

Climate Change—Local and Global

Dr Bruno Lemke and Professor Tord Kelstrom gave a presentation on Climate Change at the April meeting of the Mapua and District Community Association.

We are extremely fortunate to have such knowledgeable scientists (members of the Ruby Bay Research Centre) living in our community who are willing to share some of their researched information with us. Dr Lemke focused on the effect of extreme weather on Ruby Bay with reference to the recent flooding. Professor Kelstrom spoke about the impact climate change has on workers and their health from a global perspective and Dr Lemke concluded by looking at local management strategies. A very interesting topic and something that is in the minds of us all at present.

Chairperson Elena Meredith began the general meeting by reminding members of the AGM in August when her time as chairperson ends and this position and the position of secretary will become vacant. She encouraged anyone who feels they would like to contribute to our community to consider joining the executive committee. Elena also spoke of the need to look at how these positions might be resourced in the future and possible changes to the workload.

Roads and pathways.

Wayne Chisnall's report which had been circulated noted that letters have been sent to affected parties regarding a possible pathway from the top end of Higgs Road through to Aranui Park.

A reply is also awaited re Jessie St/Aranui Rd pathway

The work on the safe crossing by the school has now been completed. The northern island will be remodelled when work on the sewer and water systems is done later in 2018.

Bruno spoke about the pathway/cycleway from the causeway back along the Seaton Valley Stream towards the school. This is an ongoing discussion and a further meeting is being arranged with Beryl Wilkes.

Cr Tim King has spoken to Jamie McPherson regarding whether yellow lines are possible on the ap-

proaches to the roundabout on the Tahī St/Aranui Rd corner and a reply is awaited.

Waterfront and wharf.

Elena thanked those members who have represented MDCA on the Waterfront Committee over the years and we now wait to hear the terms of reference for the new committee structure.

The repairs to the "photo frames" made by Mapua School pupils are in progress and the descriptive panels for these are in production.

The meeting was asked whether MDCA should send a letter to the Tasman District Council to support the Boat Club's submission to the Long Term Plan in support of a feasibility study into a regional boat ramp. This was agreed to by vote.

Council Feedback and reporting

Cr McNamara addressed some issues about public and shared transport that had been raised during the climate change presentation at the beginning of the evening, and suggested that we look to Wakefield as a possible model, stating that there is a need to look at community initiatives as well as

looking to the council.

Environment

Gillian Pollock reported on a very successful beach clean-up with a disappointingly large amount of rubbish still being left on our beaches.

Helen Bibby reminded everyone of the upcoming planting days to be held the last two weekends of May – both Saturday and Sunday mornings between 9am and 12 midday. We hope for a large turnout to plant 4000 plants.

Water Infrastructure: Bruno spoke about this new portfolio noting that sewage and stormwater will be key issues for this subcommittee. He had attended a recent engineering meeting noting the usefulness of these meetings to our local community and gave a short summary of the topics.

Do come and join us at our next monthly meeting. You will be made very welcome at the Mapua Hall, 7pm Monday 14 May.

Helen Bibby



Tord Kelstrom, left, & Bruno Lemke

Replacing Storm-Damaged Trees & Shrubs Well Underway

A local community initiative is underway to provide shrubs and seedlings to flood-affected Ruby Bay residents.

Already we have had 50 small bronze flaxes donated by a local resident, a trailer-load of compost donated by Mapua Landscapes, 100 shrubs donated by Sarah and Miriam of Rhodolea Nurseries, and many more upcoming donations from Coastal Garden Group members and local gardeners.

We're excited at the prospect of being able to provide a variety of free, locally-grown plants and shrubs to Ruby Bay residents whose gardens are looking a little bare now after the devastating floods in February.

We plan to hold the first of two Ruby Bay replanting days at the old church hall in Aranui Road (opposite the Hills Community Church) on Saturday 5 May between 10am and 2pm.

We hope to have bags of compost available as well as a large variety of salt-tolerant shrubs, small trees and seedlings to help fill those gaps.

If you need help to restore your beloved garden or you have plants that you could donate, we'd love to see you.

If you're looking for reasonably priced plants in the meantime check out the great variety at Rhodolea, 221 Thorpe Street, Motueka.

For further details check out the Mapua Community Association Facebook page.



Gill Bartlett



Never mind the view, it's more fun balancing on boulders

Obituary—Netta Perry

Netta Perry lived a fulfilled life as a child in Rosedale where her parents, Gottlieb and Ida Rose, were farmers growing hops and tobacco (with her brother Mervyn and sister Eileen). Her father owned a Model T Ford of which there were only four others in the Moutere District. Her Bosselman Grandparents owned the farm that is now the Neudorf Winery.

She went to school in Neudorf which was a 3.5 mile walk each way, enjoying school with 16 other children. Leaving at 14 she then went to Nelson Technical School three days a week.

At the age of twenty she married her school sweetheart, Lionel Edward Harvey Perry in 1935. After marrying they lived in Harakeke and then moved to Mapua in 1939. Lionel worked for a blacksmith but was interested in cars and machinery so started L.E. Perry, moving to the Perry Auto site (70 Aranui Road) in 1940 where Netta did the wages and bookwork. This business continued with their sons for 57 years.

In 1950 Netta started her own business: Enterprise Drapery, selling haberdashery of the day, balancing her work with raising their children.

Lionel and Netta built *Paramount*, a large family home (on the hill) at 71B Aranui Road, Mapua in 1950. It took four years to complete, mostly done by family. They cut and carted trees from the Baton, sawed, dried and planed the timber in their own sawmill and only the bare basics were paid for.

Great food was always served for the masses including preserves, tomato sauce, bottled fruit and cake tins full of home baking, and Lionel made wine from different fruit and grapes he grew. Lionel's brother Arthur and his daughter, Vera, came every Sunday for dinner. Christmas's were always a special event with a huge effort made to involve everyone and invite those without family.

Lionel collected many vintage cars and other machinery; some he restored and then took out on vintage car rallies and family picnics. He also grew every vegetable available. Netta was also an avid gardener just like her mother and grandmother before her. Netta grew every flower in clay from cuttings. She grew roses to enjoy and showed them with the Moutere Hills Rose Society which she was a member, joining in 1951. A florist for 80 years, her last wreath was made at the age of 97 for the Mapua RSA's Anzac Day. For many years she did the flowers for weddings while her daughter, Joyce, made the wedding

and bridesmaids' dresses and Lin did the hairdressing on the day.

Knowing every handicraft, Netta had a room dedicated to her hobbies. For many years she loaded up her red Honda City and sold her crafts at markets. She made hand-stitched patchwork quilts for all 12 grandchildren, did china painting in the 1980s, knitted tiny clothes for premature babies for five years and kept on knitting a total of 174 squares for blankets which went to the Pacific Islands.

Netta always kept herself active in the community. In 1939 she and a friend started the Mapua Library. She was a Country Women's Institute contributor and member for over 75 years.

Netta had helped to move and build the NEW Mapua Hall in 1945, was a Hall committee member/secretary for 16 years and supported the re-development in 2013, including cutting the opening ribbon. She had only one kidney but enjoyed good health. She was involved in supporting the local Old Folks group even though she was older than most of them.

On 27 January 1985, just six weeks after their 50th Wedding Anniversary, Lionel passed away leaving Netta to start a new chapter without her lifetime partner. She continued living in the family home they had built for another 22 years then moved down into a smaller and warmer flat in Iwa Street, Mapua.

In more recent years Netta was a member of the Friendship Club, Indoor Bowls, Probus, Garden Club, Coastal Connections, Coastal Garden Club and a Walking Coffee Group. In 2000, Netta received an Outstanding Community Service Award from the Tasman District Council; she wondered why she got it as she was "just helping out."

