$3,457.63

Edited by Andrew Earlam and Mary Garner. Views expressed are not necessarily those of the editors. We aim to have the newsletter out by the 1st of the month. The deadline for emailed items to news@coastalnews.online is the 20th of the month. Noticeboard items are a gold coin donation in the collection boxes. Club notices are free. Printed by the Tasman District Council.

*Woohoo—we have found a **volunteer** to use Publisher in the production of the **Coastal News!***

Māpua Community Choir

Do you enjoy singing in a group? Might it be something you or your friends and family would consider participating in?

John and Hilary Botting are newish residents in Māpua (arrived here Dec 2018). John has a background in primary and secondary school music teaching, directing school and community choirs and is a member of the New Zealand Male Choir.

Currently Māpua does not appear to have a community choir and John has offered to help get one started in the New Year if interest in such a venture is forthcoming. A choir in Māpua would focus on the enjoyment of singing in a group. It would be an all-comers choir with no auditions required. An evening practice once a week is envisaged.

Reading music would be an advantage but certainly not essential.

Expressions of interest can be emailed to Neville & Helen Bibby: n-h.bibby@actrix.co.nz or phone Helen: 027 459 3989



ART WALK
TREWAVAS STREET, MOTUEKA
DECEMBER 7, 2019
10AM-4PM RAIN OR SHINE
 40 local artists exhibiting paintings, ceramics, carving, weaving, wrought iron and more.
FOLLOW THE YELLOW BUNTING FLAGS.
FREE ENTRY.

UKULELE ENTERTAINMENT
11am to 1pm Sunday, 15th December
 On the Rise opposite Trail Journeys Bike Shop, down at the Mapua Wharf
 Hear the Coastal Stringers, Mother Pluckers and Ukulele Crazee (Motueka)
Everyone welcome for a sing along including Christmas Carols


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

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

With 20% discount for long-term advertising (3+ months) and prompt payment by internet banking only. The deadline is the 20th of each month with each issue coming out on the 1st.
 There is no separate January issue—next one 1 Feb.
 E: news@coastalnews.online for more information.



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The Association (MDCA) has set up a Givealittle page to raise funds for an AED (Defibrillator) for the Ruby Bay area.

The AED will be sited on the building in Ruby Bay that houses the hairdresser and fish & chip shop to serve residents between Māpua and Tasman.

Jennian Homes will provide a device at a reduced price but we need to raise \$2700

To donate please go to our Givealittle page:
www.givealittle.co.nz/cause/funding-an-aed-for-ruby-bay
 or via the Community Association’s Facebook page:
www.facebook.com/māpuacommunityassociation



WHAT'S BEEN HAPPENING...

Whenua Iti Outdoors winners of Business Award

It's fair to say we were a little bit chuffed to be the recipients of the Nelson Tasman Chamber of Commerce Mediaworks NZ Medium Business Award for 2019. It was a change to see staff and board members dressed up for a black tie event instead of the usual tramping boots & jandals! We were impressed by the number of awards handed out to businesses & business people who are passionate about the environment, the community & making a difference for our region.

The award is not only a reflection on our team, but of the amazing assistance we receive from our partners, funders and supporters who enable us to deliver the increasing range of programmes on offer to the community – a heart-felt THANK YOU for being behind us. We couldn't do it without you! *He waka eke noa. We're all in this together.*

WHAT'S COMING UP... *NEW Civil Defence Emergency Response Programme*

We're thrilled to be able to offer this new course to Year 13 secondary students as of next year, giving students the opportunity to complete up to 20 credits at NCEA Level 3. Students will experience simulated emergency exercises and gain essential rope skills & techniques used in emergency outdoors situations. Perfect if you're keen on being safe & skilled in the outdoors, this is a great follow on from the Level 2 Uniformed Services programme. If you're interested in finding out more about this course you can email us at info@wio.org.nz or head to our website www.wio.org.nz.

FOCUS ON... *A Student Voice*

Ever wondered what our students think? A recent graduate of the Manaaki Tāpoi programme, Micaela, wrote an amazing article on her experience and shared it with us. She writes that the course "has allowed me to grow in confidence, develop my leadership, gain communication and organisational skills, experience new things, work with international and primary students, and earn credits in a fun and hands on way." She also suggests, "If you are even slightly interested in either Te Ao Māori or Tourism or are just looking for an extended whānau I would highly recommend that you apply for Manaaki Tāpoi – it's something you will not regret!". You can read her full blog on our website: www.wio.org.nz

OUTDOOR WANDERINGS... *New Paparoa Track Opening*

New Zealand's 10th Great Walk is opening on 1st December 2019. The Paparoa Track crosses the Paparoa Range from Blackball to Punakaiki and is the first track designed for both mountain bikers & walkers, taking you through alpine tops, limestone karst landscapes and thriving rainforests with breath-taking views. We can't wait to check it out!



Mark Bruce-Miller with the Business Award.



Students in a simulated emergency situation in the outdoors.

We'll see you out there!



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MDCA—Community Association

Ways our Community Cares

HOT TOPIC - THE MĀPUA CARE CENTRE INITIATIVE

Members of the Dale Vercoe Community Charitable Trust Board – Kathryn Kingdom, Tim Manning and Ron Oliver gave a shared presentation on this venture as the hot topic at the November 2019 meeting.

They acknowledged the 2016 gift of seven acres of land by Dale Vercoe as a “valuable gift to the community”, to be used for a community care initiative providing health and respite care to those in need in the local community, emphasizing that “ we must work together to make it happen.”

Initial Vision:

- Self-sustaining model* not reliant on ongoing charitable donations or government funding; build 30 small self-sustaining low-cost retirement units to fund the community care centre.
- Co-location – encourage an integrated community health facility with other services on site such as Health Centre and pharmacy.
- Co-operative community partnerships – co-operate and communicate with other community groups “joining forces wherever possible”.

Progress 2016- 2019 in researching & developing the concept; establishing the Trust Board and fundraising was described, supported by illustrated power-point slides.

Current situation

May-Sept 2019- TDC confirmed that while they were willing to go on supporting, there “were problems with the land being offered”, as the upgraded sewerage system

would already be working to capacity when completed and “will not be providing services on that land”.

October 2019- MNDHB indicated that in terms of the concept fitting into their strategy, they:

- Saw the need for respite day-care and were willing to provide planning and support for this.
- Did not see how they could support overnight care and cited Motueka as next tier up for providing such care.
- Encouraged the concept of co-located facilities with provision of respite care; a pharmacy and a health centre in one area providing an integrated community facility.

What next?

- All research, including the Māpua & Districts Community Wellbeing Survey, has supported the same coherent message.
- The revised vision includes co-location with the Health Centre; the planned retirement units on a separate site; but does not include the provision of overnight respite care.
- Future work all needs to be in communication and co-operation with other community groups “joining forces whenever possible”. Trustees need to be more representative of our community.
- Ongoing conversations with Dale Vercoe Family Trust members to formalize “the gift” and decide what can be done if unable to build on that land.
- Secure partnerships for more sustainability.

