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To Our Community: Thank you



I would like to take this opportunity to acknowledge and sincerely thank you all for the incredible amount of support that we have received from so many of you over the past couple of weeks.

We have really appreciated everything from the friendly wave or cheer as we head through the village with lights and sirens blaring, the 'good job' or 'thank you' we receive as we've rolled back into the station or the incredibly generous donations and offers of food and beverages for us and our families.

I think it's fair to say that the siren has gone quite a few times lately, mostly due to the Pigeon Valley fire, where our crew has helped out for numerous hours over quite a number of days, often returning in the early hours of the morning while the rest of the village sleeps.

I would like to extend my gratitude to the families of our crew as I know that I have asked for a fair amount of their time lately. Without the commitment of them all we simply would not have got the trucks out the door.

During the first week of the Pigeon Valley fire we only had seven fire-fighters to call on to roll both of our trucks out the door.

This large-scale incident has highlighted the need for another 3 – 4 people to join our crew, so we are having a:

Station Open Night 7.30pm Thursday 28th March at the Fire Station, on Iwa St.

If you are interested or would like more information please come along and have a chat, or a go with some of the equipment that we use.

*Kind regards, Aaron Thawley
Senior Station Officer, Māpua Volunteer Fire Brigade*



MDCA — Community Association

A new organization has formed seeking to solve the growing issues of isolation and lack of transport in the Māpua and Districts area.

The Nelson Tasman Community Transport Trust (NTCTT) recently registered as a charitable trust. Its goal is to provide much needed transport inside Māpua and from Māpua and surrounds to Richmond/Nelson for people of all ages with transport needs.

MDCA Executive Committee member, Elena Meredith, who is also a NTCTT trustee, will be speaking at both the Tasman and Moutere Hills community association meetings about the transport issues affecting us all.

The group is actively recruiting volunteer drivers and is seeking a 10-12 seat van that someone might share during daytime hours. If you know of an available vehicle and/or want to volunteer drive, please contact info@ourmapua.org right away. Let's all pitch in and create this much needed community transportation!

Age Concern Nelson Tasman

Caroline Budge and Breffni O'Rourke of Age Concern Nelson Tasman (*pictured below left*) addressed the 11 February MDCA monthly meeting regarding their important work.

Age Concern is dedicated to improving the quality of life and wellbeing of older people across the Nelson region and strives to create a New Zealand in which everyone is valued, supported and empowered no matter how old they are.

They believe older people should always be respected and never abused. They provide valuable senior services including:

- **Visitations:** Providing visitors who make regular visits to socially isolated older people in their homes via Age Concern Accredited Visiting Service.

- **Elder Abuse and Neglect Prevention Service:** Providing confidential support, advocacy and information for people facing elder abuse and neglect. (Majority of elder abuse is financial.)

- **Educational Workshops:** Running workshops on Staying Safe Driving, Car Fit, Healthy Eating and Writing Life Stories.

- **Seminars:** Arranging talks from specialists in fields such as dementia, frauds and scams, and power of attorney.

- **Celebratory Events:** Recognising and celebrating older people on days such as International

Day of Older Persons.

•**Taxi Vouchers:** Providing assessment and provision of Total Mobility taxi vouchers that enable entitled people to half-price taxi fares.

•**Support Services, Information, Advice and Personal Advocacy:** Responding in person/phone to a range of queries from older people and their carers, e.g.. advising on services available and how to contact them. Providing confidential support and empowerment to older people.

The Charity raises about \$350,000 per year to operate, with funds coming from local and national government, PHOs, DHBs, corporate and individual donations and \$25 per year memberships.

The Nelson Tasman Age Concern is located in Richmond, has a staff of seven and over 100 volunteers who all work to encourage positive active ageing. Referrals are made by hospital social workers, police, in home support services (home helps), family members and self-referrals.

Age Concern visiting services in private homes and rest homes might include entertainment, interaction with pets, visiting school children and teens who help with electronic devices, and outings to local museums and cafes. It is important to make people feel as though they still belong and are important in a community.

The majority of volunteers are over sixty, police-checked and given training before starting. Many volunteers and their clients become firm friends through the process of visiting.

A new program started right here in Nelson Tasman is called "Age Connect": helping build friendships and community connections for over 65s.

It offers friendship and company via outings, shopping buddies, group gatherings, volunteering opportunities. The program has been so successful, other Age Concerns from all over New Zealand are taking note and now following suit.

Dominion Flats

The area is very dry as the team continues with weeding. A local contractor has completed the lower end of the new back track which now makes another interesting loop for users. There is no using mechanical devices currently due to fire hazards.

March Meeting Special Speakers

TDC Transportation Manager Jamie McPherson has been invited to the MDCA's March 11 meeting to address many of the community's roads and pathways concerns: completing the Māpua Drive footpath, safe Aranui Road pedestrian crossings, Māpua Drive-to-bypass walkway and possibly lowering speed limits on village streets.

In addition, Glenn Thorn, the TDC Reserves and Assets Projects Officer, has been invited to present his initial plans on the redesigned \$153,000 budget Māpua playground by the tennis courts.

Be sure to attend our next monthly meeting:

Monday, 11 March at 7 pm, Māpua Hall.

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

Tim Hawthorne



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Whenua Iti Outdoors – Experiential Learning

What's been happening

The summer months have been busy with several programmes running during the lovely, long holidays for young people of all ages. We are always so impressed by the willingness of our young people to give things a go. Before Christmas the rain fell and the wind blew and in January the sun beat down causing temperatures to soar. Each and every person gave just about every activity their best shot and hopefully learned a bit about themselves in the process. We are slowly building our range of programmes available out of school time and would be interested to hear what options you think may be missing. Get in touch if you have a suggestion!

Focus on Environmental Science

If you've had dreams of working in conservation or science or you just enjoy learning more about the world around you, the new Trades Academy Environmental Science programme could be your perfect next step. The programme is designed for 16-18 year olds who enjoy exploring their world through hands on learning. The four 4-day blocks will include visits to many of our favourite outdoor environments. Ever wondered how things live in a cave? Up a mountain? In the sea? And what effects, good and bad, do people have those environments? Contact us to find out more.

What's coming up?

Last year saw the launch of Experiential Learning NZ (ExpedNZ) and this year we are launching the Whenua Iti Foundation – these two new segments will combine to ensure WIO has a greater variety of income streams and also offers more support to our community. ExpedNZ aims to attract international students to WIO who will spend time doing all the things our local students love too: taking on challenge in the outdoors, experiencing the culture and exploring the environments of Aotearoa. 10% of all revenue from ExpedNZ will go straight to the WIO Foundation, the philanthropic arm of WIO. The Foundation will also manage all donations to WIO so we can better support our community, and people can be more involved in what we do. Look out for more information as the year progresses; this is something we are very excited about.

Outdoor Wanderings – keeping your cool!

Surely one of the best things about the New Zealand summer is discovering a new swimming hole.

One of our favourites has to be a camping trip to Pelorus and exploring the wonderfully refreshing Pelorus River. There is the well-known area below the bridge for a jump off the rocks and you can also follow the track up the river and find any number of cool, clear refreshing pools. At night there are glow worms and even bats if you are lucky enough to spot them. If you have an outdoor wandering to share please get in touch.

We'll see you out there!

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

*Photos—top: Adventure Skills Development group having tea in the Abel Tasman National Park
bottom: Go Wild group in Flora area of the Kahurangi*



Advertising Costs

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

- \$2.50 per cm up to 6cm
- \$3 per cm up to 10cm
- \$4 per cm over 10cm

The deadline is the 20th of each month with each issue coming out on the 1st.

Email coastalnews@mapua.gen.nz for more information.



the wee design crew

We are two artists and are both partners in business and life. Francesco is the computer and graphic designer component and Seija is a free artist and photographer.

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Hello Animal Lovers

This month I want to pay homage to a very special horse. His name is Tyson, and he is a Clydesdale - Cross and belongs to Sally Curtis. Both Tyson and Sally have had a challenging background, but miraculously found each other five years ago.

The minute Sally saw Tyson she knew he was something special, and so began a special partnership. Over the years, the trust built up between them, and Sally wanted to help people with depression and loneliness. This led to her approaching the Jack Inglis Friendship Hospital in Motueka, and amazingly Tyson goes regularly with Sally to visit elderly and dying patients.

Tyson chooses how much time he spends with each person, and is taken on a loose rein. It is immeasurable how much joy and comfort he brings to the residents, many of whom have had horses in their lives.

It just goes to prove that there is much, much more that we can learn and gain from our animals and how they can be used for therapy with someone they trust.

