

November 2012

November 2012

Coastal News

www.mapua.gen.nz

email: coastalnews@mapua.gen.nz

covering Mapua & Ruby Bay,
run by volunteers


Getting Ready for the Start of the Hall Rebuild

Last month's story by Mary Garner in the *Coastal News* reminded us all of the colourful past of this valued community facility. The present focus is on ensuring it will continue to be as significant a part of our community life.

Funding projects

As you can see, the "Fundometer" is still creeping up, getting nearer to that first \$100,000! A reminder again, that the "apple theme" is the basis of our scheme to encourage individuals, families, groups and businesses to donate and have these visually recognized (not necessarily named unless you wish).

The proposed Apple Freize is now awaiting final approval before it is up on the wall so we can all watch the seasonal growth, so make your choices.



A leaf	\$100
A green apple	\$500
A red apple	\$1,000
A silver apple	\$2,000
A gold apple	\$3,000
A branch	\$5,000+

The Packhouse Long Lunch

This was a great success with around 90 people hosted by Sir Greg and Roger Griffith as maitre d', enjoying a beautiful three-course meal professionally prepared by Mike Carr and his team on a beautiful sunny Mapua spring day. The vibes and good will were palpable (according to those there). People especially noted their pleasure and appreciation of the young people of the district who were musicians, waiters and dishwashers. Margaret Cotter noted that "our hall is in great hands with the next generation".

Our thanks and appreciation also go to: the Tennis Club for allowing us the use of their courts; Toy Library members for their support as kitchen hands and as ever the hard working members of the fund-raising team who provided that essential "back-of-house" support.

Hall users and supporters

In line with our commitment for hall users to be kept fully informed of building timelines, the committee will hold a meeting for the Hall Users' Group in the hall on Friday 16 November at 7pm. All current hall users should have

received notification of this meeting by now. If not, please contact Elena Meredith on phone 540-3338 or elena.meredith@xtra.co.nz

We want to acknowledge the support from the Tavern and The Shed who have been donating half the proceeds from their Tuesday house evenings to the hall upgrade. Thank you all.

Thanks also to Club Mapua whose Martin Barlow notes that proceeds raised from this year's MEGA pumpkin-growing competition "will go to the redevelopment of the Mapua Community Hall, a very worthwhile community initiative; so start growing your pumpkin now and register at the Mapua Tavern for only \$5 from 18th October through until weigh-in day on Saturday 13th April 2013."

For further information contact Martyn Barlow on 021 31 41 61

Raffle result: The Labour Weekend raffle of the garden wheelbarrow and goods, sponsored by Bunnings, was won by Liz Hewitt. Thanks to all who supported this fund-raiser.

Information

The committee has bought the domain name mapuahall.org.nz and the elements of the website are now accessible. The intention is for there to be an integrated system of booking information and room availability as well as an ongoing pictorial record of the rebuild for future archives. This is still a work in progress. Many thanks to Jane Smith of Chocolate Dog for her freely-given time and expertise to date.

Planned fund-raising events:

November 23rd 7.30pm: "Launching the Rebuild," Mapua Variety Concert, Mapua Hall—A Capella Choir Recital and supper, featuring Mapua group, Stellar a Cappella, and friends. Plus a contemporary music trio, a jazz group and a classical pianist. Tickets \$10 at the door, or at Juggles and Mapua Trading Co. Please support these local events

Any offers of support and/or ideas for other possibilities, please contact Margaret Cotter at rncotter@tasman.net

Elena Meredith, Information and Liaison Sub-Committee

Under The Bonnet with Fred

Mercedes Benz 230 SLK Kompressor

We have all rewarded ourselves for our work or business skills and Neil has always spoken about buying a Jaguar XJS. Neil told us about driving on the autobahn in Germany as a young man in an Audi A8 where the speed of the car set the speed-limiter alert off with whole dash flashing red. So the keenness for speed and fast cars is not new and the only solution was, buy another one. Should he buy a six-litre V12 XJS Jaguar (12mpg or 23.4 litres/100km) with likely engine troubles, or should it be something reliable as say, a Mercedes Benz 230 SLK which at a flick of a button changes from a coupe to a convertible? The only thing you have to do is stop while the Vario retractable hard top roof slowly but silently descends into the boot.

The car is a one-owner import from Singapore and Neil its first New Zealand owner. It may have been manufactured in South Africa, being closest to Singapore. I have always been interested in what all the numbers are on a Mercedes cars mean. So Neil's car is a 230, meaning a 2300cc engine, SLK stands for Sporty Light Short, the word Kompressor on the front guards means compact. The car is a Mercedes Benz 230 SLK Compact, on a R170 chassis. Interestingly while doing my research I found that the Chrysler Crossfire is on the same chassis and was manufactured in German so it was most likely really a Mercedes Benz.

The body is short—only 3.99m, one metre longer than a scaffold plank, but the power of the 147kw turbo-charged engine driving a body of 1337kg is a recipe for acceleration of 0 to 60mph in 6.7seconds. This acceleration matches American muscle cars but with half the engine capacity, half the weight, and could I say, twice the fuel economy. The body shape starts low at the front and rises to a higher boot height. All body panels' changes of direction are rounded with soft curves. It does look as though some of the earlier Mercedes Benz cars are pumped up to round the corners but as with all car manufactures they change something good slowly. The colour is a deep fluoro-silver with black leather upholstery with contrasting black and silver trim. The interior is compact but good leg room and elbow space. The gauges are clustered around the steering column with the heater radio controls close to the driver, well organised as you would expect from a German maker. Under the bonnet there is not much space but the engine was there amongst all its components. A sharp-looking motor.

The embarrassing moment with the car: This is a wake-up call for all of us with modern cars. Ten days after Neil got the Mercedes it wouldn't start. The hand-brake, bonnet and top switch were all locked. The car had to be winched on to a low-loader with the hand-brake still on, and taken to the dealer. The problem



was the sensor chip in the key had fallen out and was trapped in the ignition key barrel. A whole new key barrel and new keys had to be sent from Mercedes Benz in Germany with the car's computer having to be reprogrammed for the new key. They did include three spare keys.

We left Ruby Bay, not in a blaze of noise but a quite roar from the normally silent exhaust. Into the first right corner we remained glued to the seal then the cambered left with same again. Those Germans who designed the Kompressor must have known it would be road-tested at Ruby Bay. Quickly but silently up the Bluff hill and we whipped around the hard left at the top. As we motored along Neil was telling me the car has a speed-limiter which is set by the driver. Set it at 100kmh and it won't go any faster.

