



MDCA: Reserves, Resourcing, Roothing & Recreation

Reserves

TDC Review of Parks & Reserves was The “ Hot Topic” at the Māpua & Districts Community Association’s (MDCA) March 2020 meeting. The full presentation by Richard Hollier [TDC Parks & Reserves] was videoed so can be viewed on MDCA’s Facebook page.

The present Ward Management Plan for TDC-owned Reserves in the Moutere/Waimea Ward was developed in 2000 when there were 83 Reserves – there are now 153 in the Ward! The consultation process (which closed March 31) sought residents’ ideas on how all the reserves might be classified & managed .

The classifications are :

- *recreational* - the most common
- *esplanade* for coastal areas, and
- *scenic reserves* for those with bush and high ecological value

Submissions will now become the basis of a TDC draft reserves management plan which will go out for consultation Sept/Oct 2020. At the end of 2020 a hearing on the final plan (incorporating feedback on the draft) will go to a Hearing where the councillors will make decisions. The new plan will be adopted early 2021.

Richard was questioned as to what process checks how (and if) the current reserves meet the identified principles under which they were classified – it appears that there is no current TDC process for this to occur. Richard noted that the TDC Long Term Plan [LTP] is the vehicle for considering new reserves.

Richard and Marion (MDCA Chairperson) urged residents to engage with the consultation process of the draft plan in Sept/October 2020 - reserves are an essential ingredient and special feature of our region.

Dominion Flats Environmental Project – a recent local conference on planting natives included a visit to Dominion Flats as a positive example of this initiative. Autumn is the major planting time (extra help needed please!!).

Resourcing

TDC Ward Councillors Anne Turley & Dean McNamara spoke of their focus on and concerns for the year ahead.

Anne – *Waimea Dam* noted and expanded on her concern at the huge cost increase in estimated costs for completion of this noting that “ratepayers are solely

responsible for any changes in cost over \$3 million – “many are unable to afford/face the bill.” Anne has requested the Mayor and CEO to address the issue by hiring an independent consultant to research and estimate the costs for dam completion. She noted that the LTP involves long-term projects and costs asking “how can we determine this when we don’t know the costs for the dam?” so she will “continue to vote to keep the cap down”.

This resulted in a lengthy conversation resulting in the MDCA deciding to invite Mike Scott (CEO Waimea Water Ltd) to speak at a future meeting on the specifics of the Waimea Dam development and costs.

Anne also noted that she is: Deputy Chair of the Tasman Transport Committee (will lobby for the bypass); the TDC rep on the Māpua Waterfront Working Group and is increasingly concerned at the growing problem of homelessness in the area, largely due to the lack of affordable houses available or being built.

Dean - *same ambitions & goals for this term as last time - fiscal responsibility*

He is interested in:

- how to keep rates down while staying under the debt cap
- seeing the Māpua Boat Ramp “settled one way or the other”

When asked about “the standard of living in the area” he replied that “other councillors have a social focus and are concerned about this; my role is fiscal responsibility - to remind us of the cost - can we afford it?”

AED located in Ruby Bay

Celebrated the fact that the recent neighbourhood leaflet drop and MDCA Facebook focus have meant that on ‘give-a-little’ we have finally reached the total amount.

Roothing

Footpath Māpua to Mamakū Drives – this is on the TDC works programme for this financial year which will especially please local school students and their families for providing a safer route to catch the school bus.

Sealed driveway Aranui Road past Domain to Bowling Club – also planned for this year.

Cycle-way on Stafford Drive - Rob O’Grady (TDC) noted no budget for this but will discuss placement of the white line (when pipe instalment complete) to provide a wider off-road space for cyclists.

Public seating - for walkers between Ruby Bay and outside the facility.

continued next page

MDCA report continues..

Recreation and Wellbeing

Māpua Waterfront Working Group – noted the need for the community to consider the nature of *Ngaio Reserve* (could be classified alcohol free) and make submissions to Reserves Management. This could address the issue of licensing encroachment/s over holiday period. TDC has indicated that future applications for liquor licences will include clear and enforceable dimensions.

Still awaiting archaeological assessment of the area before the reserve can be developed.

Seating – brief for this nearly ready to send to Motueka High School.

Māpua Reserve Playground Glen Thomas (TDC) is nearly ready to send the order for most of the equipment. Re-alignment of the Great Taste Trail will provide increased space for the playground and decreased costs (less lawn-mowing).

The playground's rubber underlay will have a simple relevant Māori design - the suggestion was made for a plaque explaining the meaning of this.

Playground Exercise Stations- the idea of having these available somewhere in Māpua will be investigated further by MDCA.

Community Hub the possibility of the “old Church” building on Aranui Road being set up under a Trust and local management group as a Community Hub, was the focus of a meeting of interested individuals and groups early in March. There was positive interest in moving forward on this project noting that to access funding we would need a clear vision and legal structure to attract the funding. It was also noted that those at the meeting were “all of a similar [older] age group” and that it was essential in such a project to be inclusive and meet the needs of families and young people. The next meeting on this will be April 6th. All are welcome to attend. Please contact Vicky Stocker gvstocker@gmail.com if you are interested – we need your involvement and support to turn this exciting possibility into an amazing reality.

Communication systems, problems with your landline?

Some residents have approached MDCA complaining of their unreliable landlines. Much of the feedback is anecdotal so we need to gauge the experience of residents before approaching the providers (Spark and Chorus).

It seems that some residents are experiencing difficulty in receiving calls on their landlines. Callers advise that they cannot connect; being greeted with messages such as “Line Disconnected”. Outgoing calls are usually not a problem. The problem seems to have occurred since Chorus installed the UFB fibre.

Please let us know if you are experiencing problems with your landlines. It would help if you recorded your experiences in a consistent format:

1. Name (optional)
2. Address (Street as a minimum)
3. Phone number

4. Provider
5. Problem(s) being experienced

Email us at info@ourmapua.org – the more specific information we can provide, the more likely there is to be a helpful response.

APRIL MEETING HOT TOPIC SPEAKER

At the 6 April MDCA meeting, the topics will be TDC focus on:

- Water including the Waste Water Upgrade
- Roothing
- the Long Term Plan

TDC presenters will be Richard Kirby; Jamie McPherson and Sandra Hartley.

Note change of date for our April meeting (6 not 13) as the usual second Monday is Easter Monday.

