

MDCA — Community Association

LOWER SPEED LIMITS FOR MĀPUA?

TDC Transportation Manager Jamie McPherson addressed the MDCA's March meeting about some of the community's roads and pathways concerns and the possibility of lowering the speed limit on Aranui Road to 40 kph.

Jamie indicated road speed limits need to have a start and end point and posed the question: "In Māpua, if we were to support lowering the speed to 40 kph, where should it start and end? You can't just make Aranui Road 40 kph and the rest 50 kph. Should we make the whole of Māpua 40 kph?"

Many residents believe all of Māpua should be 40 kph, posted at the beginning of both Higgs and Aranui Roads. And Jamie mentioned that recent development projects have officials questioning whether 50 rather than 60 kph might be a better limit on Māpua Drive.

Jamie acknowledged that setting and changing speed limits is a long and arduous process, guided by the Land Transport Rule: Setting of Speed Limits 2017 legislation. These rules prevent local authorities changing speed limits at random.

NZTA publish maps where they have assessed the safety of each road and determined "appropriate speeds." All potential changes must be measured against this NZTA recommended speeds. That said, the focus of NZTA is to reduce deaths and serious injuries.

To change speed limits requires the TDC to provide technical evidence, demonstrate public and community support, then get political support. The process requires multiple steps: first listing potential roads up for speed changes, then the shortlist goes to council for approval, then to public consultation, then a subcommittee hearing, then a full council vote. Even then, the NZTA has power to veto the proposed changes if they disagree.

NZTA has recommended Māpua speed limits as 50 kph for Aranui Rd and all side roads at 40 kph. But their system only provides indications.

What we need to look at is what we as a community want, what makes sense.

Jamie pointed out that Aranui Rd is not designed

for a 40 kph speed limit. In February 2018, speed testing indicated cars travelled at an average 45 kph and in August 2018 at an average 47 kph. In summer, there's obviously more activity happening compared to winter and people drive slower. So currently cars are not travelling at excessive speeds.

If we were to target a lower speed (40 kph) for a part of Aranui Road, Jamie does not think a sign will cause a drop in speed. Research shows it will only drop 2-3 kph. To drop speeds significantly, other things need to be done such as street narrowing, speed bumps etc.



Jamie also mentioned we don't know how people will react to a speed change. A lot of people want speed limits dropped in front of their house but on their daily travel routes they want to travel at their preferred speeds. We all want to have our towns be safe and people friendly.

The TDC plans to engage with people via a survey to see how people want their roads to function. The stronger the community support, the stronger the case for change. Jamie reinforced he is here to support what the MDCA and community want to do but changing speed limits is a lengthy process.

Jamie McPherson

TDC Transportation Manager

WATER INFRASTRUCTURE UPDATE

Rob O'Grady, the TDC's Project Manager, then spoke about the Māpua/Ruby Bay water infrastructure upgrade project scheduled for 2019, including:

- an upgrade to the wastewater pump station in Ruby Bay, a new underground emergency storage tank and odour control;
- a new wastewater pump station at 69 Stafford Drive, which will replace the existing pump station at 72 Stafford Drive (the new pump station will include underground emergency storage and odour control);
- a new water main running from Māpua Wharf to Pine Hill Road;
- a new wastewater pipe running from Māpua Wharf to Ruby Bay.

As Māpua residents know, the existing water main running along Aranui Road and Stafford Drive is in very poor condition. There are frequent pipe bursts at many locations. To reduce the risk of pipe breaks, the water is at a lower pressure than desirable.

And the Māpua wastewater network is inefficient. There are five pump stations between Ruby Bay and Māpua Wharf, which pump wastewater from one section of pipe to another. Parts of the system are often at capacity during high rain events.

Overflows have occurred at Māpua School and tankers are often required to prevent overflows in other locations. There is no odour control and little or no emergency storage at the existing pump stations to store wastewater during power outages, mains breaks or high rainfall events.

The project will address these problems and provide more capacity to allow for growth in the area.

Tenders went out in December and Rob hopes the contractor will be able to start in April or the beginning of May at the latest. The contractor would like to start at Māpua School and work towards the wharf and hopes to finish around November. The bulk of the work around the school is planned to be done during winter school holidays.

Residents and visitors can expect some disruption to traffic. Aranui Road will not close but there will be signs suggesting cars travel Higgs Road as an alternate.

The bulk of the work outside of individual properties is expected to take a week but total disruption could be about a month.

Rob expects the water main section running from Ruby Bay shops to Pine Hill Road to be replaced later in order to meet current budget constraints.

Contractors will give home owners a daily update on interruptions. During construction, a project liaison person will be available on a 24-hour phone number to discuss any concerns.

They will manage any specific access requirements and be responsible for daily communication with affected parties.

Rob is also open to feedback from the community to make sure all are on-board and can be contacted at: 03-543 8634 / 027-579 3146 or email rob.o'grady@tasman.govt.nz

For more detail on Jamie and Rob's presentation, please see their live stream video on the MDCA's Facebook page.

MĀPUA WATERFRONT & WHARF

A new design for upgrading the Ngaio Tree reserve area (green space between the Golden Bear and waterfront with the Ngaio Tree) will be put to public consultation the first 2 weeks of April.

At the 8 April MDCA meeting, the TDC will present its latest concept design and engage in a 30

minute brainstorming at the end of the meeting. The results will be reported to the Māpua Waterfront Working Group meeting 15 April.

TRANSPORTATION

Elena Meredith, working with the **Nelson/Tasman Community Transportation Trust** and volunteers from Hills Community Church, has been focusing on developing transportation infrastructure for our area.

Recent social media posts brought in offers from 8 people who want to be drivers for our area. Seven of them want to be part of the organisation committee.

The trust is working on a survey to establish the exact transportation needs for our area to demonstrate to the TDC that such a transport system would be worthy of NZTA funding.

Elena will be doing a presentation in April and May to other associations in the area. Marion asked Elena to come back at the MDCA's next meeting with the cost involved in conducting a letterbox drop in order to see if the drop is a project the MDCA should support.

ROADS & PATHWAYS

The pathway from the school to sea has been widened.

RELATIONSHIPS

The MDCA is aiming to improve communication with other local community groups. Chairperson Marion Satherly attended a recent Tasman Area Community Association meeting and found it worthwhile to continue maintaining contact.

APRIL MEETING HOT TOPIC SPEAKERS

- Nelson Tasman Future Development Strategy presentation and feedback.
- New playground by tennis courts design presentation
- Ngaio Tree reserve design presentation.

IN OTHER BUSINESS

An MDCA attendee pointed out the grass verge areas on Māpua Drive have not been maintained properly. Jamie McPherson responded by saying he would follow up with the developer to see if they complied with consent conditions.

Be sure to attend our next monthly meeting: Monday, 8 April at 7 PM, Bill Marris Room, Māpua Hall.

MDCA works closely with TDC to ensure our community functions in a way that suits the majority of our residents.

To have a vote that counts, become a financial member of MDCA by simply paying a \$10 membership fee to our NBS account:

03-1354-0356471-00 with your name & phone number as a reference.

Tim Hawthorne

*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

The year has flown by so far with a wide variety of people taking part in a diverse range of activities. The first Trades Academy programmes have started, which is always an exciting time and we look forward to meeting all the new students enrolled on these programmes.

We are especially looking forward to the first ever Environmental Sciences programme starting, as this is something we have been working on for a long time.

Lots of schools are here on camp as this is such a great way to start the school year and make the most of the great weather.

Focus on Waka Journeys

Our Waka Journeys continue to grow in popularity and we are slowly expanding the age groups we can work with using waka.

The whakatauki "He waka eke noa" (we are all in one boat) goes a long way to explaining why waka work so well: you have to work as a team, no-one gets left behind, you need to persevere and develop new skills to keep the boat moving and of course they are a rich source of cultural learning.

Most local secondary and some primary schools are accessing these programmes and we are excited to be part of this development.



