

## Climate Talk in Māpua

### The Future of Food and Energy - Dr Mike Joy

**D**r Mike Joy returns to Golden Bay and Māpua to speak on 'The Future of Food and Energy' on November 6 and 7. As a senior researcher at the Institute for Governance and Policy Studies at Victoria University, Wellington, Dr Joy researches ecological modelling, bio-assessment, environmental science, environmental policy and energy futures. He is an outspoken advocate for environmental protection in New Zealand.

Dr Joy will present the science that points to a world accelerating to the end of fossil fuels and will build a case for changing to a predominantly plant based food system that will feed the burgeoning global population without use of fossil fuels, whilst keeping greenhouse gas emissions at a safe level.

He will show and discuss research data that indicate a drastic reduction in livestock and a huge increase in plant food production will necessarily be the way of the future, and how this required change will have many human and ecological health benefits, but which puts New Zealand in a challenging position.

His reporting of the science that supports his conclusions are unadorned scientific truths and he will undoubtedly challenge how many of us regard the future - for example, in terms of what we eat and the lifestyles we choose.

He attracted a capacity audience when he spoke on freshwater water ecology in Māpua a year ago and will no doubt attract a similar level of interest in energy and food.

Dr Joy has received many awards for his environmental advocacy. These include Ecology in Action award from the NZ Ecological Society, an Old Blue award from Forest and Bird, he was named 2009 Environmental New Zealander of the year by North and South magazine, and Manawatu

Evening Standard 2012 person of the year.

In 2013 he received the Tertiary Education Union NZ Award of Excellence for Academic Freedom and contribution to Public Education, the 2013 Charles Fleming Award for environmental work from the Royal Society of New Zealand, in 2015 the Morgan Foundation inaugural River Voice Award and 2017 he received the inaugural NZ Universities Critic and Conscience award.

Dr Joy is hosted by the Golden Bay and Motueka branches of the Green Party of Aotearoa. He speaks in Golden Bay on Wednesday 6 and in Māpua on Thursday 7 November.



### 6 November, Golden Bay -

Details from [davetinkler.nz@gmail.com](mailto:davetinkler.nz@gmail.com)

### 7 November, Māpua Community Hall, 7:30 pm.

Door sales only: \$10, students free with ID.

Supper provided.

*Heather 03 522 4458*



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- 6 - 9 years
- 10 - 12 years

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# Māpua Boat Club

## Photo Competition

The inaugural photo competition took place down at the Port Māpua Maritime Museum from the beginning of September and ended with prize giving on the 10<sup>th</sup> October

For a first event, we were very pleased with the entries; 90 photos were exhibited and the diversity was amazing from some very talented photographers.

Photos were on display at the museum during the school holidays and judging from the People's Choice, lots of families visited the museum during this time.

The judges, Jane and Neil from **Chocolate Dog Studio** and Paul Nankivell, had a hard task sorting out the winners. Their comments on the Supreme Winner: *"an amazing capture of the bird in flight, must be someone who knows their camera and has patience in order to wait for a shot like that"*.

Special thanks to Debbie Lavery from the **Jellyfish Restaurant & Bar** for donating the prize for the **Supreme Award**, won by Richard Bamfield. Also thanks to **Copyart** in Richmond who generously donated vouchers for all category prize winners and printed the photos at a discounted price. Thanks also, to John Dippie from **Spencer Hill Estate** who supplied a selection of wines.

**People's Choice** award was Annette Walker's "shark" photo and runner-up was Christine Gabrielle.

### Category Winners:

Wildlife: 1<sup>st</sup> Prize Richard Bamfield, Runner-up Jackie Patterson

People: 1<sup>st</sup> Prize Annette Walker, Runner-up Andrew Butler

Estuary: 1<sup>st</sup> Prize Roger Waddell, Runner-up Angelika Gebhard

Boats: 1<sup>st</sup> Prize Gillian & Allan Clinton, Runner-up Fred Bannister

Wharf: 1<sup>st</sup> Prize Roger Waddell, Runner-up Roger Waddell

We will be producing a calendar for 2020 as a fund raiser for the Māpua Maritime Museum. The calendar will contain all winning photographs and will be on sale at **Delicious** and other shops around the village.

Thanks to all entrants for your support. We hope to make this an annual winter event, so get snapping over the summer months.

Richard's winning photo ↓



↑ Annette Walker - winner People's Choice.  
Fred Bannister with John Dippie from Spencer Hill Estate  
→



Debbie Lavery Jellyfish Restaurant with Supreme Winner -  
↓ Richard Bamfield



# Whenua Iti Outdoors – Experiential Learning

## Experiential Learning Inspiring Positive Change

**What's been happening.** Māpua school & Manaaki Tāpoi students at Whakatū marae.

It was a wonderful thing to have secondary students from Whenua Iti Outdoors' Manaaki Tāpoi programme share their learning at Whakatū marae with Māpua school's kapa haka extension group. It was just fantastic for the older students to have the opportunity to be kaiako for these tamariki, helping them with new haka, poi, waiata and mau rakau. A huge thanks to the young Māpua school group for being such engaged learners in Te ao Māori. Ka pai!

## What's coming up – The NEW Motueka Vocational Pathways Programme

This November, WIO will be running the first Motueka Vocational Pathways (MVP) Programme on behalf of Vision Motueka. There are 8 places available for 16-20 year olds from the local Motueka area who haven't yet made the successful transition from school into the workplace. The programme will include a mix of learning & activities designed to develop their essential workplace skills and will include work placements with local employers. If you know of a young person who might benefit, or are a business who could offer a work placement in November, please get in touch. Email us at [info@wio.org.nz](mailto:info@wio.org.nz).

## Focus on... the Summer break!

Having just enjoyed the school holidays, it's a good time to start planning for the summer break! We have some awesome holiday programmes on offer over the summer and it's a good idea to book your preferred dates sooner rather than later.

Go Wild are week-long day programmes for 7-10yrs; there are Junior (3 night) & Senior (4 night) Journeys for 11-18 yr olds, and for the more adventure-focused, the 9 day Adventure Skills Development programme. Head to [www.wio.org.nz](http://www.wio.org.nz) to find out more and book your spot.

## Outdoor Wanderings – Ready to hit the trails?

If you've been honing your mountain biking skills on the super local tracks, and you like the idea of riding a few longer trails now that the weather is good, start exploring the amazing tracks open for bikes. There are some shorter rides at Canaan Downs. For multi-day adventures, November is the last month for riding the Heaphy Track;

and the Queen Charlotte is open year round (although a short section does close in the busy season).

A good place to start is the Department of Conservation website – you might be surprised where you can take your wheels these days.