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

Elena Meredith



Things to do while in self isolation



Letters to the Editor

Ownership, Stewardship, and Opportunism in Māpua's Waterfront

Last December (12/12/19) the newly elected TDC Council voted to give a private developer permission to apply for a Resource Consent to build a power boat launching ramp on Māpua's Waterfront Park.

This came as a bit of a shock to me, since it was just 2 years ago that the Council adopted, after extensive deliberation and consultation, a 10 year plan out to 2028, that states clearly that no such ramp would be permitted to be built in Waterfront Park. Also, all advisory staff reports (including the Dec 12 2019 one), as well as the 2017 Options for the Future of Māpua's Waterfront analysis advised that Council not permit a powerboat launching ramp to be built there.

But sound advice can always be ignored. And so it was.

In a classic piece of Orwellian double-speak, Cr McNamara, who proposed the motion that was passed, had the temerity to argue that Council was "simply" exercising its rights as land "owner" in giving the private developer "permission" to apply for a Resource Consent, not actually granting permission to build the ramp.

In the first place, Cr McNamara, there is never anything "simple" about a newly appointed Council opening the door to a selected private developer building on public land in NZ, full stop. Especially so when previous Councils have turned down this particular developer's application in full, after extensive consultation and deliberation with affected parties. A different s-word comes to mind however - "suspicious".

In the second place, Councillors themselves "own" nothing. They are "simply" managers for the real owners: directly, a large and complex organisation - a local

government, and indirectly, the residents and citizens of Tasman. As managers, their oath of office binds them to be stewards of publicly owned resources. Each takes an oath of office: "...*promising to act in the best interests of the whole District*". The oath commits councillors to "*balance their responsibility to raise issues affecting their wards with their responsibility to make decisions on behalf of the interests of the whole community, including future generations*" (accessed March 18 from www.tasman.govt.nz)

Cr McNamara's reasoning, using the language of fee-simple, private property ownership is antithetical to Councillors' obligations to be good stewards of publicly owned resources, in the public interest.

In the third place, as Spock would say, that line of reasoning is "illogical". Councillors, you have just said: "I'm going to grant a private party permission to ask someone else for permission to take a little step towards doing something that I made a previous public commitment that no one would be permitted to do". Of course Spock's problem was he didn't perceive how opportunistic humans can be. It is incentives Spock, not logic that drives decisions.

And there's the rub. In any private or public organization that owns a set of interconnected, long lived assets, how do the rightful, beneficial owners prevent the managers from opportunistically appropriating some or all of the future benefits of those assets, for themselves or their favoured cronies?

The previous Council felt bound by the section 76 and 79 consultation requirements of the Local Government Act and fulfilled their obligations there and to their oath of office in 2017, in spades.

The current Council considered the matter so "simple" that they didn't feel bound by any of those provisions, or oaths, or even by the advice of their staff to protect their reputations. It will be good to hear what the Ombudsman has to say.

John Fountain, Māpua

MDCA and Boat Ramp

Dear Editor:

An extract from the published MDCA Mission statement reads as follows:

"The Māpua & Districts Community Association exists to discover and discuss issues, concerns, projects that have an impact on the lives of residents of Māpua and Districts (Māpua, Ruby Bay, Mahana, and Bronte)".

I read in last week's Guardian newspaper that the Māpua Boat club say they are currently engaged in ongoing work together with the TDC to construct a new boat ramp in a "perfect location" (Which the TDC has advised is proposed to be along the side of the Māpua Waterfront Park).

I believe that after the TDC's "2017 Waterfront Plan" and its inclusion in their Long Term Plan

"A boat ramp in this location was excluded because of cost, safety, traffic congestion and parking problems.."

Therefore it would surely be of critical concern for Māpua residents to know if the TDC is now working against its own policy and working with the Māpua Boat Club on a plan to grant them access to our Waterfront Park.

I wonder why the MDCA (which is directly represented by two members of the Waterfront Park Improvement group) has so far remained silent about such a significant project, which "*because of cost, safety, traffic congestion and parking problems,*" could have an impact on the lives of all residents and visitors alike?

I believe some MDCA executive members are also members of the Māpua Boat Club. Could it be that the MDCA executive is actively trying to keep the Boat Club's development plans under wraps to avoid any scrutiny by the public?

Peter OHalloran , Māpua

Fire Brigade



Feb to Mar 2020 call outs

- 22/2/20 13:38 SH60 near Stringer Rd car hit cyclist. Cyclist taken to hospital, minor injuries.
- 24/2/20 16:39 Tanker to fire near Upper Moutere. Turned back, non-permitted rubbish bin fire.
- 28/2/20 14:00 Ex CFO and founding member Ted Perry celebration.
- 29/2/20 21:04 Fire on beach at Kina. Put out with buckets and shovels.
- 1/3/20 14:52 Two car crash SH 60 near Stagecoach Rd. Richmond cut one person out.
- 3/3/20 17:37 One car into tree row, moved car off road.
- 5/3/20 05:59 Tanker to a rubbish fire Central Rd, Lower Moutere. Turned back.
- 6/3/20 00:35 Shed fire Motueka. Had a look and came home again.
- 8/3/20 09:00 Plane landed in inlet near Motueka. Not much we could do.
- 9/3/20 13:54 Smoke filled house on Central Rd. Lit a fire in log burner but left a candle on log burner.
- 12/3/20 13:41 CPR on kayaker on beach at Ruby Bay.
- 14/3/20 02:05 Fire, Office/workshop/ accommodation area, Old McDonald farm, Marahau.

Calls this year = 29

Safety Tip – Be safe.

Clean and check your chimneys

Be very careful with outdoor fires, go to <http://www.checkitsalright.nz/> to see if you can have an outdoor fire and for a fire permit.

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This FREE classroom based course will help you re-familiarise yourself with traffic rules and safe driving practices. It will also increase your knowledge about other transport options and help you remain independent for longer.

DATE: Wednesday 29th April 2020
TIME: 9.30am - 12.30pm
VENUE: Hills Community Church, Aranui Rd, Mapua
BOOKINGS: Marrit at Age Concern on 03-6447624 ext 4 or Email community@ageconcernnt.org.nz

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Staying Safe Driving Workshop

Are you an older driver who would like to brush up on your road knowledge or do you know someone who does? Age Concern Nelson Tasman has organised a FREE Staying Safe Driving Course in Māpua on 29 April from 9.30am-12.30pm in the Holy Trinity Community Hall.

