

Call for Better Public Transport

Access to convenient local community transportation was the big topic at July's Mapua and Districts Community Association meeting. Contact had been made with Age Concern prior to this meeting and they indicated an interest and willingness to liaise with and support local initiatives in this area. Research on loneliness and isolation amongst elderly identifies lack of access to transport as a significant issue. Meeting participants agreed that:

Though there are some private local transport options, we need to contact other community groups (Churches; Community Hall; MDCA) to discuss better co-ordination and publicity of what is available and needed. The idea of a paid co-ordinator (with donations from community organisations) was suggested to co-ordinate what is available and liaise with locals as well as Age Concern

Research had shown that there was no access to publicly funded Health/Patient transport service options or subsidies from or through Mapua. However, Motueka Regional Ambulance and Tasman Passenger Services were privately provided systems run on "user pays." Members suggested that we check if publicity (brochures) about such services is available at the Mapua Health Centre and explore with Age Concern the idea of co-ordinated transport around the region.

Cr McNamara reported on current TDC/NCC research on feasibility (need and costs) of public transport services to/from such villages as Mapua and Wakefield.

A motion was passed that a letter be sent to TDC encouraging them to continue exploring a feasibility study and support for a regional transport system between Motueka, Mapua and Richmond/Nelson.

Welcome Sign Reaction

Some Mapua residents have expressed a desire to have a "Welcome to Mapua" sign on Mapua Drive and the TDC are prepared to provide this, possibly as part of speed restriction signage or directional signage.

The question is where would this best be sited? And what might it look like? Some have suggested it shouldn't compete with the Gateway sculpture at the beginning of Mapua Drive. Signage could go at the top of the hill, up from Mamaku Drive, or at the

Higgs Road roundabout or on the corner of Mapua Drive and Aranui Road. (The latter will have signage to the Village and to the Wharf when it is agreed what the wharf area is going to be called.)

The MDCA asked locals on Facebook and Neighbourly how they feel about the welcome sign and immediately the post drew varied comments: "I think it's a great idea but not too keen on it being a boring sign. Would be nice if it represented more of what our village is like: arty, crafts, café/restaurant culture." "I think it would be good at the top of the hill just before where the houses start on Mapua Drive." "Since people can enter from several directions, wouldn't you have several signs?" "More welcoming to Mapua might be tidying up the horrible banks on either side of the road on the hill off Mamaku Drive." "Honestly. Don't we already have enough signs?" "It's a waste of money."

Waimea Dam

Cr McNamara gave an update about the Waimea Dam budget in respect to recent publicity about budget overruns to which no details are being made available. Chairperson Elena Meredith commended Cr McNamara for his publicised request for information to be available for councillors as well as the local community. The membership supported a motion calling on the TDC to make this information available.

Subsequently a letter was sent to TDC Utilities Manager Mike Schruer stating that "All members present felt that information about [cost overruns] should be publicly disclosed and most certainly should be made available to our elected ward councillors." Mike Drummond, TDC Commercial Services Manager, responded in writing that "[the TDC is] in commercial negotiations for the Waimea Dam and the revised project estimates will be communicated to councillors at the appropriate time and made public in due course."

Community Relationships

Naomi Aporo continues her focus on initiatives to consult and engage with local Iwi on a variety of fronts, notably: strong engagement from three local Iwi who have supported representatives to the Waterfront Working Group; a project with David Mitchell

around Aranui Park with local Iwi members being able to harvest flax for weaving; and liaising with local schools around Te Reo Maori competence.

Water Infrastructure Subcommittee

The role of this subcommittee is to ensure that the storm-water issues in the Mapua/Ruby Bay region (some of which became apparent after Cyclone Fehi) will stay at the forefront of Council planning. Bruno Lemke gave a verbal report on this sub committee's first meeting.

The subcommittee agreed that Council seemingly has a lack of long term strategic planning regarding our infrastructure issues and we need to find out what their current stance is on long term developments in our area. Bruno introduced three motions which were passed by the membership:

That MDCA ask that the boardwalk at the end of Tait Street which allows access to the beach, is reinstated to a safe, working condition.

That MDCA ask that the seawall from Chaytor Reserve to just north of Tait Street be repaired to that specified in the 2011 Consent that does not include the clay bund (which prevented wave overtopping water from draining back out to the sea).

That we write to council thanking them for the proposed storm water improvement to houses near 72 Stafford Drive and ask that it include discharging this water via a restored outlet to the sea so the Broadsea Avenue outlet in Chaytor reserve is not further overwhelmed.

Social Media

In May and June, the MDCA posted 16 different news items on our Facebook page. Topics ranged from an invitation to "walk the New Tasman Reserve and Clifftop Walkway" to "More Plants Available for Ruby Bay Flooded Properties" to "Dominion Flats Planting Success stories." Our most viewed post was announcing Tiger Lily's Farewell event on June 7 which had 1951 views and 14 comments and 14 shares, so quite good engagement. And our May 22 post about the Free Metal Waste Disposal for Recycling at Perry's Auto reached 1059 people. In total,

the MDCA posts in May and June attracted 10,770 views.