I am always happy to answer animal behaviour questions.
Sue Mott, Animal Behaviourist

Sue Mott

Animal
Behaviourist



ph. 028 410 7600

willowsprings@slingshot.co.nz

Tasman Bible Church

Who Is My Neighbour?

I have just finished reading a book titled *Neither Poverty nor Riches* by Craig Blomberg. It's not an easy read, as it seeks to work systematically through the Bible in an effort to come to a thoroughly biblical understanding of how Christians should view material possessions. While Jesus clearly warns of the inherent dangers faced by the wealthy (Luke 18:24-25), most of us sleep easy at night because we assume Jesus refers to those who are a great deal richer than we are!

The reality, of course, is all but the very poorest in our country are relatively wealthy by world standards. I have recently returned from three months in the Democratic Republic of Congo, where the Gross National Income (GNI) is US\$410/yr. This compares to New Zealand's GNI figure of just under US\$40,000.

This way of measuring things is a rather blunt instrument, but no matter how you look at the data, Kiwis are comparatively wealthy. The results of this comparative wealth are seen in other statistics. 2013 UNICEF figures compare mortality rates of children under five years old (NZ: 6/1000, DRC: 119/1000), children stunted by being severely underweight at birth (NZ: 0%, DRC 44%), risk of maternal death during childbirth (NZ: 1/6600, DRC: 1/23), life expectancy (NZ: 81 years, DRC 50 years).

The glaring gap between "us and them" cannot be denied. The question then becomes, "What, if anything, should we do about it? Am I my brothers' (or sisters') keeper?"

The biblical answer is rather straightforward. The rich have an obligation to the poor. Claims to great piety in Scripture are tested by the way in which we treat the poor. The most obvious general statement from the gospels in regard to this principal of caring for those in need is the exhortation to, "love your neighbour as yourself." In context, your *neighbour* is anyone with a need that you can meet.

Generosity toward the poor is not something that can be forced upon us. It is something that must come from our hearts. And it will only come from our hearts if we recognise both our privileged place in the world and our obligation toward those who are not like us.

If you want to see an example of what can be done to help the poor in countries like DRC, head to:

kiwisinthecongo.org

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Māpua Community Library

Art Displays: Elizabeth Meikle's paintings are currently on display and some are for sale. Vikki Heatherbell's talent will be on display from early April to mid-May. You are welcome to pop in and view our displays, whether you are a library member or not. The books on display in the foyer are chosen to a theme and ARE available for borrowing.

Daylight Saving: March is the last month that we will be open until 6.30 pm on Wednesdays. From 10 April, our Wednesday closing time will revert to 4.30pm.

Book Donations: All quality book donations are very welcome at all times. If the books are 'double ups' of what we have on the shelves, or they do not meet our collection policy, we use them to generate funds via our book sales. Just recently we have had a number of new books donated by authors. This is particularly appreciated, especially when they are local authors! A special thanks to all of our book donors.

The Pink Pig: The presence of the pink pig

money box on the issues desk is due a reminder. I have heard some volunteers gently referring to it as the *guilt pig*! We don't have any set fees, but you may remember the clause on the membership form about the pig!

Membership: Anyone is able to join our community library. Simply bring in contact details for someone who knows you and fill in our one-page application form.

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

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

Major Sponsors: Lion Foundation; Rata Foundation; Tasman District Council

Book Review

But first, about the author, Fiona McIntosh.

Fiona is a prolific Australian writer who leaves her Adelaide home for a bush retreat in Tasmania, where she does most of her writing.

Born in England in the mid 60's she met her Australian husband at aged 20 in Australia, and they started a travel company which still operates.

In 2000 she attended a writers' course led by Bryce Courtney and he noted that she needed little support... she just needed to write.

She publishes about a book a year and her popularity has grown. Critics rate her a master storyteller and a superior writer in the romantic genre. In an interview she stated that her goal is to make the reader really want to turn each page.

The important characteristic she considers when creating believable characters is to give them a strong emotional base. All her tales are totally character-driven. She wants them to leap off the page.

"I need the reader to despise my villains from the outset and then I just keep turning up the screws on them, making them darker and darker until the reader is howling for revenge." Love between characters is also very important to her and at the core there will always be a love story of sorts.

She spends time in the countries that her stories are based on to give her a feel for the area and its history. She notes that she rushes through life just as she pushes her characters relentlessly through her stories.

Her latest publication which has just arrived in our library is "The Pearl Thief"

Set in London, the Yorkshire Dales, Paris, Czecho-

slovakia and Poland, readers may be able to identify with the geography embedded in the plot.

Severine Kassel, a distant and mysterious character, appears to be confident and serene, but carries emotional scars from a traumatic experience in her youth. The villain is a Nazi spy, Ruda Mayek. A relentless Mossad agent enters the story and the hunt begins. The vital role of the Kindertransport initiative is part of the story. In each locale the stage is set to provide the reader with the appropriate atmosphere to enrich the situation.

This book has been years of meticulous research in the making as Fiona visited the places where her characters live. At times perhaps, some facts are included laboriously but the reader has the luxury of enjoying or bi-passing them.

We have many of Fiona's books, but I note they rarely remain on the shelves.

The last book I read was "Midnight Blue" by Simone Van Der Vlugt. It has been translated from Dutch to English, and the front page notes the book has sold in its millions in

Holland. Set in the 17th century, it focuses on Delft and the beginning of that famous pottery era. The painters Van Gogh and Vermeer feature as do the catastrophes of a massive fire and plague. The backdrop reminded me of the book and film "The Girl in the Pearl Earring." I imagine this story too will be made into a film. I highly recommend this new book in our library.

Joyce Bullock





We are excited to announce that the Māpua Easter Fair will be held on Easter Sunday – Sunday 21st April. The fair is now in its 37th year and raises funds for Māpua School and Māpua Playcentre to purchase resources, support trips and reduce student teacher ratios. This year's fair is shaping up to be an awesome day out for all the family!

If you are interested at having a stall at the Fair, registrations are now open. Details and the online reg-

istration form can be found at:

<https://mapuaeasterfair.co.nz/stallholders-info/>

As in previous years, we are running our very popular Silent Auction and White Elephant stalls. If you would like to donate any items for the silent auction, please send an email to info@mapuaeasterfair.co.nz

We anticipate our parking plans to be similar to last year. We will post the parking plan on our website in the week leading up to Easter. For further details on the fair please like our Facebook page; we will post updates as planning progresses.

We would like to thank all of the community for the support you give us with undertaking this key regional event, which turns our village into a very busy place to be on Easter Sunday! We're looking forward to putting on a great day and seeing lots of you there.

Māpua Playcentre

I am writing this article on day six of the Tasman fire, but it's highly likely that by the time you are reading this it is long extinguished. Things are looking positive on the firefighting front, however the biggest message that has come out of this uneasy and unsettling week for me is still very relevant. That message is most definitely the importance of community.

Community has come up trumps in so many ways this week. We live in Redwood valley and Wednesday was a restless time for our area as the fire was so visible and seemingly ever-nearing.

My immediate community began contacting each other and checking on each other's well-being straight away, and in an uncertain time, there was the comfort that we were together.

The next day my husband went to a briefing meeting where the community feeling was strong as people stood together to try and understand the beast behind us, and to help each other solve practical problems of those evacuated.

As the week progressed, and the winds changed, it was the people of Wakefield whom I was checking on and my sense of community grew again. We watched in disbelief as other fires started and my community widened to messages with friends in town.

Messages checking each of us were okay and of support and love. Messages that turned into actions as people throughout the community donated food, clothing, money and time. It felt so good just to do *something* to help the community out.

Today at Māpua Playcentre, I was reminded what

an important part of my community playcentre is. It was an island of normality after a crazy week, with a group of parents who make you feel safe and supported. It struck me too that by getting out and joining groups like playcentre, I make my links to the community stronger, and in doing so my support is much greater. It is part of my community and it is part of my children's community. It could be part of yours too.

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

From the Mouth of a Playcentre babe...

Master 4 "Mummy your eye crinkles are pretty!"

Mum "Thanks darling, that's a new one."

Playcentre

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Māpua Craft Group



This photograph shows a card made by Ella, and it is really beautiful as you can appreciate. Card making is one of our most enjoyable crafts.

During this term we plan to make felt decorations, try paint spraying agapanthus flowers, flax weaving and stone painting. It is a real pleasure learning from each other, from books,

from the internet and sharing ideas.

There is no membership fee, but we give \$2 to cover the hire of the church room and a koha for any materials used. We have morning tea and all are welcome to join us, or just come and look, between 10am - noon on school term Fridays.