At the age of 99 years, Netta moved into Jack Inglis Friendship Hospital where her friend of over 90 years and sister-in-law, Floss Kemp, lived. While there, Netta went out on their bus trips, complained about the food, regularly went out for coffees with family and the monthly family brunches that Wendy organised. In November, 2017, Netta attended the wedding of her great granddaughter, Alex Perry at Rabbit Island.

Since 1954 Netta continuously subscribed to the *Nelson Mail* to keep up with local and world news and in later years did the daily word puzzles every day. She played cards with Joyce most weeks and almost always won.

Netta's life has filled many hearts, she has been a mother to many and will be sorely missed by family and friends.

Courtesy of the Perry Family.



Every little town - Peter Francis, March 2017

Have you never seen them?

They're in every New Zealand city and in every little town

Sometimes hard to find -- you may need to ask around?

In five hundred parks and Plaza's - often in Main Streets

There's a "World War One Memorial" to recognise the feats
of soldiers long forgotten, fighting war for what end?

It's purpose so difficult for us now to comprehend

I've always pondered what these lonely shrines meant
to those --- from whom such heartfelt words were sent?

The past's a foreign country. They did things different there

I wonder Who, What, Why and When they built them there?

Was it guilt or sorrow? -- Perhaps just grief and pain
for their sons whose -- "Red wine of youth was drained?"

Sometimes a simple flagpole or an elaborate plaque

Perhaps a Towering Archway or Marble Cenotaph

There's a poignant one in Cave -- Names written on a stone

Eight who made the sacrifice - Forty two who made it home

At Lion rock in Piha -- Wreaths wash out upon the tide

Recalling -- t'was the ocean where many of them died

One Trooper I recall -- proudly stands in Murch'

Next to the public toilets -- far from any church

Tall standing in all weathers (yet he has no name)

Guards 30 mates -- Their names, etched below remain

We met him over lunch some 40 years ago

Now when we drive near -- we stop to say hullo

So many lost -- lives, loves, hopes and dreams

Sacrificed at Gallipoli, Flanders and in Rheims

100,000 strong they sailed -- mostly unprepared

for the Horror and Carnage of a war that lay ahead

Just two thirds returned and many of them -- maimed

A Century later on how can we - understand the pain

felt by grieving parents or those who'd lost a mate?

No funerals - No graves! -- So they needed to create

a sacred place to lay a wreath -- or a tearful prayer?

Fashioned with deep emotions, heartache, love and care.

Have you never seen them?

They're in every New Zealand city and in every little town.

Mapua Hall AGM Open to All

The Mapua Hall Annual General Meeting is coming up fast at 7pm on 18 June and the committee is calling for some new members to help run this vital, community-owned asset. Anyone who can offer two or more hours a month will be welcomed with open arms. The beauty of being a committee member is that each person brings a unique set of skills and life experience to the table. Everyone can make a contribution in some way.

Megan Grove-Roberts, the Hall Coordinator, works at the hall on Mondays, Wednesdays and Thursdays between 9.30am and 12.30pm. Contact her or any of the current committee members listed on the website to discuss what contribution you can make to this beating heart of the community.

Meetings are held on the third Monday of the month from 6.30pm for about two hours.

The committee is proposing some minor cosmetic changes to the constitution. Some wording needs changing and the description of the person who independently reviews the financial records needs altering. A vote will be made on this at the AGM so all financial members of the hall are encouraged to attend.

www.mapuahall.org

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Million Dollar Makeover for Mapua School

Mapua School is about to get a million-dollar makeover.

Recently Board of Trustees Property Subcommittee members Rob Smith, Leigh Rodd, and Neil Chalmers, with backing from the full board, signed off in principle on near to a million dollars of property upgrade projects around the school. While some of the projects lack the 'wow' factor (such as re-roofing sections of the school) there is much to get excited about and we look forward to the following being undertaken over the coming 18 months:

Swimming pool fencing upgrade.

Toilet block (By the pool) upgrade.

Transfer of Harakeke to Manuka/Mahoe Block and upgrade of these three rooms and surrounds.

Transfer of Toi Toi to Totorā/Kowhai/Kahikatea Block and upgrade of these four rooms and surrounds including the main entrance. Upgrading of the support rooms attached to the above (Totorā/Kowhai/Kahikatea) block. This includes the current resource storage room, learning support room, toilet, reading recovery room, special needs support room, and our music/band room.

Construction of an Archgola (or similar) over the Rimu/Karaka/Titoki/Koromiko quadrangle to provide a covered space for classes, teams, and the whole school to gather.

All of the above are at the 'concept-only' planning stage and so details of each are yet to be briefed and planned. We are pleased to have engaged Rob Edmonds of RE Projects and Ken Robinson Architect to manage these projects on behalf of Mapua School and the Ministry of Education.

We do wish to acknowledge here that the funding for this property work comes from a very separate source [i.e. the Ministry of Education 10 Year Property Project (10YPP) and 5 Year Agreement (5YA)] than our annual operating grant.

The sum allocated is based on complex formulas related to the age and stage of buildings, the school roll, and Government funding available. Also, for purposes of clarification, our school grounds are the property of Ngāti Kuia and the buildings are Ministry of Education-owned. The Mapua School Board is funded, as noted above, to lease the grounds on an annual basis and maintain these facilities in conjunction with the MoE.

The first project off the block will be the upgrade of our pool fencing as it can easily be managed over the coming months (now that the pool itself is closed for the season). Alongside replacement of deteriorating fencing we can upgrade, to a degree, the landscaping of the area, potentially including shade and seating improvements.

Nga Mihi nui, Sharon Prestidge, Deputy Principal

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For updates, follow us on Facebook  **RubyCoastArts** (you don't have to be a Facebook user to view).

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Fire Brigade



March 18 to Apr 16 call-outs

Mar 13: Smoke in the area of Stafford Drive. No fire found.
 Mar 20: Truck crashed in to bank SH60. Police investigating.
 Mar 26: Lift asset with St John Ambulance. (See below)
 Apr 2: House fire in Motueka
 Apr 3: Van fire Pine Hill Reserve. Police investigating.
 Apr 7: Tanker to fire at Dovedale, permit burn. Turned back.
 Apr 13: House fire in Motueka
 Calls this year: 29

A Memorandum of Understanding with St John and Fire and Emergency means you may have fire-fighters attend when you call for an ambulance. For example, in the case of cardiac arrest or a person not breathing. Also to help carry a person down stairs. Sometime in Mapua the fire engine can be first.

At the monument we have 14 fire-fighters. We have room for four more persons who live or work within the Mapua area and can come to trainings on Thursday nights and callouts at any time. Ideally within four minutes of the station.

If interested call Chief fire Officer Ian Reade on 027 445 7049 or come and see us on Thursday around 7:30pm.

Safety Tip – Have your chimney cleaned and checked.

Mark Theobald, SO/Secretary, Mapua

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Mapua Health Centre

A reminder that this year's flu vaccine is now available. The vaccine is free for those over 65 years and for anyone with respiratory problems requiring regular use of inhalers, heart disease, stroke, diabetes, kidney disease, cancer, certain neurological conditions and auto-immune disease. If you would like to receive immunisation please pop in or you can call one of our receptionists to arrange an appointment.

This month includes asthma awareness day and a review of integrative treatment approaches suggests that nutrition modification, mind-body medicine, physical activity, and certain dietary supplement interventions can be helpful (*Current Allergy and Asthma Reports* Oct 2014). For instance, children who eat fast-food three or more times a week had a much higher likelihood of severe asthma, as well as more hayfever and eczema; whereas eating extra fruit appeared to be protective (*Thorax* 2013).

Vitamin D, "the sunshine vitamin," has been in the news quite a bit lately, including its use in asthma. A recent meta-analysis suggested that taking vitamin D reduced the frequency of acute exacerbations, namely emergency department visits, hospitalizations, or the need to administer corticosteroids, by over 60% (*Cochrane Database Syst Rev.* 2016).

