



MDCA: Changes - Council; Climate; Community

At the Māpua & Districts Community Association's February 2020 meeting, the emphasis for the coming year was on change – new local council; national elections in September; growing urgency to address local climate change and community projects and concerns – looks like another busy year ahead!

OPEN FORUM

Where local residents can raise their issues of concern and interest:

Māpua Rise new development – issue of “noise pollution” where “scrapers” are being used all day making an “horrendous noise” and preventing residents from going outside.

- Acceptable limits were checked with TDC = 70 decibels 6% of the time. Currently the sound level 120 metres from machines is 78 decibels averaging 42% of the time.
- TDC has been asked to visit the site to check – no response.
- Cr Christine McKenzie undertook to follow this up.

Lake Aranui proposal – concerns raised over this proposal were:

- Risk of stagnant water becoming “green soup”; if not shaded becoming warm & toxic for native fish
- No catchment plan concerning nutrient loads
- Risk of sea-invasion which would destroy fresh-water eco-systems
- Mike Kininmonth will follow up TDC conditions for future development of this area

Pétanque Piste at Māpua Waterfront Park

Speaker introduced himself as member of Māpua Waterfront Improvement Group who made picnic tables and created a pétanque piste at the Park.

- Noted that vandals destroyed the pétanque piste over the summer and it needs restoring
- Appealed to TDC to do so.
- Mayor Tim King took details to check this out and Marion will take issue to MWWG meeting next week.

HOT TOPIC- NEW LOOK TDC

Mayor Tim King (was Ward Councillor) & Cr Christine McKenzie spoke on changes made & agenda for 2020. Crs Dean McNamara & Anne Turley will present at the March monthly meeting.

Main points noted:

- major reorganization of TDC system of committees so that TDC councillors and staff now working across issues and projects reducing “silo” mentalities and ensuring inter-departmental communication and

co-operation - noted that this has “been a huge learning curve” with constructive and positive results

- Annual Plan - biggest focus for year - “the most challenging plan I’ve ever been involved in”- “rates and debt will loom large” (Tim). Noted that the next 12-18 months will hugely influence the plan over the next 10 years. There will be no formal consultation but pre-engagement March to May leading to new LTP - earlier feedback appreciated; TDC Council meetings will be held in different areas of the district (e.g. Murchison)
- Impact of September National Elections - noted that local authorities administer massive amounts of government legislation and that elections create uncertainty in terms of proposed and potential changes. Specific focus on Resource Management Reform, particularly access to and management of water and regulations relating to climate change. Tim stated that the Waimea Dam “will solve water problems for Māpua.”
- Rates vs Investment in infrastructure – when asked what council will do about raising debt to address the backlog in infrastructure, Tim noted that “it is difficult to find the balance” and his disappointment at the region missing out on the Government’s \$12 billion infrastructure provincial growth fund.

Councillor Christine McKenzie spoke on the two aspects of being on council

- *Governance* – chairing Commercial and Operations Committees and a member of the Audit Committee
- *Specific issues & challenges* - being a rep for this particular ward. Noted that she is impressed by the contributions made by community organizations. She sees this as the main channel for connections; building capability; becoming more involved. Noted the importance of the TDC Customer Charter- would like to keep this alive.
- Forefront for her is mitigating the impact of climate change & supporting “a resilient, thriving community for businesses, communities and individuals” while for herself she “wants to be available, responsive and reactive.”

Long Term Plan [LTP]

TDC was asked if the “community drop-in” meeting for the area on this could be held prior to the MDCA meeting on April 6th.

(continued page 2)

MDCA report continues..

ROADS AND PATHWAYS

Noted the focus on completing the section of the Māpua Inlet Pathway from the Old Mill Walkway to the “kissing gate” which would complete the walkway through Ruby Bay.

Wayne Chisnall noted that “we work best from the inside so need to get a representative resident from there” – any offers? The connection to the causeway is “still a project to be worked on.”

DOMINION FLATS ENVIRONMENTAL PROJECT

Volunteers meet every Tuesday between 9am & 12pm. Helen Bibby noted that more were needed to help with the weeding; “we will happily share the glory with anyone else who is willing...”

COMMUNITY WELLBEING/TRANSPORTATION

The potential “coastal corridor route” - Elena Meredith reported that a presentation had been made in December to the Motueka Community Board about a community transport service and the importance of having people from all sections of the route involved in the scoping and planning.

A community hub in Māpua - a meeting of those interested in developing one will be held at “the old church” on Sat 7th March at 10 am - please contact Vicky Stocker gvstocker@gmail.com if your group is interested in attending.

WATER INFRASTRUCTURE SUBCOMMITTEE

TDC Project Manager Rob O’Grady’s report on the walk through the region with members of this group at the end of last year has been received with comments from TDC staff on the issues raised. This will be posted on Facebook and Bruno stressed the importance of feedback comments on this before the next meeting (March 9th).

CIVIL DEFENCE

Helen Bibby’s resignation as the MDCA rep resulted in some discussion on what is Māpua’s responsibility in

relation to the central control and what are the expectations of the local working group.

Tim King undertook to check this with the CD co-ordinator and give feedback.

SOCIAL RELATIONSHIPS

Bruno noted that the Association’s Facebook page was by far the most effective way of getting messages out

Historical records - Mike Kininmonth noted that this project had two parts:

1. Digitalize paper records
2. Interview Māpua’s “old-timers” about early times in Māpua – anyone interested in being interviewed or with a suggestion of a prospective interviewee/s please contact Mike at warm_sand@xtra.co.nz

MARCH MEETING HOT TOPIC SPEAKER

At the 9th March MDCA meeting, the other two Ward Councillors (Dean McNamara & Anne Turley) will present their vision for the year. The issue of the Reserves in this area and how best to develop/use them will be the main hot topic.

Be sure to attend our next monthly meeting: Monday, 9 March at 7PM, Bill Marris Room, 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 and phone number as a reference.