People who attend these courses report an increase in their driver confidence and knowledge. The Course is led by driving instructor, Garry Dunn and runs through such things as recent road rule changes, plus the process for renewing your licence once you reach 75 and the options for what to do if you have to give up your driving licence.

Registrations for the Staying Safe Driving Workshop are required so please contact Marrit, Community Support Coordinator at Age Concern, on (03) 544 7624 ext 4 or email community@ageconcernnt.org.nz



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The Very Heart of Everything

At the time of writing this, outbreaks of COVID-19 were increasing here in New Zealand. The landscape was changing daily, life was being shaken up and 'non-essential' activities were being stripped down almost as quickly as supermarket aisles were losing the products deemed to be necessary in an uncertain future.

Public health officials were saying we needed to be alert and not alarmed, that we needed to prepare, rather than panic and we needed to be washing our hands and not touching our faces.

It would seem though, that caring for people looks like much more than simply washing our hands in this time of unease and global uncertainty.

When Jesus was asked what the greatest commandment - the first is or most important - He replied that it was to "love the Lord your God with all your heart, all your soul, and all your mind." But he actually gave two responses to that testing question. He was asked for a single commandment and then added that the second is like the first "love your neighbour as yourself"; everything is based on these. (*Mathew 22:37*). Simply put, a full love for God is synonymous with a love for our neighbour.

And who is our neighbour? . . . Well, I think that will become even more apparent in these days of a stripped down world where the needs of those in close proximity, in our immediate communities will be most obvious.

And what does that look like? In these challenging and exciting times, I'm fully expectant that the wisdom of Jesus can be demonstrated amidst all the facets of our 'community'; loving others as much as we love ourselves.

But let's not forget that Jesus linked that instruction together with that first and foremost commandment: Perhaps we are fully enabled to love others when we love God, with all our being . . . first.

Greig Caigou

Pastor – Tasman Bible Church

From the Editor

When we started putting the News together we were not aware that we would be in lockdown already. This obviously makes a lot of the items, meetings and advertisements redundant for this month. However you don't look to a monthly mag for the latest news on anything, and we didn't want to just write Cancelled over everything. Things may look up by next month.

We decided to proceed anyway and hopefully we will still get it printed and distributed, although the only outlet available will be Māpua Store.

For the crossword buffs—did you know: *corona virus* is an anagram of *carnivorous*?

No people mingled in the production of this newsletter.

Andrew Earlam



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Hello Animal Lovers

Why do dogs bark? It is a question that many people ask. It is indeed perplexing; especially considering that their closest relative, the wolf, does not. Interestingly wolf cubs do bark but only howl when they mature.

The dog was domesticated many years ago and went on to be a companion and hunting partner with mankind. It is not known when the bark developed but there are many reasons a dog does so.

Dogs bark for security or to give an alert when there is danger. Dogs bark to show pleasure or happiness. But by far the most annoying bark is when a dog is distressed or suffering separation anxiety. This is the bark that continues sometimes for hours and upsets people. It is a dog's way of telling its owner that they are lonely, bored or scared to be alone.

So what can be done about it? It seems obvious but if a dog has to be left alone for long periods it needs something to do or another animal companion. I have seen too often dogs left in cars, which is not only

distressing for the dog from separation anxiety but can be life threatening on warm days. Dogs do not have sweat glands and can only pant to get rid of heat and can easily die a horrible death if the car heats up in the sun. This is well known and yet owners still leave dogs in cars.

Dogs can communicate with others by barking but rarely do so face to face unless it is a threat or when playing. So dogs should be under control when out with their owners if they are likely to encounter other dogs. Many owners let their dogs run free and have a lot of difficulty calling their dogs back. A dog should only be left off the leash if the owner has complete obedience and it will come back even if it is distracted.

So owning a dog whether it be big or small is a responsibility and one accepted by owners. It is a joy to see owners and dogs which clearly have a mutual respect and are a happy combination.

I am always happy to help with any animal behaviour issues you may have.

Sue Mott, Animal Behaviourist



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- N Breakspeare

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

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

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... Mapua Village Bakery ...

In order to keep our bakery operating we are transitioning out of cutlery and crockery and will be using single use take away.

A pie in a bag tastes just as good!

We encourage our customers to maintain social distancing.

Our team at the Mapua Village Bakery would like to thank you all for your understanding and cooperation during this time.

Annie & Sean hope to find ways to deal with whatever is thrown at them over the coming weeks or months.

We will try to stay open and operating for our community for as long as possible, as well as trying to protect all our lovely staff and the livelihood of Mapua Village Bakery.

*** April 1st, Pie of The Month ***

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Māpua Craft Group

This month, we found that our book covering and folders were very easy to make and will be given away. Our Quilling session making flowers and ducks for greetings cards, was challenging; the resulting creations were unique thanks to reference to an excellent book borrowed from the Richmond library. The attached photo shows some of our efforts!

The last meeting for this school term is on Friday the 3rd of April, starting again on Friday the 1st of May when schools return. We meet at 10 am until 12 noon at Hills Community Church, donating \$2 each to cover the hire of the room and we give a koha for materials used from our extensive cupboard stock. Coffee and tea are provided and birthdays acknowledged! Everyone is most welcome to come along and join our happy "crafters".

To see the photo in colour, go to www.coastalnews.online

Barbara Halse (5403901).



Pastel Artists of New Zealand

Me, I love a plan. And following a successful and constructive meeting of lots of our members, we have one! The purpose of the deliberations was twofold. Firstly we aimed to ease the workload for Glenys who does far too much on our behalf and secondly, come up with stimulating ideas to occupy us in the year ahead. The big smile on Glenys' face at the end of the session showed we had achieved both.

We meet every Tuesday to paint but it was agreed that a monthly critique session would be reinstated, valuable to both the artist and those giving reasoned comment. In addition to the critique, our members have been invited to show a non-pastel painting and explain why it hangs on their wall at home. This is already proving to be fun and over the coming months we will get to see a variety of artworks and understand why the owners love them.

Also on a monthly basis, a challenge or talk will be led by individual members. This adds diversity to our regular meetings but all activities are optional. If you want to knuckle down and quietly paint, then paint you can.

My task is the 'Big Picture' so if you see me hunkered down in the library poring over art books, you will understand I'm looking for a suitable painting; one that can be broken down into unidentifiable parts to keep the group guessing.