Cured meat intake has been linked to worsening asthma symptoms and probably relates to its high-nitrite content which may lead to nitrosative stress related airway inflammation (*Thorax* December 20, 2016). Cured meats have already been identified as a risk factor for cancer, all-cause mortality, and several chronic diseases, including chronic obstructive pulmonary disease.

A couple of concerning articles looking at the effect of our environment suggest that mold exposure from water-damaged buildings during infancy was associated with childhood asthma at age 7 years (*J*

Allergy Clin Immunol. 2012); and that a common toxin in our environment, BPA - bisphenol-A, which is used in plastics (food can liners, some plastic bottles and food wrappers, etc) as being linked to the risk of developing asthma and perhaps helping to explain the dramatic increase in asthma over the last 30 years (*J Allergy Clin Immunol.* 2013).

Our patient portal service is up and working really well. It gives you access to your own medical notes, providing that you are a registered patient. Manage My Health™ - www.managemyhealth.co.nz - is a web site that uploads patient information from our computer to a secure web server so that only you can access your own health information and manage aspects of your health care where ever you may be. It also allows us to communicate about test results, appointments, etc. If you would like to register for Manage My Health™ please phone 540-2211 or talk with our receptionists when you next come in.

This month's health and school events include:

| | | |
|-------|----------------------------------------|------------------------------------------------------------------------------|
| 30-5 | NZ Immunisation Week | www.immune.org.nz |
| 5 | International Midwives Day | www.midwiferycouncil.org.nz |
| 5 | World Hand Washing Day | www.handhygiene.org.nz |
| 5 | World Asthma Day | www.ginasthma.org |
| 8 | World Red Cross Day | www.redcross.org.nz |
| 7-13 | Road Safety Week | www.brake.org.nz |
| 7-13 | Sign Language week | www.deaf.org.nz |
| 12 | ME Awareness Day | www.anzmes.org.nz |
| 12 | International Nurses Day | www.nursingcouncil.org.nz |
| 14-20 | Privacy Awareness Week | https://privacy.org.nz/ |
| 15 | International Day of Families | www.un.org |
| 15-21 | Hospice Awareness Week | www.hospice.org.nz |
| 15-21 | Coeliac Awareness Week | www.coeliac.co.nz |
| 18 | Pink Shirt Day – awareness of bullying | pinkshirtday.org.nz |
| 19-25 | Youth Week | www.arataiohi.org.nz |
| 27 | Multiple Sclerosis Day | www.ms.nz.org.nz |
| 31 | World Smoke-Free Day | www.who.int |

How do they get deer to cross the road at those yellow road signs?

One nice thing about egotists: they don't talk about other people.



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Police Report

Hi All. Great that we have got through a month with no natural disasters! Still a lot of repairs and tidying up to be done both in the Mapua area and Riwaka/Marahau.

One thing that has come out of the recent storms was the fact that phones were out and people couldn't contact each other – this is where knowing who your neighbours are is very important. Knowing who is elderly and may need help, knowing who is fit and strong and can help, knowing who has equipment and tools that can help. All stuff that often gets ignored.

Great to be able to report that there hasn't been a lot of crime in the Mapua area. This doesn't mean that you can leave your car unlocked with valuables in them though, or leave your shed unlocked!

Grant Heney, Senior Constable, Motueka

Occurrences:

- Mar 25: Man aged 46 arrested for assault
- Apr 5: Attempted theft of car wheels Broadsea Avenue
- Apr 19: 24-year-old male arrested for assault

Mapua Craft Group

In April we explored enthusiastic plans for the autumn months ahead. Several ideas were discussed while we designed "cactus" stones, made cards and gift tags and knitted for Plunket. We plan to make more "Twiddlemuffs" to donate to dementia patients. What are "Twiddlemuffs?" Come and see or wait until they are on display at the Mapua Library later in the year. The photo shows a cactus plant made of stones and made by Alison.

Members admired flower design projects using paper, buttons and material, with eager volunteers willing to demonstrate these in the future.

As a bonus at our meetings we have morning tea/coffee with fruit and biscuits. Members' birthdays are celebrated with beautiful hand-made cards signed by everyone—keepsakes to treasure. By sharing our talents and ideas, we add to our skills and make unique gifts. Note; everyone is welcome to join us at the Mapua Community Church on Friday mornings, but please note that we do not meet during the school holidays.

Barbara Halse, Ph: 03 540-3901





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Edited by Andrew Earlam (advertising) 540-2845, and Terry Smith (editorial) 540-3203. Views expressed are not necessarily those of the editors. We aim to have the newsletter out by the 1st of the month. The deadline for emailed items to coastalnews@mapua.gen.nz is the 20th of the month. Notices are a gold coin donation in the collection boxes. Club notices are free. Printed by the Tasman District Council.

**Annual Financial Membership
is now due. . . .**

If you're already a member please
make payment online:

03-1354-0308218-00

REF: Your Name/Membership

If you're not yet a member please
drop in and fill out a form or
fill out a form on our website:

www.mapuahall.org

'About the Hall' tab — Membership

It's only \$15 per person annually
Additional donations greatly received!

**Mapua Public Hall
Society AGM**



7pm



**Monday 18th June
Mapua Hall**

**Please come along and show
your support for your community
hall.**

****New Committee Members needed****

Supper will be served following

What's On at the Hall In MAY

| Monday | Tuesday | Wednesday | Thursday | Friday | Sat | Sun |
|----------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------|----------------------------------------------|---------------------------------------------------------|
| | 1 9am PANZ 9am Sioux Line Dance 1.30pm Tai Chi Beg 2.30pm Sit & Be Fit 6pm Aerobics 7pm Pilates | 2 9am Aerobics 9.30am DRU Yoga 10am Pilates 12.30pm Tai Chi 6pm Yoga with Thomas 7pm Tai chi Beginners | 3 9am Mapua Art Group 6pm doTERRA Oils Sharing 6pm Mapua Dance Fitness | 4 9am Aerobics 9.30am DRU Yoga 10am Pilates 1pm Mapua Fellowship Group | 5 | 6 |
| 7 9.30am Low Impact Dance 6pm Mapua Dance Fitness | 8 9am PANZ 10am Mapua Creative 1.30pm Tai Chi Beg 2.30pm Sit & Be Fit 6pm Aerobics 6pm Middle Eastern Dance 7pm Pilates | 9 9am Aerobics 9.30am DRU Yoga 10am Pilates 12.30pm Tai Chi 6pm Yoga with Thomas 7pm Tai chi Beginners | 10 9am Mapua Art Group 9.30am Belly Dance Fitness Basics 6pm Mapua Dance Fitness 7pm MDBA AGM | 11 9am Aerobics 9.30am DRU Yoga 10am Pilates 6pm Mapua Youth Group | 12 | 13 6.30pm The Packhouse Cinema 'The Birdcage' |
| 14 9.30am Low Impact Dance 6pm Mapua Dance Fitness 7pm Mapua Community Assc. Meeting | 15 9am PANZ 9am Sioux Line Dance 1.30pm Tai Chi Beg 2.30pm Sit & Be Fit 6pm Aerobics 6pm Middle Eastern Dance 7pm Pilates | 16 9am Aerobics 9.30am DRU Yoga 10am Pilates 12.30pm Tai Chi 6pm Yoga with Thomas 7pm Tai chi Beginners | 17 9am Mapua Art Group 9.30am Belly Dance Fitness Basics 2pm Friendship Group 6pm Mapua Dance Fitness | 18 9am Aerobics 9.30am DRU Yoga 10am Pilates 6pm Mapua Youth Group | 19 1-5pm Ian Hamlin Painting Class | 20 |
| 21 9.30am Low Impact Dance 6pm Mapua Dance Fitness 6.30pm Hall Comm. Mtg | 22 9am PANZ 9am Sioux Line Dance 1.30pm Tai Chi Beginners 2.30pm Sit & Be Fit 6pm Aerobics 6pm Middle Eastern Dance 7pm Pilates | 23 9am Aerobics 9.30am DRU Yoga 10am Pilates 12.30pm Tai Chi 6pm Yoga with Thomas 7pm Tai chi Beginners | 24 9am Mapua Art Group 9.30am Belly Dance Fitness Basics 6pm Mapua Dance Fitness | 25 9am Aerobics 9.30am DRU Yoga 10am Pilates 2pm Friendship Group 6pm Mapua | 26 | 27 10am Tai Chi |
| 28 9.30am Low Impact Dance 6pm Mapua Dance Fitness | 29 9am PANZ 9am Sioux Line Dance 1.30pm Tai Chi Beg. 2.30pm Sit & Be Fit 6pm Aerobics 6pm Middle Eastern Dance 7pm Pilates | 30 9am Aerobics 10am Pilates 12.30pm Tai Chi 6pm Yoga with Thomas 7pm Tai chi Beginners | 31 9am Mapua Art Group 9.30am Belly Dance Fitness Basics 6pm Mapua Dance Fitness | | | |