What's coming up

We are not running holiday programmes in the coming holiday due to the complications of Easter and the associated public holidays.

Go Wild however is booked in for July and these programmes are filling up fast. If you've ever wondered how you can support WIO, we are developing a scholarship programme to support



tamariki (children) and rangatahi (youth) on certain programmes. Contact us if you'd like more details.

Outdoor Wanderings – knowing the sweet spots!

This month's outdoor wandering is from a local family with 3 young children. One of their favourite days out is to explore the beach at Kina, taking a long time over a short walk along just about any section of the beach on the peninsula down to the camp ground.

A quick stop for an ice cream or warming hot chocolate at the store can be followed by a session on the pump track on the local domain and a final push on the playground.

Head home with happy tired kids – a great day out for any young family!

We'll see you out there!

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



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bringing 30 years' experience.

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ANZAC Day

Thursday 25 April

Mapua:

Parade – 10.45 am. Starts adjacent to tennis courts.

Service – 11.00 am at Mapua RSA Memorial Library, followed by morning tea at the Mapua Hall. A plate would be appreciated.



Tasman:

Service – 10.00 am at the Memorial

Upper Moutere:

Service – 10.00 am at the Domain

Hello Animal Lovers

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

The minute Sally saw Tyson she knew he was something special, and so began a special partnership.

Over the years, the trust built up between them, and Sally wanted to help people with depression and loneliness.

This led to her approaching the Jack Inglis Friendship Hospital in Motueka, and amazingly Tyson goes regularly with Sally to visit elderly and dying patients.

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

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

I am always happy to answer animal behaviour questions.

Sue Mott, Animal Behaviourist



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Māpua Community Library

Chair: some of our funds raised locally have been used to purchase a chair placed in the adult fiction section for anyone who would like to 'take a moment' to sit.

Lights: the main lights in the library need replacing. Thanks to the locals who have volunteered their time to this project. We are in the process of also seeking some funding to help out with the purchase of the new LEDs.

AGM – Save the Date; this is pencilled for Friday May 10th at 12 noon. Please come along – it doesn't mean that you will automatically get a job! Nominations for office bearer positions are now open. They should be left in the library or forwarded to:

Secretary, Mapua Community Library
PO Box 49, Mapua 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!

Wednesday Closing: a reminder that with the end of daylight saving, the library will be closing at 4.30 pm on Wednesdays – until late September.

Displays: April displays always acknowledge AN-

ZAC Day. Vikki Heatherbell's talent will be on display from early April to mid May. You are welcome to pop in and view our displays - whether you are a library member or not.

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

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

Library Hours (closed Statutory Holidays and New Year's Eve)

Monday 2 pm - 4.30 pm

Tuesday 2 pm - 4.30 pm

Wednesday 2 pm - 4.30 pm (extended to 6.30pm during daylight saving)

Thursday 10 am -12.30 pm; 2 pm - 4.30 pm

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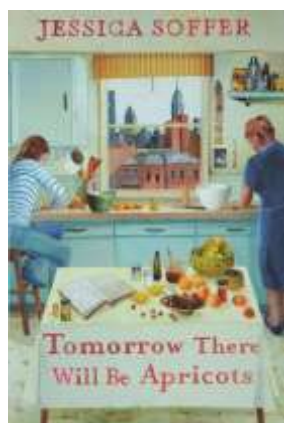
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Book Review

"*Tomorrow There Will Be Apricots*" (fiction by Jessica Soffer) and "*The School of Essential Ingredients*" (fiction by Erica Bauermeister). Reviewed by: **Annette Sivak** (and a note about Barbara Kingsolver's new "*Unsheltered*.")

Recently when Eileen and I were working as volunteers at the Mapua Community Library and having a slow day (unusual), a book with the title "*Tomorrow There Will Be Apricots*" caught my eye.



I suggested we look for other books with foods in the titles as we tidied the shelves. We came up with 24 books, which may sometime appear as a theme display in the library foyer.

But I took home this book to read, and another foodie one we found: "*The School of Essential Ingredients*."

Both books involve the cooking of food, bringing people together and serving emotional needs in their

lives far beyond the physical sustenance involved.

"....Apricots" has two strong women main characters, although neither of them see themselves as strong. Lorca is a troubled teenager reaching for love from her detached mother, and Victoria is an eighty-year-old widow grieving for the love from her recently-deceased husband. Twists and turns from each of their life-histories, including Victoria's Iraqi-Jewish refugee background and Lorca's tendency to self-harm, kept me involved in their lives as they met and worked with food, and with relationships in their lives.

"....Essential Ingredients" brings together several people, all with their individual "issues" and secrets, in a cooking class with Lillian, who seems especially able to combine people as well as ingredients into a wholesome wholeness. Compact writing style gives real depth to the realistic characters in this short book. AND I got some cooking tips.....

What food has brought together, let no one underestimate....

One more note: Being a long-time Barbara Kingsolver fan, I found her new book "*Unsheltered*" as stunning as any I have read.

She grabs the reader from the first page with her apt descriptions of characters' reactions, motivations and perceptions. I grew to really *care* for *all* these people, even when I wanted to yell at and shake some sense into some of them. Read it! But you may have to put it on HOLD at the library and wait for your turn (although probably not as long as you would wait at a public library).

Māpua Waterfront Working Group

The Māpua Waterfront area stretches from the wharf to Grossi Point, including all reserve and Council owned land. It's an area treasured by the residents, iwi and visitors. It is rich in cultural history and ecological diversity. In more recent times it has faced a range of challenges, but continues to inspire connection and community spirit.

It is important that development in this area is community led, giving balanced consideration to social, cultural, environmental and economic priorities determined in partnership between stakeholder groups. In July 2018 a Working Group was formed to oversee the implementation of the Tasman District Council's Māpua Waterfront Area Masterplan 2018 - 2028.

Some great initiatives are underway, and we recognise how important it is to keep you, our community, engaged in discussion, and informed of progress and decisions. Moving forward we are committed to providing updates through stakeholder group liaison, our local newspapers, and also via social media on the Māpua Waterfront Development Facebook page.

Our highlights from the last 6 months include:

- Changes to wharf parking signage;
- Improved parking on the remediated land area (temporary lines over summer and gravel at entrance point);
- Change of location for commercial bins at the wharf;
- Finalising placement of grass play mounds at the Waterfront park; and

- Consultation on initial designs for the Ngaio Reserve Area.

Over the next 3 months we look forward to:

- Installing the grass play mounds at the Waterfront park;
- Investigating lighting options for parking areas;
- Finalising designs and beginning work on the Ngaio Reserve Area; and
- Beginning design concepts for Grossi point.

Important dates to watch out for

We have had great community engagement in the selection of preferred design for the Ngaio Reserve Area. Your feedback on the initial design concepts was incorporated into the principles for the detailed design process, which is nearing completion.

We look forward to bringing the detailed designs back to you for further discussion between **26 March – 15 April 2019**. Please be sure to contact us through your local stakeholder group or our Facebook page if you would like more information.

The stakeholder groups are listed below:

Māpua Districts Community Association
Friends of Māpua Waterfront
Māpua District Business Association
Mana Whenua iwi – Ngāti Tama, Ngāti Rārua, and Te Ātiawa
Māpua Boat Club
Tamaha Sea Scouts
Tasman District Council - Reserves and Facilities, and Property Services.

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Māpua Women love Singing

Five local women recently enjoyed a weekend workshop coached by one of New Zealand's top singing coaches, Henrietta Hunkin-Tagaloa.

Janell Cook, Yvonne Hofsteede, Ruth Townsend, Charmaine Boocock and Hilary Clifton are members of Nelson Bays Harmony Chorus, a 40-strong women's acapella group singing four-part harmony in the barbershop style.