Turning left onto the by-pass highway towards Mapua with the speed limiter off, the Kompressor accelerated up the long slow rise with ease. What was notable was all this power for the hill climb only required 3600 revs. Apart from road noise from the tyres on the hard chip and a quiet roar from the exhaust the car was silent.

A recipe for a sports car used to be long and big like a XJS but this modern car proves short and light is better. Neil's 230 SLK Kompressor has all the tricks, speed, economy and looks great. Why would you want a dinosaur from the past? Plus watching the hard top slowly retract and fold into the boot is mesmerising.

Fred Cassin

Out and About with Hugh

Last month it was a cocktail party and then on to the cocktails, and where did all that start anyway? This month it's lunch and on to long lunches. What's the origin of these words? It's off to Google, Wikipedia and the Oxford or Webster's. On line of course—the modern by-word of today's knowledge and information-seekers. The dust is gathering on encyclopaedia's everywhere. Or is it? Take a look (on Google) HA! And you find Encyclopaedia Britannica or World Book websites and the full monty is still available, plus online. What's missing? The salesperson at the door offering that special deal if you order the full set.

Back to “lunch,” a noun, and you can go back to the 1570s where the word appears as a northern English dialect word meaning “a thick piece, a hunk.” As late as 1817 Webster's still defined “lunch” as “a large piece of food.” “Luncheon” got into the act early as well, being defined in 1706 as “a light repast between meals.”

Long lunches on the other hand have been around just as long and are today much in the news and not always as time-wasting indulgencies as you might expect. They are now being looked at (seriously) by efficiency and productivity specialists within the business community who feel that “lunch is under threat from “workaholism.” Employers are slowly waking up to the fact that a compulsory substantial lunch break forces workers to slow down and gain some perspective and is being referred to as “strategic downtime.” Recent studies reveal that short lunch breaks, often with fast food, result in overall lower efficiency. Resulting secondary problems of fast food and lunch on the run are the pernicious effects on how we think.

The “long lunch” has been around for a long time. Historical references in Italian literature refer to the practice as the “opportunity to joyfully convene with friends and family over good food and drink.” Keep in mind that the mid-day meal in Italy, what we call lunch, was the main meal of the day and normally extended for three hours. Google long lunch and you will be chasing rainbows for hours. Let's go back to Mapua and our own “Long Lunch,” the fund-raiser for our Mapua Community Hall.

The Long Lunch: Plan for a sunny, warm day, and then pray for it. The plans and the prayers were answered. It was a cracker day! The venue was perfect. The long table, dressed with white table cloths and a real silver service, stretching across the tennis courts. A jolly crowd assembled and seated. A few welcoming remarks from Mary Garner. Hand-made

guitar and violin background music and suddenly the volunteer army of food bearers erupted from the door of the hall each bearing a dish, a platter, a bowl, sometimes two, marching up the footpath through the tennis court gate and then fanning out to distribute their burdens to the waiting guests. The menu: starters, salad, new potatoes, chicken and fish parcels and a stunning dessert. This day will be recalled as a classic event.

Casual passers-by might well ask “what is that all about?” Easy for me to carry on about the details but the real bottom line of what it's all about is “volunteers and community spirit and community ownership.” It's about the growing number of dedicated people in our community, both young and old who are donating their time and effort towards the rebuilding of our Mapua Community Hall. In my humble way say thank you. Get on board!

Away from Home. We went away to visit some of our family in Sydney and Melbourne last month. One of them lives under one of the landing flight paths of Sydney Airport. The jet liners started landing about 5.30am and didn't let up until after 11pm.

If I wasn't before, I am now aware there are a lot of people travelling from somewhere to Sydney every day. Are there that many going somewhere from Sydney every day as well? There are lots of people, lots of cars and lots of stuff. Does it seem prosperous? I couldn't say. The financial pundits who write in the Aussie papers are warning of an economic slowdown. Maybe so. I only know it took \$NZ1.24 to buy \$A1. Despite that little inconvenience we had a wonderful visit with our family. They are well and making their way OK. That's the reality of it and at the bottom line that's really what it's all about.

Other things. I've not mentioned any “other things” going on in Mapua, but I've used up my allotted space. Remember my remarks about the editor and his red pencil? Other things such as the management issues at the Mapua wharf, rates (ah yes, rates), cycles and Dominion Flats will have to wait until next month's issue of *Coastal News*.

Wait, there's more! Philosopher Raymond Tallis tells us “That sleep is rather extraordinary...The fact we accept without surprise the need for a prolonged blackout (sleep) as part of our daily life highlights our tendency to take for granted anything about our condition that is universal.” That makes me wonder what other things we take for granted as being “universal?” Why, waking up of course. “Good morning, it's another day.”

Hugh Gordon

Tasman School



Spring at last, the blossom trees around the school are in full bloom, and the new grass has sprung. Each class is in their garden plot digging, getting some fast-growing veges in like radishes, and entering the giant pumpkin competition could be an option as well. (That will take longer than the radishes!)

Last term was a wet but a busy one, with speech competitions, 'Rock da House' performance, 'Rockquest' concert, with Tasman School entering the biggest band and taking away the 'Best Original Song' and 'Best Drummer' awards. Our students are very receptive to anything and everything musical.

Our school topic last term was 'Our Hero's...or 'Can-Do Olympians' as teachers take on different aspects of these aspirations. "You can do just about anything you put your mind to do" was the underlying message. We studied famous New Zealanders, Olympians, superhero's and the qualities needed to reach their potential and our potential.

Now in Term 4 we see new safety fencing around the car park and new pathways connecting classrooms. Our parents have also been busy upgrading our sand pit with new sand, new cover, and spade and toolbox, and it's proved a popular activity, with kids digging in every direction. Often there is more sand out the pit than in. The students have also been involved in painting a mural, which beams brightly across the tennis court.

In the first week of term 4 we practiced for the Nelson Arts Festival Mask Parade, an event that involves the whole school community and a lot of coordination. Our entry was the 'The Piped Piper of Hamlin where the students created their own rat/child masks. We were lucky to have the Tasman District Mayor, Richard Kempthorne, join us, parading as the Mayor of Hamlin. He really joined in the fun.

