



Te Mamaku Drive **green corridor**

Big clearance work has visibly started on SH60 and they need your help!

The Tasman Area Community Association (TACA) has an ambitious plan to convert the abandoned land along Te Mamaku Drive on the eastern side of SH60, formerly known as the Ruby Bay Bypass, which was totally overgrown by gorse, wattles and wilding pines, into a green corridor linking the Moutere Inlet and Waimea Estuary from Tasman Village to Māpua.

The popular Dicker Ridge Loop Track runs through the entire project and is frequently used by walkers, bicyclers and horse riders.

Divided into more than 11 sections/blocks to work with, they already have finished clearing and planting Block 0 at the northern end in June/August 2022 of 500 metres in length, thanks to the generous support of TET (Tasman Environment Trust) and Restoring the Moutere.

Work on Block 1, about 350 metres in length and approximately 1.5 hectares of land, has been funded so far by Rātā Foundation and a TDC Community grant, and they can now happily advise that the land has been cleared at the end of October 2022.

Spraying of re-growth of weeds will happen at the end of autumn and planting is scheduled for May/June 2023.

Their efficient contractor Aaron Baigent has not only cleared Block 1 but Block 2 as well (another 350 metres & another 1.4 hectares)! As the machinery was already on site, it took only a couple of days to get this site tidied up too.

As they have no current funding for Block 2, they are now seeking the support from additional local sponsors:

- to cover the cost of clearing (approx. \$8,000),
- spraying of re-growth of seed in April/May 2023 (approx. \$3,000),
- buying about 6,000 plants, plant guards, planting by a contractor (approx. \$20,000).

This is the "business card" or "entranceway" to Motueka and the Abel Tasman National Park while driving down the SH60 towards Tasman, and the first visible results can be seen now!

Please be a part of their ambitious project; your support would be very much appreciated by the wider community!

David Short and Michael Makert, (TACA)

Their webpage: <https://tinyurl.com/ytdvdtpc>

Their Givealittle page: <https://tinyurl.com/39bebsek>

Seaton Valley Sculpture



It's been a few months since our last update – largely due to the fact we didn't have much to report.

Progress on the sculpture has been slow over the past two months due to a combination of the wet weather and lack of contractors' availability to get our foundations scoped out and laid.

The Trust is now hopeful that the site will be prepared and the piles and foundations in place before Christmas. Brightwater Engineering Limited have been engaged to construct the sculpture and this work is scheduled to commence in the new year.

We are getting closer to installing the sculpture at the top of Seaton Valley, near the corner of Chaytor and Stagecoach.

It's not too late if you would like to support this community project. We still have a few of the fish cut-outs

from the Mapua Sculpture for sale, and also some of Betty Salter's limited-edition prints. Tax deductible donations are also very welcome!

The scale model will also be available for sale – if you would like to express an interest, please be in touch via secretary@rcit.co.nz or contact Janet on 540 3364.

Thanks to so many in our community who have already supported this project – you are helping to realise the vision and we are nearly there!



Planting on Te Mamaku Drive

RUBY BAY STORE

What's Up Next



**7.30pm Saturday
December 3**
Charlotte Yates,
former Waimea
College student (and
veterinarian!) is a
Wellington-based
singer/songwriter.
She teaches as well
as practises the art.
At the Store, she'll
perform solo and
unplugged.
Tickets \$20



**1pm Sunday
December 18**
Albi & the Wolves
Chris Dent is the
proud albino
frontman of this
trio. A fan has
described the band
as Auckland's
answer to
Mumford & Sons,
and they specialise
in alt-folk with a
big sound.
Tickets \$25

NOTE: *Ruby Bay
Store opens for
refreshments half
an hour before*

All we want(ed) for Christmas is (was)
... a reopened Ruby Coast Scenic Route
(better known as Stafford Drive, home to
Ruby Bay Store, Ruby Bay Kitchen and
Hair Studio Ruby Bay). Our wish has
been granted, with the TDC announcing
it will clear the huge slips that have
stymied us since August. We've put up
with high-impact signage declaring
Road Closed and Residents Only. Now
all that remains is for the TDC to gift us
a fast-tracked brown Tourist Sign
pointing to **RUBY BAY BEACH SHOPS**.
The beach is always open, the McKee
Reserve will be soon. Ruby Bay Store
wishes to be completely open too: our
community theatre, gallery, shopping
and, most of all, our delicious tearooms
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performances
and to check out
upcoming events
and movie
screenings, visit
our website.

www.rubybaystore.co.nz
rubybaystore@gmail.com
174 Stafford Drive, Ruby Bay

Grossi Point— or Grotty Point?

That is the question!

My wife Lynn first swam at Grossi Point almost 60 years ago now. Coming from the UK to Mapua she said it was like 'moving from black and white to glorious colour'.

Now seen from adult eyes she remembered that the broken concrete slabs that hold the bank up were the same ones as long ago. Then taking in the whole picture of the Point it starts to look really grotty. Maybe we just get used to it.

There has been some new gravel put down and a load of wood chips over this year and the rubbish bin always seems to be emptied.

There are long-rotting trunks, some with graffiti on them which direct the traffic off the grass, dirty picnic tables, overgrown patches of weeds, peeling signage telling us about the historic value of the Point, and now a boat is berthed on the western side of the estuary undergoing slow restoration, full of water, paint cans and engine parts.

I must congratulate the boaties who just quietly launch their boats, and park trailers and cars in neat lines off the roadway access.

There is beauty there of course, nature has provided that. The Pohutukawa grove to the west with its Christmas blooms and aerial roots is magnificent! It's a shame a muddy car track goes through the middle to the shore.

I went to an MDCA meeting in March where I spoke about Grossi Point and its unsafe beach front, specifically a

piece of concrete with a waratah sticking out of it. The mayor, Tim King said he would remove this, which he did—it was gone within a couple of weeks.

But the rest of the unsafe sharp concrete is still on the beach. The outcome of the discussion was that the Māpua Waterfront Group would consult with the local Iwi about Improvements which I have certainly not witnessed.

The 'Ruby Coast Road' with its wonderful creative sculptures as entries and exits is somewhat diminished of course by the land slips on the Ruby Bay Bluff but also by its lack of care, aesthetics, and beautification.

Pine Hill Reserve has gorse growing on the beach and an armchair has been left between the bushes for weeks now.

Yes, TDC has a lot going on with all the road slips, so maybe we need to create an old-fashioned work bee.

Four or five trailer loads of broken concrete will be gone in a couple of hours and dumped into a 'fill needed' dump, ready for a replacement of Takaka boulders (ordered by TDC).

And can you just see the new bollards replacing the rotting trees, the new signage and the Iwi presenting a 'Po' sculpture or two to commemorate early Māori presence, and protection of the trees and shores being enforced?

Ahh.... dream on, summer is coming!

I would like to hear any response to my article, support, suggestions, or clarification. Hopefully a planned environmental beautification scheme.

Bring on a safe and beautiful ungroty Grossi Point for summer!

Fred Robertson.

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Ho, Ho
Ho!

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 me a call as I will be available right through the silly season.

Our 2022-2023 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!

Adele

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Community Hub

GOOD NEWS from the Māpua Community Hub Working Group

23 September - a great step forward with the Spring Plant Sale! The team was so delighted with a 'more than expected' profit. Many thanks to all our community, those who contributed plants and those who came to buy (often one and the same). Your support was greatly appreciated. This was the first of a number of fund-raising events vital to:

- Provide the initial expenses to cover the preliminary steps that come with redesigning the original building.
- Prove to the major funders that we do have the initial community funding that they require.

