

Team praises community backing for win

A tribute was paid to the whole Māpua community when the Dominion Flats team won a regional award for Best Environment or Heritage Project at the the 2018 Trustpower Top of the South Community Awards on 16th October.

At an inspiring awards ceremony for Tasman, Nelson and Marlborough at the big Annesbrook Church Auditorium in Stoke, Helen Bibby rated community support for the project ahead of the contribution from herself and the other two project leaders, husband Neville and long-term Forest and Bird member Gillian Pollock.

“While a small team of volunteers goes every week to work in the reserve, on planting days, the whole Māpua community gets involved,” Helen told the audience. “We are all so proud of the progress and now we can see it happening in the growth of the trees.”

Community Association chairperson, Marion Satherley, said later that while it was true that the Dominion Flats project had great community support, the three leaders were really the driving force for the ambitious and successful project.

“It is what they do, Marion said, “Some people can lead, others are happy to fall in behind. We all like to help on a project like this and a lot of us wish we could do more. It is just amazing what they have done for our community.”

The awards judging panel said that five years of hard labour in Dominion Flats had transformed what was a 7ha highway “eyesore” construction site near Māpua into a thriving native forest gateway for Māpua.

“This year marks a significant milestone for the project, with the 7ha area now planted in trees, shrubs and plants across 15 sub-sites, the judging panel said.

“Volunteers have planted 50,000 plants in total, including 400 kahikatea, New Zealand’s tallest native tree, and the species that dominated the area before European settlement. In fact, the name Māpua refers

to the colourful fruiting stage of the kahikatea, when red, orange and purple berries are a magnet for native birds.

“What a wonderful project you’ve undertaken to honour the heritage of your town and improve its future,” they concluded. “Congratulations on this milestone and all the best for your future endeavours”.

Helen was handed a prize of \$1000 for the project by Tasman Mayor Richard Kempthorne. The Dominion Flats project is run under the auspices of the Māpua and District Community Association.



Helen Bibby receives her award from Tasman Mayor, Richard Kempthorne. Left to right: Kevin Palmer (Trustpower), Richard Kempthorne, Nelson City Councillor Ian Barker, Helen Bibby (Dominion Flats Planting Projects)

The story of the Dominion Flats Project started 10 years ago with one of the biggest ever Nelson roading projects: construction in the period 2008-2011 of a new 10km highway section of State Highway 60 between Māpua and Tasman on the western coast of Tasman Bay.

In early planning stages of the highway, the Māpua community was seeking a range of improvements to reduce the impact of the big road, and planned two walking/cycle underpasses for future pathways to link Māpua to historic

neighbouring communities, particularly Mahana and Upper Moutere.

After completion of the new highway section in October 2011, Helen, Neville and Gillian launched the project to restore a predominantly kahikatea forest from the sea up to the 2ha intact Chaytor Wetland near the Moutere ridgeline. It was an ambitious project in itself, made more complicated because much of the area had been severely compromised by the highway construction process.

In an area of about 4ha on the northern side of the highway, the roading contractors dumped waste gravel and clay in piles several metres deep, making restoration of the land a difficult proposition. The whole 7ha area was also infested with blackberry, broom and gorse, as well as animal pests, including wild cats, stoats and weasels and rats.

However, the 7ha area also included some exceptional natural features. Two pristine stream systems, the Dominion and Chaytor Streams, drain into the flats area, each from outstanding natural wetlands at the head of the valley, close to the Moutere Hills ridgeline.

Both streams were intact from source to sea, and they were among the last of scores of numerous streams flowing into the huge estuary that still supported a range of eight native fish species, including long-finned eels, giant kōkopu and kōura.

The team is now into a second five-year stage of the project that will focus on planting individual native species across the whole reserve area.

Other achievements include control of the animal pests through a regular trapping programme, increasing fish and native bird numbers in the reserve area and establishing a flourishing large stand of a rare and threatened regional native reed, *baumia articulata*, on both sides of the walkway entrance to the reserve.

This is the second consecutive year that a Māpua environmental project has won the award for top Tasman environment or heritage project, with Māpua School and Friends of Māpua Wetland last year winning the award for the Tāne's Ark project in Aranui Park.

David Mitchell



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Mapua Bowling Club

Members of the Mapua Bowling Club (below) enjoying a Spring Lunch in their clubrooms.



Local Water Health A Concern

Trevor James (pictured), the TDC's Senior Resource Scientist and a specialist in aquatic ecology and water quality, presented his latest research to the MDCA's October meeting.

The Health of Streams in the Moutere

Streams draining the Moutere Hill geology (including Mapua-Moutere-Tasman areas) have a particular character with distinct water quality and aquatic ecology issues.

The hydrology is distinct in the region with very low low-flows in summer and high peak flows. This is due to low permeability ground conditions, a dominance of pasture land use and low prevalence of wetlands.

As a consequence, streams in summer are particularly vulnerable to overheating, low dissolved oxygen and high cover of slime (filamentous algae) in unshaded sections of stream in summer. These issues are serious enough to affect invertebrate and fish life in many Moutere streams.

The other big issue in the Moutere is fine sediment discharges from forestry and land development. A recent report by NIWA (see link below) attributed the source of much of that sediment to forestry land use as well as "bank erosion" which also includes erosion of subsoil from land developments such as what occurred when the Carter Holt forests were redeveloped for rural-residential land use.

Examples of erosion risk activities in this area were shown, e.g. root raking of stream banks after forest harvest, hill country cultivation and winter cropping and grazing without grass filter strips.

On the positive side there are generally low levels of nutrients and disease-causing organisms and reasonable water clarity in base flows in these streams.

For more information on fine sediment in our waterways, see the December 2016 report at: <http://www.tasman.govt.nz/environment/water/rivers/river-water-quality/fine-sediment-in-our-waterways-and-coast>

Where the habitat is poor there are typically 3-4 species of native fish in Moutere streams (inanga, shortfin and longfin eels, and common bully). Where the habitat is good you typically get these plus: banded kokopu, smelt, giant bully and in rare occasions you can find koaro, torrentfish and redfin bully.

No longer do you find giant kokopu as too many wetlands have been drained and streams straightened. Dominion Stream has had giant kokopu, but it hasn't been found in the last couple of surveys. Redfin bully is also rare in Dominion Stream, but no smelt, koaro or torrent fish.

Around NZ these rare fish are getting rarer. The main reasons for this include: fine sediment discharges, water temperature, increasing aquatic weed growth and decreased flows. Most of these issues are associated with agricultural intensification and urban development.

In Tasman we have found in-stream structures creating a barrier to fish passage to be a major effect on native fish. For example, you find fewer fish species upstream of the rock riprap weir

on the Moutere River 500m downstream of Old House Road. Attempts to address this have failed due to the unstable nature of this structure.

There are many opportunities for restoration, particularly by "joining the dots" of existing remnants of native forest and riparian restoration. Council would like to work with the Tasman Environment Trust and the wider community to develop catchment improvement plans.

The TDC now has a fund available to organised landowners and community groups, principally to provide plants for riparian restoration. Plus, the latest Land Development Manual that directs developments will hopefully deliver some better environmental outcomes for our streams.

Audience questions:

Q- *What do you see as the biggest opportunity for improving stream health within this region?*

Trevor: To improve ecological health, we should start with small streams close to the coast draining into estuaries – e.g. the Moutere catchment area. Then involve young researchers to map out critical areas.

Q- *If streams flowing into rivers/estuaries were to be fenced, how much of a difference will it make?*

Trevor: If the catchment has a source of sediment coming from uphill, it will impact lower down. Best intervention to improve water quality is to plant trees



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next to streams as it cools down streams, feeds with natural seeds etc.

Q – Are you optimistic about water health in our district?

Trevor: With funds becoming available, it does increase optimism. Fortunately, we don't have such a big a job to do as in more intensive farming areas elsewhere in New Zealand.

In Other News

Active Transport Survey

Drew Bryant, TDC Activity Planning Advisor, spoke of an online Active Transport Survey on walking/cycling transportation. The questions are to discover how you undertake everyday travel and what is stopping you from walking or cycling as a mode of transport. The TDC looks to support more of this type of healthy transportation and is interested in hearing the thoughts of those that would not normally walk or cycle, not just those that are enthusiasts.

A greater representation from the Moutere/Waimea ward is desired, as they represent only a small percentage of the responses so far. Take the survey at this link: <https://www.surveymonkey.com/r/YQCDQ65>

Community Social Seating

David Mitchell spoke about the importance of cultivating a social community and highlighted the campaign for greater mental awareness. Spaces that people commonly occupy in their daily life are: 1st space – home, 2nd space – work, 3rd space – public space. David felt that greater attention should be given to seating and configuration of seating in our community public spaces. Social seating around our community encourage more people to get out of their homes, especially the elderly. Should any one like to get involved, please email David at: mapuamitchell@gmail.com.

Mapua Community Care Project

The Trustees of the Mapua Community Care Project (formerly Dale Vercoe Community Care Charitable Trust) are establishing a community consultation group to advise on the project. The Project's Ron Oliver asked the MDCA to provide a representative to the group. The membership discussed and passed a motion to have Chairperson Marion Satherly as the MDCA rep.

Dominion Flats Reserve

Helen Bibby reported that \$2000 was received from Greenwood Trust for tree planting. And that the MDCA has applied to Pub Charities for \$13,750 for further planting at Dominion Flats Reserve.

It was agreed that the Association would sign a Memorandum of Understanding with NZTA taking responsibility for maintenance (typically clean and repaint as required) of the Mapua School mural to be painted in the Coastal Highway underpass.

MDCA Social Media Report

In September, the MDCA posted 7 different news items on our Facebook page. Topics ranged from an invitation for nominations for Chairperson of the Waterfront Area Working Group to a notice of the McKee Reserve re-opening on Labour Day weekend. Our most viewed posts were the announcement of a new start for the Dale Vercoe Community Care

Charitable trust (as the Mapua Community Care Project) with 1,103 views. And, of course, anything to do with pets: a post that "Sala, the lost pup, was found" had 2,273 views, 5 comments and 16 shares. In total, our posts in September attracted 6,677 views – about the same as our average views in July and August.

