



MDCA—Community Association

What is happening this year?
The MDCA December 2019 meeting covered topics and suggestions introduced by members which included:

1. *TDC Review of the Moutere/Tasman Ward Reserve Management Plan* – this includes 155 parks/reserves whose classification determines their usage. The previous plan was devised in 2000 so this is an important opportunity for the community to be involved in presenting ideas to TDC for the protection, development and enhancement of these parks/reserves.

The timeline for submissions has been extended to the end of March 2020. Tim King (Mayor) noted that much of the land currently held as reserve is for “paper roads” and “walking access”.

The review of the plan is to consider if current “fee simple” land should be reclassified as “reserve” for protection. He stressed that TDC has no intention of selling any reserve land. The February MDCA meeting will provide relevant maps and a timeslot for community input.

2. *Lake Aranui* – revisiting a suggestion made six years ago to develop this between Seaton Valley Road & Stafford Drive with a raisable weir to manage downfall and king tide events. This will be posted for feedback on MDCA’s postbook as an individual’s suggestion.

3. *Lessening of water access for Seaton Valley Road resident after development of deep bores in Māpua Rise* – the issue had been raised with TDC with a request to go onto the public water scheme. Resident very unhappy with response. Christine McKenzie (Ward Councillor) offered a private conversation after the meeting while Tim King (TDC Mayor) noted the TDC policy that “the impact [of access to water] on houses and people takes priority rather than being a nuisance for land /gardens”.

WARD COUNCILLORS’ REPORT

It was noted that at the February 2020 MDCA meeting, all three Ward Councillors and the Mayor will present their programme and priorities for the coming year as the Hot Topic for the meeting.

SOCIAL MEDIA

Bruno Lemke (Social Media Manager) noted that the presentation by the Dale Vercoe Community Care Trust had 70 online viewers which was an encouraging indication that meetings were reaching & involving more than those physically attending. The poster for the meeting on the issue of “Say no to 5-G” had 900+ hits with some of the personal responses needing to be censored. It was agreed that this issue would be discussed at the January Exec meeting so that attendees at the MDCA February monthly

meeting could discuss and create policies around Facebook postings. Bruno invited further postings from members and any suggestions for change.

MĀPUA WATERFRONT AND WHARF

Marion Satherley (MDCA rep on the Māpua Waterfront Working Group – MMWG), noted that construction on the Ngaio Tree Reserve development would now begin in August 2020 as there was still lots of work to do on archaeological reports. No discussion on developments at Grossi Point would happen until Feb 2020.

MĀPUA RESERVE PLAYGROUND UPGRADE

Marion noted that the plan for this was for no grass; more seating & an enlarged play area by moving the Great Taste Trail pathway. Glen Thorne (TDC) is keen to order the new equipment. The idea of offering current facilities and equipment from the playground to local schools was raised but acknowledged that stricter safety regulations may not allow these to be accepted.

Bruno will put the plan on Facebook for community information and comment.

DOMINION FLATS ENVIRONMENTAL PROJECT

Helen Bibby commented on the positive impact of recent rain [in December] on growth and also that there had been further work on new tracks to create easier and wider access. She encouraged others to join the regular working group on Tuesday mornings for weeding and plantings.

COMMUNITY WELLBEING/TRANSPORTATION

Transport working group – the process for police vetting of those who have offered to be drivers is being set up. The community was asked for suggestions on potential local vans for use as community transport. There will also be a focus on ways of reaching and including housebound residents in any future planning.

Health working group – Vicki Stocker noted the group was now researching the actual availability of the local services listed by NMDHB and will then publicize the results.

Social connectedness – ongoing discussion and research are happening around the idea of a Community Hub for visiting services to use (see Motueka Community House).

WATER /ENVIRONMENT

Bruno Lemke reported from the **Ruby Bay Coastal Homeowners’ Group** – noting that they were still waiting for the report from Rob O’ Grady (TDC Engineering Project Manager) after the meeting with local residents. *Note that this has now been received & will be addressed in this coming year.*
(continued page 2)

MDCA report continues.....

ROADS AND PATHWAYS

Wayne Chisnall reported that:

A final decision from the current review on speed limits would be made in December. Christine McKenzie will follow this up with Chris Choat.

AN AED IN RUBY BAY?

Wayne Chisnall apologized for the temporary closure of the "Give a little" page noting that it has now been reset up for a further three months. He noted that \$2,700 needed to be raised and that the subcommittee was contemplating a letter-drop in the area to encourage further donations. Wayne also commented on the surprising theft of the on-site poster encouraging residents to donate!

FUTURE HOT TOPICS:

Possibilities for 2020 are: –

February – Ward Councillors and Mayor – priorities and focus for the year

March – Anna Gantly on the Reserve Management Plan review; Ruby Coast Initiative Trust- 3rd sculpture

April – upgrade of sewage/waste water

May – Dawn Chorus project

GENERAL BUSINESS

Public seating – noted the need for a "resting spot" for walkers between Ruby Bay and Māpua; currently considering one seat outside the Talley property and one opposite the old Hills Church. Proposal to be sent to Steve Elkington (as sites are on road reserve). TDC will consult with residents and check if TDC will supply required concrete slab for seats to be set into. David Kemp suggested "socialized seating" – clusters of seats providing spaces to socialize.

Executive members – the MDCA Exec is currently 3 members short – offers were sought.

Season's greetings – the Chair wished all members and those attending best wishes for the holiday and New Year

**Be sure to attend our next monthly meeting:
(first for 2020)**

Monday, 10 February at 7 PM, Bill Marris Room,
Mapua Hall – all welcome.