**37 Aranui Road
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Offers Over \$579,000



**444 Riwaka Valley
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Offers Over \$360,000

APRIL
SUMMIT
MOTUEKA PROPERTY UPDATE

Autumn is now upon us, open homes are still going strong as purchasers are looking to secure a property and get settled before the cooler months set in.

Autumn/Winter is a great time to sell as there are fewer properties on the market and everyone knows that a shortage of anything causes an increase in price. Many buyers like to purchase at this time of the year as it is easier to gauge where the sun is and how warm the house will be all year round.

So if you want to move and wanting a premium price for your property, don't let the season dictate your next step.

Give us a call today to find out what your current market value is and let us show you how knowledgeable and service driven we are.

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kim.allred@summit.co.nz



Adele Calteaux
528 4001 | 027 337 5848
adele.calteaux@summit.co.nz

Mapua Community Library

(Moutere Hills RSA Memorial Library)

AGM Date Change

This will now be Friday 8 June at 12 noon. Please note the new date. This will be held in the library. Please come along – it doesn't mean that you will automatically get a job!

Displays

Children from Mapua School have shared their artwork with us in the Children's area. Thanks!

Beautiful quilting is our main display this month following our special Anzac display. Definitely worth a look!

Donations

We have recently received three special donations. The first two included a number of pristine, stunning books. Some of these will be added to our collection and others have been gathered into a fund-raising project and will be sold to raise funds for the library. The third donation is completely different—a hand-written and self-illustrated book by one of our younger readers. We love it.

Thanks so much to everyone who donates to the library. All donations are greatly appreciated.

Mapua School Visit

One day last month, you may have seen several groups of children from Mapua School who were out discovering more about their community on their Big Day Out. We thoroughly enjoyed hosting these delightful and interested young readers. I have attached a couple of photos. The lovely thank you cards they sent are on display in the library.

Lynley Worsley

Library Hours (closed Statutory Holidays)

| | |
|-----------|--------------------------|
| Monday | 2pm-4.30pm |
| Tuesday | 2pm-4.30pm |
| Wednesday | 2pm-6.30pm |
| Thursday | 10am-12.30pm, 2pm-4.30pm |
| Friday | 2pm-4.30pm |
| Saturday | 2pm-4.30pm |

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

Book Review

The History of Bees by Maja Lunde Reviewed by Joyce Bullock This book is available in the Mapua Library.

If reading about future problems depresses you this book is not for you but if you decide to read this book you will need to add your name to the waiting list at our local library.

Scandinavian Maja Lunde has written a brilliant novel which uncovers an uncomfortable, yet highly possible, forecast of a world without bees.

Maja has been primarily a young person's and teenager's author but in this venture into adult fiction tells the story of three generations of bee keepers and their professional and personal successes and problems. She demonstrates a great ability to weave intriguing family relationships into the over-riding narrative.

Three very different family stories from divergent places and periods look at the past, the present, and the future. Each story alternates in the telling and my curiosity couldn't wait for some of the information. I skipped two chapters because I couldn't wait any longer to focus on one family's dilemma. Then I returned and read on.

Set in 1852, the first lead character is William a biologist who lived in rural England. He creates a new beehive, which is very similar to those used today.

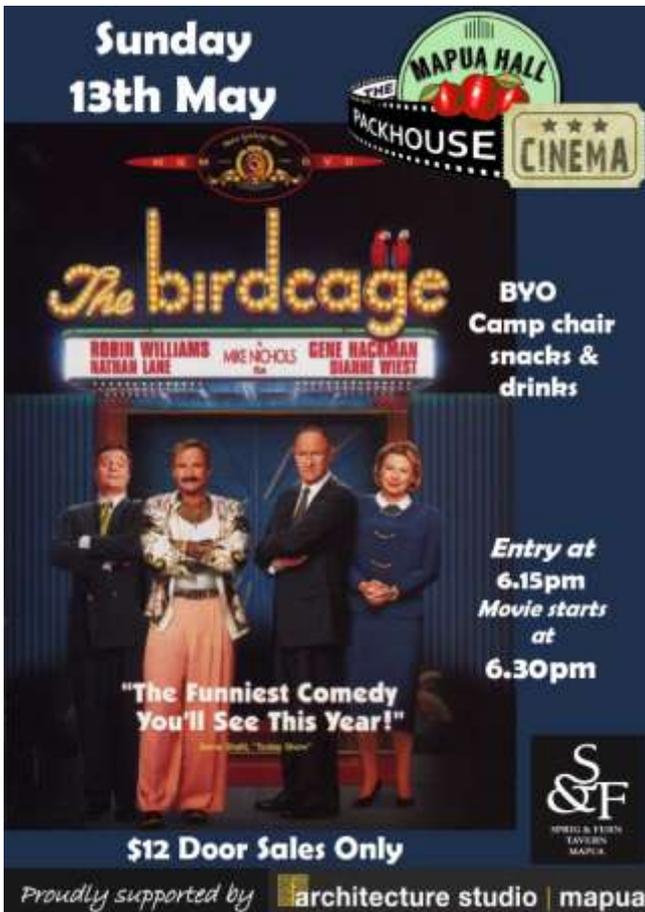


George is the USA character who in present times is fighting to remain in bee keeping because of unexplained extinction. His son becomes a very important link in the story.

Tao in China and her husband have the heart-wrenching sequel in this story as they fight their human tragedy. Tao is a human pollinator in a world devoid of bees.

Set in 2098, this confronting future is very disconcerting as the author creates frightening scenarios.

Maja Lunde has followed this very successful novel by another which has just been published in English. The title is *Blue* and in 2017 it was the most popular book in Germany. It has been ordered at the Mapua Library.



The Birdcage

Reviewed by Mapua Movie Mogul'

The Birdcage isn't a politically correct movie! It isn't a movie portraying actual life in the gay society. The characters in this movie are lovable because they are so stereotypical. However, they're brought to life so well by the actors playing them that they make you shake your head in laughter over the deadpan things they say and do which are so obviously unreal and hilariously funny.

The script is amazing (even though it may be too over the top once in a while). The story isn't amazing. It's the focus on details that makes this movie funny. Little gestures, frowns, face expressions and little subtleties make this movie one of the best comedies I have watched and probably one of the best comedies I will ever be fortunate enough to see.

What's more, the cast is great. Robin Williams and Nathan Lane are very fine comedians who have the touch it takes to play a role like this one. They make over-the-top stereotypes actually funny, not just laughable.