Submitted by: Elena Meredith



<h1 style="margin: 0;">Mapua Village Bakery</h1>		
<p>Available from 1st March</p> <p>HOT CROSS BUNS xxxxxxx</p> <p>Order now for Easter xxx</p> <p>Traditional Fruit & Spice Gluten Free Spelt & Cranberry Fruitless Chocolate chip</p>	<p>Gourmet Pies</p> <p>Yummy Cakes</p> <p>Artisan & Sourdough Breads</p> <p>New Gluten Free Apple Pies</p> <p>Supreme Coffee</p> <p>Oaklands Milk</p> <p>Fresh Meat & Salad Rolls</p>	<p>ST PATRICKS DAY Tue 17 March</p> <p>Irish Soda Bread</p> <p>Beef-N-Guinness Pies</p> <p>Green Bread & Rolls</p> <p>Irish cream Cakes</p> <p>Green is the scene!!!</p>
<p>Our updated Trading Hours</p> <p>7.30am to 4.30pm: Monday – Sunday</p> <p>Public Holidays: 8am to 4pm</p> <p>Winter Hours: 1st May - 28th Sep</p> <p>7.30am to 4pm: Mon - Fri, 8am to 4pm: Sat & Sun</p>		



Māpua School

"To Be All I Can"

School Donations – A Little Clarification

The coalition government moved last year (2019) to take away the burden of collecting donations for schools by announcing a \$150 per student top-up to schools' operational grants. Unfortunately, this option was only available to schools in the Decile 1–7 socio-economic categories. Māpua School, as a Decile 10 ranked school, is not eligible for this funding.

We certainly don't lament the governmental decision to top up school funding in this way, but we do find it a challenge to be asking parents to make donations to keep Māpua School up with the play when other schools no longer need to do this.

Based on our current roll of 285 students, we would be receiving some \$42,750 via the government's scheme. That's \$42,750 that parents of this school wouldn't need to shell out personally.

Presently we request a \$90 donation per child, but in doing so realise that not all families will be able to offer this sum. We are very pleased to receive more substantial contributions from some families and smaller donations from others.

Some families make a regular weekly (or similar) donation, while others round up sums payable for extra-curricula activities. Overall the school is appreciative of what it receives and thanks everyone for his or her contribution.

We are regularly asked where funding that is collected by donations goes. In brief, we have just enough money to cover operational costs, but not enough to purchase the items and resources that enhance learning.

Visiting programme presenters (e.g. Richard de Hamill – Otago University Educator), EOTC (Education Outside The Classroom) programmes (The Whitebait Collection), teaching resources (e.g. Creative Classroom Kits), sports equipment (balls, bats, rackets etc.), IT hardware (e.g. Chromebooks, classroom monitors etc.), readers, and library books are just some of the items that donations help pay for.

Without parent donations, financial input from the PTA, and the Easter Fair, Māpua School would struggle to enrich its programme of learning.

Neil Chalmers, Principal

Māpua Easter Fair

Sunday 12th April, 9 am – 3 pm, Māpua Domain

The Māpua Easter Fair raises funds for Māpua School and Māpua Play Centre to purchase resources, support trips and reduce student teacher ratios. This year's fair is shaping up to be another great community event.

Booking for stallholders spaces are open, and will close 18th March. Further information on pricing, site sizes and the online booking form can be found on our website:

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

We are currently seeking donations for the Silent Auction. Such items may include a product or service from your own or a contacts business, accommodation for a weekend away, a piece of artwork or household item. If you can help please send an email to info@mapuaeasterfair.co.nz

We require donations by 3rd April.

We are also looking for donations for our White elephant stall. The stall is looking for pre-loved toys, games, books and household items in very good condition. For puzzles and games please ensure all pieces are counted and there are none missing. Your goods can be dropped in at Māpua School in the foyer from 9th March to 3rd April.

Further details about the day can be found on our facebook page @mapuaeasterfair

We look forward to welcoming the community on Easter Sunday.

Playcentre

We are back for 2020

We are now well and truly settled back into Playcentre for 2020 and have loved seeing some new faces on session.

If you are new to the area and looking for something fun and educational to do with your little one, we would love to see you down at Playcentre. Pop in to one of the sessions and we will welcome you in and show you around the centre.

Playcentre is a great way to connect with other families and get involved in the local community.

There are sixteen areas of play available to children, lots of opportunities for messy play, major engineering projects in the sandpit, art and creativity and physical challenges such as obstacle courses.

From age 0 to 6.

Visitors always warmly welcomed, come check us out. If you have any questions, feel free to send us an email

Our session days for 2020 are:

Monday 9.30 – 12 pm

Thursday 9.30 – 12 pm

Friday 9.30 – 12 pm

We offer a term of free sessions for first time families and all children under two are free. 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 by email: mapuaplaycentre@gmail.com or find us on Facebook.



Māpua Village Store

Māpua Village Store (MVS), located in the former Country Store, opened on 15 December, just in time for the Christmas busy season. The shop has been opened by Hayden and has a staff member Kristina. The purpose is to fill the need for a shop at the top end of Māpua.

We have the biggest ice creams with 20 different flavours of Tip Top Ice Cream, with the bonus of our famous Real Fruit Ice Cream with 7 different flavours to match your taste.

We have Oakland's milk, chips, drinks, veges, hot food, sandwiches, Pomeroy's coffee. And now Wai-iti free-range eggs are back – only available here at MVS in Māpua. We have an expanding range of variety. We are here to stay and in fact we are expanding in a few weeks' time when the Brook Street Lounge relocates to the new shop just around the corner, same building!

With the expansions the main door will shift to the left-hand door taking you through our hot food and takeaways part of the shop. Yes, it is true, we do Fish and Chips. We usually have three varieties of fish – normally Gurnard, Blue Warehouse and Rig, depending on availability, but don't forget our steak cut chips.

So there will be some other changes coming soon. There is outdoor seating at the rear of the shop to enjoy an ice cream or coffee. So just pop in to say hi and have a look. I just want to say thank you to all those who have made me feel so welcome.

