

Old Ghost Road Adventure

I have just come back from an amazing trip with nine other women, hiking the Old Ghost Road.

This time 12 months ago, I fastpacked (travelling as lightly as possible so to move quickly and cover more ground than would be done if one were hiking) the Old Ghost Road, AND the Heaphy in four consecutive days. It was an amazing trip, and done with my friend Lesley Turner Hall.

It was the first time on the OGR for either of us, and as day two of our “Mission” came to an end I remember thinking “I will come back and hike this track, and take the time to enjoy the spectacular scenery.”

As usual after an adventure, I was telling a couple of our Catalyst Fitness members, and they also said they would be keen to hike the OGR.

Before I knew it, we had a group of 13 booked and starting to train and prepare. Our group did narrow down to ten, and of those ten, I think four of them had never stayed in a back country hut before, or done this type of hiking. And none of them other than me had done the Old Ghost Road. It was an amazing experience for all of us.



We did it in four days, with Day One being a steady uphill of approx. 17 km. Day Two started with more uphill, before we got out above the bush and enjoyed some amazing views as we made our way

along the tops. Then we headed down back into the bush for our second night in a hut.

Day Three was another long one, but there was plenty of downhill, and Day Four took us to the end, and a very welcome night staying at the Rough and Tumble Lodge.

The hot showers, clean linen on proper beds, and “real food”, not to mention a glass or two of wine, were very, very welcome.



We had almost zero mobile coverage during the four days, but that gave room and opportunity for talking, photos, many laughs, many stories told, and we all know each other a whole lot better, and I am sure I’m speaking for all of us, we have formed a very strong friendship with each other.

We all walked at different speeds, and so formed small groups of two or three at a time. Every 6 km we stopped and regrouped, and made sure everyone was okay. On the last day, a few of the girls who had otherwise been quite fast walkers seemed to be slowing down. I asked them if they were okay. Yes, they were fine, they just didn’t want the day to end so were taking their time and making it last as long as they could.

On the final evening at Rough and Tumble Lodge, as we were enjoying a glass of wine and some delicious home cooked food, one of the girls asked us what the highlights were for each of us. For some it was the raw beauty of our surroundings—nature as nature intended it, not man-made replicas or altered.

Just there, and probably not much different from

100 years ago. For others it was seeing what the track builders had created amongst nature, without looking like much had changed.

The huts were also a highlight. Firstly, they had some of the cleanest and best smelling loos encountered on tracks like this. The composting toilets had no smells, no bugs, and were actually a pleasure to use. The hut facilities were also fantastic—they even had coffee plungers.

For me though, the highlight was seeing nine women out there in a beautiful environment, all challenging themselves in different ways, and all simply loving every minute of it.

We had warmth and sunshine, so we sat in it and had a leisurely lunch one day. We had cold blustery wind, so we put on our extra clothing and enjoyed knowing we had

the right gear for any situation.

We saw Kea, waterfalls, roaring rivers and views that went for miles. At times we stopped and looked back at where we had come from, and were amazed at how high we had been or how exposed it was.

The Old Ghost Road has soul. You can “feel” that it has been created with passion; it’s there for all of us

to enjoy, even those of us who would like to do it but think they couldn’t as they are not fit enough. You can be, just start preparing, make it a goal and ask for help or advice.

Ten women all out of their comfort zone. No dramas. No whining. No blisters. No bitching. No mishaps. Just everyone loving it and not wanting it to end. Mission accomplished.

*Karyn Holland,
Catalyst Fitness*



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*Edited by Andrew Earlam (advertising) 540-2845, and Jane Powell (editorial). 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. Noticeboard items are a gold coin donation in the collection boxes. Club notices are free. Printed by the Tasman District Council. We are always looking for more **volunteers** to help with the production of the **Coastal News**. Our numbers are dwindling!*

Whenua Iti Outdoors – Experiential Learning

What's been happening

Trades Academy programmes are well underway: students stay with us for four x 4-day residential blocks and learn about a wide variety of trades such as Adventure and Cultural Tourism, Uniformed Services and Environmental Science. So far we've been pretty lucky with weather and seen some beautiful sunrises in some stunning locations. Highlights have included seeing students from the widespread rural area we live in (West Coast, Marlborough and Nelson-Tasman) converge on WIO and in the time they are with us form some amazing friendships.

Focus on Collaboration

You do not have to spend long at WIO to hear people mentioning the names of other organisations and individuals in all sorts of contexts. It constantly reminds us how much we depend on our wider community to help us deliver our programmes and how important it is to build and maintain those relationships – this includes people who share knowledge, e.g. LandSAR, people who maintain our site, teachers who book programmes, families who send kids along, sponsors and supporters and a whole heap of others. So thank you to everyone who in any way, big or small, helps us deliver what we do; awesome to be part of such a huge and giving team of people!

What's coming up

Go Wild is scheduled for the July holidays, so if this is an option you are considering it's best to plan ahead as this programme does fill up fast. We have a Duke of Edinburgh Silver Award Adventurous Journey that you can sign up for in October plus lots of other D of Ed options. Adventure Skills is planned for December and again it's a good one to plan ahead for as you can start fundraising now in time for an awesome adventure to wrap up your year. Payment plans are available and please remember, we work hard to ensure cost is not a barrier to participation so contact us to discuss options that may be available.

Outdoor Wanderings – Over the Hill!

This month's outdoor wandering takes you over the Takaka Hill and up the Cobb Valley to Sylvester Hut. It's the perfect getaway as the hut is approximately an hour and a half's walk on a good track from the car park near the reservoir with beautiful views. The hut is modern and well equipped

if you want to stay the night and is a great location to base yourself to explore the beautiful tarns and lakes of the area if you'd like to lengthen your time in the outdoors. The area has interesting history too, making it an all-round wonderful area to spend some time.

We'll see you out there!

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



Golden Bay climbing with Adventure Tourism Leadership students



Sunrise from a waka, Abel Tasman

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

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MDCA — Community Association

The general meeting for the Māpua and District Community Association got off to an unusual start with the district being caught in a power cut due to an accident, so a sudden rethink of the procedures was needed, as speakers were to make their presentations using Powerpoint visual points.

It was a very full agenda with speakers from the Tasman District Council presenting several issues affecting Māpua residents

Glenn Thorn presented concept plans for the upgrade of the play area beside the Hall. Over the last few months the TDC had invited the community, including the school, to submit ideas for this so it was exciting to see the concepts for the final plan, which has an apple theme.

Jacqui Deans spoke about the Nelson and Tasman Future Development Strategy and where suggested growth may occur in this area.

Richard Kempthorne spoke about the long term plan, which is at the end of the first year of a 10 year term, and said few changes have been suggested to the current plan as significant work was done on the plan last year.

There is a link on the TDC website if you wish to find your rates for next year. The hoped-for 2.42% average rise has increased slightly to an average of 2.74%.

The extensive drought period and the Pigeon Valley fire made significant inroads into the workload for the TDC staff, which has meant time-lines have needed to be stretched out for some of the continuing

TDC work.

Richard Hollier then spoke about the proposed plan for the Ngaio Tree Reserve at the wharf, following which a brain storming session was held to garner suggestions for improvements.

All speakers were happy to take questions from the floor so it was a very informative meeting for all those attending.

The next meeting for the Association will be held as usual on the second Monday of the month, 13 May at 7pm in the Mapua Hall and everyone is welcome to attend.



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Māpua Community Library

Club Māpua: sincere thanks for the funding to purchase new LED lights in the main part of the library. Very much appreciated.

