



## Māpua Waterfront Park

### **B**oat Ramp Resource Consent heads up

At any time in the next few months there will be a call for public submissions on the proposed Māpua boat ramp, its associated buildings and access across Waterfront Park. The application will be uploaded to the TDC's public website and there will also be a public notice in the newspaper Newsline.

Having an opinion on this does not necessarily mean you are against the boat ramp, but it is a chance to suggest conditions that could be imposed to alleviate concerns or to suggest more modest changes. Some of these may already have been addressed before the resource application is finally submitted but currently (at the time of writing) they include:

#### **1. Disturbance of the toxic soil underlying the cap**

This could be of particular problem with construction of the substantial buildings proposed. For those residents who do not know the history of and dangers associated with this site, you can find versions on:

<https://bit.ly/49OIBT8>

<https://bit.ly/47wMNEU>

<https://bit.ly/49HM6ui>

<https://bit.ly/49Dd9XT> (4Mb download)



The MfE also holds a record of the Independent Site Audit: [<https://bit.ly/47fWgkx>] that proves that though the soil was remediated, there is a problem in ever disturbing the soil beneath the cap.

The scientists in charge of the clean-up project have warned that the soil should not be exposed or disturbed. Rumours of plans to remove truckloads of contaminated soil to some other site are hopefully just that. This was one idea mooted before the original cleanup and discarded for its risks: dust from the vehicles, the possibility of accident en route and the pollution of a second site.

If you have questions about the toxicity and clean up, contact: [jennym.easton@gmail.com](mailto:jennym.easton@gmail.com)

While the boat ramp route alone reduces the area of Waterfront Park by a significant amount, (and it's a pity about the trees and natives already established there), the

proposed building/s that service Sea Scouts, Boat Club, a waka and so on (at least as shown on <https://mapuaboatramp.org/plans/>) are substantial and private structures on land that was given to the people of Aotearoa/New Zealand to enjoy as open green space.

A fair argument has been made for the Sea Scouts to have their own place, but you could submit that their shed (or preferably the entire multi-purpose building) could be on the land across the road from Waterfront Park close to other Tahi Street houses. The advantages of doing this are:

- Not having to excavate 60m<sup>3</sup> plus of contaminated soil that is 100x too toxic for the marine environment (risk, expense of removal and disposal costs).
- The soil on the west side is of residential standard so there are no problems excavating for service trenches.
- Not putting a locked shed (40mx20m) and other buildings in a space that was gifted to the taxpayers as "open space" for everyone.
- Not losing the public carparks and swale already there.
- The gravity sewer for Tahi St is close by, plus water and electricity.

The disadvantage is that when the scouts take the boats out they would have to cross the road, but presumably under the supervision of an adult with a trailer. They are unlikely to be meeting at peak holiday traffic times.

#### **2. Concrete**

How do the tonnes of concrete that will be used square with the TDC's carbon budget and emissions reduction targets? Was a carbon budget completed? This will be the biggest cost of the project.

<https://www.theguardian.com/cities/2019/feb/25/concrete-the-most-destructive-material-on-earth>

#### **3. Safety concerns**

With the thousands of tourists encouraged to Māpua Wharf precinct, the swimming and jumping round the wharf, mingling with boats and trailers – would a new ramp attract many more than local boaties? Will there be a charging system, a 'Māpua zone' of users to restrict numbers or how is this to be managed? What rules will be in place regarding speeds and types of craft given the swimmers at the nearby wharf?

#### **4. Cost**

There is a marina and boat ramp at Motueka 20 minutes' drive away with a modest daily charge. Cost

*Continued on page 2*

MOTUEKA LIGHTHOUSE 2024

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# Māpua Art Group ANNUAL EXHIBITION

December 28<sup>th</sup> - January 7<sup>th</sup>  
 10am - 5pm  
**Māpua Hall**  
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estimates for the Māpua boat ramp facility range from approximately 3 to over 5 million.

If any of these or other matters concern you, please make a submission on them when the notification for resource consent is made public. These are serious issues that need to be worked through, and some conditions may need to be imposed, before consent is given for a boat ramp and buildings on this public site. However, we have not yet seen the final proposal.

Judy Mitchell

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# Letter to the Editor

Dear Editor

Thank you for the time, thought and dedication you, Andrew, and your team members, Mary Garner and Trees van Ruth, put into producing the Coastal News each month.

Each publication is looked forward to by the community, keeping us up to date and informed about our village and surrounds, a valuable resource we all appreciate very much.