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

Submitted by: Elena Meredith



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Ruby Coast Run Club

Hope everyone is having a great start to the New Year and the holidays were filled with good times. We took a little break over the holidays with the 5k run but we are back.

If you need a little boost or just want company on that New Year's resolution come on down to the Mapua Domain playground on Wednesday nights for the 5:30 start. Run, walk, jog...whatever it takes to get you there, we would love to see you.

We have a couple of people currently doing the Couch to 10k program and use the Wednesday night runs as part of their program. If you thought of doing the Couch to 5k or 10k come down and have a chat with them. They run/walk their way around the course.

Often I hear people say that they would love to come but don't want to be last. There has to be a last whether it's you or the person in front of you if you didn't come along.

Just make that start – you may be surprised with what you can do. We are a fun loving group, some are fast and others not so. We do have fun and often go to events together.

We managed to put a team (pictured below) in the Molesworth last year and hope to do the same again this year. The next goal for a few of our members is the Kaiteri Gold. If you happen to be there give them a shout out. Can't miss our bright blue shirts.

For more information check out our Facebook page: Ruby Coast Run Club Or contact Debbi 027 327 4055




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WHAT'S BEEN HAPPENING...

Holiday Programmes are in Full Swing!

After a short break, our site is buzzing again with the comings and goings of our holiday programmes. A record 112 students are taking part in Whenua Iti Experiential Learning Programmes across January...wahoo!! The first programme of the year was run for a group of Duke of Edinburgh Award participants from the North Island, who ventured into the Abel Tasman National Park for a 4-day Adventurous Journey. Our office staff have been enjoying laughter from children on the first of three 'Go Wild' Programmes for 7-10yr olds - so far they have been exploring caves on Takaka Hill, discovering marine-life at Split Apple Rock and finding out how much fun the Flying Kiore is! You can find out more about our next holiday & award programmes for the school breaks at www.wio.org.nz.

WHAT'S COMING UP... *Get your team skilled up for Emergencies!*

We have had such a great uptake of our emergency response programmes for youth, that we are keen to offer these programmes to the wider community. We can design a day or multi-day programme for your team that focuses on being safe in an emergency situation, as well as having a great day out of the office and doing a healthy bit of team building! Learn first aid response skills and take part in simulated emergency situations. Equip your team with practical knowledge of civil defence operations. If you're interested in finding out more you can email us at info@wio.org.nz

FOCUS ON... *An instructor's perspective: by Joni Tomsett*

"As instructors we spend an enormous amount of time in the natural world and use outdoor activities as the vehicle for positive change in the young people who we work with. I can think of so many situations where a student's world view can be shaped by the experiences that leave students silent in awe. If you don't understand the power of the natural world then please organise a time to visit us so we can show you."

Thanks Joni! You can read her full blog about what she has learnt from her students on our website: www.wio.org.nz

OUTDOOR WANDERINGS... *Whanganui Inlet, Golden Bay*

At Pakawau in Golden Bay you can turn off towards one of the largest and best-preserved tidal estuaries in New Zealand. This isolated and beautiful inlet fringes the Kahurangi National Park and quickly becomes the wild west coast landscape of dunes, nikau palms and windswept bush. Whether you want to walk the wild & beautiful beaches with your toddler, surf the waves at Anatori, walk through Nikau groves at Kaihoka Lakes or adventure by kayak up the Wairoa river, there is something for everyone.



Duke of Edinburgh's Award Students discover the Abel Tasman on the first journey for 2020.



Joni, one of our super-tutors, has learnt a lot from her students!

We'll see you out there!



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

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

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



To donate please go to our Givealittle page:

www.givealittle.co.nz/cause/funding-an-aed-for-ruby-bay

or via the Community Association's Facebook page:

www.facebook.com/māpuacommunityassociation

Lynda's Exercise Classes in the Mapua Hall

Summer 2020

Classes are casual until Feb 27th – just rock up.

Pick up a leaflet from the box outside the Hall with details, or contact Lynda on 027 222 1491.

Classes on **Tuesday** evenings 6 pm & 7 pm,
Wednesday & Friday mornings 8.30 am & 9.30 am,
and some **Saturday** mornings 8.30 am & 9.30 am.

Strength/weight training, Aerobics and Pilates.

Please contact Lynda for details,

lynda@hht.co.nz 027 222 1491

Wakefield Apple Fair

Sunday 5th April

10.30 - 3.30



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Book Reviews

The Garden of Lost and Found by Harriet Evans (2019) was a great find. Evans' book has many echoes of Dickens in the number of characters, intimacy with the lives of multiple generations and two truly grisly figures. These two set consequences in motion and have a huge influence on the lives of the main characters but happily we have to bear their presence for only a short time in a very moody period of England's history.

The complexity can be confusing; Dickens again, particularly as Evans chose short names – Ned, Matt, Ev, Sam, Ju, etc. – and we move in the orbits of five generations. It is a novel about a famous painting with layer on layer of mystery, plots, connections and some nice conclusions. This is Evans' eleventh book and enjoyable enough that I'll try more.



Benediction by Kent Haruf (2013) was surprising. Not because it was overloaded, spooky or badly written, quite the opposite. It was recommended and for the first several pages it wasn't clear why. Then it was.

The surprise was that it is so gentle, so beautifully lyrical that a plot or action appeared to be entirely absent until one realised that we have witnessed two huge life events and two or three minor ones in a small Colorado town.