AGM – Friday 10 May at 12pm. Please come along – it doesn't mean that you will automatically get a job! Nominations for office bearer and committee positions are now open. They should be left in the library or forwarded to:

Secretary, Māpua Community Library,
PO Box 49, Māpua 7048

Nominations must include the nominee's name and signature and proposer and seconder names. Nominations will also be accepted at the meeting. See you there!

Displays: Vikki Heatherbell's talent will be on display until mid-May. Her work will make you smile! Hardykids Easter-themed artwork is also cheerful and colourful.

Thanks to our local artists. You are welcome to pop in and view our displays - whether you are a

library member or not.

The books on display in the foyer are chosen to a theme and ARE available for borrowing.

Quiz Night at the Sprig and Fern - save the date - Wednesday 29 May. See you there!

VOLUME Māpua Literary Festival: plans are well underway and authors booked! See separate item below.

Library Hours

(closed Statutory Holidays and New Year's Eve)

Monday 2pm-4.30pm

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Wednesday 2pm-4.30pm

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Mapualibrary@xtra.co.nz; Facebook: Mapua Community Library; Mapuacommunitylibrary.co.nz

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



Announcing: The 2019 VOLUME MĀPUA LITERARY FESTIVAL

A boutique literary festival featuring some of New Zealand's best writers will be held in Māpua on the weekend of 20-22 September.

Organised by VOLUME, the 2018 Bookshop of the Year, the festival will continue the series of literary festivals held in Māpua to benefit the Māpua Community Library.

"The VOLUME Māpua Literary Festival will emphasise the same qualities that we emphasise in our bookshop," says Thomas Koed, co-owner of VOLUME with Stella Chrysostomou. "The festival will be small but of a very high quality. The speakers will be so interesting that we imagine attendees will want to attend all sessions. They will hear from authors whose books they have enjoyed and discover authors whose books they will go on to enjoy. The intimate scale of the festival will also enable readers to meet and talk with authors and other literary enthusiasts."

Writers attending the festival this year will include:

LLOYD JONES, who was short-listed for the 2007 Booker Prize for *Mr Pip*, and whose novel *The Cage* is a finalist for the Acorn Foundation Fiction Prize in the 2019 Ockham New Zealand Book Awards.

ASHLEIGH YOUNG, whose essay collection *Can You Tolerate This?* won the prestigious 2017 Windham-Campbell Prize, will be appearing, along with CARL SHUKER, whose new novel, *A Mistake*,

explores the impact of a medical misadventure on the life of a Wellington surgeon.

Novelist and essayist PAULA MORRIS will return from her stint as the Katherine Mansfield fellow in Menton in time to attend the festival, and ANNETTE LEES will speak about her book *Swim*, which records her year of daily wild swimming as well as being a history of New Zealand outdoor swimming.

Renowned poet and art writer GREGORY O'BRIEN will be attending, along with poet JENNY BORNHOLDT, and THOMASIN SLEIGH will speak about her novel *Women in the Field, One and Two*, which looks at the Modernist moment in the establishment of the New Zealand National Art Gallery from a feminist perspective.

LYNN JENNER will discuss the relationship between words and land, and EIRLYS HUNTER, whose adventure novel *The Mapmaker's Race* has delighted many children, will hold a session, as well as participating in one of the community events organised around the festival by the Māpua Community Library.

"The Māpua Community Library is delighted to be hosting Māpua's fifth Literary Festival, this year in tandem with VOLUME," says Carolyn Hughes of the Community Library committee. "The events start on Friday afternoon with storytelling, writing and illustrating workshops for local school children, followed by a 'literary' Quiz Night fundraiser for the library and supper in the evening." The authors' sessions will take place on the Saturday and Sunday.

"The programme we are delivering this year takes the Māpua Literary Festival to a new level," says Koed. "People from Mapua, Nelson and beyond will find much to excite them - and the community library benefits too."

The full programme will be released in May. In the meantime, the public is being invited to 'Save the Date': **20-22 September 2019.**

Hello Animal Lovers

Our animal companions mean so much to us that unfortunately many people tend to think of them as just about human. This is understandable as our animals become part of the family and often share our living spaces.

Unfortunately this is often not doing our pets any favours as they do not have human logic or even share the same emotional response. I am sure many pet owners think they are really caring for their pet by allowing them to sleep on their beds or sit next to them on their couches. Many share 'human' food or regular treats. They are carried around in cars, on bicycles, backpacks and even handbags.

Alas it does not make the pets happier to do this and often confuses them. What they really want is to live their lives as close to being natural as possible.

Dogs genetically desire to be part of a pack and know their position in that pack. They respect a pack leader which ideally should be the owner of the dog. This means that the leader eats first, goes first through doorways and has complete control over the dog, not through force but with respect.

If a dog runs off distracted by something, often the owner will call them back and when the dog eventually comes back it is punished by the owner, as human logic is to be annoyed and wants to teach the

dog a lesson. However from the dog's point of view it is being punished for returning and will not want to do so in future.

Dogs love interaction and play and especially being given a challenge to solve such as agility rather than just lying around.

Cats are similar but more subtle and harder to train but they can be trained to come when called, wait for their food and respect furniture and possessions; it takes a lot of patience and consistency but it can be done.

If animals are not respected for their basic instincts they can get lazy, fat, cranky and confused and will display negative behaviour, often being on the receiving end for their challenging behaviours, which only confuses them and makes them more resentful.

Cats will simply leave home and roam if they do not feel secure in their owner's home. This sadly often results in death and injuries from traffic or other unsecured animals.

Owning an animal is a huge responsibility for the life of the pet and all owners should find out the best way to look after that pet so it is a happy and healthy individual. There are fortunately many such animals that are looked after really well by their owners. This results in a really happy life for both.

I am always happy to provide advice and help with animal behaviour issues.

*Sue Mott
Animal Behaviourist*

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Lynda's Exercise Classes in the Mapua Hall
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Please contact Lynda for details:
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Māpua Boat Club Regatta

31ST MARCH 2019

Wow, what a day! The sun shone brightly, the birds were singing, not much wind (sorry to those boats who needed more wind to push them along) and lots of people came out to enjoy the day.

There was a hive of activity on the wharf with flags, banner and gazebos being erected. The Tamaha Sea Scout Group were busy preparing all their boats for the event.

The event kicked off at 11.30 with a debrief from John Leydon, the Race Controller for the day and the first race was underway, this was the 5hp dinghy race:



5HP race

Other races followed in quick succession with some close and exciting finishes.



SUP race

Mike Carr did a great job on the megaphone calling the event races and thanking all our great sponsors who donated prizes for individual winners of the races.

The main event was the Mapua Cup rowing race between the “Oldies” and the “Tamaha Sea Scouts” in the cutters.



Mapua Cup Teams

The race commenced from the jetty and both cutters rowed across to Rabbit Island where one person had to jump ashore, fill a bucket with sand, meanwhile the other rowers turned the boat around, then they raced back across to the jetty.

The Oldies won by a very slight margin.

There was certainly a great festive feel to the day with spectators lined up on the Mapua wharf and lots of families and children enjoying the day.



Thanks to all our sponsors, competitors, volunteers, we plan on making this a yearly event, so start practising now, get your teams together and come and have fun.

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Michelle Hunter

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Dale Vercoe Charitable Community Care Trust

Following the formation of “The Trust” last year with the objective of building a new Care Facility for the Māpua Community, we have been working hard to bring the idea life.

Some highlights below of what we have been up to since our last update:

- On 5 November 2018 "The Trust" was granted charitable status. There was then incorporation and registration with the IRD, which will help maximise the benefit of future fundraising and operational finances.
- A workshop was held with local health and social work professionals, who were unified in the need for a respite facility with associated wellbeing services. It was also agreed that we should investigate how to generate an income from the available land to support the operating costs of the respite facility and make it financially sustainable for the community. Thank you again to everyone who participated in that workshop.
- We are working with the Vercoe family to formalise the gift of land to the Trust.
- We are working with architects (JTB in Nelson) who have kindly agreed to help without charge with initial concept masterplans.
- We are investigating the subdivision and land use issues associated with a respite and associated facilities on the gifted land on Māpua Drive.