Digital activity increased significantly from April to May for our web site www.ourmapua.org. Just 29 visitors viewed 51 pages in April but 87 visitors viewed 229 pages in May. 91% of all visitors were new to the web site vs. 72% in April.

And the MDCA has launched its own Instagram page. Just search for "mapuacommassoc" on Instagram then be sure to follow us. We already have a few photos posted and are looking for more. Please email any of your photos to info@ourmapua.org.

Miscellaneous Business

Gateway Sculptures. Fund-raising for the Gateway Project's third sculpture at the top of Mamaku Drive is about to start.

Civil Defence. Seven volunteers' names have been sent to Civil Defence to form the basis of a local team of people available to respond in the event of another civil emergency.

TDC Engineering Report. The Ruby Bay sea wall, which was overtopped during the Fehi ex-cyclone, has been repaired to a similar standard as to that before the storm.

Replanting Mapua Drive roadside & Dominion Flats Mamaku Drive. Reports have been sent to Rata Foundation, NetworkTasman and Pub Charities regarding grant money we have spent. A reminder to all that donations of native seeds are welcome which can then be scattered.

Waterfront Park Upgrade. An application has been submitted to the Rata Foundation for buying a community BBQ to be located in the park. Repair to the Mapua School's aquarium dedicated "photo frames" is still waiting for follow-up from school.

Waterfront Working Group (WWG). It was moved that the MDCA nominate Mike Crehan as chairperson.

AGM in August

Our AGM is coming up on Monday 13 August at 7pm in the Bill Marris Room, Mapua Community Hall. All members are encouraged to think of possible nominees for vacant positions on the Executive Committee, particularly secretary and chairperson.

Tim Hawthorne, Executive Committee

Richard Ewbank

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

Ruby Coast Gateway Sculpture Project

Two up – One to go!

The original vision, when the 'By-pass' was completed, was to create three distinctive gateway 'markers' to show the exits off the new coastal highway, into the scenic area of the Ruby Coast. The RCIT (Ruby Coast Initiative Trust) has held onto this vision and has achieved the installation of the first two major sculptures on Mapua Drive and Āporo Rd. The Trust has now turned its attention to the third of these gateway sculptures which will be located near the Stage Coach Road/Seaton Valley turn off. There is still much to do such as confirming the specific site and gaining the necessary consents and of course the fundraising. We have begun the fund-raising process through grant applications and await the outcome of our first application. Local contributions are also welcome and if you would like to donate to the sculpture

this can be done via the website www.rcit.co.nz or contact our Treasurer Marion Satherley. The Trust has donee status, allowing donations to qualify for a tax rebate.

Our most exciting news is that local sculptor, Russel Papworth, from Forrest Fusion will create this sculpture. As one of many original artists involved in the creation of the initial design concepts we are thrilled that Russel has agreed to be help create this sculpture. Its design will be different from the first two sculptures but will incorporate the Āporo theme of estuary bird life and the aquatic theme of the Mapua Sculpture, providing a link between the two major sculptures.

We will provide updates as the project progresses but please feel free to be in touch via the website www.rcit.co.nz or secretary@rcit.co.nz if you would like any further information.

Janet Taylor RCIT secretary

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Apple Grafting & Open Day

Willow Bank Heritage Village, Wakefield
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Hosted by the Nelson Branch of the NZ Tree Crops Association as a fundraiser, tree sale and education day.
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yvonne.audier@gmail.com

Yvonne is a newly trained yoga teacher and she is passionate about life, mind body balance.

A Call to Animal Lovers

One of the most popular pets is the cat. The reason it is popular is that it appears to be independent, does not need exercising and cuddles up often on owners' laps. However, many cat owners do not give a thought to training or responsibility for their cat's behaviour.

Cats by their nature love to roam and claim a territory, some stay within a small territory and others a large territory. Cats are good climbers and very little will keep them out. They are natural hunters and because they have good night vision do a lot of hunting at night.

Most cat owners do not restrict their movement and the cat comes and goes day and night. Alas, this has led to some drastic consequences and there is now an awareness of the damage cats are doing to the native bird life. It is particularly bad where cats are

not desexed and many kittens become wild and have to survive as best they can. Many are hit by vehicles, are killed or maimed and half-starved and some councils have now decided to cull the cat population.

It is sad that cats, unlike dogs, are not required to be registered or microchipped and that there is no law requiring them to be contained at night when so much damage is done. It is up to the individual owners to be more responsible for their cats. If a warm, safe home is provided and food given only in the evening, the chances are that the cat will return and if restricted from going out, will change its behaviour and be more predictable.



It is certainly possible to train a cat to come when called, especially for a food reward. It is time for an education campaign to make owners more responsible and for authorities to offer cheap desexing as an incentive for owners. Too many lovely cats are suffering needlessly.

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

*Sue Mott, Animal Behaviourist
willowsprings@slingshot.co.nz*

Sue Mott
Animal Behaviourist
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A small black and white line drawing of a dog sitting, positioned to the right of the text.

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The Value of Buddies

One of the things I love about my work is seeing the friendships that are being made here at Catalyst. From what started out as a Women's Strength class, we now have a group of 12 women going off on a four-day tramp this summer.

From one of the bootcamp classes, a day hiking group has formed, and once a month they meet up and go exploring for the day.