*Anonymous Resident*

[Honestly – I didn't write this, but I would also like to thank Debbi Bamfield, in charge of distribution, and Clare Kininmonth who now does invoicing – Ed]

## Streets for People

**M**āpua's Streets for People follow up survey is open.

It's widely understood that when things change it can take a bit of getting used to, so now Māpua's Streets for People pilot layout has been down for about month, Tasman District Council wants to know what people really think.

The Streets for People programme is an initiative by Waka Kotahi to support councils to begin improving walking and cycling in their communities.

By using semi-permanent materials that can be adapted, as many people have seen, the project team has been able to implement changes sooner and review how they are performing.

A follow-up survey to gauge the true feeling of the community is now open.

The Māpua team wants to hear from users and non-users alike. They want to know if people feel safer, why they use it or why they don't – they also want to know what people dislike, and of course what they love.

The first part of the survey asks similar questions to the baseline survey that ran from late 2022 until early 2023. The second part of the survey drills down into more specific elements of the project.

The survey information will be monitored as it comes in, to action anything that requires obvious or urgent attention. However, the main review will be done after the survey period closes at the end of February.

The survey is open until the end of February to give as many people as possible the chance to have input.

Go to <https://shape.tasman.govt.nz/streets-people/mapuasfp> and click the survey link or pick up a printed copy from the Māpua library.



# Ruby Coast Running Club

**O**ur Thursday 5km events are not weather dependant – as exemplified by one of our recent runs in November. Our run seemed to coincide with the rainiest and windiest part of the day, and was in fact probably one of the wettest evenings we have run in.

However, our keen runners were not deterred, and everyone crossed the finish line in good spirits, albeit rather wet. We have otherwise been fortunate to have enjoyed some lovely summery conditions lately.

November saw the Nelson Half take place on the 5th. This is typically a popular event on our runners' calendars, and this year was no exception. We had a good group of runners take part. This included some who had not run the half marathon distance for quite some time.

Everyone ran really well, with some being placed in their respective age categories. Well done to everyone for the run itself and also for the effort put into training beforehand.

We also had runners take part in events in more far-flung places. Most far-flung of all were Christine and Graeme who competed in the 25km and 50km events respectively in the incredibly scenic, and also incredibly challenging, Vietnam Jungle Marathon.

Not only did they encounter a lot of elevation gain and technical trails, but they also had the heat and humidity to contend with. A very impressive achievement, well done.

Closer to home, and in far less challenging conditions, Karen completed the Kaikoura Mountains to Sea Marathon. It was also a trail run with a scenic course, particularly the views around the Kaikoura peninsula.

More recently Faye competed in the half marathon in the Queenstown Marathon. This is also a very stunning scenic course and Faye had a great run.

Next up on our runners' calendars is the Edridge Contracting Teetotal Traverse on 26 November. This is a new event this year in the Teetotal Big Bush Conservation Area near St Arnaud. It is a trail run with options of either 8km, 13km or a half marathon. At this stage we have quite a few runners signed up for the event.

If you would like to join us, you can find out more about us on Facebook: Ruby Coast Running Club.

Or you can just turn up to one of our Thursday 5km events. We meet every Thursday by the playground next to the Hall. Walkers and any runners that need more than 30 minutes to complete 5km start at 5.15pm and all other runners start at 5.30pm. Just come along a few minutes before the start time to sign in and also to listen to the course briefing.

Our Thursday 5km events generally continue right through summer. So if you have guests staying with you or you are a holiday maker yourself who would like to join us, we would love to see you.

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# Kids Fishing Competition

It turned out to be a great day on Māpua Wharf on Sunday 19th November with 44 keen and eager young fisher people entered into the annual Kids Fishing Competition run by the Māpua Boat Club.

The wharf was packed with young ones fishing, and adults looking on, as lines hit the water at 2.30pm for the hour long competition.

Sponsor Jimmy's Bait got things going early with berley thrown off the wharf to attract fish and then regular distribution of bait to those fishing.

Sponsor Hunting and Fishing were on hand to give guidance and some amazing prizes at the end. Young fisher people were sustained by chocolate fish and delicious ice-block Juicies from sponsors Tasman Bay foods.

## Results were as follows:

Ralph Cotter Trophy for largest catch:

Ryan Stillwell (aged 5) 1300gm / 50cm kahawai.