During the mid-February workshop, the chorus soaked up Henri's coaching. Henri co-directs the Wellington City Chorus and has a wealth of experience as a singer, director, coach and Sweet Adelines International sound judge. In 2017, the Wellington City Chorus won the annual national Sweet Adeline competition, which qualified them to represent New Zealand at the 2018 Sweet Adelines International competition in St Louis, USA. They came home with a gold medal, winning the Harmony Classic section for midsize choruses. Mapua woman, Hilary Clifton sang with them for this exciting experience, having successfully auditioned and

attended regular rehearsals beforehand.

All five Mapua women enjoy friendship, fun, learning new skills and of course singing together in Nelson Bays Harmony Chorus. In early May, the chorus will travel to Dunedin for this year's national competition, where they will share their love of singing and renew friendships with hundreds of women from all over New Zealand.

Nelson Bays Harmony meet every Thursday at 7 p.m. at Club Waimea, Richmond. Mapua members share transport and would love to have anyone from the district join them.

If you enjoy singing and would like to join this positive and encouraging group, contact any of the local members, phone/text Jenny on 0275444121 or visit www.nelsonharmony.org.nz.

*Photo below: Back row, left to right – Yvonna Hofsteede, Ruth Townsend, Charmaine Boocock
Front row, left to right – Janell Cook, Henrietta Hunkin-Tagaloa, Kathy Jamieson, Hilary Clifton*



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Lynda's Exercise Classes in the Mapua Hall

Term 1, 2019. An 8-week term starts Feb 19th.

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Membership is on a per-term basis, concession tickets available; the more you do, the cheaper it is.

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Māpua Playcentre

At Mapua Playcentre we are excited to be getting ready for the Mapua Easter Fair. As well as working with the school on the running of the fair, we are busy preparing to open up our grounds as a safe, happy play space for 0-6 year olds on the day.

Come and chill whenever your kids need a breather on Fair day (Easter Sunday). We have shady spots, baby change facilities, picnic tables and a safe enclosed area.

We'll be keeping our gates shut this year so parents can breathe a sigh of relief knowing that the perimeter is safe and secure.

Our bunny ears collage will be back by popular demand so keep your eyes open for cute, glittery bunnies hopping around the fair. Or maybe bunnies that smell of flowers?

We're working towards using more sustainable and natural materials at Mapua Playcentre, so we will also have "glitter" made from dried flower petals grown and harvested by our children in the Playcentre garden.

We'll have all our Playcentre standards available too: storytelling, play-dough, sensory garden, a fort, and our spacious sandpit complete with trucks, diggers and...pipes?

Pipes have been a huge hit with our children in the sandpit recently. Why on earth would our kids want to play with a bunch of pipes? All sorts of reasons it turns out! One lovely big wide one was measured for

an underground feature and then "Mr 3" carefully dug out a space to fit it into. The same hole then became a (dry!) river for "Mr 2"'s boat with the lovely wide pipe serving as a bridge to his great delight, with the boat travelling under, over and through.

Two of our older girls had a whole plan with pipes of various lengths. Their plan included burying the pipes to supply utilities to the house they were building in the sandpit. Such amazing detail in their play!

Between measuring, positioning and planning, with the help of a few pipes, our children were experiencing rich learning opportunities. In the words of Te Whariki, the Early Childhood Curriculum, "They learn strategies for active exploration, thinking and reasoning."

So come and join us for a moment's peace in the bustle of the Easter Fair. Perhaps you'll join us for play-dough, for running and jumping, or for active exploration, thinking and reasoning. Or maybe just to chill. Or maybe even to dig a hole for a pipe.

If you like what you see 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.

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A thirsty Thursday backlog of bikers waiting for the ferry to the Wharf. Among them were the Café Peddlers from Ashburton, and the Wheels 2 Meals group from Māpua. The track around the back of Rabbit Island [Moturoa] has reopened and been re-routed in places. An improvement.

Musical Notes of my Life by L M

'Cycling Trivialities' by José González
If Plan A Doesn't Work, Don't Worry There Is Another 25 Letters In The Alphabet.

At 14:49 on 4 July 2005, my partner and I were sitting on a cheap airline flight waiting for take-off to Barcelona. We were travelling from Belfast and the plan was to cycle down through Spain to our family's holiday villa on the Costa Blanca.

Looking out of the plane window, as we sat waiting for everyone to board, I was concerned that I hadn't seen our bicycles, (which were disassembled into large cardboard bike boxes) loaded onto the plane.

We did however have our helmets with us, and I was actually wearing mine as it didn't fit into our very strict hand luggage measurements. I got funny looks, but I just said that 'I was scared of flying'.

At 15:00 I'm still looking out of the window and concerned that I haven't seen the bikes loaded on. By the time we were in the air at 15.20, I had removed my helmet and ordered a whiskey which went straight to my head instead, and now I was no longer bothered whether the bikes were on the plane or not.

A lot of planning had gone into the trip. For months beforehand I had bought several books about cycling in Spain, touring bicycles had been purchased and panniers fitted. As I looked up routes, there was a distinct lack of information about routes taking you south of Barcelona. But I was undeterred.

There were bound to be lovely rural roads leading us south towards the Costa Blanca. We hadn't given ourselves a time limit to do the trip. We were just going to enjoy the cycle and find some nice places to stay.

We arrived at Barcelona sometime in the evening and waited anxiously for our bikes at the oversize luggage reclaim. Once they appeared, we had the job of putting the bikes together.

My partner started that process whilst I cut up the cardboard boxes into little pieces to place in the recycling bins. My partner was now searching for the pedals. I had put the pedals in the side pocket of the panniers as I knew we would need them handy.

But as I turned around, I saw knickers strewn all around the baggage reclaim as my partner desperately searched for the pedals in our baggage. As another flight had landed and the baggage carousel was in use again, I decided to say, "Check the side pockets". Hey presto the pedals were there.

With them attached and underwear safely stowed in the panniers, we wheeled our bikes to the terminal exit. We had a hotel booked for the night and the courtesy bus from the airport would take us and our bikes direct to the hotel. We waited for the bus for 2hrs in the warm Spanish evening air. Why we didn't just cycle there remains a mystery.

At the hotel we had something to eat and then fell exhausted into bed after a hard day of not cycling.

Four and a half hours later we were up and getting breakfast. I really didn't feel hungry as I only had dinner four hours before.

At 7.30am we started our cycling adventure. We cycled around the outskirts of the city searching for the nice quiet rural road heading south.

Two hours later we were still looking. Eventually we stopped and asked for directions at a gas station. We were pointed in the direction of what looked like a motorway but were assured that this was the road heading south towards Sitges and cyclists use it regularly. So off we pedalled.

The temperature was already over 30°C and the road also seemed to be a 30° slope upwards. It was hard cycling and not at all pleasant. Even though it was a main highway all the drivers were civil and gave us plenty of room.

The Spanish have a healthy obsession with cycling and cyclists are given respect on the roads. In fact, it was General Franco who made a law to punish any



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vehicle driver who did not give way to a cyclist. So maybe dictators aren't all bad all of the time.

We carried on pedalling as we knew soon that we would get to Sitges and find the more rural roads we were looking for. By 1pm we had made it into the seaside town. We made a beeline to a seafront bar and ordered a beer and a sandwich. Over lunch we scrutinised the map.

The next part of our route didn't seem to be inviting either. Our plan was to reach the town of Tarragona further south which was 60km away. Staring at the map it looked more than doable, but staring at each other, just melting in the heat, we knew it wasn't.

After lunch we cycled on to the train station and bought a ticket to Tarragona. The woman at the kiosk assured us that putting the bikes on the trains was simple and easy. The train would leave from platform 5. Standing at the station entrance we could see platform 5 and the 50 steps up and down to get to it.

Touring bicycles do not do steps either up or down. We lugged our bicycles to platform 5 just in time to heave them up two more steps onto the train. The train was packed. No room to sit so we stood with our bikes, me with helmet still on my head, all the way to Tarragona.