Barbara Halse.

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Musical Notes of my Life by L M

Clown by Emeli Sandé
"I'll be your clown."

Juggling Unemployment

At various stages in my life, I have found myself unemployed and having to claim benefits. Contrary to right wing views, nobody wants to find themselves in the position where they must rely on government money to survive. But when I was unemployed, I tried to follow some basic rules to make life more bearable.

1. Make sure it's Summer
2. Live by the sea
3. Get addicted to daytime TV
4. Sign up to free or heavily discounted educational courses
5. Become a busker.

I always tried to follow the above rules, but in 1996 I broke rule number 1. It was a bleak wet and cold winter. The other remaining rules I could tick off. I lived by the sea and I was totally addicted to daytime TV, which I'm sure only ever came about to keep the unemployed happy.

Rule number 4 was particularly important as it could lead to qualifications and give you a step-up to land some sort of employment in the future.

With that in mind, I perused the night school classes offered by the local college. The list was extensive, maths, English, languages, sciences, basic plumbing, woodworking, IT and computer studies. So, I eagerly signed up to Improvisational Comedy course which dovetailed brilliantly with the second course, "How to be a Clown".

I can hear people heckling now, "How the hell was an 'improv' comedy course going to land you a job?" My answer to that is, the course provided a spring board for some comedians that are now world famous in Belfast. I just wasn't one of them.

The course was run by a very funny performing arts tutor called Ester. I can't recall if she ever had lesson plans, I think she just made it all up on the spot. The course ran for 12 weeks and the class was a mix of genders and ages. We learnt a variety of theatre and acting skills. How to create characters, how to connect to your audience and your fellow performers.

The course culminated with a two hour show, where I invited all four of my friends to attend. The show was nerve racking, but it all went down well. After the show, the course participants and the audience all went to the pub, where to be honest the best comedy material came out.

Feeling flushed with success of the comedy course, I was keen to get going with the clowning. I jumped into my old Ford Escort car, slammed the door shut and the window fell out. It wasn't a clown's car, it was just old, but it was well on its way.

This course was run over two weekends and we were introduced to the very serious aspects of clowning. We were taught to reconnect with our inner child to create openness and vulnerability to bring out our clown characters.

It wasn't just about having a red nose. My other

circus skills did come into play. The Monday nights I spent in Jackie Juggles' classes were certainly a bonus and I had taught myself how to spin plates.

By the time my courses had finished it was mid-December. The bleakness of the winter was wiping the smile off my clown's face, added with the realisation that I was going to be unemployed on the run up to Christmas.

I sat in the living room, with the TV on in the background, contemplating what I should do next. I had £15 of my dole money left to see me through the weekend and into the following week. Suddenly on the TV programme balloons appeared and I realised what my next step was going to be.

I raided my clown suitcase until I found my packet of modelling balloons. I then spent £5 on a return bus ticket to the centre of Belfast.

In amongst the hustle and bustle of Christmas shoppers, I watched various street corners of central Belfast until I decided on a position in an area called the Cornmarket. I stood in the pedestrian zone, opened my suitcase and began to blow up balloons.

The first couple of balloons I made into a flower and just as I was finishing it a woman and child came up to me and asked how much it was. I pointed to my Fez hat on the ground, shrugged my shoulders and said whatever she wanted to throw into it. So 50p dropped in and a mother and child walked off with a flower.

Suddenly I was incentivised and quickly began to make more balloon models. The Harley Davidson was my *pièce de résistance*, but by far, the balloon dog was the quickest seller.

As I was technically busking and not trading, I couldn't ask for certain amounts for my models, but I soon realised that if you put gold coins into your hat and removed any silver or bronze the public would automatically throw in the higher denomination. Within an hour I had made £20.

After 6 hours, I decided to call it a day. But I returned the next day and the following days leading up to Christmas.

On the last weekend before Christmas, I was at my usual spot when I was approached by Jackie Juggles. "Are you staying here for the rest of this freezing day?" She asked. "Yeah, pretty much" I said, "or until I have made enough to go to the pub."

She asked me how much I was making. I wasn't too upfront with her as I didn't want her stealing my busking patch. Having just shrugged my shoulders and deflected her question a bit, she said "Come and work with me in the shopping mall."

Puzzled, I asked "Doing what exactly"? "Well", she replied, "I need someone to entertain the children whilst they wait to go in and see Santa at his grotto. I'll pay you £25 per hour if you will work every day until Christmas". Deal done. I swapped my cold busking patch for the warmth of the shopping mall and an Elf's outfit.

So, in the end, my choice of courses did lead to a job, albeit a very short term seasonal one at that. ♦

PANZ

We started the New Year on 5 February with a display of our Xmas Challenge results. Every year we are amazed by the imagination and diversity of this challenge, so we are now going to have a mid-winter one as well.

A published photo is chosen and then we have to produce a painting from that source that does not look like the original but must have some connection to it.

We have had a steady stream of visitors over the past 3 weeks which is always very gratifying to know that people are interested in our craft. New members are always welcome.

We have the Tony Allain (Britain) workshop in March and then Karol Oakley (Australia) in April, so we will be busy trying to put into practise what we learned after that.

A few of us have had entries accepted into the PANZ "Purely Pastel" National Art Awards, which are being held this year in Stratford, so we look forward with interest to the results and those of us who are travelling North to attend are getting excited about catching up with old friends and learning new skills.

There is always something going on at the Māpua Hall, so come on in and visit. You will be very welcome.

Should you wish to know more about our Group, please contact the Area Rep Glenys Forbes 03 540 3388



Application for Grants

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

Applications will be considered at the next meeting of the Trust in April and should be in the hands of the secretary by April 1st. Please note the change in meeting date from May to April.

Forms may be obtained from the secretary (John Sharman Phone 540 3642) or downloaded from <https://mapuacommunitytrust.wordpress.com> Applications should be emailed as a single attachment to mapuarubybaycommunitytrust@gmail.com or mailed to P. O. Box 19 Māpua .

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

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Movie Night

“Interstellar”

Playing @ 6:30pm, Sunday March 10 at Māpua’s world famous “Packhouse” Cinema

In Earth's future, global warming and a second Dust Bowl are slowly rendering the planet uninhabitable. Professor Brand (Michael Caine), a brilliant NASA physicist, is working on plans to save mankind by transporting Earth's population to a new home. But first, Brand must send former NASA pilot Cooper (Matthew McConaughey) and a team of researchers across the galaxy to find out which of three planets could be mankind's new home.

This movie was the best movie I have ever seen.

I am a huge Christopher Nolan fan and this movie was his finest. Matthew McConaughey turned in his best performance of his lifetime. Anne Hathaway was an amazing supporting actress I have no idea how she didn't get an Oscar for this. The visual effects were more than just Oscar worthy, they were pioneering.

I have never seen anything like it.

I would recommend you see this movie as fast as you can whether you are a Nolan fan or not.

I give this movie a rating of 97 out of 100.

A CHRISTOPHER NOLAN FILM
INTERSTELLAR
Sunday 10th March

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Calling all children's classes, groups & clubs

Did you know that the Mapua Hall currently has no children's activities that are held here on a regular basis apart from the Mapua Youth Club. We have a lot to offer in the way of exercise, art & community organisations but we are lacking in providing a place for our children to come and be a part of activities outside of school hours in their community hall.

If you know of anyone that is offering music lessons, karate, dance, drama, ballet or any other suitable club or programme that would fit here at the hall, please get in touch!

The Packhouse Cinema movie nights are back!!