Hunting & Fishing outstanding sportsmanship award:

1st - James Babe (11)

2nd - Maddie Collier (9)

Jimmy's Bait most patient angler award:

Carys Sugar (11)

Jimmy's Bait most fish caught award:

Austin Bruce-Miller (12) fish caught - 13

Under 6 years:

1st - Ryan Stillwell

2nd - Vincent van der Star;

3rd - Toby Thorpe

6 - 9 years:

1st - Charlie Hall

2nd - Blake Stillwell;

3rd - Kieran Short

10 - 12 years:

1st - Dian Jooste

2nd - Xavier Donaldson;

3rd - Hunter Ryan

Māpua Boat Club looks forward to another great competition next year.



Ryan Stillwell



Carys Sugar



James Babe



Charlie Hall



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“Save the date”

**Māpua Community Regatta**

run by Māpua Boat Club at the wharf.

**11am - 2pm Sunday 18th February 2024**

Lots of on-water fun races - Everyone welcome

*Premium event: cutter rowing race*



## Māpua Craft Group

During our delightful morning tea at Grape Escape, we concluded that this year we had produced many quilts, cards and our own projects. We have helped each other and exchanged magazines, books, seeds, fruit, flowers and vegetables. We have learnt so much about ways we can "save the planet".

Our hand-made cards can be purchased at the Māpua Library.

Most important of all are the friendships we have shared and have supported each other in times of stress. We always welcome more people, young and older, to our meetings – your creative products will inspire others to develop their hidden talents!

This beautiful quilt of yellow ducks was made by Penny, and this month is being taken to Tasmania as a gift for a very special baby.



In December we plan to meet on the 1st of the month and then not until the 16th of February 2024. We gather in the Māpua Community Church meeting room at 10am.

May we wish the many readers of the Coastal News a Happy and Healthy Christmas and New Year with families and friends.

*Barbara Halse Ph: 5403901.*



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# Māpua & Districts Community Association (MDCA)

Summary from public meeting 13<sup>th</sup> November



## Councillor reports

Councillors Mackenzie and Kininmonth outlined some of the issues facing the Council

resultant from the election and change of government, such as water services, the Resource Management Act and speed limits. This future uncertainty is likely to have significant planning implication and expense, such as for the upgrade of the Motueka wastewater plant.

The council is also consulting with the community on a proposal for domestic cats to be microchipped and feral cats to be categorised as pests.

A Nelson/Tasman Speed management plan will also go out for consultation in the near future.

## Streets for People

This project was subject to considerable discussion, namely the evaluation of the project and problems with navigation of the cycleways. Councillors reported that initial data shows that the objective of traffic taming through vehicle speed reduction is being achieved.

The evaluation will include a number of different methods. In addition to collecting the opinion of residents and users by interviews and on-line surveys, the TDC will also be collecting numeric data such as vehicle, pedestrian and cycle usage, including use of monitoring cameras. Their online survey of community opinion can be found at <https://shape.tasman.govt.nz/streets-people/mapuasfp>



Cycleway navigation confusion was raised, highlighted by the fact that on some parts of Aranui Road cyclists can ride along either the shared footpath on either side of the road (in either direction) or on the newly defined cycleway in either direction or on the road itself, in either direction.

While this might operate well for cyclists familiar with the layout and is, in part, the result of the Great Taste Trail coming along part of Aranui Road, concern was expressed at the meeting that cyclists new to Māpua, such as tourists on the Great Taste Trail, might well be confused by the profusion of options, which might well be to the detriment of both themselves and other road and footpath users.

The Chairperson reported he had highlighted this in his face-to-face discussions with the Streets for People project leader.

## Māpua Masterplan

There was concern expressed over a lack of opportunity for a facilitated group meeting between the community and the TDC Māpua Masterplan staff.

While the TDC plans two day-long drop-in sessions on February 10<sup>th</sup> and 29<sup>th</sup> next year, a facilitated group meeting could inform the plan's development through providing a group perspective with greater synergy than the one-to-one engagement of the drop-in sessions.

To this end the MDCA will request a formal public face-to-face engagement with the TDC Māpua Masterplan developers.

## MDCA/ Māpua District Business Association

As a result of a meeting between the Chairs of both groups, both organisations hope to combine their inputs on the further development of the Māpua Masterplan.

Additionally, the MDCA will be organising, for both residents and local business, training sessions on both basic first aid/CPR, and on how to use an AED. MDCA members will shortly be informed on how to register for this.

## Dominion Flats 10-year anniversary

A very successful celebration was held on November 3<sup>rd</sup> organised by the MDCA Dominion Flats subcommittee.