From running our Active Women's Retreats, there is now a group of friends who keep in touch, and are planning a catch-up and glass of wine at Rimu Bar soon.

We humans are generally quite social by nature,



and once we find or meet others who share similar views and values, we want to spend more time with them. We like doing things as a team, or in a group, and it's very rewarding to witness the friendship and

comradery that is happening. I was recently away for two weeks, and some of the class members arranged to carry on with their workouts, making the commitment to each other to turn up at the usual class time, and have a training session together.

If you are struggling to find the motivation to exercise during the winter, or if your training sessions are feeling a bit boring and uninspiring, consider asking some of your friends to join you. Make the commitment to each other to turn up and work out. If none of your friends are keen on that, then come along and join in with one of the groups or classes at Catalyst. You may start out as a new class member, but it won't take long and you will be "one of the guys/gals" and you'll have a new group of friends to motivate and cheer you on.

Karyn Holland 027 223 9561

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Fire Brigade



June to July call-outs

June 19: Alarm activation at Mapua School, nothing found.
 June 30: Car down bank corner of SH60 and Mapua Drive. No action by brigade
 July 3: Chimney fire Wills Road Upper Moutere. Put out by owner.
 July 5: Van on side Mapua Drive, slipped on ice. No action by brigade.
 July 6: Cardiac arrest Stafford Drive. CPR and assist ambulance.
 July 8: Lines down Permin Road. Left to power authorities.
 July 9: Alarm activation Timberworks Pomona Road. No sign of smoke or fire
 July 11: Alarm activation Redwood Cellars. Nothing found.
 Calls this year—46

Safety Tip – Electric blankets and appliances:
Have your electric blankets checked annually by a competent service or registered service person, it could save your life
Turn off your electric blanket before getting into bed
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Don't overload powerpoints. Where appropriate use multi-boxes with circuit breakers instead.

At the monument we have 13 fire-fighters. We have room for four more persons who live or work with in the Mapua area and can come to trainings on Thursday nights and call-outs at any time. Ideally within four minutes of the station.
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Mark Theobald, SO/Secretary

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PANZ

Our regular Tuesday morning Pastel Artists group are still creating away. It is a bit quiet over the winter as some of our regulars have slipped off to warmer climates or are just hunkering down near the fire to create their masterpieces!

We always welcome visitors to come along and see what we do on a Tuesday morning at the Mapua Community Hall from 9am to 12 noon. If you haven't ever tried pastels they are a very forgiving medium. Some of us have been known to wipe away an entire painting and start over. Now that is what I call forgiving! We are a friendly, supportive group of people from all walks of life who have our art in common. Please feel free to stop by to see what our members are painting.

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

Gloria Anderson



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Mapua Health Centre

Sarah Hammon, our clinical nurse leader, will be leaving us this month. Over the last five years Sarah has played a huge role in providing a high level of nursing skills and patient care, and helping us to develop our nursing services. She will be greatly missed and we wish her well for the future.

This month the national bowel screening programme is being rolled out in the Nelson region. We know that as we get older up to 7 in 10 people will have bowel polyps which, once removed, can prevent any transition to bowel cancer. Also, about 7 in 100 people will be found by the test to have bowel cancer and this can lead to earlier treatment and a better outcome. The test involves checking a faecal sample (using small dipstick which is then placed in a tube)



for the presence of traces of blood using a very sensitive lab test. Patients over 60 years old, who are enrolled in the practice, will be contacted directly over the next few months as the programme is gradually rolled out.

If you are still wish to make use of the flu vaccine, it is available free of charge to those over 65 years or if you have a chronic medical condition such as asthma requiring regular medication, heart disease, diabetes, etc. If you have any concerns about the vaccine or are not sure if you qualify for a free one please do not hesitate to contact one of our nurses.

The August calendar includes heart awareness month and looking at some of the recent research shows once again that eating nuts is good for us by decreasing the likelihood of rhythm disturbances (*Heart*. Published online 16 April, 2018) as well as reducing the risk of cardiovascular disease, total cancer and all-cause mortality, and mortality from respiratory disease, diabetes, and infections (*BMC Medi-*

cine 2016;14:207). Surprisingly, the latest evidence shows that smoking even one cigarette a day is dangerous and accounts for a 46% of excess cardiovascular risk in men and 31% of the risk in women when compared with smoking 20/day. However, it is still important for heavy smokers to try to reduce or stop their intake to minimise their risk. (*BMJ*. 2018;360:k167)

It is also Daffodil Day this month in support of the Cancer Society. A recent study found that highly processed foods may raise overall cancer risk and that even a 10% increase in the proportion of ultraprocessed foods, such as such as dehydrated soups, processed meats, biscuits, and sauces, in the diet was associated with an 11% increase in overall cancer risk. Conversely, a diet consisting mostly of fresh or minimally processed foods, including fruits, vegetables, pulses, rice, pasta, eggs, meat, fish, and milk, was associated with a reduced risk for overall cancer and breast cancer (*BMJ*. February 14, 2018).