Next big step has been receiving a grant from the TDC Community Grants Scheme. This will be used to contract a professional person to fine-tune the Feasibility Study created from information collated by the Working Group. A Feasibility Study is a vital step in proving to funders, contractors, potential tenants, or supporters that we have a sound basis for our Hub project.

Another very positive step forward is the partnership between our governing body, the Māpua Community Wellbeing Trust (MCWT) and the Māpua Hall Committee to re-establish the Friday night **Youth Club** in the Community Hall.

A vital gathering for our young people, this had been discontinued when the HCC Youth Worker left and Covid arrived. Plans are to apply for funding for a part-time Youth Worker who will work alongside a Steering Committee. A very warm welcome awaits any volunteers for the Steering Committee.

As you all know well, there are many stages involved with any community project, and we have been greatly encouraged by the support and interest of the community. If you wish to know more or wish to offer help, please contact info@mapuahub.nz - we would love to hear from you.

Vicky Stocker, Jan Patterson

On behalf of Māpua Community Hub Working Group

Māpua Craft Group.

We have donated some of our funds to the Māpua Kai Collective based in the Māpua Community Hall and for use by those in need of emergency meals when sudden illness strikes a family. See the Coastal News to find out when the hall is open. There is a choice of main and dessert meals in non-plastic boxes, ready to heat and eat.



The photograph, taken by our member Val, shows the Christmas and celebratory cards that we have made and given to the library fund raising project.

So far, there are 60 and more to come. They are priced at \$3 each or \$5 for two with an envelope.

There will be no meeting for craft in December but instead, we will enjoy a gathering at the Grape Escape where we may sit in their colourful garden if the weather allows!

We will meet again on the 3rd and 17th of February at 10am in the Māpua Community Church Hall. All we ask is a \$3 Koha for coffee and coverage of the hall hire. We are a friendly group welcoming all and encouraging your skills using our extensive collection of craft materials and books.

Please be kind to each other and say "please" and "thank you" for all you receive. These simple courtesies are lacking nowadays, especially with younger people!

Here's wishing you all a Happy Christmas with family and friends and good health during 2023.

Contact Barbara Halse for more details :- 5403901.

With best wishes and a Happy Christmas, Barbara.

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MDCA - 14th November Public meeting



Situation Still Vacant: MDCA Secretary. If you have secretarial skills or a desire to learn we have a vacancy for a Secretary of MDCA. Tasks include minutes taking, (two meetings per month); setting the agenda for these two meetings; correspondence, follow-up and recording of; Mailchimp member meeting notice, documentation filing and preparation; and Coastal News article. An honorarium of \$2200 is paid p/a over 11 months at \$200.00 p/m. Please email info@ourmapua.org for more information.

Guest Speakers:

TDC – Tasman Environment Plan – by Barry Johnson and Mary Honey

Barry gave a power point presentation on the structure of the Tasman Environment Plan (TEP) starting with what the TEP is and where it fits in with the Resource Management Act and the new planning acts (Natural and Built Environment; Strategic Planning; and Climate Adaptation)

The TEP is in its second round of public engagement through 2022/23, with the final round in 2024.

The three discussion points in this round are 1) Managing TSM Environment 2) Towns & Villages 3) From the Mountains to the Sea.

The discussion document looks at how we live, work, travel, and spend time in the Tasman District.

For more information, TDC are holding a 'Mountain to the Sea' webinar on the 23rd November at 7.30pm

Takaka Housing Collective – Phase I, II & III – by Simone Kiddner

The fundamental of the project is 'Building Community through Regenerative Development'. The project sits on 14.5 hectares of land 10 mins walk to central Takaka and is located next door to the High School, Primary School, Kindergarten and Community Gardens.

The community values are Collaboration, Care, Self-Responsibility, and Honouring Te Tiriti O Waitangi. The first neighbourhood is being built now and the co-designing for the second and third neighbourhoods are underway.

For further information and to express interest in this concept/project visit www.takakacohousing.co.nz

TDC Councillor Report:

Clr Mike Kininmonth:

Due to complaints of increased traffic volumes along Pomona Rd the speed limit has been reduced.

McKee Reserve remains closed due to slip-related damage to electrical cables.

New stock control laws are coming in.

Waimea Dam – due to the dam not being completed there will be water restrictions again this summer. The Dam is now scheduled to be finished by Feb 2023 and then will be filled in stages over several months.

TDC are offering a \$25 discount on three cords of dry firewood from a preferred wood supplier. Check this out on the TDC website.

TDC councillor representation at MDCA public meetings will see Mike attend each month with Christeen and Dan attending only occasionally.

Clr Christeen Mackenzie:

- TDC have approved the internal structure moving forward for the new term – Full Council includes three committees: Operations, (Christeen is the chair); Strategy/Policy; and Regulatory.
- TDC approved Iwi to be appointed to each of the three committees at which they have the voting right of one. Iwi do not have voting rights around the Council table.
- Richmond is hosting many South Island councils in the region for discussions.
- Tasman District is leading in growth.
- TDC will be meeting to decide whether NCC and TDC will have a join the Transport Management Committee.

Clr Dan Shallcrass:

Will be in and out of the MDCA meetings – Dan has a passion for the local youth in the area.

Road & Pathways:

Ruby Bay Bluff's Road status. Council is seeking further technical and legal advice prior to making a final decision on whether to re-open the road. A decision is unlikely to be made until 2023 due to TDC seeking additional legal advice regarding the impact of any pre-opening remedial work on private landowners along the top of the bluffs.

Additionally, Iwi have objected to slip material being placed within McKee Domain to build up low lying areas. Alternative dump sites within Seaton Valley area are being investigated. A temporary speed reduction along Pomona Road down to 50kph has been made until further notice due an increase in traffic volumes.

A question was posed, 'Why aren't more people using the main coastal highway instead of Pomona Road to get to Tasman.'

Aranui Road Cycleway. MDCA participated in TDC-led "Streets for People Working Group" held Wednesday 9th Nov in Māpua. This first working group meeting was to provide the background of the Streets for People project, create group vision and generate ideas for the engagement plan aimed at improving cycling in Māpua.

The Working Group included representatives from TDC, Waka Kotahi (funding \$840k of the overall \$930k project budget), MDCA, MBA, NT2050, Nelson-Tasman Climate Forum, local Cycling and Horse groups, local residents and business owners.

TDC has already engaged with the Māpua School and collected feedback on the proposed cycleway. A copy of the presentation will be uploaded to the MDCA website when available.

Dominion Flats: Photographic signs illustrating what the site looked like prior to planting commencing have been installed along the track. [(See article p?)]

Future Wildlife Corridors (FWC) in Māpua: A meeting held at Aranui Park explored the opportunities and limitations of extending the habitat from Aranui Park to nearby wetlands. The drainage for stormwater and low

Continued on page 7

continued from page 6

flow events across the roads Māpua Drive and Aranui Road was looked at.

Some commented there seems to be an excess of lawn in Aranui Park that could be re-forested for birdlife to thrive even more than they currently are. It was suggested the FWC group members research the clear intentions of the gifting of Aranui Park by the donors before future changes occur.

General Business:

Māpua Structure Plan The Community Survey was completed with over 350 responses across a good range of ages. TDC are analysing results and will share with community at upcoming engagement sessions. Community Engagement Sessions are delayed until Feb 2023 in response to feedback provided by MDCA that possible workshop attendees would benefit from more time to consider the technical information that is available. TDC will advertise the workshops closer to the time through our standard channels and we also have a list of almost 300 people who have registered to be kept updated via email who we will also contact.