The abundance of precipitation provided by the weather gods on the day did not dampen the enthusiasm of those who toured the wetlands, before all retired to the Māpua Hall for a celebratory afternoon tea and a viewing of a short 10-minute video that provided both an aerial perspective of the superbly regenerating native flora and interviews with Helen and Neville Bibby.

These helped outline the history behind the developments of this excellent tribute to collaboration between the community, local businesses and the Tasman District Council. The video can be viewed at <https://tinyurl.com/domflats>



For their work and effort, Helen and Neville also received a 20-year service award from the TDC.



## Sewerage

The MDCA has adopted a proposal from Jan Heijs to assist our Councillors in their lobbying to address the apparent incongruity that the Tasman Regional Management Plan forbids sewerage overflows and discharges, but the Council continues to discharge sewerage into the Waimea Estuary in extreme and mild weather events.

The complexity of the matter can be appreciated by reading Jan's paper which can be found at <https://tinyurl.com/MDCChair>. While not wishing to pour cold water on the proposal both Councillors highlighted that the cost of addressing the matter may well limit the options available.

## Transport

Residents are reminded that while the TDC E-bus services has proven very successful in terms of usage, the **Māpua Willing Wheels** is still operating its door-to-door service or, as is also now occurring, door to E-bus stop.

*Continued on page 7*

# Moutere Hills RSA Memorial Library

## Māpua Community Library



On Sunday 19th November the Māpua Community Library celebrated 80 years since Mary Robb set up a small library in Netta Perry's house with a loan of 50 books from the mobile library service.

The day was celebrated as a **Garden Party** with lots of colour and wonderful music by the Māpua Coastal Stringers.

Exhibiting at the library this month is work by **Ron Oliver** – come on down and check out Ron's watercolour prints, they are for sale.



Please support our Community Library by purchasing tickets to our **Christmas Raffle**. Volunteers will be selling tickets outside Māpua 4 Square Dec 12-16 between 10am and 5pm.

We are having a **Book Sale** January 2<sup>nd</sup> from 9am to 1pm. You can drop donated books off at the library.

The library will be open throughout the holiday season except for the public holidays.



*Continued from page 6*

Additionally, the Motueka Coastal Bus continues to provide a Saturday trip through Māpua with volunteer drivers often collecting local residents en route to Richmond and return. This proves especially popular with young residents, offering the chance for a visit to the pool.

With the intention of complementing the e-bus services from Motueka, this bus now offers a twice weekly route from Motueka to the Richmond Aquatic Centre through the Moutere Valley route.

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# MĀPUA HALL NEWS

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

\* School Holidays 20th December 2023 - 7th February 2024, some sessions on break.

## Membership: 1st April - 31st March

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

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



## Hall Society News Dec 2023 / Jan 2024

The Hall Society are very excited to welcome our new Hall Coordinator Wendy Byrne. Wendy has already started learning the ropes and will initially be in the office Monday-Friday 9am-12pm as she assesses which days work best as face-to-face contact days at the office.

**Māpuā Art Group** are hosting an Exhibition from **December 29th through until Sunday 7th January 2024**. Pop down from 10am-5pm daily with Free entry. Nikki is holding a **Restorative Yoga Workshop** on **Sunday 3rd December from 3pm**.

With school holidays over January many groups will be on a break so please check in with your instructors for regular schedules. **Lynda's Aerobics & Pilates** will restart on Tuesday 9th January through to 1st March.

From Anita, the outgoing Hall Coordinator, Wendy and Māpuā Hall Society we wish you all the best for the festive season and New Year, enjoy the summer break!

For event updates and news follow us on Facebook and Instagram.



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## The Write Bias

### News from Māpua Bowling Club

There is plenty of activity in the bowling world now the season is underway. The first Māpua tournament, sponsored by Mike Greer Homes, took place on Monday 13th November and it was lovely to see all the rinks in action and plenty of visiting teams from around the area taking part. As always, the catering crew served up some delicious sandwiches and savouries.

The Saturday morning President's Trophy is well underway and Māpua has recorded some wins and some losses. This trophy could be described as competitive fun and is very much enjoyed by the Club members that take part.

Club championships are also underway with some of the singles matches already played. More competitive fun!

Teams are taking part in two other inter-centre tournaments: the men's fours on Tuesday afternoons and junior and senior 2-4-2 pairs on Wednesday evenings. Again there has been some success and some failure but it is so good for Māpua to be taking part; good work Mike Day and Barbara Adcock, the junior pair and the squad of senior pairs, Warren Keith, Ian Benbow, Jayden Menzies, Dave Dillon and Sean McBride.