One of the main topics of this term is 'Community', where we will see year 4-5 students touring kindergartens, rest homes and hospitals, performing music and puppet shows, giving/contributing back to the community.

But the BIG NEWS is that our school has its centenary in March next year. From packing shed to the community school it is now. It mirrors our school motto,

'From small seedlings spring mighty trees'. The centenary will include an evening celebratory meal and dance welcoming past pupils and present community, tree-planting, a whole school play, and coincides with "Muddy Buddies", our annual romp through the mud fund-raiser, so it will be a busy time. Those interested in attending any part of this please contact the school website.

Fred Robertson.

Coffee Awards

The annual New Zealand awards for 2012 were recently held in Auckland with 65 roasters from around the country entering 270 blends in a number of categories. See www.coffeefestival.co.nz for more information.

Lance from local coffee roastery The Grind entered his "Tasman" blend and for the second year running and gained a silver award, which is a fantastic achievement for a small-time roaster in rural Tasman! The coffee is regularly roasted by Lance on site at the Tasman Store and customers can be guaranteed the freshest coffee in the locality. The coffee beans are best left for 24 hours after roasting before being used for maximum flavour.

Coffee beans, espresso and plunger-ground coffee can be bought directly from the Tasman Store, the Mapua2012 New Zealand Coffee Awards

Applications for Grants

Voluntary organisations are invited to apply to the Mapua/Ruby Bay and District Community Trust for a grant. Applications will be considered this month and should be in by 10 November. Application forms can be obtained from the secretary (ph 540-3203) or the treasurer (ph 540-2845) and returned to PO Box 19, Mapua 7048.

Grants will usually be less than \$300 but this may be varied at the discretion of the trustees.

Animal Health File

Dr. Paula Short, Tasman Bay Vets, 69 Aranui Road, Mapua, ph 540-2329

Diabetes in Pets an Increasing Problem

November is Pet Diabetes month in veterinary clinics throughout the country, where we are aiming to educate our clients on diabetes. Just as the incidence of diabetes is rising in people, diabetes in cats and dogs is now becoming a common problem. With pets now living longer and as our pet population becomes more sedentary and overweight (just like us) the incidence of diabetes is on the rise.

The main clinical signs of diabetes mellitus are excessive eating, excessive drinking, excessive urination and weight loss. So any of these signs in your pet should raise a suspicion of diabetes and a trip to the vet is warranted.

The diagnosis of diabetes is generally fairly simple with blood tests showing an elevation of blood glucose above a certain level combined with the detection of glucose in the pet's urine. A test called a fructosamine test is also usually done to provide a baseline for further monitoring. Another common symptom of diabetes mellitus is urinary tract infection. All the sugar in the urine makes the bladder an excellent incubator for bacteria. Urine tests will usually pick up an infection and a course of antibiotics is necessary to clear it up.

Once a diagnosis of diabetes is made treatment with insulin injections can begin. This is where dogs and cats differ a little. Virtually all dogs have insulin dependent diabetes (where the pancreas produces no insulin at all) and must be treated with insulin injections. Most cats have non-insulin dependent diabetes. This means that the pancreas produces some insulin but not enough. This might suggest that most

cats can get away without insulin injections but that is not the case at all. Instead, for cats, there is potential for the diabetes to actually resolve if the pancreas improves its insulin-secreting ability. Insulin injections are needed to treat most diabetic cats but for some cats, the situation is mild enough for a change of diet to a special high protein "diabetic diet" to cause remission of the diabetes.

Early diagnosis and treatment is important for both dogs and cats. In cats the earlier we can detect the diabetes and begin treatment the better the chances of the diabetes going into remission. Dogs are very prone to getting diabetic cataracts and so the earlier we can treat them the lower the chances of vision impairment. The other reason that early detection is important is that undiagnosed diabetes can lead to a problem called diabetic ketoacidosis. This is a life-threatening situation where the body's metabolic processes are severely altered and needs to be treated rapidly.

During Pet Diabetes month we have free urine tests available to our older pets. So if you have a pet over seven years of age and you seeing any of the clinical symptoms mentioned above pop down to the clinic and we will arrange a free urine test for your pet.

BOOK REVIEW

Toby's Room by Pat Barker, reviewed by Adrienne Taylor. This book is available in the Mapua Community Library

Most readers will know Pat Barker because of her *Regeneration* trilogy that closed with the Booker-winning *The Ghost Road*. Her next book was *Life Class* that followed the lives of three students at the Slade art school: Elinor Brooke, Kit Neville and Paul Tarrant, (characters loosely based on artists Dora Carrington and Christopher Nevinson). While *Toby's Room* is a sequel to *Life Class* it can be read alone. All of these books are set during or after World War 1 with a major theme being the ways in which different people cope with devastating events, not just those fighting at the front but also those at home.

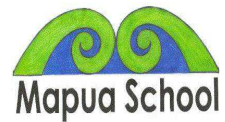
Toby Brooke is Elinor's older brother and they are very close (perhaps too close...) When Toby is posted to the front as a medical officer, Elinor continues her studies at the Slade under Professor Henry Tonks, a skilled anatomist and artist. Elinor remains detached from the war, avoiding involvement despite the fact that her friends Tarrant and Neville volunteer for service. Then there is an unexpected development in the plot based on the real life work of Sir Harold Gillies, a pioneer in plastic surgery. Henry Tonks enlists Elinor to help with sketching the hideously injured young men as an aid for Gillies' reconstruction of their faces. (I found this theme of the book particularly interesting as Harold Gillies, and Archie McIndoe, had done many years of reconstructive surgery on my one-time father-in-law Lewis Taylor who had been terribly burned in a flying accident in the early 1930s. I have seen sketches, such as those done by Elinor, of Lewis during various stages of facial reconstruction.)

After Toby is reported as missing, believed killed, Elinor refuses to accept that Toby is dead and is driven to find out the exact circumstances of his death. She turns to Neville who was in the trench with Toby when he died but Neville is unwilling to relive the traumatic events that led to him being injured and Toby being killed. She then turns to Tarrant to find out the truth. The descriptions of the brutality of war are heart-wrenching: I found the vision of young soldiers shooting themselves rather than fighting on, particularly distressing. Another little-known aspect of the war was the ostracism of Europeans living in England. Elinor's German friend Catherine is shunned, banned from her family home and her father interned as an enemy alien.