If you are in need of a laugh, you should come and see *The Birdcage* at Mapua's world famous 'Packhouse Cinema' @ 6:30pm on Sunday 13 May.



CATALYST FITNESS

Hi Everyone, My name is Hayden Squance. I am a local triathlete and have just started training at Catalyst Fitness.

Over the summer I have enjoyed a fantastic triathlon season. My breakthrough race came at the end of January at the National Standard Distance (1500m swim, 40km bike, 10km run) Championships in Christchurch. It was my first attempt at this distance, so I was going into it looking forward to the new challenge. The course was very hilly, so it made for a hard race on a hot day as well. I ended up having a great race and crossed the finish line first overall, winning the national title. It was an amazing feeling!

Two weeks later it was up to Kinloch near Taupo for the National Sprint Distance (750m swim, 20km bike, 5km run) Championships. This, along with the Standard Distance Championships, are two of the most prestigious and well attended short distance triathlon races in the country with over 300 athletes in the Sprint Distance race. I had another really good race, leaving the water in the lead group before starting the hilly bike section. In the run a group of three of us battled it out to a sprint finish. I ended up finishing 4th overall and first in the 20-24 age group, winning the age group national title.

To finish off the triathlon season it was back down to Christchurch for the Sea2Sky Challenge. Arriving at Sumner Beach on race morning, the wind was strong

and the surf was up. Fortunately, the swim was not cancelled but the course was shortened to 500m. The waves made the swim very tough but after making it make to shore it was onto the bike and straight up into the Port Hills. The strong wind made the descent on the exposed Summit Road a bit dodgy in the cross-wind but I made it to the transition at Godley Head in 2nd place. I managed to hold that position along the scenic coastal run course back to Sumner, which I was very pleased with. This race is certainly one of the favourites with a unique, challenging course through the hills.

I am excited to start training at Catalyst Fitness and work on my strength over the winter and make improvements before next season.

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WWW.CATALYSTFITNESS.CO.NZ



The Playhouse Cafe

What's On Guide

MAY 2018

Open Fri and Sat 11am till late, Sun 11am till 4pm
Free Drop off to Mapua, Moutere, Appleby, Tasman
Call 5402985 for bookings

M T W T F S S

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April till November
For your Wedding, Anniversary
Fundraiser, Birthday Party or event
(some conditions apply)
Call us or drop by to talk about your event

OPEN WEDDING DAY
Sunday May 6th, 1pm til 4pm
Free to all, get half price venue hire

June events
2nd: Ladi6
8th: Adam McGrath
15th: Quiz Night
23rd: 70s Night

SPRING WEDDING SPECIAL!
FREE VENUE HIRE AND \$250 GIFT VOUCHER
When you book your Sept or Oct
wedding at The Playhouse!
(some conditions apply)

| | | |
|------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------|
| 4 STARWARS PARTY FREE ENTRY Music from 730pm Dress Up!!! May The Forth be with you | 5 CLOSED FOR WEDDING | 6 WEDDING OPEN DAY Free entry 1pm til 3pm Nibbles, tours and big specials |
| 11 MURDER MYSTERY NIGHT Friday and Saturday night \$25 plus \$40 2 course buffet Come and solve the mystery Fun for the whole family | 12 | 13 Open 11am till 4pm |
| 18 The Alternators \$10, Music from 730 Great local band playing covers and originals | 19 RABBIT HOLE Videoclip shoot party \$15 presale \$10 bus tickets | 20 Open 11am till 4pm |
| 24 DARREN WASTON Album Release \$20, Music 8pm Dinner from 6pm World class Blues Performer Don't miss out | 25 HOPETOUN BROWN \$20, Music 8pm Dinner from 6pm ex- super groove Horn section Madness You have never since anything like this!!! | 26 PAUL MADSEN SUPER STAR SHOW \$25, Music 8pm Dinner 2 course \$35 buffet Queen, Eagles BeeGees, and much more... |
| 1 Closed for private function | 2 LADI6 \$30 presale aaaticketting Doors from 6pm | 3 Grandiose Burlesque Cabaret \$25, 730pm Our annual burlesque show! |

WWW.PLAYHOUSECAFE.CO.NZ or call 5402985

Lynda's Exercise Classes in the Mapua Hall.

Term 2 – 10 weeks, starts Tues 1 May ends Fri 6 Jul.

Note winter start times.

| | | |
|----------------------|-------------------|-------------------------------------------------------------------------------------------------------------------------|
| Tuesday | 2.30-3.15pm | Sit and be Fit (seated exercise for Seniors/rehab - gold coin) |
| Tuesday | 6pm-6.55pm | High Intensity Interval Training, rotating with Step-based toning & Strength training every 3 rd week. |
| Tuesday | 7.05pm-7.55pm | Pilates (all levels, beginner to advanced) |
| Wednesday | 9.15am – 10.05am | Aerobics (the old-fashioned dance-around and sing-along kind) |
| Wednesday | 10.15am – 11.05am | Pilates (all levels, beginner to advanced) |
| Thursday (Wakefield) | 9.15am – 10.05am | Aerobics (the old-fashioned dance-around and sing-along kind) |
| Thursday (Wakefield) | 10.15am – 11.05am | Pilates (all levels, beginner to advanced) |
| Friday | 9.15 – 10.05am | High Intensity Interval Training, rotating with Step-based toning & Strength training every 3 rd week. |
| Friday | 10.15am – 11.05am | Pilates (all levels, beginner to advanced) |

FOR THE TERM:

| | |
|-------------|-------------------------------|
| 10 sessions | \$85.00 (\$8.50 per session) |
| 20 sessions | \$150.00 (\$7.50 per session) |
| 30 sessions | \$200.00 (\$6.70 per session) |
| 40 sessions | \$220.00 (\$5.50 per session) |
| 50 sessions | \$250.00 (\$5.00 per session) |

Pay for x number of sessions (minimum 10), come to ANY class that number of times in the term. There are **THREE extra Saturday mornings (SIX sessions)** May 19, June 9 & 23 - Strength Training (in some form or another ☺), followed by Pilates.

You can "top up" your sessions, no problem, but you can't just buy the top ups ☺. 10 is the minimum commitment.
Session top ups: One: \$8, Two: \$15, 3: \$20, 4: \$25, 5: \$30
Please email lynda@hht.co.nz, ph 5432268 or 027 222 1491 for more details.

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Wanted

- volunteers for Mapua's Impressions National Art Awards and exhibition in October. This year the exhibition runs for the first two weeks of October. If you can help minding the show for half a day or would like to help in any way contact:
Graeme Stradling in Ruby Bay or ring 540 2050,
Email: awards@graemestrading.co.nz

Yoga class – Vinyasa flow

Tuesdays and Fridays: 9.30am - 10.45am
at Riverside Community Centre,
289 Main Road, Lower Moutere.
Thursdays: 6.30pm - 7.45pm at Parklands
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\$10. Details contact Jo: 0211 709 495



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Tuesdays, May 8 - June 19th. 6 - 7 pm

Bill Marris Room, Mapua Community Hall

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Thursdays, May 10 - June 21st. 10 - 11 am

Main Hall, Mapua Community Hall

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Lawyer: What was the first thing your husband said to you that morning?

Witness: He said "Where am I Cathy?"

Lawyer: And why did that upset you?

Witness: My name is Susan.

Hills Community Church



Well, the school holidays have been and gone again. Isn't it funny how much we try to pack into those two weeks. We want the kids to have a couple of meaningful adventures. We also try to get in a couple of house and garden projects. As a family we plan our general direction for the next few months. It all takes time!

Don't forget the relaxing! Sometimes by the end of the holidays you feel like a holiday from the holiday! During the next set of holidays take a little time out to contemplate and think about the direction you want to be heading in. Don't let the busyness of life crowd out the quiet moments when God is able to talk to you, refresh you and nudge you towards the wonderful things he has planned for you.