TDC staff are coordinating the multiple projects it has planned in Māpua with the aim of making it easier for Iwi and the community to contribute in a constructive way on council projects in Māpua. Accordingly, Dwayne Fletcher now has role coordinating the various community engagements associated with all the various TDC-led Māpua area initiatives (Structure Plan, Catchment Management Plan, Tasman Environment Plan, Aranui Drive Cycleway etc). TDC's new MSP website is now up and running and the summary of the community survey and mapping is now on our website at Māpua Structure Plan | Shape Tasman

Māpua Infrastructure

- Māpua has to double the required **Drinking Water** capacity. Some further work needed includes upgrading pump systems and capacity under the channel needs to be increased in the long term (there are two pipes).
- Māpua has **Wastewater** mains capacity for all serviced residential / rural residential zoned land, with Developers required to install collection networks and tie these into the mains as part of their Resource Consent and/or conditions for lifting Deferment. The upgraded Aranui Rd piping has excess capacity but is limited by pumps and to a lesser extent storage, meaning the overall network currently (with further work) has capacity for ~300 homes, and with a pump station upgrade ~700 homes. That's more capacity than is needed for the land currently zoned (or deferred) residential/rural residential. Further optimisation via pump upgrades, pump timings, and storage can service the expected 20–30-year demand. The channel crossing will eventually become a constraint but still has sufficient capacity via two pipes, as does the main through Rabbit Island
- Management of future **Storm Water** for Māpua is based on "*Hydraulic Neutrality*". This means developers are required to demonstrate how they will use storm drains/channels/detention ponds/wetlands

etc to mitigate storm water runoff from not just their development area, but also the greater upstream/downstream catchment impacts. TDC are yet to finalise the Catchment Management Plan (CMP) and the council has a role to play in providing common detention if it serves multiple landholders/developers.

- **Seaton Valley** - Water/Wastewater mains infrastructure in place for Lower Seaton Valley (including to service Senior Slopes area), but if Upper Seaton Valley Developments proceed, the developer (or council) will be required to extend mains and install collection networks further up the valley. There is no additional work required to be undertaken by TDC prior to the developer applying for the Senior Slopes deferment to be lifted.

All the capacity requirements have been validated using models and both the data and models are on public record. They are not on the TDC website but can be provided if requested.

TDC expect ongoing maintenance of the existing mains and replacement of aged sections with more modern piping etc to be required over the coming decades, but as things stand **Māpua has the mains water/wastewater capacity to support the scale of residential housing growth anticipated for current residential/serviced rural residential areas, with Stormwater mitigation a shared responsibility of developers and subject to TDC approval.**

TDC are happy to address these issues as part of the Māpua Structure Plan community engagement sessions and are happy to address the MDCA directly at a future public meeting if required.

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

Our Final Public Meeting of 2022 is on **Monday 12th December**. Please join us earlier at 6:30pm for pre-meeting drinks and nibbles at Māpua Hall.

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Māpua Health Centre News

Welcome back to Dr Andre Bonny from his time exploring the Himalayas and thanks to our locum doctors Jo Alward and Vicky Barns for their help over the last 2 months.

We are now in the fortunate position of having a full complement of long-term medical staff which will make it possible to offer appointments at short notice and provide easy access to a high level of medical expertise for all our patients.

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. Don't forget that enrolled patients can use the ManageMyHealth portal to request medications online. If you are unsure, please phone the health centre, 5402211.

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.

SunSmart, 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.

We also have a Health Improvement Practitioner (HIP) working at Mapua Health on a Thursday. An appointment with Kamalsh Lovegrove is free and available to anyone of any age who would like support with:

- Managing stress
- Making healthy lifestyle changes
- Learning strategies to improve your wellbeing

Please talk to one of our clinical team if you think this may be of assistance.

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 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.

We will be closed on the weekends as usual together with the public holidays over the Christmas New Year period. On 23rd and 30th December we will be closing at 4pm. 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 December include the following:


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

Finally, on behalf of the team at Mapua Health Centre we wish you all a very Meri Kirihimete. Stay safe, enjoy quality time with family and friends and take care of each other. We look forward to working with you again in 2023.

MAPUA BOAT CLUB

2023 CALENDAR



 Mapua Boat Club Proudly supporting photographers
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Port Māpua Maritime Museum

Video upgrade

The Māpua Boat Club is pleased to announce the upgrade of its video display at the Museum. It was recognised that the current video display needed a bit of a facelift and needed to expand the story of Māpua and Tasman Bay to include its more recent history.

We have been very fortunate to have been gifted family films and photos of life in Māpua through the 1950s-2000s.

Kathy Trott very kindly gave time to sit down and tell her story of the journey of the Māpua Leisure Park, with Greg Olsen adding some commentary.

Eileen Thawley was able to add names to faces and help with technical information on a video of loading apples at Port Māpua and Māpua Wharf 1940s-2000.

Through generous grants from the TDC, Te Papa, and Port Nelson, we have been able to employ professionals to collate and edit the end result. A collection of seven individual stories that you can access by turning a ships wheel to get to the story you want to see.

Please spend the time to visit the Museum to spin the wheel and update yourself with the new display. We are already in the planning stage of three more segments that will continue the remarkable story of Māpua.

A Stroll Through Time

Along the Nelson Waterfront (6min 30sec)

Māpua Wharf 1940s-2000

A visual account of the historical working wharf at Māpua (7min 15sec)

Fun Times in the Māpua Channel

1950s and 60s (3min)

From Vision to Reality

Māpua Leisure Park 1979 to 2002 (3min 50sec)

Port Nelson 1949

Produced for the Nelson Harbour Board
by R G Branford & W H Parr (37min)

Māpua Wharf Pre-1930s

Wharf industry development from flax to apples (4min 20sec)

Apples - from Trees to Sea

Loading apples at Māpua Wharf 1960s (3min 30sec)



Kids Fishing Contest

The weather gods shone kindly on us on Sunday the 30th of October and a great afternoon was had by the 73 entrants, caregivers, and friends as the annual Kids Fishing Competition returned to Māpua Wharf.

Great sponsorship and on-the-day help from Laura-Alice and Andrew from Hunting & Fishing, and Jimmy from Jimmy's Baits, plus Juicies supplied by Tasman Bay Foods, ensured a fun day for all.

As well as prizes in each age category, Hunting & Fishing have sponsored a trophy and prize for Good Sportsmanship (which will be an annual award). This prize is given to the entrant that shows true sportsmanship by helping others and enjoying the day and not necessarily catching a fish.

This year's winners are:

Ralph Cotter Trophy: Ezra Macale

Under 6 years: Ezra Macale (first)

Ryan Stilwell (second)

Matilda Boradkolff (third)

Luke Beureken (most fish)

6-9 years:

Archie Cameron (first)

Timo Bruce-Miller (second)

Carter Ross (third)

Timo Bruce Miller (most fish)

10-12 years:

William Robinson (first)

Savannah Milne (second)

JJ Jefford & Judah Lepolo (third tied)

Savannah Milne (most fish)

Hunting & Fishing Award: Ethan van Deventer




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The Write Bias

News from Māpua Bowling Club

The weather hasn't played fair as the members await the nod from our greenkeeper that the new green is fit for play. But we are very close and the revised planned opening on Monday 28th November is eagerly awaited.

Cotula is a weed that is used for bowling greens in much of New Zealand and as the cotula grows in Māpua, so too do various other unwanted weeds. A couple of working bees had some members down on their knees digging up toadrush; many thanks to them and hopefully the toadrush invasion has been thwarted.