Be sure to attend our next monthly meeting: Monday, 12 November at 7 PM, Mapua Hall.

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Hello Animal Lovers

One of the most common difficulties pet owners have is with dogs barking. Dogs are descended from the wolf, which does not bark, and have been selectively bred over the years to bark for a variety of reasons. Interestingly, wolf cubs do bark, but evolve to using howls for communication.

Although dogs can howl, they most commonly bark. There are many reasons for this. One of the most obvious is to alert for danger. Dogs are very protective of their territory and if they think something is going to invade it they will bark aggressively; this includes their owners or possessions.

It is therefore very important that dogs are trained from young to accept other people, pets and situations, otherwise the next step from an aggressive bark is biting, which is not acceptable unless under complete control such as police or farm work.

A common form of barking is due to separation

anxiety. Dogs left locked up get distressed and bark to encourage their owners to come back. Sadly many dogs are left locked up in a backyard or house whilst the owners go to work and the repetitive barking can be very challenging for neighbours. Dogs should be left with something to play with or challenge them, or with another dog, although two or more dogs can also bark repeatedly. The best form of barking is a happy bark, which is used to greet owners or exciting situations. Not many people object to this as it does not last long and can be controlled.

So why do dogs bark? This is an interesting question and even the experts do not agree. It is thought that dogs have used barking to communicate with their owners since they were domesticated, as people certainly respond to barking.

Some breeds seem to be more prone to a lot of barking than others, and in New Zealand the Huntaway uses it to herd stock. Basenjis rarely bark but give a yodel. This breed, originally from central Africa, was bred to use scent and sight to flush small game out. So breeds have been selected for the trait that was most useful.

Whatever the breed, it is important to recognise if your dog is distressed or aggressive, as it is the owner's responsibility to ensure their dog is as well-behaved and as happy as possible.

I am always happy to answer animal behaviour questions.

Sue Mott, Animal Behaviourist

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Mapua Leisure Park

1 February 2018 will be a day we will not forget anytime soon.

Following Cyclone Fehi, many people in both in Mapua and Ruby Bay suffered both materially and financially, and our hearts go out to them.

We in the Mapua Leisure Park were also hit very hard, with the loss of caravans along with cars and substantial damage to buildings. However, no lives were lost and no major injuries, so we dodged a bullet one could say.

The predicted high tides and possible sea surges were forecasted, and we thought we had things in hand. One hour before high tide the sea level was already a metre above what was expected.

We had started moving all the people that were near or on the waterfront area to higher ground, or asked them to exit the park completely. Then the surge hit us, but not where one would have expected: our main wall did not breach; it got battered but remained intact (we have spent many thousands of dollars working so very hard to strengthen and prepare ourselves for such an event). The beach-house and our four main motel units on the beach front were virtually untouched.

Sea came into the park from the side, completely catching us unaware, causing 90% of the damage that was inflicted. It has been such a learning curve. It burst in further down and inundated many properties in its path as it surged through each neighbour's place and into the camp, taking less than 5 minutes to fill a large portion of the camp area.

We couldn't save anything. The swimming pool imploded; the pool showers and toilets were under five feet of water; seven units were badly flooded, with 2 of them coming completely off their piles. The hall was very badly damaged and had to be totally re-piled. The electrical cabling and power-sites on the pool-side of the park were badly damaged; that was well over two thirds of the entire electrical infrastructure destroyed.

I cannot say enough for certain members of our staff who continued to help others to safety, losing their own caravans and personal belongings.

Sadly, many trees have not survived and will have to be felled, as safety is without a doubt our main priority.

We were a sorry lot, if not an exhausted bunch, after the worst was over, but we did virtually the impossible with the help of so many, including all the food parcels and the offers of help.

The police were amazing as were the fire department. We didn't want too much media

attention, as we realized that being the victim was counterproductive, and although would have been a good story, would cause more negative responses later in the year, leading people to make alternative plans for their holidays, thereby affecting many in Mapua.

We began immediately to get rid of the water, get the park back open, to rebuild and repair and create defences against the next cyclone that was quickly approaching New Zealand.

We hired huge pumps from Christchurch to pump out the enormous lake that had been created. We had sewage back on and the Boatshed Restaurant opened just in time for Valentine's Day bookings, due mainly to Downers' (very large generator) and the council's helpful efforts.

The swimming pool is well on the way to being replaced and most of the construction work is almost complete. Roadways and paths are being completed along with stairways. Huge ground works have been undertaken and will be completed by December. Paul Newcombe Electrical has done an amazing job replacing all of the cabling along with switchboards.

We have now taken preventative steps to ensure we guard against further problems such as happened earlier this year. We cannot rely on others, so we have built a bund wall down the complete side of our property, using thousands of tons of fill.

Our insurance company, NZI, has been amazing and last, if not least, we thank all of our staff that have given so much, never left the sinking ship and against all odds re-floated the old girl. The odd one said we would be closed indefinitely we are proud to report they were wrong.

We will be back even stronger this year. Kath Bee is going to run the children's holiday program again. The only loss will be that Daniel will not open the Boatshed Café, Mapua, this year. We wish him well with his new restaurant due to open in Hardy Street, Nelson shortly.

June & Tony

MAPUA LEISURE PARK
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The Nutritional Trends

Nutritional trends.....do you get swept along?

I was reading a blog a few days ago, and it reminded me of one I had written several months ago along very similar lines.

There are so many differing opinions around food and on what is good/bad, right/wrong, and currently in fashion that it's no wonder many of us feel confused or even overwhelmed when it comes to making decisions. And whilst there is no shortage of information out there, how do we know the difference between what is sound advice or just another current fad.

Whilst I commend anyone who makes the effort to improve their diet and their knowledge of food and its impact on us, my clients, and those who know me, will also know that I don't buy into the current trend, or any fancy "magic" solution.

I strongly believe that choosing the right amount of real food, in as natural state as possible, in season, and - where possible - organic, is the most sustainable and healthy way. It's a constantly evolving journey, and I for one, am often making small changes and improvements. I'm currently enjoying eating a largely plant based diet. My body seems to like it, and I feel great and have good energy levels.

The current trend is toward low-carbohydrate diets, Paleo diets and Ketogenic diets, as well as an increasing number of people turning to a largely plant based diet. (Often called "vegan", but as a friend pointed out to me recently, "vegan" is more a lifestyle than just a diet. So a "true vegan" would not use products that came from animals, such as leather shoes etc.)

Whilst many have had success losing weight on a Ketogenic, Paleo or Low Carb diet, that weight loss has generally come about as a result of a lower calorie intake than their previous diet. And so often we see people who follow these diets for a while, lose weight, feel better etc., then they go back to their old habits; the weight goes back on and their energy drops off.

There are a few questions you can ask yourself before embarking on a new regime:

Is someone making money out of this? Often the answer is yes. There is a product or supplement you need to buy that will help you lose weight, get healthy etc. If you are buying real food, locally grown, and purchased as close to its original source as possible, then the person most likely making money is the local farmer/grower. That's great.

Is it sustainable long term/forever? If you are needing to make major changes that mean you are no longer eating "normal food" or your regime is for a set number of weeks etc., then chances are, it's not going to be something you can do or want to do long term, and that's when we see people in the "on again off again" pattern, which just leads to a lifetime of being unhappy with your body.

Is it a variation on a familiar theme? Is the latest trend just a twist on an old theme? The food/weight loss/health industry is big business and a huge amount of money is made when people who are dissatisfied or vulnerable spend large amounts on a solution to their problem.

Before you set off on your journey to a leaner, healthier you, I encourage you to firstly take an honest look at what you are already eating.

If we are honest, there will be things we can cut out (sugar, processed foods, etc.) that will make a big difference to our waistline without jumping on the latest bandwagon.

I love creating a really colourful plate: lots of greens, dark reds and yellows. Some nuts and seeds for good fats. If you are a meat-eater, then try to choose meat that is unprocessed - so a steak rather than a sausage, chicken breast rather than chicken nibbles etc.

And try to eat kumara or potato (or other starchy vegetables) for your carbohydrates, rather than pasta or bread. Keep it simple, keep it colourful, and keep it natural.

And as we head into summer, it gets even easier to eat like this. Give it a go - your body will thank you for it.

Karyn Holland

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PANZ

Here we are close to the end of the year: phew, is it me or does time just seem to pass us by? We just finished a two-day workshop with Liz Haywood-Sullivan from the United States. This proved to be very enlightening: who knew that clouds could be so difficult to paint? All the attendees were challenged with new skills to assist them with their creative artwork. Always make time to learn something new; it is good for the soul!

The Impressions National Art Awards 2018 have come and gone and our pastel art was well represented at the exhibition. There were three pastel paintings sold, along with others at the show. Well done to our pastel artists and all the artists who exhibited their work. I hope you had a chance to view the artwork.

We will be finishing our year with a barbeque at the end of November, after a year of workshops, learning, painting, and socialising on Tuesday mornings at the Mapua Community Hall. We will be back at the hall in February. Watch this space for the dates of our return.

For additional information please contact our Area Representative, Glenys Forbes at 03 540 3388 or by email gmforbes@ts.co.nz. You can visit our Facebook page: PANZ Pastel Artists of New Zealand, to see what our pastel artists from New Zealand and abroad are creating.

Gloria Anderson, PANZ Member

NOTICE OF MEETING

an open meeting is to be held on

Saturday 10th November

2 pm to 3 pm (-ish)

At Mapua Hall

To elect a

Tasman Art Focus Group

Committee to further develop the

Impression National Art Awards 2019

All suggestions for improvement will be considered so come along and bring your ideas with you. We need reliable help to take this event to the next level.



Suzie Brosnahan
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Ph: 027 378 8277



Mapua Health Centre

Sadly, Bridget MacDonald, our GP registrar, will be leaving us at the end of the month. It has been a pleasure to have Bridget as part of our team and from the feedback we have received from patients they have greatly appreciated the care and kindness she has shown. We wish her all the best for the future and hope she will visit us from time to time.

In mid-November we will be joined by a trainee intern, Vince Wilkinson, who will be sitting in on consultations (with the patient consent) as well as consulting patients under supervision of our doctors.