The colloquial language, the slightly meandering soft sentences and charming gentleness of delivery are delightful. I loved this book and felt thoroughly enriched by it. This is the second in a trilogy. I've since read the first and enjoyed it far less.

If a family is facing a lingering end of life with a loved one then this book is wonderful to de-mystify the physicality of the last days. There is a natural and beautiful end and these folks could not do better for someone they love.

Where the Crawdads Sing by Delia Owens (2018) couldn't be left out. After a dry period of not great books, three in a row! Set in the North Carolina marshes it is the story of a very small child abandoned in the family shack by every single member of the family before she has reached double digits. A lot of grits and mushed up mussels.

We track along from 1952, the year of abandonment, while she survives with castoff clothes from an elderly

black couple and a boy who teaches her to read. Her schooling consisted of one day only as the teasing was too much to tolerate and she became a master of invisibility in the marsh.

We move along with her as she enters her teens and this is interspersed in the book with the event in 1969 that drags her from the marsh. The town's favourite former quarterback is found dead with no clues and so of course the Marsh Girl must be guilty.

There are great Clarence Darrow moments in the courtroom. Nothing, not one thing points to Kya, and yet... Twists and turns. It sounds trite, but no. This is a beautifully written book, rich in every way. Thoroughly recommended. A No.1 New York Times Bestseller.

And for the children

The Prince and the Dragon by Barbara Glass (2019) is a delight. A dragon has been told to dam the river into the Land of More in order to make the scary people living there shrink.

So it becomes the Land of Less and Barbara has great fun with the names as everyone has Less as a last name. Therefore we have King Aim Less, Queen Grace Less, Wise Woman Charm Less and so on. No plot spoilers but it is fun. And the watercolour artwork is beautiful. Written by one of our own in Mapua.

Pat Russell, Library Volunteer

Moutere Hills RSA Memorial Library

Fundraising Successes and Thanks

Summer Book Sale

We raised \$1241! Thanks to all who supported this.

Christmas Raffle

Another portion of appreciation to our supporters; we raised \$1268. It is so gratifying to see the support that our community always has for the library.

NOTE: Funds from the above fundraisers will generally be directed towards operating costs and admin i.e. those things that big grants organisations don't tend to fund.

Luckily our operating and admin costs are not high as we are all volunteers; as are some of our local tradespeople who help us out.

Raffle winners are:

Christmas cake – Chris Lovell;

Basket 1 – Dianne;

Basket 2 – Maureen Ryan.

Special thanks to all of our prize donors, especially Margaret C for the fantastic cake.

Nelson Anniversary/Waitangi Day: A reminder that we are closed on statutory holidays.

Art Displays: Barbara Trotter's pastels will be on display for all of February. You are always welcome to pop in and view this local talent - whether you are a library member or not.

Thanks to Motueka Community Store: We have two more shelf stacks on order and need more book ends for these shelves. Thanks to Heather and the team at MCS for funding the purchase of these.

Volunteers: we have had quite a few volunteers move away or take on other commitments just recently. Special thanks to all of these folk and best wishes for your future adventures.

If you have the time and interest in volunteering for the library, we would love to hear from you. Our desk roster volunteer list currently has a waiting list but there are many other roles that we would welcome some new folk to - especially if you bring some technology knowledge!

Lynley Worsley

Monday	2pm-4.30pm
Tuesday	2pm-4.30pm
Wednesday	2pm-4.30pm
(extended to 6.30pm during daylight saving)	
Thursday	10am-12.30pm; 2pm-4.30pm
Friday	2pm-4.30pm
Saturday	2pm-4.30pm

mapualibrary@xtra.co.nz;

Facebook: Māpua Community Library;

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We also do special occasions including hens' nights, birthdays or get togethers where you can have an evening in the shop.

CONTACT

Get in touch through facebook or instagram.
@brookstreetlounge

Māpua Community Choir

Thursday 16th January saw 37 enthusiastic people join voices to launch the start of a new choir in Māpua.

Under the leadership of John Botting we made a very joyful noise, not always as it should have sounded, but the evening was a lot of fun and some of it sounded really quite good.

We have been really pleased with the response to the call for singers and it looks to be a good year ahead.

If you feel like joining in contact:

Helen Bibby: n-h.bibby@actrix.co.nz.

You can't have too many singers.

Mapua/Ruby Bay and District Community Trust

Applications for Grants

Voluntary organisations or individuals engaged in a project of demonstrable benefit to the Mapua/Ruby Bay community are invited to apply to the Mapua/Ruby Bay and District Community Trust for a grant.

Applications will be considered at the next meeting of the Trust in April and should be in the hands of the secretary by April 1st.

Forms may be obtained from the secretary (John Sharman Ph 540 3642) or downloaded from:

<https://mapuacommunitytrust.wordpress.com>

Applications should be emailed as a single attachment to: mapuarubybaycommunitytrust@gmail.com

or mailed to P. O. Box 19 Mapua.

Grants will usually be for less than \$500 but the trustees have a discretionary right to vary this in individual cases.

Hello Animal Lovers

Well the start of a new year and the hope for all good things but I am sure all animal lovers are shocked at the terrible fires in Australia.

Apart from the estimated loss of 1 billion animals there must be thousands more injured and traumatised. There are I am sure many organisations helping the animals but the scale of the fires is an almost impossible task to address.

I would ask that if you have a few spare dollars you send them to the animal organisations in Australia to help with this impossible task.

We here in New Zealand are incredibly fortunate and although there have been some fires we have never experienced such devastation as we see in Australia.

A good New Year resolution would be to help in any way you can.