Packhouse Cinema

Showing at Māpua's famous "Packhouse Cinema" at the Hall @ 6:30pm Sunday 8th March

Despite formerly living in Melbourne and feeling I knew all about the Michelle Payne story, I was presented with a much deeper exploration of this amazing, young woman's life.

The story provides laughter, tears, joy and bewilderment. With great casting in Sam Neill as Michelle's father, Paddy Payne. Teresa Palmer as Michelle Payne, does not disappoint and Stevie Payne is perfectly cast as his infectious self.

There are many well-known Australian faces in the supporting cast, which adds to the strength of this inspirational story. Beautiful cinematography and a musical score which takes you on an epic rollercoaster ride.

I needed tissues even though I knew the outcome. A thoroughly enjoyable film, great storytelling. I know only a little about horse racing but this film is focused more on the human story. What a great way to spend an hour and a half! This Australian gem shouldn't be missed.



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MAPUA COMMUNITY HALL



Check out or what's happening at the hall in March on the calendar below or on our website at www.mapuahall.org.

On **Sunday 1st March 'Tiny Dancer'** will hold a trial dance class for children aged 3-7yrs with a regular slot to commence in Term 2 for an after school session. Our beloved **Packhouse Cinema** will begin regular Sunday night screenings again from March (with a slight line up change) the first screening on **8th March**. The Hall committee and grants team have been working on funding for improving the acoustics and audio/ visual equipment in the main Hall and we wish to thank **AV Architects, Lifestyle Audio Visual, The Audiophile and Ease Integration** who have all been incredibly helpful and patient with offering advice and quotes for different audio visual solutions. Also Thanks to **Hubbers, Flooring Xtra, Motueka Joinery and Living Design** for looking into the acoustics and cabinetry required. The next Hall Committee meeting is on Monday 16th March in the Meeting rooms from 6.30pm, all welcome.

What's On at the Hall In March!

Monday	Tuesday	Wednesday	Thursday	Friday	Sat	Sun
<p>2 9.15am Yoga with Charlotte 9.30am Superb Dance w Hilary 6pm Dance Fitness with Hilary</p>	<p>3 9am PANZ 9am Sioux Line Dance 1.30pm Tai Chi for Beginners with Barbara 2.30pm Sit & Be Fit 6pm Yoga with Martin 6pm Aerobics 7pm Pilates w Lynda</p>	<p>4 8.30am Aerobics w Lynda 9.15am Yoga for Healthy Aging 9.30 Pilates 1 Tai Chi w Lynn 1 Tasman Environmental Trust 6pm Yoga with Thomas</p>	<p>5 9am Mapua Art Group 6pm Dance Fitness with Hilary 7.30pm Mapua Community Choir</p>	<p>6 7.30 Yoga with Martin 8.30am Aerobics with-Lynda 9.30 Pilates 9.30am Superb Dance w Hilary 6.30pm Mapua Youth Group</p>	<p>7 9am SHARQUI A belly dance workout</p>	<p>8 6.30pm PACKHOUSE CINEMA</p>
<p>9 9.15am Yoga with Charlotte 9.30am Superb Dance w Hilary 6pm Dance Fitness with Hilary 7pm MDCA Meeting</p>	<p>10 9am PANZ 9am Sioux Line Dance 10am Mapua Creative Fibre 1.30pm Tai Chi for Beginners w Barb 2.30pm Sit & Be Fit 6pm Yoga with Martin 6pm Aerobics 7pm Pilates</p>	<p>11 8.30am Aerobics w Lynda 9.15am Yoga for Healthy Aging 9.30 Pilates 1pm Taoist Tai Chi with Lynn 6pm Yoga with Thomas</p>	<p>12 9am Mapua Art Group 6pm Dance Fitness with Hilary 7.30pm Mapua Community Choir</p>	<p>13 7.30 Yoga with Martin 8.30am Aerobics with-Lynda 9.30 Pilates 9.30am Superb Dance w Hilary 6.30pm Mapua Youth Group</p>	<p>14</p>	<p>15</p>
<p>16 9.15am Yoga with Charlotte 9.30am Superb Dance w Hilary 6pm Dance Fitness with Hilary 6.30pm Mapua Hall Committee Meeting - ALL WELCOME</p>	<p>17 9am PANZ 9am Sioux Line Dance 1.30pm Tai Chi for Beginners with Barbara 2.30pm Sit & Be Fit 6pm Yoga with Martin 6pm Aerobics 7pm Pilates w Lynda</p>	<p>18 8.30am Aerobics w Lynda 9.15am Yoga for Healthy Aging w Nikki 9.30 Pilates 1pm Taoist Tai Chi with Lynn 6pm Yoga with Thomas</p>	<p>19 9am Mapua Art Group 2pm Friendship Club 6pm Dance Fitness with Hilary 7.30pm Mapua Community Choir</p>	<p>20 7.30 Yoga with Martin 8.30am Aerobics with-Lynda 9.30 Pilates 9.30am Superb Dance w Hilary 6.30pm Mapua Youth Group</p>	<p>21 9am SHARQUI A belly dance workout 9.05am Aerobics w Lynda 10.05 Pilates w Lynda</p>	<p>22 9.45am Taoist Tai Chi with Lynn</p>
<p>23 9.15am Yoga with Charlotte 9.30am Superb Dance w Hilary 6pm Dance Fitness with Hilary 8.30pm Walking the Talk with Motueka Greens</p>	<p>24 9am PANZ 9am Sioux Line Dance 1.30pm Tai Chi for Beginners 2.30pm Sit & Be Fit 6pm Yoga with Martin 6pm Aerobics 7pm Pilates 7pm MDCA Ex Mtg</p>	<p>25 8.30am Aerobics w Lynda 9.15am Yoga for Healthy Aging 9.30 Pilates 1pm Taoist Tai Chi with Lynn 6pm Yoga with Thomas 7.30 Stellar a Cappella</p>	<p>26 9am Mapua Art Group 7.30pm Mapua Community Choir</p>	<p>27 7.30 Yoga with Martin 8.30am Aerobics with-Lynda 9.30 Pilates 2pm Friendship Club 6.30pm Mapua Youth Group</p>	<p>28</p>	<p>29</p>
<p>30 9.15am Yoga with Charlotte 9.30am Superb Dance w Hilary 6pm Dance Fitness with Hilary</p>	<p>31 9am PANZ 9am Sioux Line Dance 1.30pm Tai Chi for Beginners with Barbara 2.30pm Sit & Be Fit 6pm Yoga with Martin 6pm Aerobics 7pm Pilates w Lynda</p>					<p>1st March 9am Tiny Dancer</p>

Hello Animal Lovers

Surprisingly New Zealand has one of the highest pet ownerships in the world, second only to the USA. Cats are still the most popular pet and one wonders if there is a perception that owning a cat is a lot easier due to their independence.