This month is "Movember" month. The state of men's health needs urgent attention. Men experience worse longer-term health than women and die on average six years earlier.

Prostate cancer rates will double in the next 15 years. Testicular cancer rates have already doubled in the last 50. Three quarters of suicides are men.

Poor mental health worldwide leads to half a million men taking their own life every year. That's one every minute.

The Movember Foundation is looking at ways that men think and act on their health, including:

- Understanding how traditional notions of masculinity can impact on men's mental health;
- The way health services are provided to men;
- New tests and treatments required to be developed to slow or stop disease progression;
- Transforming health systems to place a stronger focus on outcomes that matter to men.

It is also World Diabetes Day this month. Unfortunately, diabetes has become an epidemic related to modern lifestyles, and more than 257,000 New Zealanders now live with diabetes.

The chances of developing diabetes increase if you are overweight, not very active, and eat a lot of food high in sugar.

Some interesting bits of recent research about diabetes include evidence that eating too much red meat or darker cuts of poultry may be associated with increased risk of Type 2 diabetes (*Am J Epidem* 1 October 2017), while eating more whole grains may be key to lowering diabetes risk (*J Nutr.* 2018;148:1434-1444), and replacing a portion of carbohydrates from potatoes or white rice with "pulses" such as beans and lentils, can significantly lower blood glucose (*J Nutr.* April 11, 2018).

However, sugar remains the main concern and in a report entitled "Sugar Is the New Tobacco, so Let's Treat It That Way" an econometric analysis of 175 countries revealed that for every additional 150 sugar calories available for consumption, there was an 11-fold increase in the prevalence of Type 2 diabetes in the population (*Medscape* - Oct 31, 2016).

Recently Rachel, one of our nurses, suggested to the team that we provide some wool and knitting needles in the waiting room for patients to knit some Peggy squares.

This has worked out well and patients are really enjoying sitting down and knitting a few rows prior to their appointment. We have also had a lovely local offer to crochet the squares together to make a rug

which will then be donated to a worthwhile cause.

Next time you visit the Health Centre please don't be shy and pick up the needles; every row counts. We have even had patients teaching others how to knit, including the children. If you would like to donate wool or needles please let our receptionist know.

With summer upon us, it is a good time to consider having a skin check. It 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.

The Mapua Health Centre committee AGM will be held on Wednesday 14 November at 7:30pm at the Health Centre. The committee looks after the health centre building and equipment, as well as how best to promote health and wellness in the community. Anyone is welcome to attend.

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

- 1-30 Movember (prostate prevention) nz.movember.com
- 1-19 Prevention of abuse against children and youth
<http://19days.woman.ch/index.php/en/>
- 3 National Oral Health Day www.healthysmiles.org.nz
- 14 World Diabetes Day www.diabetes.org.nz
- 21 World COPD Day goldcopd.org/world-copd-day/
- 25 White Ribbon Day (aims to end men's violence against women) <https://whiteribbon.org.nz/>

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Time for Māpua to ‘put its hat on’

Following a successful Māori Language Week, now seems a good time to focus on the name of our town, Māpua, and to “put a hat on it” if we want to avoid “going nowhere” into the future.

The reason is that most of the present names of our shops, businesses, community organisations, library, road signs and even our school, currently write our name incorrectly. Almost everywhere you look, our name is “Mapua” rather than “Māpua”.

The difference is only a tiny line above the “a” that makes all the difference in Te Reo Māori. The macron, or “tohutō”, is a horizontal line above some vowels to indicate a longer vowel sound. In Māpua, the “ā” is emphasised to sound as in “car”.

Macrons are not some recent trendy affectation. Use of macrons dates back to the earliest 19th century written Māori texts by missionaries, who were guided in their work by respected Maori rangatira in finding a simple way to address a different vowel sound.

Macrons were advocated in the first book on the grammar of Māori language, published in 1911 and in the standard H.W. Williams Māori Dictionary, first published in 1844, and in 11 later updated editions till the late 1980s. Use of macrons was strongly advocated by the Māori Language Commission, from its appointment by the Government in 1987 and use of the macron as a national standard dates from this time.

An omitted or misplaced macron can result in words having quite different meanings and it is easy to make an embarrassing mistake. Teachers of Te Reo remind pupils of the importance of macrons by instructing pupils to make sure words taking a macron “have their hat on” if their language “is to be properly dressed”.

As Māori speaker and Wakatū Incorporation employee Naomi Aporo told a Māpua and District Community meeting this year, with a macron, “Māpua” has a rich and beautiful meaning, but without its “hat on”, “Mapua” means “nothing”. A road sign directing us to go to Māpua is the road we need, but a road to “Mapua” is a road to “nowhere”.

Depending on context, the word “māpua” can also have other slightly different meanings. It is used as a descriptive adjective or a noun to refer to the multi-coloured fruit of the kahikatea tree, an association very appropriate for our locality.

In the fruiting seasons in ancient times, the former 400ha kahikatea dominated forest in what is now Seaton Valley would have had clusters of the richly coloured red, orange and purple berries that are a favourite food for many native birds, particularly kererū. The abundant birds were in turn a food source for early Māori.

As a noun, “māpua” can also refer to the black shag, the largest shag, black with browner wings and tail and a white patch on its cheeks and throat.

Oddly, it seems that our township’s name was not originally used by Māori, but came from a property developer considering how to describe an area suitable for growing fruit trees. In the nineteenth century, the area was called simply “Western Entrance”(of the Waimea Estuary). Surveyor and land owner F.I. Ledger in about 1910 initially had the idea of calling his development “Seaton”, a coastal town in Devon, but after looking at a possible Māori names chose “Māpua”.

That was the conclusion of the late local orchardist Bernard Wells, who investigated the earliest use of “Māpua” for his self-published book “The Fruits of Labour”. Bernard’s main source of information was an article in the Orchardist magazine published in 1929.

Ledger’s legacy for his planned township also included Māori names of some key Māpua streets, Tahī, Toru and Iwa Streets, although why the number sequence jumps from one (tahi) to three (toru) and then to nine (Iwa) is a



mystery.

After the “Mapua Post Office” (no macron) opened here in November 1912, the name stuck. What is certain though is that the “Māpua” name is appropriate for an area well used by Māori for centuries. Archaeological finds in Māpua have been carbon-dated back to the the very earliest period of Māori habitation in Aotearoa, the thirteenth century, with various adzes and tools being found amidst midden and cooking sites, particularly in the Grossi Point and wharf areas.

The dates of the earliest finds here in Māpua are comparable with some exciting recent discoveries in more recent archaeological investigation at Wairau Bar in Marlborough that suggest significant groups of Māori arriving at the bar from overseas and using the area as a sort of migration camp before moving elsewhere.

Other finds in Māpua have included various storage pits and, from a swampy area, a totara waka and whakapapa stick. Reports of finds in Māpua of damaged skeletons, spears, and greenstone weapons and an almost perfect polished patu found in 1987 on Māpua Beach offshore from the Leisure Park probably date from the early nineteenth century wars with northern iwi.

In recent years, teacher Simon Clearwater and myself working Māpua School children on the Tāne’s Ark planting project, have gone with the children and parents to some local areas that Māori used in ancient times. The message we hope the children take away is that we live in one of the most interesting, exciting and historic areas of Aotearoa.

However, elsewhere, other towns and communities are well ahead of us in acknowledging their heritage and adding a macron to signs so they carry the correct Māori names.

Back in 2010, the then Mayor Of Taupō, Rick



Letters to the Editor

Mapua Community Care Project

Please make room in your diary on Sunday 25 November, 10:30 to 3:30 to visit the 2018 Mapua Car Show on Aranui Road and Tahi Street.

This event is supporting the Mapua Community Care Charitable Trust, that governs the Dale Vercoe gift of land.

\$5 entry per car and gold coin donation per adult to view.

A number of car clubs are supporting this event and please feel free to bring your own vehicle for show and tell.

Fleur Roberts

Cooper, dressed as Father Christmas and went out on Christmas Eve with a ladder and sticky black plastic patches to deliver his present, macrons for 30 Taupō road signs.

Last year, councils in both Otaki and Rotorua were planning to introduce bilingual signs. Porirua has a policy of adopting Māori signage throughout its city and Wellington has recently adopted a policy for Māori signage and wants to be the “Te Reo Māori Capital of New Zealand”, with Mayor Justin Lester saying “Te Reo Māori is a taonga (treasure) that we need to protect, nurture, and grow.”

Even the “Nelson Mail” has adopted macrons, as have all newspapers and digital publications in the Stuff group.

There seem to be lots of reasons why Māpua should be proud of our Māori heritage as well as achievements of the early European settlers. “Putting the hat” on our name so that it **does** have the right meaning might be a good start - with perhaps a goal for community organisations to consider the macron question well before the 2019 Māori Language Week, next September.

David Mitchell

Police Report

Hi All. Great that spring is certainly here and the frosts have gone. Nights are getting warmer and longer so there will be more people out and about.

Good to be able to report there hasn't been too much crime in the Mapua area although there has been a couple of burglaries and an attempted burglary, so there are some active people out there. Make sure you keep your cars and sheds locked and don't leave valuables in your car.

There have also been a run of drink drivers in the Motueka area, which is very disappointing. Get organised before drinking and arrange a ride. You are a bloody idiot if you don't!