In response to queries from the floor it was noted as “very unlikely that TDC would make an exception to Māpua Zone Urban Zoning to include the Dale Vercoe land”.

(continued on next page...)

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MDCA report continues...

The Trust needs to explore other options and would return to TDC if unable to locate alternatives. Marion Satherley (MDCA Chair) noted that the Association will support any further investigation into this challenge and future options.

Other Association members supported and indicated their wish to be part of the co-operative community approach in developing integrated community facilities.

This presentation was live-streamed and is available for viewing on the Association's Facebook Page. (facebook.com/MapuaCommunityAssociation)

FORUM

Christeen McKenzie was welcomed as the newly elected Ward Councillor and it was noted that she is the deputy chair of the newly established TDC Operations Committee. She affirmed the value of input from locals noting that she was "keen to engage and participate".

Ged Hay introduced himself as a local parent/grandparent and local fire-brigade volunteer. He presented his concerns about the rollout of Telecom's new 5GPhone system and urged residents to become informed.

WARD COUNCILLORS' REPORT

It was noted that TDC would now provide a summary report of events/projects/decisions for each month to enable residents to be able to ask councillors questions about these at monthly meetings.

Water/Sewerage Pipe Update - after April 2020 two gangs will work on this to keep to the planned schedule.

Dry Weather Taskforce—this was already meeting with predictions of water restrictions over the summer.

TDC Reserves- all of these are being considered for re-classification. The timeframe for our local area is Nov 2019 – Feb 2020: Marion asked Cr Dean McNamara to extend this timeline to enable local input into the draft.

SOCIAL MEDIA

Bruno noted the intention of providing information on the website prior to Association meetings, was so that those attending could identify their interests and concerns and be prepared to comment on or query these at the meeting. Facebook attracted 156 views this month with key posts being local speed limits, Project Janzoon and Ruby Bay AED Give a Little page. Bruno noted that the website was, "as secure as can be" after 'the Hack'.

MĀPUA WATERFRONT & WHARF

Marion Satherley (MDCA rep on the Māpua Waterfront Working Group- MMWG) noted that construction on the Ngaio Tree Reserve development will begin in April 2020.

Motueka High School expressed interest in their students (who are studying woodwork and metalwork) making seats for the reserve as part of their assessments.

This idea was enthusiastically received and the suggestion made that plaques be put onto the seats indicating this contribution.

DOMINION FLATS ENVIRONMENTAL PROJECT

Helen Bibby reported that new tracks would be worked on and that completion of the mural in the Underpass by Māpua School students was planned for early 2020. A new track pamphlet is available showing tracks and plantings.

COMMUNITY WELLBEING/TRANSPORTATION

Elena Meredith reaffirmed the intention of working co-operatively with such groups as the Dale Vercoe Trust on community wellbeing.

Transport working group- the plan is to set up a focus group for local senior residents to discuss and suggest more specific details following up data from the community wellbeing survey. Anyone interested in being part of such a group, please contact Elena at elena.meredith@xtra.co.nz

Health working group- Vicki Stocker noted that a comprehensive list of services available in Māpua has been received from the DHB. The working group will now research the realities of the availability of such services in our own area and then publicize the results.

WATER /ENVIRONMENT

Bruno Lemke reported from the **Ruby Bay Coastal Homeowners' Group** – noting that following the meeting with Rob O'Grady (TDC Engineering Project Manager) and local residents, Rob had undertaken to come up with a plan including the homeowners' input by the end of the year.

ROADS & PATHWAYS

Wayne Chisnall reported that:

- The extension of the footpath from Māpua Drive to Mamaku Drive will be completed in the current financial year.
- The access pathway to the Bowling Club and other facilities) needs sealing as part of the Reserve; it has been classified as a "major capital work."
- Ongoing support is needed so that the sealed pathway from Moreland Way can be extended to the Old Mill Walkway.

•

AN AED IN RUBY BAY?

Wayne Chisnall has set up a "Give a Little" page to be posted onto Facebook enabling Ruby Bay residents to support and help in the \$2,800-\$3,000 fundraising required to purchase and install an AED in the local area.

Currently \$1,000 has been pledged. This would make a total of 5 in the area – residents were encouraged to support this project.

FUTURE HOT TOPICS:

Possibilities for 2020 were discussed – these will be determined at the December meeting and posted on the Association's Facebook page.

Be sure to attend our next monthly meeting: (last for 2019)

Monday, 9 December at 7 pm, Bill Marris Room, Mapua Hall. Refreshments & a chance to celebrate the year will be provided – all welcome!

MDCA works closely with TDC to ensure our community functions in a way that suits the majority of our residents. To have a vote that counts, become a financial member of MDCA by simply paying a \$10 membership fee to our NBS account 03-1354-0356471-00 with your name & phone number as a reference.

Elena Meredith

Moutere Hills RSA Memorial Library

Wednesday Later Opening: Confirming that we have moved later opening back to Wednesday in line with the Health Centre's later opening. The committee is reviewing our opening hours and is interested in your thoughts - is 6.30pm late enough for later opening? For those of you coming in on the way home from work, can you get here by 6.30pm? Feedback and thoughts very welcome to Mapualibrary@xtra.co.nz

Summer Book Sale – Saturday 4th and Sunday 5th January – at the library: Come and purchase your holiday reading and support the library! Bring your family, neighbours and visitors down to the library for a browse. Most books \$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 fundraising 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 will be a box in the library foyer to receive your donation - or hand it in at the counter.

Look out for our ticket sellers outside Māpua 4 Square from 11-14 December inclusive – the hampers always look magnificent.

Christmas-New Year Closures: We are closed on statutory holidays.

Art Displays: Ann Bannock's stunning collage and ink work will be followed by Betty Salter's paintings which will be displayed from 10 December. Barbara Trotter's pastels will be hung from 21 January. You are always 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 Richmond** and **Whitcoulls Richmond** in particular.

Visitors to Māpua: If you are visiting Māpua, 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

Monday 2pm-4.30pm
 Tuesday 2pm-4.30pm
 Wednesday 2pm-4.30pm (extended to 6.30pm during daylight saving)
 Thursday 10am-12.30pm; 2pm-4.30pm
 Friday 2pm-4.30pm
 Saturday 2pm-4.30pm
 Mapualibrary@xtra.co.nz; Facebook: Māpua Community Library; mapuacommunitylibrary.co.nz
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Letter—rogue dogs.

Dear Editor

Since the slaughter of lambs on a Mapua farm only weeks ago there have, incredibly, been further incidents of local pet dogs worrying and attacking stock.