Sue Mott, Animal Behaviourist



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Relevant licence/operator certificate must be held for these positions

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

"Thank you so much Adele and Sharon for all your help and professionalism. A well oiled machine with a personal touch - keep up the good work." - D & M Dillon

"Adele and Kim were both awesome from the very first open home. Telling them my story, I could tell they sincerely wanted to help me find my first home. It was a very competitive buyers market and the only way I could get my foot in the door was to be the first one through. Although Adele and Kim run very busy lives, they were always there to answer all my questions and were great at making this whole process run smoothly." - T Archibald

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Fire Brigade



December to January call outs

- 21/12/19 12:24 Permitted Aporo Rd, stood down.
26/12/19 19:50 Landing zone for rescue chopper SH 60.
27/12/19 17:07 Smoke in area of Coastal Highway, nothing found.
31/12/19 06:55 Smoke showing Stagecoach Rd, small permitted fire.
Calls for the year ending December 2019 = 95
- 4/1/20 07:47 Alarm activation at Hardy Kids Māpua, unknown activation of one alarm.
7/1/20 12:32 Grass fire off Maisey Rd, Appleby and Upper Moutere help to put out.
7/1/20 13:36 Grass fire Awa Awa Rd, put fire out, caused by a faulty power box.
8/1/20 05:34 Fire in area of Mahana, nothing found, may have been lights in low cloud.
11/1/20 2:51 House fire at Kaiteriteri, stay at Motueka fire station.
11/1/20 06:00 Extinguish small beach fire near McKee Domain.

Calls this year = 6

Safety Tip – Be safe.

Be very carefully with outdoor fire, go to <http://www.checkitsalright.nz/> to see if you can have an outdoor fire and for a fire permit.
For fire safety info go to - <https://fireandemergency.nz/>
For fire permits go to - <http://www.checkitsalright.nz/>

Advertising Costs

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

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

With 20% discount for long-term advertising (3+ months) and prompt payment by internet banking only. The deadline is the 20th of each month with each issue coming out on the 1st.

There is no separate January.

E: news@coastalnews.online for more information.

Police Report

Hi everyone. I hope you managed to have a good break over the festive season and that you didn't eat too much!

The summer season has been going really well policing wise.

Kaiteriteri at New Year's and the concert in Nelson went really well and 99.9% of the young people were well behaved so you certainly can't complain about that.

We have been very fortunate that there hasn't been a jump in crime out Mapua way over the summer (so far) as can happen some years. It doesn't mean you can relax and leave your car unlocked though.

There is still lots of traffic on the roads and lots of tourists not quite sure where they are going, so just be extra patient and careful. They sometimes have a habit of suddenly slowing or doing U turns in odd places.

Occurrences:

1 family harm incident

Trespass matter in Mapua

Keep your properties locked and secure – especially windows on these hot days. Make sure you have security latches on them.

*Grant Heney
Community Constable, Motueka*



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Pastel Artists of New Zealand

The Nelson PANZ pastel group, based in Māpua, is on holiday until Tuesday 11th February. A time for rest and relaxation but this doesn't mean an absence of painting. There are always exhibitions and competitions just around the corner eager to receive our entries. And as always we have our very own Christmas challenge.

Two pictures were chosen before our season ended. These are intended to stimulate the creative juices and inspire an original piece of art. I have a plan! I also have my paper lined up ready and my pastels on standby. I just haven't brought all three things together yet ... but I will (New Year resolution, don't dally, get on with life) and my painting will join all the others in the big reveal on the 11th.

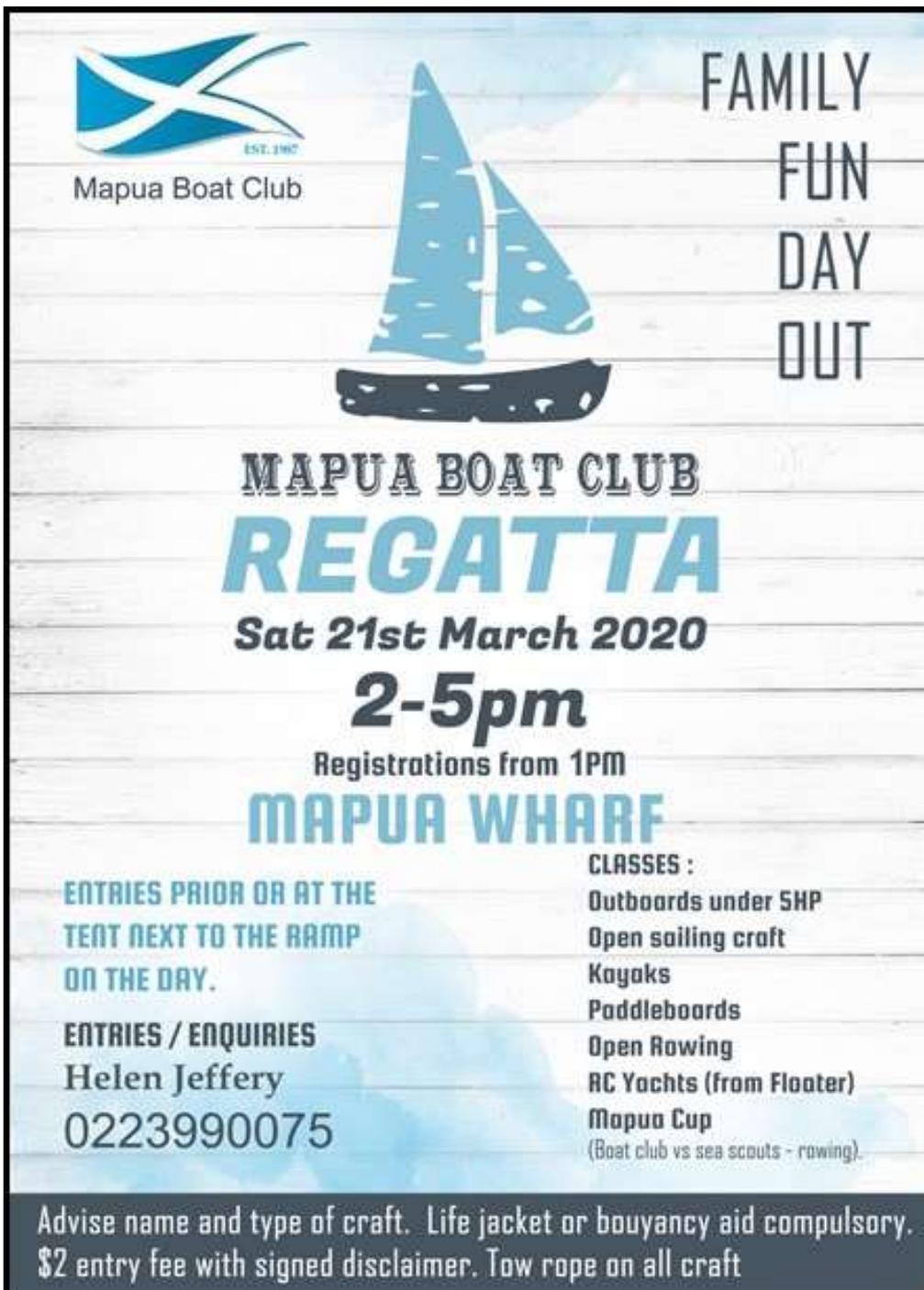
There is plenty planned for 2020. Workshops, challenges, discussions and as always, some of our members will attend the Annual National Exhibition and