There are a number of important national and global events for the month, including:

- | | |
|--|--|
| 1-31 Heart Kids Month | https://heartkids.org.nz |
| 1-6 World Breastfeeding Challenge | www.silentleadershipchallenge.com |
| 9 International Day of Indigenous People | www.un.org |
| 12 International Youth Day | www.un.org/en/events/youthday |
| 13-19 Cystic Fibrosis Awareness Week | www.cfnz.org.nz |
| 21-27 Parenting Week | www.nht.org.nz/parentingweek |
| 24 Daffodil Day – Cancer society NZ | cancersociety.org.nz |
| 27-02 Iron Awareness Week | www.ironweek.co.nz |



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Mapua Craft Group



To celebrate the end of term we gathered at the Mapua Village Bakery for coffee and delicious cakes. The photograph shows some of our flowers made during the term, including material, ribbons, tissue and paper creations. These were simple to make and have been much admired. Some have been used as buttonholes to adorn coats or hats. Maybe children could make these. It is a skill we should encourage our children and grand-children to try. They in turn can up-skill us with technology!

Barbara Halse, phone 540-3901.

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Mapua School Competition

Win two fruit or nut trees!

2 per year group

Time extended!

The competition to make an A2 poster full of pictures and information about your favourite fruit and nut trees is extended. Students have until the **6th August** to hand their posters in to their classroom teachers.

Sixteen tree prizes...one per year group for the school to plant and one per year group for the best entry in year group to take home.

Sponsored by the local branch of Tree Croppers association. Judith Holmes 0210728924

Continued community hall upgrades . . .



The Mapua Hall Committee were grateful to receive news of a successful grant application to the Lotteries Grants Board last month. The grant will allow us to finally seal the carpark, which is owned by the hall, with asphalt so there is no more continued maintenance of filling pot holes and debris being trampled through the hall on wet days. As this car park is used by the wider community who frequent the skate park, playground, tennis courts and sports fields we approached the Tasman District Council for monetary support for this project. The outcome of this meant the council agreed to fund a third of the cost to seal the car park which is a great result for everyone!

In the same grant to the Lotteries Grants Board we also asked for funding to demolish the front deck, currently 2nd grade macrocarpa, which is constantly buckling and failing and also requires ongoing maintenance. The new deck will be a hard wood which we hope to see replaced by the time you read this!



Lottery Grants Board
Te Puna Tahua
LOTTO FUNDS FOR YOUR COMMUNITY

What's On at the Hall In AUGUST

Monday	Tuesday	Wednesday	Thursday	Friday	Sat	Sun
 WWW.MAPUAHALL.ORG		1 9am Aerobics 10am Pilates 12.30pm Tai Chi 2.45pm Junior Ballet 6pm Yoga with Thomas	2 9am Mapua Art Group	3 9am Aerobics 9.30am DRU Yoga 10am Pilates 1pm Mapua Fellowship Group 4pm Mapua Drama Club 6pm Mapua Youth Group	4	5
	6 6.30pm Hall Committee meeting	7 9am PANZ 9am Sioux Line Dance 2.30pm Sit & Be Fit 3.30pm Mapua Dance Company 5.15pm Mapua Drama Club 6pm Aerobics 7pm Pilates	8 9am Aerobics 10am Pilates 12.30pm Tai Chi 2.45pm Junior Ballet 6pm Yoga with Thomas	9 9am Mapua Art Group 7pm African Drumming Workshop	10 9am Aerobics 9.30am DRU Yoga 10am Pilates 4pm Mapua Drama Club 6pm Mapua Youth Group	11 9am Aerobics 10am Pilates
13 7pm Mapua Community Assc. Meeting	14 9am PANZ 9am Sioux Line Dance 10am Mapua Creative 2.30pm Sit & Be Fit 3.30pm Mapua Dance Company 5.15pm Mapua Drama Club 6pm Aerobics 7pm Pilates	15 9am Aerobics 10am Pilates 12.30pm Tai Chi 2.45pm Junior Ballet 6pm Yoga with Thomas	16 9am Mapua Art Group 2pm Friendship Group	17 9am Aerobics 9.30am DRU Yoga 10am Pilates 4pm Mapua Drama Club Mapua School Quiz Night	18 1-5pm Ian Hamlin Painting Class 7pm Motueka Dance Group	19
20 9.30am Low Impact Dance 6pm Mapua Dance Fitness	21 9am PANZ 9am Sioux Line Dance 2.30pm Sit & Be Fit 3.30pm Mapua Dance Company 5.15pm Mapua Drama Club 6pm Aerobics 7pm Pilates	22 9am Aerobics 10am Pilates 12.30pm Tai Chi 2.45pm Junior Ballet 6pm Yoga with Thomas	23 9am Mapua Art Group 6pm Mapua Dance Fitness	24 9am Aerobics 9.30am DRU Yoga 10am Pilates 4.00pm Mapua Drama Club 6pm Mapua Youth Group	25	26 10am Tai Chi
27	28 9am PANZ 9am Sioux Line Dance 2.30pm Sit & Be Fit 3.30pm Mapua Dance Company 5.15pm Mapua Drama Club 6pm Aerobics	29 9am Aerobics 10am Pilates 12.30pm Tai Chi 2.45pm Junior Ballet 6pm Yoga with Thomas	30 9am Mapua Art Group 6pm Mapua Dance Fitness	31 9am Aerobics 9.30am DRU Yoga 10am Pilates 2pm Friendship Group 4.00pm Mapua Drama Club 6pm Mapua Youth Group		

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Mapua Community Library

(Moutere Hills RSA Memorial Library)

Power Shutdown

We have been advised that there are power shutdowns scheduled for 7 and 14 August with reserve days being 8 and 15 August. Without power, we won't have any computers, heating or lighting. The committee has decided that on the days of the shutdowns, the library will be closed.