- Tim Manning has joined us as a Trustee and brings strong legal expertise.
- Pitt and Moore (Nelson), a local legal firm, has been engaged to support “The Trust” in forthcoming activities. They have also kindly offered to help with reduced rates.

The experience of other similar projects is that it can take a number of years to work through the design, consenting, funding and development issues to bring a vision to life.

We are progressing on that journey and are making sure we have a strong foundation to deliver Dale’s vision of a new respite facility for the Māpua area community.

If you believe you have skills that can support us in our endeavours please do let us know, email dvccct@gmail.com.

You can also check us out on Facebook - search for “The Mapua Community Care Project”

DVCCCT Trustees: Paul Zealand, Katherine Kingdon, Ron Oliver, Tim Manning



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Pastel Artists of New Zealand

What can you buy for \$4? Now that I've put my mind to it, I've discovered there is quite a lot – a newspaper, cup of coffee (nothing fancy), an apple, a scratch card; I'm certain you could suggest more. But surely nothing can beat the value of \$4 spent in Māpua Community Hall on a Tuesday morning?

For starters, I always have two cups of tea and a biscuit! There is an immaculate, delineated parking space in the newly refurbished carpark and at least three square metres of personal space in the Bill Marris room in which to set up your stall.

The stall in question is an easel, art board, chair if required and assorted pastel paraphernalia. And if you don't have your own equipment our group, PANZ Nelson, has all you could possibly need to get you going.

But the greatest value from this weekly \$4 is being a member of a group that cares about each other, not just in an artistic way but also about you as a person. If you need support, it is there. If you want to turn up on Tuesdays to paint quietly, you can.

Our members range from complete beginners to the professional with a whole host in between and everyone benefits from the help and encouragement available.

Occasional challenges on Tuesday mornings interrupt the normal, individual painting sessions. They are optional, fun and designed to put you well out of your comfort zone for thirty minutes!

Workshops are additional to the routine sessions and we are very fortunate to have first class tutors

from home and abroad to help us on our artistic journeys. As I write, a dozen members of PANZ are looking forward to a workshop later in April with Karol Oakley from Australia.

The "Purely Pastel" National Art Awards and Convention held at the end of March in Stratford was highly successful and entertaining. Nelson was represented by three members who arrived home inexplicably exhausted and with sealed lips! We will have to join them in Dunedin next year if we are to discover the truth! All the paintings selected for the exhibition and the winners can be seen on the national PANZ website.

Finally, a word of thanks to Gloria Anderson who has been writing this column on behalf of the group for the past few years. Her turn for a break; thank you Gloria.

For any information about our 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.

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Māpua Craft Group

We ended the first term by completing the decoration of Easter eggs and our attractive painted flat pebbles.

We enjoyed hot cross buns with butter and home-made Quince jelly with our usual coffee and tea. Our very friendly group shared lemons, rhubarb, seeds, wool and magazines.

Plans for next term starting on 3 May include experimenting with grape vine weaving and quilling. What is quilling? Join us on a Friday at Hills Community Church from 10-12 am to find out!

You will be most welcome.

Barbara Halse.

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Māpua Bowling Club

The Mapua Bowling Club closed a very successful season on Sunday 14 April with an afternoon of bowls followed by the prize-giving ceremony and an afternoon tea.

The season's championship trophies were presented at the prize-giving ceremony and a number of members received trophies this year. The prized Championship Senior Singles trophies went to Arthur Win and Jean Daubney.

Glenn Saunderson, from Mapua, was the well-deserved recipient of the Members Trophy which goes to a member who has made an outstanding contribution to the club during the year. Glenn has been a tireless greenkeeper, transforming the green over the past season to one the club can be quite proud of. He has also served on the Match Committee which organised a variety of club events and a number of successful Open Tournaments during this past season.

The Mapua Bowling Club AGM will be held on Monday 20 May beginning at 5:00pm. All members are encouraged to attend.

Throughout the winter months, our green will be groomed and pampered to make sure it is at its best when the new season begins. In the meantime, Mapua Bowling Club members will be getting together for socials at the club rooms.

For information about the Bowling Club or booking the clubhouse and facilities please call the Secretary, Di Blanchet (540 2627)

Barbara Brown



Glenn Saunderson receiving the Members Trophy .

Gumboot Golf

A neighbourly novelty event is now seeking sponsorship and entries for next year: the Goodwill Gumboot Golf Tournament

As a community we sometimes take our Sports and Recreation too seriously, and for those would-be contestants that observed some questionable goings-on in Ruby Bay on St Patrick's Day, here are the results of the Goodwill Gumboot Golf Tournament:-

- Winner, Best Net: Sponsor, Talley's Fisheries (Dredged up most 'out-of-bounds' balls, and gumboots).
- Runner-up: Jo Ledson-Smith (late entry, and took extra balls).
- Turd Prize (also ran): 'Basil Ramsay' (off chasing ewes in ripped gumboots).
- Most Handicapped: Joyce Wethey ("no-show", still following the flight of her last golf shot).
- Best shot: 'Chip' Dunkley(for burying himself in a bunker with a Whisky Sour)
- Longest Drive: Lily McLean (all the way from Kuala Lumpur).
- Closest to the Pin: 'Countess' Mulholland-Purvis (came within a whisker).
- Hole-in-One: None (but found golf ball in appropriate place, airfare prize now planely invalid).
- Twos: 'Shaun' McLean, and 'Orangeman' Darling (the only two to complete the course with balls-in-hand)
- 'Sixes and Sevens': Allowed limits permitted of; the numbered golf club used, the maximum issue of lost balls, number of individual airshots, size (with flexibility) of gumboots, use of inappropriate (?) language, minimum number of clothing items to be worn...(now that's got you guessing!?).
- R'18 Hole Course': the 'Green' gnome rules, "Dats tree holes in da front, tree in da back, and tree giddy times a round". Confusion and hilarity almost mandatory for a good time, and, of course...
- Afternoon Tee: huge "Tanks" Kathy (and Neville Hedley for the after- match commentary).

A repeat of this fun event appears assured by the measure of interest expressed from those who 'missed the cut'. Paddy Conneely and Gazza O'Reilly to name a few locals. International Rory McIlroy is rumoured to want to participate if he can fit the visit into his busy schedule.

Sponsorship and promotional funding opportunities are being explored...watch this space! If you wish to get involved, contact the undersigned, your assistance is always welcome.

W.K Darling, Event/ Project Co-ordinator



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Hills Community Church

It seems remarkable to me that this is our seventh year living in Mapua. In this time, we have seen the arrival our youngest, Emily, who is now happily enjoying the life of Mapua School. We have also seen our eldest become a teenager, leave Mapua school for College, become taller than his parents, become a legal 'babysitter' and provide us with a whole new dimension of parenting skills to practice.

Whew, I'm exhausted just thinking about it. Life is never dull and change is a constant, but what a blessing it all is. In the midst of it all though, it is easy to miss what a precious time this is – as every day of our life is. Learning to live in and be aware of the blessing of each day is a great skill to develop, but it takes, discipline.

There is a great line in a U2 song – 'You've got yourself stuck in a moment that you can't get out of'.

Sometimes we get so stuck in events of the past that we cannot even see today.

Conversely we can also be so beset with anxiety about what might happen in the future. They say the most common worries we have are either worries about the past that we simply can't change, or worries about the future, most of which don't eventuate.

