

Dec 20 / Jan 21

news@coastalnews.online

www.coastalnews.online

MDCA—November meeting

Māpua & Districts Community Association's November meeting provided a significant time-slot for members to brainstorm together in groups considering:

- What is special about Māpua as it is now?
- What aspects do we want to see retained?
- What changes/ new developments would we like to see in future?

A summary of these thoughts and suggestions is provided elsewhere in this edition (p13) and will also be posted on MDCA's Facebook.

Hot topic for the Month – Advanced Care Planning (ACP)

This kaupapa was introduced by Carla Arkless – Advance Care Planning Facilitator, Nelson Tasman, who holds the responsibility in the District for ensuring that:

- people are aware of and encouraged to engage in the process of developing an ACP and
- doctors and nurses are encouraged and helped to have conversations with their patients about the process.

Carla stressed that creating an ACP was appropriate for people to address and complete at any age – Anyone could contract pneumonia tomorrow – and stressed the importance and value for people to:

1. consider how they do/don't want to be treated if/ when they are no longer able to communicate this to professionals and
2. have conversations with family and "significant others" about their wishes regarding treatments/arrangements and any advance directives.

Process of creating an ACP

Plans are accessible online or available from health/ medical centres

- a) Discuss with family/carers the most important things you want them to know about in terms of your wishes. Focus on what matters most to you while you are living. Especially important to ensure setting up Enduring Power of Attorney (which ensures that ACP cannot be over-ridden)
- b) Fill in as much of the plan as possible then ask for an ACP appointment
- c) Discuss your plan at this meeting, especially S6 relating to Advance Directives – a professional will ensure that you understand your choices and their consequences.
- d) When finalized, sign, and medical professional will also sign.
- e) The Plan is then uploaded to digital NHS Record which is then accessible to all levels of Emergency Services

(Ambulance etc) as well as hospital /respite/palliative care records in the South Island.

Suggestions for publicising, accessing and updating ACP

- Orange fridge magnets available to indicate you have such a plan
- Keep a copy in the car and always take a copy with you when away from home
- Review annually – it is a living document which can be updated at any time – you may not have thought of current circumstances when making the original decisions
- Consider having doctors/nurses assisting in such a review
- Changes in paper copy will result in changes made to uploaded digital copy

Some MDCA members present at the meeting who had ACPs, confirmed what a positive process thinking/talking through this process had been and encouraged everyone to address this for themselves.

A video broadcast of this full presentation is available on MDCA Website.

MDCA "Good Sort" for the month

November Noted that the nomination of David Mitchell as the November "Good Sort" had attracted the highest number of "hits" on Facebook for the month as well as posts noting many other ways in which he had contributed to the community.

December: Jan Patterson nominated a group of GOOD SORTS whose combined work means that Māpua School now provides an exciting and colourful entrance to our beautiful seaside village. This wonderful masterpiece – Toi Whakairia Pou Whenua – is a gathering of prominent posts, created through the art of wood carving, to show/mark possession of an area.

Our school is the first in Aotearoa/NZ to have provided such a taonga. As this was the work of not one, but several the group of Good Sorts includes

- **Gordon Toi**, a local artist and parent, renowned as a ta moko artist and master carver.
- **Sarah Trolle**, teacher at Māpua School, who applied for funding through an MOE 'Creatives in Schools Project' to partner a local artist with students and teachers in a significant art project.
- **Kerry Rivers**, a local sculptor who created two significant metal sculptures to enhance the pou.

continued next page

MDCA report continued.....

- **The pupils of Māpua School** who were involved in all stages of the planning and creating of these colourful Pou. They walked and explored, to the shore and estuaries, to the Wharf and Grossi Point, along pathways and tracks, and they sketched and painted. Then they spent time in Gordon's back yard and at school putting together all they had discovered.

For more information about the elements and meanings of Toi Whakairia Pou Whenua – see information on MDCA Facebook and elsewhere in this edition

Also in relation to Māpua School, Esme Palliser noted that Mike Turnbull's photo collection of living with COVID was being sold @ \$10 per copy as a fundraiser for the School – in lieu of funding usually raised from the Easter Fair (not held this year due to COVID lockdown).

ENVIRONMENTAL PROJECTS

Heritage trees – noted that a get-together will be organized to focus on how significant trees can be retained and developed. Noted that "protected tree" applications need to come from the landowner with approval from neighbours; process of assessment and achieving a successful application takes 2 years.

Housing intensification and further developments

CAN (Citizens' Action Nelson) presentation on housing intensification by Barry Johnston & Jacqui Deans was reported on by Bridget Castle noting that:

- All the initiatives referred to required changes to RMA (due to be repealed in 90 days)
- TDC can only act in response to what it hears back from the communities – important when considering what residents see/wish for as the unique identity of Māpua.

Impressions were that:

- TDC concepts are broad - Developers see their land and what they want to do - Residents are in between with no say – need some way of communicating directly with the developers
- Cr Anne Turley confirmed that if the community wants to influence creation of open-spaces/walkways etc, then they need to engage directly and have a say with developers; TRMP is still in place and the process is not occurring within a vacuum

COMMUNITY WELLBEING

1. Māpua Willing Wheels has only 1 month left in the trial period, - Māpua and Ruby Bay Community Trust have allocated funding to cover the last month of operation. In relation to researching possible reasons for the current low

number of recorded rides, the current membership sub will be dropped to see if this makes a difference. Grant applications will be made for supporting the service into next year in anticipation of passenger uptake increasing.

2. A Coastal Corridor Route (Motueka through Tasman/ Māpua to Richmond) will be addressed and researched next year. A TDC Community Services Grant will provide funding for a co-ordinator for 3 months to confirm demand, research possible vehicles, routes and timetables

3. Community Hub – see separate newsletter article elsewhere in this issue with details of projects and progress.

COMMENTS FROM WARD COUNCILLORS

Cr Christeen McKenzie noted that:

1. MDCA needs to make a formal submission to TDC re the classification of Aranui Park and Dominion Flats Reserve as scenic reserves.
2. Councillors had been told that no workshop on development of a Boat Ramp would be held until the New Year.

Cr Anne Turley noted that

- 1) In relation to developing allotments,
a) Richard Hilton had not been part of this conversation
b) no suitable land was available for growing vegetables
χ) if such land were identified, it would need water and safety resources.
- 2) that if the community wants to influence creation of open-spaces/walkways etc, then they need to engage directly and have a say with developers; TRMP is still in place and the process is not occurring within a vacuum

FUTURE HOT TOPICS:

December – "Hot Topic" – celebrating the year past and choosing topics for the year ahead. Share food and meet others.

January – no meeting 😊

Be sure to attend/join in our next monthly meeting:
Monday, 14 December at 7 PM (content and format to be confirmed on MDCA Facebook and Mailchimp mailout)

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

Submitted by Elena Meredith



Relaxing Beauty Salon in the heart of Mapua
Rejuvenating Facials, Waxing and
Electrolysis, Pamper Packages,
Manicures and Pedicures, Eye Treatments

Call Jill Today or book online
11 Moreland Place, Mapua. Ph 5403923. Web: radiancebeauty.co.nz



RADIANCE
beauty therapy



Māpua Boat Club

Māpua kids fishing competition catches lots of contestants

Keen anglers were shoulder to shoulder at high tide on Māpua Wharf on Sunday 1st November with a record 104 young entrants competing in the annual Māpua Boat Club Kids Fishing Competition on a gloriously sunny day.

The two-hour contest, sponsored by Hunting & Fishing Richmond, Bays Boating, Jellyfish Restaurant and Hamish's Cafe.

Lucy Davy won the under 6 year old section with her 223 gram 28cm trophy; followed by Kiera Ryan with a 168g 17cm beauty and also first fish caught, and Basil Tennant third with a 84g 21cm fish – one of seven which contributed to Basil also winning the prize for the ‘most fish’ caught in his category.

The 6 to 9 year category was taken by Ethan Mahood with a 1,411g 650cm spotty dog shark. Second place was Cruz Mulcahy with a 266g 30cm catch, while third place went to Blake Stillwell whose offering came in at 210g 22cm.

The prize for the most fish caught in this category was a three-way tie between Madeline Collier, Max Hardwick, and Jaylin Jefford who caught two each.

Lauchlan Taylor handed in a 40g 23cm fish to win the 10 to 12 year category, followed by Danny Bruce Miller with his 37g 17cm catch. This, along with a second fish, also helped him to take out the ‘most caught’ prize for his age group.

Jason Mahood won the prize for the most unusual fish caught – a 508g 62cm eel. Maya Tapper, who is 4, won a spot prize for her four fish and another spot was awarded to Harrison Van Lent who used a rod he made himself.

Prizes included new rods and reels contributed by Hunting & Fishing Richmond and a child’s lifejacket; while volunteers from the Māpua Boat Club ran a popular sausage sizzle with chips for the young competitors and their patient adult companions.

At the prize giving a wonderful new Helm Station was unveiled. This will be a fun asset in the Māpua Wharf Museum for visitors to experience being Captain of a ship, at the wheel.

Diary this Date

Sunday 21st February 2021

10.30am start, registration on the day from 9.30am

Māpua Boat Club Regatta, Māpua Wharf

Calling all SUP boarders, kayakers, dinghy racers, model boat sailing racers

Great day out for the whole family

Katrina Ballantyne Secretary, Māpua Boat Club



Dominion Flats report

It will be worth going walking through Dominion Flats by the time you are reading this as the Māpua School students will have finished working on further murals in the underpass. It will be a huge job for a big group of senior students when they start the painting on Monday 16 November, and I am looking forward to seeing what they produce.

I would also like to give a huge shout out to the group who work at Dominion Flats on Tuesday mornings as they proved they can turn their hand to anything and have spent the last two days water blasting 45 metres of wall then covering it with two coats of paint.

They also shovelled a large quantity of gravel out of the stream to clear the water off the pathway and barrowed quite a lot of that up to spread on the track to get it out of the way of the tunnel work. Most people don't realise what goes on behind the scenes. We are lucky to have such willing workers in our community.