However cat owners seem to fall into two categories: those that pamper and indulge their cats and those that allow their cat to roam wherever it wants to and usually only see it when it comes home for food.

As mentioned before, few owners attempt to train their cat or restrict when it eats and allow the cat free choice to return or not and leave food out all the time.

As cats love warmth and comfort most come back to their owners for a cuddle or a warm house but that is hardly classified as training.

So many owners allow their cats on their furniture and even tolerate their cat scratching on the carpet or furniture. These behaviours are natural for a cat but scratching poles and a place for their bed should be provided.

Many cats that are restricted to their homes are bored as all they do is eat and sleep. A natural instinct for a cat is

to stalk and eat its prey which is not the same as eating from a bowl.

Some cats are really happy to snuggle up and be stroked and others are quite the opposite and can be quite dangerous particularly to children.

So why do so many people have a pet cat? Maybe they like the look of one or having something to stroke but every cat has its own personality which should suit the owner.

With pet ownership comes responsibility and all cat owners should be responsible for their pet. Ideally all cats should be microchipped and identifiable and should be inside at night as that is when they like to hunt.

They should also be de-sexed unless pedigree and used for breeding, as there are far too many unwanted cats and kittens born each year and many have a heart-breaking outcome.

The majority of cats however are happy and loved and well cared for and bring much joy to their owners.

If you have any animal behaviour questions I am always happy to answer them.

Sue Mott, Animal Behaviourist



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Moutere Hills RSA Memorial Library

Art displays: Our March exhibition will feature oil and cold wax abstract landscape works by Natalie Towler and Bridgit Davis. We are looking forward to hosting this and enjoying plenty of you popping in to view.

In the children's area we are currently displaying pictures by Barbara Glass. These feature in her book 'The Prince and the Dragon'. She has donated a copy of this beautiful children's picture/chapter book to the library and her contact details are also displayed if you would like to purchase a copy. It has 50 hand painted illustrations and we are thrilled to be able to display some of them.

New shelves: Two new shelf stacks have been purchased and installed so our shelves are no longer quite so tightly packed.

Daylight saving: April 1st is the last late opening (until 6.30 pm on Wednesdays) of this daylight saving period. From 5 April, our Wednesday closing time will revert to 4.30 pm.

Membership: A reminder that 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.

Book purchases: We are proud of the currency of our collection and the level of support we receive which

enables us to keep our collection up to date. Our new books are displayed on specific shelves for each section with the book covers facing outwards. A list of our purchases is on the wall just inside the main part of the library and is also published on Facebook and on our website.

We don't have any lending fees for any of our books - including new purchases!

Lynley Worsley

Library Hours

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

Email: mapualibrary@xtra.co.nz

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Mapua/Ruby Bay and District Community Trust

Applications for Grants

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

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

Forms may be obtained from the secretary (John Sharman Ph 540 3642) or downloaded from:
<https://mapuacommunitytrust.wordpress.com>

Applications should be emailed as a single attachment to: mapuarubybaycommunitytrust@gmail.com or mailed to P. O. Box 19 Mapua.

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

A Fun Family Event



SUNDAY 5th APRIL 10:30 AM - 3:30 PM

JUICE YOUR APPLES WITH A VINTAGE PRESS
WATCH OUR TEAM JUICE BINS OF APPLES
LIVE MUSIC, CHILDREN'S GAMES
FOOD & DRINK, VINTAGE LIVING MUSEUM

WILLOW BANK HERITAGE VILLAGE
79 WAKEFIELD-KOHATU HIGHWAY
1.5 KM SOUTH OF WAKEFIELD

\$2 ENTRY. \$5 FAMILY.
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"Adele and Kim's professionalism and dedication ensured the sales process was more straightforward than I could have ever imagined, especially as I had moved out of the district. Adele has great knowledge and a love for the Mapua area which meant that she was always on hand to take care of the property. Adele and Kim put so much effort into the presentation of the property which successfully resulted in a greater price being achieved than I had anticipated. This is the second occasion I have used them to sell my property and wouldn't use anyone else!"

- N Breakspeare

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

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

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

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

There is no separate January issue.
 E: news@coastalnews.online for more information.

Wakefield Apple Fair
 Sunday 5th April
 10.30 - 3.30



WILLOW BANK HERITAGE VILLAGE
CALL FOR VOLUNTEERS
 It takes a team to run our Apple Fair
 WE NEED YOU!

Lots of tasks, ranging from easy to more challenging: working on apple juice presses, parking, recycling, raffles, dress-ups, sales and reception

Please contact
 wakefieldapplefair@gmail.com
 or 027 630 8089

We have a thank you BBQ for our much valued volunteers

Grateful Thanks from Izzy Neal

Running in circles is my passion. No I don't get dizzy, but my legs and arms sometimes feel as though they are about to fall off! I have a love-hate relationship with the 400 m race and I'm sure every 400 m athlete feels the same way, but it is an awesome event as it involves speed and speed endurance. This combination makes both training and racing tough but so rewarding.



I personally believe that the first 300 m of a 400 m is a time trial. You are racing the clock. To run a successful 400, it is important that you hit the target times at both the first 200 m and 300 m. It is only the last 100 where it becomes a race between 8 athletes as, if you hit your target times, it then becomes a "who can hang in there the longest" and cross the line first and this is developed through training your body to tolerate increasing lactate/lactic acid level.