Once at our destination we decided that it would be easier to take the train the next day to Valencia and then cycle from there to Denia and Pego where the villa was. My partner queued up at the station to buy a ticket for the next day. I sat exhausted on a chair with my helmet still on. I think it had melted to my head at this point.

The temperature continued to climb, and the queue was moving very slowly. It was then that my partner and I made eye contact across a busy room at which moment we both gesticulated a steering wheel of a car. The decision was made we would hire a car for the rest of our cycling holiday.

We checked into a hotel and then went out to find a hire car office in Tarragona. We walked for miles around the ancient city. Every car hire business we found had no more cars to hire. Eventually we found one company situated next door to the train station, where we had started our search some 5 hours earlier.

They had one hire car left. It was a small car, but I didn't care. The bicycles were going to fit in, even if it meant taking them completely apart. We were having that car. The bikes did fit in, just. What a relief. We went back to the hotel, in the car, where we fell exhausted into bed after another day of non-cycling on our bicycling holiday.

When I get asked if I've been on a cycling holiday, I reply "Yes, by car."



Pastel Artists of New Zealand, Nelson Region

We are all busy back at the Mapua Community Centre painting away! We have recently welcomed several new members to our group.

Over the weekend of 16 and 17 March we had a workshop tutored by Tony Allain, whose work some of you will be familiar with. He moved back to England a few years ago to live and to continue his career as a professional artist.

He is now running his gallery in England and tutoring all over the world and we were lucky to get him to come back for our workshop. Hopefully pictures of our group hard at work to follow in the next newsletter. Watch this space ...

I recently picked up a copy of The New Zealand Artist magazine at a local bookshop and lo and behold, I flicked back to one of the pages and what did I see: our local PANZ Area Representative, Glenys Forbes, featured on four pages of the magazine.

What a delight to open the magazine and see some familiar work and to read a comprehensive article about Glenys and her passion for pastel art. In her humble way, she never did mention that she would be featured in the magazine, so me being me, I blabbed it to the group on one of our Tuesday morning sessions.

Good on you Glenys for flying the flag for pastel art! You represent the medium very well with all your involvement in the community art world.

As always, we welcome you to join us on a Tuesday morning, from 9:00am to 12 noon at the Mapua Community Centre. Come along and have a chat and preview what our very talented group are working on these days. You may get inspired to take up pastel art.

For additional information about our group 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 from New Zealand and abroad are creating.

*Gloria Anderson,
PANZ Member*

The logo for MCDOWELL PLUMBING features a detailed illustration of a plumbing pipe with a valve and a drain. To the right of the illustration, the text "MCDOWELL PLUMBING" is written in bold, uppercase letters. Below this, "Craftsman Plumber" is written in a smaller font. The name "JOE MCDOWELL" and the phone number "021 989 593" are listed in bold. The address "99 Redwood Park Road, RD1 Richmond 7081, Nelson" and the contact information "A/H 03 544 2235, jo Plum@clear.net.nz" are also included.

The logo for Ruby Bay KITCHEN features a stylized, artistic representation of a bay or coastline with blue and white water and a sandy beach. The text "Ruby Bay" is written in a large, elegant, cursive font. Below it, "KITCHEN" is written in a smaller, uppercase, sans-serif font. The text "Chef-made food at takeaway prices" and the address "172 Stafford Drive, Ruby Bay" are written in a bold, sans-serif font. The phone number "03 540 3530" is also included.

Movie Night

Three Summers

A funny, light hearted movie

Ben Elton has done a terrific job of capturing everyday Australians; the good and the bad and the ugly.

This Australian movie had so many laughs, along with serious moments. I find that some movies depend on big names to carry it but this is just not the case with Three Summers.

I wonder how many takes they had for some of the scenes with Magda Szubanski. Her dialogue was hilarious and she did it with a straight face, but I don't know how.

Peter Rowsthorn did the same scene three times in the movie and it just got funnier and funnier. Michael Caton did such a credible job of the older bigoted Australian, that all I could see was my father-in-law until the turnaround at the end.

I could go on and on but I don't want to spoil it. Go see it for yourself. There's something for everyone; young and old. I haven't even mentioned the music. Go hear it for yourself. I'm getting the DVD when it comes out. It's going to be a classic like "The Castle!"

Sunday 14th April
Entry at 6.15pm
Movie starts at 6.30pm

CAST: JOSHUA DREXLER, JESSICA WATERS, JAMES MALMAN, PETER FELL, MARGARET MCKENZIE, MAGDA SZUBANSKI, MICHAEL CATON

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MAPUA HALL SOCIETY INC.

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The Mapua Hall is community owned and operated and managed by a Hall Coordinator and a volunteer committee. The Hall has facilities to allow numerous activities to operate over 7 days and has become fully functioning and financially secure since the appointment of the Hall Coordinator 5 years ago.

The current Hall Coordinator is leaving mid-April and therefore the position has become vacant. The tasks for this role include providing a frontline presence for both regular and casual users of the hall and managing bookings, invoicing, financials (using MYOB), marketing and promotion of the facilities, monitoring maintenance, social media/website and general administration in a professional manner.

The days and hours of work are a minimum of **10 hours** over **3 weekday mornings** together with attendance for up to 2 hours at the monthly committee meeting.

If you are interested in this role and have any questions please contact: **Sue Lockhart on 021 159 1804.**

Applications including a cover letter, and 2 names of referees, should be made to: mapuahallsociety@gmail.com by **Friday 5th April.**

MAPUA HALL SOCIETY FINANCIAL MEMBERSHIP FY19

Financial membership for the Mapua Public Hall Society is now due!

Please go to our website:

WWW.MAPUAHALL.ORG

and fill out a membership form if you're not already a member

It is only \$15 per person annually.

Your community hall still needs you and your financial support to continue to sustain a vibrant hub for the Mapua community.

IF you are already a member, no need to fill in a form, please make payment using the options below:

Payments Methods:

Cash: To Megan in the office or through the mailbox slot on the front wall of the hall.

Internet: NBS: 03-1354-0308218-00.
Please use ref: (your name, membership)

What's On at the Hall In APRIL!

Monday	Tuesday	Wednesday	Thursday	Friday	Sat	Sun
1 9.15am Yoga with Charlotte 9.30am Low Impact Dance 6pm Mapua Dance Fitness	2 9am PANZ 1.30pm Tai Chi for Beginners 2.30pm Sit & Be Fit 6pm Aerobics 7pm Pilates	3 9.05am Aerobics 10.05 Pilates 12.30pm Tai Chi 6pm Yoga with Thomas	4 9am Mapua Art Group 9.30am Flow Dance Fitness 6pm Mapua Dance Fitness	5 9.05am Aerobics 9.30am Low Impact Dance 10.05 Pilates 6pm Mapua Youth Group	6 9am SHARQUI A belly dance workout	7 6.30pm The Packhouse Cinema presents: INTERSTELLAR
8 9.15am Yoga with Charlotte 9.30am Low Impact Dance 3.30pm Public Consult. Future Development. 6pm Mapua Dance Fitness 7pm MDCA Mtg.	9 9am PANZ 9am Sioux Line Dance 10am Mapua Creative Fibre 1.30pm Tai Chi for Beginners 2.30pm Sit & Be Fit 6pm Aerobics 7pm Pilates	10 9.05am Aerobics 10.05 Pilates 12.30pm Tai Chi	11 9am Mapua Art Group 9.30am Flow Dance Fitness 6pm Mapua Dance Fitness	12 9.05am Aerobics 9.30am Low Impact Dance 10.05 Pilates	13 9.05am Aerobics 10.05 Pilates 9am SHARQUI A belly dance workout	14 6.30pm The Packhouse Cinema presents: Three Summers
15 9.15am Yoga with Charlotte 9.30am Low Impact Dance 6pm Mapua Dance Fitness 6.30pm Hall Committee mtg.	16 9am PANZ 9am Sioux Line Dance 1.30pm Tai Chi for Beginners	17 12.30pm Tai Chi	18 9am Mapua Art Group 9.30am Flow Dance Fitness 2pm Friendship Group 6pm Mapua Dance Fitness	19 GOOD FRIDAY 	20	21 MAPUA EASTER FAIR
22 9.30am Low Impact Dance 6pm Mapua Dance Fitness EASTER MONDAY	23 9am PANZ 9am Sioux Line Dance 1.30pm Tai Chi for Beginners	24 12.30pm Tai Chi	25 9am Mapua Art Group 9.30am Flow Dance Fitness 6pm Mapua Dance Fitness	26 2pm Friendship Group	27 	28 10am Tai Chi

Hills Community Church

As I write, it is just a few days since the horrific attack against Muslims in Christchurch. It is hard to express our shock, sorrow and grief at the tragic loss of life. And in this we reach out in love and compassion to all those affected, and extend our love especially to our New Zealand Muslim community, the victims and their families.