Jesus says: 'Therefore do not worry about tomorrow, for tomorrow will worry about itself.' (Matthew 6:34)

May we learn the discipline of letting go of worries - just give them to God. And no matter our past, or what may happen in the future may we learn to see the incredible gift of life this day.

Blessings in Christ, Rev John

Sunday Worship

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

Youth Groups

Years 9 to 13 Fridays at Māpua Community Hall 6.30 -8.30pm.

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

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

SENIOR MOMENTS

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The Nature of Trees

I've been planting more trees... so has everyone else it seems. Nurseries are flat out and some trendy species have bolted out the door so fast that even leaving my fingers to do the walking has not kept ahead of the rush on plants.

But I'm loving it... planting trees is good for the soul. An old adage goes something like this: "The best time to plant a tree is twenty years ago, the second best time is now!"

There have been some difficult moments of course. I've got a large site, giving me plenty of scope to craft the countryside, but decisions have to be made about what species work best and anticipating a future array of Autumn colours isn't easy when dealing with bare branches (even with the advantages of colourful Google images for each species).

Then there's the careful process of selecting the site for all-day sun and good drainage, notwithstanding hauling plants to and fro while my wife experiments with various placements!

And all this comes before the actual digging, which even in rain-softened clay doesn't yield a goodly hole without some effort with a crow bar.

But I'm happily about these tasks for the anticipated reward of beautification, and colour, and summer shade, and the fullness of fruit in season from the various orchard species.

Planted correctly, I'm confident that the trees will do what they know to do. It is in their nature to grow, to produce leaves, to bear flowers and fruit, depending on their kind.

Of course all that is required for this to happen is the right conditions so that the roots go down deep and find ample nutrients of the right kind.

It helps too that I stake the trees so they get off to a good start, standing up to the westerlies that will hammer my area from now through until mid-

summer. And of course there are future droughts to be mindful of...

I can provide some 'TLC' but my trees are going to have to dig deep for moisture if they're to survive. Some might topple or get diseased if they don't get what they need.

I'm sure you can appreciate all the metaphors for us that are inherent in this planting process and the life of trees.

We need to have our roots down deep into the 'good stuff' if we are to develop as we should and withstand what life throws at us at times. To live upright we also need a firmly fixed standard.

And just as a tree knows how to produce good fruit, we have in us the potential to yield an abundant life... fruitful to others. These are natural principles, already built-in by our designer God.

Feed on the nutrients supplied by the Creator - study His Bible. Make Jesus your strong standard, attached to Him and "Christ will make his home in your hearts, as you trust in Him. Your roots will grow down into God's love and keep you strong." (Ephesians 3:17)

You will produce the glorious blossom of a life well lived - according to His purpose - bringing much joy to God, and to those others who are looking on.

Bloom where you are planted!

Greig Caigou is the pastor at Tasman Bible Church



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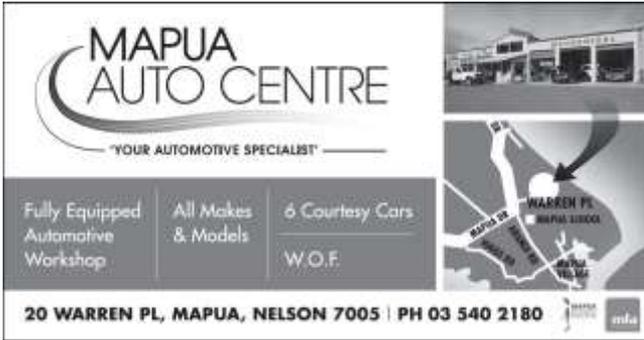


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A Day in the life ...
HIGH ANDES OF PATAGONIA – DAY 5

CERRO TORRE CAMP
Sunrise on this east facing Fitzroy skyline is unforgettable and there is time to savour the moment.
We re-join the main trail where some easy walking alongside the small lakes of Lagos Madre y Hija (Mother & Daughter) leads into the valley of the Fitzroy River and our sheltered camp.
Standing on the nearby moraine ridge a few minutes' walk away we hope to enjoy another of the great views of the trip.
Beneath us in the foreground is the glacier fed Laguna Torre and piercing the skyline beyond rise the famous pinnacles of Cerro Torre and Torre Egger, where some of the greatest mountaineering and rock climbing epic dramas have been played out.
We walk down to the fast flowing glacial Rio Fitzroy where a 'Flying Fox' cable stretches across to the far bank.... but that's tomorrow.

Māpua Health Centre

Many thanks to all those who have knitted squares. These have now been carefully stitched together into 3 very colourful blankets which have been donated to the hospice and patients.

Dr Tim Ewer will be moving the Integrative Medicine (IM) part of his practice out of the health centre at 62 Aranui Road and over to the Ora centre at 69 Aranui Road from August this year, although he will continue to carry out GP work at the health centre on Monday and Tuesday afternoons. This means that patients wanting to have access to IM, including intravenous nutrients, will be given appointments for the different location. Dr Caroline Wheeler and our IM nurse, Camilla, will also be working from the Ora centre, and it is hoped that eventually a hyperbaric oxygen chamber will also be set up there. This change-over will free up 3 more rooms at the GP health centre and allow us to bring on more doctors and staff in order to continue to grow our services and cater for the increasing population of the area.

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 immunization 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). A 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).

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).

The issue of how often a patient needs to be seen at the health centre in order to obtain a prescription is important and can sometimes lead to misunderstanding. There are various factors which play a part, including the nature of the illness being treated, the stability of the person's health and the type of drug(s) being prescribed. The NZ College of General Practice states that an appointment is needed when a medication is started or restarted, for a first repeat script for medication, for isotretinoin and for antibiotics for a new condition.

It needs to be at least six monthly for anti-hypertensives, anti-epileptics, asthma medications, NSAID's, antibiotics for treating acne, antipsychotics, lipid lowering medications, HRT and antidepressants.

In complex medical situations and patients with multiple medications it is often necessary to be seen at least three monthly or even more frequently if their condition needs closer monitoring. Otherwise, "patients requesting repeat prescriptions should be assessed in a face-to-face consultation **at least annually by the GP** in order to continue to receive repeat prescriptions, and to ensure the prescription remains appropriate and clinically relevant".

Our patient portal service is working really well and we encourage as many as possible to register for it so that you can experience the benefits which include getting test results, making appointments, requesting prescriptions and asking questions online. The system is free for patients and uses Manage My Health™ - www.managemyhealth.co.nz – which 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 wherever you may be.

If you would like to register for Manage My Health™ please phone 5402211 or talk with our receptionists when you next come in.

This month's health and school events include:

5	International Midwives Day	www.midwiferycouncil.org.nz
5	World Hand Washing Day	www.handhygiene.org.nz
5	World Asthma Day	www.ginasthma.org
6-12	Road Safety Week	www.brake.org.nz
8	World Red Cross Day	www.redcross.org.nz
12	ME Awareness Day	www.anzmes.org.nz
12	International Nurses Day	www.nursingcouncil.org.nz
13-19	Privacy Awareness Week	https://privacy.org.nz/
13-19	Hospice Awareness Week	www.hospice.org.nz
15	International Day of Families	www.un.org
17	Pink Shirt Day – awareness of bullying	www.pinkshirtday.org.nz
18-24	Youth Week	www.arataiohi.org.nz
27	Multiple Sclerosis Day	www.msnz.org.nz
31	World Smoke-Free Day	www.who.int



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MOTHERS DAY
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19

Open Sunday Lunch
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24

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31

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More details to come

1

Grandiose Burlesque

More details to come

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Cold Weather Aches and Pains

Cold Weather Having an Impact on Your Aches and Pains?