I choose to run because I love the feeling that comes from training and accomplishing your goals. Running gives me a purpose and I always aim to do my best every time I step out onto the track. When I was 12, I lost my father and every time I run, I run in honour of him, wearing his thumbprint around my neck on a chain.

I feel very blessed to be able to compete in the sport I love and I cannot explain how grateful I am to many organisations and businesses in Māpua and Nelson for sponsoring me and helping me to achieve my goals. I have been selected to be in the NZ U20 4X400M relay team and we are trying to qualify for the World Junior (U20) Championships in Nairobi in July. In order to qualify I am currently training hard at my new track up at AUT Millennium Centre and am travelling around NZ and to Sydney over the next month to try to get the qualifying time. I would like to acknowledge and thank the following for their support:

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- Dave de Gray

Pastel Artists of New Zealand

We are back! Our break through December and January that felt like five minutes but was actually two months has refreshed and invigorated the members of Nelson PANZ.

Tuesday 11th February, it had the feeling of going back to school after the holidays; the first day of a new term, catching up with your mates, comparing notes of the summer's excesses and getting back into the task at hand, painting.

This first day was an opportunity to reveal to one and all the inspired artworks created during the holiday known as the 'Christmas Challenge'. It was based on either of two pictures, a woodland scene or a dresser full of pots and ornaments. In fact Glenys, the little teaser, threw in an unexpected third, a cartoon of Donald Trump. The results are shown!

It is always fun and generates plenty of oohs and aahs as the paintings are lined up along the wall. Fun, yes, but also designed to make us think outside the box and use our imagination rather than just copy what is in front of us.

So, a new year ahead with plenty to look forward to - the annual convention in Dunedin, workshops, challenges, personal painting and the pleasure of comradeship within the group. PANZ Nelson will also be involved with the **Tasman National Art Awards** and Exhibition coming up in

September and October. Whilst this is open to all media, it is hoped that pastel will be well represented.

It was lovely to see Anny de Groot this morning, joining us to make her farewells. Whilst we are sad to be losing her, we wish her well in the next phase of her journey as she and her husband relocate to Taupo to be near family. All the best Anny, keep painting!

Three of our members, Glenys Forbes, Colleen Henderson and Nicola Reif have an exhibition of their work in the Suter Gallery, Nelson. This closes on Sunday 15th March; go on, treat yourself to lunch and have a look at the art, it is well worth it.

If you are looking for a new hobby, a new challenge or just friendship, all you have to do is call into the Community Hall on a Tuesday morning and we will make you very welcome. We have plenty of materials and an abundance of encouragement if you would like to give it a go.

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

Sue England



Tasman Art Focus Group

TAFG – so what is that all about? Let me explain ...

Our group comprises seven people who are beavering away already to bring to Māpua the Tasman National Art Awards and Exhibition. Originally held in Nelson, for the past three years the venue has been Māpua Community Hall and the exhibition has been going from strength to strength in terms of number of entries, visitors and sales of artworks.

It is with great pleasure that this event, backed by 'Impressions' of Richmond, will be brought to Māpua once again from Saturday 26th September until Saturday 10th October. It is such a wonderful opportunity to see, and possibly purchase, art of a very high standard from all corners of New Zealand and in all the various media – oil, pastel, acrylic and watercolour.

It is a real coup for our community and something to note in your diaries and look forward to. If you might be interested in submitting a painting details can be found on our website or Facebook page:

www.tasmannationalartawards.nz
Facebook: Tasman National Art Awards

I look forward to bringing you more information as the year progresses and if you would like to be involved in any way, please make contact with any member of our committee – Glenys Forbes, Lewis Della Bosca, Paul Nankivel, Stephanie Buck, Peter Copp, Paul Deacon and Sue England.

Sue England

Māpua Bowling Club

THE WRITE BIAS

The bowling season has been a busy one so far. Roll-ups on Tuesday, Thursday and Saturday are always well attended. The Club Champs have concluded with some very competitive matches being played.

The Club has also held 4 very successful Open Tournaments this season. Teams from Nelson / Richmond Bowling Clubs and teams from as far away as Pohara, Takaka and Murchison have competed at Māpua.

The latest Open Tournament was The Car Company Open Triples. 48 bowlers enjoyed a full day of bowling and also a delicious spit roast meal prepared by Bevan and Debbie Keys along with a kitchen team lead by Chris Green from our Māpua Bowling Club.

Rangi's team from Pohara won the tournament, closely followed by Anne Curtis' team from the United Bowling Club. The Māpua team of Allan Forrest, Glenn Saunderson and Errol Beattie placed 3rd. (Well done, guys!)

Gary Mc Gregor from the Car Company presented the prizes to the winning teams. The Māpua Bowling Club is grateful for the continued generous sponsorship by The Car Company which makes the tournament possible.

You may also have noticed young students playing bowls at the Club on Wednesday afternoons. This is part of a program run in conjunction with Māpua Primary School.

Sue England and Jean Daubney have led the coaching for the students. Several of the students from last year's program have shown a keen interest and good skill and have attended further coaching at the club.

Leisure Bowls is held on Monday evenings starting at 6pm. These sessions are open to new and existing bowlers. There is no need to pre-book; just turn up on a **Monday evening** and give it a go.



Māpua team receive 3rd place. Allan Forrest, Gary Mc Gregor (The Car Company), Glenn Saunderson, Errol Beattie

Flat-soled shoes are essential to protect the green, but there are plenty of sets of bowls to borrow at the club. An evening of fun bowling with Māpua locals for just \$5. Why not give it a try?

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

The Club is now looking for someone who may be interested in taking on the role from April. If it sounds like something you might like to do, please contact the Club President, Debbie Win for more information: 03 543 384

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

Bevan and Debbie Keys (spit roast team)





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Ruby Coast Run Club

Our little band of happy runners and walkers got up to a couple of adventures in February. Our Dawn Pascoe went to run the Buller Marathon. We were all impressed with her efforts but like all runners she wanted to do better.