Blessings to you and yours, Robyn Roxburgh

Sunday Worship

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

Youth Groups

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

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

www.hillscommunitychurch.org.nz, phone 540-3848
Rev John Sherlock, revsherlock.hcc@gmail.com or phone 021 070 7276



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Fundamentally Feijoa

By Sarah La Touche

As a young girl of eight, moving to Auckland from Wellington seemed a very exotic and exciting thing to do. A warmer climate, the strange volcanic landscape, the people similar, and yet a little different. It was all much, much bigger too. Our life changed irrevocably in the time it took to drive from Wellington to Auckland, and weekends were spent exploring, discovering and sampling. It was year packed with adventures.

Two memories stand out quite profoundly from that time. One was of sleepy, smoky autumn afternoons spent tobogganing with my brothers at great speed down the damp, grassy slopes of Mt Eden, on pieces of packing cardboard left over from the move. Huge fun and fear, all jumbled together, and fortunately no broken bones.

The other was that of feijoas. They were plentiful and completely new and mysterious to us southern newcomers. I vaguely remember my father mentioning something about the flavour of boot polish as he tucked into the fruit bowl. Turns out he never touches them now. My mother churned out jams and chutneys, and threw them in with her splendid ginger steamed puddings I recall. We ate them until we started to look like them.

One sunny autumn day, the neighbour decided to trim his feijoa hedge and we elected to help. I spent an idyllic afternoon climbing about the branches gathering all the fruit, eating as many as I could along the way.

Toward late afternoon I gallantly climbed the huge pile of branches to claim my place as king of the castle. Plonked on the top I thought I could conquer the world, until someone from below chucked a remaining branch, which duly collided with my eye. Acute pain and misery ensued, followed by my first full-blown shiner! And just to add insult to injury, later that evening I broke out in hives from eating too many feijoas!

I never touched another feijoa until we returned to New Zealand from our sojourn in France. Now our neighbours donate a bag or two in the autumn, which we tuck into until we can't face any more.

Feijoas, or pineapple guavas, hail from South America originally (hence that funny name), and were introduced to New Zealand in the early 1900s. They are part of the myrtle family as are guavas, which is why feijoas have some flavour and textural similarities to guavas. Their flavour is intense and aromatic despite, I have often noted, a familiar resemblance to Friar's Balsam liniment. More of those childhood memories creeping in there I suspect.

With a high pectin level and great dollops of vitamin C, they are perfect for making jams, jellies, and



chutneys. Feijoas make a wonderful addition to the breakfast table too, semi-dried in the oven to add to muesli or freshly poached; or for the kids lunches folded into muffins, sponges and teacake. They can also be used to make a tasty aperitif wine if you have the time and patience.

Like our old friend the quince, they have a natural affinity when married with meat, especially pork, duck and pheasant. Feijoas also freeze well but the process will compromise their colour so it is best to use them for cooking once thawed.

Because they are always plentiful during their season, they are the perfect fruit for relishes and chutneys. So I have chosen a recipe for a quick Fresh Feijoa Relish. There is a low sugar content in this recipe so it won't keep for a long time but it is quick to make and very tasty.

Best keep it in a jar in the refrigerator and consume it quickly or freeze it once made. A great alternative to butter on a cheese sandwich, or with your favourite loin of pork, as well as a fine slice of terrine or chunky pâté.

Feijoa Relish

1 kilo ripe feijoas, peeled and chopped roughly
200 ml apple cider vinegar
3 cloves garlic
4 tablespoons grated ginger
1 cinnamon stick
1/4 teaspoon each, ground cloves and all spice
150g muscovado sugar (dark cane will do)
1 teaspoon salt

Place all the ingredients in a saucepan, bring to the boil, and then simmer over a medium heat for 20-30 minutes.

When cooked the feijoas should be tender and the juices reduced a little so they are syrupy, and slightly caramelised.

Spoon into bowl and eat warm or cold.

Health Is One of Our Greatest Gifts

The saying, "If you don't have your health, you have nothing," is true for every person of every age in every country on Earth. It's easy to get sidetracked into believing work or your relationships are the most important things, but when a serious health issue creeps in, you quickly realise that nothing else matters. We often take things for granted and I have so often seen this evident relating to people's health and their choices. When people feel good they often abuse and ignore their health and it's not until their health becomes compromised or they are in pain that they take action and do something about it. Even something relatively minor like a lower back not moving properly can have someone finding it difficult to pull their socks up in the morning let alone get out and run around with their kids or worse yet, be able to go to work.

Take a Whole-Body Approach

Many people believe true health is something that can be had by riding their bike or going for a run a few times a week and downing some supplements before each meal. Yet people can continue to sabotage their efforts by continuing their daily lives with bad habits. In addition, the impact of life's daily grind adds up, stressing the human body in far greater ways than you might realise. Being healthy in a whole-body sense includes several other factors that should all be working in unison with the physical part. These include your emotional health, social health, occupational health, intellectual health and your relationship with a often toxic environment.

This may sound like a lot of factors, but they are all important. If they weren't, every top athlete would be completely content and living a life that makes them happy every day because they are physically healthy. Obviously, this is not the case and it is because some of the other health elements are not being met. Being free from emotional traumas, anxiety and depression, loving what you do every day and having a strong social network to share your life with all help create a healthy person.

Move Your Body Every Day

Movement is one of the key factors to keeping your body strong and flexible. It can also help to release chemicals in your brain that make you feel good. You don't have to go to the gym and you don't have to play an organised sport, but you should engage in some sort of physical activity every day. An exercise plan or recommendation is part of any health advice you would receive from our office as we work together helping you become more knowledgeable and active in your health care.

The Role of Chiropractic

For most people, the road to total health isn't starting with a perfectly clean slate. You've already suffered injuries or had health issues that require some attention. When you visit our office we will sit and discuss your health issues and concerns. You'll be assessed, and if we feel that we can help you then a treatment plan will be created that will likely include chiropractic adjustments and other techniques. Restoring proper motion in your joints and spinal column can provide tremendous benefits by eliminating pain and allowing your body to move more freely the way it was meant to. Chiropractic treatment is a valuable first step on the road to a healthy life and helping you to live life to its fullest.

Dr Ron Howard



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Tasman Bible Church



(Anti) Social Media

With the advent and proliferation of faster and smarter ways to communicate within the global village, the world should be a friendlier and safer place. You would have thought so anyway.

Many early futurist films and other predictionists pointed to a marvellous utopia with greater and greater leisure and more and more convenience – more time for basic friendship with other people. The initial intention for Facebook and its technological comrades was, as I understand it, to be a platform for connectivity and easier social interaction. Has it achieved that goal?

Without being accused of a hankering for the ‘old days’ or the charge of being too Luddite-like, I really wonder whether we human beings are more healthy, socially?

The platform and device is the great mediator between human beings these days. Friends from the UK were travelling along the highway toward Nelson and we were ‘showing off’ the local beauty landmarks. Rather than literally look out and up at creation’s marvel, my good friend preferred to focus upon an ‘App’ on his smart phone and inform me where we were! Bizarre! Who is living in the real world here?

More sinister is the manipulation of your personal details and, to a degree, your self-revealed identity for political, commercial, or anti-social purposes. We may actually become less and less ourselves and more and more disconnected. Our global dystopic village is or could be something of a pawn used and abused by an outwardly friendly faceless Gatherer of Information. I have heard the CIA described in less conspiratorial terms than this.

When God made Humanity, it was to be ‘in his image and likeness’ for the purpose of deep and profound relationship – more so than the rest of our marvellous creation.