Resene Paints Richmond also deserve a big accolade as we have got a huge discount on all our paint which we bought from them. If you are doing any painting over the summer then buy your supplies from them. They deserve the support.

After that lovely rain we can be a bit more positive about the coming summer as the trees (and the grass) are putting on some great new growth. What a wonderful place we live in!

Contact person Helen Bibby 0274 59 39 89

{ the basin }
BOUTIQUE HAIRDRESSING
APPLEBY.NELSON
fabulous cuts & colour

MAPUA 10 MIN > < RICHMOND 10 MIN

p: 022 354 8771 www.thebasin.co.nz
@: louise@thebasin.co.nz 12 Research Orchard Rd

May Christmas Warm Your
Heart The Whole Year Long
Here's To A Smashing *2021*



*It's just me, you,
And the view*



Letter to the Editor

Paradise Unfound responses.

I would like to thank the many, many people who have offered words of understanding, commiseration and support following my November article regarding TDC.

Particularly for the full-page letter a woman took the trouble to post, referring to her own distressing TDC issues. Every person has had their own horrible story, short or of years' duration. I hope people will gain strength from their number and begin to hold TDC, our civil servants, accountable. There is no discernible Good Practice, at least to the public eye, in their Procedures in dealing with ratepayer issues.

I sent a Formal Complaint to TDC as instructed by the Ombudsman and copied the two relevant Ministers – Damien O'Connor (Rural Affairs/our MP) and Nanaia Mahuta (Local Government). Also Fair Go. I listed three succinct points for management to consider. The main direct outcome, which I absolutely think reasonable, is that I asked to be included in receiving town services as those around me enjoy, including other Rural 1 houses - at no installation cost to me. The pipes are right beside my property. Because the underground stream feeding my well was hijacked to a drainage ditch, thus depriving me of a life necessity.

The System has not worked for seven years. PM Ardern will be the contact of last resort if it fails again.

Pat Russell

Advent Season

An opportunity for stillness and quiet reflection

Wednesday 2nd, 9th, 16th and 23rd December



7pm to 7:30pm

Hills Community Church

For further information contact:

Hills Community Church

Tel: 03 540 3848

COMMUNITY CAROLS

Thursday 10th Dec. 6pm
Māpua Waterfront Park

Join us for Community Carols

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

Fred Hollows Humanity Awards

Ngaio Kidd, from Māpua School, has been recognised as a finalist in this year's Fred Hollows Humanity Awards.

The Awards, which were open to all Year 6 students throughout New Zealand, are part of a global movement created to acknowledge passionate children striving to make the world around them better – just like our founder Fred Hollows did.

A large number of students were nominated for the Humanity Awards from all throughout New Zealand. 10 outstanding finalists were chosen, one of these being Ngaio Kidd, whose nomination from her Principle, Neil Chalmers you can see below.

Ngaio Kidd nomination by Principle Neil Chalmers

We wish to nominate Ngaio Kidd due to her empathy towards other students. She can recognise when someone is being left out of an activity or game and to include them as best she can. She has established herself as a positive role model in the playground. She is, in fact, a friend to all.

Ngaio is positive, enthusiastic, and uses her initiative in all aspects of the school. She is curious and self-motivated.

As a gifted artist, Ngaio was chosen this year to be a member of a new Creatives in Schools group. She is extremely enthusiastic about learning the stories, symbols, and tikanga of Te Reo Māori, and applying all of these to her artwork.

Ngaio has embraced her culture and took it upon herself to write to Jacinda Ardern to thank her for the funding that allowed this project to take place. She also invited the Prime Minister to visit our school and join in the celebration of this new artwork.

She has independently decided to organise our celebration and has created a 'plan' for the ceremony. She has volunteered to speak to the school about our project and explain the process.

Gordon Toi, the artist at the centre of this project, mentioned to me that he thinks Ngaio will be our prime minister one day!!



Above: Stephne Vaughan from The Fred Hollows Foundation NZ with Ngaio Kidd.

Below: Ngaio with Stephne, her mother, her two grandmothers and Neil Chalmers (Principle and nominator)



Hills Community Church

It is a funny thing with life; wherever you are – there you are. And here we are – coming to the end of the year. In many ways, 2020 has been a year in which COVID19 has overturned the certainties and familiar patterns of life that we are so accustomed to.

And yet, beyond the chaos and uncertainty of our world right now, we still have the incredible gift of each day. However, it is incredibly easy to lose sight of each day amidst the relentless busyness and intensity of so much of our lives.

Throughout this year, I have found this five step process incredibly helpful in learning to be still in God's presence, and to be present to the joys, and frustrations of my daily life. They are based in prayer practice developed by a 16th Century Spanish priest, Ignatius of Loyola.

- 1) Ask God for a light - that we can see with God's eyes.
- 2) Give thanks – for our very breath, and every day is a gift from God.
- 3) Review the day (or the year) – pause and reflect on the events that have shaped and challenged us.

- 4) Face our shortcoming – simply accept our weakness and that we are not perfect.
- 5) Look forward to the day to come – that despite our failings, God, brings us a new tomorrow, and a new opportunity to make our life count.

This Advent and Christmas season, may we make space in our lives, that in the stillness and quiet, we may find the One, who brings hope, joy, peace and love among us, Jesus, Immanuel, God with us.

Christmas and summer services in Māpua:

Advent Season: An opportunity for stillness and quiet
7pm-7:30pm; Wednesday evenings during Advent.
2nd, 9th, 16th, 23rd December.

Community Carol Service
Thursday 10th December at the Māpua wharf 6:00pm,
Christmas Eve: 9pm Candlelit Carol service
Christmas Day: 9:30am Family communion service
Sundays 27th Dec through to February 14th
9:30am Worship service

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

A Plan B for Christmas?

The year of the pandemic. The strangest of times. While so much else has contracted, our collective understanding of coronavirus and related scientific and medical terminology has expanded. Whoever thought we would chat with friends about the value of genomic sequencing?

It is sobering to reflect on a statement, made in March, by renowned epidemiologist Professor Michael Baker. "Anyone who says it will be over by Christmas, hasn't thought about it enough."

Across the globe many traditional Christmas events are off the agenda. In London Harrods has cancelled its Santa grotto. A virtual Christmas is preferred. Hordes of small followers, device ready, eagerly anticipate a conversation with their hero. Santa himself is in zoom training sessions.

In the US too some traditions continue. A huge Norwegian Spruce outside Macey's, Cincinnati, was so bedraggled on arrival it was quickly dubbed "the ultimate symbol of 2020." The tree was to be "fluffed up and beautified."

How might Christmas be celebrated in the White House this year? All possible speculation aside, for almost 40 years, in the lead up to Christmas, the White House Historical Association has unveiled an ornament honouring

a previous president. The 2020 ornament honours John F Kennedy for campaigning "on a profound sense of optimism." A consoling thought, 60 years after JFK inspired a generation.

Previously so much freedom to enjoy a Christmas of choice. Childhood memories certainly highlight family celebrations. Years later the magic returned when visiting an English country house beautifully decorated for the festivities. A storybook setting.

In the same location in 2020 family members wonder about their coming Christmas. "Over here Christmas celebrations are looking like being a very reduced affair at the moment unless things improve after this current lockdown."

This year our plans are to go north for Christmas. Back of mind is a recurring image. Much as I try to dismiss it. Reluctantly we pulled back from attending a family wedding in Napier on 21 March. A few days later we would have been boarding a flight home, only hours ahead of the nationwide lockdown. That evening a news reporter's update came from a near empty Wellington terminal.

Briscoes' spring marketing campaign has encouraged turning your backyard "into the best resort you've ever been to." If it all goes to custard this may become indeed the zone of last resort. A Plan B for Christmas?

Jane Dillon, Māpua



BROOK STREET LOUNGE
SUSTAINABLE CLOTHING

RECYLCED CLOTHING & ACCESSORIES FOR MEN & WOMEN

Your store for quality recycled clothing. Prices starting from \$5.

New & not-so-new designer & mainstream brands including vintage & retro finds. Sizes 6 – 24, maternity, casualwear, footwear & accessories.

**HOURS: Summer. Tuesday – Sunday,
11am - 4pm.**

SPECIAL EVENTS: organise a girl's get together here, at Brook Street Lounge for any occasion, sign up for our VIP nights and other events year-round.

GET IN TOUCH: find us on Facebook or Instagram
[@brookstreetlounge](https://www.instagram.com/brookstreetlounge)

LOCATION: Located at the gateway to Mapua.
Corner of Mapua Drive & Aranui Road, across from
Mapua School. Loads of parking.





If you have not been to Brook Street Lounge (BSL), you don't know what you are missing. We are a recycled clothing store for men and women open year-round and located at the gateway to Māpua across from Māpua School on the corner of Māpua Drive and Aranui Road.

Through the summer we are open from Tuesday to Sunday, 11-4. We have just added an additional opening day as we have a clothing alterations specialist in store on a Tuesday. Seamstresses, designers and patternmakers are highly valued people, and we love them visiting the store.

Second-hand shopping may not be your cup of tea, but for people who do appreciate the benefit of saving the planet – we know they will love it. BSL is a great space to bring friends, family, and guests from out of town.

Warning, you do need time, as once you step through the door it is a great space to relax and enjoy while taking your time to sift through the many racks of quality clothing to find your new wardrobe or an outfit for that special occasion.

Clothing is in 'styles' not in size order, as sizes are no longer one fit. You may be a size 12 in one label but a size 10 in another. We encourage people to alter clothes if they find a fabric or style they love but it doesn't quite fit. This may drive some people crazy, especially if they like everything neat and perfect but we don't apply this philosophy in store.

The history of how BSL began

We opened around four years ago in an old house on Aranui Road next to the tennis courts in Māpua. The owner of the house moved the house to the Aranui Road site from its original site in Brook Street, Nelson. Initially BSL was opened in the lounge, hence the name.