Richard Bamfield and I went up to the Tarawera Ultramarathon. I had to pull out with a knee injury but was able to volunteer. I worked registration, then the finish line tent. What an awesome experience and I got to meet and

talk with so many people and hear their high points and low points of the event. I look forward to trying this event next year.

We do have a nice sized contingent heading over to do the Kaiteriteri Gold Half Marathon on March 7th. If you are over there say hi or give us a high five as we pass by. They have been training solidly with the Wednesday night 5k and the longer run at the weekend.

These are posted on our Facebook page and anyone can join us. There are no membership fees. It's just a group of likeminded runners and walkers motivating each other and making the adventure fun.

Come on down any Wednesday night to the Māpua Domain at 5:30 for a run and check it out.

Debbi Bamfield

Journeys of Discovery

FEBRUARY / MARCH 2020



WHAT'S BEEN HAPPENING...

New look website

We are excited to launch into the new year with a new Whenua Iti Outdoors website! There are a few new features, lots of images, an overview of all our programmes and more information on experiential learning, the philosophy that underpins all our courses. With our ever-expanding number of programmes, we have introduced a programme search filter which, for example, allows you to search just our holiday programmes - Have a go! www.wio.org.nz



WHAT'S COMING UP... Shantel's Tour Aotearoa for WIO

Look out for Shantel in early March when she comes through Nelson with over 1,000 other riders who are cycling the length of New Zealand in under 30 days as part of Tour Aotearoa 2020. The event kicks off at the end of February from Cape Reinga. Shantel is aiming to raise money along the way - her aim is \$1 for every km cycled - and has chosen to support Whenua Iti Outdoors! She believes in the importance of connecting with nature for a young person's wellbeing - we couldn't agree more!! You can help Shantel reach her goal on our Give-a-little Page (search 'Whenua Iti') and track her progress on the Tour Aotearoa website. All going to plan she will be arriving in the region around March 6th. Look out for the riders and give her a special shout for us.... Go Shantel!!



Have a look at our new website: wio.org.nz

FOCUS ON... What's the Duke of Edinburgh's Award all about?

Are you a 14-18yr old interested in the Duke of Edinburgh's Award but not really sure what's involved? Kathryn, our Hub Leader for the Award, explains that chances are you are already doing quite a lot towards the Award without realising it. By signing up to the Award you gain recognition for your work and commitment outside the classroom, challenge yourself to learn a new skill, plan your own adventurous journey and come away with more than just NCEA credits on your CV. If you are interested in finding out more, come along to one of our Hub meetings where you can meet other participants and get some help with planning - **Thurs March 5th, 5pm** or **Thurs April 2nd, 5pm**.

You can find out more by reading her full blog on our website - www.wio.org.nz



Help us support Shantel on her bike ride for charity!

OUTDOOR WANDERINGS... Snorkelling at Cable Bay

As part of Sea Week (29 Feb - 8 Mar), there is a snorkel day at Cable Bay on March 2nd from 9am-1pm. Whether or not you make the event, snorkelling at Cable Bay is a fun way to experience the marine life beneath the surface close to the Horoirangi Marine Reserve and appreciate the diversity of our coastlines and why they need our protecting. If you fancy venturing further from shore, it is a great coastline for kayaking too!

For more information on the Snorkelling at Cable Bay or other Experiencing Marine Reserves (EMR) Nelson initiatives, visit www.tasmanbayguardians.org.nz

We'll see you out there!



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Tart Tatin Revisited

There are various things that must come together to make a good Tart Tatin and it has to be said that the right apple variety is at the heart of the matter.

In New Zealand, despite our being a major nation of apple producers, this can prove a little tricky. Here apples are bred for export and eating, not cooking anymore, often being too sweet. (Other fruits can be used though – plums, pear, apricots, nectarine, bananas, even savoury versions are delicious – aubergine and tomato, pumpkin and red onion, fennel or celeriac – choose vegetables with a high sugar content so they will caramelize with ease).

Traditionally though, a deliciously tart apple is essential, and it must be a variety that holds together well rather than collapsing, so that rules out Granny Smith for me. Although Raymond Blanc says Granny Smith is his third choice.

If you are in France in the autumn and winter you will find the perfect apple - Reine de reinettes, but we don't have them here. Luckily, a visit to Richards Orchard on the Coastal Highway just outside of Māpua in late summer, early autumn will reward you with some great cooking apples for this fabulous dessert—Merton Russett, Cox's Pippin, and similar.

The next most important thing is the cooking receptacle. It must be round with a heavy bottom with even heat spread that will be okay on the element as well as in the oven, with sides about 8-10 cm deep. A cast iron frying pan is ideal.

Thirdly, though of slightly less importance – we can allow a bit of variance here for taste - is the type of pastry. I have a preference for flaky or puff but in the depths of winter, a good homemade sweet short pastry is sublime. What is paramount is that the pastry must be all butter, not margarine.

The whole gorgeousness of this tart arises because the fruit or vegetables caramelize, and the rich tones of caramel mix with crispy buttery pastry to create a taste and textural sensation.

This 'up-side-down' tart made famous by the Tatin sisters who ran a hotel-restaurant in Lamotte-Beuvron, France, has been a specialty of the Sologne for centuries. Once made famous by the Tatin sisters, it was first served at Maxim's in Paris where it remains on the menu as a speciality to this day.

There are many ways you can make a Tart Tatin. The following is the most traditional, and from my perspective the most reliable. And at this time of year with our plum tree laden, it's time to revisit this old classic replacing the apples, with gorgeous plump plums.

Tart Tatin Serves 8 -10

One sheet of short crust (350 grams) pastry, flaky or puff made with butter. **Do not scrimp on cheap Supermarket brands. Buy either Sabato or Panneton brands for sensational results.** Or if you have the patience of a saint, make your own.

- 750 grams tart cooking apples peeled and cored each cut into quarters.
- 125 grams butter
- 150 grams castor sugar

Pre heat the oven to 230° C.

You will need a proper Tatin pie dish with heavy base or you can use a cast iron pan with heavy base.