Have-a-go day always seems to be doomed and it was no different on Sunday 15th October – rain! So there was no action out on the green but some enquiries and I'm pleased to report that three of those people are now taking part in the group coaching sessions. Will we get some new members? I hope so!

The 6-week group coaching programme on Wednesday afternoons is proving to be popular and successful. Three sessions have been completed and it is hoped that the weather will remain favourable for the remaining three to take place before Christmas.

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

*Sue England*

### Lynda's Exercise Classes in the Mapua Hall

#### Summer 2024

Classes restart after the Art Show on **Tuesday January 9<sup>th</sup>** and run for 8 weeks. This is a casual term, rock up when you want, concession tickets are available, random family members staying with you can use clicks off your ticket. Morning summer start times 8.30am and 9.30am before it gets too hot.

**Cardio/Weights Tuesday 6 pm,**

**Old-fashioned Aerobics Wednesday 8.30 am.**

**Cardio/Weights Friday 8.30 am.**

**Pilates Wednesday and Friday 9.30 am.**

5-trip ticket \$50; 10-trip ticket \$80; 20-trip ticket \$150; 30-trip ticket \$210. Casuals \$12 per session.

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

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# Hills Community Church

**W**hat's on in December and January?  
**Morning Service** followed by Morning tea  
 Each Sunday – December and January – 9:30am  
 Please note: no service Sunday 31<sup>st</sup> December.

## Community Carols

Thursday – December 14<sup>th</sup> 6:00pm  
 At Waterfront Park and a street near you!

## Advent Season – “Come to the Quiet”

Wednesday – December 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup>  
 7pm to 7:30pm  
 An opportunity for stillness and quiet reflection

## Christmas Eve

Sunday – December 24<sup>th</sup> 9:00pm  
 A celebration of Carols and readings  
 Please note: no morning service this Sunday (24<sup>th</sup> Dec)

## Christmas Day

Monday – December 25<sup>th</sup> 9:30am  
 A Christmas Celebration  
 Morning tea and mince pies!

## For more information contact:

Hills Community Church:  
 Phone: 03 540 3848  
 email: office.hcc@xtra.co.nz  
 Website: www.hillscommunitychurch.org

# COMMUNITY CAROLS

With: Motueka District Brass Band  
 Māpua School  
 Māpua Community Choir

Something for all the family 😊



**When** - Thursday 14<sup>th</sup> Dec.  
**Where** - Waterfront Park  
**Time** - 6:00pm  
and ... at a street near you:  
**How** - On foot and by truck  
**Time** - 7:00pm onwards



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

## Advent Season “Come to the Quiet”

An opportunity for stillness and quiet reflection  
 December 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup> - 7pm to 7:30pm  
 Hills Community Church



For further information contact:  
 Hills Community Church  
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# Māpua Fire Brigade



## Oct to Nov 23 call outs

5 Nov 10:54: Grass fire on Carlyon Rd, started from a rubbish fire. Assisted Upper Moutere and Appleby Fire Brigade to control the grass fire. The permitted rubbish fire was left to burn.

5 Nov 20:43: Rubbish fire at intersection of Aporo Rd and Marriages Rd. Brigade put fire out as it was burning at night.

12 Nov 15:31: Grass fire started from rubbish fire on Bronte Rd. Afternoon winds reignited fire.

13 Nov 09:19: Flames and smoke seen at end of Hoddy Rd, a permitted burn, left with owner.

16 Nov 04:52: Fire on side of Moutere Highway near Maisey Rd, may have been started by fireworks. Assisted Upper Moutere and Appleby Fire Brigade to put out. Police investigating.

16 Nov 12:47: Grass/undergrowth fire spread from incinerator fire on Hoddy Rd. Afternoon winds reignited fire. Assisted Appleby Fire Brigade to put out.

## Call outs for the year =51

### Safety Tip – Be safe.

If you can see more than 50% dry or dead grass, a fire will travel through the grass even if it looks green. Have a clear area around the fire with grass mown short or wet the area down. Have a means to help put fire out: e.g., hose, tools, or machinery. Even if the fire looks out, strong wind can reignite it the next day, fanning embers on to dry vegetation.

Go to the Check it's alright website to see if you can light a fire. Most fires in this area need a permit.

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

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

We have had a few members leave recently and are looking for some new members to join the brigade, who would be available during day time.

If interested come and see us at 3 Iwa St after 7pm on a Thursday evening.

## Postal delivery subscription

We can post you the *Coastal News*.

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- [laserelectricalmotueka.co.nz](http://laserelectricalmotueka.co.nz)



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There is no separate January issue.