Starting out with one rack of recycled labelled clothing we moved to three racks and now have 16. Initially the clothing racks were made from recycled steel by a family member and now we are selling these locally and replacing with wheeled racks that are easier to move around.

The business was on hold for some time due to other work projects. Then the opportunity came to be a part of the Māpua Country Collective at the entrance of Māpua with other small local producers. This year the business moved into the west side of the building one week before Covid hit.

We then moved from a sell on behalf (consignment) model to purchasing stock outright, sourcing from around NZ. Occasionally wonderful people donate which mean we can price garments at a lower price point or give things away.

Labels: We are lucky to source vintage finds and amazing tailored garments by NZ designers of yesteryear such as Thornton Hall, Patrick Steel and Anne Maree Chambers – all who featured in the 1980s Benson and Hedges Fashion Awards. We love hearing about the history of older garments that have been passed down between family members. Some pieces are so gorgeous they deserve to be framed.

Ethos: People are really thinking twice these days about what they purchase and tend to focus more on what it takes to make the garment, are more aware of its lifecycle and where it has come from. We work closely with locals who can undertake alterations and embrace the art of sewing. It's refreshing seeing people getting back into recycling, upcycling and looking after garments - a more sustainable ethos.

Events: We have lots of exciting things coming up. Our VIP nights are fun (you'll know this if you've been to one and everything is 50% off). We are teaming up with a local winery for a fashion show soon and have a pop-up Christmas Market planned on Sunday 6 December, 11 – 4pm. Follow up on Facebook and Instagram.

Don't be shy, make sure you stop in soon and say Hi to our team. They are super friendly and love their new favourite outfit.



Māpua Art Group

Are you interested in Art?

Join a friendly group of artists on a Thursday morning in the Bill Marris Room in the Māpua Community Hall from 9.30am to 12.30pm.

Whether you enjoy oil painting, acrylics, mixed media or just doodling with pencil and paper planning your next big masterpiece, you will find lots of enthusiastic help and encouragement.

The members enjoy exploring many different media and styles, from realistic to abstract to mixed media. Different surfaces are used and the experience shared. Web site with classes or pictures of unusual art-work are discussed. Latest discoveries in technique are demonstrated to members using a similar media. Everyone enjoys talking ART!

An annual exhibition is held in January each year in the Bill Marris Room, where everyone can exhibit their work from the previous year.



Pausing for a photo

mag
Mapua Art Group

A
R
T

**EXHIBITION of
ARTWORK**
MAPUA COMMUNITY HALL
JANUARY

Sun 3rd -Sun 17th
10am to 5pm

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

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

Premier Insulation Tasman will discount the
remaining 10% so its 100% FREE

**PREMIER
INSULATION**

Warmer Kiwi Homes grants
have been increased to
cover 90% of the cost of
home insulation.

CALL PREMIER INSULATION TODAY TO
ENQUIRE ABOUT ELIGIBILITY
0800 467 855



* Warmer Kiwi Homes Eligibility Criteria Applies.
Terms and conditions apply.



thawley orchard
company limited

Job Opportunities

We are looking for reliable and hardworking people to join our team in the following roles for the 2021 apple and pear harvest season.

Packers/Graders

Shed Hands

Documentation/Labelling Staff

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

Quality Supervisor

Phytosanitary Inspector/Quality Controller

Applicants must have relevant experience for these positions

Forklift Operator

Class 5 Truck Driver

Relevant licence/operator certificate must be held for these positions

Work will commence mid-February and finish late May/early June.

Hours of work are generally 7.30am to 5.00pm, Monday - Friday

We are in Nile Road, just off the Coastal Highway, approx. 3km from Mapua

For more information or to apply see

www.thawley.co.nz

Or email admin@thawley.co.nz



**Groovy
Paws
Dog Grooming**



Caroline Lusty, 115 Tarrant Rd, Mahana
Ph: 03-543 2277 027 520 1285
Email: caro.lust@xtra.co.nz

Walking your way to fitness and better health

You do not need to join a gym to increase fitness. Walking is one type of exercise that is free and available to anyone possessing a sturdy pair of shoes. It is a low-impact form of exercise that is appropriate for all age groups and levels of fitness. Whether you've been a couch potato for years or are the fittest person on your block, walking for 30 minutes a day can provide you with a wide range of health benefits.

It is well documented that those who walk regularly have reduced rates of heart disease, asthma, osteoporosis, obesity, type II diabetes, stroke and some cancers. It also improves circulation, increases bone strength and reduces cholesterol. Walking can also be one of the easiest forms of exercise to fit into your day for those who are pressed for time.

Current medical research in Neuroscience has shown that the rhythmic flexion and extension movements that is involved in walking continually starts to activate the Multifidus Muscles in the lumbar spine. This is a hugely important muscle in the lower back that stabilizes and moves the spine.

For many people this muscle has become weak because of their lifestyle often accompanied by a lack of movement and exercise. And this can cause a lot of lower back pain and instability (grocery or clothes shopping doesn't cut it, sorry)! That is because it is more stop and go and not a continual rhythmic motion.

In addition, a lack of movement and exercise can also cause the bottom muscles (gluts) to become soft, weak and lack definition. This is because these days we simply don't engage these muscles in our day-to-day activities. Yes, this is why some clothes are a bit droopy in the rear and sag. Too much sitting and not enough moving.



Julia Valentour, MS, an exercise physiologist and program coordinator at the American Council on Exercise (ACE) says, "Exercise doesn't have to be hard to be effective. The recommended 30 minutes can be broken up into two 15-minute sessions or even three 10-minute sessions, making it easy to weave into a busy lifestyle." One of the many benefits of walking is that it can be done nearly anywhere. Whether you live in the country or the city, you can always find places to walk.

Experts suggest you start slowly and gradually build up to walking farther and faster. If you have been inactive for a while, start walking three times a week at a strolling speed for 20 minutes. Slowly work your way up to five times a week for 30 minutes. You will have to walk at more than strolling speed to begin receiving health benefits. Walk fast enough to raise your heart rate, to the point where you can say a few words comfortably without gasping but are not able to sing a song.

Walking is great for overall health, but those who want to lose some weight can benefit too. According to the American College of Sports Medicine, walking at a reasonable rate of 5 kph burns 221 calories an hour, and walking at a brisk 6.5 kph burns 334 calories per hour.

Walking is fun and it has many health benefits and no drawbacks, so get started today on the path to better health! If you experience any pain while walking, contact us at Coast & Country Chiropractic Centre. We are here to help you get on track and to put more spring in your step.

*Dr Ron Howard
Coast & Country Chiropractic Centre*

Coast & Country Chiropractic Centre
Dr. Ron Howard
ACC registered
coastandcountrychiropractic.co.nz

Mapua 105a Aranui Rd 03 540 2068
Motueka 2 Wilkinson St 03 528 8880

Tuffnell
Plumbing Drainage & Gas

Servicing Mapua, Ruby Bay & Moutere Hills areas daily

Plumbing – Gasfitting – Drainlaying Wastewater Servicing

Contact us to book your job or free quote today

03 543 8090 or 0800 129 683

info@tuffnell.co.nz

"We thank all our clients for their continued support"

Master Plumbers
Representing Excellence

Tessa Mae's
WITH ATTITUDE

Gifts & Homewares in The Village

OPEN 7 DAYS



SUMMIT

Licensed REAA 2008

SELL WITH ADELE

THREE GREAT REASONS WHY YOU SHOULD
CHOOSE ME TO SELL YOUR HOME

1 Neighborhood Knowledge.

I have lived in this wonderful location for 25 years.

2 Negotiation Skills and Confidentiality.

I can remove myself from all the emotional aspects of selling your property - it's part of my job description. This allows me to focus on getting you the very best price for your home and as a professional, your confidentiality is assured.

Locally Owned Company

3 Summit is a long standing, locally owned company with proven results throughout this spectacular region and I am delighted to be part of such an amazing team!

"Know me before you need me"

call today for your free property market valuation

86 Stafford Drive, Ruby Bay

WOW...what a response we had on this property. ONE weekend, two open homes getting 70 plus groups of prospective purchasers through the property, resulting in multiple offers and achieving well above the vendor's wildest dreams.

If you are contemplating selling in the Mapua/Ruby Bay area, then use Team Kim and Adele...we don't just sell we get the best price for your property. Call us now as we have numerous groups of qualified buyers ready for you.



Adele Calteaux | 528 4001 | 027 337 5848 | adele.calteaux@summit.co.nz

Māpua Health Centre news

2020 has been a busy and interesting year for Māpua Health Centre and we would like to say thank you to all our patients for your support and understanding during this unusual time, especially when there have been delays in the waiting time for consults which has in part related to a temporary shortage of doctors, as reflected by a shortfall of doctors and locums throughout the Nelson region and the country as a whole.

We fortunately will have GP registrars next year and we are actively seeking more medical staff to help us to continue providing a high quality and comprehensive service.

We would like to extend a warm welcome to Jess Kempthorne who has joined our administration team and is helping out at both the Health Centre and Te Ora.

We are continuing to offer COVID swabbing for those with respiratory symptoms or who have any concerns about possible contact with the virus. It is important to arrange an appointment by phone and to arrive via the car park at the back of the Health Centre. It is also a good idea for anyone attending the Health Centre to sign in with the QR code on display in the waiting room. If you don't have the app it is available for free at <https://tracing.covid19.govt.nz/>.

We are looking at options of how best to provide for an increasing range of health services and a growing patient population. Ideally, we would like to build a larger and purpose-designed health centre which would also include a pharmacy, dentist, physiotherapist and other health practitioners.

We would like to thank the community health committee, and its chairperson Derek Craze, for the dedicated support that they provide in maintaining the Health Centre and exploring new solutions for our future development. If you would like to help towards these goals please contact Sue Fox at 5402211.

With summer approaching, don't forget:

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

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

Over the Christmas period we all hope to enjoy quality time with whanau and friends. However, 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.

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

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

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

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

On behalf of the team at Māpua Health we would like to wish everybody a safe, healthy and very happy Christmas and New Year, and all the best for 2021.