*Returning to our boutique little cinema here at the Mapua Hall on Sunday the 10th of March we are kicking it off with a 2014 movie **Interstellar**. Starring Matthew McConaughey and Anne Hathaway in a moving and exciting performance about our Earth's future. Make sure you pop over to the Sprig & Fern for a Sunday evening dinner before cruising across the road to the Hall at 6.30pm to settle down for an entertaining Sunday night cinema experience.*



Monday	Tuesday	Wednesday	Thursday	Friday	Sat	Sun
What's On at the Hall In MARCH!				1 9.05am Aerobics 9.30am DRU Yoga 10.05 Pilates 1pm The Mapua Fellowship Group 6pm Mapua Youth Group	2 9am SHARQUI A belly dance workout	3 6pm-9pm Documentary Screening 'The Big Fat Lie'
4 9.15am Yoga with Charlotte 9.30am Low Impact Dance 6pm Mapua Dance Fitness	5 9am PANZ 9am Sioux Line Dance 1.30pm Tai Chi for Beginners 2.30pm Sit & Be Fit 6pm Aerobics 7pm Pilates	6 9.05am Aerobics 9.30am DRU Yoga 10.05 Pilates 12.30pm Tai Chi 6pm Yoga with Thomas	7 9am Mapua Art Group 9.30am Flow Dance Fitness 6pm Mapua Dance Fitness	8 9.05am Aerobics 9.30am DRU Yoga 10.05 Pilates 6pm Mapua Youth Group	9 9am SHARQUI A belly dance workout 9.05am Aerobics 10.05 Pilates	10 6.30pm The Packhouse Cinema presents:
11 9.15am Yoga with Charlotte 9.30am Low Impact Dance 6pm Mapua Dance Fitness 7pm MDCA Meeting	12 9am PANZ 9am Sioux Line Dance 1.30pm Tai Chi for Beginners 2.30pm Sit & Be Fit 6pm Aerobics 7pm Pilates	13 9.05am Aerobics 9.30am DRU Yoga 10.05 Pilates 12.30pm Tai Chi 6pm Yoga with Thomas	14 9am Mapua Art Group 9.30am Flow Dance Fitness 6pm Mapua Dance Fitness	15 9.05am Aerobics 9.30am DRU Yoga 10.05 Pilates 6pm Mapua Youth Group	16 9am SHARQUI A belly dance workout PANZ Workshop	17 10am Tai Chi PANZ Workshop
18 9.15am Yoga with Charlotte 9.30am Low Impact Dance 6pm Mapua Dance Fitness 6.30pm Hall Committee meeting	19 9am PANZ 9am Sioux Line Dance 1.30pm Tai Chi for Beginners 2.30pm Sit & Be Fit 6pm Aerobics 7pm Pilates	20 9.05am Aerobics 9.30am DRU Yoga 10.05 Pilates 12.30pm Tai Chi 6pm Yoga with Thomas	21 9am Mapua Art Group 9.30am Flow Dance Fitness 2pm Friendship Group 6pm Mapua Dance Fitness	22 9.05am Aerobics 9.30am DRU Yoga 10.05 Pilates 6pm Mapua Youth Group	23 9am SHARQUI A belly dance workout	24 
25 9.15am Yoga with Charlotte 9.30am Low Impact Dance 6pm Mapua Dance Fitness	26 9am PANZ 9am Sioux Line Dance 1.30pm Tai Chi for Beginners 2.30pm Sit & Be Fit 6pm Aerobics 7pm Pilates	27 9.05am Aerobics 9.30am DRU Yoga 10.05 Pilates 12.30pm Tai Chi 6pm Yoga with Thomas	28 9am Mapua Art Group 9.30am Flow Dance Fitness 6pm Mapua Dance Fitness	29 NZ Tree Crops Assoc. Conference	30 NZ Tree Crops Assoc. Conference	31 NZ Tree Crops Assoc. Conference

Hills Community Church

Over the last few years, each February we have attempted to have a church picnic on Rabbit Island. February of course, because a picnic is great way to start the year, but also because February is great picnic weather.

It seems so strange then that the weather has disrupted our plans two years in a row. A year ago we had cyclones and floods, which wreaked havoc in our community, and this year, it has been the opposite with drought, and fire through our region. As they say sometimes "life isn't a picnic."

There is a great image in Scripture that paints a picture of a life that is resilient and fruitful:

"They will be like a tree planted by the water that sends out its roots by the stream. It does not fear when heat comes; its leaves are always green. It has no worries in a year of drought and never fails to bear fruit." (Jeremiah 17:7-8)

I love this image, because it speaks to the reality of life. There will always be seasons of drought and dryness in our life. Our task in life isn't to avoid difficulty and tough seasons, but to plant some deep roots into a life-giving source that will strengthen and sustain us through these times.

As this year unfolds, whether we face the floods or droughts of life, may we be aware that God is our source, our strength and stream. Let's plant our roots

deep into him.

A reminder for the end of March, Sunday 31st March, we have a combined celebration service: come along for a fantastic pancake brunch at 10:00am.

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
Rev John Sherlock, revsherlock.hcc@gmail.com or phone 021 070 7276

Loyal Grossi Point Yacht Club



Saturday 23 March the Loyal Grossi Point Yacht club will be holding its annual Sailing Regatta.

Races will start from Grossi Point, with a briefing at 11:45am and the first start about midday.

The courses will be in the new format trialled last year around a triangle laid out in the bay on the western side of the Grossi Point peninsula.

Several races of two laps are planned, and if the tide is still in, there will be a chance for spectators to go for a sail.

Divisions will cater for two sizes of catamarans, single and double handed sailing dinghies, and junior classes.

There have been some new Sunbursts on the estuary this year, and these should add to the existing fleet which includes Hobie Cats, Lasers, Phase 2s and several traditional styled boats.

If you need a hand to rig your boat before the event then get in touch.

This event is the week before the **Māpua Boat Club Regatta** being run from Māpua Wharf 31 March.

This is a chance to tune your skills a bit, and to move your boat from its mooring place, and store it at the wharf for a week, as the Māpua Boat Club's event is a low tide format.

Any queries, contact John Leydon on 540 2543.

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- * Mapua Cup (Boat club vs sea scouts - rowing).
- * Swim Race Rabbit Island and Return

Sale of Trees & Crops



The NZ Tree Crops Association conference is attracting 150 delegates from all over New Zealand and overseas to Māpua, with national and international presenters. It will be held in the Māpua Hall at the end of March.

Although the conference is fully booked, members of the local community will have the opportunity to visit on Saturday

30 March from 1-3 pm.

There will be Tree Crop members on hand to talk about trees and their crops and you can purchase interesting fruit and nut trees, produce or fruit.

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Team Work— a Reason to Get Fit

I have just returned from a few days in Wanaka. I went there to do the Team Half Distance Ironman event at Challenge Wanaka.

Ten years ago, two friends and I competed in the Full Distance Ironman Teams event there. We won it, and held the record for many years. There is no longer a Full Distance event held at Wanaka now, so we went ahead and did the half as our 10 year anniversary. We came 6th out of 47 teams. Not bad, given we were competing against much younger women mostly. We had decided in 2009, when we won our event, that we would return 10 years later for a reunion.

On the day the conditions were great. The water was warm, and flat (a stark contrast to both years I have done the full distance event there, where one year there were massive waves, and the other year it was freezing!)

Our swimmer came out of the water in 40th place. I left transition and headed out onto a hilly 90km course, knowing that whilst I wanted to move our team up the ladder as far as possible, I also had to pace myself so I didn't run out of energy before the ride was over. I had a great ride, breaking it into thirds.



The first third was just about establishing a steady pace and getting into the groove. The second third was about taking it up a notch and seeing if I could increase my average speed, and the third was going up another notch, with the last 20 km feeling like I was really putting the hammer down. I had moved our team up 34 places, into 6th place, and handed the timer over to Lesley, our runner, knowing I had done a good job on the bike.

Lesley had a good run, and whilst she was disappointed in her time, she was still the second fastest of the day, a fantastic effort. Not enough to move us any higher in the placings, but enough to hold onto 6th.

The whole event was a huge amount of fun, just as it was 10 years earlier. There's something about a team event that gives a strong sense of doing your share, pitching in and leaving nothing out there, and feeling determined to not let your team mates down.

Feeling strong and fit is an awesome feeling, and knowing that two other people are relying on you to turn up ready and able to give it your all is a powerful motivator.

If you are struggling for a reason to get fit, or struggling to find the motivation to make regular exercise a part of your life, then how about gathering a few of your mates, finding a team event to do, and making the commitment to each other that you will do it.

You will do the training, you will turn up on the day as well prepared as you can be, and you will give it 100% on the day. There are many Team events to do. Challenge Wanaka is a great event and I would encourage anyone even slightly interested to get a team together and give it a go. You will love it.

Will our team be back in another 10 years? We sure plan to – by then our combined age will be 175 years old!