You may find that as the weather starts to get colder, you may experience more aches and pains, and even feel like your muscles are stiffer.

This is even more evident for workers who work outside in the winter, or individuals with certain ailments as you get out in your garden. The cold weather can increase the risk of suffering from back and neck injuries, sports injuries and can even increase the intensity of certain spinal conditions.

How Can the Cold Weather Impact Us?

If you live with an arthritic condition you might find that your symptoms may be exacerbated by cold weather conditions, which can keep you away from doing the activities you enjoy. Conditions like rheumatoid arthritis and osteoarthritis may not react well to sudden weather or atmospheric changes, which may worsen symptoms.

It is important however that you keep moving and remain active. That means ease up on the marathon Netflix weekends or watching all the infomercials with the many promises they make for that magic bullet to help you with your health issues and concerns.

Even without any specific conditions, most of us are very aware of how our bodies feel and move when we are cold – we may move more slowly and walk around at a lesser pace when our muscles are tense and stiff. This can result in soreness that we may not experience otherwise.

For those who work outside, be conscious of your working conditions even if just getting out in the garden. Feeling warm, safe and comfortable is important, as bending over, heavy lifting and overexertion can increase risk of injury in colder temperatures.

Here are a few things that can be done to prevent stiffness and back/neck related injuries during the winter months:

- **Maintain an active lifestyle** – make sure you are doing some form of physical activity to exercise your muscles and joints. We have discussed this in previous articles. One of the primary things we do is try to get people out of pain and back to doing the things they love to do as soon as possible. This is so important for our physical bodies but also our state of mind. Remember, if you don't use it you lose it.
- **Dress warmly** – wear proper clothing to keep your body warm and protected from the cold.
- **Wear proper boots** that are waterproof, warm, and have a good sole to prevent falls. We tend to see people who have had more falls during winter often due to people being less active and fit.
- **Wear a warm hat** - keeping your head warm reduces the amount of body heat that escapes from your head.
- **Do not stay out in the cold for too long** - if you work outside, move indoor during your breaks if possible.

The winter months shouldn't keep you from doing the things you love, or keep you indoors in pain. Keep active and dress warmly, and you may be able to minimize the aches and pains of the season.

We can help you prepare for the winter months ahead. Here at Coast & Country Chiropractic Centre we can guide you and help you prevent injuries keeping you more active during the oncoming colder months, doing the things you love to do.

Dr Ron Howard



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The current group of regular players are a mixture of those who played when young (but lapsed for many years) and some who had never played before.

Without exception we've noticed a huge improvement in our general fitness, reactions and alertness.



All are welcome to give it a go, and the more experienced players always encourage and gently coach the new ones. Our policy is to rotate doubles partners so that all skill levels are mixed and everybody gets a chance to improve.

Sessions are held at the Motueka Recreation Centre from 10.30 am until 12 noon every Monday, Wednesday and Friday except public holidays and for 2 – 3 weeks over Christmas and New Year. Session cost is only \$4 with a Sport Tasman concession card or \$5 without. Racquets & shuttlecocks are provided.

For further information please refer to www.sporttasman.org.nz or call the Centre on 528 8228 or Richard on 027 526 6700.



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History of Combined Probus Club of Māpua & District

Peter Butchart, who was a member of the Motueka Rotary club, took on the challenge of forming the Māpua Probus Club with the support of his wife Margaret in 1999. By the year 2000 they were able to form a committee.

The club used the Bill Marris rooms at the Māpua Hall, with the availability of chairs and tables. The committee had members' name tags printed, as well as a lectern made by one of the founding members.

The committee followed the procedure of most Probus clubs around the country by setting up a club meeting on the first Friday during 10 months of the year. A committee member volunteered to take on the job of organising a guest speaker at each meeting.

Their talks were on a wide range of subjects for around an hour, with afternoon tea afterwards organised by club member Joy Sharman. To end the meeting a club member would give a short talk of about 15 minutes on a personal subject.

During the club's first year, keen interest was shown by members for group outings to various places of interest around the Nelson/Tasman districts. For one day tours or short tours of up to a week, the following are a few trips that club members enjoyed.

Local visits included a day out for 21 members, having lunch at St Arnaud and the rest of the afternoon at Top House close to Lake Rotoiti with the opportunity to go gliding with an instructor around the lake.

Another interesting day out for 15 members was a ferry trip out to Haulashore Island prior to a luncheon at Port Nelson looking across to Haulashore Island on a clear fine day.

In March 2003, 19 members had a day out with a visit to the Cobb Dam and the Ngarua Caves at the top of the Takaka Hill. Three or more day tours were also popular for some of the club members. In October 2003, 22 members visited the Stockton Mine close to Westport and continued to Karamea staying over three days.

Another three day tour was a visit to Reefton, close to Westport. The committee booked a mini bus to take about 10 members. The group had a good day looking around the historical village and its museum.

It is known to be the first community in the

country to have the use of electricity.

The second day the members took a conducted tour of the local gold mine watching the use of the heavy industrial earth moving machinery.

The longest tour was in January 2006 with 11 members having a week's tour of the east coast of Tasmania. Peter Butchart made contact with two Probus clubs at Kingston near Hobart.

There, our group was warmly welcomed by their club members, offering us accommodation and an evening meal for the first night. A mini bus was hired by Peter for our transport to Launceston to catch our flight to Melbourne and back home.

One interesting day was spent touring the historical prison of Port Arthur.

The club's sad news in January 2014 was the resignation of Peter and Margaret, as they had sold their home and were moving up to Tauranga to be close to their family. Our club members put on a farewell social afternoon for Peter and Margaret at the old Hills Church Hall.

Committee member John Sharman encouraged members to attend monthly lunches he organised at a wide variety of cafes and restaurants around the district. These socials became very popular with the majority of members.

A few years later the Probus Committee called a special meeting for members to vote on whether the club should change the name to the current Māpua Fellowship group.

The reason for the meeting was that the use of the "Probus" name would incur an annual fee to be paid to the Australia Probus Association that affected all Probus clubs in New Zealand. A unanimous decision was voted on to make the change.

This year a special Fellowship meeting was called by President Rachael Stringer on 5 April to vote on whether the monthly meetings of the Fellowship should continue. She gave out a copy of her report to the meeting.