We'll see you out there!

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



*Manaaki Tāpoi students teach a new haka to Māpua school children*



*If you're lucky you might go caving on a Whenua Iti Outdoors holiday programme.*



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# Māpua Spring Fling

The Māpua 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".

Despite some early rain warnings, the drizzle held off and presented us with a fine afternoon for the Spring Fling. The team arrived early to set up, although the traffic woes in Richmond held up Nick Chandler who was bringing the marquee in from NBS – these guys always provide our marquee for free each year.

Our fabulous cub leaders (Harley Clark and Susan Brennan) rustled together teams to set up the tables, fetch the water for the lemonade and fetch the barbeque from the hall – thanks to the Māpua Football Club. David Barbier from the Sprig & Fern had already sliced and pre-cooked our onions to make it easier on the night for us, which was a great help.

The team set to getting the sausage cooking underway (thanks Clive Donnison) and making piles of bread-napkin-bread-napkin stacks so that we'd have plenty ready for the 5pm start – the queues were already starting to build.



Ella Evans kindly did all our shopping again this year, collecting sausages, bread, sauce and all the other bits that just come together on the day. Our regulars Margaret Cotter and Rose Barnes were also back on the stall.

The marquee flew up – with thanks to our cub parents and we moved everything into position, ready to go!

Talley's kindly donated another four boxes of ice cream this year – they've supported us for so long and it really makes the event. Please remember to support them when you're next doing your food shopping.

Alberta's kindly supplied a box of cones, but some heavy handling (sorry!) meant we had more pieces of cone than whole cones. Still, that opened up the opportunity for inventiveness and soon there were lots of ice cream sundaes going out with cups full of ice cream and a



sprinkling of shattered cone on the top – a deconstructed desert – aren't they all the rage?

It did mean we ran out of fresh cups a little earlier than normal though; perhaps we could push for folk to try and re-use or hang on to their cups for a little longer next year? We may even try and find a biodegradable alternative.

Unfortunately the Sports Tasman crew weren't able to make it this year but they still provided their Activities Trailer full of games and activities for all ages, including outdoor chess and a giant Connect 4.

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.



A big thank you to The Māpua and Ruby Bay Community Trust who fund our food shop (for those bits not donated) and to our crew of home-made lemon cordial makers: all 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.

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

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

If you'd like the event to return next year then we'll need some help! It doesn't take much – maybe a couple hours every three months, but it would be nice to have someone to help spread the load with and for continuity if you would like to see the event continue into the future.

**Please contact me: [sally@tfel.co.nz](mailto:sally@tfel.co.nz) if you'd like to help.**

# Māpua Bowling Club

## THE WRITE BIAS

Spring showers are a mixed blessing. They keep the Bowling Green watered well but also can mean cancelled play when the green is too wet. Fortunately, the Māpua bowlers have been able to get on the green for most of our roll-ups.

The season has been busy from the start. Three roll-ups are held each week: Tues, Thurs and Saturday from 1:15.

The Club Champs have already begun. Also, the Club has entered two Māpua teams in the Presidents Triples, a Nelson Centre tournament series which takes place on Saturday mornings.

The Club will also be entering both a men's and women's team in the Town vs Country tournament which is scheduled for the 14<sup>th</sup> of November. Go Country!

Māpua Bowling Club will be holding the first of its Open Tournaments on Monday 18<sup>th</sup> November. The triples tournament will be sponsored by World Travellers of Motueka and the club is grateful for their generous sponsorship. Teams from all around Nelson will be attending.

Have you been looking for an evening activity to help unwind after work? Or maybe you are someone who prefers bowling in the cool of the evening. In either case **Leisure Bowls** might just be what you are looking for.

**Leisure Bowls** starts on **Monday 4<sup>th</sup> November at 6 p.m.** These sessions are open to new and existing bowlers. There is no need to pre-book; just turn up on a **Monday evening** and give it a go.

Flat-soled shoes are essential to protect the green, but there are plenty of sets of bowls to borrow at the club. Cost for the whole season is only \$45 or you can pay a weekly fee of \$5. Why not give it a try?

Our greenkeeper, Glenn Saunderson has done a superb job over the past two years getting the green into a very good state. However, he will be retiring from the role at the end of this season.

The Club is now looking for someone who may be interested in taking on the role from next April. If it sounds like something you might like to do, please contact the Club President, Debbie Win for more info: 03 543 3847.

For information about bowling, coaching or booking the clubhouse and facilities please call the Secretary, Di Blanchet 03 540 2627. Or check out our website:

[sporty.co.nz/Mapuabowls](http://sporty.co.nz/Mapuabowls)



Come on down to the Wharf - We are fortunate to be in the best location! The Delicious team has been working hard unpacking and displaying all manner of lovely new products in preparation for the busy summer season.

This month we are having a couple of special events to promote great kitchenware and enjoy some relaxing pre-Christmas shopping.

Firstly, our popular VIP Customer Christmas evening is being held on Wednesday 20<sup>th</sup> November 5.30-7.30pm. Registration for the evening is required please as numbers are strictly limited: email [info@delicious2015.com](mailto:info@delicious2015.com) or call us on 03 5402463.

Friday 22<sup>nd</sup> November will also be a special day - no registration required - call in anytime 9.00 - 5.00pm. We'll have activities and promotions all day.

For both events, take advantage of discounts and great specials throughout the store, tea tasting, Surmanti cosmetic product testing, plus special guests. Refreshments will be provided and there will be Christmas specials and free gift wrapping. This year, have special guest - local author Colin Fisher, talking to us about his successful Captain Stinky and Sailor Puss books and the exciting plans for the future. We will of course have these fabulous books for sale - the perfect present for children.

Our mainstay WMF European cookware keeps on keeping on with another great promotion underway - check out the flyer in your letterbox, facebook or in store.

Matt Joyce (from Michael Joyce Ltd, our WMF supplier) is our second guest and will be doing cooking demonstrations and provide expert advice on all culinary matters. He's been a chef, worked in the hospitality trade and now directs his family's business as a distributor of premium European cookware and cutlery, dinnerware and glassware for the home and kitchen. He has a wealth of knowledge and is happy to share it with us.

I'm pleased to advise that the Boody Lounge wear has finally arrived - it has been worth the wait. It's absolutely beautiful, silky soft and just delightful to wear. We continue to stock the popular Boody Baby wear from this same manufacturer - natural comfort and practical wear for newborns and toddlers. Also - check out the new season Arthur Ave children's wear for those unique clothing pieces for your little ones - they are extra special and so gorgeous.