Pat Barker creates complex characters that are flawed; all of them are a mix of good and bad and definitely don't conform to society's expectations. Elinor is selfish and low on empathy for the wounded soldiers, Neville is brash and Tarrant a ditherer, but they are all believable characters. This is not a large book but it deals with monumental themes. One review said: "*Toby's Room* is an eloquent literary narrative of hardship and resilience, love and betrayal, and anguish and redemption." If you are already a fan of Pat Barker, you won't be disappointed. If you haven't yet found Pat Barker, you have a treat awaiting you.

Editor's note: Both Sir Harold Gillies and Sir Archibald McIndoe, referred to by our reviewer, were born in Dunedin and were cousins. Gillies was born in 1882 and McIndoe in 1900

Mapua School



Mapua School has been well represented in local, regional and representative competitions. During the last several weeks students have had opportunities to participate in many events which showcase their performance, sporting and knowledge skills. They have also been busy raising funds and volunteering for many worthwhile organisations.

Jamie Morgan won the Moutere Speech competition with his talk on Pushing the Boundaries – Making a Difference. His thoughtful comments regarding apartheid, voting, human and gay rights was inspirational and challenging. Those in the audience would have been left to consider how they can make a difference through their thoughts and actions, to push the boundaries and make the world a better place.

Isabelle Neal, Jake Williams and Mac Karalus were selected to represent the Tasman region in the Wellington Intermediate Cross Country competition and did exceptionally well. To be selected, they had to prove themselves in local and regional competitions held at Rabbit Island.

The School's Kapa Haka performance at the Nelson Arts Festival was powerful. Kurtis Mytton lead the

school's whanau with pride and dignity. Both ukulele groups entertained the audience and the addition of the harmonicas and kazoos added some fun and humour. You would have thought that all of Mapua was in attendance for these performances at Red Square.

Our students also involve themselves in activities which support others. If you attended the Mapua Hall's Long Lunch or the PTA's Garden Evening, you would have been served by our senior students.

Their efforts to raise funds for organisations such as the SPCA, Cancer Society, Variety Club, KidsCan and other local groups has been outstanding. It is wonderful to see that they appreciate the value of volunteering and of doing for others. Thus far they have raised nearly \$1000. A fantastic effort!

It's wonderful to witness the children from our school trying to be All they Can.

We're proud of our children, Lisa Dunn, Trustee

Coastal Garden Group

The Coastal Garden Group October meeting was once again well attended. The speaker for the day was Mike Gaffa from Nelmac. He started by telling us that Nelmac supply hanging baskets to Nelson, Motueka, and Blenheim. He also talked about the ongoing care of hanging baskets and that a new sphagnum moss liner is required each year.

Nelmac grow their seeds in peat pots or egg cartons before planting out into the baskets. A good quality potting mix with 20% coconut fibre for water retention is used within the baskets. These are watered before dawn and after dark for five to eight minutes. Suitable plants mentioned included petunias, lobelias and fibrous begonias.

He then went on to demonstrate the easiest way for us to assemble our own baskets. Coastal Garden Group members always appreciate learning his special trade tips.

This was followed by afternoon tea and then a mammoth auction of donated plants from the members.

The speaker for the November meeting will be Michael Wraight with part 2 of his story of the life of bees. He will be talking about what determines the different flavours in honey and the uses of pollen analysis. The meeting will be held on Thursday 1 November at the Mapua Hall. 1.30pm start. New members welcome.

MAPUA LIBRARY

Have you recently moved to Mapua? Or have you lived here for a while but not discovered our library?

Recently a man came in looking to use the internet. No, he could not, but he stayed to browse. He was impressed by the library, the selection of up to date books, and it WAS ALL FREE.

There is no joining fee, no charge for new books and we do not charge for overdue books. (But we might show you the pig!) The library is a bright, warm haven in the winter, and airy in the summer, staffed by friendly volunteers. We are in the village, next to the Health Centre, on the corner of Aranui and Toru streets.

As you can see by the logo we are a community library which began 65 years ago. It has had many homes but, due to the generosity of both the RSA and the Tasman District Council and hard work of the then committee this purpose-built building has been the home of the Mapua Community Library for the last 10 years .

Our opening hours are set out below. Look for the "Library Open" sign on the corner, and come in and check us out for yourself.

Now, a clarification for our borrowers re our policy for renewal of books: If your book is still within the date due, you can renew it by telephone or at the desk. If your book is overdue it can be renewed only at the library desk. So it is helpful to keep an eye on the date slip. Some, mostly new, books can have a "hold" and must go to the next borrower. This shows only when the title is on the screen.

I hope this has cleared this subject. Happy reading in the sun

Eileen Dobbie

Singapore for Local Artist

Ruby Bay artist Lisa Chandler has been selected for an artist residency in Singapore next year. She has been invited to live and work at INSTINC Space, in central Singapore during May and June. INSTINC Space is an artist-run initiative. Selected artists are encouraged to go without any preconceived ideas and to respond to the environment during their stay. At any one time there are two international artists in residence. Facilities include an onsite painting and print-making studio as well as a large painting studio in a warehouse 45 minutes out of town.

Lisa will use this time to explore the Singapore on foot, immersing herself in non-places such as streets and bus and railway stations, observing the crowd and how they move and flow through these areas. Back in the INSTINC studio she will develop a number of artworks for a public exhibition which will be shown at the INSTINC Gallery. This is a prestigious and encouraging development for Lisa's career and will enable her to focus on extending her painting. Lisa comments:

“International artist residencies offer a professional development opportunity - a chance to get away and really focus on creative growth. I can't wait to become

part of the Singapore arts scene and to learn from the new people I will meet over there.”

The Asia New Zealand Foundation has provided a grant in support of this residency for Lisa.

“I'm grateful for the support of both the Asia New Zealand Foundation and INSTINC Space towards my expenses and for the use of the INSTINC Space studios. Being chosen for this residency is both an honour and a responsibility. I intend to make the most of this and to share my experience with other artists and the public on my return.”.

For more information on Lisa's art practice go to: www.lisachandler.co.nz

MAPUA COMBINED PROBUS

The guest speaker at the October meeting of Mapua Probus was local dentist Keith Beasley of "Dental One". His subject was "Feel the Fear".