Winter Book Sale and Pre-sale

Huge thanks to everyone who has supported these sales. We have raised over \$2000 so far. Very special appreciation to the two families who donated wonderful collections of quality books - some of which have been shelved, the rest have been individually priced for sale.

Donations greatly appreciated

Very special thanks to the Mapua/Ruby Bay and Districts Community Trust and the Motueka Community Store for their donations towards a new label printer, the software and connections and a stock of

the relevant labels. Quickly fading spine labels will soon be a thing of the past!

Cartridge Recycling

The library is now the depository for the local printer and photocopier cartridge recycling scheme. You can now drop off your used cartridges to the library desk during opening hours. Thanks to Janet Taylor for co-ordinating this AND—all funds raised will come directly to the library!

Save the Date

Quiz Night Fund-raiser: Wednesday 5 September at the Sprig and Fern

Displays

Current displays are by Years 3 and 4 of Mapua School, Carol Greenall (Flax weaving) and Sheila Wilson (Watercolour bird paintings). As usual, you are very welcome to come and peruse our local talent on display!

Lynley Worsley

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Thursday	10am-12.30pm, 2pm-4.30pm
Friday	2pm-4.30pm
Saturday	2pm-4.30pm

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

Major Sponsors: Rata Foundation; Lion Foundation; Tasman District Council; Lottery Grants Board.

Letters to the Editor

Cartridge Re-cycling

For the past nine years the Vet Centre has kindly held a Cartridge World re-cycling bin for the local collection of used printer and photocopier cartridges. This bin has recently been moved to a new, more convenient location at the Mapua Library. As well as reducing waste, this re-cycling will also generate some funds for the library's use. So, the more this service is used the more our library will benefit along with our environment.

Many thanks to the Vet Centre for their willingness to support this local initiative and allowing the bin to be at their business. Special thanks to Helen in particular who has kept an eye on things and let me know when its been time to empty the contents! And of course, thanks to the library volunteers for all that they do and for being willing to have this service at the library.

Janet Taylor



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Introducing the Mapua Kai Collective

You may remember listening to a recent Pechaku-cha talk about the Moutere Kai Collective – a meal-cooking and gifting system started by three Moutere women, Anna Haddon, Melody Marr and Catherine Cable. In a ten-month period since they began in July 2017, the Collective gifted 800 family-sized meals to people in their community.

One evening a month, a group of volunteers, managed by the core team, prepare and freeze around 60 family-sized meals. Meals are designed to be tasty, nutritious, and of a consistently high standard. Simple fare—comfort food really—to appeal to the widest possible range of people from children to the elderly.



The local community has free access to various freezers, and can pick up meals to take to unwell or bereaved friends, neighbours having a rough time, someone in the chaos of moving home, or families with a new baby—just as examples.



After the inundation in Ruby Bay, Moutere Kai Collective meals were available for distribution to residents affected by the flooding.

The meals are frozen in Ecoware bamboo containers with lids, which are oven and microwave-proof, and can also be composted.

With the support of the Moutere Kai Collective, the model is being replicated in Mapua. A core of interested people have met to get the ball rolling, and with our brilliant community hall kitchen, the generous donation of a new chest freezer, support from NBS Motueka and Club Mapua, and an order of containers, we are ready for our first cook-up in August.

You will find the Mapua Kai Collective Facebook page, which you can join to keep informed about cook-up dates; you can get involved by volunteering for a cook-up, and you can help with our ongoing fund-raising by making a donation. You can find out where our freezers will be situated so that you can be part of the distribution to people in our community who need that extra support.

We look forward to making a contribution aimed at strengthening our community.

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The Sunday School teacher was describing how Lot's wife looked back and turned into a pillar of salt, when little Jason interrupted, "My Mommy Looked back once while she was driving," he announced triumphantly, "and she turned into a telephone pole!"

A Rabbi said to a precocious six-year-old boy, "So your mother says your prayers for you each night? That's very commendable. What does she say?" The little boy replied, "Thank God he's n bed!"

Darkest Hour

Reviewed by Mapua Movie Mogul'

Showing at Mapua's famous "Packhouse Cinema" (Mapua Community Hall) 6:30pm Sunday 12 August

Not only is this a riveting account of one of the most important moments of the Second World War, but it's also an exhilarating drama that goes beyond being a simple biography by bringing humour, energy and passion to every moment.

Yes, *Darkest Hour* does tell of the extreme intensity of the early days of the war, the political manoeuvring in Westminster as Churchill was appointed Prime Minister, and the very real and impending threat that the fall of Britain could very well mean the end of freedom-loving Western civilisation, which are all absolutely fascinating to watch unfold, but they're all parts of history that you arguably already know very well.