Place the pan over a medium heat and add 100 grams butter. Sprinkle over half the sugar evenly and lay the quartered apples or pears packed in tightly, rounded side

down, over the butter and sugar. Cook gently for 5 - 10 minutes. The mixture will bubble and start to brown, and the fruit begin to colour on the bottom as the butter and sugar caramelize. The underside of the fruit should be looking a nice mahogany brown – take it as far as you dare.

While the fruit is caramelising, roll out the chilled, rested pastry on a lightly floured surface, to a round slightly larger than the dish.

Sprinkle the rest of the sugar evenly over the fruit segments and add the final dabs of butter. Remove from the element.

Now fit the pastry sheet over the top of the caramelised fruit and tuck the edges into the sides bedding it down in the fruit. This is important because it is here that you get that gorgeous marriage of caramel and pastry.

(You can make it to this stage in advance if you wish then chill in the fridge).

Place in the hot oven and bake for 30 - 40 minutes, until the pastry is golden and crisp on the top.

Remove and quickly check the edges of pastry will come away from the pan with a knife or spatula. Place a serving plate directly over the tart. With the help of oven mitts, immediately invert the tart onto the serving dish and remove the tart tin. Serve hot or warm with fresh cream or crème fraîche.

Sarah La Touche is a qualified Holistic Nutritionist.

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

She is available by phoning 027 315 1165, sarah@livingnutrition.co.nz or www.foodiesinfrance.com, or www.holidaystaymapua.nz



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Hills Community Church

Canoeing the mountains

I can never get my head around the fact that by the time March comes around, it is officially the start of a new season, Autumn, and we are well on the way to a quarter of the year going by. But as I write this it really does feel like the middle of summer and that the year is just getting under way. Let alone that, it still seems odd to be in a new decade.

About ten years ago I was involved in some strategic planning for an organization – a process that was called – wait for it – '2020 Vision', and now we are here. I wonder how much of that strategic planning done 10 years ago would bear any relationship to where things are now. The truth is it is very hard to imagine with any certainty the path forward.

Over that past couple of months I have been reading a book on leadership called 'Canoeing the Mountains' by Tod Bolsinger. Tod writes of the challenges in leading, and I would say living, when the reality of the journey turns out to be utterly different to our expectations.

He describes the 1804 expedition of Lewis and Clark, the American explorers who were given the task of travelling up the Missouri River to find a navigable river route to the west coast. Their expectation was to find an easy route to the Columbus River that would take them all the way to the west coast.

But what they found was not an easy canoeing route, instead they found the Rocky Mountains. Life is very much like this. Despite our best planning and research, we will often find ourselves in situations, where we are 'canoeing the mountains'. Where the resources we have, our skills and experience seem totally inadequate or unsuited to the journey or terrain which God has given us.

What are our options? Well, I have come to realize that these moments, or seasons, are in fact exactly the places where God would have us be. And the only real option is to come to the end of ourselves, and learn to trust that God will provide exactly what we need. Also perhaps to develop a healthy sense of adventure for the journey ahead – oh and we might have to exchange the canoe for some sturdy boots!

Blessings in Christ for 2020, 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 & 4th Sunday.

Youth Groups

Years 9-13 Fridays at Māpua Hall 6.30-8.30pm

Years 6-8 Thursdays at Hills Community Church 3-4pm.

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

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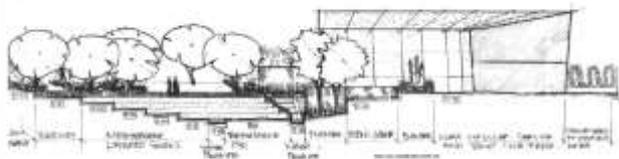
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Māpua Health Centre

We are 30 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 admin rooms and a staff room at 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).

CORONAVIRUS:

There is now a national freephone number dedicated to Coronavirus information and health advice. Interpreters are available if needed. It is **0800-358-5453**.

The Ministry of Health website advises that:

'There are currently outbreaks overseas of a new disease called COVID-19 (also known as novel coronavirus). The Ministry of Health is closely monitoring the situation and following guidance from the World Health Organization. While the likelihood of an imported case in New Zealand is high, the likelihood of a widespread outbreak is low–moderate.'

If you have recently travelled to China, or been in close contact with someone who has a confirmed case of Coronavirus (nCoV), and you have flu-like symptoms such as a fever or acute respiratory illness please follow these precautions:

- Phone the medical centre in the first instance and ask to speak with a nurse who will assess your symptoms.
- If we need to see you at the medical centre, we may ask you to wait in your car and we will assess you there before bringing you into the building.
- Please use the masks and hand gel which are located immediately inside the front entrance doors.

For further information please go to:

<https://www.health.govt.nz/our-work/diseases-and-conditions/novel-coronavirus-2019-ncov>

Thank you for helping us keep our patients and team members safe.

The ability to view your consultation notes via our patient portal is coming:

If you have registered, and activated, your access to our patient portal (ManageMyHealth) you will be able to view most of your consultation notes from the 16th March 2020

This is a great way to refresh your memory about any

instructions or advice that you have been given by your GP; changes to your medication doses; plans for ongoing treatment; etc.

If you would like to register on the patient portal please give us a call or pop in and talk to one of our receptionists.

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

continued on next page

Māpua Health Centre continued.....

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 great 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>
- 1-31 Hearing Awareness Month www.deafness.org.au
- 1 National Children’s Day www.childrensday.org.nz
- 1 Zero Discrimination Day unaids.org/en/resources
- 1-7 Sea Week www.seaweek.org.nz
- World Book Day www.worldbookday.com
- 8 International Women’s Day internationalwomensday.com
- 11 Walk to Work Day www.livingstreets.org.nz
- 13 World Sleep Day www.sleephealth.org.nz
- 13-14 Guide Dog Appeal <http://blindfoundation.org.nz>
- 20-27 Shave for a Cure Week <https://shaveforacure.co.nz>
- 20 World Oral Health Day www.worldoralhealthday.com
- International Day for Elimination of Racial Discrimination www.un.org/en/events/racialdiscriminationday
- 22 World Water Day un.org/en/events/waterday
- 22 Neighbours Day Aotearoa neighboursday.org.nz
- 24 World Tuberculosis Day www.stoptb.org

SENIOR MOMENTS

CONNECTING SENIORS IN OUR COMMUNITY
Held on the second Wednesday and last Wednesday of each month

At Hills Community Church
122 Aranui Rd, Mapua
10 AM to 12:00

COME ALONG AND MEET NEW FRIENDS, HAVE FUN AND ENJOY MORNING TEA.