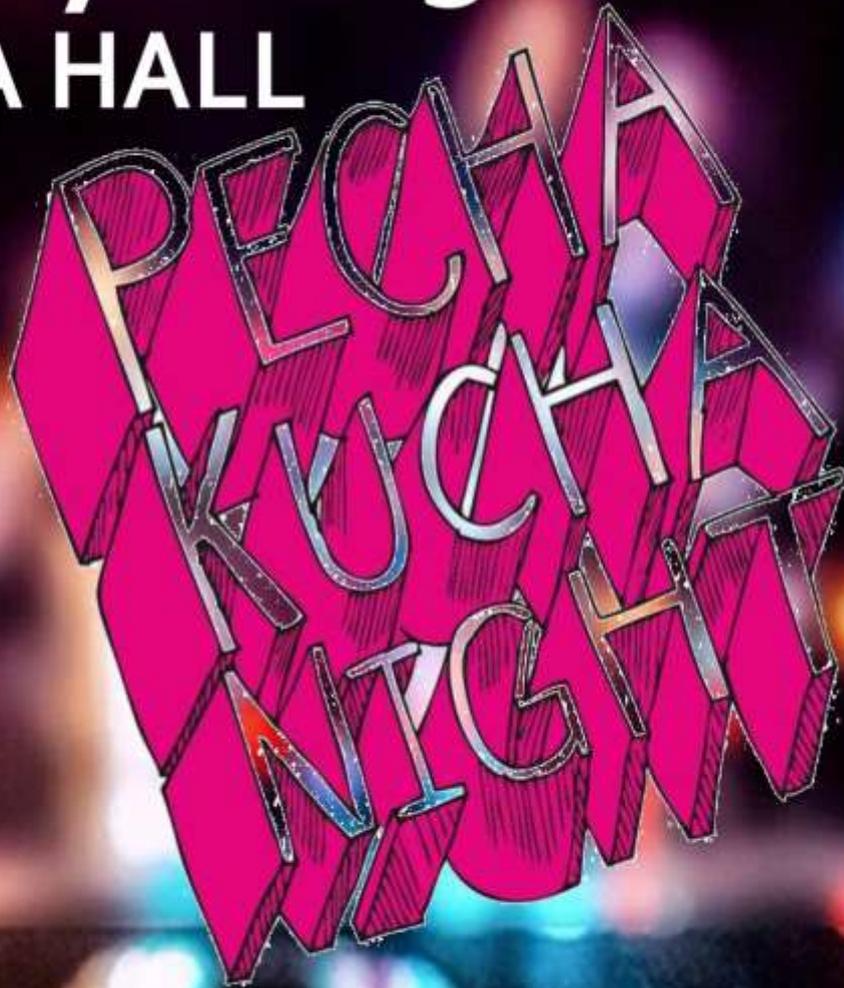
There was a positive decision to end the monthly meetings, and retain the monthly lunch meetings that have been set on the third Wednesday of each month.

David Higgs

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Movie Night

Tea with Mussolini

Playing at Māpua's famous Packhouse cinema

@ 6:30 pm, Sunday 12 May

This film is one of the most touching and lovely films that I have seen in many years. Based on an autobiography by Zeffirelli recounting his early years trying to survive the Nazi-Mussolini atrocities of WWII. During this dangerous time Zeffirelli was protected by a coterie of socialite dowagers played splendidly by Maggie Smith, Judi Dench, Joan Plowright, Lily Tomlin and of course Cher, who was perfectly cast as a gorgeous Jewish chanteuse.

Its gaggle of actresses are second to none, and turn out excellent performances. Joan Plowright in particular brings an irresistible sweetness to the role.

People who have commented on the film so far seem to have neglected to mention the soundtrack, which is beautiful and inspiring with a wonderful piano piece. The very charm of Hester (Maggie Smith) is in how she overcomes her snobbery at the end and realises how much Elsa (Cher) has done for the Scorpioni. As for Judi Dench -well what needs to be said?

In short, the film is a relic of a gentler age and is simultaneously uplifting, upsetting and relaxing. I implore everyone to hunt down the soundtrack on CD to the ends of the earth if necessary. You will love it.



Letter to the Editor

Dear Editor:
Thank you to all involved in the April 'Coastal News' for an issue with multiple colour photographs and some colour headings through all pages of your 30-page publication.

The high-quality colour pictures really enlivened and refreshed the look of our monthly newsheet and made it a much more attractive and relevant publication. Acknowledgement should also go to the Tasman District Council for its support for our community paper.

Personal thanks also go to the Editor for ensuring that the word "Māpua" is now correctly rendered throughout the "Coastal News", with a macron over the letter "a".

As Naomi Aporo told a meeting of the Community Association more than a year ago, if the word "Mapua" does not "have its hat on" (with a macron over the letter 'a'), it is not properly dressed and

means "nothing".

With a macron, "Māpua" has an appropriate primary meaning for our township of "abundant". Multi-coloured clusters of fruit on kāhikatea trees, ranging from yellow to orange, red and purple, are also described as "māpua". That particular meaning also relates well to our district, because in pre-European times, kāhikatea were a dominant tree in the forest covering the lower Seaton Valley wetland.

According to the reputable Williams Dictionary of Te Reo Māori, the word "māpua" is also used for a variety of kumara, or for the large black shag (*Phalacrocorax carbo*), known in the Northern Hemisphere as the "great cormorant".

Hopefully, more local organisations, companies and residents will follow your lead and use "Māpua" as it should be.

David Mitchell
Māpua, April 20

Musical Notes of my Life by L M

"Should I give up or should I keep on chasing pavements" Chasing Pavements by Adele

BERLIN MARATHON DIARY 2005

In 2005 I, my partner and two friends all trained for the Berlin Marathon. Only my two friends and I did the actual marathon because my partner had fallen off her bike and broken her elbow two weeks prior to the event. She had done this by cycling into another person's bicycle, which happened to be mine. I totally deny any blame for this accident as I was in front and therefore had no idea she was intending to cycle into my back wheel.

Below are my diary entries leading up to the race and race day itself.

14 September - days to go: 12

Number of tablets taken: 2. Injuries today: 4

Went for a one hour run. Sore hips and back

On my way out to work my left knee gave way. Managed not to fall. My partner raised an eyebrow.

After two hours at work I returned with a sore hamstring. Stretching is sooooo important.

This afternoon ulcer appeared in mouth.

Took two tablets as a precaution.

Feeling good, feeling fine.

15th September - days to go: 11

Amount of medication 0. Number of tablets that should have been taken:4. Injuries today:2.

8am Alarm goes off so I can get up and have a spin on the bike.

9am Get up. Decided that sleep was needed to boost my immune system at this crucial time.

The day passed without much incidence. However, I did feel my right hamstring pull at 5.30ish.

Left leg is still slightly out.

10.44pm Feel phlegm in the back of my throat. Pop two tabs, just in case.

Feel good. Feel Fine. Ready to run a real good time.

16th September - days to go: 10

Amount of medication taken: 0. Number of injuries: 3. Number of potential injuries: 2

Woke up feeling great. Those two emergency tabs last night did the trick. Went for a run this afternoon. It started ok but then I got to the beach. It was hazardous. Firstly, I had to out manoeuvre a man with a kite. Then a woman with a mad dog. Further along the beach (another 300m), things went from bad to worse. Lower back and right hip went.

This I could handle, but as the beach began to get slightly uneven my right heel began to play up. It was very, very sore. Tried not think about it.

I set my focus on the finish line in Berlin instead. I'm sure there aren't any beaches in Berlin.

After the run I went back to work. I met someone who works in a crèche and she told me how a horrible illness had swept through the children and staff. Panic hit me, as we were in a small confined space and she could be carrying some dreaded lurgy. Suddenly decided I needed to go home.

The family all arrived tonight. At first glance they all look fit and healthy. However, Jan has informed us that she is fighting off a cold. Gone to bed worried about germs. Do elite athletes go through this?

Positive affirmation needed.

Feeling good feeling fine, going to keep germs out of my mind.

21st September - days to go: 4

Number of tablets – endless. Number of injuries: 3. Number of illness: 1. Have become a junkie. A slave to the tablets. Can't go past a chemist without worrying about what I might not have taken that I should have taken.

I did not feel well today. All morning I had my fleece on and I was shivering. Outside temp was 17°C. Not looking good.

Left knee sore and right heel, plus I feel a slight twinge on the right hamstring.

Ran this morning. Felt good apart from the heel, the knee and the hamstring.

Feeling good, feeling fine.

23rd September - days to go: 2

Number of injuries: 0. Number of illnesses: 0. Number of tablets taken: 0.

It's been a rough week. Yesterday I was very ill. Glands were swollen, sore throat and mouth ulcers. Many tablets were consumed, and a lot of positive affirmation was chanted. Had to stop work. The risk of illness was too great. Went home, moaned and took tablets.

24th September - days to go: 1

7.50am- On the plane. Got to the airport very early so we could enjoy breakfast.

Lovey and Dovey (our friends) sat behind us on the flight. They seemed to be fighting fit and their spirits were high. They have announced that they need to be eating something every 2 hours. Watches were set and more importantly water bottles were close at hand.