Keith spoke about his early days. He was born in Middlesborough, UK, in 1963. The city has some significance to New Zealand as it was the birthplace of Captain James Cook. Keith's first job was in the ship-building industry. His early interest was in medical subjects and he studied dentistry at Newcastle University for five years. Keith and most medical students were given a financial grant by the Government. Today that cost could be up to \$75,000 for a student loan.

Keith's first dental position was on the island of Antigua in the Caribbean. It was a challenging experience dealing with islanders with poor health. From there he was able to get dental work in Rotorua. With his progress in the dental profession he had a year's dental work in Sydney before returning to the UK. There he met his wife. When they had two children, the family came to New Zealand, where he set up his dental practice in Mapua. Keith went on to talk about personal fears, including his fear at the beginning of giving his talk. He pointed out that most people had personal fears in different situations. He often had to reassure some of his patients before proceeding with dental treatment he described interesting situations in dealing with nervous clients.

On the controversial subject of the fluoridation of drinking water, Keith considered it did reduce the need for dental work. He noted there was a strong lobby group against the use of fluoridation.

Keith talked about orthodontry, specialist work on the straightening or realigning of teeth. He felt

there was an increasing demand for this service, with more children having to have a brace fitted, and younger women seeking to improve their looks. The distorted growth of teeth was often a genetic problem

The mini-speaker's talk was given by club chairman John Sharman. John, and wife Joy recently had a week's tour of Norfolk Island. The island's population is 2300 living on an area of some 35 square kilometres. Its early history goes back to Captain Cook who landed his ship Endeavour on the empty island. In 1825 the island was used as a penal colony for prisoners from Britain. The island's history, shown in several museums, is one of the main tourist attractions to the island

Norfolk Island is governed by the New South Wales Parliament. There is no railway system and no ports. The delivery of produce and goods is done through a local barge service from cargo ships anchored off two points of the coast line. It was strange to see beef cattle and poultry roaming freely around the country areas. The maximum speed limit on the island is 50kmh, which they found pleasant, driving on good quality sealed roads.

John noted that the islanders are very proud of their heritage with a number of family surnames that relate back to some of the early settlers. The main cemetery close to the shoreline has gravestones relating to some of the early immigrants. Many of the historical stone buildings are still standing and built in the early 19th century by slave labour. John was impressed at the size and age of the Norfolk pine trees that have grown very tall and are between 200 and 300 years old. Most of the island's coastline consists of steep, rocky cliffs with just a few sandy beaches close to the main town of Kingston.

David Higgs

Edited by Andrew Earlam (advertising) 540-2845, Terry Smith (editorial) 540-3203, and compiled by Barbara Mercer, 540-3022. Views expressed are not necessarily those of the editors. We aim to have the newsletter out by the 1st of the month. Deadline for paper copy at the Mapua Store and e-mailed items (preferred) to coastalnews@mapua.gen.nz is the 20th of the month. Small ads are by gold coin donation in the collection boxes, club notices free. Printed by the Tasman District Council.



Thanks to all who...

Many thanks for the warm "homecoming." It's great to be back from an interesting trip, but I couldn't have relaxed while away without the watchful eye of this caring community.

May I express my appreciation to all those friends and neighbours who looked after my property and livestock; a special thanks to caretaker and in-house travel consultant Jo Ledson, of Harvey World Travel.

Since my return I have been frequently asked if I am organising Summerfest? My short answer is "No", however, I would be thankful if someone would emerge to carry on the event. Such events reflect the vibrancy and health of a community, and make it a desirable place to live.

Of current relevance, I also extend my thanks to those civic-minded persons who annually co-ordinate the "Spring Fling," an event that does successfully strengthen our community and all who can should attend. If you unfortunately missed taking your neighbours to this year's event on the 25th of October, diary it for next year!

W K Darling, Ruby Bay

Support Appreciated

I am writing to express the gratitude of Arthritis New Zealand to the many volunteers, members, businesses and donors who contributed to the success of our recent annual appeal. Your donations will help us support the 530,000 New Zealanders who are living with arthritis.

While Arthritis New Zealand is a national organisation, we continue to provide seminars and clinics in local communities throughout New Zealand. Advice is also available during business hours via our toll-free line: 0800 663 463.

Donations are still being counted, so at the time of writing, the total is not available. While our street collection has finished, you can still support our work with a \$20 donation by phoning 0900 333 20. Or you can donate through our website: www.arthritis.org.nz

Thank you again for your support.

Yours faithfully, Sandra Kirby, Chief Executive

Police Report

Hi all. Good to see longer and warmer days. This will mean more people out at night, parties and not long until the seasonal influx of visitors to the district. Things are going pretty well in the village at present. I have heard of youths coming from Richmond in cars and going to the skate park and bringing alcohol and drugs. We don't need this sort of behaviour being brought to our doorstep and if anyone walks past and sees either on display there please call us ASAP.

I am sending out a letter and some crime prevention updates to all the neighbourhood support groups.

There are some changes afoot in the police district and I thought my position as the rural community constable for our area was going to disappear, but thankfully that idea isn't going to be actioned, for now at least!

Grant Heney, Rural Community Constable, Motueka. 03-5281226 (direct)

Mapua Occurrences:

Sep 9: 17-year-old male arrested for breaching bail conditions.

Domestic incident Upper Moutere area

Sep 23: Assist two kayakers in boater in Ruby Bay

Sep 27: Female driver's license suspended due to demerit points

Oct 1: Attend a neighbourhood dispute

Oct 8: Assist a mentally unwell person

PANZ

In October we did an exercise called "The Big Picture" organised by a member of our group. A print of a painting was cut up into squares and each person was given one to replicate as exactly as possible. Once we had pieced all the bits together we were amazed to see we had recreated a Renoir. It was lots of fun and a great learning tool.

Impressions held an evening to promote Unison pastels. Tony Allain, Master Pastellist, demonstrated the versatility and vibrancy of these pastels in two paintings, which were later auctioned. Judy March, a Unison enthusiast, had a variety of her work displayed in the front window of the shop. Another member, Marian Painter, won The People's Choice for her painting of a tortoise-shell kitten. She received a much coveted box of Unison pastels

For further information regarding the PANZ art group contact Glenys Forbes on 540-3388.

Jill Reid

Mahana School

Mahana School is a great place for kids to learn. We have great facilities, great teachers, and great families. We do very well in local sports and cultural activities and competitions and our kids get involved in everything going. In short we just love learning. That is all good and fine, but it is the small things that make a school special and it is worth taking the time to notice them. Here are just some of the things that happen in our school that I have taken note of recently.