Convention to be held in Dunedin from 20th – 22nd March. Dawn Emerson from USA will be giving a 3-day workshop masterclass at the Convention followed later by regional 2-day workshops. Māpua will be one of the lucky hosts.

2020, a new year and a new decade; maybe this is the perfect moment for you to come along to meet our group and give pastels a try. We love having visitors and we love to help new members. You will be made very welcome; any time from 9 a.m. on Tuesdays in the Bill Maris Room of Māpua Community Hall.

For any information about our pastel group please contact our Area Representative, Glenys Forbes on 03 540 3388 or by email gmforbes@ts.co.nz. You can visit our Facebook page: PANZ Pastel Artists of New Zealand to see national and international pastel artwork.

Sue England



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(Boat club vs sea scouts - rowing).

Advise name and type of craft. Life jacket or bouyancy aid compulsory.
\$2 entry fee with signed disclaimer. Tow rope on all craft



Māpua Health Centre

We are delighted to have a new GP registrar, Amy Mannering, as part of our medical team until June. She is working on Monday, Tuesday and Thursday.

We would also like to extend a warm welcome to Dr Bruce Dooley who is an experienced doctor from the USA and will be working on Tuesday and Friday.

In addition, Tea Elliot, a final year medical student, will be with us for three weeks during February. This is a great opportunity for Tea to get some insight into general practice and health care in the community setting.

We are in the first six months of introducing the Health Care Home programme. This is a primary health care model that gives patients more control, and the practice team an environment where quality of care and innovation can flourish. It is being gradually introduced around the country and we are about to enter the next stage, which involves two new services.

One service is providing a phone triage system whereby the doctor or nurse calls any patient who would like to have a same day appointment in order to assess the situation and see if the problem can be solved over the phone or by prescription. If the problem needs urgent medical attention then an appointment will be made with the appropriate person for that day.

The second change is that we will be expanding the Manage My Health patient portal to allow all registered patients to have access to their clinical notes in addition to lab and XR results, and the ability to request appointments and prescriptions online.

We are pleased to be able to offer the services of Sally Tohill, the **PHO social worker**, who has a day's clinic at Māpua every six weeks. This is a free service to our patients. She helps patients and their whanau, family or carers to adjust to changes resulting from a health condition or disability.

She connects people with community services and assistance, and responds to emotional, psychological, social and practical needs. She also advocates for people to ensure their rights, responsibilities and entitlements are respected. Please have a chat to one of our nurses if you would like an appointment with Sally.

Not only is it Aotearoa Bike Challenge month but it is also **Heart Health Awareness** month, so it's good to see that the latest research has shown that physical activity reduces cardiovascular risk.

A study from Oxford, UK, of close to 500,000 people without cardiovascular disease (CVD) at baseline found that total physical activity related to work, recreation, or utilitarian needs such as walking to do errands, was associated with a lower short-term risk of developing CVD.

For instance, with one extra hour of brisk walking per day people had a 5% to 12% lower risk of developing different types of CVD during the 7.5-year follow-up (*JAMA Cardiol* 2017).

Even previously sedentary adults can restore the heart's elasticity and forestall the development of heart failure with a programme of gradually increasing aerobic exercise that went up to 5-6 hours/week of moderate exertion by 6 months. (*Circulation*. January 8, 2018).

Keeping to the Mediterranean diet is associated with a 25% reduction in the risk for CVD, compared with those who do not follow this diet (*JAMA Network Dec, 2018*) and a major review of diet and heart health from 18 countries recently showed that carbohydrates are the major killer, not the fats we eat - including saturated and unsaturated fatty acids (*Lancet* 2017) – so all the more important to minimise sugar and fast carbohydrates.