8.10am Plane took off. We were on our way to Berlin.

Half way through the flight I become concerned that I might be getting DVT. I started to make circular movements with my feet to prevent this. However right heel became sore, so I stopped and read the newspaper instead.

10.30am Local time. Landed somewhere at an airport nowhere near Berlin. Plane stopped on the tarmac nowhere near baggage reclaim or exit. After a long and winding walk, we collected our bags and headed for a taxi.

Lovey and Dovey sat in the back. Dovey got sick after 10mins but bravely carried on until we reached hotel. We arrived at the hotel, but we couldn't check in. So we left our luggage and went off to registration. But first it was crucial that we ate. We found a café serving bowls of pasta. Everyone tucked in. Lovey and Dovey shared out their Nurofen.

We continued our way to registration by taxi. My partner sat in the front to guide the driver with her fluent German. When I say fluent German what I really mean is she shouted English words at him very slowly. Fortunately, he knew where he was going so my partner didn't have to converse. Dovey sat in the back apparently feeling sick after 3mins.

After collecting all our necessary documents plus a

sponge and shoe laces we decided to get back to the hotel for a rest. Dovey sat in the front, not sick for the journey at all. The paleness in her face was due to the frightening drive rather than travel sickness.

Spent the rest of the day sitting, lying down or eating. More pasta tonight. More tablets. Can't wait until it's over. Need a drink.

25th September: RACE DAY

Slept funny last night. Woke up with a sore neck and bites on my arm. We met Lovey and Dovey for breakfast at 6am. There were a lot of fit looking people at breakfast.

As my partner had a broken elbow (not my fault) she was the team manager and she had us organised to meet in the lobby at 7am. In a cheerful mood we set off in the direction of... Well we just followed what looked like other Marathon runners. It became apparent that not everyone knew where they were going.

We asked a fellow looking athlete and he said 'Ya ya I know where to go, follow me'. In conversation with him he told us that he had done 30 marathons. However, we were not expecting number 31 to be done on our way to the start line!

After what felt like miles we arrived.

By the way did I mention that I had a sore throat this morning? It was getting worse as we approached the starting area. Pull out said a voice in my head. You don't need to run 26.2 miles to see Berlin, just get the tourist bus instead.

I said goodbye to my partner, I didn't want to go. 'See you around 2pm' I said naively. Lost Lovey and Dovey at the luggage trucks. Sore throat was getting worse and temp was rising.

I made way down to the starting grids. My predicted time put me in the H block. Tense moments. Had some water but no tablets.

Crossed the line at 9.17. Wanted to stop at 9.23. Saw my partner in the crowd as I crossed the line - that cheered me up. To my surprise I saw my partner again at about 7th mile. Was she following me? It was a long hard day. It was very warm throughout the race.

Thankfully there were no Jacobs cream crackers passing me. However, the woman running with the push chair (with child) who passed me at about 16 miles hacked me off a little bit. Not sure if she was part of the race or had just popped out to get some milk at the supermarket.

As the four-hour mark approached, I wondered how Lovey and Dovey were doing - they would almost be finished by now. How lucky is that. Only one more hour or so for me I thought.

20-mile mark. Almost there. Six miles left. The last six miles was gruesome and slow. It's quite common for marathon runners to 'hit the wall' at this distance. It's a term used for your body being empty of all energy. I didn't just hit the wall, I was close to hitting the road, face first. I was totally spent.

As I approached the last mile, I could see the Brandenburg Gate and tears were rolling down my face. Soon it would be all over, and I would have completed a marathon.

5hrs 59min it was all over. I had been to hell and back.

I crossed the line and got my medal and photo taken, then had a real downer. I couldn't think of anything but my partner and how cruel it was for me to keep her waiting for 5 hrs and 59 minutes. She was going to be so worried about me.

I had to walk another half marathon to get to the massage area.

In the massage area I met up with Lovey and Dovey. They had finished some 2 hours before me. After the massage we got our kit bags and went to find my partner.

Out of the enclosed area, people seemed to be dropping like flies. Ambulances screamed in to pick them up and Dovey (a trained nurse) would give us a diagnosis on each one with the comment that they were not very old looking. It was reassuring to hear her do this as it meant I was still conscious.

A beer was had alongside some food. The thought of going back to the hotel on our feet was one that was too painful to contemplate. Team manager was dispatched to find suitable means of transport.

Now here is a fact. There are nine million bicycles in Beijing but there are only two rickshaws in Berlin and my partner had got them to go our way.

26th September

Days since the race 1. Number of tablets - many. Number of stress fractures: 1. Can't walk.

But hey, I ran a marathon.



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Marlborough	Nelson/Tasman	Golden Bay
Tuesday 21 st May ASB Theatre	Wednesday 22 nd May The Headingly Centre	Thursday 23 rd May Golden Bay Recreation Centre
Rural Professionals: 1:00pm-2:00pm	Rural Professionals: 1:30-2:30pm	Rural Professionals: 2:00pm-3:00pm
Rural Community: 3:00pm-6:30pm	Rural Community: 3:30pm-7:00pm	Rural Community: 6:00pm-7:30pm



Ministry for Primary Industries



Rural Support

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What's On at the Hall In MAY!

Monday	Tuesday	Wednesday	Thursday	Friday	Sat	Sun
29 9.15am Yoga with Charlotte 9.30am Low Impact Dance 6pm Mapua Dance Fitness	30 9am PANZ 1.30pm Tai Chi for Beginners 2.30pm Sit & Be Fit 6pm Yoga with Martin 6pm Aerobics 7pm Pilates	1 9.05am Aerobics 9.30 Hatha Yoga 10.05 Pilates 12.30pm Tai Chi	2 9am Mapua Art Group 9.30am Flow Dance Fitness 6pm Mapua Dance Fitness	3 9.05am Aerobics 9.30am Low Impact Dance 10.05 Pilates 6pm Mapua Youth Group	4 9am SHARQUI A belly dance workout	5
6 9.15am Yoga with Charlotte 9.30am Low Impact Dance 6pm Mapua Dance Fitness	7 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	8 9.05am Aerobics 9.30 Hatha Yoga 10.05 Pilates 12.30pm Tai Chi 6pm Yoga with Thomas	9 9am Mapua Art Group 9.30am Flow Dance Fitness 6pm Mapua Dance Fitness	10 9.05am Aerobics 9.30am Low Impact Dance 10.05 Pilates 6pm Mapua Youth Group	11 9am SHARQUI A belly dance workout 2pm THE MAGIC CIRCUS!	12 6.30pm The Packhouse Cinema presents: 'Tea with Mussolini'
13 9.15am Yoga with Charlotte 9.30am Low Impact Dance 1.30pm Savage Club Concert 6pm Mapua Dance Fitness 7pm MDCA Mtg.	14 9am PANZ 9am Sioux Line Dance 10am Mapua Creative Fibre 1.30pm Tai Chi for Beginners 2.30pm Sit & Be Fit 6pm Yoga with Martin 6pm Aerobics 7pm Pilates	15 9.05am Aerobics 9.30 Hatha Yoga 10.05 Pilates 12.30pm Tai Chi 6pm Yoga with Thomas	16 9am Mapua Art Group 9.30am Flow Dance Fitness 2pm Friendship Group 6pm Mapua Dance Fitness	17 9.05am Aerobics 9.30am Low Impact Dance 10.05 Pilates 6pm Mapua Youth Group	18 9am SHARQUI A belly dance workout	19
20 9.15am Yoga with Charlotte 9.30am Low Impact Dance 6pm Mapua Dance Fitness 6.30pm Hall Committee mtg.	21 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	22 9.05am Aerobics 9.30 Hatha Yoga 10.05 Pilates 12.30pm Tai Chi 6pm Yoga with Thomas	23 9am Mapua Art Group 9.30am Flow Dance Fitness 6pm Mapua Dance Fitness	24 9.05am Aerobics 9.30am Low Impact Dance 10.05 Pilates 6pm PECHA KUCHA NIGHT!	25 9.05am Aerobics 10.05 Pilates	26 10am Tai Chi
27 9.15am Yoga with Charlotte	28 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	29 9.05am Aerobics 9.30 Hatha Yoga 10.05 Pilates 12.30pm Tai Chi 6pm Yoga with Thomas	30 9am Mapua Art Group 9.30am Flow Dance Fitness 6pm Mapua Dance Fitness	31 9.05am Aerobics 9.30am Low Impact Dance 10.05 Pilates 2pm Friendship Group		