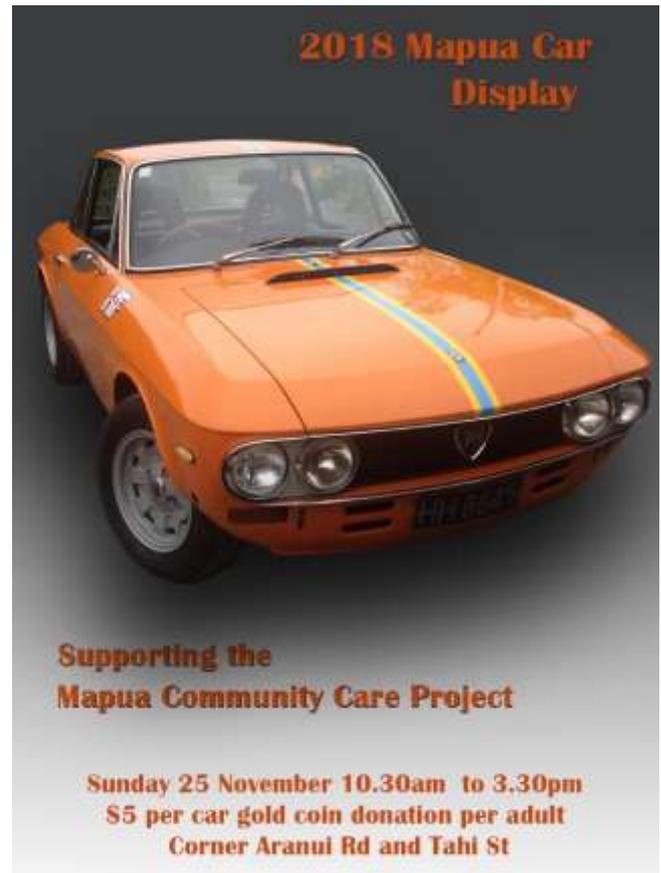
Take care out there,

S/Constable Grant Heney

Motueka Prevention Team / Tasman

Occurrences:

- Burglary – lamb stolen old coach road
- Family harm incident Mapua
- Burglary Ruby Bay – taps, basins, wall lights and plumbing fittings stolen



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Enquiries to Yvonne:

021548810 or yvonne.audier@gmail.com



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kim.allred@summit.co.nz



Adele Calteaux
528 4001 | 027 337 5848
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Spring is in the air which makes us feel a whole lot brighter. As the days get longer and the sun has some warmth to it, we can all look forward to Spring fever hitting. The gardens look amazing at this time of the year with beautiful blossoms and daffodils in full bloom. If you are planning on selling your property and would like to get a **premium price**, get in before everybody else does. Now is the time to list (before purchasers are spoilt for choice). You will achieve a higher price when there are fewer properties to choose from.

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Whenua Iti Outdoors: Learning New Skills

What's been happening?

Sprightly 7 year olds through to enthusiastic 18 year olds were to be found lapping up the outdoors at WIO in the October school holidays.

It was inspiring to see such a wide range of people visiting so many different places and taking part in activities ranging from day walks to Tinline Bay to multi-day expeditions in Kahurangi National Park.

Go Wild, Junior Journey and Adventure Skills Development are part of our range of holiday programmes and enrolment is open to all. Thanks for supporting these programmes, we love having your kids along!

Focus on Scholarships

A core WIO belief is that cost should not be a barrier to participation, and we work hard to make this a reality. We can't do this on our own which is why we are so grateful to Talley's and Bowater Motor Group, who this month sponsored places on the Adventure Skills Development programme. We were super-excited to have that opportunity!

If you'd like to support a student to attend a WIO programme please get in touch – we'd love to work with you to make this happen

What's coming up?

Term 4 is booked up full of school camps and fun days out to end the school year. It's great to see our local schools getting out and about and making the most of our beautiful region.

Term 4 also sees the annual celebrations to acknowledge the hard work our rangatahi put into their NCEA studies of 2018 Trades Academy

programmes – we'll let you know how our local students get on with the Top Student awards – there are certainly a few nominations out there.

Outdoor Wanderings

This month's wandering takes you to Moa Park, Canaan Downs (1½ - 2 hours one way)

Departing from the carpark for Harwood's Hole, follow the main track that leads past the Rameka turn off and towards the Inland Track.

The track is well signposted and alternates through wonderful, open tussockland and bush. Prepare yourself for a final steep, push to the summit ridge (no oxygen needed!) where you will turn off the main track to the right.

Following the ridge (signposted) will take you to Moa Park – a beautiful area of open tussock surrounded by bush with a small, basic DOC hut and the perfect spot to spend a night.

If you want to extend your trip, a nice option is a return trip out to Porter's Rock, with amazing views over Tasman bay towards D'Urville Island (approx 2 hours). Evening sun on golden tussock, morning birdsong and the odd Moa make this a trip for everyone's bucket list.

Need more information?

www.wio.org.nz info@wio.org.nz

Photos below.

Left: Michaela from Motueka High School rock climbing as part of her 9 day Adventure Skills Development holiday programme.

Right: A Senior Journey group near Lake Rotoiti earlier this year – the next Senior journey is running in the December



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Mapua protections: a shining example

More people are wanting to protect special environmental features on their properties, and Māpua is a shining example of this trend, with thirteen covenants in the vicinity, out of 177 in the Tasman-Nelson lowlands.

Since the concept of permanently protecting areas of environmental and biodiversity values on private land was given legal form through the QEII National Trust in 1978, there has been a steady increase in the number of people seeking to covenant forest, grass or tussock lands, wetlands or outstanding landscape features.

The initial idea came from farmers wanting to keep special features of their properties for future generations to appreciate. Covenants can range in size from one hectare (ha.) to thousands of hectares. At the end of 2017, there were almost 4500 registered covenants scattered throughout New Zealand, adding up to almost 180,000 ha. A recent acquisition in Tasman District was the Rameka Carbon Forest, 88.4ha, near Takaka.



Above: Mapua School's Middle School Kapa Haka Group welcomed QEII National Trust delegates with two spirited action waiata

On 27 September, some local landowners with covenants hosted 57 delegates attending a Queen Elizabeth II National Trust Conference in Nelson. The delegates were from the national head office in Wellington including the Trust's lawyers and regional representatives from Southland to the Far North. The conference was organised by the Tasman-Nelson Marlborough representative, Tom Stein.

The delegates were on a field trip to Mapua, where a large group of Mapua School pupils from the middle school Kapa Haka group welcomed the delegates when they got off the bus with two stirring performances, and the delegates responded with a waiata.

They were also welcomed by Friends of Mapua Wetland chairman, David Young, and other members of the committee. The visitors based at the Hills Community Church and were provided with a hearty packed lunch (in paper bags) by the Mapua Village Bakery, with Jazz apples donated by Rush Orchards. Lunch was eaten on a tranquil setting on a rise on the Nyce property overlooking the Waimea Inlet and surrounding (covenanted) landscape.



Above: Guests walking through native grasses fringing a pond in the Mapua Wetland.

Below: David Mitchell of Friends of Mapua Wetland answers questions. Delegates were surprised at the very rapid rate of growth of native trees in Mapua.



The delegates looked at or walked through five local covenants, each with a distinctive feature:

King Covenant (2.4ha originally 3.9ha)

Although covenanted areas are protected in perpetuity, in rare cases, boundaries can be reduced. An example was when the Public Works Act was invoked by the NZ Transport Agency in 1998 to acquire almost 40% of the King covenanted bush to straighten the coastal highway near Stringer Road. Mitigation for the loss was sought and received by QEII National Trust in the form of \$116,675 worth of fencing, weed control, revegetation, and the moving of the only female matai tree in the vicinity.

As Tom Stein points out: "The cost of moving the tree was controversial but there was barely a murmur about shrinking the covenant". The tree has survived to this day and is growing baby matai beneath her. The value this covenant protects is 'coastal modified secondary forest'.

Mapua Wetland (Mitchell/Beere property 1ha)

This is the smallest covenanted property, distinctive for being a 'coastal artificially created wetland', or an attempt to re-create what once existed. The swamp environment caused such rapid tree

growth in what had been a reedy paddock that a covenant was secured after only five years. The adjacent Aranui Park has also been partly planted as wetland known as “Tāne’s Ark”, in partnership with Mapua School. Both areas are growing threatened species, for example, *baumea articulata* reeds and narrow-leafed Maire trees. Aranui Park would ideally be covenanted, but like Dominion Flats, may be best protected by a ‘scenic reserve’ status.

Johnson and Josenhaus Covenant (7.6ha off Awa Awa Road)

This is one of the largest flaxland areas in Tasman district, and the developer established the covenant before subdividing. A cat-proof fence surrounds it and QEII contributed half the cost of a sheep fence for one side. The new owners had help from the Trust’s Stephenson Fund for revegetation and predator control and have trapped more than 360 introduced mammals since 2016.

Cameras have spotted birds of prey visiting the traps to collect their dinners. This covenant is also home to several rare native plant species (Swamp Lily, Swamp Buttercup and *gratiola sexdentata*) and is seen as a potential habitat for Fernbird.

Nyce- Pearson Bush Covenant (Higgs Road, 2 blocks of 4.8 and 4.6ha)

This protects part of the landscape adjoining the Waimea Estuary and is one of only two forested areas left around the Waimea Inlet. It has historic and archaeological values. Many locals know the area as a good place to walk dogs, but there is a lot of hard work to restore areas taken over by gorse, gums and pines. The bush fringes above the shore and in the gullies are valuable snapshots of what used to be around the inlet.

Westfylde / Thawley Covenant (Higgs Road, 27ha)

Although farmland, the largest Mapua covenanted property was inspired by the wish to protect the rural landscape around the Waimea Inlet, its contours and bush gullies. Given the dense subdivisions and rearranging of landscapes in Mapua, this was a far-sighted and incredibly generous donation by Graeme and Eileen Thawley to the public good. Both this and the previous covenant that protect the coastal landscape meant the owners missed out on huge financial gains they could have made by subdividing. Instead the gullies and the coastal fringe are being steadily planted and the whole landscape is a spectacular gateway to Mapua.

The meaning of a covenant

Landowners who ask for part of their property to be covenanted by the QEII National Trust are giving up potential revenue for the sake of protecting biodiversity and environmental features forever. Usually they want to protect some outstanding natural feature, landscape or forest, from degradation or development. They retain ownership of the land, but the covenants may mean the land owners get less for the property when they sell.

New owners are not able to change the covenant.

Some have tried: in a recent case a new landowner on the Coromandel wanted to remove the covenant off an area to allow for a subdivision. This was specifically prohibited within this covenant. The case went all the way to the Supreme Court but was turned down at every stage.

The whole point of a covenant is that it offers protection forever. Another case in Otago saw a farmer who deliberately cleared a protected stand of ancient Kanuka receive a hefty fine and be required to replant.