God’s media mogul approach was to take on human nature and perfectly express himself in the Person of Jesus Christ as Deity and Human in Person. One reason Jesus Christ is described as the perfect mediator between human beings and God is that he is the one through whom human beings can be united to God and united with each other. This is captured a little in the biblical phrase, ‘There is one God and one mediator between God and humanity – the man Christ Jesus who gave himself a ransom for all people.’ (1 Tim 2:4-5)

Easter reminds that it was costly for God to do this – but then the price of this ‘App’ in Person is infinite, with the infinite outcome of freedom, forgiveness, and friendship with God.

Richard Drury

For more information on Tasman Bible Church go to www.tasmanbiblechurch.org.nz

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Fair a Boost for Mapua Playcentre

Another successful Mapua Fair took place on Sunday the 1st of March. The 36th year of the fair saw 13,000 people through the gates to enjoy the wide selection of stalls, food, rides and local music. Visitors to Mapua commented on the impressive variety of things on offer for all age groups, and also the relaxed and positive nature of the crowd. The fair is one of the many reminders of all this region has to offer.

The parents of Mapua Playcentre and school joined forces, with other volunteers from the surrounding community, to bring the fair to life and continue the tradition of this important fund-raiser for the tamariki of Mapua. Our strong community spirit was evident in many aspects of this event; including the planning and organisation leading up to the fair, the skills and talent contributed by locals on the day, and the consistent family focus throughout. This year the fair managed to raise even more money than last year and both Mapua School and Playcentre were very happy with the amount they would receive from it.

Mapua Playcentre was open to the public during the event and this provided a pleasant chill out spot for many

families to enjoy. The biggest hits of the day there were the playdough table, the swings and the sandpit. It was notable also that it provided a welcoming place for the whole family to relax and play together. The Playcentre space was able to add to the atmosphere of the day and the team members present really enjoyed meeting new families.

Mapua Playcentre has been a prominent place for families in the Mapua community for over 60 years. We have a qualified supervisor on each session and we love having visitors so please feel welcome to drop in at any time and find out what Kiwi families have been embracing for generations.

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

From the mouth of a Playcentre babe:

Mum: "Shall we take a hot cross bun to munch on when we play today?"

Master, 4: "Sure, but is Munchon very far away?"



Session Times
Monday & Friday
9.30am - 12noon
during school term

Mapua Playcentre
84 Aranui Road
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mapuaplaycentre@gmail.com
or follow us on Facebook

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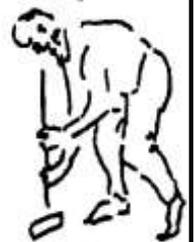
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Croquet at Mapua

Why play croquet? 1) Non-strenuous exercise, 2) Fun, 3) Inexpensive, 4) Social interaction, 5) non-contact sport.

So, if you are looking for a social sport this winter but need a challenge that does not require great strength, minimum wear and tear on your joints and muscles, this is the sport for YOU! A game that is suitable for all ages, male and female. Training how to play is given, and is very easy to play. I picked the game up in one game, when I was handed a mallet. So if you think this could be the sport for you, why not come and have a go, or ring me, David, at 027 327 8052 for more details.




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PLANTING DAYS HEADS UP DOMINION FLATS RESERVE

Put these dates in your diary:

The weekend of **19/20 May**, Saturday and Sunday
And weekend of **26/27 May**, Saturday and Sunday

For another planting push to add to the fantastic looking reserve that is fast becoming a place to walk/cycle/ exercise the dogs or just wander and admire the growth of those trees you probably helped to put in over the last four years.

We have **4000** more plants this year so we need all the help we can get. The growth this year has been phenomenal and we now have plants we can look up to above our heads.

Come and see for yourself.

Starting time 9am each day until midday

Wear suitable footwear and sunhat

Morning tea provided – a great social occasion.

Contact person Helen Bibby 5403830



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Caroline Lusty, 115 Tarrant Rd, Mahana
Ph: 03-543 2277 027 520 1285
Email: caro.lusty@xtra.co.nz

PANZ

It gives me great pleasure to start out the newsletter article with accolades for our Nelson Region Pastel group. Several members of our regional group just returned from the 2018 Purely Pastel Convention and National Exhibition held in Timaru. Seven of our pastel artists' artwork were accepted into this juried show and they were: Bill Burke, Anny de Groot, Glen Davenport, Glenys Forbes, Judith March, Sharon Platt and Nicola Reif. Of these entries, Bill Burke won a Merit for his work entitled *Maria of Eclectic Antiques*.

The three judges of the artwork spoke of how difficult it was to choose the winners due to the quality of all the work presented. Congratulations to Bill Burke for his Merit award and to all the members who had their artwork accepted into the Exhibition. Well done!

Those members who attended the exhibition and conference enjoyed the weekend of art, a day out in Oamaru, workshops, and camaraderie with our fellow artists from throughout New Zealand.

By the time this article is published about 15 of our members will have attended a two-day workshop tutored by Leoni Duff of Tasmania, Australia. The workshop *Silver and Lace* was a study in still life. We are always learning and improving our painting skills. It is never too late to learn new things!



PANZ Nelson meets every Tuesday morning 9am to noon at the Mapua Hall. We welcome visitors so do call in and see what we are doing. You may even decide to join us. We learn with laughter.

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

Gloria Anderson



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Motoring with Fred

Somewhere up North



One failing in my personality is the need to go somewhere different each year. So this time we went somewhere you hear a lot about on the news, North of Auckland. Carolyn read the Campervan Association book which got us comfortable accommodation in quirky places all the way up to Waitangi for around \$100 a night and less, provided you don't want a sauna bath.

We camped at Waitangi, the first time in 15 years, ready for the 91km bike ride along the old rail lines. The ride is the 'East to West' bike trail from Paihia to Hokianga harbour on the west coast of the North Island. We did cheat a bit and took a bike shuttle and rode from Kaikohe down to Paihia in heavy rain on the first day. The crusher dust used on the track was a bit of a pain in the wet as it filled the sprockets on the bikes and caused slipping when peddling. I had to find a puddle and there was no shortage of puddles, wash the wet crusher dust off several times but some CRC bought in Kawakawa helped.

The famous arty Hundertwasser toilets in Kawakawa were a great visual with its eccentric colour combinations. Sadly there were only two men's toilets and there was a queue. The track was good but in some places needed a trim with having to quickly duck under overgrown trees and gorse. First day we were wet through with the shuttle operator amazed we had lasted but Waitangi is a long way from Mapua so we had to just do it. Day two Kaikohe to the Horeke Hotel was a better track with nice sunny day to help.

Despite a slow rise up hill for three hours we were rewarded with an easy sometimes speedy downhill stretch for the last three hours on an excellent track.

We did the Waitangi Treaty grounds tour. A lot of information I never knew about the Treaty of Waitangi. There were two copies, one in English and one in Maori, with the English version in favour of the English king of the day. Russell is a great spot and is where Honi Heke had chopped the flag pole down and not at Waitangi as I thought. Had a cold drink at the Duke of Marlborough Hotel and chatted with an Aussie couple about life.

The return journey was a stop in Thames to visit family. A nice coastal drive to Coromandel town and I noted 14 boat ramps en route. We had to listen to a flabbergasted Aussie who said if he had known how bad the roads were he would have never come to New Zealand. He said the New Zealand government should do something about the roads and there are too many

hills and windy roads. His wife sat there in silence. Poor old fellow he had hired a massive camper van.

Highlight of the journey was in Feilding assisting Carolyn's brother Roger set up a Bull Ride Rodeo. The first day I helped set up the arena amongst all the cowboy hats and talk of bull rides of the past. Next day we went and collected the bulls which all had classic names like *Deadly Nightshade*, *Gravel Rash* and *Pitch Fork* who were cooperative when it came loading on to the cattle truck. Roger said, "Watch this," then called "Load up, load up," along with a few whistles and 30 rodeo bulls turned and started trotting towards me. If you have seen the cowboys jump on the fence as a bull gets too close, well, that was me.