On their knees
thwarting toadrush

Despite not being able to practise at home, plenty of bowling has been happening around the area. Roll up sessions every Wednesday at Motueka have been well attended, teams are playing in other club's tournaments, some members have entered Centre events and Māpua fielded men's and ladies' teams in the annual Town v Country Clubs challenge.

Country Clubs won the Men's competition, and Town the ladies. Although only two games have been played so far as rain intervened in the other matches, Māpua has 100% record in the Saturday President's Trophy. This competition continues throughout the season, and we will strive to maintain our unbeaten record.

When the Club is up and running properly, we would be very happy to welcome new members or spend some time with anyone who would like to give lawn bowls a try. Plenty of equipment and help is readily available.

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

Sue England



Job Opportunities

We have the following Packhouse roles available for the upcoming 2023 apple and pear harvest season.

Packers/Graders

Stackers

Shed Hands

Documentation/Labelling Staff

Job sharing is welcomed and experience is not necessary as full training will be given

Phytosanitary Inspector/Quality Controller

Forklift Operators

Applicants must have relevant experience and/or certifications for these positions.

For more information regarding the roles available see the Employment page on our website

Work will commence mid-February and finish late May.

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

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Christmas/New Year 2022/23

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Cardio/Weights Tuesday 6 pm,

Old-fashioned Aerobics Wednesdays 8.30 am,

Cardio/Weights Friday 8.30 am,

Pilates Wednesday and Friday 9.30 am.

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

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

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lynda@hht.co.nz, 027 222 1491.

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MĀPUA HALL NEWS

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| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|--|
| 9.00 am SUPERB DANCE Move Good Now | 9.00 am PANZ Pastel Artists of NZ | 9.05 am AEROBICS with Lynda | | 9.05 am STRENGTH / CARDIO with Lynda |
| | 9.00 am SIOUX LINE DANCE | 9.15 am SLOW YOGA with Nikki | 9.30 am MĀPUA ART GROUP | 9.15 am YOGA with Martin |
| | 10.00 am MĀPUA CREATIVE FIBRE 2nd Tuesdays | 10.05 am PILATES with Lynda | | 10.05 am PILATES with Lynda |
| 3.30 pm BALLET 3-4yrs Kerry Clarke Dance | | 1.00 pm SEVEN STARS TAI CHI | | |
| 4.00 pm BALLET 5-7yrs Kerry Clark Dance | 5.30 pm YOGA with Martin | | | 2.00 pm FRIENDSHIP GROUP 3rd & last Fridays |
| 5.30 pm BROGA YOGA with Nikki | 6.00 pm STRENGTH / CARDIO with Lynda | 4.00 pm QUICK STEP to DANCE | 7.00 pm MĀPUA COMMUNITY CHOIR | |
| 7.00 pm MĀPUA HALL SOCIETY Meeting 3rd Mondays | | | | |
| 7.15 pm MDCA PUBLIC MEET 2nd Mondays | 7.00 pm BEGINNERS YOGA with Martin | | | |

E-Newsletter

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

Events

- Māpua Art Group Exhibition
From 31st Dec - 8th Jan
FREE entry

Membership: 1st April - 31st March

Visit our website to register for Māpua Hall Society Membership, benefits include:

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

Hall Society News December

This month **The Christmas Māpua Market** is coming up on **Sunday 11th December** at Māpua Hall, Doors open from 10am-2pm. A contemporary craft market featuring unique and affordable handcrafted items with emphasis on supporting quality local makers. All our favourite stall holders are booked and they have also donated some beautiful gifts for the Door Raffle prize. The Māpua Market is run by the Hall Society and is now our main fundraiser for the Hall, with the \$2 entry supporting your Hall and includes a raffle ticket!

We are seeking a social media savvy volunteer to join the Māpua Market team in helping us promote the super talented local stall holders at our Market which is held three times a year. Please email MapuaHallSociety@gmail.com if you think you can help out in any way.

School holidays commence 20th December so please check the latest Hall schedule and class times on the Live calendar on the website.



www.MāpuaHall.org





Orphan Kids Charity

Fundraising Event on the Māpua Ferry

Our first ever sunset cruise on the Māpua Estuary was a great success despite grey weather and definitely no view of a setting sun!

We were impressed that people braved the rain anyway and once on board the Māpua ferry we were soon dry and enjoying a relaxed Friday evening social time. It was a pleasant cruise with the tide high, the estuary calm, and lots of cloud for atmosphere!

As a small local charity, we are extremely grateful to the many businesses and individuals who supported the event with sponsorship and donations for our raffles and live auction.

Nelson Tailors Menswear sponsored the hire of the Māpua Ferry and MS Ford donated the use of a car as part of an auction package which included holiday accommodation. Local businesses Alberta's, Delicious Homewares, Forest Fusion Gallery, Fulmer Gallery, The Playhouse and Zoom Hair Salon were all very generous in their donations giving those on board the opportunity to win or bid on some lovely items.

We also had support from an Auckland company – Belle Max cosmetics, the St Arnaud Ski Racing Foundation, Maureen Clinton-Baker, Lancewood Villa, and Joanne Coeland.

This has been our first event in a few years and has been our most successful fund raiser to date. The Trust raised \$3755 from our sunset cruise.

All money raised will go directly to our educational scholarship programme which enables orphaned students in the north of Vietnam the opportunity to attend tertiary studies, university, and apprenticeships when they leave the orphanage. We experience huge gratitude from the young people we assist – we know everyone's collective contributions are positively impacting the lives of our students and we are thankful for the ongoing support the Trust receives.

We hope to do a similar event next summer and look forward to seeing the sun set! Let us know if you would like to hear about our next event – contact Janet on 540 3364.

With thanks, Janet, Bridget and Sarah (Trustees)



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Coastal News is edited by Andrew Earlam, Mary Garner and Trees van Ruth. Views expressed are not necessarily those of the editors. Distributed 1st of the month.

Deadline for copy to news@coastalnews.online is 20th of the month. Noticeboard items are a gold coin donation in the collection boxes. Club notices are free. Printed by the Tasman District Council.

Our latest news & adventures



We acknowledge it has been another turbulent year for our community. From flooding to pandemics and everything in between. Throughout these ebbs and flows we are proud to say that we have worked with around 6,000 participants this year on approximately 240 programmes. The focus of our programmes remains on uplifting our youth to be more confident, resilient, and able to deal with a changing world, connected to nature and their community. We are incredibly grateful to the ongoing support of our team, funders and community who enable these programmes to happen. Ngā mihi maioha!!

Matua Mike Elkington Recipient of Supreme Recreation Award

We were thrilled to hear that kaiārahi of our kaupapa Māori programmes, Matua Mike Elkington is the 2022 recipient of Recreation Aotearoa's Te Tohu Manu Kura Supreme Outdoor Award for his outstanding mana and leadership in outdoor recreation. Matua Mike has worked for Whenua Iti since 2014 and his passion lies in uplifting the mana of tamariki and rangatahi to embrace te ao Māori and supporting rangatahi Māori to see that they can aspire and achieve their aspirations. Ka mau te wehi, Matua! We have known for a long time what a taonga Matua is to our rangatahi, it's so wonderful to see his recognition. Ka nui te maioha me aroha mō tō mahi miharo.



Matua Mike with students on a tuatara encounter

School Holiday Programmes

It feels like summer! We have some awesome holiday programmes running for tamariki from age 7 - 16yrs to explore our beautiful wilderness locations, have a go at completing different challenges supported by our instructor team and meet new friends. Places are filling up, and we'd love to see familiar faces on the programmes from our local schools! A big thanks to funding from **Rātā Foundation, Ministry of Youth Development, Lotteries Communities and Sport Canterbury** for helping to make these programmes happen. To enrol, head to our website - www.wio.org.nz

Moutere Catchment Project

Thanks to everyone who has turned up to the recent potting up days! We have lots of plant babies in our community nursery who will be ready to head out to the whenua next year. Another benefit of the nursery is that students attending programmes on site get the chance to contribute to the project, which helps connect them to their local environment and be active for nature. Thanks to **Weave, TDC & NZ Landcare Trust** for recent funds and/or support to keep this mahi going!