QEII National Trust decides if the area to be protected fits their criteria and that there is evidence the owner is committed to caring for it. Once they have agreed and registered it as a covenant, they provide financial support and backup in a number of ways: with fencing, planting, equipment and advice as necessary.

Every two years the regional representative will check that the covenant is doing well and the owner is coping with weed and pest control. The land remains privately owned but a landowner can choose to open it to the public or have walkways put through.

There are almost no areas of lowland native biodiversity that are publicly protected in Nelson-Tasman. Tasman in particular has lost almost all of its lowland wetlands, a national disgrace, so that even one hectare of a private covenant makes an important statistical contribution. There are, however, 750,000ha of DoC-managed land surrounding the lowlands, most of this being national and forest parks.

Photos courtesy QEII National Trust

Judy Mitchell (using information compiled by Tom Stein and the book ‘Forever Protected’ by Shona McCahon)

JOB VACANCY:

THE VET CENTRE – MAPUA

We are looking for a new staff member to be based at our Mapua branch clinic. The position involves: retail, stock control, appointment management, customer advice as well as some animal handling.

The suitable applicant will need to have a focus on providing excellent customer service, accuracy and pride in their work, and an enthusiasm to learn. Experience in the animal health sector will be an advantage, but is not essential.

The position is based around 2 x 2 hr shifts (a.m. and p.m.) 4 days a week.

Please apply in writing, or via email to: (questions to the same)

Matt Evans @ The Vet Centre – Mapua, 69 Aranui Rd, Mapua, Nelson 7005.
info@vetcentre.net.nz



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The Packhouse Cinema has now been running on the second Sunday of the month here at the Mapua Hall since August 2014. The idea of showing quality movies through a cinema experience in our little village was initiated by Pete & Di O'Halloran who have been dedicated to delivering this enjoyable social occasion to our community over the last four years. Pete & Di were intent on creating a comfortable and special environment for movie goers by asking people to bring their own camp chair, cushion or beanbag to sit on as well as their own snacks and drinks.

So far this formula has proven to be a great combination by ensuring a really unique experience for those who attend. We were incredibly fortunate to receive funding from Pub Charity to install a superior ceiling mounted projector that projects onto a huge screen accompanied by surround sound and a sub-woofer to ensure an authentic movie type setting.

Although it is not all about making money it is a necessary factor as we must pay around \$130 in licensing for each movie therefore it is important that we have an attendance of over 15 people to achieve any fundraising for the hall. The numbers have certainly fluctuated over the years from as little as 10 people to as much as 50 depending on the movie and what people are wanting to see. Therefore we ask the community to please speak up and let us know what you would like to see in our little theatre in 2019 by emailing mapuahallsociety@gmail.com with any suggestions.

****Next movie: Three Billboards outside Ebbing, Missouri on Sunday 11th November at 6:30pm****

Monday	Tuesday	Wednesday	Thursday	Friday	Sat	Sun
What's On at the Hall In NOVEMBER 			1 9am Mapua Art Group 9.30am Flow Dance Fitness 6pm Mapua Dance Fitness	2 9am Aerobics 9.30am DRU Yoga 10am Pilates 1pm Mapua Fellowship Group 4pm Mapua Drama Club 6pm Mapua Youth Group	3 9am Aerobics 10am Pilates Kenyan Cultural Night	4
5 9.15am Yoga with Charlotte 9.30am Low Impact Dance 6pm Mapua Dance Fitness	6 9am PANZ 9am Sioux Line Dance 1:30pm Tai Chi Beginners 2.30pm Sit & Be Fit 3.30pm Mapua Dance Co. 5.15pm Mapua Drama Club 6pm Aerobics 7pm Pilates	7 9am Aerobics 9.30am DRU Yoga 10am Pilates 12.30pm Tai Chi 2.45pm Junior Ballet 6pm Yoga with Thomas 7pm Barre Class	8 9am Mapua Art Group 9.30am Flow Dance Fitness 6pm Mapua Dance Fitness	9 9.30am DRU Yoga 4pm Mapua Drama Club 6pm Mapua Youth Group	10 1pm-5pm Ian Hamlin Painting Class	11 6.30pm The Packhouse Cinema: 'Three Billboards outside Ebbing, Missouri'
12 9.15am Yoga with Charlotte 9.30am Low Impact Dance 6pm Mapua Dance Fitness 7pm Mapua Comm. Assc. Meeting	13 9am PANZ 9am Sioux Line Dance 10am Mapua Creative 1:30pm Tai Chi Beginners 2.30pm Sit & Be Fit 3.30pm Mapua Dance Co. 5.15pm Mapua Drama Club 6pm Mapua Dance Fitness	14 9.30am Low Impact Dance 9.30am DRU Yoga 12.30pm Tai Chi 2.45pm Junior Ballet 6pm Yoga with Thomas 7pm Barre Class	15 9am Mapua Art Group 9.30am Flow Dance Fitness 12pm MDBA Members Mtng 2pm Friendship 6pm Mapua Dance Fitness	16 9.30am Low Impact Dance 9.30am DRU Yoga 4pm Mapua Drama Club 6pm Mapua Youth Group	17	18
19 9.15am Yoga with Charlotte 9.30am Low Impact Dance 6pm Mapua Dance Fitness 6.30pm Hall Committee meeting	20 9am PANZ 9am Sioux Line Dance 1:30pm Tai Chi Beginners 2.30pm Sit & Be Fit 3.30pm Mapua Dance Company 5.15pm Mapua Drama Club 6pm Mapua Dance Fitness	21 9.30am Low Impact Dance 9.30am DRU Yoga 12.30pm Tai Chi 2.45pm Junior Ballet 6pm Yoga with Thomas 7pm Barre Class	22 9am Mapua Art Group 9.30am Flow Dance Fitness 6pm Mapua Dance Fitness	23 9.30am Low Impact Dance 9.30am DRU Yoga 4pm Mapua Drama Club 6pm Mapua Youth Group	24	25 10am Tai Chi
26 9.15am Yoga with Charlotte 9.30am Low Impact Dance 6pm Mapua Dance Fitness	27 9am PANZ 9am Sioux Line Dance 1:30pm Tai Chi Beginners 2.30pm Sit & Be Fit 3.30pm Mapua Dance Company 5.15pm Mapua Drama Club 6pm Mapua Dance Fitness	28 9.30am Low Impact Dance 9.30am DRU Yoga 12.30pm Tai Chi 2.45pm Junior Ballet 6pm Yoga with Thomas 7pm Barre Class	29 9am Mapua Art Group 9.30am Flow Dance Fitness 6pm Mapua Dance Fitness	30 9.30am Low Impact Dance 9.30am DRU Yoga 2pm Friendship Group 4pm Mapua Drama Club 6pm Mapua Youth Group	 OFFICE HOURS: Monday, Wednesday & Thursday 9.30am -12.30pm	



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Fire Brigade



Sept to Oct call-outs

16 September: Burn-off out of control, Neudorf Rd

26 September: Toilet block on fire Motueka High School, turned back.

30 September: Gas water heater on fire Tarrant Rd, turned back.

7 October: Grass and gorse fire Moutere Highway, helped control with Upper Moutere, Appleby, and Motueka. Did have a permit, dry under foot and windy.

12 October: CO₂ leak Redwood Cellars, Wakefield fire, Upper Moutere and Appleby ventilated.

14 October: Building fire Motueka, assisted in controlling fire.

Calls this year = 65

Safety Tip: Rural Home safety

Good clear driveways, 4 m wide

Rapid rural property numbers

Have a good supply of water with easy access

Have a 10 m safety zone around building and 30 m down slope.

Escape plan, e.g. driveway on fire.

Keep grass mown or grazed.

At the moment we have 12 fire-fighters. We have room for 4 more persons who live or work within the Mapua area and can come to trainings on Thursday night and call outs at any time. Ideally within four minutes station.

If interested call Chief fire officer Ian Reade on 0274457049 or come and see us on Thursday around 7:30pm.

Mark Theobald, SO/Secretary

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Musical Notes of My Life by L M

I have always tried to keep myself in shape. Admittedly the shape I talk about has taken many forms. It starts off with the standard blob, to slightly blobby, to lean with a little bit of blob hanging on. The old 'love handles' clinging on around the waist line.

The 'love handles' came in very useful when I was riding motor bikes. It meant my pillion passenger had something to hold onto.

You could buy 'love handles' that are fixed to your motorbike jacket for the exact purpose of giving your passenger something to cling to. But why buy something, when you can just grow your own? Like vegetables really.

The activities that determined the shape of my body was hockey, swimming, cycling, running and eating.

My friends, Johnnie and Sarah, were in the same running club as me. As avid runners, they would train hard and look for any kind of training method that would make them faster or just give them an edge over their nearest rivals.

For example, Sarah who was small, thin and agile (I called her the pocket rocket), turned up for a training run with weights strapped to her arms and legs. When I enquired what the weights were for, she replied "I need them to make me heavier and add more resistance to my training run".

My reply was "why don't you just eat more". This was the method I was employing. Running with weight that I had created myself.

I did genuinely want to improve my running, but I wanted to do this without actually having to run. So, I sought advice from Johnnie who told me Ashtanga yoga was the way to go. He said that it had totally changed his fitness and breathing, and he was now achieving personal best times at any race distance he did.

What he failed to tell me, was that he had given up boozing due to being barred from every pub in town for fighting, and this might have been the real reason that his running had improved. However, I had no knowledge of this at the time, so I signed up for a six-week course of Ashtanga Yoga.

To prove to myself how keen I was, I purchased a yoga mat immediately, and took it along to the first class.

Jonathan was the yoga guru and the classes took place in the university hall, which was quite appropriate, as I was about to learn a lot very quickly. I entered the hall full of enthusiasm and placed my mat at the back, away from anyone who looked bendy and supple.

Scanning the room, I noticed that 80% of the class were women, 75% of which looked like they had a difficult relationship with food. Either loving it too much (I fit nicely into this category) or viewing it as their enemy.

I'm sure many of them could survive on a few carrots and soy chai latte a day. Any more food than

that, and they would surely ask for it to be taken away, whereas I lived on take-aways. Fish and chips, a good curry, or a fried rice. All of which I was certain did not contribute to my aim of being a better runner.