We stock a wide variety of goodies to assist with everyday housekeeping through to holiday and special entertaining, as well as those special gifts. We're open every day from 9.00 - 5.00pm and if you can't find what you need we will do our best to obtain it for you.

To all our lovely customers, old and new, we sincerely appreciate your business and look forward to being of assistance in any way we can in the shopping department.

Best wishes, Jenny and the Delicious girls - Lin, June, Karmin, Jess and Adrianna.

Find us in Coolstores 4 and 5 on the Mapua Wharf or contact us on 03 5402463 or email [info@delicious2015.com](mailto:info@delicious2015.com)

## Advertising Costs

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

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E: [news@coastalnews.online](mailto:news@coastalnews.online) for more information.



# Māpua Kai Collective

## November update

On Tuesday 22 October, the Hall kitchen was like a bee hive. Once again, our fabulous Māpua Kai Collective volunteers got busy at two in the afternoon, boiling impressive mountains of macaroni, stirring cheese sauce and peeling apples for the fruit crumbles.

By five in the afternoon, we had filled and labelled 82 containers of mac cheese, and 62 containers of fruit crumble.

Many of these meals will be distributed through the Māpua School, while others will go to restock freezers at Delicious and Māpua Hall.

Please help us spread the love by taking a meal round to someone you know who needs a little extra help at the moment. A gift from our community to our community.

Follow us on Facebook. If you'd like to be part of the team, consider organizing a small monthly donation into our NBS bank account:

03 1354 0464683 30, coded 'donation'.

Thank you! Bridget Castle

→  
Carolyn,  
Angela and  
Vicky dice  
apples



↓ Rose and  
Judy stir the  
cheese sauce



←  
A line up  
of  
Chrissie,  
Sharon,  
Lindle  
and Jane



→  
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Judy, Chris and  
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# Moutere Hills RSA Memorial Library

## Late Night Opening Change to Tuesday:

We are continuing our evening opening hours for the period of daylight saving and had decided to **change it to Tuesday evenings** to synchronise nicely with the Māpua Health Centre having their evening opening hours on Tuesday. They have now changed their evening opening to Wednesday so the committee will be discussing a change back to Wednesday! Watch this space!

## Volume Māpua Literary Festival and Literary Festival Quiz Night:

Thanks to Coastal News for managing to publish Lit Fest articles in last month's edition despite the timing of the Lit Fest and the News deadline! What great attendance at the festival! Some sessions had to be moved into the main hall to meet demand. We know of whole book groups that travelled to attend the Festival and a number of people who attended every session!

The Quiz Night was a very entertaining evening with a few head scratching logic questions mixed in with some literary, sport and current events challenges.

Profit to the library looks to be just under \$5000 with a few final accounts to come in.

Huge thanks to Volume - our co-organisers who were able to use their publisher contacts to attract high calibre authors.

**Displays:** Ann Bannock's paintings currently feature in our display space. As always, you are welcome to pop in to view.

Our **foyer display** changes each month - and yes, books are available for immediate borrowing.

## New Books and Suggest a Book

Every month we publish on Facebook our new book purchases. New purchases are displayed separately and can be borrowed for no charge.

Our volunteers work hard to keep our collection current and relevant and our grants organisations support this objective. If we don't have a book in our collection that you would like to see, do record this in our 'Suggest a Book' notebook on the desk. As long as it fits our collection policy, we will purchase it and you will be contacted and offered first borrowing of it!

Lynley Worsley

**Library Hours** (closed Statutory Holidays and New Year's Eve)

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

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## Hello Animal Lovers

As an animal behaviourist, I have always focused my articles on animal behaviour but this month I want to focus on human behaviour and how it can influence animals. Most owners know that their special animal reacts to their voice and in fact can learn many human words. Some people swear their dog (or cat) understands everything they say.

Sadly this is not the case, as many behaviour experiments have found out. What animals are very good at, is understanding the way their owners speak to them: what tone or intent is put on words.

Most animals can 'read' human body language very well and even facial expressions. All people use a variety of body movements and facial expressions to convey meaning all the time, but few humans are as good at reading them as animals. It is because animals rely on their body language for survival and become expert in it.

Everything from the biggest elephant to the smallest mouse can interpret another animal's body language. So it certainly makes it very important that any training must take this into account.

The time when animals do not interpret the subtleties of body language, is when the fear response is engaged. This overrides the normal ability of interpretation and raises adrenaline. When adrenaline is high, learning is low; when adrenaline is low, learning is high.

It is therefore surprising that so many animals are trained using fear. Literally thousands of horses, dogs, cats and other animals have been scared by their owners into doing what is required. It is very dangerous to employ these tactics, as a fearful animal will use whatever it can to defend itself and attack.

So many people blame the animal and say "it's a bad one" or "it's dangerous" when all it is doing is trying to save its own life. Conversely, if calmness, understanding and respect are employed, it is amazing what can be achieved. Animals want to trust their owners and both can team up in amazing ways.

An extraordinary example of this is the true life story of 'Warrior', a horse that went to the First World War with his owner General Jack Seely and was the subject of the book, "Warrior the Real Warhorse". Warrior carried Jack in the forefront of his troops and never faltered whilst shells and other horses were blown up around him. He was a hero and inspiration to the other cavalry soldiers and all who knew him.

Amazingly, Warrior survived the war and came home to the UK afterwards to live out a long and extraordinary life. It is obvious that the trust that had been developed between Jack and Warrior must have been extraordinary; it is evidenced in the book and is an example of what can be achieved. There are many more examples with other animals and owners.

So it is imperative that all animal owners understand and respect how animals interpret their body language and tone. When absolute trust is achieved it is truly a remarkable experience.

I am always happy to answer any animal behaviour questions.

*Sue Mott, Animal Behaviourist*

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# Māpua Health Centre

**A**lthough, Ricki-Lea, our GP registrar, will be finishing her 6 month attachment with us at the end of the month, we are very pleased that she will continue working at the health centre on Mondays and Wednesday morning as she continues her GP training.

Our **evening clinic** has proven to be successful and we thank Dr Andre and Maree for assisting with the trial of this clinic. We are now pleased to advise that this will be a permanent feature at Māpua Health Centre, however, we are changing from **Tuesday to Wednesday**. Effective 30<sup>th</sup> October, evening clinics will be held on Wednesdays at 6-8.30pm.

Recent advice from the Ministry of Health is that reported cases of **measles** in Auckland are trending downwards but it is still too early to say the outbreak is over, and that we still need to remain vigilant. In addition, there are outbreaks in several other DHBs with active public health case management and contact tracing underway. We are working with those DHBs to support locally specific vaccination plans.