That's why the film's decision to bring a brilliant sense of humour and a strong passion to proceedings is so effective. The importance of the events being portrayed on screen is never downplayed, and there are indeed some very intense and emotionally powerful moments, but there's so much more to *Darkest Hour* than just history, something that made it such a refreshing watch compared to most Oscar nominee hopefuls.

Above all, what impressed me most about this film was the fact that it's just so funny. It's by no means a comedy, but this isn't a totally true, pompous and dry historical drama, but one that takes glee in pointing out the eccentricities in its main character, eccentricities which are undoubtedly a part of why Churchill is so lauded and respected to this day.

With a stunning central performance by Gary Oldman, confident and passionate directing from Joe Wright, and a brilliant screenplay from start to finish, *Darkest Hour* is a simply exceptional film.

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31	1	2
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The deadline is the 20th of each month with each issue coming out on the 1st.
Email coastalnews@mapua.gen.nz for full terms and conditions.

Police report

There have been many frosty mornings which means dangerous, slippery roads in places. The police have attended several car accidents in the last two months where people have been travelling too fast for the conditions and have skidded off the road. Please make sure that you aren't the next person to do this – plan ahead and allow a couple of extra minutes. Far better to make it to your destination a little late than not at all.

Crime wise there has been a bit going on around the Tasman area, not quite so much in Mapua, thankfully.

On 18 July a man called at a Mapua Drive house and let himself inside and was snooping around the house. He was a male Caucasian in his mid-20s, very tall, and had a grey older-style car. He said he was there to collect money for wetsuits. Then a grey older car was seen on Pinehill Road with a man driving wearing a dark baseball cap and the registration was something like QF9582—this is not the actual number.

Please be aware and keep an eye out for this vehicle – if you see it record the number and let me know

If people ever have any information they think the police should know about but “you don't want to get involved” then the way to deal with this is to phone Crime Stoppers and give the information totally anonymously on 0800 555 111. This way you get to help keep the community safer without getting involved

Grant Heney, Senior Constable, Motueka

Occurrences:

- June 23: Sign stolen from Iwa Street
- July 3: Fruit stall theft Tasman
- July 6: Sudden death attended
- July 9: Family harm incident Mapua.
- July 9: Burglary of tools at Tasman. Ryobi plane, Mikita impact driver and a red socket set stolen
- July 17: Petrol drive-off, Perry's Autos

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Motoring with Fred

300ZX Belies its Age



Sports cars that don't date are few and far between. The Nissan 300ZX first appeared in 1986 as a Datsun Z and departed in 1996 as Nissan 300ZX, but to be honest, and Pete agrees, that you wouldn't pick it is 28yrs old. A nice speed-functional shape that is typical of all sports cars but not being too grand to make it date. A nice, smooth looking sports car with a big engine. What else do you need?

Pete's car is a 1990 300ZX 2+2 Z32 model T-top coupe with the refined trim. The back seat is a bit cramped but would be good for the kids. Under the bonnet is full with the 3000cc V6 engine, twin overhead cam, twin throttle body to injectors, 0 – 100km in 6 seconds, 4-speed automatic, 222hp, weight 1503kg makes a good power-to-weight ratio. Remember weight in a car is good, it sometimes keeps a fast car down.

The 300ZX is a nice wide car at 1.720m and a length of 4.10m. Paint colour is a nice blood red with a fleck in it with a foil on the boot lid. A good display of rear lights and I note up high so you can see them. Good Japanese thinking. I love the front lights which hint at Chev Corvette recessed into the front guard. If you didn't know you would think this a late model sports car. Nice six-spoke alloy wheels with 235x 60x16 Pirelli tyres. Sitting in the car you are low down with instruments and gauges are easy to see.



I liked the lights and wiper switches on stalks a finger length below the steering wheel.

Pete had a story about his 1987 300ZX he owned while living near Rotorua some years ago and when he saw this car on Trade Me and just had to have it to bring back memories of 1987.

My test drive in the 300ZX was a buzz of noise with excellent acceleration. Pete let me drive to Lake Rotoiti on a Mapua Classic Cruisers' trip and I was impressed with the vehicle's handling. It didn't want to flinch on any of the tight corners and held the road well. Maybe a bit slow on response from the accelerator but upped its game once over 3000rpm. The driving position was very low down for me, having driven 4x4s a lot over the years, but there was still good vision.

Tyres rumbled a bit but maybe it was because the 'T' tops were off. One very good point was with the 'T' tops off, it was not like a windy convertible.

I think the 300ZX matches any of the American sports cars of the same era for looks, size and acceleration. Pete, I think this is one of those cars you should keep or one day you

might be saying "I wish I kept my 300ZX."

PS: Pete is the president of the Mapua Cruisers' Club and should you want to cruise with us on the last Sunday each month contact Pete on mapuacruisers@gmail.com. All cars welcome.

PSS: From last month's article "Taking the Rainbow Road". The road will be open 26 December (Boxing Day), and will close on 22 April 2019 (Easter Monday). \$40 per vehicle.

Fred Cassin



Mapua Boat Club

Notice of ANNUAL GENERAL MEETING

7.00 pm Wednesday 19th September

At the Mapua Boat Club rooms, Mapua Wharf

All welcome.

Financial members only holding voting rights.