JG **JASON GARDINER**
BUILDERS

Renovations · Alterations · New Builds
CONTACT US FOR A FREE CONSULTATION

mb PH 027 246 0870

MASTER BUILDERS

www.jasongardinerbuilders.co.nz

 **DOG TRAINING**

Mary Chaffey
Canine Behaviour Consultant
and Endorsed Trainer

*From basic polite manners to
serious behaviour problems*

 GROUP CLASSES
PRIVATE CONSULTATIONS

Contact Mary Chaffey: 021 288 0881
www.k9mana.co.nz k9mana@gmail.com

Pastel Artists of New Zealand

What a strange and uncertain year this has been but despite covid-19 and enforced lockdowns, the months seem to have flown by and here I am in November writing for the December newsletter. Is this a sign of my increasing age?

Our group has managed to keep going between all the interruptions and members of PANZ Nelson still meet on Tuesday mornings but, as usual, sessions will stop during December and January. Of course, this doesn't mean that painting will cease. A lot of work is done at home and there is always the Christmas painting challenge designed to do exactly that, challenge ideas and creativity. Whatever the challenge is going to be this year will be decided on the "last day of term".

But before we all finally adjourn we have a Christmas function. Yup, already planned, organised and booked in the collective diary for the start of December. One of our members, Margie, has kindly offered the use of her house

and garden (hopefully garden as right now Māpua is coping with incessant rain) for our Christmas party. It is always a jolly occasion and our members are looking forward to socialising together and reflecting on this most extraordinary year.

On behalf of all our members I would like to wish everyone a very happy Christmas and a safe and healthy 2021.

Glenys Forbes is the contact point for any information about the pastel group as - Glenys Forbes on 03 540 3388 or by email gmforbes@ts.co.nz.

You can visit our Facebook page: PANZ Pastel Artists of New Zealand to see national and international

pastel artwork.



Sue England



BROOK STREET LOUNGE
SUSTAINABLE CLOTHING

POP UP CHRISTMAS MARKET

SUNDAY 6th DECEMBER, 11 – 4pm

Supporting Local Creatives

Market stalls, music, recycled clothing & accessories.

Keeping you local, this Christmas.

@ Brook Street Lounge - 151 Aranui Road,
Mapua. Opposite Mapua School.



PART TIME JOINERY FABRICATOR

Woodland Lifestyle Ltd is an importer and distributor of flooring products and is looking for a part-time person to assist us in our workshop manufacturing retail display panels.

The hours of work can be flexible or varied to suit the applicant. The role would suit a semi-retired Joinery Fabricator or Craftsman.

For more details:
Email: hello@woodlandlifestyle.com
Phone: John - 021 228 3341

MOWTIVATED

Lawn & Garden LTD

For all your garden needs:

- Weeding & Mulching
- Pruning & Hedge Trimming
- Push & Ride-on Mowing
- Brush Cutting
- Green Waste Removal
- Lifestyle Blocks

Something you want done not listed above?
Give us call!

Michael and Anita are a husband and wife team with a passion for providing excellent quality garden services. We are not afraid of taming wild gardens.

027 599 3304

No job too small, just give us a call. Free quotes!



WOODLAND LIFESTYLE

PART TIME JOINERY FABRICATOR

Woodland Lifestyle Ltd is an importer and distributor of flooring products and is looking for a part-time person to assist us in our workshop manufacturing retail display panels.

The hours of work can be flexible or varied to suit the applicant. The role would suit a semi-retired Joinery Fabricator or Craftsman.

For more details:
Email: hello@woodlandlifestyle.com
Phone: John - 021 228 3341

Safe Driving Over The Holidays

Perrys Auto Team wish everyone a safe and happy Christmas and we all hope for a better 2021!

Holiday Opening Hours
Workshop is closed on stat days
Forecourt
Closed on Christmas Day | Other stat days 9am to 5pm

NPD Fuel Cards • SuperGold Cardholders welcome
Repair & maintenance workshop • Electrical & air con work
24 hr Breakdown: Call AA if you are a member or 021 540 286
T: 03 540 2866 | E: perrys.auto.services@xtra.co.nz
www.perrysautoservices.co.nz | Find us on Facebook @perrys9829

Book Reviews

I have been drawn to modern Irish authors and stories of late and these two gentle, thought provoking books have been particular favourites.

When All is Said by Anne Griffin (2019)

This debut novel, beautifully and skilfully written, is one that will stay with me for a very long time. Written in the first person it is the story of 84-year-old, Irish, Maurice Hannigan. We meet him sitting in a hotel bar contemplating the end of his life and everything and everyone that brought him to that precise moment.

He wants to make five toasts to the individuals who have most closely shaped his life and experiences. In doing so, through an internal monologue and confessional style, we learn of his life with all its loves, losses, triumphs and regrets.

The story is deeply nostalgic and gives a great deal for the reader to pause and reflect on: If you had to pick five people who most influenced your life, who would they be? If you were to raise a glass to each of them, what would you say? And what would you learn about yourself, when all is said and done?

John Boyne endorses this book, writing on the cover, "There is something special here." That simple sentence sums it up. The writing is sublime. I was transported to the Irish settings, shared in the emotions, and didn't want the story to end. I now look forward to whatever Anne Griffin writes next.

The Wonder by Emma Donaghue (2016)

Emma Donaghue's storytelling ability is well-known. *Room*, *Akin* and *The Pull of the Stars* (her most recent book re the 1918/19 Spanish flu pandemic) have all won a place in my favourite books list.

The Wonder is probably less widely read and I can easily see why it wouldn't be for everyone as the plot moves fairly slowly. However, it is engrossing in subject material and atmosphere.

Inspired by the true cases of "Fasting Girls" - girls who became renowned for surviving without food for long periods of time between the 16th and 20th centuries - this is the story of eleven year old Anna O'Donnell who lives in a small Irish village in 1859.

She has become somewhat of a tourist attraction, a miracle girl who has apparently survived for 4 months without eating and who according to the local doctor is otherwise healthy. Libby Wright, an English nurse, has been brought to Ireland to watch over Anna and to find out if the claims are valid - is it a hoax or could it really be an act of God as so many of the locals seem to believe?

I will refrain from giving any more details as that would take away from the mystery of the book.

Nothing supernatural actually happens and yet the atmosphere, so cleverly created in this unknown place in Ireland, is like stepping into another world where the paranormal is entirely possible. The eternal conversations around science, religion, faith, logic, hope, evidence are the themes throughout and make for compelling reading, as do the characters who are so realistic and each anchored to their own set of beliefs.

Both books are available in Māpua Library.

Reviewed by Diane Sutherland



Simplicity Funerals

Simply respectful. Simply affordable.

Why Choose Us?

Simple really... we excel in honouring, celebrating and memorialising your loved one together.

- Range of pricing plans
- Prearranged and prepaid funeral options
- Full monumental headstones & plaque services

Nelson & Tasman wide,
we're part of your community

03 539 0066

69 Haven Road, Nelson 7010



www.simplicity.co.nz

Hello Animal Lovers

Well we come at last to the end of what for many has been a very challenging year. However, it is evident that so many are enjoying their animal companions and spending time with them.

Whether it is a trusted feline or beloved dog or any other animal they have benefited from having more time together with their owners. Much of this is due to the lock down measures and one wonders how things will go in 2021.

Hopefully the more relaxed daily lifestyle will continue and opportunities with our beloved animals. So wishing all of you a safe and happy festive season and all your furry families.

Sue Mott,
Animal Behaviourist





MYMOVE TASMAN LTD - NELSON/TASMAN PROPERTY MANAGEMENT EXPERTS

Maximising your **investment**

“ Thank you for the brilliant service you guys provide, by far the best property Managers we've ever dealt with.

Jane & Peter ”

“ Fabulous service! Easy to deal with, excellent communication skills and helped me find the perfect rental property. Highly recommend MyMove from a tenant perspective.

Thank you. Jen. ”

“ We are over the moon on how effective and professional MyMove's services have been. With their stickability and commitment, it is a pleasure to be reliant on their level of service.

Kevin & Jane ”

Harcourts

- We are specialists in Property Management, our people are dedicated professionals who promote a company wide focus on the delivery of exceptional customer service.
- Our Property Managers continue to remain at the forefront of Property Management legislative changes.
- We are leaders in Property Management technology. Our Property Managers enjoy a mix of mobile and web based products for seamless management of the many administrative processes required.
- We accelerate the renting of your property to the right tenant through our focussed marketing and tenant screening procedures.
- We maximise your investment by optimising your return.

Sian Potts – Your Property Management Expert

Sian has a proven track record for delivering a high level of customer service and her clients appreciate her clear communication and attention to detail.

Know that when working with Sian, you will be employing the services of a property manager you can trust, someone who will ensure your property and your tenants are well looked after.

Mobile: 022 384 9791
Office: 03 540 3425
Email: propertymanager@mymove.co.nz



Māpua's unique identity

F eedback from MDCA Meeting 9th Nov 2020

At Māpua & District Community Assn meeting on the 9th November 2020 a brainstorming session was held with those present to identity what is meant when we talk about Māpua's unique character.

Those present divided into four groups and for 30 minutes brainstormed what was unique or special to them about Māpua. Once completed, each group read out their findings and it was interesting how many items were the same between each group.

The list below highlights the items those present felt captures the special characteristics of Māpua. If you feel you have something more to contribute please feel free to provide your comments via email to info@ourmapua.org.

Rural feel:

- Covenant land
- Open spaces
- Trees - save significant trees from sub-divider demise
- Surrounding rural land

Village community:

- Easy access to amenities
- Community hub
- Diverse community – youth, adolescents, cultural
- Welcoming – Family friendly – people speak to one another even if you don't know them.
- People know and care about their neighbours
- Small population (would like it capped)
- Local entertainment
- Understand, value and respect Māpua's history
- Must preserve traditional activities from being lost due to growth and tourism
- Diverse range of local activities, groups, and clubs.