We would like to remind patients that the criteria for Community Services Card eligibility has changed. If you are unsure if you qualify please visit the website <https://www.workandincome.govt.nz/products/a-z-benefits/community-services-card.html> or next time you are at the Clinic ask our receptionists for a copy of the guidelines.

A reminder that patients enrolled at Māpua Health Centre can join the patient portal **ManageMyHealth** (MMH). This will enable you to order prescriptions, book appointments, view lab results and hopefully, in the not to distant future, review your records. Registration is free and easy so next time you are in or want to order a prescription please have a chat with one of our receptionists.

This month is **November** 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

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 Māpua Health Centre committee **AGM** will be held on Wednesday 13<sup>th</sup> 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 include the following:

- 1-30 Movember (prostate prevention) [nz.movember.com](http://nz.movember.com)
- 1-19 Prevention of abuse against children and youth  
<http://19days.woman.ch/index.php/en/>
- 12 World Pneumonia Day <https://stopppneumonia.org>
- 14 World Diabetes Day [www.diabetes.org.nz](http://www.diabetes.org.nz)
- 20 World COPD Day <https://goldcopd.org/world-copd-day/>
- 25 White Ribbon Day (aims to eliminate violence against women) <https://whiteribbon.org.nz/>



**2019 Mapua Car Display**

**Supporting the Dale Vercoe Community Care Charitable Trust**

**Sunday 10 November 10am to 2pm**  
**Corner Aranui Rd & Tahī Street**  
**\$5 per car gold coin donation per adult**

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## Fire Brigade



### September and October call outs

12/9/19 18:44 Person stuck in lift, pry door open.  
24/9/19 22:55 Car on roof, Stafford Dr, driver not around, left with Police.  
25/9/19 05:08 MVC (motor vehicle crash) SH 60 near Aporo Rd – stood down.  
28/9/19 13:39 CPR/Med SH 60, assist Ambo.  
30/9/19 07:29 Small fire Stagecoach Rd, Previous fire, left to burn out.  
1/10/19 21:18 Medical on Aranui Rd, left with Ambo.  
3/10/19 7:24 Medical Iwa St.  
8/10/19 17:51 3 Car MVC SH 60 and Māpua Dr. One with minor injuries. One failed to give way.  
11/10/19 17:45 Tanker to flare up of historic burn on Hewetson Rd, stood down by Upper Moutere Fire Brigade.  
20/10/19 07:20 Two-car MVC SH60 near Dominion Rd, left with Police. One crossed the centre line.  
Calls this year = 75

### Safety Tips – be safe.

**Follow these tips to help protect your rural property from fire:**

#### Escape plan

Design an escape plan for you and your family to get out of the house and off the property. Test it regularly.

#### Access

Make sure your driveway clearance is at least four metres wide and four metres high. Ensure there is adequate turning space for fire trucks and easy access to water.

#### Signs

Make it easy for emergency services to find you by making sure your RAPID rural property identification number is on your signpost and clearly visible from the road.

#### Water source

Ensure there is access to an adequate supply of water for fire trucks. Make sure your garden hose is connected and is long enough to reach around the house.

#### Firewood

Store your firewood and other flammable material away from the house.

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

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

## Māpua Friendship Club.

The Māpua friendship Club is probably the oldest group in Māpua. It was founded by Netta Perry and a friend. They decided that there was very little social activity for ladies of the village during the 1940s when the men were away serving their country and Mother England, during those dreadful times.

The club gradually expanded after the war and two sets of indoor bowling mats were obtained, encouraging both men and women to come along once a month for socialising and fun. Membership reached a peak of 20 -25 during the 90s and early 2000s but has now fallen to eight or ten.

So, the club is desperate to attract new members. We meet on the third Thursday and last Friday of every month at the Māpua Community Hall at 2pm, for an enjoyable and informal game of bowls followed by afternoon tea.

There is no membership fee but a donation of \$3 and “a plate” is always appreciated; this covers the cost of hiring the hall and providing a pleasant and enjoyable afternoon.

If the sound of this appeals to you, do come along and join us for a fun time once or twice a month. There is no commitment to become a member, as we are a completely informal gathering.

For more information, you can contact Valerie on 5403685.

*Michael Halse*



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# The Playhouse Cafe

## What's On Guide

# NOVEMBER 2019

### OPEN FOR EVENTS, GROUPS and SUNDAY LUNCH

Drop off to Mapua and Surrounds Call 5402985 for bookings

M T W T F S S

### The Great Gatsby Gangsters and Flappers 1920s New Years Eve Party

\$50 2 course Buffet .  
Includes a table for the night.  
Bring in 2020 with a night  
reliving the glitz and glamour  
that was the 1920s.

Best of the 70s + 80s + 20s  
by DJ Gatsby!  
Bookings highly Required  
Free to the public from 8pm.

31	1	2	3
ALL YOU CAN EAT RIBS NIGHT \$25, ribs, chips and salad Bookings essential	Closed for Private Function	RUGBY WORLD CUP FINAL 5 course gourmet meal Dinner \$60 from 7pm kickoff 10pm Includes Inhouse baby sitting services Diners get best tables MASSIVE SCREEN and Projector	Open from 11am till 4pm
7	8	9	10
ALL YOU CAN EAT RIBS NIGHT \$25, ribs, chips and salad Bookings essential	Born on the Bayou CCR Tribute Band \$25, Music 8pm Dinner from 6pm \$38 buffet Limited dining seats available	BEST 80s Night Eva! Free Entry Music from 730 All Vinyl All Night Bookings advised	Open from 11am till 4pm QUIZ NIGHT
11	12	13	14
		Dance Performance night	ALL YOU CAN EAT RIBS NIGHT \$25, ribs, chips and salad Bookings essential
15	16	17	
Closed for Wedding	Closed for Wedding	Open from 11am till 4pm	
18	19	20	21
		Indyah pop star! More details to come	Last Chance to see VORN!!! \$15 presale @ UTR.co.nz Legendary Wellington artists last tour
			22
			BEST 80s Night Eva! FULLY BOOKED Come along to 21st Dec for the same show
			23
			BOOKED FOR PRIVATE CHRISTMAS PARTY
			24
			Open from 11am till 4pm
			28
			ALL YOU CAN EAT RIBS NIGHT \$25, ribs, chips and salad Bookings essential
			29
			PAUL MADSEN SUPERSTAR SHOW QUEEN, BEEGEES, THE EAGLES Friday and Saturday Nights \$25 per ticket, \$40 additional for 2 course buffet Don't miss this world class artist
			30
			1
			Open from 11am till 4pm

Murder Mystery  
Fri 20th Dec  
80s Night  
Sat 21st Dec

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# Tasman Bible Church

## Preparing Children for Life

Earlier this year, many teachers felt there was a crisis in education—a crisis serious enough to take strike action over.