Four Square – This game at Mahana is in full swing at present. If you were to take a stroll into the playground on any given playtime you would see a group consisting of anything from four to 24 children aged between five and 13 years all playing four square. To adults, myself included, this game is a bit of a mystery, but to kids it is more captivating than chocolate. There is some kind of unwritten code of ethics and rules that give the game shape with only the minimum of explanation. Everyone seems to understand what to do by some form of osmosis, and although disputes do happen, they are usually resolved with the entente that puts the adult political world to shame. I enter into these games from time to time, and am always amazed by the range and complexity of kids play.

The Trees – Kids need to take risks. In light of this it is worth mentioning that we have some outstanding tree climbers at Mahana. There are many of our students who spend virtually all of their free time up in trees. They tend to occupy the lower branches in small groups with some of the more adventurous types ascending to higher outposts. I'm not sure exactly what they do up there, although it seems to involve a great deal of chatting followed by a descent to earth to build grass structures at the base of the trees. Once these are completed, the kids then climb up once more and resume the chatting.

Interestingly and thankfully, the whole thing is very safe and has not resulted in any injuries at all. In fact all of our injurious activities seem to be at ground level. Kids need to take risks. They need to learn how to manage themselves at different angles and on different surfaces. We want them to learn now so they will have good self-management and decision-making skills as 16 year olds.

The Bus Monitor – The bus is an integral part of any rural school. We are lucky to have a bus that runs from Mapua to Mahana every morning and

afternoon. Vital to this operation is the Bus Monitor. Many readers will recollect the respect and awe that bus monitors were held in during their own childhoods. It was always a plum position. Bus Monitors do a great job in frequently trying situations. They are charged with the task of assembling the kids, calling out and checking off the bus roll, and then conducting them onto



Kids' book quiz

the bus. Once loaded the monitors are in charge of 'monitoring' bus behaviour and general conduct. They help younger students and are always effective problem solvers, once again displaying children's capacity for diplomacy. Being a Bus Monitor is a wonderful opportunity for leadership in a real and meaningful context.

Of course there are many more things that happen in our school than these. Our core business is and will always be literacy and numeracy, but it is things such as four square, tree-climbing, and being a bus monitor that give our school its culture and character. We offer something that is unique and very Kiwi, and we would love to share it with more of you so if you are passing by come in and take a look. Our playground is always open, and pool keys are available through the summer from the school office. Our classes have excellent teachers with an excellent teacher-student ratio, especially in the Junior School where you can guarantee a very high level of teacher input with your child. We are not far away, and we have a school bus. What more could you want?

Justin Neal, Principal, Mahana School

Mapua Health Centre

Just a quick reminder about healthy living, especially now that summer is pretty well here and it's time to consider shaking off some of those slothful habits of winter. This includes a diet with not too much meat and dairy fats but with plenty of plant foods, fruit and fish (diet sheets available at the Health Centre). Also, consider adding some regular aerobic exercise (e.g., brisk 40-minute walk, 4-5/week, gym programme or swimming, riding, etc) and loss of weight for those who need lose a few kilograms. You may also want to consider getting a green prescription which is a government-funded scheme where a programme can be specifically tailored for you. For more detailed information please contact the practice nurse on 540-2211.

This fits in with November being **5+ A Day Fruit and Vegetable Month!** You can even try winning an iPad by taking the 5+ A Day Challenge via Fredge's [Facebook page](#). The 5+ A Day Challenge is simple—add an extra serving of fresh fruit and vegetables to your day and feel the difference.

And hot off the research press—staying fit during middle age is associated with a decreased risk of developing chronic diseases, such as diabetes, Alzheimer's disease, and heart disease, during the next

several years. The researchers say that “a modest increase in fitness could translate into marked reduction of chronic conditions (*Arch Int Med.* August 27, 2012). Conversely, researchers report that negative lifestyle factors are associated with the common problem of gastroesophageal reflux disease (GERD) which about 25 to 40 percent of people get at some point in their lives, and 7 to 10 percent experience daily (with indigestion and heartburn).

The main bad habits they found were inadequate sleep, increased body weight, dinner just before bedtime, midnight snack, lack of breakfast, lack of physical exercise, eating too quickly and alcohol drinking (*BMC Med.* 2012;1:45). On the positive side, the latest study on dark chocolate/cocoa suggests that it helps brain function, blood pressure and insulin resistance (*Hypertension* Sep 2012), so you don't have to give up everything that tastes good.

Nelson Bays Primary Health (NBPH) is running the Disposal of Unwanted Medicines through Pharmacies (DUMP) campaign during November 2012. They are asking people to “clean their cupboards and review their remedies”, and to return any old, out-of-date, unwanted or unused medicines to any pharmacy in the Nelson Bays Region or the Health Centre, for safe disposal

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

1-30	Movember (prostate prevention)	http://nz.movember.com
1-7	Parkinson's Society Awareness & Appeal Week	www.parkinsons.org.nz
7-13	Leukaemia & Blood Foundation Awareness Week	www.leukaemia.org.nz
13-19	Sun Smart Week	www.sunsmart.org.nz/
14-20	Diabetes New Zealand Awareness & Appeal Week	www.diabetes.org.nz
29-5	Food Safe Week	www.foodsafe.org.nz
25	White Ribbon Day - Eliminate Violence Against Women	www.nzfamilies.org.nz



Mahana School - Olympic cross-country

(Len and Elizabeth VandenBerg of Ruby Bay have just had a trip to Vietnam and Cambodia. This is an account by Elizabeth in a letter home. We would be happy to print accounts of other people's travel experiences)

Vietnam Visit for the VandenBergs

We are having a fantastic time here in Vietnam and Cambodia! We were in Hanoi first, in the north of Vietnam. A city of more than six million people, very busy, lots of scooters, traffic chaotic, but we have seen no accidents.

Crossing the road is quite scary as no-one takes notice of pedestrian crossings and even traffic lights are ignored by many, so you just have to start crossing slowly and let the traffic (mostly motorbikes and scooters) go round you. We got used to it and are managing quite well now.