People who come to live in Mapua seeking a rural lifestyle for their children or the cuteness of running a vineyard, must realise that a rural life includes birds and animals that provide us with our woolly jumpers, frittatas, racks of lamb and yoghurts.

Moving into a rural environment and letting pet dogs do their own thing makes untenable the very lifestyle we like to think Mapua offers.

Dog owners may not realise that a dog found simply among stock can be destroyed on the site before it does damage.

And a dog control officer also can be contacted 24/7 on TDC's after-hours number.

Yours sincerely Helen Beere.

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Safe Driving Over The Holidays

Perrys Auto Team wish everyone a safe and happy Christmas and best wishes for 2020

Check the website for holiday season opening hours

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Hello Animal Lovers

Well once again we come to the end of the year with Christmas and summer holidays. There is always the question of what to do with our animals.

Sadly many owners decide to surrender their pet to the pound, which seems inconceivable to anybody who loves their pet and considers it part of the family. However the reality is that each year the SPCA is inundated with unwanted pets. This is of course distressing for the animal who cannot understand why they have left their family and unfortunately many do not get rehomed.

The majority of people however, do make alternative arrangements by either getting a pet sitter or putting their cats and dogs into catteries and kennels. It is always difficult to find a really good place and often they are booked up and unavailable.

It is good to see that many holiday homes and destinations are dog friendly so the family dog or dogs can go on holidays too. Unfortunately, it is usually not possible for cats as they tend to run away from a strange place and cannot be contained.

So it is a difficult decision as to what to do with animals; they are after all, a commitment for the life of the pet and that should be understood by all owners.

It is very distressing for all pets if they are forced to move from their home or even be with strange people for a while. A regular routine with someone they know and trust is what is required.

It is best not to own a pet if people go away a lot and I like the scheme whereby someone can borrow a pet for the day then give it back to its owner; an arrangement that can work well for both parties.

In the end most of us stay home for the sake of our animals who give us so much loyalty in return.

Wishing everyone and their beloved animals a very good Christmas and New Year

Sue Mott, Animal Behaviourist

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- † Gingerbread Christmas trees †
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xxx Gluten Free Fruit mince pies xxx

- ‡ Chocolate Yule Logs ‡
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Sean and Annie, along with all our wonderful staff wish you all a very Happy Christmas !!

WIN WIN WIN WIN WIN WIN WIN WIN WIN WIN WIN WIN WIN WIN

Drawn on Saturday 21 December 2019

Bring this coupon in to go into our Christmas Draw to win a Decorated "Chocolate Yule Cake"

Name..... Phone.....

Māpua Health Centre

2019 has been a busy and interesting year for Māpua Health Centre. 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. These 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, 2020 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 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 5402211.

From 1 December 2019, PHARMAC will be funding a meningococcal vaccine (Menactra) for those aged 13 to 25 years, in close-living situations. This means that one dose of the vaccine is funded for those aged 13 years to 24 years (under 25 years) who are entering within the next three months or are in their first year of living in boarding school hostels, tertiary education halls of residents, military barracks or prisons. In addition, from 1 December 2019 to 30 November 2020 people already living in boarding school hostels, tertiary education halls of residents, military barracks or prisons will also have access to this vaccine.

The National Cervical Screening Programme has changed the start age for cervical screening from 20 to 25 years. This took effect 1 November 2019. If you are under the age of 25 and have started screening this change will not affect you. We will continue to recall you for your cervical screening. If you are under 25 years, you will be invited to start on the cervical screening programme close to your 25th birthday.

It is safe to start screening as soon as you receive your invitation. Remember, if you don't receive an invitation,

please contact us to arrange an appointment. If you are unsure please do not hesitate to contact one of our nurses regarding either the Meningococcal Vaccine or Cervical smears.

Did you know that there is funding available to many people for Long Acting Contraceptive Devices? Please book an appointment with one of our GPs if you would like to discuss this or call the nurse for further details.

With summer approaching, don't forget:

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

The *SunSmart* website, www.sunsmart.org.nz, has some valuable information and resources to help protect skin and eyes from UV radiation, as well as warning signs of skin cancer.

Over the Christmas period we all hope to enjoy quality time with whanau and friends. However, Christmas can sometimes put added financial and social pressure on people and can lead to difficulty coping or affect someone'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.

And if you are taking regular medication this is a good time to think about stocking up so that you do not run out over the holiday period.

We will be closed on the weekends as usual together with the public holidays over the Christmas New Year period. If you require healthcare on the days that we are closed, the team at Medical and Injury Centre will be open for urgent care. You can contact them directly on 5468881 or if you phone our practice during this time your call will be diverted directly to the Medical and Injury team.

National and global health promotion events for the month include the following:

- 1 World Aids Day www.who.org
- 3 International Day of Disabled Persons www.un.org/disabilities
- 5 International Volunteers Day worldvolunteerweb.org
- 6 Safe Sleep Awareness Day changeforourchildren.co.nz
- 10 World Human Rights Day www.un.org
- 13 Term 4 ends for secondary schools
- 18 International Migrants Day www.un.org/en/events/migrantsday
- 20 Term 4 ends for primary + intermediate schools

On behalf of the team at Māpua Health we would like to wish everybody a safe, healthy, very happy Christmas and New Year, and all the best for 2020.

Zoom Hair & Beauty

Lisa - salon director

Peter - senior stylist

Leone - stylist

Megan - beauty specialist

Andrea - massage / Make up

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SELL WITH ADELE

AND REAP THE REWARDS

Thank you for all your support this year Mapua.

I wish you all a very Merry Christmas and a safe, enjoyable holiday season.!



027 337 5848 | 528 4001

adele.calteaux@summit.co.nz

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October to November call outs:

- 20/10/19 07:20. Two car MVC SH60 near Dominion Rd, left with Police. One crossed the centre line.
- 24/10/19 18:17. Unattended fire off Stafford Dr near beach access, put a load of water on it.
- 2/11/19 20:43. Bonfire Kina Peninsula Rd., left with person in attendance.
- 4/11/19 10:43. Alarm activation, Mahana Estates, activation caused by dust from builders.
- 5/11/19 13:09. Cardiac arrest Awa Awa Rd, stood down at station.
- 17/11/19 21:15. Tanker to a fire off Tasman View Rd, Lower Moutere, stood down at Harley Rd
- Calls this year = 80

Safety Tip – Be safe.

Caravans and sleep-outs are great fun, but they also carry a much greater risk of fire than a traditional home.

These tips will help keep you safe:

- Every caravan should be fitted with a long-life photoelectric smoke alarm.
- Never leave children alone in your caravan. Keep matches and lighters out of their reach.
- Have a fire extinguisher or fire blanket near the exit and make sure you know how to use it.

Lighting and heating

- Use proper lighting units or torches. Don't use candles as they may start a fire.