It could be argued however, that there has been a growing crisis in education for decades—not one related to workload or the pay rates for teachers, but in relation to the very foundations upon which our education system is built.

Prior to the Education Act of 1877, the majority of children in New Zealand were either taught by their parents or in institutions underpinned by Christianity.

Our country's steady move away from its Christian roots is becoming increasingly obvious, both in terms of census results around religion, the declining censorship standards in all forms of media, and a steady decline of Christian representation in parliament (among other things).

Our education system has also followed these movements away from Christianity. Most schools are now opposed to Christianity being promoted in any meaningful way. We should not be surprised at this, since our country is clearly becoming more diverse—both in terms of culture and religion (or lack of religion).

As a result of our increasing diversity, moral absolutes are no longer taught in State Schools (apart from the insistence that there are no moral absolutes). Teachers are unable to give clear direction to students around values, character, or morality. Why? Because a unified foundation for moral and ethical instruction no longer exists.

In 1995, concerned at the direction in which on the State education system was headed, our church established a State-Integrated Christian School. This means the day-to-day operations of our school are funded by the Ministry of Education, but our church is responsible for providing the grounds and buildings. We are incredibly grateful for the opportunity this has given us to offer children a good quality education based firmly on Christian foundations.

We teach the same New Zealand Curriculum as other schools, but with a solid underpinning of Christian values in every subject area. All of our teachers are Christians and see teaching as far more than a vocation. They believe a good quality Christian education is about preparing children for life—not simply a career.

If you believe in the importance of a good education based firmly on Christian values and principals, why not get in touch with us or come along and see what we can offer *your* child?

For more information on our school, head to [www.tasbaychristian.school.nz](http://www.tasbaychristian.school.nz)

*Geoff Paynter*

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# Māpua School

"To Be All I Can"

## Opportunity to Enrol For 2020

Māpua School is pleased to provide the following student positions for the 2020 school year (and beyond). Being governed by an enrolment scheme, details of which are available from the school office, there are usually no vacancies for students who live outside of the school's enrolment zone.

However, the board has determined that **eight** Middle School, **six** Senior School, and **three** Year 8 places are likely to be available for out-of-zone students next year. The exact number of places will depend on the number of applications received from students who live within the school's home zone.

This enrolment period runs from February 7, 2020. For students seeking enrolment, **the deadline** for receipt of applications for out-of-zone places is **Friday, November 15, 2019**.

Parents of students who live within the home zone and **intend enrolling their child at any time during the next year** should notify the school by November 15, 2019, to assist the school in planning appropriately for next year.

**In the first instance, parents and caregivers wishing to apply should contact Denise Cuthbert (5402806 or [dcuthbert@mapua.school.nz](mailto:dcuthbert@mapua.school.nz)), or Neil Chalmers (5402806).**

If the number of out-of-zone applications exceeds the number of places available, students will be selected by ballot. If a ballot for out-of-zone places is required, it will be held on Tuesday, November 19, 2019. Parents will be informed of the outcome of the ballot within three school days of the ballot being held.

**Māpua School Website can be viewed at [mapua.school.nz](http://mapua.school.nz)**

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# Is Your Body Ready for Spring and Summer?

Spring is here and summer is just around the corner. Do you have the nerve for it? The sunshine and warmer weather can be strong motivators for people to go out and play. They bring the benefits of natural Vitamin D, fresh air, longer days and the potential to do more. It can also offer changes to your fitness routine and daily habits as you become more active and do what you dreamed of when the cold kept you indoors.

As your energy and activity level rises, your body, spine and nervous system will be tested in many new ways. Gardening, walking, running, bike riding, organized sports and collecting firewood become part of your routine, and all of these activities will be more enjoyable if your spine and nervous system are healthy.



Let me explain. We know from the current research studies that muscle impairment or dysfunction occurs early in the onset of spinal complaints. The muscles around the spine don't work properly early on in the development of spinal pain. We also know that this kind of muscle problem does not automatically resolve even when pain symptoms improve.

This has led some scientists to suggest that the lack of the brain's awareness about what is going on in the spine, and the resulting faulty control of the muscles surrounding the spine, rather than the feeling of pain itself, may be the main factors defining the clinical picture and chronicity of various chronic spinal pain conditions.

The current research is basically saying that the brain does not accurately perceive what is going on in the rest of the body. If the brain does not accurately know what is going on, then it cannot control muscles properly to move your torso, arms and legs.


This is exactly why many people have back and neck pain. This is the result of a breakdown in the way the brain perceives and controls movement of their spine. And this spinal dysfunction does not just affect how the brain perceives and controls the spine, but also how it perceives and controls the rest of the body as well. Such dysfunctional spinal segments therefore become self-perpetuating problems in themselves and can influence the development and perpetuation of various other chronic pain conditions.

So the function of the spine impacts how the brain organizes and interprets sensory information from the rest of the body and also impacts how the brain controls muscles throughout the body. Chiropractic care therefore improves the communication between the spine and brain influencing the accuracy of your brain's inner reality about what is actually happening in your body.

If you started a new fitness routine recently or have become more active, don't wait for a crisis to get your spine and nervous system checked. By improving spinal function your body will be better prepared for all the upcoming activities. When your spine is moving properly it plays a role in preventing injuries by improving core stability and increasing the accuracy of the brain's control over the muscles. For instance, we know that the ability to activate the core abdominal muscles appropriately is essential for low back health and the prevention of back injuries. And if you are injured, chiropractic care can help you to heal much quicker. Why not be proactive and prevent a hiccup to your momentum before an injury occurs?

Now that warmer weather is arriving, it's time for you to make sure your spine is moving properly. Don't sidetrack your desire to enjoy this beautiful time of year.

*Dr Ron Howard*  
Coast & Country Chiropractic Centre



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# Spring Frittata

**W**e eat eggs a lot; so frittatas are a quick and satisfying way to use up our lovely fresh hen's eggs and enjoy the vegetables on hand, any season of the year.

I bought my first bag of courgettes last week; a sure sign of warmer weather and the taste of summer to come.

Throughout our years in France, there would often be a basket of freshly picked courgettes on my doorstep donated by one of our generous neighbours. The French always grow far more than they need for their own consumption.

Each year, an old friend would challenge me to write a cookbook all about a hundred and one ways to cook courgettes. Neither of us ever made the time to put pen to paper unfortunately, but from

early spring through summer, there was always a mountain of courgettes to eat. I've never grown tired of them.