The first words expressed to the gunman, as he entered the Al Noor mosque, were words of Islamic greeting 'My brother'. A statement of profound truth: We are all brothers and sisters, as all of us are God's creation. And God's great desire for all people is that we love one another, that we 'love our neighbour as we love ourselves'. And we ask 'but who is my neighbour?'

For every one of us – my prayer would be that we have the courage to live out this truth in all our relationships, even when it costs us dearly.

Easter services in Mapua

Lenten Tearfund contemplation space
Wednesdays 7 pm at HCC
3rd, 10th, 17th April

Maundy Thursday (18th)

7pm Tenebrae; service of shadows.

Good Friday 9:30am

Procession of the Cross meeting at Mapua Wharf and finishing at Hills Community Church for a brief service at 10:15, with morning tea.

Easter Sunday

7:00am at Mapua wharf amphitheatre,
(if wet at Hills Community Church)

Followed by breakfast at Hills Community Church from 7:45

9:00am Communion service at church

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

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Tasman Bible Church

From Outward Bound to Tasman Bible Church

“It’s all part of an exciting journey in life” says the new Pastor at Tasman Bible Church, and he is ready for the adventures ahead.

Greig Caigou comes to the role at the church from sixteen years working as a lead facilitator for leadership training programmes at the Anakiwa Outward Bound School.

Being self-employed, the contract role there was part of a mixed set of other responsibilities that also saw Greig facilitating innovative business events throughout New Zealand for the Young Enterprise Trust.

While this is a new direction for him, he says the responsibility is “part of a coming home for me . . . to be able to support my local church and be more immersed in the community they serve.”

Greig had been based in Mapua for many years but recently moved up the road to Tasman, becoming interested in the Tasman Bible Church, which has been such an integral part of the local area since 1932.

What began as a small house church meeting in Hortons Road soon flourished and the permanent home for the fellowship was built in 1953 on the

current site at the corner of Williams and Aporo Rd.

Keen involvement in the community has always been a hallmark of the fellowship and in an era now gone that was characterised by the hugely popular Harvest Time services as well as events and camps for youth.

A school with a Christian-based worldview was opened in 1986 and operates to this day, integrated now as a school of special character, with national education standards and curriculum.

Nowadays the Church engages widely in the community, but one highlight for Mr Caigou is the Mainly Music programme, which supports young families with a fun music and games event for pre-schoolers each Wednesday morning. With morning tea provided, ‘toy time’ and crèche facilities, this gives parents some help with things to do while bonding with their young ones and is great for meeting and mixing with other parents.

Mr Caigou started his working life in the Nelson region as a teacher of outdoor education at Waimea College, but later followed a call to missionary work that has taken him to several troubled regions of the world.

Returning to NZ, he continued some voluntary time training young leaders from around the world through a wilderness-based course aimed at equipping people bringing hope to the world, through faith in Jesus, serving others wherever God has them living.

“For me it makes sense to help share that same good news within my own community” Greig says “and anybody is always welcome at Tasman Bible Church.”



Police Report

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

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

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

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

Take care out there!

- 16 Feb: Burglary Aranui Road. Insecure house entered and cash stolen.
- 9 Feb: Car and trailer accident near Mahana.
- 8 Feb: 2 female drink drivers after a function at the Māpua Wharf.
- 2 Feb: Attend and assist a mentally unwell person in Ruby Bay.
- 23 Jan: 37 year old male arrested for a domestic assault.

S/Constable Grant HENEY

Motueka Prevention Team / Tasman / New Zealand Police
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An advertisement for Mapua Auto Centre. The top part features the logo "MAPUA AUTO CENTRE" with the tagline "YOUR AUTOMOTIVE SPECIALIST". Below this, there are three columns of text: "Fully Equipped Automotive Workshop", "All Makes & Models", and "6 Courtesy Cars W.O.F.". To the right is a map showing the location at Warren Pl, Mapua. At the bottom, the address "20 WARREN PL, MAPUA, NELSON 7005" and phone number "PH 03 540 2180" are listed, along with a small logo for "mla".

An advertisement for The Cool Store Gallery. It features a stylized logo of a gallery building with the text "Cool Store Gallery" and "THE COOL STORE GALLERY". Below the logo, it says "showcases works of over 100 established & emerging artists from Nelson & the West Coast regions." and "Come & browse & chat with our friendly staff." At the bottom, it states "Open Daily in summer 10am-5pm later in weekends". Contact information for Tricia Morrison is provided: "7 ARANUI ROAD MAPUA, NELSON Wk 03 540 3778 Hk 540 9005".



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A Day in the life....High Places

MARKHA VALLEY & DZO JONGO

India is beautiful, rich and poor, and diverse beyond belief - a total and often overwhelming assault on the senses. Amid so much noise, heat and activity, the equanimity and dignity of its people reveals a spiritual strength often lacking in the west.

The Markha Valley is at times wide enough for a village, in other places it is little more than a rocky gorge. We have linked this colourful trek with an unusual finish, across a high and little used pass at 5349m with views as far as the Karakoram, the Pamirs and Tibet.

Nearby is Dzo Jongo, a rarely climbed yet accessible peak at 6096m overlooking the plain of Nimaling. If fitness and weather allow, those who wish can follow an easy angled ridge to its summit.

Mapua Health Centre

We warmly welcome Sue Barnett to our team. Sue is our new receptionist and has returned to her hometown after living in the North Island. She is working Wednesdays, Thursdays and Fridays.

As we enter into Autumn, the likelihood of various viruses starts to creep in and test our immune systems. The cold viruses tend to cause a runny nose, head congestion, cough and general feeling of being under the weather.

A full blown influenza attack is a much more severe illness with some of the 'cold' features plus generalised aches, temperature and sweats, often a severe headache and feeling very unwell.

This can be quite difficult to diagnose as it shares some of the symptoms of meningitis, as well as the possibility of developing into pneumonia, and therefore it is important to seek medical help if you are at all unsure.

This year's flu vaccines will be available this month. 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. We will be holding several clinics at various times and information will be sent to patients on our recall system who have been previously vaccinated here.

There is a limit on the number of measles vaccines available in NZ so unfortunately we are having to prioritise who receives them under the MOH guidelines. If you are unsure please speak to one of our nurses on 035402211.

It's also important that if you think you could have measles to please ring the nurse and arrange an urgent appointment, and do not come directly to the practice as measles is highly contagious and could be passed to people in the waiting room.

For younger patients and teenagers, there is a fully confidential medical service available throughout the working week and that medical costs may be covered by a special PHO fund. You can check this out by simply turning up at the practice or phoning 540 2211 or email info@mapuahealth.com.

There is also a new service available through the local primary health organisation called Skyclight - <https://skyclight.org.nz/>. This is a national not-for-profit trust that enables children, young people, their families/whānau, and friends to navigate through times of trauma, loss, and grief by building resilience. Phone 03 539 1170 for more information.

One of this month's health events is about autism. Children and adults who have an autism spectrum disorder (ASD) look the same as other people, and due to the invisible nature of their disability it can be much harder to create awareness and understanding.