E: news@coastalnews.online for more information.

# RUBY BAY STORE

## What's On Next

**Saturday 2 December 7.30pm**

**The Early Bobs, Part Five** Back by popular demand: Dylan soundalike Clayton Taylor, Nathan Torvik, Shanine Hermsen and Geert Hermsen, \$25

**Saturday 9 December 7.30pm**

**The Geriatric String Band** Traditional Kiwi, Australian, Old English, Celtic and Breton songs performed by local 'pensioner' pub musicians, \$25

**Saturday 16 December 7.30pm Lalo Hart** Touring US singer-songwriter; acoustic Americana, roots and folk, \$25

**Sunday 31 December 7.30pm**

**Steve Mitchell and the Swingometers** Blues and timeless music for New Year's Eve, \$25

**Friday 5 January 7.30pm Comedy Showcase** Another round of local stand-up, \$20

**Saturday 6 January 7.30pm Isabelle Wolff** (pictured) German singer-songwriter; Gypsy jazz pop in both English and German, \$25

**Saturday 13 January 7.30pm Nelson County Playboys** Clayton Taylor, Nathan Torvik, Texan John Rae, \$25

**Saturday 20 January 7.30pm Jason McIver** Groovy songs, special guests, \$25

**Saturday 27 January 7.30pm The Early Bobs, Part Six** 1976's *Desire* album, \$25

**Sunday 28 January 7.30pm Gilly Darby** Acclaimed UK folk and blues singer, \$20



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# Māpua Health Centre news

2023 has been another busy year for Māpua Health Centre and we would like to say thank you to all our patients for your support during this time, especially as we have had to navigate the transition from the pandemic challenges into the “new normal”.

Fortunately, we now have a full complement of highly skilled and caring staff, including doctors, nurse practitioner, nurses, receptionists, administrators and supportive health practitioners.

This means that we are usually able to provide appointments at short notice and that patients can usually maintain consults with their own doctors in terms of continuity of care.

Our nurses also provide a range of services, including answering and making phone calls. We will be introducing charges for longer calls with our nurses as these can take up a considerable part of their nursing time.

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

- 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 holiday period we are open as usual except for the statutory holidays, and we will be closing at 4pm on the two Fridays of 22 and 29 December.

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 (MIC).

Please consider that 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, and
- **Wrap** on some sunnies.

The *SunSmart*, [www.sunsmart.org.nz](http://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 all hope to enjoy quality time with whanau and friends over the festive season. 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 with the following resources:

- Lifeline 0800 543 354 (0800 LIFELINE) or free text 4357 (HELP)- here to help.
- Samaritans 0800 726 666 – for confidential support for anyone who is lonely or in emotional distress.
- Depression Helpline 0800 111 757 or free text 4202 – to talk to a trained counsellor about how you are feeling or to ask any questions [www.depression.org.nz](http://www.depression.org.nz).
- Healthline 0800 611 116 – for advice from experienced health staff

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

- 1 World Aids Day [www.who.org](http://www.who.org)
- 2 Safe Sleep Day [www.changefourourchildren.co.nz](http://www.changefourourchildren.co.nz)
- 3 International Day of Disabled Persons
- 4 [www.un.org/disabilities](http://www.un.org/disabilities)
- 5 International Volunteers Day [www.worldvolunteerweb.org](http://www.worldvolunteerweb.org)
- 10 World Human Rights Day [www.un.org](http://www.un.org)
- 18 International Migrants Day [www.un.org/en/events/migrantsday](http://www.un.org/en/events/migrantsday)
- 20 Term 4 ends for schools

Finally, on behalf of the team at Māpua 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 2024.



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# Summer Fun

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**Mon 25th Dec  
Christmas  
Luncheon**

**Thurs 28th Dec  
PUMP UP THE  
JAMS: 90s Night**

**Fri 29th Dec  
The Best 80s  
Night Ever**

**Sat 30th Dec  
The Great 2023  
Quiz Night**

**Wed 3rd Jan  
ABBA Night!!**

**Thurs 4th Jan  
Craig Allot presents  
Our Kiwiana Show**

**Sat 6th Jan  
Paul Madsen's  
Grease Lighting  
Beach Boys Tribute**

**Fri 12th Jan  
ODESSA  
Funk band**

**Sat 13th Jan  
The Best 80s  
Night Ever and all  
you can eat  
ribs night**

**New Years Eve  
1970s Disco Party**



# Māpua Village Bakery

## Staff Update



Our staff pointed out that we should actually introduce ourselves a bit more now that we've settled into running the bakery.