Complements to all involved with loading the bulls and especially the truck driver gating the bulls inside the stock trailer. If one had turned on him it would have been hard to get him out. The driver was very proud of his new state-of-the-art Mercedes truck and trailer unit worth \$650,000, on its second day at work. The Bull Ride had seating for 1000 people and on the night was full. We were privileged to have the best seats, right over the chute where the bulls started from.

My complements to the bull riders trying to hold on to 1.5 tonnes of bucking bull beneath them but at the end of the ride or fall, most bulls stopped and looked for the exit, having done their job. Pictured: Chad Ormsby, NZ Bull Rider Champion on *Deadly Night Shade*. All in involved following a country sport, culture and socializing after.

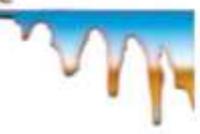


I recommend joining the Campervan Association, their camping directory information etc was excellent, discounts like \$192 for 5m van and two adults on the Bluebridge ferry well worth the membership fee. Better than the AA book. A lot more traffic on SH1 and especially the Desert Road. We were advised to take SH4 through National Park onto Wanganui or exit to Waioru back to SH1 on the way back. Leaving Feilding after the bull ride, we turned off at Aokautere (SH57) near Palmerston North, drove over the Pahiatua Track to Pahiatua on to SH2 on to Wellington and dodged all the slow traffic and roadworks at Paekakariki. A much more relaxing drive and the best pie of the trip was in Greytown.

Best thing I learnt from this adventure was that there are other roads apart from SH1 and don't believe everything a GPS navigator tells you. The joy of a road trip is the discovery en route and not the destination!

Fred Cassin

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

There are several mechanical reasons for brake failure with one of the most overlooked causes being contaminated brake fluid.

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

- A fluid leak as a result of corrosion in critical areas, and/or swelling and deterioration of seals.
- A reduction in the fluid's boiling point causing it to overheat in high braking conditions.

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

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

Brake Fluid Differences



Contaminated Fluid

Clean Fluid

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

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MAPUA AND DISTRICTS BUSINESS ASSOCIATION

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

Well it's that time of year again! The AGM is upon us once more.

Members make sure you head on down to the **Mapua Hall on 10th of May at 7pm for the AGM** and to hear Jonny Hendriksen talk about how to effectively engage with customers and increase revenues using online marketing—he is a fantastic speaker and is world class in his field. It will be a great evening.

|

Mel Stringer—Administrator MDBA



Brian and Jenny have lived in Mapua for the past four years, and enjoy the community feel here. "We have over 25 years' experience in the flooring industry. Supplying and installing garage carpet will transform your garage into a warm, inviting, fully functional space – creating an affordable extension to your home. This transformation will add functionality and value to any home. By adding garage carpet, your garage can transform into an extra room, a children's play area, a gym or simply provide a non-slip luxurious feel to your garage. Garage carpet is exceptionally tough, durable and easy to keep clean it is rot proof and designed to handle both wheel and foot traffic. Being an owner operator we can supply and lay at very good prices.

Brian will personally measure and price your flooring needs followed up with a prompt installation of your flooring making your flooring project an easy experience. Brian can undertake all floor preparation needed from grinding through to the use of floor levelling compounds. Upon completion of your job Brian will remove all rubbish from the flooring installation. We take pride in every job guaranteeing our workmanship".



Call Brian today! 0274399038

www.mapua.co.nz



The MDBA is an organisation made up of keen business people who live, work or provide a service in the Mapua, Upper Moutere and Tasman areas. We currently have approximately 190 business members.

Aims and Objectives

- To promote awareness of local businesses to those living in the area.
- To support the promotion of the Ruby Coast and Moutere Hills area as a visitor and tourist destination.
- To provide an action forum to liaise with Council (and other organisations) on issues affecting local communities.
- To hold regular meetings for the promotion of private enterprise throughout the area and to foster and support new businesses.
- To collect and distribute any matter of interest to members.

If you have a business in the Mapua, Tasman or Upper Moutere areas—please get in touch to find out the many benefits to joining our membership—including a free page on our website mapua.co.nz

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

Supporting Local Businesses since 1992

Noticeboard

Tasman Area Community Association (TACA) hold meetings at 7.30pm last Wednesday of each month (except Dec.) at Tasman School. All Ruby Bluffs to Tasman & Kina residents are welcome. Info: tasmancommunity.org.nz

Croquet Mapua: Come join us Sundays 1:30pm & Fridays 10am at Mapua Domain / Iwa Street end. All abilities welcome. Inquiries 027 327 8052.

doTERRA Essential Oil Talk & Sharing at Mapua Community Hall. An open and fun forum for learning effective health tips with potent remedies for an array of ailments! FREE Giveaways. Thurs 3 May 6pm – 7.30pm. Enquiries Molly: 027 4540 663

Motueka Senior Net. Technology for mature adults. Monthly Members' meetings with guest speakers. Help sessions twice monthly. Courses & workshops change each term. Special interest groups meet regularly. Demystify technology in a fun and friendly forum. Clubrooms 42 Pah St Motueka. More info: Senionet motueka.org.nz, Neighbourly or call Annie 540-3301.

Mapua Art Group meets Bill Marris Room Mapua Hall Thursday mornings, 9-noon. Like-minded artists get together to paint, draw, help each other in a social environment. All levels & media welcome. \$5 /session includes morning tea. Tables, chairs & easels provided. Cushla Moorhead 03 528-6548.

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

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

Mapua Friendship Club meets twice a month, 3rd Thursdays & last Fridays at Mapua Hall for indoor bowls and bring-a-plate afternoon tea. New members enthusiastically welcomed, no prior bowling experience needed - non-competitive, lots of laughs. \$3 door fee, 20¢ raffle. Contact: Val 540-3685.

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

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

Tasman Golf Club welcome new golfers to Kina Cliffs for local golf experience at realistic cost, the best in Nelson. Coaching available. Come join us, we can help you learn the game! Info: Gary 540 3885.

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

Mapua Social Cycling Group: "Wheels 2 Meals". Approx 30 km ride, coffee break halfway, no racing! Depart Mapua Wharf each fine Thursday @ 9:30 am. Just turn up with your bike, HiVis top & coffee money, or email wheels2meals@gmail.com

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

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

Kidz 'n' Koffee playgroup: Wednesdays 10-noon, Hills Community Church, Aranui Rd (during term time). All parents & carers welcome, we cater for 0-6 yrs. \$2 don/family. Make some new friends. Info: Esther 540-2177.

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

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

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

Mapua Community Youth club. Year 9 -13 youth. 6.30-8.30 most Fridays at Mapua Hall. Contact: Andy Price 540 3316, Marv Edwards 027 312 6435. A community-based youth project for Mapua and district, funded and coordinated by Hills Community Church.

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

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

Coastal Garden Group meets 1pm first Thursdays, Tasman Bible Hall (opp. Jesters). Men and women most welcome to share their love of gardening. Guest Speakers, Workshops, Garden Visits. Ph 03 528 5405

Sing Your Lungs Out! (SYLO) Free community singing group for anyone with respiratory issues, followed by morning tea. Singing improves your lung health! 10am every Monday, Tokomaru Rooms, Te Awhina Marae, Pah Street, Motueka. Pip 0274 282 693

Mapua Craft Group meet Fridays 10-noon, supper room, Hills Community Church. Simple craft work including: paper craft & card making, sewing, knitting, small upcycling projects. Occasional guest speakers, demos & outings. A social, a cuppa, some easy craft along the way. \$2 for room rent, koha for materials. Just come along.

Fair Exchange: A small group meets at Appleshed restaurant 8.45am 2nd & 4th Wednesdays to exchange home grown and home-made produce & goods. We welcome everyone! It's the sharing that counts. Info: Judith Holmes 021 072 8924 / 544-0890.

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

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