*Karyn Holland
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7 All you can eat ribs night \$20 from 6pm bookings essentail	8 TANGO NELSON FESTIVAL	9 Closed for Wedding	10 Open from 11am till 4pm
11	14 RHI'S VARIETY CONCERT doors 5pm Show 630pm \$10, \$5 kids	15 Murder Mystery "SPORTS!" \$20, +\$40 buffet Murder at the Sports awards dinner Dress up sporty!	16 JAN PRESTON "88 Pianos i have known" \$20, show 8pm Dinner from 6pm Best boogie woogie in the country
12	21 All you can eat ribs night \$20 from 6pm bookings essentail	22 Murder Mystery "SPORTS!" \$20, +\$40 buffet Murder at the Sports awards dinner	23 Murder Mystery "SPORTS!" \$20, +\$40 buffet Murder at the Sports awards dinner
13	28 All you can eat ribs night \$20 from 6pm bookings essentail	29 End of Summer QUIZ NIGHT koha donation 730 start	30 1980s Night Free Entry, 7pm music come boogie down and party like its 1989
18 April 2019 6th: Fleetwood Mac and Adele Tribute 12th: Finn Andrews of the Veils 17th: Brendon and Alison Turner 27th: Paul Madsens Queen Tribute			17 Open from 11am till 4pm
			24 Musos 4 Mammals 2pm till 5pm Local bands supporting the MOT SPCA \$5 entry
			31 Open from 11am till 4pm

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Māpua School

Welcome to the 2019 School Year

The children of Māpua School have settled in quickly and well to the new school year. It may only be 'Day Five' of the new term as I write this, but a walk around the school shows students, classes, teams, and teachers actively involved in positive and stimulating programmes.

I'm sure that we all feel a little relieved that the fires that have ravaged our region are generally under control at this point in time. That control might be tenuous but I believe there has been a collective sigh of relief as news reports tell us of increasing success in fighting these ferocious fires.

I'm sure that everyone has been impressed with the skill, dedication, and altruism of all who have worked to deal with these fires and the issues that they have caused. Special mention goes here to our team of Māpua Fire Fighters who have given so much time and energy to battling these fires and keeping us all safe – thank you.

Before moving into 2019 we have taken a look at the year that was 2018 and reflected on many aspects of it. Our departing Year 8s were particularly helpful in this process and we have listened well to all they, and our school community, have had to say.

Pleasingly the feedback has been very positive but has also given us areas that we can enhance.

The 2018 school year proved a highly successful one for students who attend here or have done in the past. Of particular note our 'Class Of 2013', who graduated from high school/college last year along with the 'Class Of 2017', have done well. More specifically students who had attended here achieved in the following manner and were recognised at the end of 2018:

Stella Stephens - Top student, Year 13, Motueka High

Mac Karalus - Dux, Year 13, Waimea

Cameron Jones - Top student, Year 13, Waimea

Macy Morgan - Top student, Year 9, Waimea

Noah Fay - Top student, Year 9, Waimea

There's a good chance that I've missed someone here and if so please let me know as it's good to give credit where credit is due. We don't wish to take credit for any of the above achievements, rather we are keen to congratulate these individuals and acknowledge that they attended Māpua School for a part of their education.

We are very pleased to welcome a number of new students and families to our school. Our offer of places in Year 8 for the 2019 school year brought some input without having any negative impact on classes. We look forward to working with these families, and those who have joined us from around the world (Wales and USA), New Zealand, and Māpua for the year ahead.

Our staff and board (Board of Trustees) have established a new set of goals to guide our direction over the next three years. A graphic showing these has been created by our supporter, Jane Smith of Chocolate Dog Design (thank you Jane), and can be viewed at school. Under the umbrella of "Empowering all learners to reach their highest

potential (To Be All I Can)" we have collected our goals into four separate but connected areas:

Māramatanga - a high level of understanding and knowledge

Kotahitanga - unity and common purpose

Rangitiratanga - leadership

Whānaukatanga - a sense of belonging and community

A very important task force report (Whiria Ngā Kura Tūātinini - Our School Futures: Stronger Together) has been put out by the Tomorrow's Schools Independent Taskforce and we encourage you to have a read through its recommendations and join the associated conversation at:

www.conversation.education.govt.nz

The property team are working with our architect and project managers to get a raft of projects underway and completed this year. While we are excited to have things happening within our school we are also aware that there will be some disruption and interim changes that will occur as the year proceeds. We'll do our best to keep you informed of what is happening and when. Please note that child safety throughout any such project is ongoing and continuous.

You will be already aware that our pool surrounds and toilet block upgrade have taken place and we are pleased to say that these facilities are being used by the school. Included in this work was:

- the re-engineering of the water filtering system to include a 'stick chlorine' applicator.
- the investigation and repair of a leak within the plumbing associated with the pool filtration and circulation.
- new screens for the change rooms and toilets.
- the ability to keep the toilet door open all of school time to make the process of toilet use easier for our younger students. The new screens give privacy despite the door being open.
- new screens and door with each toilet area to lighten up the area.
- the supply of warm water for hand washing at toilet basins.
- automated lighting and ventilation system installation.
- new towel and clothing storage as well as general seating around the pool area.
- new shade area at the end of the pool.
- new fencing that has made our pool area more open and visible (i.e.safe) as well as safe and secure.
- a new barbecue that can be used by the school and also key holders during a normal season (i.e. a season that is not interrupted in the manner this past one was).
- automated exterior lighting by the toilets.
- some areas of new asphalt that will tidy up the surrounds.

Our thanks go here to Mudgeway Construction and the team of carpenters, plumbers, electricians, and other tradies that worked on this project along with the project design and management team of RE Projects.

We wish you all a great year ahead.

Nāku noa, nā (sincerely) Neil Chalmers, Principal



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Māpua Bowling Club

THE WRITE BIAS

The Māpua Bowling Club has just held its fourth successful all-day Open Tournament of the season and again the rinks were full with 16 teams entered from all around the Nelson region. The latest tournament was the Car Company Open Triples and it included a delicious hot roast meal at lunch time, which was enjoyed by the 48 players in the tournament. The winners of the tournament were Ray Dyson's team from Tahunanui. In second place was Kevin Gledhill's team from Stoke. Taking home third prize was the Riwaka team of Pauline Sutherland, Brendan Alborn and Joelle Dadson.

A donation of \$500 from the proceeds of the tournament has been made by the Club to the Mayoral Disaster Relief Fund and the tournament sponsor, The Car Company has generously agreed to add \$100 to this, to make a total donation of \$600.

The Club thanks the club members and those in the community who helped make the tournament such a success. Special acknowledgement goes to the Car Company for their generous support which made the tournament possible.

Besides Open Tournaments, the Māpua Bowling Club has recently held a popular club tournament, the Elston Blain tournament, in memory of a past member. It is always a friendly drawn pairs' tournament and this year Warren Keith and George Perry were the winners at the end of the day, and will have their names put on the beautiful trophy.

For casual bowlers, the Club has bowling evenings on Monday and Friday nights.

The Barefoot Bowls on Friday nights is free and begins at 6pm. Bowls are available at the club for you to use. There will be a sausage sizzle (\$2) and the bar will be open. You can bowl in bare feet, jandals or flat soled- shoes. Everyone is welcome. No bowling experience is necessary. (Minors must be accompanied by an adult.) It's a perfect way to unwind at the end of the week.

For information about bowling, coaching or booking the clubhouse and facilities please call President, Margaret Busby, 03 544 6325.



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The Car Company Open Triples winning team (Ray Dyson's team from Tahunanui) along with Ben Brownie from the Car Company.

A Politically Correct Kiwi Xmas

Historically high levels of employment in New Zealand made it really difficult for Santa to recruit his usual experienced crew of Santa Temp's to help distribute his 2018 Xmas presents, so he was forced to accept lower skilled staff. Consequently a few problems did arise.

Early in the year our new Government coalition wrote to Santa, informing him: *"He would need to respond to Trade Union concerns about ensuring all his workers enjoyed good Work/life Balance and were being well rewarded for their efforts."*

This may have been slightly misinterpreted by Air New Zealand engineering staff who seemed to have totally lost *"The Spirit of Xmas"* when their Union threatened they would take strike action and shut down the whole Airline on the busiest days of our Xmas holiday season. Prime Minister, Jacinda Ardern, came to our rescue and at a last minute meeting with the Union and Airline officials managed to bring about an agreement not to proceed (Santa sent Jacinda a gift-wrapped bottle of New Zealand Marlborough Sauvignon Blanc in appreciation).

In Auckland their long-serving Santa was experiencing his own PC problems, when while trying to address perceived concerns of *Gender Balance*, the Auckland Xmas Parade committee fired him for boldly declaring he believed Father Xmas should normally be a man. Fortunately Santa (and Sanity) eventually prevailed and to the relief of many young children, the sponsors reinstated him just one day before The Farmers' Annual Santa Parade (Santa is praying next year the Auckland Santa Parade committee won't have to consider Transgender concerns).