Autism and Asperger syndrome still remain relatively unknown disabilities among the general population, yet it is estimated that they are about four

times as common as cerebral palsy and 17 times as common as Down's syndrome - touching the lives of over 40 000 people and their families throughout New Zealand.

ASD affects language, social skills and behaviour, and those affected are often unable to interpret the world and what is happening around them in the same way that others do.

There are now many different ways of trying to potentially prevent and help improve this disorder. For more information see www.autism.org.nz.

This month's health/school events include:

2	World Autism Day	www.autism.org.nz
7	World Health Day	www.who.int/en
12	Term 1 ends	www.minedu.govt.nz
12	NZ Poppy Day - RSA	www.rsa.org.nz
17	World Hemophilia Day	www.wfh.org/en/whd
19	Easter Friday	
22	Easter Monday	
22	World Earth Day	www.earthday.org
25	World Malaria Day	https://endmalaria.org
25	Anzac Day	www.rsa.org.nz
28	Safety at Work Day	un.org/en/events/safeworkday
29	Term 2 begins	www.minedu.govt.nz
29-5	Immunisation Week	www.immune.org.nz

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M	T	W	T	F	S	S
		4	5	6	7	WEDDING OPEN DAY
		All you can eat ribs night \$20 from 6pm bookings essential		ADELE AND FLEETWOOD MAC TRIBUTE Fri and Sat Night Dinner from 6pm, Show 8pm \$20 for dinner, \$35 plus or 2 course buffet		1pm - 4pm Free nibbles for brides 50% venue hire discount 2020 special on the day
				SOLD OUT FOR BOTH SHOWS		
		11	12	13	14	
		All you can eat ribs night \$20 from 6pm bookings essential	Finn Andrew of The Veils Solo show \$35, Show 8pm Doors from 6pm Go to banishedmusic.com for ticketing Call us direct for table bookings	Closed for Wedding	Musos 4 Mammals 2pm till 5pm Local bands supporting the MOT SPCA \$5 entry	
		17	18	19	20	21
		Brendan and Alison Turner Awesome folk music from a wonderful touring couple \$20 for show Full menu from 6pm	THE LAST!! All you can eat ribs night \$20 from 6pm bookings essential	Gary McCormick + Tim Shadbolt Easter Special \$30 for show. 8pm start Dinner from 6pm, additional \$35 Join Sir Tim and his lucky Gary for a night of laughs	EASTER WEEKEND Closed for Wedding	Open 11am till 4pm
		22	25	26	27	28
		Closed		Los Galanes Music 8pm, \$20 Best Latin Jazz Group in the land. Dont miss out on this special occasion	Paul Madsen's QUEEN TRIBUTE \$30 for show. 8pm start Dinner from 6pm, additional \$35 Will sell out Book now	OPEN 11am till 4pm

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Māpua School

Taking Learning outside of the Classroom

What a fabulous start to the year we have had at Māpua School. This term we have been making the most of being able to get outside and embrace the learning opportunities available to us.

Four classes have been on camps this term.

Our **Year Seven** group spent four nights in Ngarata Homestead at Totaranui. All three of our **Year Five** and **Six** classes have spent three nights up at Lake Rotoiti. These extended education outside of the classroom experiences offer such rich learning opportunities for our taura (students).



For many of our young people, this is the longest period of time they have spent away from their families.

This independence gives them the opportunity to develop self-management skills as well as skills needed to relate to others. These are two very important parts of the New Zealand Curriculum.

These camps also provide the opportunity for science learning as they explore the natural world around them, English learning as they learn to communicate in different ways, maths learning as they help with fundraising and health learning as they collaborate in designing menus.

They also learn well-being skills as they discover how to look after their own needs and others, and often realise that they are stronger than they thought they were!

I would like to take the opportunity to thank our fantastic teachers who give willingly of their time and

energy to make these camps happen (think of the organisation needed for a family camping trip and multiply that by 20!)

I would also like to thank the parents who support fundraising and give their time to assist as parent helps during the camps. We are such a strong team when we work together like this and our tamariki are the ones who benefit from it.

Ka nui te maiho mō tō tautoko o ngā tamariki.
(Thank you for your support of the children).



The **Junior Team** have been out and about as well.

Groups have been visiting the Māpua Domain and Ruby Bay Beach.

Toetoe tamariki accompanied Hardy Kids on a visit to Te Awhina marae. They got to travel on a bus and spend the morning immersed in cultural learning.

St Johns came to visit with their model ambulance, firemen have been in to share ways to keep safe and the Oral Health Team have been in to show how to keep our mouths healthy.

We love being a part of the Māpua community and being out and about amongst things, as well as being kaimanaaki when we have visitors to the school.

Our **Middle Team** is embarking on “The Whitebait Connection” in 2019.

This is an exciting collaboration between students, teachers, The Mountains to Sea Trust and the Department of Conservation. It will see our Year Three and Four students learning outside of the classroom in an authentic context as they develop the real life skills and thinking to be kaitiaki of our precious natural environment now and in the future.

Learning is such a rich experience as our students are supported to explore and think beyond the obvious and way, way outside of the square.

These are exciting times in education and we are all so privileged to be a part of that.

Ko te ahurei o te tamaiti aroha o tātou mahi
(Let the uniqueness of the child guide our work.)

Sharon Prestidge, Deputy Principal



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EMILY McDONNELL



BROOK STREET LOUNGE

SUSTAINABLE CLOTHING

What is BSL?

We sell second hand labelled clothing and accessories that are sold on behalf (on a consignment basis).

We keep prices low to keep stock fresh. Our philosophy is to follow sustainability principles. Instead of throwing clothing out we want to re-home it giving it a longer life.

Where is BSL?

Brook Street Lounge is part of the Mapua Country Collective – sister to Mapua Country Store, both located across the road from Mapua School.

Store Hours

We are open 7 days during summer. Weekdays 10-4 and weekends 11-3. See facebook for current hours.

Store Philosophy

We stock a range of labels both high end and more common everyday labels to suit a variety of budgets and tastes. We aim to have a relaxed shopping experience where there are no pushy sales people.

What is Mapua Country Collective?

BSL is part of a collective of 5 other small businesses that share our space including:

The Craftroom (beaded giftware and signs)

ZEJA (natural skincare, candles and woven baskets);

Woven Dreams (macramé hangers, dream catchers and vintage finds); and

Ceramics by Lizzie (who makes placards of your pet to order).

Facebook

Like us on [brookstreetlounge](https://www.facebook.com/brookstreetlounge) and [mapuacountrycollective](https://www.facebook.com/mapuacountrycollective) and [mapuacountrystore](https://www.facebook.com/mapuacountrystore).

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Drop your completed entry form into Harcourts, 2a Iwa St. Mapua by midday on Wednesday 17 April.

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Age group: (please circle) Up to 5 years 5 to 8 years 8 years upwards

Phone number: _____



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Age & Capabilities

Age is of no consideration provided you are a reasonably fit and active person and enjoy a very peaceful, unhurried style of small group travel. The tour is based around active wellness, exercise, rejuvenation, holistic foods, nurturing your body, resting your mind, fueling your soul and connecting with others. The tour is for a maximum of 12 persons.

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www.catalystfitness.co.nz

Keep it Simple

I'm pretty sure most of us know that healthy eating and regular exercise is important. We hear it often. We are often reading of the health benefits, both mentally and physically, of regularly moving our bodies, and eating a healthy diet, and the more we read and listen, the more confusing it can sometimes feel.

There are so many "Amazing" diets out there, and so many trendy types of exercise or training sessions to do, how do we decide which is best? And often, the indecision leads to not actually doing anything...

Well, it's not that hard; often, just making a few changes will quickly reap some benefits, and seeing and feeling those will encourage you to stay on track.

In terms of exercise, a mix of weight-bearing (resistance) exercise, and aerobic exercise is a good start.

Depending on where you are starting from, a regular routine of three days a week doing resistance training, and three days a week doing aerobic exercise, is a good mix.