Appliances and gas cylinders

- Check electrical appliances for frayed cords and other damage. Caravans should also have a current Electrical Warrant of Fitness.
- Caravans and sleep-outs often use gas cylinders to fuel cooking. Make sure you read our tips on using gas cylinders safely to reduce your risk of fire.

Smoke alarms

Caravans and sleep-outs are often small, so it is hard to avoid installing a smoke alarm near a cooking area. To avoid false alarms, use the silence feature to put the smoke alarm into a 'hold' status when you're cooking.

Press the button before you start cooking to silence the alarm for a pre-set period of time, between 8 and 15 minutes depending on the brand.

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

Police Report

Hi folks. The busy summer period is about to start. Traffic will increase along with tourist numbers. Please be extra careful and patient on the roads; the less accidents we have the better.

It is great to be able to report that there hasn't been much crime in the Māpua area over the last two months. This doesn't mean you can let your guard down and you need to keep locking cars, sheds and houses.

During the warmer months people will want to keep windows open to let cooler air inside. Well worth while making sure you have security latches on these windows. They don't cost much and are available from local hardware stores.

Please take care out there particularly around any water.

Events

- Two family harm incidents
- Assist a mentally unwell person, Mckee Domain
- Sudden death Tasman

*Grant HENEY
Community Constable, Motueka*



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The Playhouse Cafe

What's On Guide

DECEMBER 2019

Group bookings welcome anyday

OPEN Thurs, Fri and Sat nights, and Sunday Lunch

Free Drop off to Mapua

5402985 for bookings

M	T	W	T	F	S	S
2	3	4	5	6	7	8
<p>January happens at The Playhouse</p> <p>9th + 10th Jan: Tim Shadbolt + Gary McCormick \$30, 8pm. \$40 2 course buffet</p> <p>11th Jan: Paul Madsen presents a Tribute to Queen! \$25, 8pm. \$40 2 course buffet</p> <p>17th + 18th Jan: Tribute to Fleetwood Mac and Stevie Nicks \$34, 8pm., \$35 2 course buffet</p> <p>31st Jan: Adele, Madonna, Crowded House Tribute Night \$20, 8pm. \$40 2 course buffet</p>			<p>ALL YOU CAN EAT RIBS NIGHT \$25, ribs, chips and salad Bookings essential</p>	<p>Closed for Private Function</p>	<p>Murder Mystery Sold Out</p>	<p>Open 11am till 4pm</p>
			12	13	14	15
			<p>ALL YOU CAN EAT RIBS NIGHT Bookings essential</p>	<p>Closed for Private Function</p>	<p>Murder Mystery Sold Out</p>	<p>Open 11am till 4pm</p>
			19	20	21	22
			<p>ALL YOU CAN EAT RIBS NIGHT \$25, ribs, chips and salad Bookings essential</p>	<p>A Very Merry Christmas Murder Mystery \$15, +\$40 buffet 6pm dinner, 8pm play Disco afterwards</p>	<p>The Best 80s Night Free Entry \$40 buffet 6pm dinner, 7pm music</p>	<p>Open 11am till 4pm</p>
23	24	25	26	27	28	29
		<p>Christmas Day Lunch \$85, 12pm 3 course buffet kids 14 under \$35 Bookings a must</p>	<p>CLOSED</p>	<p>Backyard Cricket Comp Free Entry 12pm warmups 1pm game play all ages welcome</p>	<p>Karaoke Showdown Free Entry 730pm start \$200 bar tab up for grabs</p>	<p>Craig Allot's Crowded House + Kiwi Tribute \$20, 8pm show + \$40 buffet</p>
30	31	1	2	3	4	5
<p>The Great 2019 QUIZ NIGHT Free to all 730pm start A quiz about the year that was 2019 bookings advised</p>	<p>Great Gatsby Gangsters and Flappers 1920s NYE Party \$50 for table and two course buffet 6pm onwards Free from 830 DJ Gangster spins the best of the 70s and 80s</p>	<p>CLOSED</p>	<p>The Best 80s Night Free Entry \$40 buffet 6pm dinner, 7pm music Feel like a virgin again and dance with somebody!</p>	<p>PAUL UBANA JONES \$30 entry + \$40 buffet 6pm dinner, 8pm music Let the master gat player and amazing vocalist entertain you</p>	<p>JAZZFEST Presents Andrew London Trio \$30 entry + \$40 buffet 6pm dinner, 8pm show NZ's 4th best folk comedy trio</p>	<p>Open 11am till 8pm All you can eat Pizza buffet \$20, 5 til 7pm includes chips and salad + gf options</p>

WWW.PLAYHOUSECAFE.CO.NZ or call 5402985

Learning Through Play—Māpua School

"Play builds the kind of free-and-easy, try-it-out, do-it-yourself character that our future needs." James L Hyes Jr

In the New Entrant class at Māpua School, our day begins with 'fun'. We might be: digging, building, creating, chatting or climbing our way through the morning.

Like many schools throughout New Zealand we are returning to more of a play based approach, and for us, this is happening in the first part of our day. This supports current research into brain development and learning readiness and it builds on skills and learning the children have developed in their early childhood education.

In our school 'Learning Through Play' starts as the children arrive in the morning. The teachers put out different equipment (swings, cardboard boxes, large rolls, mobilo, pallets and lifejackets...) ready for the children to explore.

After a cheery 'Good morning' the kids are off, and by the time the bell rings at 8.45am we already have children engrossed in building the tallest tower, sailing out to sea to catch fish and making huts.

Individuals flow in and out of an activity as their interests are piqued by something else happening across the courtyard or inside. The teachers rove and watch, dipping in and out as needed, offering support and 'I wonder what would happen if...' questions.

One teacher quietly withdraws groups of children who have shown a readiness for instructional reading. In our experience, 'Learning Through Play' creates an enthusiasm for coming to school and a love of learning. What a great way to start your school life!

Through play, children are developing the thinking, communication and physical skills that they need to take them into adulthood. Children can be seen discussing solutions, negotiating and cooperating to complete a project.

They are naturally curious and play enables them to follow their ideas. When things don't go as planned, it is an opportunity for children to build coping strategies and resilience as they work their way towards a solution.

Working on a variety of activities with different classmates is a chance to practise making connections with others and enhances social skills.

If 'Learning Through Play' is something you would like to know more about, give Māpua School a ring and we can arrange a time for you to pop in and see it in action.

"Play isn't the enemy of learning, it is learning's partner. Play is like fertilizer for brain growth. It is crazy not to use it."

Stuart Brown and Christopher Vaughn



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Our Habits and Our Health

Chronic illness is lifestyle illness. I say lifestyle illness because our everyday series of habits will create your health. Chronic illness rates have risen exponentially since 1900, as have prescription drug use and surgery.