Down in Nelson, Santa's new hiring sporting a sparse, wispy moustache, severe acne and dyslexia, confused Xmas day with Waitangi day. And furthermore was influenced by social media claims that Santa Claus is *"Male Pale and Stale and therefore no longer relevant."* So he decided to replace the traditional plump Father Xmas wearing a red suit and white beard, with a young Maori "Hana Koko" wearing a red feather cloak and short sleeved shirt who called out *"Meri Kirihimete"* to the children as he was driven by. However many of the children standing by the roadside couldn't speak te reo, didn't use social media and were not at all convinced that having a Santa Parade without Father Xmas was truly a great idea (Santa promised he would find Nelson a better applicant next year).

And in Wellington with most bureaucrats already on holiday in exotic locations, it was virtually impossible to find any applicants at all, so Father Xmas reluctantly offered the Santa's helper role to NZ First leader and Deputy Prime Minister, Winston Peters, who on 19 December gave New Zealand "An early Xmas present" when he totally backtracked on

his election promises to substantially reduce migration, instead reassuring everyone that by him signing the "UN Global Compact on Migration", *"we needn't worry, because it wasn't a binding agreement"*. If that was true, then why sign it at all? And why did Australia, USA and many other countries not sign? (Santa now wishes he'd been able to find someone more experienced at giving than taking).

When National's Simon Bridges rocked up for his Father Xmas interview wearing his Gucci suit, swigging a bottle of French Champagne and singing: *"All I want for Xmas is a Capital gains tax,"* he never even made the short list. Worse still he was dropped off Santa's and Jacinda's Xmas card lists. (However Santa is now sincerely sorry he hired that jolly fat man in a grey suit called 'Sir Michael Cullen' *"who is so excited about giving all those "National party Rich Pricks the Gift that keeps on Giving"* in January when he presents the Government with his official report

from the Tax working group)

Meanwhile in Christchurch, Santa's only applicant was City Councillor Aaron Keown whose idea for a Xmas present was: *"It would be a very good idea for the Christchurch City Council and Local Maori to take ownership of all of the Artesian water and set up a Water Bottling plant to export bottled water and make big profits for ratepayers and Ngai Tahu."* Many of his critics said Water, like the Land, the Air and the Minerals should belong to all of the people of New Zealand and not be owned by any single person, race or private organisations. (Once again Santa regretted he had been unable to find a more sensitive helper).

But thankfully Xmas 2018 actually changed very little in small New Zealand towns like Māpua where children and 'Forever Young' adults (screaming with delight) jumped off the wharf, lapped up Real Fruit ice creams at Hamish's ice cream parlour and swam at the beach or took the Māpua Ferry to Rabbit Island for a bike ride.

While older adults wined, dined and enjoyed craft beers and live music at Māpua Wharf, the boaties sailed and fished in the bay and as usual, Māpua Leisure Park filled to overflowing with caravans, tents and motor homes. And of course *everyone* ate and drank far too much (Santa was sooo relieved to find that small towns in New Zealand still believed in the old traditions of a Kiwi Xmas.)

Hoping to reduce the growing influence of *"The Politically Correct Fun Police"* Santa decided his personal Xmas gift to New Zealand would be all those 'Lime' electric scooters that come with *"No Safety rules at all."* (As eight straining reindeer headed his heavy Sleigh towards Australia, Santa sighed *"Oh my goodness this could be a very long night, God please help me stay calm."*)

Peter Francis





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Fire Brigade



January to February call-outs

- 17/1/19: Alarm activation Brewzone, Horton Rd. Defective alarm.
- 18/1/19: Tanker to Fire Rabbit Island.
- 19/1/19: Tanker to re-ignition of fire above.
- 21/1/19: Re-ignition of rubbish pile off Rana Pl – last burning in early September
- 23/1/19: Alarm activation Māpua School, false alarm
- 29/1/19: Pump shed fire Davey Rd, electrical fault.
- 31/1/19: Tanker to rubbish bin fire Moutere Highway, Upper Moutere. Put fire out.
- 4/2/19: Grass fire Westdale Rd, started by mowing.
- 5/2/19: Residential alarm activation Cliff Rd, false alarm.
- 5/2/19 14:51 Investigate smoke in vicinity of Maisey Rd, start of Pigeon valley fire.
- 5/2/19 Tanker to Eve's valley saw mill, help with evacuations in Redwood Valley.
- 06/2/19 Appliance to Pigeon Valley fire, assist with protection of houses in Redwood Valley.
- 6/2/19: Tanker to Fire Rabbit Island, no driver.
- 8/2/19: Appliance on Wakefield station, assist with evacuations.
- 8/2/19: Tanker to fire near Atawhai Rd, Nelson.
- 9/2/19: Trailer broke coupling and rolled SH60 near Apply Valley Rd. assist with removal and road control.
- 9/2/19: Tanker to smoke in area of Rosedale Saddle, smoke from Pigeon valley fire.
- 11/2/19: Tanker to fire in Rabbit Island, nothing found, may be steam from MDF plant.
- 11/2/19: Tanker to smoke seen Rabbit Island, nothing found. May have been smoke from Pigeon Valley fire.
- 12/2/19: Smoke from Moutere Timbers, start-up of boiler, no action taken.
- 15-16/2/19: Tanker helping at Pigeon Valley Fires, two person rotating crews for 24 hrs.

Calls this year = 25

Safety Tip – Check it's alright before you light!
For fire permits go to www.checkitalright.nz or phone Fire and Emergency Nelson Tasman on 03 544 2441

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

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

Mark Theobald SO/secretary

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Māpua Health Centre

We are 29 years old!!! And it's our birthday this month. That is, the Māpua and Districts Health Centre came into being in the middle of March 1990 after an amazing effort by the local community in collaboration with the Nelson Area Health Board, who had just bought the site of the old post office. It has gone through various metamorphoses and changes over the intervening years, with the latest being the addition of administration rooms and a staff room added to the back of the building.

Many thanks to all the volunteer help that we have had over recent years and to the health committee who generously give their time and energy to looking after the building and equipment.

The committee that oversees the building is actively looking at how we can plan for the future and cope with the increasing population and changes in health provision (with some services likely to be devolved from the hospital to primary care).

Ideally we would like to build a new purpose-designed centre that also incorporated other services such as physiotherapy, pharmacy, dentist and other health professionals.

If you have any ideas for achieving this or wish to help the committee please contact the chairperson, Derek Craze (info@mapuahealth.com).

Sadly we say farewell to Shelley Williams one of our receptionists. Shelley has been with us for a little over three years and we will be sad to see her go. We wish Shelley and Paul all the very best for their next journey and hopefully they will pop in from time to time to see us.

We are delighted to advise that Dr Emily Shine will be joining our team at the beginning of March for 3 days a week. Some of you may have already met Emily as she has been locuming at Māpua Health over the Christmas period.

We also welcome Jonathan Abbott, our new sixth year medical student. Jonathan will be with us for three weeks. We appreciate the community support for these students as it enables them to develop a greater understanding of primary health care. This would not be possible without your support.

We would like to remind patients that we have a social worker available at the clinic. This is a free service to our patients. Sally can help patients and their whanau, family or carers to adjust to changes resulting from a health condition or disability.

She connects people with community services and assistance, and responds to emotional, psychological,

social and practical needs. She also advocates for people to ensure their rights, responsibilities and entitlements are respected. If you would like to access this service please give one of our nurses a call to arrange an appointment.

This year's flu vaccines will hopefully be available early March and we will be contacting those who are on our computer recall system when they arrive.

However, if you would like to receive a vaccination against the flu and have not had one previously please call our receptionists at the end of March to arrange an appointment.

We now have nurses trained to offer advice about advance care planning. This gives everyone a chance to say what's important to them. It helps people understand what the future might hold and to say what treatment they would and would not want.

It helps people, their families and their healthcare teams plan for future and end of life care. This makes it much easier for families and healthcare providers to know what the person would want - particularly if they can no longer speak for themselves.

If this is a something you are interested in exploring please contact Māpua Health Centre to make an appointment with one of our nurses.

There are some interesting research articles out already this year and one of them has done a comparison of the major diets and has found that the Mediterranean edges out DASH for best diet of 2019 according to a panel of top nutritionists, dietary consultants, and doctors (*Medscape* - Jan 02, 2019), although there are some specific options:

Best Weight-Loss Diets: WW (formerly Weight Watchers) took first, followed by: Volumetrics (emphasis on low-cal but filling foods), Flexitarian, Jenny Craig, and vegan in a tie for third

Best Fast Weight-Loss Diets: First place went to the HMR Diet, which uses meal replacement shakes and emphasizes fruits and vegetables.

Other winners: Atkins (low-carb), keto diet (very low-carb, high-fat), OPTAVIA (low-calorie plan using its products), and WW tied.