Following the close of the meeting supper and refreshments will be provided

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Hills Community Church



Over the last couple of months I have been intrigued by the number of people that I connect with in a single day, and by the many conversations that unfold. I don't mean the conversations that I plan, the arranged meetings and catch-ups, but the ones that I don't plan.

It strikes me that most, if not all, of these unplanned conversations happen in what can be called 'bumping spaces'. They are the 'public' spaces in our community in which we don't really control who we may come across.

For many of us these are spaces that we pass through on the way to another place, say from home to work, or spaces in which we keep to ourselves or with those that we know.

As a child I used to love the bumper car rides in the fairground. Getting behind a wheel of a car was pretty appealing as an eight-year-old. The reality was that the driver really didn't have that much control, are the cars were in fact designed to bump into other cars.

Bumping spaces are a bit like that. We might think we are in control, but in reality we aren't. I want to suggest that if we are aware of what is happening around us, we will see that God has his hand over these places. More than that; if we are willing to be interrupted in these spaces and become aware of who is around and beside us we will discover that in fact God puts people in our path, whom he wants us to reach out to, connect with.

This is the heart and soul of what it means to be a community together. And it all starts with our willingness to be in the bumping spaces—and the willingness to be interrupted. And all we need to do is give the gift that we have to give, the gift of ourselves.

Sunday Worship

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

Youth Groups

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

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

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Fromage Forte Française

By Sarah La Touche

There are still seven weeks to go before we leave for les vacances en France. Well, strictly speaking, it's not entirely holidays, as almost four out of the six weeks we are there, we are running our bespoke walking tour in the Basque region of northern Spain, and hosted Foodies In France weeks ... And I'm already dreaming about all the favourite French foods I love to indulge in, that I don't get to eat here.

Ironically, one of the first things I have when I plant my feet firmly back on French soil is a Celeri Remoulade. Don't ask me why, it's just one of those things. It's a simple celariac salad mixed with a massively processed, creamy mayonnaise (definitely not so healthy I'm sure). Nevertheless, it is quintessentially French for me and no sojourn in France is complete without at least one meal including this favourite. It is especially delicious accompanied by hard-boiled eggs and steamed green beans.

I'm looking forward to devouring mountains of nutrient-rich witloof, especially delicious in the autumn with some salted anchovies, black olives and the last of the summer tomatoes.

The Garriguettes and Maras du bois strawberries will possibly be around still, yippee! Fragrant strawberries like you've never tasted, they are so intense. The autumn mushrooms such as chanterelles and cepes will be plentiful too.

Robust sourdough breads, the myriad of goat and sheep's cheeses of course and special blue cheeses. And with that, follows a unique something called Fromage Fort. This is a singularly French phenomenon that we have made for years with the left-over bits of cheese that never get biffed, and mount up annoyingly in the fridge.

Well crafted cheeses last very well in the fridge and in true French fashion where nothing is wasted, these petit bouts can be turned into a show-stopping cheese in its own right.

It is native to Provence according to my research, where it is called Lou Cachet (crushed cheese) in Provençal, but appears in many other regions under the name of Fromage fort.

Frederic Mistral, the famous French writer who wrote only in Provençal, referred to it as 'fragrant cheese', something of an understatement! But don't be put off its impressive nose, its gustatory prowess is legend.

In olden times it was enjoyed smeared generously on crusty bread as part of the 'casse croute', something we call morning tea. Nowadays you can sometimes find it as part of the cheese-board in restaurants that have a passion for cheese, particularly in the south. Otherwise you might come across it in someone's home as part of the cheese course if you are lucky.

We make ours in a smallish stoneware jar with a lid and add to it as we go.



Fromage Forte

Toss all the ends of cheese into a glass bowl. Goat, sheep or blue cheeses work best I find.

Sprinkle over a teaspoon or three of cognac, Calvados or Eau-de-vie, several sprigs of Savory preferably but fresh thyme will do, and plenty of grated black pepper. Crush it all together to a smoothish, creamy consistency, sort of like cottage cheese.

Line the jar with bay leaves dipped in a fruity olive oil and spoon in the mixture. Seal the top with a little more alcohol or olive oil, and leave in a cool place for at least three days.

Top up with more ingredients as you use it, and be warned – the last layers can be breathtakingly gutsy.

Sarah La Touche is a qualified Clinical Nutritionist. A registered member of the New Zealand Clinical Nutritionists Association, she also runs Plum Tree Cook School, Plum Tree House B&B and self-catering accommodation in Mapua, and walking and gastronomic hosted holidays in France and Spain. She is available by phoning 027 315 1165. sarah@livingnutrition.co.nz or

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Mapua School Competition

Win two fruit or nut trees!

2 per year group

Time extended!

The competition to make an A2 poster full of pictures and information about your favourite fruit and nut trees is extended. Students have until the **6th August** to hand their posters in to their classroom teachers.

Sixteen tree prizes...one per year group for the school to plant and one per year group for the best entry in year group to take home.

Sponsored by the local branch of Tree Croppers association. Judith Holmes 0210728924

Why Do Muscles Get Sore After Exercising?

You will have heard the expression, “no pain, no gain” when it comes to embarking on a fitness journey, but have you ever wondered why certain forms of exercise result in pain in the form of muscle soreness?