Feels safe:

- For young and old
- Footpaths / cycleways (Great Taste Trail)
- Vehicle Control, – need to ensure future traffic volumes are managed to ensure pedestrian/cycle safety. New developments must provide walk/cycleway corridors.
- Policing
- Security

Natural environment:

- Wetlands – Higgs Reserve, Dominion Flats
- Estuary
- Good air quality – sea breeze

Water access for all:

- Clean water
- Small craft
- Swimming
- Fishing
- Boating
- Kayaking
- Paddle boarding
- Water skiing
- Sailing

Māpua wharf:

- Accessible for all (recreation, business, young, old, able, less able)
- Family focus (not just a wine & dine zone)

- Tamaha Sea Scouts
- Māpua Boat Club
- Wharf jumping for young and old – teaches about tides and water safety
- Historical

Grossi Point:

- Unstructured
- Non motorised – safety

Health hub:

- Walking

Commercial:

- Small business (no chain stores)
- Independent locally owned and operated businesses – this is a must – no chain stores or off site operators.
- Local arts & craft
- Local markets
- No hotels
- No high density tourist accommodation
- Māpua ferry for off road cycle access to Richmond and Nelson

Recreation:

- Local camping facilities – Kina Beach, McKee Domain, Māpua Leisure Park
- Walking on the beach
- swimming
- Boating, fishing etc.

Green space:

- Aranui Park and Tane Ark (locally planting project in co-ordination with Māpua School)
- Cycle & walkways
- Pinehill Reserve
- Foreshore
- Māpua Domain
- QE2 land along Higgs Road
- Māpua Waterfront Park and green space on west side on corner of Tahi St and Aranui Rd

Housing:

- Low density living
- Size / Cost

Range of community facilities:

- Locally owned Library
- Locally owned Hall
- Doctor, Dentists, Pharmacy and other health professionals
- A large and varied variety of club, groups, organisations and fitness provider options

Concerns:

- Productive land being taken for sub-division
- Developers deciding how our community will look and develop
- Loss of big and significant/notable trees
- Roading congestion – pedestrian and cycle safety at risk
- Not enough walk/cycleways and planned connections between subdivisions
- Minimise commercialisation at the wharf – keep the focus family friendly
- Need trees/shelter at Waterfront Park
- Suggest Fire Station move from current site
- Maintain sea wall

Moutere Hills RSA Memorial Library

Summer book sale: As we have had a book sale in October, this summer we will run a sale during the month of January in the foyer in the library. If you have some books that you are planning to pass on, any time over the next four weeks would be a good time to drop them off and would be appreciated.

And be sure to have some coins with you to purchase a treasure at bargain rates over January when you come into the library!

Christmas raffle – 15-19 December Donations and Support appreciated: We will once again run our very popular Christmas raffle. We welcome donations for the prize hamper(s) from ‘anyone and everyone’ in the community – there will be a box in the library foyer to receive your donation - or hand it in at the counter.

Look out for our ticket sellers outside Māpua 4 Square 15-19 December – the hampers always look magnificent!

New opening hours: We are now open seven days a week! Our core hours are 2-4.30pm every day with extended opening on Wednesdays until 5.30pm and the addition of mornings 10-12.30pm on Thursdays and Saturdays.

Grants appreciation: Our sincere thanks to Network Tasman Trust for funding the plaster repairs and repainting of our ceiling following the installation of LED lights and to The Lion Foundation for granting \$1000 towards the purchase of new books.

Christmas-New Year closures: We are closed on statutory holidays i.e. Christmas Day - Friday 25 December; Boxing Day - observed Monday 28 December; New Year's Day - 1 January; Day After New Year's Day - observed Monday 4 January.

Exhibition: Patrick White’s fine drawings/watercolours will be followed by Karen Joost’s pastels. You are always welcome to pop in and view this local talent - whether you are a library member or not.

Visitors to Māpua: If you are visiting Māpua, you are welcome to become a temporary member of our library. We are an independent, community library staffed and run by volunteers and it is free to join. We have free magazines

to take away as well as current magazines to borrow, second-hand books to purchase and a great selection of up-to-date books to borrow. We look forward to welcoming you to our library.

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

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

Lynley Worsley

Monday	2pm-4.30pm
Tuesday	2pm-4.30pm
Wednesday	2pm-5.30pm
Thursday	10am-12.30pm; 2pm-4.30pm
Friday	2pm-4.30pm
Saturday	10am-12.30pm; 2pm-4.30pm
Sunday	2pm-4.30pm

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

Major Sponsors: Rata Foundation, Network Tasman, The Lion Foundation; Tasman District Council



Māpua Community Library Storytime

Do your children love listening to stories being read aloud? The library is hosting story sessions each Wednesday during the summer school holidays.

Our storytellers are local people who are enthusiastic about books and about reading aloud to children.

Reading books aloud to children stimulates their imagination and expands their understanding of the world. It helps develop language and listening skills and prepares them to understand the written word - and is fun.

Come along and join us.

Where? Māpua Community Library

Who for? Children of all ages and their caregivers [if under 8 years]

When? Wednesdays 2:30 to 3:30pm 23 Dec - 3 Feb

How much? FREE





Garry Simkin Plastering

For all Interior Plastering

027 226 1722



tasman tree fella
LIMITED

Do you have a tree problem?

Specialising in confined space
tree removal & tree reduction

- felling ★ firewood splitting
- height reduction ★ large chipper available
- trimming ★ fast & friendly service
- chipping ★ free no-obligation quotes

Contact: Matiu Noakes: 021 1058 359 or 03 526 8001

LOWCOST LAWNMOWERS

SERVICE • SALES • REPAIRS

ROTARY, RIDE-ON, HAND & REEL MOWERS
CHAINSAWS, LINE & HEDGE TRIMMERS
GARDEN TOOL SHARPENING

FREE PICK-UP & DELIVERY
(CONDITIONS APPLY)

WWW.LOWCOSTLAWNMOVERS.CO.NZ

Ph: 03-547 4038 M: 0274 071 328
144 Moutere Hwy, Appleby
E: lowcostlawnmowers@xtra.co.nz



JELLYFISH
RESTAURANT & BAR

Many thanks from all the team at JF we look forward to seeing you
our friends and family over the Christmas / New Year period...

We'll be open normally during our usual hours of 11am - 10pm
Monday to Saturday, and 12pm - 8pm on Sunday.

Open 7 days

Thank you for your fantastic support over the difficult winter Covid - 19 season. This has been a challenging time for lots of local business.

Even the quietest summer months we are excited about the prospect of hopefully a busy time. If you're in mind to do so...

If you could check our hours on this website and THE BOOK where possible to avoid any disappointment.

With the borders shut we have struggled to acquire seasonal working staff, and although we are running an emergency team who are equally interested about the challenges, we are running a slightly leaner team than we would like.

We are working as hard as we can to resolve the vacancies that have presented to us in the extremely difficult...

Please again thank you for your support and we look forward to seeing you

Facebook page: [Jellyfish Restaurant Bar](https://www.facebook.com/jellyfishrestaurantrbar) 03 540 2028 - check our website for opening hours - www.jellyfishrestaurantrbar.co.nz

The Write Bias

News from Māpua Bowling Club

It has not been the best start to our season. From the unexpected internal flood in September, as I write this article we are now beset by external flooding! The relentless rain has created a swimming pool on the green; we need to think about switching sports! It is very frustrating to be prevented from bowling with championship matches stacking up and coaching sessions postponed. But he that must be obeyed, green keeper Glenn, has the final say and the green needs to be protected at all costs. No green, no club.

In between rain storms, some events have been played. Two teams representing Māpua in the Nelson Centre President's Trophy have had mixed results. A men's squad had a very good start against a Stoke team in the Miller Cup Interclub Fours. And we have one men's senior pair playing in the open 2-4-2 on Wednesday evenings. Whatever the outcome of these matches it is very good for Māpua to be visible on the area map.

With a close eye on the weather forecast, Māpua members are looking forward to the annual match of Town Clubs versus Country Clubs and our own upcoming two tournaments, one in November and one in December.

And December will also see the Club's Christmas party and the Memorial Tournament where past members are remembered and celebrated.

Leisure Bowls on Monday evenings did not kick off as predicted on Monday 2 November, yes, you got it, rain! But whenever it is fine, it will go ahead from 6 pm and everyone is welcome to come along and have a go. We have bowls to borrow as long as you have suitable shoes.

Have a Go Day

Due to popular demand Māpua Bowling Club will be open on Sunday 17 January for anyone to come along and have a go free of charge. The gate will be open from 1pm and all the action on the green will start at 1.30pm. The Club has lots of sets of bowls of different sizes for newcomers to borrow and plenty of members will be on hand to assist.

Suitable footwear is necessary but otherwise just bring yourself along, bring your family, bring your friends. A warm welcome awaits at Māpua Bowling Club for you to give lawn bowls a try.

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

Mapua Landscapes
LIMITED
03 540 3423

Landscape Supplies
 Courtesy Trailers
 Gardening products
 Wine Barrels
 Railway Sleepers
 Bridge Beams • Trellis

Digger and Truck available for Retaining Walls, Driveways,
 Shaping up sections ready for landscaping, house sites

15 Warren Place, Mapua www.mapualandscapes.co.nz

Our Philosophy

It's all about people.

Companies don't succeed, people do. As an organisation we understand that our success is all about people - our team and our clients. Part of our Philosophy is to never lose sight of 'people' being at the centre of everything.

Successfully buying and selling real estate is mostly about fulfilling people's needs, dreams and aspirations. That's why Harcourts people not only receive in-depth professional training which has become recognised as the benchmark for the entire industry, but they are committed to building meaningful and genuine relationships with their clients. At Harcourts Mapua, we know that our clients want to deal with consultants who have expertise, knowledge of property and the area and someone who will treat them with honesty and integrity, a consultant committed to achieving the best possible result for them whether they are buying or selling.

We are committed to putting our absolute focus on creating a relationship of trust and respect with all our clients. We've found that this philosophy is great for achieving personal satisfaction, high morale and continued success.