The **Information Age** began around the 1970s and is still going on today. It is also known as the Computer Age, Digital Age, or New Media Age. This was the beginning of the Takeaway Age; fast foods, new technologies, genetically modified foods and the introduction of thousands of never-before-seen chemicals into our food chain. Since then many new health problems have reared their ugly heads.

Our genes have not undergone any significant change during this period of time. The decline in people's health isn't because of our genes. During this period of exponential increase in chronic illness our genes have remained virtually unchanged but our lifestyle has changed significantly. The changes in our lifestyle mirror the increases in chronic illness.

Further, chronic illness rates and drug prescription rates are rising most rapidly in our children and in middle aged adults. Half our children are overweight and each year more have diabetes, asthma and attention and behaviour issues. Our elderly and our children today have exponentially more chronic illness than our elderly and our children did only a generation ago.

The only way to achieve a society with fewer sick people is to correctly answer two important questions regarding the health of our country.

"Why are we getting so sick?"

"What do we need to do to get and stay well?"

The way these questions are answered can save businesses and governments and societies millions of dollars and create meaningful reform and save healthcare. The answers to these questions are self-evident when you ask the right questions.

One of the single greatest determinants of whether you will get sick or get and stay well is your lifestyle choices.

Your lifestyle choices are made up of your daily habits. This is an indisputable fact. Once it is understood that how you eat, how you move, how you think and interact is a huge part and cause of chronic illness, then changing these behaviours is the only viable option to prevent and /or recover from chronic illness.

Many of the ailments that afflict people in our modern society are related to our lifestyle and all the trimmings that go with it. The three major diseases of the western world are heart disease, cancer and diabetes. They will either kill you or put you into the hospital. And once you're in the hospital the risks and problems don't stop there.

The aim of a healthy lifestyle is to prevent disease and keep you from getting sick in the first place. Everyone seems to be tired. Chronic fatigue syndrome is the latest term to describe health problems that seem to have no cause.


In my opinion, there is no single culprit for this ailment, but rather a multitude of factors including poor diet, very little exercise, an unhealthy lifestyle, and a concentration of drugs and chemicals in our food and environment.

If you are currently unwell, how has your lifestyle been? An unhealthy lifestyle is merely a series of unhealthy habits. To adopt a healthy lifestyle you need to change those habits. We live in a society that wants quick fixes for everything. Very few things in life that are achieved quickly, are appreciated or maintained. Make a commitment now to change the habits that are creating an unhealthy lifestyle to help you to change your health around, prevent disease and keep you from getting sick.

Here at Coast & Country Chiropractic Centre we can help you to get your body's health pointed in the right direction and help you to understand what you can do to be more active and participate more fully in changing those little habits to help make a big difference in how you feel, think and move.

Dr Ron Howard

Coast & Country Chiropractic Centre



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<small>Relevant licence/operator certificate must be held for these positions</small>

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Hours of work are generally 7.30am to 5.00pm, Monday - Friday
We are in Nile Road, just off the Coastal Highway, approx. 3km from Mapua

For more information or to apply see
www.thawley.co.nz
Or email admin@thawley.co.nz



Investing in Our Children's Futures

If you do anything food focused over the next few months, make sure you get to a bookstore, and get yourself a copy of *Bounty*. Just out this week, *Bounty* is a fabulous cookbook celebrating vegetables and the tenth anniversary of the amazing charitable trust 'Garden to Table'.

For this celebration, Catherine Bell, a long-time colleague and co-founder of the trust with my husband Denis La Touche, has put together this stunning celebration of a cause well loved - giving kids, from a range of primary schools throughout New Zealand, the opportunity to grow, cook and share a vast range of produce from their school gardens.

From garden to plate, this book is pure delight. I have already cooked the scrumptious Greens & Feta Pancakes on page 39, and there will be lots of other dishes I'll be enjoying over the months to come.

The dream of Garden to Table started with a few core people being inspired by the wonderful Australian culinary genius, Stephanie Alexander, who paved the way, setting up The Kitchen Garden Foundation throughout schools in Australia. Thankfully, she was willing to share the model, and ten years ago, Garden to Table was born.

The Garden to Table programme provides schools with an authentic, purposeful learning environment and gives

greater meaning to eating healthily from scratch. The impact of the programme is felt not just in the schools but also in the homes of the kids who participate.

They learn to calculate and create by following recipes; practical skills are instilled through simple seasonal gardening practices and cooking the produce they grow. And best of all, they discover the connection that growing food from scratch can be fun and rewarding, not to mention the pleasures of eating their greens.

Back then there were only three schools of decile levels

1, 5 and 10 taking part. Now, ten years on, there are over 180 schools throughout the country participating in the program. Ambassadors of the Trust include food folk like Al Brown, Nikki Bezzant, and gardening Guru Dan Mackay. It's been a long time coming, and a lot of hard work sourcing funds and fundraising over the years but it is clear from the beautiful photos of the joyful faces of all the kids participating in this valuable project that it has been and will continue to be, a huge success.

The recipes in the book are accessible and tasty, hailing from the near, to far flung spots like Morocco, and the growing tips are priceless.

All profits from the sales of

Bounty will go back to The Garden to Table Trust as a further fund raising source, so I for one will be giving all my friends a copy of this gorgeous book for Christmas this year.

Let the children grow ...

Sarah La Touche is a qualified Holistic Nutritionist. A registered member of the New Zealand Clinical Nutritionists Association, she also runs B&B and self-catering accommodation in Māpua, walking and gastronomic hosted holidays in France – 2020 culinary tour dates on request. She is available by phoning 027 315 1165, sarah@livingnutrition.co.nz or www.foodiesinfrance.com, or www.holidaystayMapua.nz



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Māpua Playcentre

Summer is finally here; the days are getting warmer and longer and summer holidays are right around the corner!

The sessions at Playcentre this month are becoming more outdoor focused as the weather is warming up and the children are getting outside amongst nature which has been a nice change for them. The water play is coming out, with tipping and pouring being a major focus as well as making rivers in the sandpit.

The spring flowers have been beautiful at the centre and the children have loved exploring this and noticing all the new colours around the garden.

Spring means growth, so the lawns have been growing like crazy, needing great teamwork amongst the parents and Playcentre community to get these mowed every fortnight.



With the days warming up and the sun becoming stronger, now is a great time to remind everyone how to keep our tamariki and ourselves safe from the sun this summer.

- Always cover up. That means wide brim hats should be worn but also long sleeve breathable sleeves and pants if possible.
- Use sunscreen. Apply sunscreen at least 15 minutes before leaving the house in the morning and reapply every few hours. An SPF of 30+ is recommended but the higher the better. Reapply sunscreen straight away after swimming or water play.
- Stay in the shade. If possible, stay in the shade the best you can especially between the hours of 10am – 4pm.