Cam Timing Belts

Importance of Replacement Schedule

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

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

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

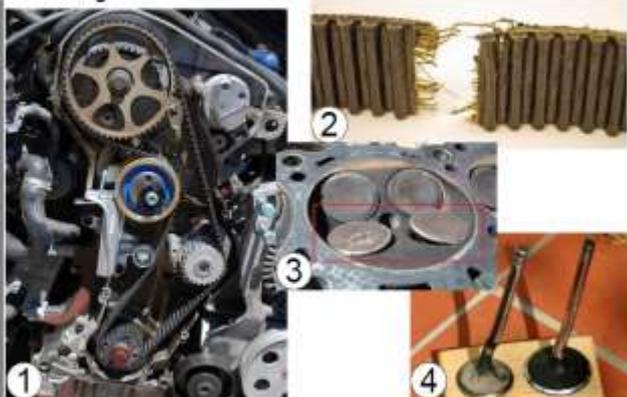
Cam timing belts can fail for several reasons. They may have reached the end of their life, deteriorated due to unattended oil & fluid leaks onto the belt, or the bearings on the idler pulleys and pumps etc. may have seized or collapsed. It is highly recommended a full cam timing belt kit which includes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

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

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

The images below show:

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



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March—April call outs

17/3/19 Rubbish off Rana Pl—used tanker to put out
21/03/19 Permitted burn Gardner's Valley Rd, no action taken.

23/3/19 Smoke in Tasman area, nothing found, possible permitted burn.

29/3/19 Permitted burn at Lacebark Lane, no action taken.

2/4/19 Hay Bales on fire at Kina, Motueka—put out.

4/4/19 Permitted burn Westdale Rd, no action taken

4/4/19 Grass fire from a permitted burn, tankers put out.

06/4/19 Permitted burn out of control Redwood Valley, helped put out.

08/4/19 Car crush SH60 and Mapua Dr

13/4/19 Beach fire at Kina, no one in attendance, put out

18/4/19 Shop fire in Motueka.

18/4/19 Car fire SH60 near Tasman,

Calls this year : 48

Safety Tip – Be safe.

Check and clean your chimneys.

For fire safety info go to -

<https://fireandemergency.nz/>

for fire permits go to -

<http://www.checkitsalright.nz/>

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Mark Theobald SO/secretary

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Green Tomatoes

By Sarah La Touche

Now that summer has finally faded to autumn some things in the garden are taking longer to ripen, like the chillies, while other favourites like the tomatoes are not really ripening up at all anymore. But happily green tomatoes can be just as satisfying as red ones!

We have been beavering in our kitchen lately, a batch of poached quince here, some rhubarb compote there, a stash of pear butter looms on the horizon as does chilli jam and feijoa chutney.

When it comes to green tomatoes though you can go sweet or savoury. My most preferred way to use up the end of season glut of green tomatoes is by whipping up a batch of green tomato jam to see us through the winter. It's a completely delicious alternative to winter Marmalade.



I discovered this superb conserve during our years in France. In our little village the locals all had robust and plentiful gardens or allotments and naturally, with the wonderful Mediterranean sunshine, tomatoes in all shapes, colours and sizes, reigned supreme over the summer.

Come the cooler nights and inevitable arrival of autumn their tree-like tomato plants kept on producing wonderful fruit but alas, green they would stay despite resting on the windowsill.

So once the grapes and olives were harvested it would be time to address the green tomato population before the first frosts. And the green tomato jam, a speciality of the village, had something of a reputation throughout the region.

We always used the larger green tomatoes for confiture, saving the smaller cherry sized ones for pickling whole in vinegar, a yummy, quick and simple alternative to chutney and great tossed into a winter salad or casserole, or sliced into a sandwich with cold cuts.

Green Tomato Jam

- 3kg green tomatoes, washed and chopped roughly
- 400mls water
- Juice and zest of 3 lemons
- 2.5 kg brown sugar

Place the fruit into a spacious jamming pan along with the water. Cook the fruit until soft and pulpy. This usually takes about 25 – 30 minutes.

Now add the lemon juice and zest and the brown sugar, raise the heat and bring to the boil as quickly as possible, stirring continuously.

Continue with a rolling boil until the fruit reaches setting stage, anywhere between 10 and 30 minutes. Use a jam thermometer or start testing after 10 minutes by dribbling a little of the mixture onto a chilled saucer. Leave for a minute then run your finger through the mixture. If it wrinkles and becomes a little firm go ahead and pot the mixture into jars. If not, keep boiling and testing until it reaches setting stage. Pot into warm sterilized jars, and seal with metal lids or jamming tops.

Keeps for up to 12 months.

Serve on warm buttered toast or with hard cheese.



Pickled Green Tomatoes

- 500g baby green tomatoes
- 1 small red chilli, seeded and chopped roughly or left whole
- 1 fresh bay leaf
- 1 tablespoon yellow mustard seeds
- 1 tablespoon black mustard seeds
- 6 whole peppercorns
- 1 clove garlic
- 500 – 700 ml red wine or cider vinegar

Wash the tomatoes and place them evenly into a 1 litre sterilized glass jar. In a saucepan, heat the vinegar along with the chilli, bay, garlic and mustard seeds until it boils. Allow to cool a little, before pouring over the tomatoes until they are completely covered. Seal the jar and leave in a cool dark place for 6 weeks before opening.

Add additional aromatics like star anise, cinnamon, and herbs if you wish.

Sarah La Touche is a qualified Holistic Nutritionist. A registered member of the New Zealand Clinical Nutritionists Association and New Zealand Guild of Food Writers, she also runs B&B and self catering accommodation in Mapua, walking and gastronomic hosted holidays in France. She is available by phoning 027 315 1165, sarah@livingnutrition.co.nz or www.holidaystaymapua.nz.

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feeding body, mind and soul naturally

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Noticeboard

Social Badminton at Motueka Recreation Centre, 10.30 – 12 every Monday, Wednesday & Friday. It's lots of fun & keeps you fit & alert. Info: Rec Centre 03 528 8228 or Richard 027 526 6700.

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

Theatre & Musicals appreciation: anyone interested in forming such a group contact Sue Mott willowsprings@slingshot.co.nz

Mapua 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: secretary 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 and lively music. Contact Fay 021 039 3559 or Alison 0220 363 891.

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. Seniomotmotueka.org.nz

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

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

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

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

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

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

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

Māpua Fellowship Group (formerly Probus): a monthly social group that meets 3rd Wednesdays for lunch. Venue 15 May 'Saxton Café' at noon. Contact Janice, 03 528 8883

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

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

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

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

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

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

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

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

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

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

Taoist Tai Chi Beginning class Tuesdays 1.30 - 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.

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

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

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

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

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

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

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

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, 03 544-0737, sam@sambennett.co.nz.

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

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