Best Diets for Healthy Eating: Winners are Mediterranean and DASH, respectively. Tied for third were Flexitarian, MIND (combines part of the DASH and Mediterranean), and TLC Diet. TLC (Therapeutic Life Changes) aims to lower cholesterol for better health.

Easiest Diets to Follow: Mediterranean came in first, with Flexitarian and WW tying for second. Then



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came MIND, DASH, and Fertility Diet. The Fertility Diet limits red meat and focuses on getting protein from nuts and vegetables.

Best Heart-Healthy Diets: Mediterranean and Ornish tied for first. The Ornish Diet is low in fat, refined carbs, and animal protein. DASH is next, followed by a three-way tie for MIND, TLC, and vegan diet.

Best Plant-Based Diets: Mediterranean is first, followed by Flexitarian, and then a tie between Nordic and Ornish for third place.

Shave for a Cure week is a fundraising initiative that hits close to home for many Kiwis – a chance to shave, spread the word, and stand in solidarity with leukaemia and blood cancer survivors. It’s an inspiring way to help fund vital care and resources for the 2,500 people affected.

Some of the events for the month:

- | | | |
|-------|--|--|
| 1-31 | Stay SunSmart in March | http://wellplace.nz |
| 1 | Zero Discrimination Day | www.unaids.org/en/resources |
| 2 | World Book Day | www.worldbookday.com |
| 3-9 | Hearing Awareness Week | www.deafness.org.au |
| 5 | National <u>Children's Day</u> | www.childrensday.org.nz |
| 8 | International Women's Day | internationalwomensday.com |
| 13 | <u>Walk to Work Day</u> | www.livingstreets.org.nz |
| 18-24 | Shave For A Cure Week | https://shaveforacure.co.nz/ |
| 20 | World Oral Health Day | www.worldoralhealthday.com |
| 21 | International Day for Elimination of Racial Discrimination | www.un.org/en/events/racialdiscriminationday |
| 22 | World Water Day | www.un.org/en/events/waterday |
| 22-23 | Guide Dog Appeal | http://blindfoundation.org.nz |
| 22 | Neighbours Day Aotearoa | http://neighboursday.org.nz/ |
| 24 | World Tuberculosis Day | www.stoptb.org |

Police Report

It’s been very hot and dry. The horrible fires in the Pigeon valley are a big wake-up call for us all. We would hate for a large fire to go through some of the pines nearer to us.

School is back now so be extra careful and watch you speed around schools near Māpua – it isn’t until you go to stop in a hurry that you realise what a difference an extra 10-15 km/hr makes to your stopping distances.

We’ve been pretty lucky over the holiday period: no big runs of thefts or burglaries.

Don’t go leaving a lot of unsecured windows open on these hot days though; you never know when some dishonest person is wandering around.

Take care out there!

16 Feb Burglary Aranui Road. Insecure house entered and cash stolen.

9 Feb: Car and trailer accident near Mahana.

8 Feb: 2 female drink drivers after a function at the Māpua Wharf.

2 Feb: Attend and assist a mentally unwell person in Ruby Bay.

23 Jan: 37 year old male arrested for a domestic assault.

S/Constable Grant HENEY

Motueka Prevention Team / Tasman / New Zealand Police
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We've all been there, maybe you woke up one morning and feel your neck hurts so bad you can't move your head. Or you've overstretched to reach something above your head and felt a physical pain or tear-like sensation in your lower back or shoulder.

Lately it seems like every other person coming into our clinics has been gathering firewood for the up-and-coming winter months. Getting hurt happens all the time, but there are ways in which your chiropractor can help.

6 Tips for you to apply to help you manage and minimize your aches and strains:

1. **Stretch daily:** In order to improve range and flexibility, stretching on a daily basis will be very handy. With time, the body becomes more flexible and the muscles supple. You'll gradually be able to reach further with a dedicated stretch routine in place.

2. **Sleep on your side:** This may seem strange but the fact is sleeping on your side with a pillow between your legs to support your hips will reduce strain on your lower back. Avoid sleeping on your stomach, as that will put immense strain on your lower back as well as your neck.

3. **Exercise daily:** Just like stretching, maintaining a daily exercise regimen will help to improve sleep at night as well as strengthen your muscles. With stronger muscles supporting your body movement functions, you'll reduce the chances of injuries from occurring.

4. **Take breaks from the computer:** If you must sit in front of the computer for work each day, the best bet would be to take breaks in between sessions. You must also make sure that you stretch before and during sessions to loosen tight muscles.

5. **Maintain good posture:** Your posture plays a major role when it comes to those unforeseen aches that creep up on you at times. Bad posture results in pressure and over-exertion of the joints and muscles, resulting in pain. We see this over and over. Your

posture needs to be correct whether standing, sitting or sleeping for that matter.

Visit your chiropractor: A chiropractor offers an extensive health solution that will help to combat those annoying aches, strains, and pains you may be suffering from. We will discuss in detail with you what we find is your problem and if we feel we can help you, offer you a comprehensive chiropractic solution that is non-invasive, safe, gentle and benefits your overall wellbeing.

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Motoring with Fred

Mabel, Millie and Matilda Morris

...are their names given by owners Sean and Annie. After moving to Māpua from Western Australia to take over the bakery, they had to leave behind Mabel and Millie. Sean and Annie could not live without a Morris Minor.

Annie has a bond with Morris Minors after her father brought one for her and her sister to learn to drive in. She has great memories of hilariously driving around the farm and of one day spent trying to roll the Morris.

Mabel: While still in Australia Sean knew Annie's love of old Morrisies and gave her a birthday surprise with a 1960 Woody station wagon, a nice green with that nice wood-grain trim framing on the wagon and rear doors.

Millie was found on the side of the road for sale. A 1956, two-door, split window, with the flat 4 cylinder 850cc motor. It had a red hippie spray bomb paint job which was not flash. Sean said they didn't change a thing, just drove and enjoyed it as it was.

Matilda: Sean got a phone call from Annie, who was standing in front of a 1960 Morris Minor 1000cc saying she wanted to buy something and she really loves it. Sean said "Do we need it?" Answer "no." Do you want it? Answer "yes." "Well, you haven't bought anything for yourself for a while, buy it!"

Sean was still not sure what was going on until Annie arrived home with 'Matilda', a fully restored 1960 Morris Minor. Along with a spare motor. The purchase of the car did have a quirk in the sale conditions. The car was purchased from a man in Stoke with terminal cancer and the condition was that the car was to take part in the annual cancer society fundraising car rally in Nelson each year. Annie says she will honour his wish.



Matilda Morris Minor, 1960, 1000cc, 4 speed gear box, nice fawn colour paint job, all the chrome & trim in excellent condition and a red highlight on the trim below the windows to make it distinctive.

Upholstery and door pulls are imitation leather, matching the paint work and new red carpet with additional underlay to make it quieter. I loved the dash for one reason it was simple. One dial with speed and fuel. Four black pull switches: choke, wipers, lights and a pull starter and I have to say nowadays some

people might struggle to know how to start Matilda.

A luggage tray right across the under-side of the dash is something that should be brought back for modern cars.

I pushed the horn button on the steering column with a slow beep response which might not frighten anyone too much. The musty old smell of the car brought back memories of my misspent youth in old cars like this.

Under the bonnet is simply a 1000cc OHV engine, a single SU carburettor, and space to work on the engine that even someone with my limited knowledge could get going again.

Sean tells me Matilda doesn't like hills, and slows all the traffic on the way back from Richmond. Annie says top speed is 55 mph, about 90 kph.

They both say they don't miss an automatic gearbox or a cruise control while driving Matilda. There isn't a dash full of gadgets to distract you from watching the road.

Do we really need a bluetooth or GPS navigator to distract us? Our duty is safety to all on the road. Glancing at the speedo now and then is all the information needed to drive Matilda—you are unlikely to break the speed limit.

To Annie, Matilda has brought a bit of Western Australia to Māpua for her. For Sean and Annie driving Matilda slowly into Richmond is time out from the running their busy Māpua Bakery.

Fred Cassin

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Summer Plums

Yep, it's a bumper season for this wonderful fruit this year! With plenty of rain toward the end of winter and searing temps over summer, our beautiful old plum tree is delivering aplenty.

In fact I think it is the best fruit flavour-wise we have tasted in many a year with the perfect balance of sweetness to acidity.

It's the usual problem in this part of the world, what to do with the glut. We've made jam, poached, roasted and stewed.

So this week I have been researching **Mostarda di frutta**, an Italian tradition of preserving fruits in spiced syrup.