Come and check us out. We offer a term of free sessions for first time families and all children under two are free. Session times are Mondays, Thursdays and Fridays 9:30am – 12 noon during school terms. You can find us at 84 Aranui Road (behind the tennis courts by the scout den). Alternatively, please contact us with any questions you have, email:

mapuaplaycentre@gmail.com or find us on Facebook.



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Christmas

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GO-KARTS BOUNCY CASTLE

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Pastor Greig's Happy Place [next page]

Advent Season

An opportunity for peace and quiet reflection
Wednesday 4th, 11th and 18th December
7pm to 7:30pm Hills Community Church



For further information contact:
Hills Community Church
Tel: 03 540 3848

COMMUNITY CAROLS

6:00PM THURSDAY 12TH DEC
MAPUA WATERFRONT PARK

JOIN US FOR
COMMUNITY CAROLS LEAD BY
MOTUEKA DISTRICT BRASS BAND

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Hills Community Church

As we approach the end of the year it is very easy to get caught up in a whirlwind of busyness and endless to-do lists – with not enough time to get around.

My hope and prayer is that each of us realise that God has given us enough time to do what needs to be done, even if some things are left undone. But maybe the most pressing task each of us has, is to find space to 'be' rather than 'do'. Lord, let us be still so that we can welcome in us the gift of your presence with us.

Let us make space amidst the busyness of our lives for 'Immanuel' God with us; and just like that first Christmas when God came in the form of a tiny, fragile baby. May we also be still enough to find your surprising, fragile and gentle presence in our lives.

Let us celebrate 'God with us' this Advent and Christmas.

HCC Advent and Christmas services in Mapua Advent 'Come to the quiet'

An opportunity for peace and quiet reflection
Wed 4th, 11th and 18th December 7pm to 7:30pm at HCC

Community Carol Service Thursday 12th Dec 6pm

Mapua waterfront park 6:00pm,

Led by the Motueka District Brass Band.

This year we will highlight and support the
Nelson Red Cross refugee settlement programme.

Sunday 15th and 22nd Dec: Worship service at 9:30am

Christmas Eve: 9pm Candlelit Carol service

Christmas Day: 9:30am Family communion service

Sundays 29th December through to February 2nd

9:30am Worship service

www.hillscommunitychurch.org.nz

Office: 540 3848

My 'Happy Place'

During the summer many of us get away on summertime holidays, pursuing some rest and relaxation in some happy place. Perhaps for you this is at one of our beautiful seaside campsites or even at a family bach. Here, old jigsaws can be laid out and worked together or an interesting book devoured, in between eating food, setting the flounder net and swimming with the kids or grandchildren.

Some folk take holidays to new parts of our country (or even to foreign parts). There, the goal is to take in the sights and sounds of other people, groups and is always seasoned by sampling local food fare.

Some others like to head for our wonderful backcountry, by bike or shanks' pony, carrying on their backs the things of adventuring: tents, cookers, layers of clothing and lightweight food.

My preferred 'happy place' is out in such wilderness, usually on top of some high mountain ridge. There is often a hard slog involved to gain altitude, but true to most such climbs, there is the reward of great views once you arrive 'on high'.

Once I recall ascending toward the main ridge high above the Wilberforce River where I eventually sat down in my happy place. I sat there for a long time, reflecting on my adventures, wild moments and beautiful encounters with

wildlife along the way. While gazing out over the fantastic vista of mountainscapes, listening for the deepest things, I was filled with the wonder of everything.

I had a sense that God asked me then "And... what do you see?"

I could only reply "I see You".

I'm often overwhelmed by the majesty I experience when in these lofty wild spaces, surrounded by great big elemental things. I think all this wonder amidst the mountains also gives us a glimpse of the glories of God, and He is so much greater, and everlasting.

Christians are followers of Jesus Christ. We believe God has revealed Himself to us not just through the marvellous creations of earth, but also in the real and documented life of Jesus Christ.

We are filled with awe at how the eternal God thought so much of humanity that He would step into our times and interact with us in the flesh, as an actual person.

At this time of year, when you are at rest in your 'happy place', perhaps you could ask God to give you a fresh awareness of who Jesus is: God, with us!

Pastor Greig @ Tasman Bible Church.

Note: We enjoy being a blessing to our local communities and so again this year we are providing a FREE Christmas event in the Tasman Domain. See the graphic for details [previous page].

mag
Mapua Art Group

**EXHIBITION of
ARTWORK**

MAPUA COMMUNITY HALL
JANUARY
Sat 4th - Sun 12th
10am to 5pm

media include: oils, acrylics,
watercolours, pastels, mixed media,
3D and photography

free entry - cft-pos available
enquiries - mapuaartgroup@gmail.com

mag
Mapua Art Group

Mapua Art Group
Annual Exhibition 2020
Saturday January 4th - Sunday 12th
open 10am to 5pm
Bill Marris Room
free entry

The Mapua Art Group has been creating artwork all year, ready for showing at the annual Exhibition. The artists have used many mediums including oils, acrylics, watercolours, pastels, mixed media and photography. The subject matter varies from classic realism to abstract and all the many styles in-between. The artists themselves will be hosting the exhibition and are happy to explain about the creative process and tell you about the group's activities. Art may be purchased and taken, straight away. cft-pos available

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Pastel Artists of New Zealand

Tuesday mornings in the Bill Maris Room have been quiet lately. Lots of reasons: holidays, rain (a poor excuse for staying in bed!), roster duties at the art exhibition in the main hall and the loss of some of our artists to Mapua Art Group for a dabble with acrylic, oil and water colour. Of course, they will be welcome to come back at any time along with anyone who would like to give pastel a try for the first time.

Quiet times do lend themselves to studied concentration and some really interesting and skilled paintings have emerged. We seem to be having a run on "dogs" of all shapes and sizes. I'm wondering what the next theme will be and whether we will all rise to the challenge.

As a group, we are very sorry to be losing Barbara McIntosh. She has been a stalwart member of PANZ and a super artist but family in Australia call and we wish her much happiness as she embarks on her new adventure on the Sunshine Coast. Our loss is their gain; good luck to you, Barbara.

The Tasman National Art Awards and Exhibition held for a fortnight in Mapua Community Hall was a great success and I hope many of you enjoyed viewing the amazing art on display. Certainly the comments coming back to those on desk duty were highly complimentary. The paintings earning awards were:

Overall winner:

Rhonye McIlroy "The Plight of Betty Guard"

Merits:

Karen Rankin Neal - "Back From the Brink – NZ Takahe"

Jill Seeney - "Playground"

Shane Skehan – "Weeping Song"

Emma Welsford – "Flight SQ0308"

Best pastel: Anne Bannock – "Pool with Glass Wall"

Wildlife/Animal: Julie Freeman – "Serenity"

The Tasman Art Focus Group AGM will be held in the Community Hall on Sunday 8th December at 2 p.m.

Everyone is welcome and feedback about the Art Awards and Exhibition will be valuable as the group starts planning for next year.