But that didn't matter because yoga was the key. Jonathan introduced himself to the class with a soft quiet voice. He was tall dark-haired man, in his mid-forties, without an inch of fat on him. Which made the fact that he wore very small shorts quite disturbing. What was holding them up?

The answer to that was not a lot as we were about to witness when he would demonstrate certain postures. He practically floated around the room whilst extolling the benefits of yoga. "It's not just a once a week practice, it's a way of life. You have to be in the now", he would say.

I stood on the back of mat and practised my breathing as instructed. So far so good. I was breathing. Next it was onto the salutation sequence. A few of these and I was already beginning to sweat. I was getting into the 'now'.

Then we were asked to stay in the pose and hold what is commonly known as "downward dog". Your hands are a shoulder width apart in front of you and your back is straight leading to your bum which is up in the air. Your feet are supposed to be flat on the ground to get the full stretch.

As the weekly classes went by, it was these situations I was beginning to dread. Holding the pose was bad enough but then you would see Johnathan's feet slowly working their way around the class. "Keep breathing, remember your breathing. Remember to be in the now," he'd repeat as he would approach your mat.

He would then place his hand on your back and push you further into the stretch. I was certainly in the 'now', because *now* it was hurting. Some of the postures he got us to hold were akin to torture.

In fact, the postures were not too dissimilar to stress positions that the CIA, or any secret service, would use to extract information from you. These had been ruled inhumane and outlawed by the Geneva Convention for the treatment of POWs.

To be honest, I was ready to confess to anything, just to get some relief from the pain that the posture was putting me through.

Now, I don't know if you know the meaning of the word yoga? But it means "to unite, to join or to attach". Well the opposite was happening to every muscle, ligament and sinew in my body.

As Johnathan applied more pressure to my already shaking muscles I was sure something was going to snap. An Achilles, a hamstring, a quad or just a lower disc in my back. Take your pick, they were all on their limit.

As the weeks went on I gained a limp, which then became more exaggerated, but it was all for a good cause, I'd remind myself. It's going to make me a better runner. Once I'd got over the injuries.

Book Review

The Secret Diary of Hendrik Groen, 83 ¼ Years Old

I would have to confess that as a lover of crime fiction and travel books, I approached this book with some trepidation, thinking that I would perhaps end up bored to tears with the ramblings of an old man, confined to a Dutch rest home, basically waiting out the rest of his days with a whole lot of like-aged folk. After all, a great deal of my working life has been devoted to the health and well-being of the elderly and the latter decade of my parents' lives were spent in a rest home, with me as the only relative in the same area and thus the primary care-person. I truly thought that a book on the subject would be a less than pleasant reminder of all the endless hours spent in rest homes and hospitals...

However this book is a delightful, sometimes funny, sometimes truly heart-wrenching story, where the life of Hendrik Groen becomes so entwined with your own that by the end you feel that he is a personal acquaintance.

The story is set in a care home in Amsterdam and is the diary of a man who, with some fellow residents, sets up "The Old But Not Dead Club" in an attempt to stir some life into his environment and those around him.

It is a tale like that many retirees probably have inside their heads. The young may not expect the 80+ group to still experience the same emotions, but this tale reveals how friendship, selflessness and dignity lie at the heart of most human experience.

The telling of Henrik's love affair with Eefjie – the slow flowering of that love, his new zest for life and his concerns and attention to his appearance contrasts with his past – a sad unfulfilling marriage to a woman who suffered chronic severe mental illness and the tragic death of their only daughter. The reader becomes captured by the romance and agonise with Hendrik over what to wear and how best to impress.

Hendriks' friends become real to the reader; his wit and charm and the kindness he feels towards others contrasts beautifully with the acerbic comments he makes about the "moaners and

complainers". We feel the effects of Alzheimer's disease as it slowly consumes the mind of one of his friends, and the cruelty of diabetes in the elderly as another friend gradually loses toes.

We worry about the fate of the animals that the "inmates" have been forced to give up, as animals "are not allowed", with the entry of some of the residents into the care facility having been precipitated by family members who wish to glean an early inheritance by selling the family home. And we laugh as with self-deprecating humour Hendrik tells us of his drippy bladder and escapades with his mobility scooter.

As in the rest of life there are villains, amongst them the care home manager who is guided by "the bottom line" and who hides behind rules; rules which don't appear to be written down anywhere but are often quoted. We rejoice as Hendrik engages a lawyer to check the veracity of some of these unwritten rules; a lawyer who agrees to work pro bono, and who, despite his stuffy appearance and insufferable accent, also seems to fall under the spell of this engaging old man, just as the reader does.

The theme of this book is an important one and the reader should read between the lines and spare a thought and perhaps rethink their opinion of those at this end of their lives, quite often living in reduced circumstances through no fault or any degree of mismanagement of their own. The beauty of this book is the humour and pace of it and the kindness and caring shown within its pages. It has all the ingredients of a good read.

Jill Bunting

Advertising Costs

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*We are looking for more **volunteers** to help with the production of the **Coastal News**. In particular using Publisher to produce the final copy or anything else. Our numbers are dwindling!*

Hills Community Church

I find the season of spring an interesting time of the year. On the one hand there are all the signs of new life that crop up throughout this season, and all of the hope and joy that comes with warmer weather and longer days. All of which point to the promise of a summer season ahead.

But spring also has this way of being a bit of winter at times too. Maybe less so here in Mapua; in our Dunedin days, the possibility of a short sharp snow fall would stretch well into November and December.

It seems odd in some ways that in New Zealand spring not only heralds summer, but also in some ways it heralds the coming end of the year. It is an odd paradox that as the year comes to an often hectic and exhausting end, we are coming to a season of joy, relaxing, and new life.

In many ways, our journey in life has a similar odd mix, of beginnings and endings. Of transitions, which are both the promise of new life, and hope, but also of letting other things go: life is full of paradox.

Just as spring in New Zealand points to both the end of the year but also the promise of summer, I wonder if the story of hope found in God's story is not a similar paradox; that our endings may well be the beginning of something even better.

Of course, it is difficult to see this in the midst of a season, of winter, or even a spring storm, that throws us into turmoil.

This is where we have to rely on two things: one is our own 'faith' or 'trust' but even more important is who we put our trust in. The Christian story tells us that God is a God who profoundly and deeply loves us and that no storm, or ending, even the ultimate ending

of death cannot separate us from his deep and abiding love for us.

Blessings 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

Year 9 to 13 Fridays at Mapua Hall 6.30-8.30pm.

Year 6 to 8 Thursdays at HCC 3-4pm.

www.hillscommunitychurch.org.nz, phone 540-3848

Rev John Sherlock, revsherlock.hcc@gmail.com

or phone 021 070 7276

SENIOR MOMENTS

Hills Community Church

Held on *second and last* Wednesdays of the month
At Hills Community Church - 122 Aranui Rd, Mapua

10 AM to 12:00



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Mapua Community Library

(Moutere Hills RSA Memorial Library)

A reminder: *We are a community library:* Anyone is welcome to join, we have no borrowing fees and are proud of our current, well-stocked collection. Magazines are also available to borrow. Do your new neighbours know all this? Be sure to pass it on!

Displays: Rowena Lukomska's stunning textile wall hangings feature until late November. They clearly involve such a lot of work and are simply fascinating.

The foyer book display features books by less well known NZ authors. All are available for borrowing now!

Armistice Day: The display featuring NZ marked out in red knitted poppies is currently hanging in recognition of Armistice Day. Pop in for a moment of reflection.

Save the Dates: Summer Book Sale :

Saturday, January 5th and

Sunday, January 6th from 9 to 1 pm

New Books Purchased: a reminder that these are listed each month on our website and Facebook page. We also acknowledge where the funding came from for purchases.

Lynley Worsley- Chairman

Library Hours (closed Statutory Holidays)

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Wednesday 2pm-6.30pm

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Tasman Bible Church

The Meaning of Life

Last month I pondered the tension between long-term and short-term thinking. On balance it is most often easier to live in the here-and-now than it is to live with the larger and longer scheme of things in mind.

Questions like “the meaning of life” are similarly pushed to one side. Most of us are so busy living, we do not often pause to ponder the question *why*: *why* are we living? John Lennon captured this reality well when he penned the lyrics, “Life is what happens to you while you’re busy making other plans.”

But I would encourage you to pause, even now, and ask yourself this very fundamental question: “What is the purpose of my life?”

I was reading an article recently, which asked exactly that. It talked about the rat race; our darkly humorous term for how we relentlessly run on the endless treadmill of working, paying bills, fulfilling family obligations and social responsibilities and ending up exhausted, only to do it all again the next day.”

Businesses are encouraged to ask this question on a regular basis. “Why do we exist?” Failing to ask such a question in the business world, it is argued, will inevitably lead to a loss of focus and that is deadly in the cut and thrust of our fast paced, modern world. Unfortunately, encouragement to ask the “Why?” question has yet to trickle down into daily life.

Those who *have* pondered such things come to varying conclusions. The majority opinion in the West is presently the belief that life ultimately has no

meaning at all. Or at least if it does have meaning, it can only be a personal, emotional meaning (like living for family, or fame, or work etc). In terms of *ultimate* meaning, there is none. Since we are simply a collection of atoms that have randomly come together for an extremely brief time, only to disperse once again into the endless cosmos, there can be no ultimate meaning, significance or purpose to life.

Christians believe God created all that exists and that he had a purpose in doing so. Christians also believe that human beings can only find meaning and purpose within God's purposes. If there is no God to give life ultimate meaning, value and purpose, then life is, in fact a waste of time and energy.

Geoff Paynter

For more info on Tasman Bible Church head to www.tasmanbiblechurch.org.nz



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A Day in the Life...High Places HIGH ANDES OF PATAGONIA

DAY 4

Our Fitzroy trek begins today, and we make the short drive to the trailhead. Here, we walk easily up the tranquil Rio Blanco (White River) valley through a Patagonian beech (lenga) forest, where we may see the ‘Magellanic’ woodpecker.