This delicious luncheon or supper dish is a great way to put this versatile, tasty vegetable to good use. It's also equally delicious eaten cold for breakfast on the run the next day, so it's good to make more than you need.

## **Spring Frittata**

Serves 8 - 10

½ cup Olive oil

500g courgettes, grated and dried (you can also use thick rounds of roasted leeks, or asparagus)

150g Cheddar or Parmesan, grated

1 onion, peeled and finely chopped

150g smoked streaky bacon or chorizo, diced (optional)

1 cup cooked Quinoa

150g self-raising flour

3 eggs

Salt to season

Freshly ground black pepper

2 large tomatoes or mushrooms, sliced.

Pre heat the oven to 180C.

Prepare a baking dish by oiling it then lining the dish with baking paper.

To dry the grated courgettes, lay them in a clean tea towel, wrap and twist the ends of the tea towel firmly over the sink so the excess water is squeezed out. This stops your frittata from becoming mushy.

Tip the drained and grated courgettes into a large bowl, add the grated Parmesan, the chopped onion and bacon, cooked Quinoa, and finally the flour.

In a separate bowl, lightly whisk the eggs and fold through the other ingredients in the large bowl. Season with salt and pepper, spoon into the prepared baking dish, smoothing the top with a spatula. Place the tomato slices over the top, add a little more grated cheese to top, drizzle

a little remaining olive oil over, and bake in the pre-heated oven for 25 – 30 minutes until firm.

Remove from the oven and allow the frittata to cool a little before slicing. Serve with cucumber slices or fingers.

Recommendations – You can also make this slice with grated potato, kumara and pumpkin in other seasons, and swap the cheddar for goat's cheese.



*Sarah La Touche is a qualified Holistic Nutritionist. A registered member of the New Zealand Clinical Nutritionists Association, she also runs B&B and self-catering accommodation in Māpua, walking and gastronomic hosted holidays in France – 2020 culinary tour dates on request. She is available by phoning 027 315 1165, sarah@livingnutrition.co.nz www.foodiesinfrance.com, www.holidaystayMapua.nz.*

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# Māpua Playcentre

## Unique opportunities for Dads

As a father of five children I suppose I'm reasonably well qualified to draw comparisons between the experiences I had in the early years with my older children, and the ones I'm currently having with my younger children. My older children (now in their teens) came into my life at that hectic time when Dads are working all hours to establish a secure foundation for the future of their family, which for me resulted in less engagement with my older children's preschool learning environments.

Whilst the quest for financial stability continues to demand my time, I have learned to balance the demands of the modern working environment with other more holistic family requirements. This has led to a greater engagement with Playcentre.

At first, the idea of attending a Playcentre filled with screaming kids with streaming noses and hacking coughs terrified me; however my experience was entirely different to my expectation!

Playcentre has become a sanctuary, allowing me to enjoy unique time with my two young children, away from the hustle and bustle of a busy family environment. Māpua Playcentre has enabled, and in fact encouraged, a relationship of exploration between my young children and me. This has strengthened the bonds between us and resulted in a better understanding and appreciation of the unique characteristics and personality traits of each of my two young children. I have a much greater understanding of each of their natural tendencies towards different activities, which has enabled me to interact with them at home more effectively.

My older children are the product of my first marriage. When I look back and consider the busy lives we led in that family home, I realised that in order to maintain peace and routine, their mother inadvertently created a home environment which kept me distant to some extent from my children. Retrospectively I consider this must have been a coping strategy which enabled her to manage her new life as a young mother; "don't rock the boat", was pretty much the mantra.

In my work I often see this exact same pattern playing out in many young families' lives which results in the father burying himself in his work and therefore having less focus on connecting with his children.

My experience the second time round has shown me that fatherhood is considerably more fulfilling when you avoid the easy road by making the time to spend some time solely dedicated to your children. Playcentre has provided the perfect environment for me to do this independently of other influences, and as a result I feel that I am having a considerably more fulfilling experience as a father.

With the benefit of the experiences I've had, it's my opinion that it is essential for the health and wellbeing of fathers, their children, and the family in general, for the father to make time each week to spend with his children, independent of Mum; essentially time dedicated and focussed entirely on the children.

For me personally, Māpua Playcentre has allowed me to enjoy my children as the little individuals they are, without outside influences, which has strengthened the bond between us. There is no better place to escape the rat race and enjoy quality time with your children than in the welcoming environment I found at Playcentre.

Come and check us out. We offer a term of free sessions for first time families and all children under two are free. Session times are Mondays, Thursdays 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. Email: Mapuaplaycentre@gmail.com or find us on Facebook.



**Playcentre**

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# Hills Community Church

The month of November always seems like a strange time of year to me. It is the time of realising the year is almost done, and that many things that I hoped to do will have to wait for next year. It is like a day – it is coming to a close.

There is a beautiful prayer in the New Zealand Anglican Prayer Book that speaks about the coming of night at the end of the day.

*Lord, it is night.  
The night is for stillness.  
Let us be still in the presence of God.  
It is night after a long day.  
What has been done has been done;  
what has not been done has not been done;  
let it be.  
The night is dark.  
Let our fears of the darkness of the world and of our own lives rest in you.  
The night is quiet.  
Let the quietness of your peace enfold us,  
all dear to us, and all who have no peace.  
The night heralds the dawn.  
Let us look expectantly to a new day,  
new joys,  
new possibilities.  
In your name we pray.  
Amen.*

*Night Prayer of a New Zealand Prayer Book, He Karakia Mihinare o Aotearoa (page 184)*

As we come towards the end of the year – may we also let go of the things not done, and find amidst the busyness

of the season, the peace and hope of a new season being birthed in us.

*In Christ, Rev John Sherlock*

## Sunday Worship

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

**Youth Groups:** Years 9 to 13 Fridays at Māpua Community Hall 6.30-8.30pm.

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

## SENIOR MOMENTS

Hills Community Church

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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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AND MEET NEW  
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## Māpua Craft Group

This month has seen the start of many exciting ideas for Christmas. Together, we have collected many interesting projects, the latest being a small felt Christmas tree using three shades of green. We will use our collection of stamping designs for cards and labels.

Our cupboards are well stocked with materials, ribbons, card, sewing items and knitting needles.

If you feel like joining us (no fees, just \$2 to cover hire of the room), we meet at 10am each Friday during school term at the Hills Community Church. As well as doing crafty things, we enjoy morning tea and a chat!

*Barbara Halse.*



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# We Did It! 10 x 10 x 10 Orphan Kids Charity (OKC)

What a generous and supportive community we live in! Last month we launched our campaign to raise 100 x \$10 in 10 days. We were aiming to raise \$1,000.