The aerobic stuff can be a walk, a bike ride, a run, or time on the cross-trainer or other cardio gear at the gym. The resistance workout doesn't need to be long or complicated. Sticking to 5-6 "Compound" exercises will give you the best bang for your buck, and not take hours of your time to do it.

The things I believe we need to have in place, if we are making some positive changes for our health are:

- Are we "mentally" ready to change? Have we got the right mind-set? Are we sick of feeling unfit, unhealthy or overweight, and are we ready to do what we need to do, and to stick at it?
- Do we have the right "support" crew? That can be

friends, family, work colleagues etc.; people who will do what they can to help. It's a partner that also starts to eat healthier food, and understands when you need to get more sleep than you used to; it's a friend who exercises with you; it's a work colleague who understands when you don't want to do Friday after work drinks etc.

- Access to equipment. Do we have access to some weights to use for our resistance training? Do we have a good pair of walking/running shoes? And do we have a plan? It doesn't need to be a fancy training plan, just an outline of what we plan to do and when, and a way of keeping track of what we actually did.
- Nutrition. Are we ready to change or improve what we eat? No, you don't need to go onto a currently fashionable diet, but you do need to cut out the crap! Cut the sugar, cut the processed foods, cut the cheap nasty "convenience" foods. Get into veggies, lean proteins (fish, eggs, meats etc.) Have good fats like olive oil, avocado, nuts, seeds etc.
- Accountability. Often the importance of this is overlooked. Have you got someone who is "on your case" who will either (depending on your personality) gently nudge you, or give you a kick up the bum when you start wavering and finding excuses! We all need a "coach" even elite athletes. Someone who we respect, listen to, and don't want to disappoint or let down.

Once we have these steps in place, and we stick to our plan, we will start to see and feels some exciting changes.

Karyn Holland, Catalyst Fitness

Letter to the Editor

My father Stan Barnes, who has been a resident of Mapua for 39 years, thought readers would be interested in this photo of the Hills Choir. I think it would be taken early 1950s.

Back row: Gordon Fraser, Eddie Faber, Col Campbell, Dick Lawson, (conductor) Stan Wells, Reg Ralfe, Allan Forsythe, John Fowler

Partly hidden: Iris Hickin, Lucy Masters, Lily Faber, Kelly Parlane, Ruth Fraser, Lesley Bartlett, Rene Ralfe

First row: Doreen Richards, Iris Barnes, Anna Robertson

Front: Betty Henderson, Gyp Lawson

Jill Robinson



Understanding Osteoarthritis

Osteoarthritis is the most common form of arthritis. Arthritis affects one in six New Zealanders over the age of 15 years.

Osteoarthritis can occur at any age, but usually starts after the age of 40. Sports injuries and certain occupations may increase risk of developing osteoarthritis.

There is no cure for osteoarthritis, but there are many ways to control the symptoms of the disease.

Osteoarthritis is described as the “degeneration of joint cartilage and underlying bone” often resulting in pain and stiffness. Even though osteoarthritis can affect any joint in the body, the most commonly affected joints are in the hands, knees, hips and spine.



It is often considered as “wear and tear”; however, it is believed instead that it may be due to abnormal stress or injury to the joint(s). Unfortunately, for many, osteoarthritis is a painful condition that can make daily activities very difficult.

To best manage the symptoms and prevent the progression of the condition, it is important to pay attention to early signs.

Although there is no cure for osteoarthritis, there are options that can reduce the risk and relieve pain, stiffness and improve function. By allowing us to work with you we can find ways to cope with osteoarthritis.

Unlike what you see on TV, most of what chiropractors do today is more gentle than cracking backs or popping necks into place. In fact, there are more than 150 techniques that chiropractors use to manually adjust the spine, joints and muscles with varying degrees of force.

We focus on the relationships between structure and function (how the individual joints move). The thinking is simple: if the movement of a joint is not right then it can't work as it was designed. The place where chiropractic really shines is in maximizing the function of an arthritic joint.

Our goal at Coast & Country Chiropractic Centre is to restore patients' function so they can have the quality of life they want.

Here are some tips to help manage the condition and prevent progression:

Exercise: Exercise can help manage symptoms while increasing your endurance and strengthening the muscles that help support the joints. Good options for activity include walking, biking and swimming.

Weight management: Excess weight can be an important risk factor due to the additional stress put on your weight-bearing joints. Even a small amount of weight-loss can help reduce pain and limit further joint damage.

Mobility: Gentle stretching may help improve flexibility and mobility, while decreasing stiffness and pain. Exercises like yoga and tai chi can help manage stiffness.

Chiropractic: We can advise on appropriate exercises to improve mobility, increase muscle strength and decrease pain with the aim of improving function and maintaining independence. Gentle chiropractic adjustments can help provide treatment not only for pain management, but help improve joint and body movement function and prevent progression. Addressing biomechanical dysfunctions can help relieve pressure on joints.

Positive attitude: Studies have demonstrated that a positive attitude can help increase a person's ability to manage pain.

Like all medical conditions, it's important to ask questions and get the appropriate information to best manage the symptoms and slow down progression. Osteoarthritis can alter the way you live your life, speak to us today about how you can help yourself.


In the past, chiropractic received mixed reviews from physicians. However, in early 2017, The American College of Physicians released new guidelines. It now supports the use of non-pharmacologic therapies, such as chiropractic, as first-line treatments for low back pain, before using medication.

Several studies, including a 2017 review in the *Journal of the American Medical Association*, found that spinal manipulation reduces lower back pain and a clear benefit with back and neck pain.

The bottom line is chiropractic is worth a try. However, if any clinician says their treatment will permanently cure your arthritis, you should walk out.

If you don't see improvement within four to ten treatments, either switch chiropractors or try a new treatment path.

Dr Ron Howard



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**Chiropractic
Centre**
Dr. Ron Howard
ACC registered
coastandcountrychiropractic.co.nz

Mapua 105a Aranui Rd 03 540 2068
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Motoring with Fred

Ford Australia manufactured their first Falcon in 1962, which was a brother of the USA Falcon with identical specifications.

By 1964 the XM Falcon had 150 modifications done to handle the road conditions of Australia.

Reading the list, they must have had to beef it up for outback roads and ruts and conditions in remote areas of Aussie. Heavier suspension, stronger engine mounts, five stud wheels.

Then they ditched the 2.3 litre motor early in 1964 offering a 2.8 litre or a 3.3 litre motor which most New Zealanders are familiar with.

Chris's 1964 XM Falcon Station Wagon Deluxe has had a repower by a local man, Ken Waller, who originally owned the car in Dunedin, but found the 2.3 litre motor no good on the hills, and repowered it with a Nissan LD28 with automatic gear box.

lights. The tail lights on this car is what it's all about.

With the esteem of the jet age still around in the 60s, Ford had the jet engine look tail lights and GM had wings. Nice 200 mm diameter tail light which burn red and the indicator in the centre is an icon for Ford Australia.



Inside has been customized with new dash, fully re-upholstered with bucket seats, centre console hand brake and a tee-bar shift, but it still smelt old, which was nice. Outside, the tailgate still has the big external winder and some 60s mag wheels.

While trying to work out why the seat belt was not working and then realising it was a fixed point, not a retracting belt, was the start of a drive in the past for me.

I must say after driving it, that LD28 motor goes well for the Falcon. Under the bonnet the conversion is done properly and as with a lot of cars of the 60s there is always plenty of space for modifications.

The body: these early Falcons are always about the body. Painted a nice strong burgundy with a silver stripe down the side, Chris tells me that whenever Ken Waller brought a car he painted it burgundy. But that's alright, I have a thing about blue or yellow cars.

Chrome and polished grill with sad-eye head

I loved the big diameter white steering wheel with no power steer, which you have to wind into a corner, but then remember to wind it out of the corner.

Enough power from the 2.8 litre diesel with a slow lazy change from the transmission to make any Sunday cruise relaxing.