Barb and I have lived in Riwaka for 6 years having fled the tyranny of corporate jobs and skyscrapers in Auckland. This area

is so beautiful and everything we'd hoped it would be.

In Riwaka we've been running Eden's Edge Lodge, where the focus is on peace and quiet for guests usually visiting to tramp in Abel Tasman. We also have the Cheeseshop. This cheese retail business is mostly online and at the weekend markets, but people can also buy cheese at the lodge (and the bakery now too!).

Eric's father was from Palmerston North and he spent a few early years in Auckland. After a 35-year OE in California he's been back here for over 20 years. He's worked mostly in media and online marketing. Barb's originally from Fargo but moved to California after university where she met Eric. Barb's been working in cancer research for the last decade, but is now focused on keeping the business' books healthy.

You can usually find Eric in the mornings at the bakery, while Barb is often there to help close up at the end of the day. We both look forward to meeting all of you.

## Pet of the Month



This is Ranger. He's a one-year-old mixed bag of different breeds and one full-on personality. He loves nothing more than

counter-surfing and escaping the house to cause trouble.

His best friend is Pixie and they love chasing each other and jumping into the stream. If Ranger could talk, all he'd ever do is complain about not being fed enough.

He's only been to the bakery once so far, but he loved the puppuccino and can't wait to come back again. Rumour has it that he holds the record for eating one the fastest of any dog.

## New Menu Item—Pizza



Mamma Mia!

Hang on to your spaghetti, the bakery is going to start serving Pizzas.

The bakery will operate as a normal bakery and cafe during normal business hours, but starting in mid-

December we'll be staying open late (until 8pm) Thursday - Sunday through summer.

We'll keep it simple, just a few classic pizza take-away options (or eat outside under our fancy new umbrellas). Of course, there's usually a few of our delicious pies left you might be able to grab if you're lucky. And more importantly, the pastries and cookies will all still be available from our smiling staff.



## Sliced Bread

What's better than Sliced Bread?  
Nothing!

So the bakery has invested in a shiny new bread slicer to make everyone's lives better. Starting in December you're welcome to ask the staff to slice any bread you've purchased from the bakery. It only takes a minute or two and is super convenient.

We won't be pre-slicing any loaves, so this is a request-only service. It works best for our regular white and wheat sourdough loaves, and definitely doesn't work for the baguettes.

# Book Reviews

Charlotte McConaghy is an Australian author of two books that are great examples of how fiction writing can be used for environmental advocacy, not in any sort of preachy way but with conservation challenges wrapped in gripping stories of depth and heart.

Both books sent me to Google many times to find out more on the specific subject material – always a sign of a good book!

## Once There Were Wolves by Charlotte McConaghy

In Scotland there has been a conversation for some time about reintroducing wolves in an effort to balance degraded ecosystems from the overpopulation of deer.

Historically much of Scotland was covered in forest, now as little as 4%. An increase of restoration and rewilding projects across the country keeps the debate of bringing back natural predators going.

So this is the background/setting for the story. The narrator is a biologist who arrives in the Scottish Highlands from Alaska to lead a team in reintroducing a small population of grey wolves. Of course, not all the locals are happy with this and the ethical and moral dilemmas posed by such projects are well explored.

The author has researched thoroughly and depicts so many intimate details of the lives of wolves that each one in the book becomes a very real character that you can't help but fall in love with.

This is an environmental story but also carries important human nature themes (and a mystery and a romance). The main characters carry traumas from their past around domestic violence which makes for some raw and dark reading, but you come to appreciate what the author is doing in so vividly showing that any menacing wildness of the wolves pales in comparison to the cruelties of which humans are capable.

Such is the power and beauty of this author's writing you don't just read this book, you very much feel it. It is haunting, thought provoking, and above all hopeful that we can learn new ways of connection between each other and the natural world.

## The last Migration by Charlotte McConaghy

This book is quite the emotional journey, heartbreaking and challenging – as it should be when the setting is the near future in a world scarred by climate change, where ecosystems are collapsing, and species are disappearing at an alarming rate.

The only migratory birds left in the story are the Arctic Terns which have the longest migration route of any bird, flying from their Arctic breeding grounds to the Antarctic and back again each year.

The protagonist, Franny Stone, is determined to follow these birds on their perilous journey south, perhaps their last migration as there are so few fish left for them to feed on. She tags several with trackers and then convinces the captain of one of the last allowed fishing boats to trail them.