A speciality of Cremona in the region of Emilia Romagna, Mostarda was traditionally served with *Bollito Misto (mixed poached meats)*. In the very old days, they boiled up the grape Must along with various spices including yellow mustard seeds, then the fruit would be added to that.

There is also a version called **Mostarda veneta**, made with quinces, apples and pears. These are cooked to a thick, reduced paste, and flavoured with sugar and mustard. I'm keen to try this with my quinces when they ripen just for a variation on the usual quince paste we have made for years.

With its pungent, bitter flavours when raw and ground, mustard tends to lose its strength when cooked, or when salt and vinegar is added so I like to add a mixture of ground mustard and whole seeds.

In this recipe you can add extra mustard if you like things a bit more spicy. Because of the low sugar content, I have made this roasted plum version in small batches, which I keep in the fridge in airtight jars.

You can easily try this with apricots, peaches and nectarines if you wish, or, particularly tasty, a dried apricot and prune version with sweet raisins.

I like to add a fresh bay leaf and cloves for a little extra zing, or you could try a cinnamon stick and star anise, which will give a more exotic expression.

I serve this sweet and sour chutney with leftover meats, terrines or pâtés, and hard cheeses. Spread it on a Sunday lunch sandwich, or add a small bowl to accompany a pre-dinner platter.

Roasted Plum Mostarda

Makes approx 3 300g jars

Pre heat the oven to 200°C.

1.5kgs ripe plums, halved and pitted

200g castor or coconut palm sugar

Line a large baking tray with baking paper, lay the plums on the tray cut side up. Sprinkle the plums with the sugar and place in the hot oven to roast for 25 – 30 minutes until the plums are soft and slightly caramelised. Remove and leave to cool.

To make the Mostarda –

1.5 kgs roasted plums

A thumb of fresh ginger, peeled and grated

1 bay leaf

4 cloves

2 tablespoons mustard powder

2 tablespoons whole yellow mustard seeds

4 tablespoons white wine vinegar

Pinch of salt

150 mls Agave syrup

Strain the juices from the roasted plums into a medium sized pot.

Bring the juice to the boil then reduce immediately to a slow simmer. Meanwhile combine the grated ginger, bay leaf, cloves, mustard powder, vinegar and salt, and stir into the syrup, followed by the roasted fruit.

Stir gently to combine, add the agave syrup, which gives a lovely glossy texture as well as extra sweetness, and mix, and simmer gently for 10 minutes, stirring occasionally.

Taste and adjust the seasoning adding extra vinegar or sweetness to your liking, then stir in the whole mustard seeds. Remove from the heat and allow to cool.

Spoon into sterilised jars, cover tightly with lids, and store in the fridge if it lasts that long.

Sarah La Touche is a qualified Clinical Nutritionist. A registered member of the New Zealand Clinical Nutritionists Association, she also runs Plum Tree Cook School, Plum Tree House B&B, and self-catering accommodation in Māpua, and walking & gastronomic hosted holidays in France and Spain. She is available by phoning 027 315 1165

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Cam Timing Belts

Importance of Replacement Schedule

The cam timing belt is a toothed belt made from different combinations of rubber, nitrile and nylon and is usually protected by plastic covers at the front of the engine.

It has a limited lifespan, with most manufacturers recommending full replacement every 90,000 to 100,000km (check your vehicle owners manual for recommended replacement intervals as some can be sooner than 90,000km)

The cam timing belt provides synchronisation between the crankshaft which controls the movement of the pistons, and the camshaft which controls the movement of the valves.

Cam timing belts can fail for several reasons. They may have reached the end of their life, deteriorated due to unattended oil & fluid leaks onto the belt, or the bearings on the idler pulleys and pumps etc. may have seized or collapsed. It is highly recommended a full cam timing belt kit which includes idler bearings, pulleys and tensioners be fitted at replacement time.

Failure of the cam timing belt will cause major engine damage if the pistons and valve train collide, resulting in an expensive repair bill.

If you are considering purchasing or have purchased a secondhand vehicle it would be wise to check when the cam timing belt was last changed. If this information is unavailable, we would advise you get the belt checked or replaced.

The images below show:

1. A cam timing belt weaving its way in and around pulleys, tensioners and idler bearing.
2. A fractured cam timing belt.
3. Valves protruding into the cylinder head which have been hit by the piston on its upward stroke, the result of a cam timing belt breaking.
4. Bent valve stems, the result of a cam timing belt breaking.



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Letter From Editor

Chief Editor Retires

I had been putting this off for a while as I was not sure where to start. First a little history.

The Coastal News in its present format came into being around 2002, after the closing of the Village News which tried to cover all the villages in Waimea.

Bill Williams was instrumental in restarting it with me as we had both been involved in the earlier Māpua News which ran for many years – starting before we had internet and email, and hard copy had to be typed into the computer. Actually Bernard Wells way back I think in the 70s had started a two page flier using a Gestetner [spell checker hasn't heard of that!] at the School.

Terry & I crossed paths at the Health Centre when he offered his services as a helper with the Coastal News. With his wealth of experience at a real newspaper [The Press] for most of his working life, he lent a hint of professionalism to our amateur attempts and was soon promoted to Chief Editor.

Along with Barbara and Bill, we were able to produce a multi-page version of the News which TDC printed for us, just charging for the paper used. Their machine prints double sided then staples it all together—a task we used to do by hand.

After a few years it was just down to Terry and me – Terry would do the editing of copy and the setting out on the page, while I looked after the advertising side of things. We would get together once a month for the final laying up and checking of the issue before printing it out and taking it in to TDC.

Terry went through a few health challenges but soldiered on with the News – it being quite a monthly commitment. Now he has decided he needs to travel more and not be committed to that monthly chore and he has his OBE [over bl**dy eighty] as my neighbour called it.

So I didn't want his long service to go unacknowledged and we should all be grateful for his dedication to the cause. I have learned much from him.

Thank you Terry.

In the meantime Jane Powell has stepped up to fill his shoes. We also have John Sharman on Accounts and Debbi Bamfield on Distribution so between us the show goes on.

We are always on the lookout for new blood so if you feel you can contribute give us a yell. If you have read this far you must be keen!

Andrew Earlam

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Hi all!

Well It's hard to believe that Summer is nearing its end and that Easter is knocking on the door already!

It's time to get out and enjoy all that our fabulous region has to offer! Why not jump on a bike and head into the Moutere for a wine trail with a difference! Kiwi Journeys offers you just that, all the details you need are below. In the words of the late great Freddy Mercury...."Get on ya bikes and ride!"

Mel Stringer—Administrator MDBA



The Upper Moutere wineries sit in the foot hills of the majestic Kahurangi range and amongst some of the most spectacular scenery anywhere in the world.

On this cycling adventure you will journey through gentle rolling countryside and sample exquisite wines in some of the regions finest boutique wineries. Along the way you will also have the opportunity to discover hidden gems in this artisan paradise: New Zealand's oldest pub, galleries, art studios and a variety of sumptuous local produce, not to mention you ride past Hops, Vineyards and Blueberry orchards.

Your journey starts and finishes at our base on the popular Mapua Wharf. Here we will fit you to your bike and provide you with a detailed map of the area. From here you will cycle to four wineries in the Moutere region, where you can relax in the beautiful surroundings and sample superb wine and treat yourself to lunch prepared from seasonal local produce. NB: Tastings and lunch at your own cost.

We offer a range of quality bikes and equipment to cater for all. Our Electric-bike options take the strain out of those hills, allowing you to travel further, take in the views and enjoy more time at each location with minimal effort.

This is one of those days that you don't want to end!!

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Noticeboard

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

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

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 Boat Club nights Thursdays 5.30-7.00 at the Club rooms, Māpua Wharf. Visitors and guests welcome. Info: mapuabcsecretary@gmail.com

Māpua Boat Club Regatta Sunday 31 March commencing 11.30am. Contact Brian Holbrook 027 221 4335.

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

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

Spinners, Knitters, Weavers: Creative Fibre Group, 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 may cycle. Info Lynley 540-2292.

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

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

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

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

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.

Taoist Tai Chi Beginning class Tuesdays 1- 2.30pm. Continuing class Wednesdays 12.30 - 2.30pm. All welcome. Enquiries 545-8375

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

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.

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. Phone Anja, 544-8733, about membership or casual hire.

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

Sing Your Lungs Out! Free community singing group for anyone with respiratory issues. 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.

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

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

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

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

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 includes morning tea. Tables, chairs & easels provided. Cushla Moorhead 03 528 6548.

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

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

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

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

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