Several members of PANZ Nelson will be attending the annual, national convention in Dunedin during March, so maybe even more ideas will be generated. More about this next time.

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

Sue England



Tasman Art Focus Group

March already, April when you read this, and plenty is happening to ensure a successful exhibition this coming spring.

The team is delighted that sponsors are coming forward in support of the Tasman National Art Awards and Exhibition. The selection panel for the initial entries is in place along with the judges who will decide on the awards.

As always there will be an overall winner and four merit awards. There will be a prize for the best water colour in show and another for the best portrait painting. And don't forget the People's Choice award. Plenty to whet the appetite!

If you are tempted to enter, details can be found on the website or Facebook page. This is what the selectors will be

looking for when they pick the winners:

- Technical proficiency
- Good design
- Good composition
- A painting that tells a story
- Go on, give it a go!

www.tasmannationalartawards.nz

Facebook: Tasman National Art Awards

The team - Glenys Forbes, Lewis Della Bosca, Paul Nankivel, Stephanie Buck, Peter Copp, Paul Deacon and Sue England – would love to hear from you if you wish to be involved in any way.

Sue England

Hills Community Church

We are living in an extraordinary time and an uncertain time as the reality of COVID-19 makes an impact on much of our daily lives.

In the difficulty of this time, I want to write to reassure you of what cannot be taken away from us, and that is the depth of God's love for each one of us.

There are many things in life that we take for granted, and one of those things is the relationships of our community life.

And yet, now, so many of our ways of being community are not available to us.

One impact of Covid-19 is that our Sunday worship services are unable to continue, possibly for some time.

In many ways, the real life of church though is not what happens on a Sunday morning it is in the life we live through the rest of the week.

Jesus said that 'where two or three gather in my name, there am I with them.' (Matt 18:20) In fact God is with us wherever we are.

My vision for life in Māpua is that we are and are becoming a community of Hope, Compassion, and Courage. And these are the things that we need to live now, each of us need to give the gift of hope, compassion, and courage to our neighbours, our friends, and our wider community.

This season, as we look towards Easter, while we won't be gathering for Easter services. I want to remind us all, that even in the depths of the suffering and agony of Good Friday, God's vision was on Easter Sunday. Whatever darkness that this world can bring upon us, be reassured that in God, love wins.

Livestream worship: Sundays 9:30am
Visit: hillscommunitychurch.org.nz

Or on Facebook: [hills community church](https://www.facebook.com/hillscommunitychurch) - Māpua

As much as we are able, the church is also open Tuesday to Friday mornings, for prayer, or quiet space.

Yours in Christ

Rev John Sherlock
021 0707 276

hillscommunitychurch.org.nz

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Ruby Coast Running Club



We are a social run club that meets Wednesday nights to run 5ks together. We also do a longer run over the weekend. There is no fee nor membership requirements. This being said, the runs are a bit uncertain with the virus threat. If you want to know what we are getting up to, you can find us on Facebook - Ruby Coast Running Club.

This past month we did have a few of us run the Kaiteri Gold half. Heaps

of fun especially as a group. It was a new course this year. The weather was great for the day, the hills were tough but the runners were tougher with great finishes. We enjoyed a nice meal before attending the prize giving.

Mark even won a spot prize for canyoning. Not a bad take for the day.

So if you want motivation to get out and run, look us up. We would be delighted to have you join us.

Debbi Bamfield



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A man with two Hearts?

When champion race horses like 'Pharlap' and 'Secretariat' were autopsied after their deaths, their hearts were discovered to be around double the size of a normal heart, which may have been "the secret" to their success.

Could a person be born with two hearts and what would it change? There have been a few recorded cases of someone having a second heart introduced surgically to assist with chronic heart failure, but such procedures are inherently very dangerous and consequently quite rare.

We humans can of course train our bodies like athletes to function at very high levels since our heart pumps blood and oxygen to the muscles. With a second heart it is likely our muscles would eventually grow stronger over time. Once the rest of our body's system has become accustomed to having a second heart, a person with two hearts could possibly grow stronger and have much greater endurance.

Interestingly, in the earliest stages of our development we actually do have two hearts. In the embryonic stage the heart primordia is actually two hearts which eventually fuse together into just one heart with four chambers. The same also goes for our eyes. We begin with one primordia of the eye which eventually separates to form two. If the primordia of the eye is kept from splitting only one central eye develops, like a cyclops.

So - even without medical intervention it is possible for humans to have developed two hearts.

Arno Van Dyk, our teenage Middle Distance running sensation and current NZ 1500 metre champion (whose parents were both born in South Africa and moved to New Zealand around twenty years ago) has been found to be one of those extremely rare people. Consequently some of his competitors are asking could that be 'the secret' of his success.'

The IAAF are now considering if he will be eligible to compete at this year's Tokyo Olympics. Naturally with such a strong medal chance the NZAAA is pushing hard for him to be included alongside our World Shot-put stars and Women's Pole Vaulters.

Former Women's 800 metre Olympic champion, Mokgadi, Caster Semenya has long been pilloried for having naturally high Testosterone levels and also often been labelled "a cheat." Her succinct response was "I am a woman but they all laugh at me, because I am different. However I laugh at them because they are all the same."

Unfortunately for many feminist activists she has recently been banned from competing in any of the IAAF sanctioned races.

New Zealand Transgender weightlifter Laurel Hubbard continues to create controversy wherever she competes around the world, with many claiming that it's unfair for a former male person to participate in female weightlifting events and they may have a point. For example, how many male transgender persons who grew to adults as females want to compete in male weight lifting events?

Meanwhile Former Olympic 10,000 metre champion Murray Halberg competed with a significant *physical* handicap (a withered left arm) running against fully fit athletes who had no physical handicap. Why was that never thought unfair?

And what about the world's fastest man Usain Bolt? What makes him so different? There's no such thing as a perfect human running machine, but Usain Bolt comes close thanks to his combination of having all the advantages of a natural-born sprinter, plus he has put in a huge training effort to minimize any of his disadvantages. He is also a very tall man. Interestingly most physiologists would predict that Bolt's height of 6 ft. 4 inches (193 centimetres) would place him at a sprinting disadvantage "because bigger people are going to be slower out of the blocks." Yet Bolt doesn't seem to be slowed down at all by his height. He seems to get himself going at the same speed that smaller runners do and then his long legs carry him farther with each step. In an event like the 100-metre sprint, Bolt probably takes four to five fewer steps than other runners.