A totally consultative approach is what makes the Harcourts way of doing things so seamless. Trust, honesty and integrity remain the company's personal hallmarks. Add to those attributes an intimate knowledge of the local market and current property trends, a solid work ethic plus well-developed negotiation skills and you have the perfect recipe for success.





Simon Noake
M: 021 751 073
E: decor8@xtra.co.nz

Postal delivery subscription

We can post you the *Coastal News*.
Email your address to us [see front page] and we'll give you bank details to pay \$20 per year.
[Unfortunately cheques are no longer accepted]



**CRAFTSMAN PAINTERS &
DECORATORS**
GAVIN LAMBERT (OWNER)

Ph: 03 540 2748 Cell: 021 476 318
Email painter@scorch.co.nz / 26D Jessie St, Mapua, 7005
www.lambertdecorators.co.nz



Laser

ANTIDOTE APPLIANCE REPAIRS

Laser Electrical Motueka and Antidote Appliance Repairs

Proud to be 100% Locally Owned and Operated

- Air Conditioning and Heat Pump Installation, Cleaning and Servicing
- Domestic & Commercial Wiring
- Appliance Repairs
- New Builds or Renovations
- 24 hr Callout Service

Contact Greg and Donna Bradley

- 03 528 9071
- 027 243 2212
- 9a Monahan Street, Motueka
- motueka@laserelectrical.co.nz
- laserelectricalmotueka.co.nz



Architecture studio | mapua

**- Warmer
- Drier
- Healthier**

Simone Wenk

Reg. Architect (Germany), LBP Design 2 (NZ)

03 540 3282 / 021 1049 039
simonewenk@xtra.co.nz



Shed 4, Mapua Wharf
www.architecturemapua.co.nz

Māpua Craft Group.

We have made many cards this term and thought you might like to see our efforts, arranged in the shape of a Christmas tree (see photo). If you go to the Coastal News website you can see them in colour! Some of our members and friends are using this design to email it to friends overseas. The recipients get a bargain display and we save a lot on the now very expensive postage for overseas cards. In this way everyone sees our skills and will hopefully encourage others to "have a go".

We wish all our Coastal News readers a very Happy Christmas and a relaxing time. May 2021 bring you good health and contentment.

Barbara Halse



Mapua Pharmacy

OPENING HOURS: Mon - Fri 9am – 5:30pm
Sat: 9am- 12.30pm, Closed Sunday

Prescriptions

Trilogy Skin Care

OTC medicines

SHE skincare range

Vitamin supplements
and health products

Accredited TMP, ECP
and Sildenafil suppliers

Located behind the
Mapua Village Bakery

**Tel 03 540 3735
Fax 03 540 3741**

MAPUA HALL NEWS

72 Aranui Road Mapua | mapuabookings@gmail.com | 03 540 2330

Regular Weekly Activities at the Mapua Hall

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9.15 am Yoga with Charlotte	9 am  PANZ Pastel Artists of NZ	9.05 am Aerobics with Lynda	9.30 am  MAG Art Group Mapua Art Group	9.05 am Aerobics with Lynda
9.30 am  Superb Dance with Hilary	9 am  Sioux Line Dance	9.15 am Yoga for Healthy Aging with Nikki		9.30 am  Superb Dance with Hilary
5.30 pm Broga Men's Yoga with Nikki	10 am Mapua Creative Fibre 2nd Tue of Month	10.05 am Pilates with Lynda		10.05 am Pilates with Lynda
6 pm Dance Fitness  Dancehall Fitness with Hilary	2:00 pm Chair Flair with Hilary	1:30 pm  Tai Chi		10.45 am Yoga with Martin
6:30 pm Mapua Hall Society Committee meeting Meeting 3rd Monday of month	6 pm Aerobics with Lynda			2 pm Friendship Group 3rd & last Friday of the month
7 pm Mapua & District Community Assoc. Meeting 2nd Monday of month	6 pm Yoga with Martin		7.00 pm Mapua Community Choir	6.30 pm YOUTH GROUP Meet Fridays
	7 pm Pilates with Lynda			

This month

For current timetable and updates please check the live calender on the Hall website.

Next month

- **Mapua Art Group Exhibition**
Opening night Saturday 2nd Jan
Exhibition 3rd – 17th January
Open 10am -5pm daily

eNewsletter

For monthly updates from the Hall community, visit our website and click on 'Newsletter' on the home page to sign up.

www.MapuaHall.org

Hall Society News December

Exciting news for 2021 Pecha Kucha will return on 21st May 2021! Planning is underway for a fabulous evening with guest speakers and plenty of tasty curry.

The 75th Anniversary celebrations will also go ahead in 2021 though as it has been postponed a year, the Hall will then be in its 76th year so the events team will be looking at redesigning the event. The main focus will remain the same - to celebrate our Hall which is community built, community owned and community run. We hope to see lots of our regular activities demo during the day, provide a free children's activity area hosted by Mapua Playcentre and end the day with a Big Band Dance.

The Hall office will close over the Christmas New Year period from 23rd December to 8th January 2021. Some classes still running so please check in with your instructors.

We would like to wish you all a
Safe & merry Christmas



Ruby Coast Running Club

Rain, rain and more rain of late but it seems to behave for the Thursday night 5k's. We run, walk or a combination of the two every Thursday. Our local 5k starts at the Māpua Domain by the playground. Walkers start at 5:15 pm and runners at 5:30.

Our little club is growing and we hope to see you with us soon too. Not only do we do the Thursday night 5k's but we also post weekend social runs on our facebook page. Many of our members run at other events too.

This past month saw a number of us take on the Māpua Sprig & Fern 10k. Not just running but also helping the Harriers with the event itself. The Nelson Half was another great local event. It had options for so many distances that made it easy to get out there and give it a go. We even saw a few medals being earned by a few RCRC runners. Well done!

You can tell it is getting closer to summer as the events are coming up fast and furious. The next event we attended as a group was the Lochmara Half out in the Marlborough Sounds. What a gorgeous setting to run in. It was rather wet and slippery underfoot but we all managed the course.

It was a bit of a hilly course with super views and the Lochmara Lodge was a welcoming finish line. We even had winners on this course. The Alpine Loop the Lake was back, and a couple of our runners made it to that one too.

But I think our biggest achievement as far as member participation may well be the Molesworth run. We had 10 members entered. Two teams of 4 persons each running a leg (approx. 21km each) and one team of two running approx. 42km each. We ran from the Molesworth Station out to Hanmer Springs.

It was a bit of a tough one as the wind and dust was relentless but the RCRC gang is made of tough stuff and all teams crossed the finish line. And yes, you guessed it, we had some winners again. Awesome event and a great weekend with the group. The big events will take a short break over the holidays, but we will still be running the Thursday night 5k's. So come join us for the run and socialising.



the gang at the start of the Molesworth run

RENTAL HOUSE WANTED

Our son and daughter in-law and 2 children (16 and 12) are moving back to NZ and are looking for a 3-4 bedroom, furnished or partially furnished house to rent in the Mapua/Ruby Bay/Tasman area for at least 12 months.

To start renting January 2021

If you can help please contact: Julie and David Thomas
Tasman 03 526 6246
Julie: 021 972 465 David: 021 432 899

Unkel Winery

Unkel is a small family run Organic Vineyard & Winery located on Bronte Peninsula, overlooking the picturesque Waimea inlet (formerly the site of Rimu Grove Wines). Here, small batch wines are lovingly handcrafted in order to respect and portray a true sense of time & place.

After 3 years producing Unkel in Victoria, Australia, the husband and wife duo of Rob and Kate Burley knew it was time to move back to their homeland of New Zealand to start a family and fulfil their complete vision for Unkel Wines. "To be farming our own fruit and making wines that we are deeply connected to, in our homeland".

The name Unkel (variation of the spelling of Uncle) is about working with Mother Nature in the Vineyard to produce the best possible raw product, with the highest quality fruit that we can obtain from her. Once in the winery rather than being that hands-on, overbearing, parent or father figure, you can think of us more like that cruisy, fun, slightly wild Uncle in your life.

As the 'Unkel' we always allow the wine to do the talking, leading its own life through ageing in the winery and giving what we believe is the best possible expression of the fruit that we started with.

We are excited to have opened our cellar door and will be offering cellar door sales and complimentary wine tastings all summer long. We offer a combination of single variety wines and blends composed of Riesling, Chardonnay, Pinot Gris and Pinot Noir.

Cellar Door Hours: Wednesday to Sunday 11.30 am to 4.30 pm.

All the wines are organic, unfined, unfiltered with minimal sulphites added.

Cellar Door Now Open

UNKEL

Free Wine Tastings & Sales



Wednesday to Sunday
11.30am to 4.30pm



We welcome you to visit us at the cellar door so that we can share with you our passion and pursuit of displaying the true flavours and beauty of the Upper Moutere wine region.