Students return as leaders

A highlight of this term has been having graduates of our Manaaki Tāpoi programme return as leaders on our waka journeys! Ngā mihi nui ki RUIA mō tō tautawhi ki ngā rangatahi. Thanks to RUIA for funding opportunities for our students to further their journey in te ao Māori. It's fantastic to see them return as young leaders, confident to share their knowledge and help uplift others.

The Team at Whenua Iti.



We're loving the new kayaks thanks to Foodstuffs Community Trust!

We'll see you out there!

www.wio.org.nz





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To Your Good Health

A cancer diagnosis in 2015 started Upper Moutere resident Tess Wood, on a learning journey towards better personal health through good nutrition, movement, emotional wellbeing, social connectivity, sleep etc.

"After I was discharged from the hospital system, I wanted to take a holistic approach to keeping well – but I discovered that making informed choices was tricky," she recalls.



Having completed a degree in Early Childhood Teaching in her forties, Tess was no stranger to adult learning and threw herself into gaining new knowledge that she could share with others on a similar pathway to better health and wellness.

With an Advanced Certificate of Nutrition Health and Wellness Coaching from Well College Global under her belt, and further studies with PreKure in Auckland, Tess became a member of the Health Coaches Australia and New Zealand Association (HCANZA) in 2018 and hasn't looked back. She has since completed further studies including, Understanding Dementia and Preventing Dementia, through Tasmania University.

"The coaching process is a partnership, with accountability and goals" she says. "I am there to walk alongside my clients, motivating and championing them to achieve the specific changes they want to make in their lives." Accountability + Goals = Results.

"This can be in areas such as sleep hygiene, stress/emotional wellbeing, movement, nutrition, connectivity, and gut health – everyone is different."

We've all made those New Year's resolutions that quickly fall by the wayside, but Tess says that by having a personalised plan and a coach to help keep things on track, clients are more likely to engage with their goals and make long-term, sustainable change.

Along with providing one-on-one coaching and group sessions in person and online, Tess spends one day a week at a medical centre in Motueka, working with patients who may have underlying health conditions, such as pre-diabetes, diabetes, high cholesterol, heart health issues etc.

She also shares evidence-based information through presentations, which have included organisations such as Breast Care in Christchurch, Bosom Buddies in Nelson and the Nelson Prostate Cancer Support Group.

"Small lifestyle changes can make a huge impact to people's lives," she says.

Seven years on from her cancer diagnosis, Tess is thriving and feels in full control of the choices she makes.

"It made me stop and think about my work life balance. As an early childhood teacher at the time, I wasn't paying much attention to my own wellbeing."

"I now know I need to take time for myself – and I feel privileged to walk alongside others as they go on their own journey, whether they are 15, 55 or 95."

Learn more at www.twhealthcoach.co.nz.

tess@twhealthcoach.co.nz

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71 Aranui Road, Mapua

Moutere Hills RSA Memorial Library

Māpua Community Library

EXHIBITION.

Fred Robertson is a teacher whose art became an integral part of his occupation, ending finally at Motueka Steiner school where he says "art is the heart of education and facilitates the learning."

Fred tried many media and styles including ceramics, etching, printing and watercolours, murals, sculptures, acrylics, and oils, and he paints on all sorts of surfaces.

Having lived in Ruby Bay, seagulls became a prime focus. He says that he tends to let colour, medium or object speak to him for creative direction, rather than working out an idea before he starts.

All of Fred's art is for sale and would make wonderful Christmas gifts. Pop on down to the library and check out this wonderful exhibition. Fred can be contacted on ph.redd.gullery@gmail.com

BIG SHOUT OUT TO OUR GRANTS TEAM

2021 was a pretty dire year for grants but since our new team have come on board, they have successfully received grants from Rata - \$3,000; Harcourts Foundation - \$500; Tasman District Council - \$2,500; Network Tasman \$3,000; OneFortyOne - \$2,000; and the biggie - Lotteries Grant \$12,000.

The Lotteries and Rata grants will enable us to upgrade our computer systems at the library and hopefully this will take place during February 2023.

The remainder of the funds will go towards keeping our book collection up to date plus general expenses incurred in keeping the library functioning.

We would also like to extend our special thanks to all our members and community who contributed to our "Givealittle" page which has raised \$1,215 to date.

XMAS RAFFLE

Look out for our raffle table which will be set up outside the Māpua Four Square store from 9am on Tuesday 13th December through to Saturday 17th December.

There will be two prize baskets plus a wonderful Christmas cake baked especially for the raffle. Thank you to Margaret Cotter for this amazing contribution.

Tickets will be \$2 each or 5 for \$5. Prizes will be drawn on the Saturday afternoon.

CHILDREN'S TALKING BOOKS

Come on in and check out our selection of children's talking books, great for that long car journey.

VOLUNTEER WEBSITE DESIGNER REQUIRED

We would love to redesign and upgrade our website page; it's looking rather sad and needs a spruce up.

Is there anyone out there who loves doing this type of work or maybe studying website design? You can use your own creativity and full recognition will be given. Send us an email to mapualibrarynz@gmail.com.

NEXT BOOK SALE - DONATIONS REQUIRED

The Māpua Community Library's next book sale will take place on **Tuesday 3rd January at 9.00am**. We are seeking donations of books to help with this sale so if you are clearing out your bookshelves, bring them down to the library.

LIBRARY HOURS

Open Seven Days (Except Stat holidays) 2pm-4.30pm and Thursdays 10am-12.30pm

Facebook: Māpua Community Library;

mapuacommunitylibrary.co.nz;

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Māpua Fire Brigade



Oct to Nov 2022 call outs

- 15 Oct 19:18 Beach fire at Kina, permitted bonfire/cooking fire. Left with users to put out.
- 16 Oct 22:04 Car off road SH60 near Harley, stood down by Ambulance, not a crash.
- 18 Oct 21:19 Two car crash on the Moutere Highway, both on fire.
- 24 Oct 16:00 Tanker to a vegetation fire at the mouth of the Motueka River, help for an hour.
- 30 Oct 13:31 Fire off SH60 on Seaton Valley Rd, permit fire. No action taken.
- 3 Nov 12:58 Alarm activation at Māpua Chorus exchange. Nothing found, a defective smoke alarm?
- 5 Nov 20:56 Large bonfire on Holdaway Rd, permit fire. Turned back.
- 8 Nov 15:08 light aircraft crash at Motueka Airport, turned back, not needed.
- 8 Nov 21:00 Smoke in the area on Dominion Rd. Nothing found.
- 9 Nov 10:29 Rubbish fire on the side of SH60 near Bronte. Nothing found.
- 10 Nov 09:00 Alarm activation at Gravity Cellar Door. Nothing found, a defective smoke alarm?

Call outs for the year = 71

We have been short crewed on a few calls out this month. If you work or/and live in Māpua and are interested in being a firefighter, come see us at the Fire Station 3 Iwa St, Thursdays after 7:00 PM

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

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

Perry's Auto - Māpua
Opening Hours over Christmas and New Year
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Back Pain—it doesn't just appear out of thin air!

It's been estimated that over 90% of us will deal with low back pain at some point in our life.