Perhaps we need to consider why there should be a separate category for any sportsperson with a physical difference from what some of us consider normal? Even if it is being born with two hearts, longer legs or high testosterone levels, they are after all human beings.

Except for the Paralympics and Special Olympics for persons with physical or mental disabilities, maybe everyone else should compete against anyone regardless of sex or physiological differences. The problems around transgender participation in sports would then disappear. However, some men may well find traditional women's sports such as floor gymnastics quite challenging.

Peter Francis, February 2020

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Protein Packed Almond Berry Pancakes

So in these testing times, when you run out of flour, and you need an extra hit of protein, try these scrumptious pancakes for a Sunday treat ... or any day of the week for that matter.

I've used almond flour here but you can use hazel or walnut meal too, and if you can't get the coconut flour, just leave it out. If you can get the coconut flour, which is readily available in supermarkets, even now, you can keep it in the freezer for longevity.

Because the batter does not contain flour with gluten, you'll find it much lighter and more fragile to turn in the pan, so make your pancakes more pikelet size for ease of turning. Otherwise, they are as easy to make as falling of the proverbial log, and can be whipped up in minutes.

Use any fruit you like as a topping, and whatever yoghurt, cream or additions you prefer. These will keep you going the entire morning, and I rather like them cold the next day, if there are ever any spare.

Almond & Berry Pancakes Serves 2

- 4 eggs
- 120 mls unsweetened almond milk (or any other milk you like)
- 1½ teaspoon natural vanilla extract (Equagold or similar)
- 100 g almond meal
- 2 teaspoons baking powder
- 1 1/2 tablespoons coconut flour
- Pinch sea salt
- Pinch ground cinnamon
- Ghee or coconut oil for cooking
- 160 g fresh berries
- Lemon juice, fresh cream or coconut yoghurt to serve



Method

In a small bowl, whisk the eggs, about 2 minutes, or until frothy. Mix in the milk and vanilla extract.

In a larger bowl combine the almond meal, baking powder and coconut flour, salt and cinnamon.

Add the egg mixture to the dry ingredients, and mix well.

Grease a large heavy-based frying pan with a little ghee or coconut oil and place over

a medium heat.

Ladle a few tablespoons into the pan for each pancake and spread out slightly with the back of the spoon.

The pancake should be 5–6 cm in diameter and fairly thick. Keep the pancakes smallish in size, as they are very filling.

Cook for a few minutes on each side, until the tops dry out slightly and the bottoms start to brown. Flip and cook for an additional 3 – 4 minutes.

Serve hot, topped with fresh cream or coconut yoghurt and fresh berries finished off with a squeeze of lemon.

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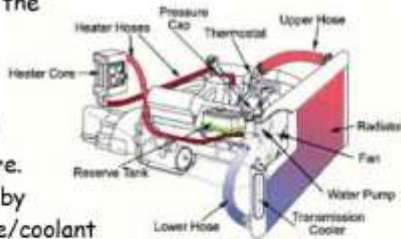


Cooling System

Function & Maintenance

An engine's lifespan is very dependent on a car's cooling system. When a car overheats the resulting damage is often severe enough to require an engine overhaul. It is important to make sure the cooling system is always in good working order. Taking a few preventative measures may significantly increase the life of an engine.

The main function of the cooling system is to carry heat away from the engine to maintain the desired operating temperature.



This is accomplished by circulating antifreeze/coolant throughout the engine. The heat generated is transferred to the antifreeze/coolant and carried to the radiator to be cooled.

Modern vehicles operate in a wide variety of atmospheric temperatures, from well below freezing to well over 37°C. The fluid used to cool the engine must have a very low freezing point, a high boiling point, and it must be able to transfer heat.

Because water holds heat, freezes and develops rust readily, it is very important an adequate amount of antifreeze is within the cooling system to reduce the possibility of the engine overheating or freezing.

Antifreeze also contains additives to prevent rust and corrosion.

The temperature of the coolant can sometimes reach 121-135°C, even with antifreeze added these temperatures would boil coolant. To prevent this the cooling system is pressurised to around 14-15psi, effectively raising the boiling point by approximately 8.3°C.

Preventative maintenance includes regularly checking:

1. Radiator condition
2. Coolant/antifreeze condition
3. Coolant leaks
4. Coolant hoses condition
5. Water pump drive belt condition
6. Cooling fan operation
7. Pressure cap condition
8. Thermostat operation
9. Coolant reservoir level



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Moutere Hills RSA Memorial Library

Save the Dates - Quiz Nights 13 May and 1 July - at the Sprig and Fern.

Archives Our Archives team has prepared a timeline display recording important dates in the library's history since 1945. This will be placed in the library shortly - keep an eye out.

Displays From 10 April, our main displays will acknowledge ANZAC Day.

In the children's area we will continue displaying pictures by Barbara Glass.

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

We will be CLOSED on ANZAC Day (25 April) and also 27 April (ANZAC Day observed)

Easter closures include Good Friday and Easter Monday.

Book Donations: Our gardening section is looking a bit out of date and rather sad. Did you purchase books for that recent gardening/landscaping project that is now complete? We welcome the donation of modern gardening books if you have any you no longer need.

Covid-19 We will be following Ministry of Health guidelines re opening etc. There is multipurpose cleaning spray, paper hand towels and hand sanitiser available on the Issues Desk and of course soap in the bathroom.

Lynley Worsley

Email: mapualibrary@xtra.co.nz;

Facebook: Māpua Community Library;

Website: mapuacommunitylibrary.co.nz

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

WE ARE CLOSED

In line with Ministry of Health guidelines regarding the containment of the COVID-19 virus and following the Nelson City and Tasman District Councils' decisions to close their libraries, along with many other libraries around the country, the committee of the Māpua Community Library has made the decision to close this library for the foreseeable future.

The committee, along with some volunteers, will continue to work through options to ensure that books can be issued using online and telephone requests.

We are exploring the possibility that books could be delivered to member's homes or alternatively be collected from outside the library front door at predetermined times.

We will communicate with members as options are developed.