Our Christmas break is upon us with its customary Christmas painting challenge; where has this year gone? Do call in to see us before we pack our pastels away.

For any information about our pastel group please contact our Area Representative, Glenys Forbes on 03 540 3388 or by email gmforbes@ts.co.nz. You can visit our

Facebook page: PANZ Pastel Artists of New Zealand to see national and international pastel artwork.



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Māpua Craft Group

It's beginning to look a lot like Christmas! As I write this we have already made many decorations and cards.

The ideas and talents of our group are shown in the attached photograph [left] and which you can now view in full colour at the Coastal News web site:

www.coastalnews.online.

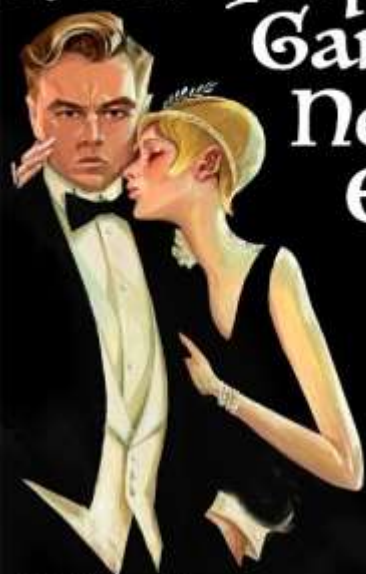
Many friends and families will enjoy decorating their Christmas trees with our delightful gifts; some of them may become family heirlooms! Some take just a few minutes to make by knitting, sewing, gluing or stamping of cards.

Come and enjoy our meetings and pass the craft ideas to your families. We meet at the Hills Community Church supper room every Friday morning at 10am during school terms.

We wish all readers a happy and safe festive and holiday season. We hope to see you next year when meetings recommence in February 2020.

Barbara Halse

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Māpua Waterfront Working Group

Ngaio Tree Reserve

It has been a while since our last update on the development of the Ngaio Tree Reserve (between the Golden Bear and the water at Māpua Wharf) – for which our apologies.

Progress has been slower than hoped, but we are pleased to report that the design has been finalised. Thank you to everyone who participated in the extensive community consultation which has resulted in a much improved layout.



The Council has just completed detailed construction drawings and the plan is to commence work on site after the April school holidays with an anticipated August completion date.

Because the area is of high cultural significance, it is necessary to proceed with the utmost respect and to keep any ground disturbance to a minimum. We continue to work closely with iwi with this firmly in mind.

The next step is a heritage assessment; fortunately the archaeologist who was involved in the assessment prior to

the construction of Shed 4 is available. Her previous knowledge of the site will be invaluable.

The plan is to obtain the necessary consents by the end of January so that the tender process can commence in February.

Various community groups have expressed interest in helping to contribute items to finish the project - picnic tables and chairs, bike racks, and children's play equipment.

Grossi Point:

The Group has had a couple of initial planning sessions on Grossi Point and intends to hold wide community discussions in the New Year.

The issues of sea defence (erosion/inundation), the mature exotic trees, and landscaping all need careful thought and planning; especially so since Grossi Point is even more culturally sensitive and significant than the Ngaio Tree Reserve.

It is encouraging that the Council has recently removed the isolated concrete blocks that were a hazard on the foreshore.

A decision still needs to be made about the concrete blocks that have been exposed by wave action above the high tide mark over recent years.

David Martin



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Ruby Coast Run Club

Hi, I guess it is about time I introduced ourselves. You have probably seen us out there running in our new bright blue team shirts. We started back in 2014 when I decided I wanted to grow our little group of local runners.

There are some great groups in Richmond and Nelson but I was finding it difficult to justify driving out there for a 5k run. I ended up spending more time in the car than actually running.

A small group of us started meeting in the morning for a run and coffee. We still meet most mornings at 8 am at Java Hut to run around the village.

The beauty of this is that it is easy to accommodate anyone wishing for a shorter or longer run than the group has planned to do.

It wasn't too much later that Catalyst Fitness asked if our group would host a weekly 5k run for them. We are still running the event every Wednesday night. The run

starts at 5:30pm so be a bit early to sign in. You can run or walk. We currently rotate through 4 courses. Once every one has completed their run (walk) we adjourn to the pub for refreshments. Not mandatory but the drinks are refreshing and the curly fries a favourite.

We do long runs on the weekend. The day varies to suit, and no one gets left behind. Our aim is to have fun. For some it is all about the competition, others for distance, some for fitness and, like me, I just love to run.

We often do events together. Most recently were the Nelson Half Marathon and the Molesworth Relay.

So if you are looking for a group to run with, just need a push to get out the door, want some camaraderie or just need to chase or

be chased, come on down to the 5k. We would love to see you there. Find us on Facebook - Ruby Coast Run Club or contact Debbi on 027 327 4055



A note from the Editor:

I would like to thank the volunteers that make the Coastal News possible. That includes not only we that put it together and deal with the mundanities but also the writers that produce the copy month after month and our loyal readers.

Please come forward if you feel you have something to contribute as we can always use more input—there are far more goings on than we report about I'm sure.

I think I can say this from us all—John Sharman, Debbi Bamfield, Mary Garner and newest recruit Trees van

Ruth—we wish you our readers all the best for the holiday season and a fruitful New Year.

Next year brings us to 2020—sounds futuristic. Seems like only a few years ago we were worrying about Y2k problems and now here we are a fifth of the way through the next century. Is this the year we start to tackle the climate? There is always hope.

I was just trying to fill in the space and now I have too much to say! So signing off and see you next year. Next issue 1 February 2020.

Andrew Earlam



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DAY 13
LAS TORRES (The Towers)

A great day as we climb up the Ascensio Valley toward the famous Towers of Paine. The attractive trail rises steadily, picking its way to and fro across the river and through beech forest until a final steepening up a boulder-strewn slope to the lip of the upper basin. We reach a spectacular place with a glacial lake nestling below the sheer granite 'Towers of Paine', rising over a kilometre above us.



MAPUA COMMUNITY HALL



Check out what's happening at the hall in December on the calendar below, many regular classes will break for the holidays over December and January so please check the live calendar on the website www.mapuahall.org The office will be closed on public holidays, send enquires via email to mapuabookings@gmail.com and we'll get back to you in due course.

2020 marks the 75th Anniversary of the Mapua Community Hall and the Hall Society would like to invite volunteers interested in helping to put on an event to celebrate on the 19th September 2020. Please join us in planning and preparing this historic event by registering your interest at mapuahallsociety@gmail.com

Special events include the Mapua Market holding their Christmas Market on Sunday 1st December from 10am and the Mapua Art Group will host an exhibition in the Bill Marris room from January 4th to the 12th.

What's On at the Hall In December!