Low back pain and neck pain are the leading causes of years lived with disability in most countries and age groups. Low back pain is a major problem with society.

So, you may be wondering why. What causes most of us to experience back pain?

Do you sometimes get pain for little or no apparent reason? We know that such an experience may not be 'all of a sudden' after all. Pain, whether it is related to our back or symptoms related to other health conditions, doesn't necessarily happen all of a sudden for no reason.

Pain is a multifaceted problem that may have been developing for some time without you knowing about it, until one day you have symptoms.

It's a bit like the thousand straws that break the camel's back. The camel is fine with 999 straws on its back, but one more tiny straw, and it will break.

The straws building up on your camel's back can include all sorts of things such as poor sleep, awkward postures, repetitive movements, lifting wrong, stepping off a curb unaware, negative self-talk and minor accidents.

To add to this, the current research demonstrates that the development of low back pain can also include emotional and psychological aspects as well. Think of all the stresses we have been under over the last few years with the effects of Covid. Our clinics have seen a large increase with people suffering from increased anxiety and depression due to the pandemic.

Fatigue, and a decreased ability for people to cope is leading to more people "burning out" in their careers and life in general. Subtle changes can be happening due to all of these things to the point where you reach your limit, your 999 straws. Then all that is needed is one last minor thing to go wrong and you end up with pain or other symptoms.

Furthermore, if you have poor body movement patterns or you lack movement of your body in your daily routine you are more likely to have a low back injury in the future.

Researchers have recently discovered that long periods of sitting may be as harmful as smoking. Extended periods

of sitting increase your risk of back pain by de-conditioning the muscles supporting your spine. Studies have also found that sitting can contribute to health concerns like increased blood pressure, obesity, and abnormal cholesterol levels.

As I have said before, the great aim of education is not simply knowledge but action.

I think it's about time we started to take greater responsibility for our health and wellbeing by placing far greater emphasis on prevention than on cures. Sometimes people need to be willing to look beyond the solutions of traditional medicine and to take a fair and open look at other options for health care.

Take a proactive approach with your health and your life starting with the basics. Maybe our first options should be far more conservative, with a proper healthy diet, getting a good night's sleep, greater exercise, and chiropractic care.

We are here to assist you and to help you better understand what you can do more to help yourself.


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Before a site can issue WoF's they must first comply with standards set by NZTA. Once standards are met they are issued with a 'Certificate of Authorisation'. Likewise, each WoF inspector must sit theory and practical exams, testing both their knowledge of the rules and their practical abilities. Upon passing these exams they are issued with a 'Certificate of Appointment'. Both of these certificates must be publicly displayed on site.

The purpose of WoF checks is to ensure each vehicle using national public roads attain minimum safety standards. If problems are identified during a WoF check, repairs need to be done before a current WoF will be issued. It is illegal for a vehicle to be used on the road without a current WoF.

When a vehicle has been inspected by an approved WoF inspector and has complied with all inspection items, a current WoF label is placed on the top right hand corner of the front windscreen. This



label shows this vehicle has been visually inspected and was roadworthy at the time of the last inspection.

Keeping your vehicle safe and up to WoF standards between inspections is crucial for you, your passengers and all road users safety and is legally required.

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Mapua Art Group

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Mapua Hall

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KIWISKIN news - from the Māpua Skin Clinic

Summer Sun Safety Summary

Sun makes kiwis older and crinklier faster

Sun makes our skin look red and damaged. You can often see this 'solar elastosis' in the 'V' of people's necks where it can look red and lumpy and also on the backs of people's necks as they get older, where the skin gets thick with deep creases.

UV damages collagen (the thing that makes skin springy and not saggy). The UV takes the spring out of collagen causing the wrinkles and 'baggy faces' of old age, which reflect old sun damage. In countries like the UK, where UV is lower, skin looks younger.

Harming Sun between 10.30 am and 4 pm will make you look older, crinklier, and baggier, faster!

The UV in sunlight damages DNA in young healthy skin cells, causing skin cancers that pop up much later. Sunburn today may mean skin cancer in 30 years' time.

Sunburn with water blisters, for example, is a specific risk factor for melanoma.

'Healthy sunshine' before 10.30 after 4pm

- Sun makes our bones strong
- Sun is good for our mood
- Sun is lovely and warm
- GO SUNSHINE ...WE SEE YOUR BRIGHT SIDE!

'Harmful sunshine' between 10.30 am and 4 pm

The sun in New Zealand is, regrettably, the most dangerous in the world; our midday sun is like a 'skin cancer toasty machine'.

The harmful UV comes from a nuclear reaction in outer space called 'The Sun'. I.e. sun burn is a radiation burn; it's best to avoid the sun's radiation... it causes cancer.

And that's why NZ has the highest rates of skin cancer and melanoma.

The UV in sunlight damages DNA in young healthy skin cells, causing skin cancers that pop up much later.

Like mum says, make good choices now... sun burn today may mean skin cancer in 30 years' time. Sunscreen

and a hat today, means younger skin when you are older... just like mum's xxx.

Fair skinned people who burn easy and have a higher risk of skin cancer are best to avoid the worst of the sun, whenever possible, between 10.30 and 4pm.

If possible, do your gardening earlier or later in the day.

How often should I get my skin checked?

- The Cancer Society recommends annual skin checks.
- After a melanoma diagnosis a person should have a six-monthly skin check for five years.
- People with higher risks, e.g. previous melanoma + large numbers of moles + other skin cancers + very fair skin, might choose to continue with six-monthly checks to 'keep ahead of the 8 ball'.
- Many general practitioners offer skin checks, and these are also available at skin clinics.
- Remember to ask your partner or your mirror to let you know if you have any new or strange spots.
- Keep an eye out for 'the ugly duckling'; the skin spot that doesn't look like the others; get it checked at your GP, Mole Map or at a skin clinic.

Summer sun safety advice

1. Stay out of the sun between 10.30 am and 4pm.
2. Always wear a hat.
3. Dark glasses protect against cataracts.
4. Use broad spectrum sunscreen.
5. Invisible zinc is a brilliant sunscreen and is hypo-allergenic (good for sensitive skin).
6. Wear a rash shirt if you are swimming between 10.30am and 4pm.
7. Think about an annual melanoma skin check.

Advice from you in the future

The older healthy you says 'wear your hat and sunscreen or else you will get red, thick, crusty, itchy, flaky, crinkly skin like the back of granddad's neck.'

Have a lovely sun-safe summer you awesome lot!

Best wishes, Kiwiskin Team

- Spot Checks
- Mole Mapping
- Skin Cancer Surgery
- Treatment of other Skin Conditions

 **KIWISKIN**
Māpua Skin Clinic

Telephone: 03 540 2373

Email: mapua@kiwiskin.org.nz

Website: www.kiwiskin.org.nz

Address: Unit 9, The Village Māpua
66 - 68 Aranui Road, Māpua 7005

Where has the year gone?

The end of this year brings a little milestone for our family – well, two really.

The first is that our eldest son is finishing high school and is flying the coop, 18 years goes by in the blink of an eye.

The second is that this summer marks 10 years for us living in Māpua and serving as minister of **Hills Community Church**, moving up from Dunedin in Jan 2013.

This last week. I was reminded of a planning exercise that the Anglican church in Dunedin did in about 2008. It was called “2020 Vision” and was all about confidently looking forward with 2020 vision and discerning what changes the organisation may need to make to meet the future. Of course, the year 2020 really had the last laugh with that.

Perhaps we are fooling ourselves if we think we can know with certainty what the future will need. Uncertainty is the reality we live with.