Interestingly, an observational study has suggested that skipping breakfast increases the thickening of the arteries by almost twice as much (*J Am Coll Cardiol* 2017) – so also good to have a nourishing start to the day.

SKIN CHECKS: With Summer upon us, it is a good time to have a skin check. This takes approximately 30 minutes and the main focus is to check for any suspicious moles or lesions. This is a full comprehensive body check and will give you the opportunity to discuss any issues you have or that may arise.

Appointments can be made with one of our receptionists on 5402211. And a reminder to keep in mind avoiding too much sun exposure between 11am and 4pm, wear a hat + long sleeve shirt + sunglasses, slop on sunscreen 15 minutes before going outside. Use a broad spectrum product with a sun protection factor of 30+ (they usually only last 2-3 hours so need re-applying for longer sun exposures).

Some of the events for the month:

- 1-28 Heart Health Awareness month
www.heartfoundation.org.nz/
 - 1-28 Aotearoa Bike Challenge month* www.nzta.govt.nz
 - 2 World Wetlands Day www.wetlandtrust.org.nz
 - 3 Nelson Day
 - 4 World Cancer Day www.worldcancerday.org
 - 6 Waitangi Day
 - 11 International Day of Women and Girls in Science
www.un.org
 - 20 World Day of Social justice
www.un.org/en/events/socialjusticeday
 - 21-22 Big Heart Appeal www.heartfoundation.org.nz
- *A one-day event in your region that encourages people to switch from cars, buses and trains to biking to work for a day. At certain events, a free breakfast awaits cyclists at the end of their ride.



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The Playhouse Cafe

What's On Guide

FEBRUARY 2020

Open for events only

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M	T	W	T	F	S	S
			30	31	1	2
			The last ALL YOU CAN EAT RIBS NIGHT \$25, ribs, chips and salad Bookings essential	Adele, Madonna, Crowded House Tribute Night \$20, Dinner 6pm, Show 8pm, \$40 buffet Presents by Craig Alot.	Booked for Wedding	Closed for private function
		6	7	8	9	
		BOOGIE TRAIN And TOOT From Dunedin \$20, 8PM Dinner from 6pm	ADAM MCGRATH of THE EASTERN and Esther Swift Folk Music at its best \$20, 8pm	Paul Madsens QUEEN tribute \$25 entry +\$40 buffet 6pm dinner 8pm music Be in Early	closed	
			14	15	16	
			The Best 80s Night Free Entry 6pm dinner, 730pm music Feel like a virgin again and dance with somebody!	Booked for Wedding	closed	
			21	22	23	
			HEARTKIDS FUNDRAISER RABBIT HOLE TILLERMAN BOOGIE TRAIN \$20, music from 8pm	Booked for Wedding	closed	
			28	29	1	
			Inspire Summer Smash Dance Dinner	Booked for Wedding	Quiz Night more details to come	

FRIDAY MARCH 6th
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Tasman Bible Church

Jesus According to Jesus

I didn't see much Christian influence in shops or parades this year, but this is in keeping with the steady decline in Christianity's influence in our fair country.

I did spot nativity scenes in a few shops, and I also saw a trio of "Wise Men" in and around Nelson (thanks to the Anglican Church). No doubt most children (and adults?) were left puzzled: "Who are those strange looking men, and what are they pointing at?"

But while the idea of Jesus being God "in the flesh" is dismissed as unbelievable by most, many still seem comfortable with the view that Jesus was, if nothing else, a great moral teacher.

If we take the time to read what Jesus taught, however, we find it impossible to separate his moral teaching from his view of God. Jesus certainly did speak about love and forgiveness, but around half of his teaching on these subjects focused not on human relations but on our relationship with *God*.

The relatively common admission that Jesus was a great moral teacher does not, in fact, reflect what Jesus actually taught. This point is argued strongly by C. S. Lewis in his thoughtful little book, *Mere Christianity*.

"I am trying here to prevent anyone saying the really foolish thing that people often say about Him: I'm ready to accept Jesus as a great moral teacher, but I don't accept his claim to be God.

"That is the one thing we must not say. A man who was merely a man and said the sort of things Jesus said would not be a great moral teacher. He would either be a lunatic—on the level with the man who says he is a poached egg—or else he would be the Devil of Hell.

"You must make your choice. Either this man was, and is, the Son of God, or else a madman or something worse.

"You can shut him up for a fool, you can spit at him and kill him as a demon or you can fall at his feet and call him Lord and God, but let us not come with any patronizing nonsense about his being a great human teacher.

"He has not left that open to us. He did not intend to."
—*Mere Christianity*

Geoff Paynter

Special Easter Service, Sunday 12 April @ 10:00am
www.tasmanbiblechurch.org.nz

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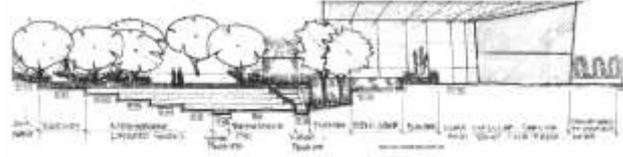
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Hills Community Church

As the New Year and new decade get underway it seems like a great time to be reflecting on our hopes for the kind of life we would want to be living.

In about 400 B.C. Socrates said: 'An unexamined life is not worth living'. The truth is anytime is the best time to be thinking about how we are living our life.

I don't know about you, but there always seems to be a frustrating and at times yawning gap between the life that we want to live and the life we actually do live.