Across the valley, the hanging glaciers of the Fitzroy massif drop almost into the Rio Blanco, and we reach Poincenot (Fitzroy Base Camp) in only 2-3 hours. Our own camp with a kitchen and mess tent is nearby amid the trees with stunning views.

The afternoon walk climbs a good track up the moraine wall to the glacier basin for one of the best views of the trip. Laguna de los Tres, often frozen, nestles beneath snow slopes leading up to the enormous Fitzroy buttresses. We return to our camp where 2 bottles of Argentinian Malbec have somehow appeared on the mess-tent table!



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Motoring

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Brake fade is similar to brain fade - reaction time is slower; snappy performance is replaced by a dull, mushy feeling; and in critical situations the slowed response time can be potentially disastrous for you, your family and all other road users.

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Conventional glycol-based brake fluid used in passenger vehicles is hygroscopic, meaning it absorbs water. Water in the brake system will lead to:

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- A reduction in the fluids boiling point causing it to overheat in high braking conditions.

If any of these situations occur your braking efficiency will drop and the brake pedal will begin to feel spongy. When this occurs, you will travel further before slowing down, even when the pedal is pushed harder. If left unattended, eventually your brakes will fail completely, risking not only your life but the lives of your passengers, other motorists, cyclists and pedestrians.

Using a 'Brake Fluid Flush Machine' is the only effective method to remove all the old brake fluid from the entire braking system and replace it with new fluid, ensuring no air is introduced into the system.

Brake Fluid Differences



Contaminated Fluid

Clean Fluid

Remember, your vehicles brakes are a series of inter-connected components and sub-systems, and like a chain is only as strong as its weakest link - look after them like your life depends on it.

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2 Open for lunch 11am til 4pm Evening Closed for private function	3 CLOSED FOR WEDDING	4 Open 11am till 4pm
9 FLEETWOOD MAC TRIBUTE All tables sold out Standing room only	10 Open for 11am til 4pm CLOSED FOR PRIVATE FUNCTION EVENING	11 Open 11am till 4pm
16 THE BEST 80s NIGHT EVA!!! FREE ENTRY MUSIC FROM 730pm Come on Eileen come dance with some body!	17 THE ARK 10th ANNIVERSARY BALL 1970's Theme Head to eventfinda for ticketing	18 Open 11am till 4pm
23 One Wedding and a Murder Mystery Dinner from 6pm, 8pm Showtime \$15 Show, + \$40 for 2 Course Buffet	24 Open for 11am til 4pm CLOSED FOR PRIVATE FUNCTION EVENING	25 Open 11am till 4pm FREE VENUE HIRE for your CHRISTMAS PARTY
27 Probus Group	28 SEVEN DEADLY STUNTS 8pm, \$20 AMAZING MAGIC SHOW Great for your CHRISTMAS PARTY	29 Fergus Aitkins Standup comedy from Welly \$15, 8pm
30 GARY MCCORMICK and TIM SHADBOLT Dinner from 6pm, 8pm Showtime \$25 Show, +\$40 for 2 Course Buffet New Zealand's best funny men come to town for your CHRISTMAS PARTY!!!	1 Open 11am till 4pm FREE VENUE HIRE for your CHRISTMAS PARTY	2 Open 11am till 4pm FREE VENUE HIRE for your CHRISTMAS PARTY

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Movie Night

Three Billboards outside Ebbing, Missouri

Showing at 6:30pm Sunday 11 November
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This is our last movie night for 2018. We are showing a movie requested by our regular movie goers, some of whom said "it's so good we want to see it a second time."

Frances McDormand is a grieving mother who puts up "Three Billboards Outside of Ebbing, Missouri" in this 2017 black comedy directed by Martin McDonagh.

Mildred Hayes (McDormand) is disgusted that police haven't found her daughter's rapist and killer so she takes out billboards asking why the chief of police, Willoughby (Woody Harrelson) hasn't done anything about the case.

The billboards set off anger, violence and revenge in this small town. Things become worse when a pent-up police officer, Dixon (Sam Rockwell) becomes enraged and starts behaving very badly.

Lots of four letter swearing, lots of violence, and lots of laughs are to be had in this film, which is yet another good illustration of how anger and pain can eat you up, as Mildred Hayes stops at nothing to make her point.

The one-liners are amazing. e.g. Mildred's speech to the priest who comes by to ask her to remove the billboards is hilarious. This movie is filled with strong performances and equally well-developed characters. We see all of their sides: violent, kind, vengeful, angry, sad; warts and all. Finally we realise they're just people like us, who have been driven to extremes.

Woody Harrelson's performance is amazing. Initially we want to totally dislike him but then see his sincerity and humanity come through. Rockwell (in the role of Dixon) seems like a monster but once he releases his pent up anger, even he is able to focus his energy to do what is right.

And then there's Frances McDormand who is a real powerhouse. She's a tough woman with a broken heart who takes out her anger in any way she can. It's a beautiful, multilayered performance, asking the questions of where revenge and hatred might take us, and she should be a strong candidate for an Oscar.

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Motoring with Fred

Motoring in Melbourne

On a recent visit to see my daughter Rebecca living in Melbourne, she and her partner still didn't see the need to own a car, but they have no trouble if they need a car. I used to wonder why, but after this visit I know how it works. I must be slowly becoming a redundant generation where a car meant freedom and adventure.

The new age motoring for Rebecca does away with the ownership hassles, with even simple things like finding street parking in Melbourne and having to pay for it. It's interesting to ponder: are cars sliding down the status ladder and only seen as transport? Registration and insurance for a car in the big cities like Melbourne is expensive, and there are prompt reliable trams as a much cheaper alternative.

How do the young adults deal with transport in Melbourne?

The major observation I notice is that they all lived close to their work place: i.e. it was cheaper to pay rent than to motor. I walked a lot in Melbourne getting to and from trams.

They all have bicycles as do their friends. The Melbourne City provided for bikes with bike lanes on the roads and cycle tracks on some of the redundant tramways. From observing the traffic, I noticed the car drivers had an inbuilt courtesy to bike riders. Melbourne has not ripped all the old suburbs up, as they already had high density housing, and you can still bike along quiet streets, but the car parks were always full.

If you live in Melbourne the cheapest transport is on the trams. You have a "Myki card", which you scan like an EFTPOS card, as you board and travel as far as you like, but on that tram. It's popular as it's cheap, but being cheap has made the trams popular, keeping cars out of the city. Melbourne people are addicted to cell phones, as I noticed while traveling on the trams – I was the odd one out!

Uber taxi: through the Uber website and an app on your smart phone you are picked up by Joe Blow wanting to make some extra money using his car as a taxi. It works well, as when Rebecca had a bulky box to get back to her flat she ordered a station wagon. A Honda CR-V station wagon turned up within minutes and we had the bulky item back at her flat for about \$15. Through the app it builds a profile on Uber drivers and passengers as a check on service and safety.

Car sharing is well accepted. Rebecca uses GoGet, Car Next Door, Car Around the Corner web sites and from these she has a regular supply of cars. She enjoys driving the variety of cars – I wonder where she gets that from?

It was simple, via the web site or phone app you can locate the car closest by, see a picture of the car or ute, check availability and how long you can have it. Rebecca uses Car Around the Corner regularly, some for \$7 per hour.

You key on the web site, they verify, it sends you a code number and address, you go to the address and from a lock box you retrieve the keys.

But very important is you take eight photos of the car (with your smart phone again) front, back, sides, corners and any existing damage (scratches or dings) and from this you have a record with time and date recorded on your smart phone should there be any dispute of returned condition, and away you go.

Taking these photos is very important, as one of the car owners tried to say Rebecca had left the lights on and flattened the battery, trying to charge Rebecca \$100 for a new battery. But the photos proved otherwise and the owner could not produce a receipt for a new battery.

Uber have started another service called "Uber Share", where a car under hire will deviate to pick up the Uber Share passenger and somehow through GPS location or time share in the car you pay via your card. Rebecca says it's cheap as.

On a promotional display in a mall was the Tesla X SUV AWD electric car, with gull wing opening rear doors (which might bang against your garage roof). Nice deep blue paint work. This car had the 90D motor/ battery, range 383 km, 0 to 100kmh in 5.2 seconds, economy of 23 Kwhr per 100 km (the amount of battery it uses).



But for \$162,000 Aussie that would buy three brand new Nissan Leafs. It had the similar dash display to the Nissan Leaf all electric car but the 250 x 400 mm information display was too low down to be useful while driving. Great concept & design but lacked a bit of dazzle, chrome or wood grain for that price bracket.

Car sharing through an app on your cell phone might achieve more to save the planet. Rebecca has got her motoring sorted living in Melbourne City.

Fred Cassin

An advertisement for MCDOWELL PLUMBING. On the left is a detailed illustration of a plumbing fixture, possibly a sink or shower head. To the right of the illustration is the text: "MCDOWELL PLUMBING", "Craftsman Plumber", "JOE MCDOWELL", "021 989 593", "99 Redwood Park Road", "RD1 Richmond 7081", "Nelson", "A/H 03 544 2235", and "joplum@clear.net.nz".

MCDOWELL PLUMBING
Craftsman Plumber
JOE MCDOWELL
021 989 593
99 Redwood Park Road
RD1 Richmond 7081
Nelson
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The Draining Effects of Pain

Back pain, neck pain and headaches: these three common pain conditions affect thousands of New Zealanders every day, draining our energy and ability to function at normal levels.

Sometimes pain may be the result of chronic underlying medical conditions, and requires a health professional's care. But in many cases, you can help manage energy-draining pain by taking a few simple steps in your daily life.

Powerful Posture: If you could do just one thing to reduce the aches you may experience daily, it would be to improve your posture both when standing and seated. Strengthening your core muscles will help support your spine and minimize the physical stresses and strains that create back, neck and shoulder pain.

Soothing Sleep: Many of us get less than seven hours of sleep each weeknight, but sleep provides vital rejuvenation for sore muscles and joints. If you are not getting enough restful sleep, look at two things: your mattress and your sleep position. These are two common things we see in people that contributes to the problems

A good mattress supports the natural contours of the body, letting your muscles and joints fully relax. Sleep on your back or side but not on your stomach. If you sleep on your side, put a pillow between your knees. If you're on your back, place it under your knees.