This goal was well and truly exceeded! By day five of the campaign we had already raised \$1,110. Thank you most sincerely to all who donated money to help achieve our goal and to all who bought tickets in the raffle we ran during the 10 days.

The amount raised by the end of the 10th day was \$1410.

The raffle was drawn on Monday 21 October by local Justice of the Peace, Judy Mitchell. First prize went to Kate (ticket 65D green stars) and second prize to Adrienne (ticket 48D green stars). Kate received a pamper basket full of goodies and Adrienne, a bamboo steamer full of foodie items to enjoy.

The raffle raised a further \$ 296.00 for the charity.

OKC was established as a charitable trust in 2013 here in Māpua. We provide educational scholarships to students orphaned in the north of Viet Nam.

We have currently committed to supporting 13 students for the duration of their tertiary studies. This equals a financial commitment of approximately \$10,500 per year. Obviously, all donations are much appreciated and are welcome at any time of year.

If you missed the opportunity to donate during our 10x10x10 and would like to make a donation this can be done through our bank account which is ANZ 06 0453 021052900. Or contact Janet Taylor (540 3364) or Sarah McLeod (540 2698) to find out more.



We are grateful to those businesses who supported the campaign; in particular the support of Forest Fusion and Move Good Now with Hilary, was much appreciated.

As is the support and interest of so many in our community who have made it possible for this small charity to continue to grow and provide practical support to our students.

Thanks too, to the Coastal News team for providing an opportunity for us to link into our wider community through the pages of this local asset.

If you are interested in knowing more about OKC (including options to directly sponsor a student) you can visit our blog site at:

<http://orphankidscharity.wordpress.com/>

and 'click' on 'follow'.

The ongoing support from our community is making a difference and is appreciated. Thank you!



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### GOKYO & RENJO LA

**One of the best short treks in Nepal!**

After a flight to Lukla, we walk up to Namche Bazaar then head off the main Everest trail to reach the tiny settlement of Gokyo, set on the edge of a lake amid snowy peaks. Gokyo Ri beckons, a 2-3 hour climb to 5340m with clear views of Everest, Lhotse, Cho Oyu and Makalu. The next day we skirt the lake on an old trading route and follow a rocky path to reach Renjo La (5417m) in about 3 hours. It's quite different to the view from Gokyo Ri and we can take time to enjoy the grand array of vast Himalayan giants all around us. All too soon it will be time to drop down towards our next lodge.





# MAPUA COMMUNITY HALL



Check out what's happening at the hall in November on the calendar below or take a look at the website [www.mapuahall.org](http://www.mapuahall.org)

## What's On at the Hall In November!

Monday	Tuesday	Wednesday	Thursday	Friday	Sat	Sun
<b>28 Oct</b> <b>LABOUR DAY</b>  <b>9.30am</b> Superb Dance w Hilary  <b>6pm</b> Dance Fitness with Hilary	<b>29 Oct</b> <b>9am</b> PANZ <b>9am</b> Sioux Line Dance <b>1.30pm</b> Tai Chi for Beginners <b>2.30pm</b> Sit & Be Fit  <b>6pm</b> Yoga with Martin <b>6pm</b> Aerobics	<b>30 Oct</b> <b>9.15</b> Hatha Yoga  <b>1pm</b> Tai Chi  <b>6pm</b> Yoga with Thomas	<b>31 Oct</b> <b>9am</b> Mapua Art Group <b>9.30am</b> Flow Dance Fitness	<b>1</b> <b>9.30am</b> Superb Dance w Hilary  <b>6pm</b> Mapua Youth Group	<b>2</b> <b>9am</b> SHARQUI A belly dance workout  <b>9.30</b> Salsa Workshop	<b>3</b>
<b>4</b> <b>9.15am</b> Yoga with Charlotte <b>9.30am</b> Superb Dance w Hilary  <b>6pm</b> Dance Fitness with Hilary	<b>5</b> <b>9am</b> PANZ <b>9am</b> Sioux Line Dance  <b>1.30pm</b> Tai Chi for Beginners <b>2.30pm</b> Sit & Be Fit  <b>6pm</b> Yoga with Martin <b>6pm</b> Aerobics <b>7pm</b> Pilates w Lynda	<b>6</b> <b>9.05am</b> Aerobics w Lynda <b>9.15 Hatha Yoga</b> <b>10.05</b> Pilates w Lynda  <b>1pm</b> Tai Chi  <b>6pm</b> Yoga with Thomas	<b>7</b> <b>9am</b> Mapua Art Group  <b>9.30am</b> Flow Dance Fitness  <b>7.30pm</b> Green Party - Public Meeting	<b>8</b> <b>9.05am</b> Aerobics with-Lynda <b>9.30am</b> Superb Dance w Hilary <b>10.05</b> Pilates  <b>6pm</b> Mapua Youth Group	<b>9</b> <b>9am</b> SHARQUI A belly dance workout	<b>10</b>
<b>11</b> <b>9.15am</b> Yoga with Charlotte <b>9.30am</b> Superb Dance w Hilary  <b>6pm</b> Dance Fitness with Hilary  <b>7pm</b> MDCA Meeting	<b>12</b> <b>9am</b> PANZ <b>9am</b> Sioux Line Dance <b>10am</b> Mapua Creative Fibre <b>1.30pm</b> Tai Chi for Beginners <b>2.30pm</b> Sit & Be Fit  <b>6pm</b> Yoga with Martin <b>6pm</b> Aerobics <b>7pm</b> Pilates w Lynda	<b>13</b> <b>9.05am</b> Aerobics w Lynda <b>9.15 Hatha Yoga</b> <b>10.05</b> Pilates w Lynda  <b>1pm</b> Tai Chi  <b>6pm</b> Yoga with Thomas	<b>14</b> <b>9am</b> Mapua Art Group <b>9.30am</b> Flow Dance Fitness  <b>6pm</b> Dance Fitness with Hilary	<b>15</b> <b>9.05am</b> Aerobics with-Lynda <b>9.30am</b> Superb Dance w Hilary <b>10.05</b> Pilates  <b>6pm</b> Mapua Youth Group	<b>16</b> <b>9am</b> SHARQUI A belly dance workout  <b>9am</b> Aerobics w Lynda <b>10am</b> Pilates w Lynda	<b>17</b>
<b>18</b> <b>9.15am</b> Yoga with Charlotte <b>9.30am</b> Superb Dance w Hilary <b>4pm</b> Waimea Inlet Forum <b>6pm</b> Dance Fitness with Hilary <b>6.30pm</b> Mapua Hall Committee Meeting - ALL WELCOME <b>7pm</b> GALEO Estate AGM	<b>19</b> <b>9am</b> PANZ <b>9am</b> Sioux Line Dance <b>1.30pm</b> Tai Chi for Beginners <b>2.30pm</b> Sit & Be Fit  <b>6pm</b> Yoga with Martin <b>6pm</b> Aerobics with-Lynda <b>7pm</b> Pilates	<b>20</b> <b>9.05am</b> Aerobics w Lynda <b>9.15 Hatha Yoga</b> <b>10.05</b> Pilates w Lynda  <b>1pm</b> Tai Chi  <b>6pm</b> Yoga with Thomas	<b>21</b> <b>9am</b> Mapua Art Group  <b>9.30am</b> Flow Dance Fitness  <b>2pm</b> Friendship Club  <b>6pm</b> Dance Fitness with Hilary	<b>22</b> <b>9.05am</b> Aerobics with-Lynda <b>9.30am</b> Superb Dance w Hilary <b>10.05</b> Pilates  <b>6pm</b> Mapua Youth Group	<b>23</b> <b>9am</b> SHARQUI A belly dance Workout	<b>24</b> <b>9am</b> Tai Chi Intensive
<b>25</b> <b>9.15am</b> Yoga with Charlotte <b>9.30am</b> Superb Dance w Hilary  <b>6pm</b> Dance Fitness with Hilary	<b>26</b> <b>9am</b> PANZ <b>9am</b> Sioux Line Dance <b>1.30pm</b> Tai Chi for Beginners <b>2.30pm</b> Sit & Be Fit  <b>6pm</b> Yoga with Martin <b>6pm</b> Aerobics with-Lynda <b>7pm</b> Pilates <b>7pm</b> MDCA Exec Mtg	<b>27</b> <b>9.05am</b> Aerobics w Lynda <b>9.15 Hatha Yoga</b> <b>10.05</b> Pilates w Lynda  <b>1pm</b> Tai Chi  <b>6pm</b> Yoga with Thomas	<b>28</b> <b>9am</b> Mapua Art Group <b>9.30am</b> Flow Dance Fitness  <b>6pm</b> Dance Fitness with Hilary	<b>29</b> <b>9.05am</b> Aerobics with-Lynda <b>9.30am</b> Superb Dance w Hilary <b>10.05</b> Pilates  <b>2pm</b> Friendship Club <b>6pm</b> Mapua Youth Group	<b>30</b> <b>9am</b> SHARQUI A belly dance workout  <b>9am</b> Aerobics w Lynda <b>10am</b> Pilates w Lynda	