Who are we kidding? Even the simplest of our goals or New Year's resolutions slip by the wayside before the end of January; we seem controlled by our habits, and routines.

This is because it is our daily routines and practices that really do shape and form us into the kind of person we are. This is very true when it comes to our physical condition,

but equally true when we think about our interior or spiritual life.

So an even better question for us to ask about the year ahead is this; what do I want the routines, or habits of my life to look like?

The good news is this year we all have the opportunity to work on some life giving and life transforming habits or practices.

There are many that are tried and tested, such as prayer, meditation, journaling, serving others, and solitude. These are all ways for us to connect with God, who is the one who does the transforming in us.

What may it look like for us to give him the space to work in our lives this year, and the years ahead?

In Christ, Rev John Sherlock

Sunday Worship

9am: Traditional service, 10.30am: Contemporary service and children's programme including crèche. Morning tea between the services. Holy Communion celebrated at both services on the 2nd and 4th Sunday.

Youth Groups

Years 9 to 13 Fridays at Māpua Community Hall 6.30-8.30pm.

Years 6 to 8 Thursdays at Hills Community Church 3-4pm.
www.hillscommunitychurch.org.nz, phone 540-3848



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Summer Cannelloni

Now that summer is finally arriving, it's time to enjoy some light and lofty Cannelloni.

For some reason it's a summery dish in our home. We replace the meat stuffing with a fabulously moist, ricotta, herb, and courgette version. The sauce becomes a succulent tomato, caper and anchovy based mix, and the cheesy topping can be either lashings of grated Parmigiano reggiano, or sliced savoury scarmoza, a dry mozzarella available here in the supermarkets.

I use the wonderful Italian Viavio dairy products for this dish, from right here in Nelson. I think their mascarpone is outstanding, as is their Ricotta – all made from A2 cows milk. The herbs come from our kitchen garden, and the veggies from Connings in Appleby. It's fine to use canned tomatoes if you want.

Summer Cannelloni

Serves 6

For the cannelloni –

10 – 12 De Cecco Cannelloni #100

The ricotta stuffing –

1 tub ViaVio ricotta

1 red onion, peeled & sliced

2 large cloves garlic, peeled and crushed

1 cup chopped fresh herbs of your choice –

basil, thyme, marjoram, sage or a mix

4 medium courgette, washed and diced

Salt & Pepper to season

2-3 tablespoons olive oil

1 egg, whisked

Heat a heavy based frying pan over a medium heat, add the olive oil and begin sautéing the red onions. As they begin to sweat, add the garlic and diced courgette. Season and sauté until lightly golden and caramelized.

Take a large bowl and empty the ricotta into the bowl, breaking it up with a fork as you go. Toss in the chopped herbs, salt & pepper, and when the sautéed vegetables are cooked and have cooled to room temperature, add them to the mix. Check the seasoning and adjust if need be, and finally mix through the beaten egg.

For the sauce -

3 tablespoons extra virgin olive oil

3 cloves garlic, peeled and finely chopped

1 cup black olives, pitted and roughly chopped

1-2 tablespoons capers, roughly chopped

50 grams anchovies, roughly chopped

2 cans chopped tomatoes

A generous handful of fresh oregano, roughly chopped

A generous handful of flat-leaved parsley, chopped

½ teaspoon chilli flakes

Plenty of freshly ground black pepper

No need to salt as the capers and anchovies provide plenty of saltiness.

Place a large saucepan over a medium heat, add the garlic, olives, capers, anchovies, tomatoes, and herbs, season with pepper and chilli and bring to a simmer. Cook gently until the sauce has reduced slightly.

To assemble –

A drizzle of olive oil – be generous

3 tablespoons mascarpone

3-4 large handfuls baby spinach

The cannelloni & Stuffing

The sauce

Plenty of cheese of your choice – Parmesan, Grana

Padano, Scarmoza, Mozzarella – for the topping.

Heat the oven to 180C.

Take a good-sized lasagne dish and drizzle olive oil over the bottom. Next spoon over the mascarpone evenly, then sprinkle the spinach evenly over the mascarpone.

Take the dry cannelloni and stuff them with the ricotta filling. I find it easiest to do with clean hands, as it can be a bit fiddly. Place the stuffed cannelloni, into the dish evenly in rows. Pour over the sauce, and finally scatter the cheese over the top.

Place in the pre-heated oven for about 30 – 35 minutes until the cannelloni is soft, and the top is golden. Serve with a refreshing green salad and a glass of chilled rosé or light red.



Sarah La Touche is a qualified Holistic Nutritionist.

*A registered member of the New Zealand Clinical Nutritionists Association, she also runs B&B and self catering accommodation in Mapua, **walking and gastronomic hosted holidays in France – 2020 culinary tour dates on request.***

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GOKYO & RENJO LA

One of the best short treks in Nepal!

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Tasman Art Focus Group

OPEN MEETING. TAFG organise the Tasman National Art Awards event annually and welcome anyone who wishes to attend the opening meeting of this year's event organising committee.

Bill Marris Room at Māpua Community Hall. 9.30 am Tuesday 4 February.

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MAPUA COMMUNITY HALL



Check out or what's happening at the hall in February on the calendar below .

In December we had all the basin taps in the bathrooms replaced, Thank you to **Māpua Plumbing** for very kindly installing these for us without charge, You may also have noticed the big outdoor clock at the front of the hall is up and running again with many Thanks to **Westrupp Jewelers in Motueka** for repairing our treasured clock at no cost to the Hall. The next planning meeting for the **75th Anniversary** celebrations is on **Friday 24th January at 11.30** at the hall. Office hours may vary slightly over the holiday period however you can still contact us at mapuabookings@gmail.com or message via the Facebook page. For emergencies please use the contact numbers on the Hall door.