We walked around the old centre quite a bit—narrow streets, lots of shops, plenty of pressure on you to buy. The people are friendly, footpaths are overloaded with people cooking, small tables and chairs and scooters, so you have to walk mostly on the road. We visited the prison (Hanoi Hilton) and the Ho Chi Minh complex, where he lived and where his mausoleum is.

We went with our first tour up to Sapa, further north-west, by night train. Everyone had their own bunk, but not easy to sleep with all the noise, shaking and bouncing.

Sapa is an interesting area where the hill tribes live. Most women are dressed in traditional clothing, indigo blue, with embroidered bands. We did a three-hour track through some villages and rice paddies, saw them harvesting rice, water buffaloes and even attended a performance.

The next day we had a six-hour trek through paddies and muddy tracks, half of it in the rain, so it was very muddy and slippery. We were with a group of 10, but maybe six to eight local women came with us with baskets or a baby on their backs, trying to help us, holding our hand on difficult areas. At the end they wanted us to buy something from them of course. They were quite persistent.

We then had a home stay in one of the villages, which we really enjoyed. In our group were two married couples, so we had a double bed each, all draped in mosquito netting and curtains. The others were young people who slept on mattresses on the floor upstairs. The house was very dark inside, no glass windows and no furniture to speak of. There was a table and plastic chairs on a porch area where we sat. They did have electricity, even TV and DVD player and cell phones. (There is cell phone coverage here everywhere). We were looked after well with a lovely meal, cooked quite primitively. We also tasted some rice wine, which they had made themselves.

Back by night train to Hanoi again. After spending another day in Hanoi we joined another group, eight in the group this time. We travelled by mini bus to Halong Bay for about four hours, which was completely different of course, plenty of fancy hotels there. Went on a boat (junk), with just our group and toured through past the interesting rocks and islands, visited a cave, did some kayaking and swimming and spent the night on the boat, anchored in a small bay and were served very fancy decorated dishes.

All very enjoyable, so quiet compared with the city where there is always tooting from the scooters.

After going back to Hanoi we took the night train again, this time to Hue, where we stayed a few nights. This city was damaged quite a bit in the Vietnam War. Lots of history there, temples and palaces and plenty of elaborate tombstones, quite a few badly in need of restoration. Traffic not as bad as Hanoi and streets mostly wider and shops more fancy. We had an interesting ride on the back of a motorbike through little alleyways in the countryside.

A four-hour trip in a minibus brought us to Hoi An, very different again, lots more tourists too, but very interesting little streets with yellow houses. This is the place to go shopping and get clothes and shoes made. You also can get your eyes tested and get cheap spectacles!

We hired bikes and rode around the countryside and to the nearby beaches. The weather was pretty hot and sunny, but it had been more cloudy up till then. I did a cooking class and Len had some leather sandals made for \$US50.

Another train journey after this for 10 hours, this time in the day time, from Danang to Nha Trang. A boat tour and snorkelling was on the agenda, but had to be cancelled because a typhoon was expected and it rained all day. Some of us opted to go for a mud bath, so had lots of fun getting covered in mud and spending time in warm pools and showers afterwards.

The next day was bright and sunny, but the boat tour was still off because of big swells.

Our last overnight train trip was from Nha Trang to Ho Chi Minh City, or Saigon as the locals prefer it. Another big city, busy as can be. Had a busy few days here, arrived at 5am, after next to no sleep, then after breakfast went on a tour to the Cu Chi Tunnels. Very interesting, amazing how they managed to dig about 200km of tunnels underground to hide in during the war. They had a bit of tunnel for tourists to try, dug a

bit bigger for the bigger body frames, but we found it quite claustrophobic to crawl through.

We had a cycle tour in the afternoon, when we visited the War Remnants Museum, which was quite sobering. We also saw several other buildings like the Presidential Palace, 'Notre Dame' cathedral and the Post Office, which was a very interesting building..

The next day was another highlight—a day trip to the Mekong Delta, with a boat trip to one of the islands, visiting a coconut candy factory, sampling local fruit and a special lunch prepared for us, including 'elephant ear' fish.

Elizabeth and Len VandenBerg

Cambodian Interlude

There was a trip on a public bus the next day to take us into Cambodia. It took about seven hours, with plenty of getting off and on at the border and a ferry crossing.

We had nice accommodation in Phom Penh, a guest house, privately owned. No lifts though, so got quite fit climbing six flights of stairs to our room. It was close to the Royal Palace and National Museum, both magnificent buildings, also the riverside, with all the restaurants and promenade.

There is a different atmosphere here from Vietnam. The people have darker skin, more like the Indians, the written language looks like Arabic. There are a lot more cars here and some fancy ones too! Though this is a poor country, there are also quite a few rich people, especially in Phnom Penh. Good to see that there a number of projects on the way for street kids, landmine victims etc. Our travel group 'Intrepid' also runs a foundation here and in Vietnam to help a lot of these people.

The next day was informative but also depressing; we visited the Tuol Sleng Genocide Museum, where many (20.000) people were held and tortured. We met two of the survivors there which was quite emotional. They had both written a book about their experiences.

Then we visited the Choeung Ek Memorial, where the 'Killing Fields' were. About 9000 corpses have been exhumed there. Terrible how these people have suffered here because of the Pol Pot regime!

Did a Tuk Tuk tour to see some of the sights, go to the market, take photos of the Wat Pagoda etc.

On the road again the next day on to Siem Reap, this time by minibus, stopped at 'Spider town' where there are big 'tarantula' spiders you can have one or two sit on your tee-shirt for a photo; we were brave enough to do this, I even touched one to stop him crawling onto my skin. Fried spiders and other insects were available for eating. Managed to eat a spider leg, quite crunchy and tasty, (because of the spicy garlic coating). No-one of the group went as far as eating the body, not even the Cambodian guide.

We stopped at Tonle Sap Lake, where we did a boat tour through floating villages. During the rainy season the roads are flooded so people go by boat, the houses are built on stilts, many children often working away as well. School is not compulsory here.

Siem Reap of course means a visit to Angkor Wat and other temples. Amazing the massive constructions, intricate carvings, all done in the 11th to 13th centuries. Some are quite ruined, badly neglected, damaged by war or invaded by the surrounding forest.

Got up at 4.30 this morning to see the sunrise at Angkor Wat, not as spectacular as hoped because of the thick haze, but still nice.

And that is all the highlights of our tour done! On to Battambang tomorrow, followed by Bangkok the next day and then back to New Zealand.