Senior Moments

March programme

Wednesday 11th March - Community Lunch

Would you like to join a friendly group of seniors and share a meal?

Arrive at 11.00 a.m. for a social get together and chat over tea and coffee.

Lunch, including a main course and desert, will be served at 12.00 noon.

New members are very welcome to come along and a small donation or Koha is welcome.

Wednesday 25th March

10.00 a.m. morning tea followed by a talk on safe cycling and what you need to know when you transition to an electric bike.

Vanessa Lynch who is giving the talk currently hosts tourist on some of our local cycle ways and will also talk about her experiences cycling some of the beautiful cycle ways throughout New Zealand.

For further details contact Heather Hoad on 027 4404022, heatherhoad4@gmail.com



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APPEARING HERE **Playhouse Theatre**
Friday 6th March, 8pm
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The Playhouse Cafe

What's On Guide

MARCH 2020

Open for events

Free Drop off to Mapua and Appleby Call 5402985 for bookings

Friday Saturday Sunday

WE ARE NOW OPEN FOR EVENTS AND FUNCTIONS ONLY

Please do not be afraid to contact us for private group functions of any size.

We love hosting events and would LOVE to host yours

Friday	Saturday	Sunday
28 Inspire Summer Smash Dance Dinner	29 Booked for Wedding	1 closed
6 Rud Stewart The world's best Rod Stewart impersonator \$35, 8PM Dinner from 6pm +\$33 buffet	7 Booked for Wedding	8 OPEN WEDDING DAY 1 - 3pm free
13 Free For your Private event	14 Free For your Private event	15 closed
19 Booked for Wedding	20 Closed for Private function	21 The Best 80s Night Free Entry 6pm dinner, 730pm music Feel like a virgin again and dance with somebody!
27 Free For your Private event	28 Closed for Private function	22 closed 29 closed

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Māpua Craft Group



This term, some of our projects will benefit other people using the skills of our talented members who have many interesting ideas. Popular crafts are card making, knitting for Plunket and premature babies at Nelson hospital.

Our craft cupboards are well stocked for members to use.

We ask for a \$2 donation to cover the hire of the Hills Community Church supper room and a koha for materials used. There is no membership fee.

We meet on Fridays during school terms and everyone is most welcome to come and share their skills and/or learn new ones! We realise that at times, family, holidays and appointments may prevent attendance on some Fridays.

Your ideas and enthusiasm are welcome and we would like to have more members!

Barbara Halse. Ph: 5403901.



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There is a mix of new and not so new garments including vintage and retro finds. All quality.

We also have a maternity range, cater for sizes 6 to 24 and have footwear and accessories.

Prices start at \$5.

LOCATION

Across from Mapua School at 151 Aranui Road

HOURS

Open Friday, Saturday and Sunday 11-3pm
with parking right outside.

SPECIAL EVENTS FOR YOU AND YOUR FRIENDS

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

CONTACT

Get in touch through facebook or instagram.
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Your Symphony Conductor

Think of your brain as a conductor of a symphony orchestra



Bottom line

Your life is experienced through your nervous system. Think about that. Every thought, breath, heartbeat, memory, and movement happens in coordination with your central nervous system.

If your neck or lower back hurts you move differently. That's easy to understand but the longer that goes on the more your body starts to compensate and the more you move like that without you even realizing that you are moving abnormally.

Researchers have found that nerve signals can travel from your brain to your body at more than 402 kph. Your brain is the master control system of your body with signals and messages starting in the brain and then heading out and down to your body. Think of your brain as the conductor of a symphony orchestra and your body as all the instruments. If one instrument is out of sync or tune, it effects the composition of all the different elements which make up the orchestra.

But nerve messages not only travel from your brain to your body but from your body upwards to the brain. Do you have a foot, a knee or a hip that hurts (think of it as an instrument)? Well, that will start to affect your lower back and pelvis and how they move all the way upwards, sometimes to your shoulders and neck causing you pain, stiffness and loss of movement.

The longer this goes on the more changes that occur in your brain to move your body including the muscles that move your body following the instructions from your conductor your brain.

This is why so many people go on to suffer with chronic pain (pain which lasts greater than three months). Their pain started with an acute injury at some point or developed over time due to poor body movement and/or lifestyle choices, which can involve any number of things but that is another article of itself.

What if I told you there are ways you can impact your brain by moving your spine? It's true...

Why it matters

Current research has demonstrated that specific movements of the spine, including the motion that happens during a chiropractic adjustment, can provide a multitude of benefits to your brain and nervous system.

Adjustments activate the nerves that detect and sense motion.

When those nerves are activated, it stops (or gates) the nerves that deliver pain signals. That is one of the reasons why adjustments provide pain relief. They literally "turn off" the pain sensors!

Perhaps even more exciting is the emerging research that has shown adjustments can increase cortical brain drive. That's a fancy way of saying researchers have found that adjustments can make you move better, have a better awareness to control your body and for your brain to have a better understanding of what is going on inside and outside of your body!

- Your entire life is experienced through your central nervous system - every thought, memory, and action.
- Movement of your spine can activate your central nervous system and brain.
- Emerging research has shown chiropractic adjustments can help reduce pain, improve function, and even increase strength!

Next steps

Pain is a powerful motivating force that guides treatment seeking behaviours in patients that present to our office every day.

We can help you to understand the reason why you have pain and the effects of your pain on your brain and body which is so important to the management of your pain, anxiety and stress associated with your pain.

We may be able to help you to regain more of a quality of life by improving the way your body moves and how your brain conducts those movements.

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Chiropractic Centre
Dr. Ron Howard
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Noticeboard

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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