This is hard, because uncertainty terrifies us, and we will do anything to avoid it. Mostly this takes the form of pretending that we know what we are doing and the way to get there.

But a better approach is to plan to accept and live with uncertainty. Learning to let go of being in control.

Where does this leave us? Well, it leaves us finding a source of reality beyond what the world gives. I love the word of Jesus here, speaking about the reality of difficulty and uncertainty of our lives he says “I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world.” (John 16:33)

Let us come to this season of Christmas trusting that in God and through Christ is the peace, joy, hope, and love that passes all understanding and uncertainty!

Christmas services in Māpua

Advent reflections as Church Wednesday 7th, 14th, and 21st December

Thursday 15th December **Community Carols**: 6pm at the Wharf Amphitheatre

Christmas Eve 9pm: **Candlelit carol service**

Christmas day 9:30am **Christmas communion service**.

Services through January to 6th February at 9:30am

Rev John Sherlock, 021 0707 276
hillscommunitychurch.org.nz

COMMUNITY CAROLS

!! ARE BACK !!

Thursday 15th Dec. 6pm
Mapua Waterfront Park

Motueka District Brass Band

Mapua School

Mapua Community Choir

Children's Items

Christmas Treasure Hunt

Christmas Treats

and Lots More!



We'd love to see you there!

Bring a picnic tea and a blanket

For more info contact: Hills Community Church
Tel: 540 3848 www.hillscommunitychurch.org.nz



Prayer and Intercession
for Ukraine

Every Wednesday Evening
7:00pm to 7:30pm

In quiet, bring your prayers and petitions to God.
Hills Community Church

For more info contact: Hills Community Church
Tel: 540 3848, office.hcc@xtra.co.nz
www.hillscommunitychurch.org.nz

Mapua Kids 'n' Koffee

A relaxed and fun community playgroup for 0 - 6 year olds.

Every Wednesday 10am - 12pm during the school term at the old church building

Advent Season

An opportunity for stillness and quiet reflection
Wednesdays 30th Nov, 7th, 14th and 21st December

JOY 7pm to 7:30pm HOPE
Peace Hills Community Church LOVE

For further information contact:
Hills Community Church
Tel: 03 540 3848
www.hillscommunitychurch.org.nz

Playcentre

Come and play at Māpua playcentre behind the tennis courts at 84 Aranui Rd.
Find us there Mondays and Thursdays 9.30am-12 during term time
Everyone welcome, see you there!

mapua@playcentre.org.nz

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The Glass Jar

We recently moved to the country. We had promised our four boys that we would get a dog once we lived away from main roads, and so when my father's heading dog had an unplanned litter, we took one home.

One evening my husband and I sat at the dining table after dinner, not paying much attention to the kids and the dog outside. All of a sudden, there was a terrific yelp. Our six-year-old ran inside. "Mum! Tilly's got her head stuck in a jar!"

As we looked out, poor Tilly's little black body stumbled across the lawn with not a jar, but an enormous glass biscuit container on her head, so heavy she could barely drag it.

There was enough room around her neck that she could still breathe, but her head was far bigger than the hole. We were worried we would have to smash the container to get her out, but eventually my husband managed to gently prise her free.

I feel like that dog sometimes. I exist in this world. I can breathe, I can move around, I can see. But this world is heavy. As a follower of God, I want to be obedient to what He asks of Christians, but I came into this world with a human nature diametrically opposed to God's nature.

He is perfect, and I naturally want to indulge in everything that is not perfect. That human part of me, although forgiven by God thanks to Jesus' death on the cross, still stumbles around in the world, like a puppy with her head stuck in a glass biscuit container.

It's an unpopular opinion these days, to fight your "nature". Common mantras of "live your truth" or "your best life now" sound inspiring, but this heavy glass jar of the world is not all there is. It has its beauty. It has its indulgences.

But it isn't perfect, and the Bible promises that beyond this world there is something more. The Bible promises that one day, if we "run with endurance" this race of life (meaning it *will* be difficult and heavy; you don't need endurance for something easy), every weight will fall off as God welcomes believers into the next life that He has prepared. A place where not only is there no death and no suffering, but the perfect presence of God Himself, whose glory is enough to light up all the world without a sun.

Ruth Russ attends Tasman Church. Her four boys are enjoying country life with space to go wandering (usually at inopportune times when their mother wants them).

THE MAPUA MARKET

Support local. Buy local. Love local

SUNDAY 11 DECEMBER 10-2

* \$2 ENTRY - RAFFLE TICKET *
RAFFLE EXTRAVAGANZA

MAPUA HALL, 72 ARANUI ROAD

Dominion Flats Update

If you haven't been to Dominion Flats lately, or have never been for a walk through there, it is worth a stroll along the paths to see the photo boards that have sprung up alongside the track. There are eight altogether at this stage.

These show photos taken at earlier times which are hard to believe when you raise your eyes and look at the same view along the same area. The transformation in such a short time is incredible. Well done to all those people who have helped along the way and to the loyal band of regulars who come each week to help with weeding. We have a tremendous asset to be proud of.

This Reserve belongs to the TDC so belongs to all of us and the planting began with a huge turnout of people from Grandmas to young children on 3rd November 2013; so just nine years ago and has continued to develop ever since.

Using money from grants and buying plants that are sourced locally and would have been growing here in days gone by, we have continued to make progress. A big thank you to Trish from the Coolstore Gallery who has donated money for the photo boards.

There is a map at the entrance so you can't get lost, and the board also has a list of other generous donors who have helped us achieve our goal.

Don't know where Dominion Flats Scenic Reserve is? As you leave Mapua to go to Richmond, it is on the right-hand side of Mapua Drive opposite the sculpture in Higgs Reserve and there is parking there. There are easy tracks that connect through the underpass to Dominion Rd or further up to Chaytor Rd which leads to the underpass that goes to Gardner Valley.

There is also a track that goes up to Dawson Rd or you can just wander the tracks in the Reserve itself which would take you about ½ to ¾ hour.

So, go explore and enjoy it as we do. The tracks are suitable for all ages, walking, biking, a wheelchair or take your dog on a lead. No cats please as we are creating a home for birds, lizards etc and for the fish in our streams.

Helen Bibby



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Book Review: *On The Beach* by Nevil Shute

Nevil Shute was an aircraft engineer involved with projects ranging from the successful Airship R100, up until the end of World War II when he was involved with the development of radio-controlled secret weapons.

He began writing as relaxation from his day job. His first novel was published in 1926, and the last in 1961, the year after his death.

Shute began with the cops and robbers and spy themes that were common at the time but moved on to cover many subjects in his novels. His characters got to deal with many social issues including illegitimacy, religion, the English class system, consumerism, mixed race marriages, corruption, displaced persons, and war.

Who knew those issues have been around for so long!

Many of his male leads were pilots, and most were ordinary people living their lives in a logical, common-sense fashion.

All the women in his books were intelligent and practical, with barmaids, farmers' wives and secretaries being common occupations for them. Considering Shute's wife was a medical doctor in the 1930s, it is perhaps a surprise that the only female university graduate in his books is a lawyer, who never practised.

Nevil Shute moved to Australia in the early 1950s and found a different range of topics in this 'new' country free of the restraints from an England recovering from a long and costly war. Here he wrote his most well-known books, "A Town Like Alice", and "On the Beach". Both about war.

A feature of Shute's books is the lack of violence. In 22 of his books a total of about six people die. In the 23rd, everybody dies. So naturally, that is the one we will be discussing!

"On the Beach" is based in Melbourne. It covers the year after a nuclear holocaust in the Northern Hemisphere, while a radio-active cloud circles the earth, gradually moving south and annihilating everything in its path.