We had lovely meals, a variety of Asian dishes with now and then some western food, when it was available and we felt like it.

Managed to cope with the heat, always good to get back to the hotel or back on the bus and the air-conditioner or fan to cool off though, or jump in the occasional swimming pool.

Elizabeth and Len VandenBerg

MAPUA Bowling Club

The Write Bias

Despite the weather threatening we managed to open on our planned Opening Day in September and were delighted to welcome several newcomers who came along to try their hand at lawn bowls. And they must have enjoyed themselves because they have signed on the dotted line to become new members. Yippee! This is excellent for the bowling and social future of the Mapua Bowling Club.

The season is now ticking along with good attendance at all roll-up days, Tuesdays, Thursdays and Saturdays, and we are looking forward to hosting our first tournament kindly sponsored by Lynda Mabin of Holistic Health & Training.

The club has two recently qualified coaches keen as mustard to assist newcomers and seasoned bowlers to improve their games. A six-week programme is in place to have some fun honing skills as a group.

The Green Team under the watchful eye of Les McAlwee is doing us proud. The green not only looks good but is playing extremely well. Rumour has it that the 'Green Boys' might be donning aprons in the near future to cook a lunch for the rest of the members. Then they truly will be a 'Dream Team'.

Noticeboard

Car Pool: I work in Nelson Mon–Thurs and would enjoy sharing transport from time to time. Happy with a casual arrangement. I can offer rides, be a passenger or take turn about. 540 3983 or 027 644 1650

Garden and Grounds care: Has the Spring growth got away on you? Local help available, call Keith 540-2540

Coastal Connections Social Group: venue for November 8th lunch-time gathering is “Jester House”, Aporo Rd, Tasman. Look forward to seeing you all - Julie.

Could the lady who purchased 3 Japanese Raisin Trees and 6 Corokias from Salisbury School Stall at the Coastal Garden Club Fundraiser, September at Mapua Hall please ring Carolyn Shirliff, 03 5268724, or 03 5448119, to discuss payment. She was driving an older blue van, has a young black and tan dog and said she worked in Riwaka.

Garden Trail Mapua/ Ruby Bay: Sat 24 Nov, 1-4 pm. Visit 5 beautiful and interesting gardens, finishing with Devonshire tea in a Kina garden overlooking the sea. Gold coin donations in each garden and Devonshire teas \$5pp. Fundraising for Heleen Boonstoppel, a local nurse volunteering next year at Kailakuri Health Care Project in Bangladesh, working with the poor. Map and info: Marijke Lups 03 5403498

For Lease: Warm sunny office, 4 Toru Street Mapua. Contact Amanda James 027 472 1960

Fair Exchange: We meet the second & fourth Wednesdays of the month. 9am at the Smokehouse to exchange homemade or homegrown items. Info: Debbi, 540-2942 or DLBamfield@gmail.com.

Ruby Coast Newcomers Coffee Group: meet new people, make new friends. 10am last Friday of month, Tasman Store. Info: Richard & Viv, 526 6707, rsclément@xtra.co.nz or just turn up. Everyone welcome.

Friendship Club meets third Thursdays 2pm, Supper room at the Hall. Indoor bowls, afternoon tea (please bring a plate). \$2 door charge, 20¢ raffle. We are a group of friendly people who enjoy a good laugh (some of us are not good bowlers). We welcome new members. Val Roche 540-3685

Writers Group, Mapua, meeting monthly, third Thursdays. 540 3058 for info

Ironing: Is your ironing piling up? Not enough time to do it? I can pick up and drop off or it may suit you better to drop off /pick up. Give me a call or text 0274612983

Coastal Garden Group meet first Thursdays, 1.15pm, Supper Room, Mapua Hall. Members, guests & visitors welcome.

Probus Club meets first Fridays, Mapua Hall 1.30pm. All retirees most welcome. Enquiries to Pres. John Sharman; 540 3642, Secr. Margaret Butchart 5402686

Need technical help? Can't connect your DVD player? Don't know how to download photos from your digital camera? Computer running slowly? Local help is at hand! Average job price only \$20! Basic web design also available - pages start from just \$35. Call Sam, 544 0737. – sambennett@live.jp

Mapua Hills Rose Society (est 1949) meets 1st Mondays (except J months) 7.45pm, Supper Room, Mapua Hall. Rose lovers, growers, visitors and guests very welcome. Enquiries: Letty Thawley, 540 2876, Margaret Sinclair 03 528 8477.

Kidz 'n' Koffee playgroup: 10am – noon, Wednesdays during school term at Old Church Hall, Aranui Rd. All parents and caregivers welcome, we cater for 0-6 yrs. Gold coin donation for a delicious morning tea. Come and make some new friends. Info: Debbie, 5432915

Sewing: Don't put it in the clothing bin yet! Sewing repairs & alterations. Phone Marijke Lups: 03 5403498, 5 Perry Way, Mapua

Mapua Art Group: Painting/Drawing Thursdays 9-12.30, Supper Room, Mapua Hall. Like-minded artists get together to paint and help each other in a fun, social environment. All levels & media welcome. \$4 session includes morning tea. Tables, chairs provided. Lisa Chandler, 540 3933

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

Children's Gymnastics: improves a child's strength, balance, coordination, spatial awareness & eye tracking using hand apparatus, songs, and gym equipment. Thurs @Mapua. Mons @UMO. Ring Sam, 5432512

Recycling: Printer & Photocopier cartridges can be left at Tasman Bay Vets, 69 Aranui Rd, 8am-noon & 3-6pm. Consider reducing landfill and support fundraising. Managed by MDBA with thanks to Tasman Bay Vets.

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

RSA Meetings: RSA room, Mapua Library, 2pm, second Mondays, refreshments served at the close.

Spinners, Knitters, Weavers – Wool Gatherers meet at Mapua Hall, second Tuesdays, 10am. All welcome.

PANZ (pastel artists of NZ) meet Tuesdays, Mapua Hall, 9am-noon. If interested in trying pastels as a painting medium, please join us. Glenys Forbes 540-3388.

YOGA with Robin - Classes weekly. All levels welcome. Call 540 2113 for class times & information. www.rubybayyoga.com

This document was created with Win2PDF available at <http://www.win2pdf.com>.
The unregistered version of Win2PDF is for evaluation or non-commercial use only.
This page will not be added after purchasing Win2PDF.