**53 Bronte Road
East, Bronte Peninsula
5mins drive from Mapua**
www.unkelwines.com

COMING UP AT



26th Dec: Back Yard Cricket Comp

Dec 28th: PLAYHOUSE 10 Year
BIRTHDAY 80s Night Theme

Dec 29th: Paul Madsens ABBA show

Dec 30th: The 2020 Quiz night

Dec 31st: NYE Masquerade Ball

Jan 3rd + 4th: Paul Ubana Jones

Jan 7th + 8th: Gary McCormick +
Hammond Gamble

Jan 9th: Paul Madsen's
Queen and Beegees Show

Jan 22nd: The Best 80s Night

Jan 30th Elton John +Fleetwood
Mac Tribute
Call 5402985 for bookings

NEW BUSINESS---NEW BUSINESS--- NEW BUSINESS



Tasman Bay
ESTATES

Natives - Exotics - Grasses - Ferns
Attractive prices - Great Quality



The Nursery

@ 35 Horton Road, Tasman

Open Wednesdays 8am-4pm and by appointment

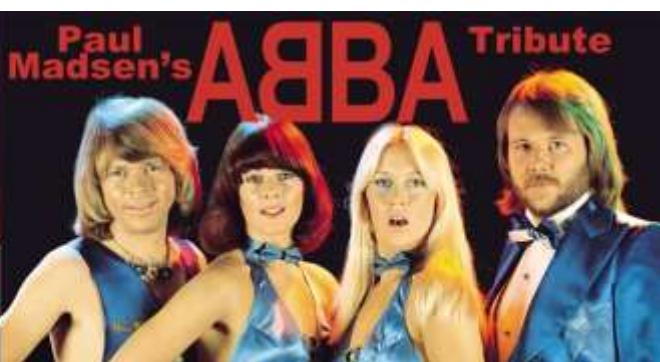
Call Jo: 021 - 122 3056



PLAYHOUSE THEATRE
MON 28TH DEC DOORS + DINNER 6PM
MUSIC + DANCING 730
CALL 5402985 FOR BOOKINGS



CALL THE PLAYHOUSE DIRECT ON 5402985 OR GET YOUR TICKETS FROM EVENTFINDA



PLAYHOUSE THEATRE
December 29th 2020 Dinner from 6pm,
Show from 8pm
\$25, plus \$33 for two course set menu and guaranteed table
Call the Playhouse direct on 5402985 for bookings or buy tickets from eventfinda

The playhouse presents **THE PLAYHOUSE THEATRE PRESENTS**



The Playhouse Theatre
Sun 3rd and Mon 4th January
\$30, Show from 8pm, Dinner from 6pm
Dinner 2 course \$35 set menu
Tickets from eventfinda, Richmond Mall, or venue

Jan Thur 7th + Fri 8th
Playhouse Theatre
\$30, 8pm Show time, Dinner from 6pm
dinner \$35 2 course set menu
Call 5402985 for all bookings
head to the Richmond Mall and eventfinda

Journeys of Discovery

NOVEMBER / DECEMBER 2020



Congratulations to our Top Students

This year we supported over 200 Trades Academy students and recognised our top students at recent ceremonies presenting 39 high achiever awards and 25 top student awards! Congratulations to all our graduates for their resilience and mahi in a challenging year.

Adventure Therapy Programmes

It is heartening to see the uptake of our Adventure Therapy Programmes this term with three week-long programmes on the go. Adventure Therapy is a proven clinical approach that uses time in nature coupled with mindfulness and mentoring in a supportive group dynamic to promote positive wellbeing outcomes for youth. Nature is a great tonic for the stresses of the modern digital (and Covid-19) environment. You can read more here: www.wio.org.nz

Looking after our Gear!

Our instructors are thanking TDC for the concreted gear shed - what a difference! We have new harnesses & helmets in action thanks to Network Tasman Trust which are being put to good use already by our Outdoor Leadership students. Where would be without all your amazing support?!



Adventure Therapy students in the Cobb Valley

Community Nursery Updates

We had a great turnout recently with the Moutere Catchment Group, and potted up 1400 seedlings for future riparian plantings by local landowners. The nursery was developed to support the NZ Landcare Trust and the Moutere Catchment Group who are funded through the One Billion Trees Programme. The nursery is maintained by WIO staff as well as students of all ages who get involved with planting & potting up! Thanks to everyone who's involved.



Students kitted out in new helmets & harnesses thanks to Network Tasman Trust

Heading Outdoors? Try Geocaching!

Geocaching is essentially an outdoors treasure hunt & great fun for the whole family. Caches of varying sizes are hidden in outdoors spots all over the world that you can find with a free App on your phone. You will be surprised at how many there are locally. It teaches a few navigation skills, gets you outside & is lots of fun. Find out more by heading to geocaching.com

We'll see you out there!

www.wio.org.nz
Experiential Learning Inspiring Positive Change



enhanceskin
COSMETIC, MEDICAL & VEIN CLINIC

Affiliated Provider to Southern Cross Health Society for
Endovenous Laser Treatment & Ultrasound Guided Sclerotherapy

Say goodbye to unsightly, aching varicose veins...
Find instant relief and wear shorts again!

CALL FOR YOUR **FREE**, NO OBLIGATION
DOCTOR'S ASSESSMENT & SCAN
OR COSMEDICAL CONSULTATION



Dr David Orsbourn
MBChB, Dip Obs, FRNZCGP, FACAM
Fellow New Zealand Society of Cosmetic Medicine
Certificate of Procedural Phlebology
Member of Skin Cancer College of Australasia

Non Surgical Endovenous Laser Treatment
Walk In, Walk Out Treatment that's Reassuringly Local
Cosmetic Botulinum : Dermal Fillers : Sun Damage Treatments

7 Buxton Square, Nelson - 03 548 8216 - www.enhanceskin.co.nz

Māpua Fire Brigade



Oct to Nov 2020 call outs:

- 18 Oct 08:07 Logs on fire on the beach off Kina Peninsular Rd. Extinguished fire, sent info to TDC.
25 Oct 08:39 Driftwood on fire at Kina Beach, started from a campfire. Brigade put out.
13 Nov 22:01 To fire Kina peninsula Rd, nothing found.
14 Nov 15:22 Investigate smoke on Seaton Valley Rd, found a controlled/permitted fire on Dawson Rd, left with owners.
Calls this year = 66

Safety Tip – Be safe.

Keep a close eye on children and young adults around barbecues, braziers, lit candles, oil burners and campfires. Always keep matches and lighters up high out of reach of children

Check gas cylinders for leaks every time you connect or disconnect them. Check all cylinder and hose fittings to ensure the connections have been correctly fitted, are tight and undamaged

Christmas tree lights...

Remember your lights have been stored away in their box since last Christmas. Check lights carefully before placing them on the tree. If any of the wires are frayed or broken, throw them out and buy a new set of lights.

When selecting a Christmas tree

Select a place in your house that is cool and away from busy areas, stairs and doors - especially doors leading outside. If the tree catches fire, it may block your escape. For fire safety info go to - <https://fireandemergency.nz/>
For fire permits go to - <http://www.checkitsalright.nz/>
Any questions phone Mark 0274392778 or mark.Theobald14@gmail.com

Māpua Willing Wheels

We are offering a special fare for passengers for the "festive season"

To encourage more passengers to book rides over this busy time of social gatherings and shopping, the current pre-requisite of a MWW membership sub of \$25 has been dropped. For the month of December, the only costs to passengers will be the actual mileage rate for each specific ride.

The proposal is that in the new year, there will no longer be a membership sub, but the cost of each ride will include an administration component as well as the actual mileage rate to cover running expenses.

For those who have already paid the membership sub, this administration component will be waived until the \$25 "Credit" has been "used up" in future booked rides.

As well as providing a customised passenger service for local residents, MWW is also a research project collecting data on the demand for the service in terms of booked/completed rides as well as how to customise the service to suit local needs. Let's see if this change in charging processes results in more bookings and completed rides over this busy period!

MWW will operate until the end of December (when the current funding finishes) and then will be in recess in January – calls and enquiries can still be made to the MWW phone. Hopefully, the service will resume in February, depending on demand and usage over the past 5 months, resulting in attracting further funding.

It's up to us all to show that local passenger demand supports our customised service continuing – take advantage of the "fare only" rides this month and ensure that Māpua Willing Wheels will be around for a long time to come

Call 022 682 2373 -talk to Rachel and book your ride/s now!!

Elena Meredith (MDCA rep on MWW support team)

SUMMIT Licensed REAA 2008

GORDON WEBB
Top Salesperson 2007/2008/2009/2010
Runner Up 2005/2006 | Top Office 2014/2015
in Summit Real Estate MREINZ

Tasman - Nelson - Marlborough

Having grown up in this fantastic little village and seeing it blossom and thrive, I truly believe that my team and the passion and knowledge I have for the area will get you the very best results.

'A Good Deal Better'



Gordon Webb
Residential & Rural Branch Manager
021 540 241 | 544 2900
gordon.webb@summit.co.nz
summit.co.nz

Police report

Well we are coming into the busy time of the year. Even with all the COVID situation we will still have plenty of new people in our midst over the holiday period.

Make sure over the hot summer days that you only leave windows open that have security latches and don't get complacent leaving sheds or cars unlocked. Opportunist thieves are out there everywhere and in these current times there are plenty of desperate people.

Hopefully you all manage to have a break and enjoy some good relaxing time with family and friends.

Take care and be safe out there.

Occurrences:

24/10 petrol drive-off Māpua. Paid for by the driver.

3/11 family harm incident, Mahana.

9/11 family harm incident, Māpua.

14/11 Suspicious person in a car, Māpua Drive.

*Grant Heney
Community Constable, Motueka*

Māpua Community Hub (MCH) update

It has been another busy month of activity for the Community Hub working group. The current members of the Team are: Dr Andre Bonny, Carol Greenall, Colin Jackson, Elena Meredith, Jan Patterson, John Sherlock, Katherine Kingdon, Kaye Latham, Liz Griffiths, Tim Manning, and Vicky Stocker.

We welcome Kaye and Jan who joined the working group during the past month. Their knowledge, strengths and enthusiasm for the project adds more depth to the growing Team.

Anyone interested in being part of the Working Group is encouraged to come along for a cuppa and meet the team at the next Community Hub working group meeting on Friday 18 December at the Old Church on Aranui road at 10 am.

Everyone's ideas will be valued and as the old sayings go "Many hands make light work!" & "Many heads working together are better than one".

During the month, progress has been made around applications for future funding and a building inspection report on the Old Church, which is necessary for funding applications.

We wish to honour the donation from the Māpua Ruby Bay & District Community Trust. This funding will enable research and collation of information on all the available health, wellbeing, social, and legal services as some of the potential users of the Hub.

The resulting report and other information collected will be used to support a funding application for a feasibility study on the upgrade and development of the Old Church Building. In future the information gathered will be used to develop an accessible online directory of community facilities.

We also wish to thank and acknowledge the support of the Hills Community Church Trust. A letter of support has been received indicating the HCCT's support for the project and willingness to lease the Old Church Building for the development of a Māpua Community Hub. Progress is being made on the lease arrangements. Thank you to the Trustees of the Māpua Community Wellbeing Trust for their tireless support.