Monday	Tuesday	Wednesday	Thursday	Friday	Sat	Sun
2 9.15am Yoga with Charlotte 9.30am Superb Dance w Hilary 6pm Dance Fitness with Hilary	3 9am Sioux Line Dance 1.30pm Tai Chi for Beginners 2.30pm Sit & Be Fit 4pm Youth Drama with Lily 6pm Yoga with Martin 6pm Aerobics 7pm Pilates w Lynda	4 9.05am Aerobics w Lynda 9.15 Hatha Yoga 10.05 Pilates w Lynda 1pm Tai Chi 6pm Yoga with Thomas	5 9am Mapua Art Group 9.30am Flow Dance Fitness 6pm Dance Fitness with Hilary	6 7.30am Yoga with Martin 9.05am Aerobics with-Lynda 9.30am Superb Dance w Hilary 10.05 Pilates 6pm Junior Lyrical Dance	7 9am SHARQUI A belly dance workout	8 2pm Tasman Art Focus Group 6pm Private Function
9 9.15am Yoga with Charlotte 9.30am Superb Dance w Hilary 6pm Dance Fitness with Hilary 7pm MDCA Meeting	10 9am Sioux Line Dance 1.30pm Tai Chi for Beginners 2.30pm Sit & Be Fit 4pm Youth Drama With Lily 6pm Yoga with Martin 6pm Aerobics 7pm Pilates w Lynda	11 9.05am Aerobics w Lynda 9.15 Hatha Yoga 10.05 Pilates w Lynda 1pm Tai Chi 6pm Yoga with Thomas	12 9.30am Flow Dance Fitness 6pm Dance Fitness with Hilary	13 7.30am Yoga with Martin 9.05am Aerobics with-Lynda 9.30am Superb Dance w Hilary 10.05 Pilates 6pm Junior Lyrical Dance	14 9am Aerobics w Lynda 10am Pilates w Lynda	15
16 9.15am Yoga with Charlotte 9.30am Superb Dance w Hilary 6pm Dance Fitness with Hilary 6.30pm Mapua Hall Committee Meeting	17 2.30pm Sit & Be Fit 4pm Youth Drama With Lily 6pm Yoga with Martin 6pm Aerobics 7pm Pilates w Lynda	18 9.05am Aerobics w Lynda 9.15 Hatha Yoga 10.05 Pilates w Lynda	19 2pm Friendship Club 6pm Dance Fitness with Hilary	20 7.30am Yoga with Martin 9.05am Aerobics with-Lynda 9.30am Superb Dance w Hilary 10.05 Pilates 6pm Junior Lyrical Dance	21 7.30pm Motueka Dance Group	22
23 9.30am Superb Dance w Hilary 6pm Dance Fitness with Hilary	24 	25 Public Holiday Office closed	26 Public Holiday Office closed	27	28	29
30	31	1st Jan Public Holiday Office closed	2nd Jan Public Holiday Office closed	3rd Jan 9.05am Aerobics with-Lynda 10.05 Pilates	4th Jan 9.05am Aerobics w Lynda 10am Pilates MAPUA ART GROUP EXHIBITION	

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If you have a boat, caravan or trailer with your camping gear, don't forget to have the tyres and brakes checked so they are in sound condition and their WOF is also current prior to heading away.

I'm sure you've heard the saying 'prevention is better than the cure'. This saying is very pertinent when it comes to your vehicle, especially when the cure can entail spending hundreds of dollars. Coupled with the inconvenience, stress, and missed opportunities a breakdown can cause if holiday activities and/or travel plans have to be altered as a result. There are definitely better ways of spending your holiday dollars and time than having your vehicle repaired.



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MAPUA & DISTRICTS BUSINESS ASSOCIATION

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Kia ora!

As we get near the busy holiday period, we would like to thank our business members and the greater community for their continued support. People make our little bit of paradise such a great place to live, and with that in mind, we would like to share our Mission, Vision, Goals and Values:

OUR MISSION

We are a supportive community of businesses working together.



OUR VISION

We help businesses thrive.

OUR GOALS

Employ a professional face to drive the organisation.

Provide an exciting programme of events.

Maintain a progressive digital presentation.

Evolve the "Golden Circle" map concept.

OUR VALUES

Professionalism

Integrity

Respect

Co-operation

Collegial

Generosity

Nurturing

Sustainability

Fun!

The new regional map is complete, with the exciting new format introduced at the MDBA pre-holiday party. These maps will be distributed to everyone in Māpua, Ruby Bay, Tasman and Upper Moutere areas via letterbox drop, so please let us know if you're missing your copy or alternatively you can pick one up from one of the gold sponsors (Māpua 4-Square, Māpua Village Bakery, Kereru Gallery, Jellyfish, Apple Shed, Rimu Wine Bar or Winery, Golden Bear Brewing, Neudorf Vineyard and Forsters at Moutere Hills).

We've also updated the mapua.co.nz website with lots of great pictures, revised content and made navigating more user-friendly.

We would love to get your feedback, so please visit us on Facebook or Instagram and tell us what you think.

Ngā mihi,
Patrick Stowe, Chair

www.mapua.co.nz

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Noticeboard

Mapua Fellowship Group: Monthly lunch meeting noon 18 December Moutere Hills Community Centre. Set menu \$20 /person. Book with Janice Higgs 03 528 8883. Final for 2019. Hope to see you all there.

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

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

Friends & Neighbours: Varied programs of interest, friendship & good morning tea. Third Fridays 10:30 - 12:30pm at Tasman Bible Church. Info: Lorna 528-4902, Jane 526-6709.

Māpua Boat Club: Social evenings Thursdays 5.30-7pm at club rooms, Māpua Wharf. No boat required. Monthly guest speakers, raffles, free snacks, open bar. Info: Clare 0227117786

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

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

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

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

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

Māpua Friendship Club: 3rd Thursdays & last Fridays, Māpua Hall, indoor bowls & bring-a-plate tea. New members welcomed. \$3 door fee, 20¢ raffle. Contact: Val 540-3685.

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

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.

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

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

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

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

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

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

Catalyst 5k run: Wednesday nights 5:30pm. Contact Debbi 0273274055

Ruby Coast Run Club runs most mornings. Find us on Facebook or contact Debbi 027 327 4055.

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

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

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

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

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

Taoist Tai Chi Beginning class Tuesdays 1.30 - 2.30pm. Continuing class Wednesdays 12.30 - 2.30pm. All welcome. Enquiries 545-8375

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

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

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.

Tasman Area Community Association (TACA) 7.30pm last Thursdays (except Dec) at Tasman School. Residents of Ruby Bluffs to Tasman & Kina are welcome. Info: www.tasmancommunity.org.nz

Technical problems solved! - Can't set up something new you've bought? Need computer tuition? Local help is at hand! Web design and mobile app creation also available. Call Sam, 03-538-0711, 021-0828-4473, sam@sambennett.co.nz.

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

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