Better sleep positioning with the help of pillow support can ease pain by easing pressure on your spine.

Exercise: Exercise can help ease many types of pain, from arthritis to low back pain. Our bodies need to move and move often in a variety of ways. A pain-reduction exercise program should include both flexibility and strength training.

The stronger and more flexible you are, the better your body can distribute the physical forces of movement and prevent painful imbalances. And of course, exercising regularly may help you reduce body weight, which can significantly decrease pain – particularly in the joints of your hip, knee, and ankle, and in your lower back.

Stress: Stress and pain are often closely linked. Each one can have an impact on the other, creating a vicious cycle that sets the stage for chronic pain and chronic stress. Managing stress can lead to pain relief. Relaxation techniques such as deep breathing, yoga, Tai Chi and meditation can teach your body to relax and decrease stress levels.

These tips may not completely eliminate pain from your life — but try them for a few weeks, and you'll likely feel less discomfort. Recurrent pain can affect your quality of life, but learning how to cope with it can help you manage its harmful impact.

Coast & Country Chiropractic Centre here in Mapua has been a part of this community for 15 years. We can diagnose the causes of your pain and develop a treatment plan to reduce your "pain drain" and get you moving again.

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Playcentre

“Play turns out to be so stunningly essential to childhood, it’s like love, sunshine and broccoli all juiced together.” Leonore Skenazy.

I have set myself a challenge this week. It sounds a very easy one, but it will actually take a bit of conscious discipline to focus on my task and not let daily life get in the way. My challenge is to spend some quality time playing with my children each day.

Every day my one year old and my four year old play. I support their play: I give them toys to play with, I fill up a bucket of water for them to make mud puddles with and I get out the colouring books and the crayons and make them play-dough to squash into shapes. What I have realised though, is that while my children play, I generally use it as a diversion so I can do the dishes, fold the washing, make the dinner or sweep the floor. If my children have friends over, we get the toys out, so the children can play while I can drink coffee and talk to their mums (who luckily are awesome women and my friends too).

There is nothing wrong with our daily life, and my children are happy and loved, but what I have come to realise recently is that I often do not feel I have time to join in my children’s play with them. My mind is full of adult thoughts and my hands are busy doing adult jobs.

So for this week my focus will be to stop, drop the chores and the thoughts, and play, play, play. The house may not be the tidiest one of the street by the end of this week, but I’m pretty sure my children

won’t mind and will be smiling. When I really think about it, that is what they want most of all from me: just to play with them.

Mapua Playcentre has been a major influence in triggering my reflection on play. At playcentre, play is valued as meaningful learning. It is seen as much more than a distraction for children as we go about our business, but rather, play is the main business on the agenda. Many of the parents at playcentre have accessed the free courses that have a main focus on play, and are amazing at facilitating areas of play as a result.

Most of us realise that children learn through play, but I’m not sure it sunk in for me before just how important it is. At Mapua Playcentre, play is paramount and our whole aim is to provide the opportunity for kids to play in ways that interest them. And you know what: the kids absolutely love it!

If you too have a child that loves to play, then come and check Mapua Playcentre out for yourself. We offer a term of free sessions for first-time families, and all children under two are free. Session times are Mondays and Fridays 9:30am – 12 noon during school terms. You can find us at 84 Aranui Road (behind the tennis courts by the scout den). Alternatively, please contact us with any questions you have either by phone: Kathryn on 021 2534264, email: mapuaplaycentre@gmail.com, or find us on Facebook.

From the Mouth of a Playcentre babe...

Mum: “What’s the difference between work and play matey?”

Master 5: “No difference for kids mummy.”

Mum: “Hmmm I guess you’re right there.”

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Another sunny Spring Fling

We were blessed with another fine and sunny day for this year's Spring Fling, resulting in another great turn out, swarms of kids and plenty of good spirits. There was plenty for all: lots of things to do and heaps to eat and drink! Hopefully no sore tummies afterwards!

The Sports Tasman crew (courtesy of Tasman District Council) turned out with games galore and a sprinkling of bean bags! There were giant sized chess boards and "Connect 4" games as well as heaps of other games and activities.

The Bowling Club also opened its doors again for people to try their hand at a spot of bowling. As always, the fabulous local volunteer firefighters arrived just after six and before long they were spraying huge volleys of water all over the kids who were running in and out of the water squealing with delight. The sun on the water created some fabulous rainbows too!

We also had the usual food and drink supply; all freely available and dished up by our team of volunteers, ably supported by some of the local cubs. Ice cream was donated by Talley's; cones from Hamish's and the rest of the food & equipment purchased using funds kindly donated by Club Mapua and the Mapua/Ruby Bay Community Trust.

The home-made lemon cordial was whipped up by various locals using locally grown lemons! Ice cream ran out before the fire brigade arrived this year and the sausages didn't last much longer after the water was turned off!

The objective of this free event is to develop community connections, bridge the generation gap and provide an opportunity to mix and mingle. It is fantastic to see friends and neighbours catch up with each other, locals meet locals they had never met before and make introductions, and everyone looking relaxed and happy.

It was nice to see folk from all sectors of the community coming together to help set everything up, to serve the food and to help pull everything down. It would be nice if a few more kids would be happy to help pick up some more of the rubbish at the end, but we'll keep working on that!

We have always been fortunate to receive donations and additional support that enable this event to happen and sincere thanks go to all those listed above as well as Mapua Auto Centre, NBS, the local walking groups and various individual members of the community (you know who you are!), who all make a contribution to this fantastic community event.

Most of these donors have supported us for the full twelve years we have been running, and we are very grateful for their generosity.

The Mapua Spring Fling is an event for all members of our community to come together and enjoy our Domain and each other's company. It is organised by the "Strengthening our Community" group which works to fulfil the proverb "It takes a village to raise a child".

Several of the key organisers stepped back last year leaving only a couple of us to do all the legwork, and it would be fab to have another couple of people to spread the load (not that it's much really!).

After twelve years, the formula is well-defined, the 'to-do' list is complete and the organising is all run via an email trail. It doesn't involve meetings and is a worthwhile, rewarding activity.

If you would like to chip in or just want to find out more, please contact Sally on martinmapua@gmail.com or 027 898 6000. Ella and I are planning on a catch up over a few wines in the next week or two and would love you to come and join us!



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MAPUA AND DISTRICTS BUSINESS ASSOCIATION

Administrator: Mel Stringer
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mdba@mapua.co.nz

Calling all members of the MDBA!

It's time to get together be social and have some fun! Come along to our member only event next month (details below), there will be spot prizes, cash bar and a chance to have your say on what the MDBA can do for you!

RSVP's before the 19th of November to Mel Stringer mdba@mapua.co.nz

Don't forget to look out for our free Map around the district—if you are a member and require copies for your business please contact Mel

Mel Stringer—Administrator MDBA



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Noticeboard

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 some new friends. Info: Verena 027 435 1932.

Mapua Boat Club nights Thursdays 5.30-7.00 at the Club rooms, Mapua Wharf. Visitors and guests welcome. For more info: mapuabcsecretary@gmail.com

Mapua Fellowship Group (formerly Probus): Mapua Hall, first Fridays 1.30pm. A social group with interesting speakers and a monthly social lunch. Contact: Club Pres: John Sharman, 540-3642.

Ruby Coast Walking Group meets 9.30am Wednesdays outside Tasman Store. Walk ~1½ hrs, then coffee & muffin back at the Store. All welcome. Just turn up. Fiona 526-6840, fiona.oliver@xtra.co.nz

Spinners, Knitters, Weavers – Creative Fibre Group, Mapua Hall, 2nd Tuesdays 10am. All welcome.

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

Ruby Coast Run Club meets 7.30am at Java Hut most days of the week. Info: Debbi 027 327 4055.

Daytime Book Group: Meets first Tuesdays 9.45am. New members welcome. Anne 540-3934

Toy Library: extensive selection of toys, puzzles & videos for children 0-5yrs. Mapua Hall every 1st & 3rd Tuesday, 10-11.30am & 6.30-7.30pm. Phone Anja, 544-8733, about membership or casual hire.

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, followed by morning tea. Singing improves your lung health! 10am Mondays, Te Awhina Marae, Pah St, Motueka. Pip 0274 282 693

Mapua 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. Just come along

Fair Exchange: We are having a seasonal break until September...see you all in Springtime.

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, vpeters@xtra.co.nz

Tasman Area Community Association (TACA): 7.30pm last Wednesdays (not Dec) at Tasman School. All Ruby Bluffs to Tasman & Kina residents are welcome. Info: tasmancommunity.org.nz

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

Mapua Art Group meets Bill Marris Room Mapua Hall Thursdays, 9-noon. Paint, draw, help each other in a social environment. All levels & media welcome. \$5 includes 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

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

Fair Exchange: Applshed restaurant 8.45am 2nd & 4th Wednesdays to exchange home grown and home-made produce & goods. We welcome everyone! Info: Judith Holmes 021 072 8924 / 544-0890.

MDCA: Mapua & Districts Community Association meets Feb-Dec, second Monday of each month, 7pm Mapua Hall; contact: info@ourmapua.org

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

Croquet Mapua: Come join us Sundays 1:30pm & Fridays 10am at Mapua Domain / Iwa Street end. All abilities welcome. Inquiries Myra Boyd 021 146 0234.

Fibre Craft Sunday. Birch Hall, Richmond A&P Showgrounds. 1.30-3.30pm. Learn to spin, knit, felt or weave. \$5 includes tea or coffee. All ages welcome. Monthly, last Sundays, next: 28 Oct. Richmond Creative Fibre Group: Diane 547-6517 or Karyn 544-9709

RSA: Anyone interested in joining the Moutere Hills RSA is welcome. No former service history is required. Great platform to catch up & meet new members of the community. 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 Mapua Hall. Contact: Mark Waweru 020 410 48 799. Funded & co-ordinated by HCC.

Taoist Tai Chi Beginning class Tuesdays 1- 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.

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Club Notices free. Others are a gold coin donation in one of the distribution boxes.

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