What's On at the Hall In February!

Monday	Tuesday	Wednesday	Thursday	Friday	Sat	Sun
27th Jan 9.15am Yoga with Charlotte 9.30am Superb Dance w Hilary 6pm Dance Fitness with Hilary	28 Jan 9am Sioux Line Dance 6pm Yoga with Martin 6pm Aerobics 7pm Pilates w Lynda 7pm MDCA Exec Mtg	29 Jan 9.05am Aerobics w Lynda 9.15am Yoga for healthy aging with nikki 10.05 Pilates w Lynda 1pm Tai Chi with Lynn 6pm Yoga with	30 Jan 6pm Dance Fitness with Hilary	31 Jan 9.05am Aerobics with-Lynda 9.30am Superb Dance w Hilary 10.05 Pilates	1 9am SHARQUI A belly dance workout	2
3 NELSON ANNIVERSARY 9.15am Yoga with Charlotte 9.30am Superb Dance w Hilary 6pm Dance Fitness with Hilary	4 9am Sioux Line Dance 9.30 Tasman Art Focus Group Mtg. 6pm Yoga with Martin 6pm Aerobics 7pm Pilates w Lynda	5 9.05am Aerobics w Lynda 9.15am Yoga for healthy aging with nikki 10.05 Pilates w Lynda 1pm Tai Chi with Lynn 6pm Yoga with Thomas	6 WAITANGI DAY 6pm Dance Fitness with Hilary	7 9.05am Aerobics with-Lynda 9.30am Superb Dance w Hilary 10.05 Pilates	8 Private Function - Whole Facility	9
10 9.15am Yoga with Charlotte 9.30am Superb Dance w Hilary 6pm Dance Fitness with Hilary 7pm MDCA Meeting	11 9am Sioux Line Dance 10am Māpua Creative Fibre 2.30pm Sit & Be Fit 6pm Yoga with Martin 6pm Aerobics 7pm Pilates w Lynda	12 9.05am Aerobics w Lynda 9.15am Yoga for healthy aging with nikki 10.05 Pilates w Lynda 1pm Tai Chi with Lynn 6pm Yoga with Thomas	13 9am Māpua Art Group 6pm Dance Fitness with Hilary	14 9.05am Aerobics with-Lynda 9.30am Superb Dance w Hilary 10.05 Pilates	15 9am SHARQUI A belly dance workout 9.05am Aerobics w Lynda 10.05 Pilates w Lynda 7.30pm Motueka Dance Group	16
17 9.15am Yoga with Charlotte 9.30am Superb Dance w Hilary 4pm Waimea Inlet Forum 6pm Dance Fitness with Hilary 6.30pm Māpua Hall Committee Meeting -	18 9am Sioux Line Dance 2.30pm Sit & Be Fit 6pm Yoga with Martin 6pm Aerobics with-Lynda 7pm Pilates	19 9.05am Aerobics w Lynda 9.15am Yoga for healthy aging with nikki 10.05 Pilates w Lynda 1pm Tai Chi with Lynn 6pm Yoga with	20 9am Māpua Art Group 2pm Friendship Club 6pm Dance Fitness with Hilary 7.30pm Māpua Community Choir	21 9.05am Aerobics with-Lynda 9.30am Superb Dance w Hilary 10.05 Pilates	22 9am SHARQUI A belly dance Workout	23 9.45am Taoist Tai Chi with Lynn
24 9.15am Yoga with Charlotte 9.30am Superb Dance w Hilary 6pm Dance Fitness with Hilary	25 9am Sioux Line Dance 2.30pm Sit & Be Fit 6pm Yoga with Martin 6pm Aerobics with-Lynda 7pm Pilates 7pm MDCA Executive Mtg	26 9.05am Aerobics w Lynda 9.15am Yoga for healthy aging with nikki 10.05 Pilates 1 Tai Chi w Lynn 6pm Yoga with Thomas	27 9am Māpua Art Group 6pm Dance Fitness with Hilary 7.30pm Māpua Community Choir	28 9.30am Superb Dance w Hilary 2pm Friendship Club	29 9am SHARQUI A belly dance Workout	

Motoring with



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.



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MAPUA & DISTRICTS BUSINESS ASSOCIATION

Administrator: Mel Stringer
027 943 2469
mdba@mapua.co.nz

Kia ora!

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

OUR MISSION

We are a supportive community of businesses working together.



OUR VISION

We help businesses thrive.

OUR GOALS

Employ a professional face to drive the organisation.

Provide an exciting programme of events.

Maintain a progressive digital presentation.

Evolve the "Golden Circle" map concept.

OUR VALUES

Professionalism

Integrity

Respect

Co-operation

Collegial

Generosity

Nurturing

Sustainability

Fun!

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

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

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

Ngā mihi,
Patrick Stowe, Chair

www.mapua.co.nz

Supporting Local Businesses since 1992

Noticeboard

Tasman Art Focus Group OPEN MEETING. TAFG organise the Tasman National Art Awards event annually and welcome anyone who wishes to attend the opening meeting of this year's event organising committee. Bill Marris Room at Māpua Hall. 9.30 am Tuesday 4 February.

Garage Sale Saturday 8 February 10am-3pm. Sale of books, garden stuff, man's bike, tools plus more. At 91 Mapua Drive. Contact Julie Booth 0276463066

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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