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Book Reviews - 'Olive Again' and 'Lady in the Lake'

Reviewed by Annette Sivak, Māpua Community Library desk volunteer

"Olive Again" by Elizabeth Strout and "Lady in the Lake" by Laura Lippman

Do you ever sit in the mall, or even in your car, waiting for someone you are going to meet, and watch people walk by, wondering what their lives are like, what their "stories" are? Sitting there and looking always reminds me of all the things we *don't* know about people, even about the ones we interact with every day in the workplace, the play centre, the supermarket.

Recently I read two books from the Māpua Community Library's "new books" shelves that brought these thoughts home to me even more. In a novel, we often get to understand the main character well, and sometimes also, to a lesser degree, come to "know" the people in her or his life. But a good writer, a *very* good writer, can bring us into intimate knowledge of a character's attitudes and motivations, in just a few short pages. In these two novels, I have enjoyed seeing how the writers constructed their novels to do just that -- helping the reader know many characters in more depth.

As readers who liked "Olive Kitteredge" will well know, author Elizabeth Strout follows Olive through her life and relationships, letting the reader get to know Olive mainly through her behaviours and her self-reflections, however flawed. Olive is often harsh in her judgments and actions towards others she meets.

The uniqueness in this novel is its organization in which chapters focusing mainly on Olive, are interwoven with chapters where Olive is a minor character who wanders through what is someone else's story - and who is often herself seen and commented upon. We, the readers, see these other characters in a new light, and often our empathy switches. Later, they wander through Olive's life again, fleshing out our views of all concerned, in this small town of Crosby, Maine, USA.

The new book at the library is "Olive Again," which takes up her story where the previous novel left off, as it traces Olive's aging, and the nuances of her relationships and self-reflections. Again, we savour our experience of getting to know many others whose lives touch hers and we come to recognise how oblivious of others' experiences and tribulations we ourselves can be, just like these well-drawn characters in the novel.

If you like Elizabeth Strout's style of unfolding characters in the "Olive" books, you will also enjoy her "My Name is Lucy Barton" and its companion book of short stories, "Anything is Possible." In both, the reader comes to realize that what is *not* said often speaks as loudly as an author's description and direct storytelling. Both of these books which tell powerful, thought-provoking and emotionally-affecting stories, are in the library.

Another writer who uses chapter construction to slowly reveal a mystery, is Laura Lippman, in her "Lady in the Lake," which follows recently-divorced Maddie Schwartz as she tries to become a useful news reporter by exploring two murders which take place in 1966 Baltimore, Maryland, USA. The reader gets to know Maddie in straightforward third-person chapters where we see her thoughts and actions. But interwoven among these are

shorter first-person narratives of people Maddie comes into contact with, which emphasize how lacking many of Maddie's perceptions are.

One of these narrators is the dead woman whose circumstances and story Maddie is trying to uncover. As these people speak, more and more becomes clear to the reader and we watch Maddie pursue dangerous "leads" and fear for the "mess" she may be creating.

Both Maddie, and Olive, are complex characters; as a reader, my "feelings" for them shifted from empathy to irritation and back again, throughout the stories, just as they do for some of the people I meet in real life.

I believe Elizabeth Strout is the better writer overall, but I really liked seeing Laura Lippman structure a novel to reveal events through various characters' perceptions, rather than just shifting back and forth from one character to another, chapter by chapter (often the villain and the detective) as many crime mysteries do. And Lippman, like Strout, gave the reader a good experience of the time period and place where the events took place.

Both these novels kept me reading to the point that I was late making dinner!



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COVID-19 (Coronavirus)

As we are all aware there are a number of confirmed cases in NZ. We have put several precautions in place for the safety of our patients and our team members.

- All appointments are to be made by telephone or directly through our patient portal ManageMyHealth.
- When calling to make an appointment of any kind, you will be asked four questions, if you answer is yes to any of these questions, you will be phoned back and triaged by one of our Clinical team before an appointment can be arranged.
- Because we have to ask all patients these four questions it is delaying our response time on the telephones so please bear with us, however if it is a medical emergency please call 111
- Patients with any cold, flu, respiratory symptoms or fever, should NOT come to the Health Centre. This is regardless of your travel history. Please phone first. You will be given an appointment for one of our Clinical team to phone you to evaluate your symptoms and give advice. This applies to patients of any age.
- Community Based Assessment Centres (CBAC) are now the dedicated sites for patients to go to if they are concerned that they may have COVID-19 symptoms. They are free assessment sites and are located for the:
 - Motueka area at the Bridge Club on Tudor Street, 8:30-5:30pm, Monday-Sunday
 - Nelson area at the Tahunanui Suburban Club, 9-6pm, Monday-Sunday
- When anyone arrives at the Health Centre, they will be also be asked four questions before being checked in for their appointment. If the answer to any question is yes, you will be asked to leave the centre and we will arrange to contact you to triage as above.
- The RNZCGP (GP College) has asked all general practices to move to a mainly non-contact service. This means around 70% of consults moving to telephone, video and/or secure messaging / email consults where practicable and minimising physical consultations to as great an extent as possible.

We have been advised by the MOH that patients are not to stock-pile medications so prescriptions can only be requested when they are due. All prescriptions will be faxed through to a pharmacy of your choice for collection during this pandemic.

- There's a dedicated Healthline no 0800-358-5453. Further information available on the MOH website: <https://www.health.govt.nz/our-work/diseases-and-conditions/covid-19-novel-coronavirus>

We have removed all books, knitting and toys from the waiting room, and the arrival kiosk has also being switched off to prevent the spread of infection.

Our team is here to help you and we appreciate that these are very trying times for everyone however we would ask that you refrain from taking those frustrations out on our receptionists and nurses. We have been given very clear guidelines in relation to COVID19 and we are required to adhere to these.

Flu Clinics...

Flu vaccines will be available for non-eligible patients from the 13th April 2020. This is two weeks later than usual to enable those patients that meet the MOH criteria (see below) to have priority access:

- Patients 65yrs & over
- Pregnant women
- Patients with chronic conditions
- Young children with a history of severe respiratory illness.

Special flu vaccine clinics have been already run at the end of March for those meeting the criteria. If you are not eligible under the above criteria please do not request an early flu vaccine as we have been advised we are NOT ALLOWED to do so.

We are delighted to advise that Dr Ricki-Lea Aitchison is now working three days a week, Monday, Wednesday and Thursday. We would also like to welcome Juliet Bergin who will be joining our team for 3 weeks as a Trainee Intern.