The book goes backward and forward in time, figuring out who this complex woman is, why the journey is so important to her, and exploring the relationships of her past and the ones she is building along the way.

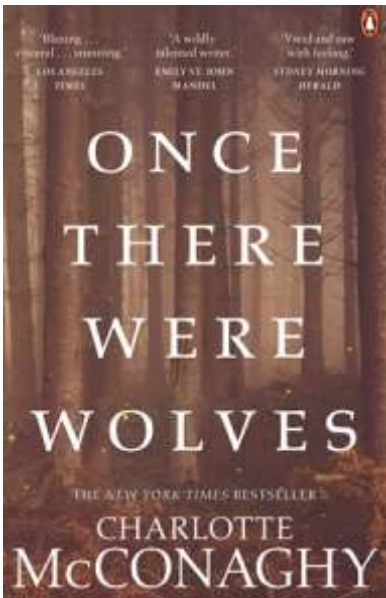
It is a beautifully written cautionary tale – also a love story, for a person and for the planet.

A quote from the book that captures the essential theme:

*A life's impact can be measured by what it gives and what it leaves behind. But it can also be measured by what it steals from the world."*

Both books are available in Māpua Library.

Reviewed by Diane Sutherland



## Yoga with Martin

Mapua Hall

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

General: Friday, 9.15 – 10.30am

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# Our latest news & adventures



## ENROL NOW! on Summer Holiday Programmes

We're looking forward to a summer full of adventuring at Whenua Iti, with holiday programmes available for ages 7 to 18yrs. All our holiday programmes are run by the same awesome instructors that run our school programmes during the year. The holiday programmes are a great way for kids to try something new, make a whole group of new friends and get out adventuring in the summer. To enrol, visit our website: [www.wio.org.nz](http://www.wio.org.nz)

## Celebrating our high achieving students

We have loved celebrating our students at the recent Trades Academy Top Student Awards in Blenheim, Nelson & Greymouth. To see the personal development in terms of confidence and communication that shine from these students always gives us a lift! Thanks to the amazing schools, teachers and parents that support students to attend our programmes. If you're interested to find out programmes that support NCEA achievement you can visit our website - there are still places left for 2024!



Year 10 Ignite students above the Cobb Reservoir in the Kahurangi National Park

## What are 'power skills'?

Often referred to as 'soft skills' according to a recent Forbes article, these are the new 'power skills' that employers are looking for. In our experience, there is a direct link between outdoor education and the development of these skills - in fact our programmes are intentional in building these exact skills in our students. So what are they? And how are they developed? Mark, our CE, has written a blog on our website all about it - check it out!

## Congratulations to our Ignite Students

In partnership with Motueka High School we have been running the Ignite programme for Year 9 - Year 11 boys to build skills that will help set them up to be leaders and good decision-makers in their later years at high school and beyond. Generously funded by a local donor, the boys love these opportunities to form bonds in the outdoors, outside of the classroom and we LOVE these programmes for seeing how much it means to the students.



Summer holiday programme fun on SUPs from last summer's Go Wild day adventure programme.

*We'll see you out there!*

[www.wio.org.nz](http://www.wio.org.nz)



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

# Noticeboard

**NZ Textile Experiences:** Art Textile & Fibre Craft workshops in the Nelson Tasman region. [nztextileexperiences.com](http://nztextileexperiences.com)

**Motueka Lighthouse:** last Thursdays, Motueka Community House, 7-9pm. \$3 Koha. Angie: [angel3000.h@gmail.com](mailto:angel3000.h@gmail.com)

**Angel Reiki / Energy Healing** 20-min sessions available by donation, Sunday 3 Dec 11am-2pm. Motueka Community House, Decks Reserve. Bookings at the door. Angie: 0225804938, [angel3000.h@gmail.com](mailto:angel3000.h@gmail.com)

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

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

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

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

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

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

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

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

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

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

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

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

**Māpua Community Choir:** 4 part harmony, no audition necessary, small koha, Māpua Hall 7.15pm Thursdays, enquiries Helen: [n-h.bibby@actrix.co.nz](mailto: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](http://www.tasmandippers.nz)

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

**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

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

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

**Māpua 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. [mapuaartgroup@gmail.com](mailto:mapuaartgroup@gmail.com)

**MDCA:** Māpua & Districts Community Association meets Feb-Dec, 2nd Mondays, 7pm Māpua Hall; [info@ourmapua.org](mailto: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](mailto:pippie.d@gmail.com)

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

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

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

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

**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](http://Seniornetmotueka.org.nz)

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

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

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

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

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

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