Shute had a bit of a reputation for foresight, writing books set in the future that later proved a bit prophetic. He wrote 'What happened to the Corbetts' in 1939, that foretold a time of disease, food and water shortage and major disruption should bombing of towns occur. That novel was later used to brief civil defence workers which upset a few people.

In 1948 he wrote "No Highway" about metal fatigue, based on experiments on an aircraft wing. A few years later when the wings fell off two de Havilland Comets, a large jet passenger aircraft, a few more people were upset.

When he wrote "In the Wet" in 1953, which talked about an England in 1964 where the Socialist Government had made life for the Queen so untenable that the Royal Family had shifted to various countries in the Commonwealth and left behind a Governor General, many more people became upset.

So, when "On the Beach" appeared in 1957 about the end of the world, not only did many, many, more people get upset, but the anti-nuclear brigade latched on to it as some kind of textbook.

The story is set in Melbourne in 1963. When the book was written, only Russia and the USA had nuclear weapons and the means to deliver them. Mutually Assured Destruction (MAD), was the doctrine that kept everybody safe. But, typical Shute, by 1963 many small countries had them, and Albania dropped the first bomb on Italy, and so it progressed until the USA, Russia and China joined in. No more Northern Hemisphere.

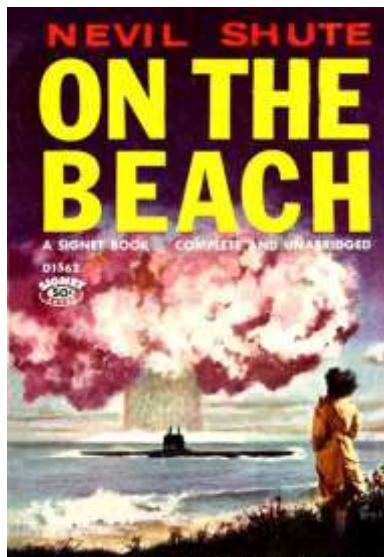
The USS Scorpion is an American nuclear submarine that had been seconded to the Australian Navy during the recent War. The Captain, Commander Dwight Towers is introduced to a local girl Moira Davidson during a party at the home of the ship's Australian liaison officer, Peter Holmes, and his wife Mary.

These are the principal characters, and they get to deal with romance, families back in the USA, the approaching dust cloud, the total disruption of services, running the US Navy, the day-to-day problems of life without petrol, and suicide pills for yourself, your pets and your children, for the time when you become disabled by radiation sickness.

Mapua Library will have a copy of "On the Beach" by the time you read this.

There are also two movie versions available free on YouTube. The original, stars Anthony Perkins, Ava Gardner, Gregory Peck and Fred Astaire which illustrates the status Nevil Shute's stories had.

Look at life today. Many small countries with atomic capability, a pandemic bouncing around the world, unstable dictators in the Northern Hemisphere! Once again, Nevil Shute has written a timeless book, or is it a book for our times?



John Leydon



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Summer at the Playhouse

Dec 28th

Pump up the Jams: 90s themed night

Dec 29th

Soul Train Disco Party

Dec 30th

The Great 2022 Quiz night

Dec 31st

New Years Eve Pyjama Party

Jan 4th

The Best 1980s Party Ever!!!

Jan 5th

**Paul Madsen presents
A Tribute to Queen, BeeGees, More!**

Jan 7th

ABBA Tribute

Jan 13th:

Kenny and Dolly's Greatest Hits

Jan 27th

Pink Floyd Tribute

Jan 28th and 29th

Landslide: Fleetwood Mac tribute

call 5402985 for bookings

December 2022

Summer has arrived, what a year it has been for all in business. There are still challenges facing some with rebuilding or reshaping their businesses after three years of unprecedented times. You have all been so resilient when at times it has been incredibly hard and frustrating, our region is lucky to have you all opening your doors everyday for us. Remember to use local resources like Business Assist, NRDA and the Nelson Chamber of Commerce for any business assistance. We hope you will all have some time out with family and friends over the coming festive season to enjoy the simple things in life.

We wish you all a prosperous summer.

LUNCH & LEARN EVENTS 2023

We will have a new line up of events starting in March 2023. If you would like to suggest a topic let us know so we can do our best to source a speaker to present and share their expertise.

MDBA CHRISTMAS PARTY 2022

It was a great event with everyone enjoying the stunning setting at Gravity Cellar Door. Catching up, networking, making new contacts and building on ones already made over the last few years. Locals supporting locals is important and as valuable as ever to keep our region and communities thriving and growing. Thank you to all that came along. See you in 2023.

Cheers, from the MDBA Committee

A BIG THANK YOU TO ALL OUR MEMBERS

Thank you to all of you, the members of the MDBA. Some of you have been with the MDBA since the beginning, some not as long and some brand new.

From builders, painters, architects, tilers, landscapers, landscape suppliers, plumbers, electricians, earthworks, auto centres, retail, cafes and restaurants, health and beauty providers, accommodation providers, wineries, takeaways, accountants, real estate, growers, producers and galleries. Such a wide variety of local businesses from all sectors within the Tasman region as members, it is so great to see.

Remember to stay, shop, support, and buy local it means the world to local business owners. It's another great way to build connections, locally.

From the committee, we wish you all a happy holiday season with hopefully some days off for you all to reflect, recharge, breathe and laugh with family and friends.

We are seeking new committee members for 2023, we are needing the following positions to be filled: chair person; treasurer and vice chair.

Email mdba@mapua.co.nz



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NEW MEMBER UPDATE ** NEW MEMBER UPDATE



Welcome aboard to Tim & Carley Lloyd the new owners of Rabbit Island Coffee Company located on Mapua Wharf.

Rabbit Island Coffee Co is a family owned and operated business, where they all come together and share their passion for coffee, and are proud to take over such a great product and brand. They live in Māpua with three young kids and feel privileged to walk a short distance to work each morning. They are excited about the challenge ahead and look forward to having more time with family and integrating more into the community.

Their specialty coffee beans are enjoyed in cafes and homes across the region and around New Zealand, they take pride in knowing that the coffee farmers who grow their beans have been rewarded for their exceptional product. Lets not forget the perfect shop location on the Māpua Wharf where they have expanded the retail shop to include fresh flowers on the weekend local and New Zealand based specialty products. The perfect combination for a specialty coffee company that focuses on quality.

Make sure you stop in and say hi to Tim and Carley at Rabbit Island Coffee, or experience their unique coffee blends from the comfort of your home with their online subscription service delivering right to your door.

**P: 021 411 844 E: hello@rabbitislandcoffee.co.nz A: Shed 4, Unit 6, 6 Aranui Rd, Mapua Wharf
W: rabbitislandcoffee.co.nz FB: [@rabbitislandcoffee](https://www.facebook.com/rabbitislandcoffee)**

Noticeboard

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

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

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

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

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

Knit & Natter group at Alberta's: 10am Tuesdays. contact: Debbi 027 327 4055

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

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

Motueka Toastmasters: Like to speak with more confidence? Friendly supportive environment. Meet 1st & 3rd Weds, 6.45-8.30pm, St Johns rooms, Jack Inglis hospital, 15 Courtney St, Motueka. Visitors welcome. Info Sierra 027 8444765 or Peter 027 7468311.

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

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

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

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

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

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

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

Indoor bowls at Māpua Hall on 3rd & last Fridays. Bowls at 2pm followed by "bring a plate" afternoon tea. \$3. Māpua Friendship Club. Contact Val, 540-3685

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Coastal News: to see it in colour download the pdf from www.coastalnews.online—now in print!

Contact us: news@coastalnews.online