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 Skylight - <https://skylight.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.

continued on next page

Coronavirus (COVID-19)
Looking After Yourself
Some practical tips and where to go for more support

- FOCUS ON YOUR RELATIONSHIPS** (Icon: People)
- TAKE A BREAK FROM FOLLOWING THE NEWS & SOCIAL MEDIA** (Icon: Wi-Fi, News, Social Media)
- STICK TO YOUR ROUTINES IF YOU CAN** (Icon: Calendar)
- REST. TIME OUT HELPS** (Icon: Alarm clock)
- DO WHAT MAKES YOU FEEL GOOD, WHILE KEEPING YOUR PHYSICAL DISTANCE FROM OTHERS** (Icon: Smiley face)
- HEAD OUTSIDE. NATURE IS GOOD FOR US** (Icon: Trees, Sun)

This may seem pretty straightforward stuff. But it's important. Research tells us that *looking after ourselves* is the best place to start.

NEED MORE SUPPORT?

- COVID-19 Health Advice. If you are worried you (or your whānau) have symptoms of Coronavirus, phone 0800 358 5453. Other medical advice 0800 611 116
- 1737- National Telephone Counselling Service. Available 24/7. Text or call
- Travel enquiries: www.safetravel.govt.nz
- Up-to-date info: www.health.govt.nz/coronavirus
- Info on welfare concerns: www.covid19.govt.nz
- Check out some mindfulness apps such as: Headspace, Calm, Insight Timer
- Phone your GP

Health

Māpua Health Centre continued

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
- 10 Term 1 ends www.minedu.govt.nz
- 17 World Haemophilia Day www.wfh.org/en/whd
- 10 Easter Friday
- 13 Easter Monday
- 22 World Earth Day (protect our species) 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
- 27 Term 2 begins www.minedu.govt.nz
- 29-5 Immunisation Week www.immune.org.nz

John Sharman artist

The Māpua Art Group (MAG) would like to extend its deepest sympathy to John's family. His sudden illness and death was a huge shock to us all. We were looking forward to another year of his, helpful company.

The corner of the annex will look bleak on a Thursday morning without him working on his wonderfully detailed paintings. He always offered to help when things needed to be done.

He designed and made our 7 new display boards that took pride of place at our last exhibition. He'd always help hang the annual exhibition and took turns with Helen Bibby to manage the money every year.

He was always ready to open up the Māpua Hall for our Thursday sessions and often last to leave and lock up securely. John was always ready with advice on colour mixing, suggestions on how to achieve certain effects in someone's paintings.

The neatness of his paints, palette and brushes was an example to us all. I shall miss having discussions on how sunlight falls on water; how to make waves look realistic; the colour of snow; what mix of colours make a mountain and clouds recede.

An accomplished artist, a great friend to us all - thank you for being part of our group.

Māpua ART GROUP



We at the Coastal News would like to add that we will also miss John very much. He has been a volunteer since the latest conception of the Coastal News was reinvented, maybe in 2002.

[I thought I would look in my archive cupboard and there it was – alongside Trivial Pursuits – first issue of the Coastal News was July 2001, 4 pages. Before that there was the Māpua Ruby Bay News.]

However, I digress. John volunteered to do the accounts and remained in that position till February. He also volunteered on many other committees and organisations locally, including the Hall, Māpua Community Trust and Probus.

A great community person, he is already sorely missed.

Andrew Earlam

Coronavirus
Help Stop the Spread

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Wairau Affray

-

Theatre Production

A play about the ill-fated attempt by Nelson Colonists to confront Te Rauparaha and a party of his men at Tuamarina in 1843, in a dispute over ownership of the Wairau. The first major armed clash between Maori and Pakeha in New Zealand and a pivotal point in Nelson's early history and indeed, New Zealand race relations.

After a staged reading and Q and A of the short play for Nelson Heritage Festival last year, we have now developed the full play for the Nelson Heritage Festival in April 2020 at the Suter Theatre.

Featuring Jaemes Peter Churchward, Kiri Naik, Cameron West and Nick Kemplen

Written by Justin Eade, directed by Giles Burton

Produced by Emily Thompson and Justin Eade

Showing April 15-19, Suter Theatre, Nelson

Buy tickets at eventfinda.co.nz or Nelson i-Site.

Emily Thompson



Edited by Andrew Earlam, Mary Garner and Trees van Ruth. Views expressed are not necessarily those of the editors. Distributed 1st of the month. Deadline for copy to news@coastalnews.online is 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.

Motueka Scottish Country Dance Club

WE ARE HAVING A CEILIDH!

When: Saturday 2nd May 2020

Where: Lower Moutere Hall

Time: 7pm

What is a ceilidh? (Pronounced Kay-lee) Ceilidh is a Gaelic word meaning visit, gathering or party. Originating from Scotland and Ireland.

Traditionally, a ceilidh tended to be a fun social night of Celtic folk music, singing, dancing, storytelling and card playing. Dating back to 1875, they have always been, and still are, very popular worldwide.

The upcoming ceilidh will be the 5th one organised by the Motueka Scottish Country Dance Club, in recent years. As well as the fun and informal 'called' dances (similar to barn-dancing), often involving much hilarity, we have a variety of entertainment organised for the night; including various musicians, storytelling, a couple of dances performed by our club members, a piper and a drum salute.

The emphasis is on "FUN", and our ceilidh is suitable for all ages. No partner needed! The dances are mainly group dances, informal, social and relaxed, with easy to learn moves. They are called first, with a walk through beforehand, so everyone can have a practice before the music starts. Prompts are called throughout the dance to keep you on track. The music is lively and upbeat, no prior experience or ability is required so come along and join in the fun and laughter!

And supper. No Scottish supper would be complete without a traditional haggis, and along with plenty of other superb Scottish fare, there will be a vegetarian version of the haggis.

Tickets will be available to pre-purchase nearer the date with the price still to be set – keep your eye on the local papers for details. We are monitoring the coronavirus situation and are considering postponing the ceilidh. Please check on the Eventfinda website for updated information. Everyone is welcome, mark your calendar! Bring the family.

For more information, you can contact
Fay on 03 5433650 or Beth 021 2093236)

Harcourts

Harcourts Mapua - We'd love you to pop in to meet the team at 2A Iwa St, Mapua (down at the Mapua Wharf). For all your real estate needs, look no further than your local, experienced and knowledgeable Harcourts Mapua team.