# Motoring with



## Regular Servicing -

### What price are you willing to pay?

An emerging trend among many vehicle owners is an increase in the intervals between regular vehicle servicing. This may be done as an attempt to save money, it is however false economy. Extending the servicing interval sets up a chain reaction which can result in vehicle unreliability, increased fuel consumption, compromised safety, and eventual engine failure.

We have recently had two instances where conscientious owners purchased, unbeknown to them, poorly serviced vehicles. Unfortunately for them this has resulted in the need for costly vehicle repairs.

Images to the right show what happens when vehicle servicing has been irregular or absent. 1. A sump oil pick up coated with a tacky, tar like residue. 2. A sump bottom plate where the sump oil pick up sits is coated in a thick oil that resembles treacle rather than oil. 3. The presence of huge carbon deposits on the cylinder head. 4. A pile of carbon that was scraped off the cylinder head. 5. A dried tar-like substance that has started to flake off the rocker cover.



These changes, due to irregular or absent servicing, have severely compromised the reliability, performance and fuel economy of these vehicles.

It is cheaper, over the life of a vehicle, to keep to a regular servicing schedule and attend to maintenance items as they arise.

We recommend you check the odometer reading when your last service was undertaken on your vehicle and compare this against the current odometer reading. If the difference between the two is greater than 10,000km, we strongly advise you to have a full service undertaken.

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Edited by Andrew Earlam and Mary Garner. Views expressed are not necessarily those of the editors. We aim to have the newsletter out by the 1<sup>st</sup> of the month. The deadline for emailed items to news@coastalnews.online is the 20<sup>th</sup> of the month. Noticeboard items are a gold coin donation in the collection boxes. Club notices are free. Printed by the Tasman District Council.

We are definitely looking for a **volunteer** to use  
Publisher in the production of the **Coastal News**.





# MAPUA & DISTRICTS BUSINESS ASSOCIATION

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

Kia Ora Business members!

With all our new committee members we are well underway with some significant changes for you our members!

We have totally re-vamped our old map and changed the format. This will be widely distributed throughout the region, including:

- 20,000 copies to be printed and distributed to main tourist centres.
- Laminated map outside of the Mapua, Upper Moutere and Tasman stores with a take-away map option.

Mail-drop to letterboxes within the Mapua and districts areas.

We want to publish the new map by late November, so **be quick to reserve your space** and get your information back to us by replying to this email by 25<sup>th</sup> OCTOBER. There are only 70 spots available on the map, so first in, first served.

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**DIRECTORY 2019**  
www.mapua.co.nz



Mapua | Ruby Coast | Moutere Hills

We're excited to announce the new 2020 MDBA Business Directory which we'll be rolling out early next year. Watch this space!

We also have two new MDBA listing Boards that will be erected at the local 4-Square in Mapua and in the Upper Moutere Community... this will be FREE for all MDBA members to have their details put onto.

You will be able see all of the results above at the MDBA Pre-Holiday bash!

This will be held at the Rimu Bar on Mapua Wharf,  
Thursday 28<sup>th</sup> November at 6pm  
pop it in your diaries now! More on that to come later.



[www.mapua.co.nz](http://www.mapua.co.nz)

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# Noticeboard

**Future of Food and Energy** - Dr Mike Joy, environmental scientist and advocate. Thursday 7 November, 7:30pm, Māpua Community Hall. \$10 door sales, supper; students (ID) free. Motueka Greens, Heather 03-5224458.

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

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

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

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

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

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

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

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

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

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

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

**Māpua Fellowship Group:** Monthly lunch meeting. Anyone who would like to join please contact Janice Higgs 03 528 8883

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

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

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

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

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

**Toy Library:** extensive selection of toys, puzzles & videos for children 0-5yrs. Māpua Hall every 1st & 3rd Tuesday, 10-11.30am & 6.30-7.30pm. Info: Anja, 544-8733.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

**Tasman Area Community Association (TACA)** 7.30pm last Thursdays (except Dec) at Tasman School. Residents of Ruby Bluffs to Tasman & Kina are welcome. Info: www.tasmancommunity.org.nz

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

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