Chris, a great bit of Ford Australian history, the tail lights are the best.

Fred Cassin

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Quince Liqueur

Our beautiful Quince tree has delivered enough bounty to look after us and feed the birds this season.

We are about to re-stock the larder with enough quince paste for the coming few years, and I have put down a jar of this delicious Quince liqueur thanks to our generous neighbour who shared her recipe with us.

I love making these steeped liqueurs. If you have the time, they are fun to do, and make great giveaways to friends.

In France we used to make a range of them - walnut wine, orange wine, elderflower wine, Limoncello, and a yummy thing called The Four Forties, which consisted of sticking an orange with forty cloves, and plonking that in a big glass jar along with forty sugar cubes, and forty coffee beans.

Top it all up with vodka or you can use white wine too, and let it steep for forty days. Great for a long cocktail, or short burst of flavour to linger over after a fine meal.

I think this Quince Liqueur is a great thing to have in the cupboard, especially over winter when the nights are cool and a bit too long sometimes. It has an exquisite musky perfume and pretty colour thanks to those lovely quinces.

If you don't have your own quince tree, you will find these golden fruits in farmers markets or a good fruit and veg shop. They seem to have come back into fashion I'm happy to see.

You could try making this recipe with Medlars, which are similar to quinces in that they are astringent and remain hard even when ripe. Being a winter fruit, though hard to find as opposed to Quinces, which ripen at the end of summer to early autumn, they keep well and improve when left on the tree even after a hard frost.

Quinces and medlars are both closely related to apples and pears, although their flesh is firm and grainier. I love their perfumed, fuzzy yellow exterior. Impossible to eat raw, cooking brings out the best in them.

Their hard, tart creamy flesh takes on an appealingly ruby translucent glow the longer they are cooked thanks to the polyphenols and rich anthocyanins content, and their cooked flesh becomes almost chewy.

If you are patient and don't mind peeling and coring quinces, which, is something of a labour of love, they will reward you handsomely when poached with some cinnamon quills, star anise and brown sugar. I add a cup of verjuice sometimes too.

Once the fruit is cooked like this you can add it to ice creams, desserts, cakes and tarts, or just enjoy it on its own.

If you can't face the peeling and coring, then this liqueur or some quince paste, jam or jelly is a better option. Just chop them up, skin, core and all, and cook

them until soft and slightly pink – about 40 to 50 minutes.

For paste, pass the softened pulp through a mouli, and for jelly, strain it all through a jelly bag or an old pair of tights, leaving it to hang overnight.

Weigh the juice, add approximately equal amounts of sugar to juice, or just slightly less if you want a more tart result.

And if you can't be bothered with any of that faffing about, just toss some chunks into a pork or chicken tagine with a few exotic eastern spices. You can't go wrong.



Quince Liqueur

2 large quinces

3 star anise

1 teaspoon whole spice

1 cinnamon stick

1 finger of fresh ginger

Equal quantities of quince to sugar
e.g. 250g quince to 250g sugar

1 kg glass jar, washed and sterilized

750mls – 1 litre vodka

Wipe the fluff off the quinces with a damp cloth, then grate the quinces skin and all, and place into the sterilized glass jar. Add the spices, ginger and sugar, and top the jar up with vodka and stir to combine all the ingredients well until the sugar is dissolved.

Seal the jar and leave in a cool dark cupboard for up to a year. Check from time to time and give it a stir with a clean spoon.

When ready to drink, strain through a sieve or muslin cloth, and pour into a clean glass bottle. Enjoy neat on ice as an aperitif or digestif, or drink long, topped with soda or tonic water, ice, and a slice of lemon.

Oh yes, don't waste all that deliciously steeped fruit pulp. I added it to some damson jam recently and the result was exceptional.

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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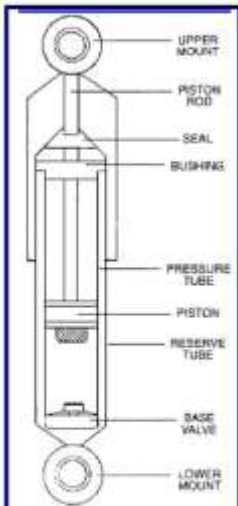
Worn Shock Absorbers - the hidden dangers

Shock absorbers keep your vehicle's wheels in constant contact with the road - without them your brakes and tyres simply can not do their job.

At rest or in motion, the bottom surface of your tyres is the only part of your vehicle in contact with the road. When contact with the road is broken or reduced, safety is severely compromised. For example, tests have shown:

- Braking distance may be increased by 2.3m when driving at 55km/h.
- The maximum safe speed on dry roads should be reduced by 10% if shock absorbers are 50% worn ie. travelling at 90km/h instead of 100km/h.
- Skidding and aquaplaning can begin at a speed 10% lower on roads with 6mm of water and shock absorbers that are 50% worn.
- Driver fatigue occurs 26% faster.
- Reaction time can be delayed by 26%.

A shock absorber is basically a pump located between the frame of the vehicle (via the upper mount) and the wheels



(via the lower mount). The Upper mount, piston rod and piston are all connected, with the piston surrounded by hydraulic fluid. As your wheel and suspension travels up and down, the lower mount moves, forcing hydraulic fluid through tiny holes inside the piston. These tiny holes only allow a small amount of fluid through the piston which slows its movement, in turn slowing the movement of the spring and suspension, therefore reducing wheel bounce.

Shock absorbers should be thoroughly tested on a mechanically induced rebound bounce tester (as shown) at least every 12 months. At Mapua Auto Centre this is done with every WOF



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Fire Brigade



February to March call-outs

- 15-16/2/19 Tanker helping at Pigeon Valley fires, two person rotating crews
 - 18/2/19 Birdhurst cool stores, Motueka - one plant room burnt.
 - 24/2/19 Bonfire on beach, walkway behind school. Visitor not sure what a fire ban means. Put fire out.
 - 24/2/19 Car crash, slippery road.
 - 27/2/19 Smoke seen near Apple Valley Rd. may have been dust or a sprayer.
 - 27/2/19 Tanker to a fire in paddock Redwood valley, may have been dust.
 - 27/2/19 Fire on side of road Moutere Hill. Tanker on scene for about six hours.
 - 1/3/19 Tanker to a house fire Pugh Rd.
 - 05/3/19 Power line down at Tasman, left with power.
 - 6/3/19 Smoke in trees near Moutere sawmill - start-up of sawmill.
 - 7/3/19 Tanker to backyard fire at Upper Moutere, may have been someone welding.
 - 9/3/19 Truck roll Mapua Drive - wet road.
 - 17/3/19 Rubbish off Rana Place - used tanker to put out
- Calls this year = 37

Safety Tip – Be safe.

Check and clean your smoke alarms.

For fire safety info go to - <https://fireandemergency.nz/>

For fire permits go to - <http://www.checkkitsalright.nz/>

At the moment we have 14 fire-fighters. We have room for 4 more persons who live or work with in the Mapua area and can come to trainings on Thursday night and call outs at any time. Ideally within five minutes' station.

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

Mark Theobald SO/secretary

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MAPUA AND DISTRICTS BUSINESS ASSOCIATION

Administrator: Mel Stringer
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Come and join us for an informal get together at the Fox 'n' grapes, Moutere Hills Vineyard. A beautiful spot for a Vino and a chat! Nibbles provided.

Attendance is free for MDBA members and \$10 for non members.

RSVP to Mel
mdba@mapua.co.nz

Mel Stringer—Administrator MDBA



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Noticeboard

Mapua Boat Club: Social evenings Thursdays 5.30-7pm at club rooms, Māpua Wharf. You do not need to be a boatie to enjoy our social functions and activities. Monthly guest speakers, raffles, free snacks, open bar. Info: secretary Clare 0227117786

Motueka Scottish Country Dance Club: Wednesdays 7.30 pm 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.

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

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

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

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

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

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

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

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

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

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

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

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

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. Anne 540-3934

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

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