Amanda

Amanda has been involved with real estate for over 30 years. Her experience and knowledge is extensive. Her clients appreciate her candid approach and the fact that Amanda really does understand what is needed to achieve a great result and a positive real estate experience. Phone: 027 472 1960 • Email: amanda.james@harcourts.co.nz



Sian

Sian has an extensive knowledge of the area, and she knows property. How to present it, how to market it and how to sell it, and most importantly she knows how to negotiate the best deals for you. "I never forget that my clients are real people, with real needs, hopes and dreams". Phone: 027 296 8345 • Email: sian@harcourtstasman.co.nz



Franklin

Franklin has been selling real estate since 1995.....It's in his blood. With old fashioned values, skill and experience, he is your guide in helping you buy or sell your most valuable possession. Franklin's focus is on obtaining the very best result for his sellers, whilst also making sure buyers are fully informed before committing to a purchase. Phone: 027 445 6581 • Email: franklin@teamfranklin.nz



Jen

Jen is passionate about people, she's knowledgeable, professional and approachable and has a background in property law so she understands the process of buying and selling property. Jen believes that honesty and integrity are key in creating positive outcomes. You can be assured of a smooth and positive outcome for all your property transactions. Phone: 027 738 8545 • Email: jen.williams@harcourts.co.nz



Jayden

Jayden is a recent addition to the Harcourts Mapua team. He grew up in the Nelson region and has a background in marketing which has assisted him to build a reputation of unique marketing for his clients. Look no further if you want your property to stand out from the crowd. Phone: 021 0293 0220 • Email: jayden.terris@harcourts.co.nz



Suzie

Suzie believes communication is key... be assured you will get the best advice and up to date information when working together with Suzie on your property journey. Phone: 027 959 1168 • Email: suzie@harcourtstasman.co.nz



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The Time to Start to Strengthen your Immune System is Now

As a member of the New Zealand Chiropractic Association, our primary responsibility is to protect the health and welfare of our patients. At times of uncertainty, we strive to provide the most accurate, evidence-based information and guidance available with directions from the Ministry of Health, and apply those directions in our work environment and interactions with clients. COVID-19 has been declared a global pandemic by the World Health Organization. Its rapid spread is challenging health systems across the globe. Patients need to feel confident in the information being provided by their health care professionals.

Most cases of Coronavirus are mild. The more severe and deadly cases are usually in those with pre-existing medical conditions and poor immune function.

The spread of the Coronavirus looks like it's going to be much greater than we initially believed. While you may not be able to prevent yourself from being exposed to the Coronavirus, you can be proactive and take simple, effective steps to optimize your immune function to minimize your risk of serious illness.

In this guide, I will arm you with accurate information and practical immune boosting tips, so you can minimize risk of exposure to Coronavirus and maximize your immune system's ability to protect you if you are exposed.

Top 3 Tips to Avoid Getting the Coronavirus

1. Wash your hands often with soap and water for at least 20 seconds

Coronavirus is spread almost exclusively through respiratory droplets generated through coughing, sneezing or contact directly with mucous membranes, such as eyes, nose or mouth. Regularly wash your hands with soap and water for at least 20 seconds. If no soap is available, use an alcohol-based hand sanitizer.

2. Avoid close contact with people who are sick

Chronic medical conditions such as asthma, diabetes and heart disease, and those over age 70 are likely at highest risk of serious illness and should avoid groups. If you're not sick and not a healthcare worker directly treating patients with Coronavirus, a mask is unlikely to help you. Please don't waste these resources. If you're feeling sick or have a cough, stay home as much as possible.

3. Avoid touching your eyes, nose, and mouth with unwashed hands

The virus can be spread by contact with a surface that has recently had respiratory droplets land on it. You may be at risk if you touch one of these surfaces and then touch your face. Daily cleaning of high-touch surfaces, such as

doorknobs, handles, countertops, keyboards and bathroom fixtures, is a good preventative measure. Don't go overboard, but use common sense here. If you cough into your hands immediately wash your hands.

Top 5 Tips to Strengthen Your Immune System

1. Sleep

Most adults need 7-9 hours of uninterrupted sleep each night. Turn off your TV or tablet/phone an hour early and get some extra zzzzs. Getting enough sleep is one of the most important ways to strengthen your immune system.

2. Eat a Rainbow of veggies and fruit

Colourful foods are full of antioxidants and other health-supporting nutrients. Cut out the processed foods and sugars and opt for nutrient rich foods that promote optimal function.

3. Exercise and get fresh air daily

Regular moderate exercise outside in the fresh air is an amazing immune booster. Gentle exercise is a great way to stimulate your lymphatic system, which is a big part of your immune defence and helps remove toxins. If you

don't regularly exercise, don't go nuts, just open the door and go for a 10 – 15 minute walk every day. The fresh air and gentle movement is a great stress reliever, which will help you to sleep better too.


4. Chill out

Stress is a huge contributor to poor immune function. It can also disrupt healthy sleep patterns. Take some time to chill out each day. Give yourself 10-15 minutes (or longer) of pure white space where you can truly decompress – breathing, prayer, yoga, meditation, walking, running, cooking, reading, biking. It really doesn't matter, it just needs to be time to chill and relax.

5. Take control of your health now

Incorporate these simple actions now so you can avoid the panic surrounding the Coronavirus and put your energy into optimizing your health today, right here, right now.

Here at Coast & Country Chiropractic Centre we can help guide you to strengthen your health and maintain it through lifestyle habit changes that will help see you through these difficult times that lie ahead.



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Noticeboard

Nelson Tasman Climate Forum is building a community response to the challenges of climate change. It launched 29 February and had its first meeting 14 March. Next meeting: Online (Zoom), 9 April, 7-9pm.

See: www.nelsontasmanclimateforum.org

None of these meetings except the one above will happen this month, but I leave them here for maybe next month—or the one after, or...

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Catalyst 5k run: Wednesday nights 5:30pm. And...

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

Intermediate Club Year 6-8: 3-4pm at Hills Community Church. Food, fun & Hangout. And...

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

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

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

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

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

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

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

Māpua Craft Group: Fridays 10-noon, supper room, HCC. Simple craft work, occasional guest speakers, demos & outings. A social, a cuppa, some easy craft. \$2 + koha for materials. Julie Cox 5403602, Barbara Halse 5403901

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

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

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

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

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

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

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

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