Feedback is welcome from residents of the Māpua, Ruby Bay and surrounding areas on the following suggested Community Hub Principles and objectives. Any suggestions or comments? Email: info@mapuahub.nz

KAUPAPA PRINCIPLES

Vision: Māpua Community Hub - a centre for nurturing community wellbeing.

Mission: To contribute to the wellbeing of people and community by working collaboratively across Māpua communities to provide accessible, appropriate support and activities.

Values: To work in partnership with mana whenua to honour and reflect commitment to Te Tiriti o Waitangi obligations.

He Tangata that all people have value and deserve encouragement to reach their potential, regardless of age, gender, ethnicity, culture, religion or ability.

Respect for our own selves and the rights and freedoms of others.

Accessibility every person has a right to access the services available.

Integrity to provide services and advice that are consistent, ethical and appropriate.

Partnership a commitment to working together across the community for the common good.

Environment that the building and surrounds, reflect our commitment to valuing the environment.

Suggested Motto This Community Hub belongs to and benefits us all!

Objective One: Provide a caring, supportive and enriching environment for everyone in our community

Objective Two: Create and co-ordinate a community facility to act as a community wellbeing hub for residents of Māpua and surrounds.

Objective Three: Cater for the provision of social, health, community initiatives to facilitate community wellbeing and wholeness.

Finally the working group would like to thank members of the community who have indicated their support for the project, willingness to be volunteers, suggestions and willingness to provide and support activities in the Hub in the future.

Wishing you all a safe and restful holiday season.
Māpua Community Hub Working Group.



Māpua School warmly invites the parents of all prospective students to contact our office to arrange pre-enrolment. We look forward to hearing from you.

Please contact our office at:
admin@mapua.school.nz
or phone 03 5402806



Suzie Brosnahan
Celebrant

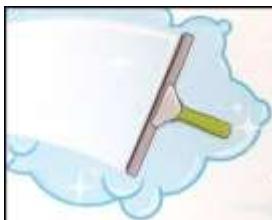
Bringing Together Moments To Treasure

By becoming a celebrant I have the privilege to work alongside people as they experience milestones and important occasions in their life's seasons. I aim to create and professionally deliver a ceremony personal to you, giving you a lasting memory to treasure.

www.sayyesenterprises.co.nz/suziebrosnahancelebrant

✉ bookings@sayyesenterprises.co.nz or ph: 027 378 8277

⌚ www.facebook.com/suziebrosnahancelebrant



CLEAN A WINDOWS

Window Cleaning Company

Brian @ Cleanawindows.

Email.

cleanwindowsplease@gmail.com

0210 225 1221

CLEAN A WINDOWS

"Get your windows cleaned with Clean A Windows"

If no answer, leave a message and I'll call back.
(Police vetted)

Tasman Bay Chiropractic

64 Oxford Street, Richmond

We look forward to welcoming you into our spacious, airy practice.

Health guidelines are adhered to.

Face-to-face and Telehealth appointments available.

Referrals and new patients welcome.

Call with queries or for more information

tasmanbaychiropractic.co.nz

03 544 4554 Monday-Saturday



Keeping you in the game since 2002

Ruby Bay KITCHEN

Chef-made food at takeaway prices

172 Stafford Drive, Ruby Bay

03 540 3530

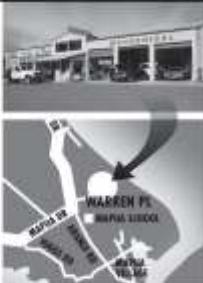
MAPUA AUTO CENTRE

"YOUR AUTOMOTIVE SPECIALIST"

Fully Equipped
Automotive
Workshop

All Makes
& Models

6 Courtesy Cars
W.O.F.



20 WARREN PL, MAPUA, NELSON 7005 | PH 03 540 2180



DESIGNS for GARDENS

Clare Smith Stevens

021 775 806

clare@singingspaces.co.nz

www.singingspaces.co.nz



Let your garden sing!

Contact me for a free visit

Māpua Fruit & Vege

- We sell fresh flowers
- local produce when possible

Open 7 days, 8 am - 6 pm

Opposite the school

027 430 7232



GRAVITY WINERY CELLAR DOOR

Spend the afternoon relaxing with the stunning vista of the Tasman region in front of you, while enjoying a glass of your favourite wine.

Wine tastings - Local platters - Wine sales - Winery tours - Art gallery

Open 11am - 5pm Daily

www.gravitywinery.co.nz

243 Old Coach Road, Mohaka 7117 P: 03 543 2817



Motueka Appliance Repairs

Specialising in Home Appliances
In Mapua Regularly

Call Dan **022 4568 068**

Barnett Farm Service's

I specialise in shearing small lifestyle flocks of sheep. I'm also very experienced in Animal Health and carry a full range of products for drenching, dipping and foot rotting your sheep. I have 2 older working dogs for those sheep that are difficult to pen up.

Please contact me for more information.

John Barnett 027 222 9306
barnettfarmservices@gmail.com

Endurance Spraying Ltd

Pete Hughes Owner/Operator

petejulieh@gmail.com

Cell 0211 942 654

- All types of weed spraying
- Hill country gorse a specialty
- Commercial & Residential
- Lawn Spraying & Fertilising
- 20 years experience - Growsafe certified



THE COOL STORE GALLERY

showcases works of over 100 established & emerging artists from Nelson & the West Coast regions.

Come & browse & chat with our friendly staff.

Open Daily in summer 10am-5pm
later in weekends

Tricia Morrison
7 TARANUI ROAD
MAPUA, NELSON
Wk: 03 540 3778
Hm: 540 3005



Stephanie Wright

B.App.Sci.Chiropractic

Practitioner of Tibetan Medicine

Tibetan Acupuncture

Tibetan Massage

Facial Enhance Cosmetic Acupuncture

Ph. 021 169 0218

swchiro@gmail.com stephaniwright.co.nz

Motoring

with

MAPUA AUTO CENTRE
'YOUR AUTOMOTIVE SPECIALIST'

Are you prepared to enjoy your Summer Holiday Motoring

Reduce the risk of your vehicle breaking down while you are away on holiday by organising a pre-holiday vehicle inspection.

We recommend a pre-holiday inspection so special attention can be given to the areas which are more likely to be put under pressure while you are away. Those areas include the braking system, cooling system, shock absorbers, wheel alignment, tuning, servicing items (fluid levels, belts, hoses etc), and ensuring you have a current WOF.

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

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

There are definitely better ways of spending your holiday dollars and time than having your vehicle repaired.

Happy & safe motoring
from the team at

MAPUA AUTO CENTRE
'YOUR AUTOMOTIVE SPECIALIST'



Shanti Massage Therapy

Relaxation and Deep Tissue Massage

Kim Saunders Stevenson

Certified Massage Therapist

178c Old Coach Rd, Mahana 540-3911



MAPUA & DISTRICTS BUSINESS ASSOCIATION

Want to get in touch?
Email us at:
mdba@māpua.co.nz

Merry Christmas and Happy New Year from all of us here at the MDBA! We wish you all the best for the festive season. Don't forget to support local this summer season! Our accommodation providers have open doors ready for your out-of-town guests or if you need a staycation... our restaurants and bars are eagerly awaiting your patronage and our retailers have the gift wrap at the ready. We've got everything you need here in the local region so why go elsewhere? Not sure what do and where to go this year? Keep an eye out for our brand new Business Directory, coming to your mailbox soon!



MEMBER INTRODUCTION

Slow Wave Healing // Tibetan Acupuncture + Medicine + Massage

Born and raised in New Zealand, Stephanie moved to Melbourne to study chiropractic. Developing a deeper interest in Acupuncture and Eastern Medicine Practises, the opportunity to study Tibetan Medicine presented itself whilst in London. After 30 years home finally beckoned.

Tibetan medicine is an ancient healing system originating from the pre Buddhist Indigenous Cultures of Tibet. It has a rich history, and influences include Ayurvedic and Chinese medicine systems.

Tibetan Medicine teaches we are all born with a unique constitution consisting of three primary humours or energies. Treating illness requires correcting the underlying imbalances of these humours rather than the symptoms. The first step to healing is finding and addressing the imbalances. Simple natural herbal remedies, dietary considerations, lifestyle choices and exercise patterns are influential tools used alongside acupuncture and body work creating a personalised and preventative medicine approach.



As client's health and vitality improves so does their outlook on life and their inner radiance. "It was a fun sideline to incorporate facial acupuncture into my practice as well, offering a natural approach to looking and feeling your best. Some of my regulars would come in before big events to feel relaxed and poised."

www.stephaniwright.co.nz // swchiro@gmail.com // 021 169 0218

www.māpua.co.nz

Supporting Local Businesses since 1992

Noticeboard

MATHS TUTOR - Experienced High School maths teacher available for individual tuition. \$30 for 45 minutes. First lesson free. Jane 021 02972934

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.

Māpua Friendship Club: a young-at-heart group meet 3rd and last Fridays, Māpua Hall for indoor bowls & bring-a-plate tea, + occasional outings. \$3 door fee, 20¢ raffle. Contact Valeri 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. Cushla Moorhead 03 528 6548.

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

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

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

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

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

Taoist Tai Chi: gentle meditative-style movements improve flexibility, balance and relax the mind. Wednesdays 1.30-3.00 pm, Māpua Hall. All welcome. Enquiries 027 443 1121

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

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

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

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

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

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

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

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

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

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

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

Tasman Golf Club welcome new golfers to Kina Cliffs for local golf experience at realistic cost, the best in Nelson. Coaching available. Info: Jim 022 096 6067 & Lyndal 03 526 6819, teeup@tasmangolfclub.com

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

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

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

Māpua Craft Group: Fridays 10-noon, supper room, HCC. Simple craft work, occasional guest speakers, demos & outings. A social, a cuppa, some easy craft. \$2 + koha for materials. Julie Cox 0277418575, Barbara Halse 5403901

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

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

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

Motueka Scottish Country Dance Club: 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.

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

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

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