The technical term for muscle soreness after exercise is DOMS, which stands for delayed-onset muscle soreness. Besides feeling sore, this term also encompasses experiencing reduced range of motion and muscle strength. You will usually experience this 24 to 48 hours after you try new activities/exercises or increase the intensity of your workout. While DOMS can seem similar to trigger points, trigger points are different in that they are a type of muscle soreness that are the result of an over-used muscle and feel more like a knot in the muscle.



There is a myth that DOMS is caused by lactic acid build-up. However, lactic acid lasts in your muscles only 1-2 hours after finishing a workout, so that's not the likely cause. Resistance training causes micro-tears of muscle fibres, which draws increased blood flow and inflammation to the area (you may even notice some mild swelling), which stimulates the pain receptors in the muscle cell and makes them more sensitive to movement. The muscle damage is temporary, and as the muscle rebuilds itself as a response to

this process, it gets stronger and can handle heavier loads.

How to deal with DOMS

Although DOMS is a natural process that indicates that your body is getting stronger, there are some things you can do at home to reduce the discomfort. Here are some tips:

Prevent DOMS by doing longer warm-ups before your resistance training.

Take an Epsom salt bath. Epsom salts are high in magnesium, which help promote muscle relaxation and improved circulation.

Do a gentle workout such as light cardio or stretching and yoga the day or two after an intense workout. Pick up the intensity again after the pain is gone.

Engaging with our patients on whatever level they are at is something we enjoy immensely at Coast & Country Chiropractic Centre. Chiropractic to a large extent focuses on the neurological aspect of our amazing bodies by paying special attention to our main structure—the spine. Of course we all want to be strong and active no matter our age, and without a doubt our muscles play an important role in supporting our structure. The point being, it's just good to know when and why they sometimes talk to us. After all, if you wear your body out, where are you going to live?

Dr Ron Howard

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Simon Noake
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Playcentre

Mapua Playcentre is thriving! The Monday session is now full. If this is the day you wanted to join you will need to contact us and put your name down on the waiting list. There are still some spaces left on the Friday session so pop in. If there is enough interest we will consider opening for a third session during the week.

Why is Mapua Playcentre so popular? It could be the awesome venue, friendly people, great play activities, fun day trips or the strong community spirit. It could also be that it provides an opportunity for parents to grow alongside their children, and to take on leadership or gain further education if that's what interests them, (but more on this next month). The

only way to really know for sure what it is to come and have a look yourself. Everyone is welcome.

Come and check Mapua Playcentre out. 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 021 253 4264, email: mapuaplaycentre@gmail.com or find us on Facebook.

From the Mouth of a Playcentre babe:

Master 4: Grandpa, you're bigger than me.

Grandpa: Yes because I'm older than you, you know.

Master 4: I know. You got here first and I was still waiting.




Playcentre

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

Mapua Playcentre
84 Aranui Road
ph. 540 2386
mapuaplaycentre@gmail.com
or follow us on Facebook

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Whānau tupu ngātahi - families growing together



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Internal Arts of Health
No bookings required / bring a friend
visit www.taoist.org.nz

NEW BEGINNER CLASS
Starts: Tuesday 4 September 2018
1.30 – 3.00pm
Venue: Community Hall
72 Aranui Road, Mapua
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The preacher's five-year-old daughter noticed that her father always paused and bowed his head for a moment before starting his sermon. One day, she asked him why.

"Well, Honey," he began, proud that his daughter was so observant. "I'm asking the Lord to help me preach a good sermon."

"How come He doesn't answer it?" she asked.

Motoring

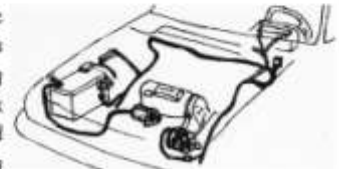
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Will you be let down by your Vehicle's Battery

A battery can be viewed as the heart of your vehicle, and needs care and attention to ensure its reliability. It releases electricity, which is vital to starting the engine and powering all of the lights and accessories.

The battery is just one component of the vehicles 'starting and charging system'. A faulty or weak battery may cause voltage and current variations, creating stress and possibly premature failure of components within



The many components of a starting/charging system

the starting circuit. This in turn can result in electrical components operating erratically, the engine coming to a stop suddenly and/or preventing you from starting your vehicle.

The potential life expectancy of a battery depends on a variety of factors:

- **Is it good quality?** - As a general rule, the cheaper the battery the shorter its life.
- **Is it the right size for the job?** Fitting a battery that is too small for the job means it will have to work very hard, which can cause it to overheat and fail.
- **Is it fastened securely?** Excess vibration could shorten its life span and damage battery components such as the casing and terminals.
- **What type of driving does the vehicle do?** Bad weather, night driving, short trips or frequent idling result in more power being discharged from the battery than is generated from the engine running. This leads to draining of the batteries power.

Is the vehicle used regularly? Batteries self discharge naturally at a rate of 1 - 60%, depending on the air temperature, amount of use it gets, and the type of battery it is (lead & calcium).

Low use vehicles with lead acid batteries have a greater risk of battery sulfation (a build up of lead sulfate crystals) which significantly reduces the batteries life. Low use vehicles with calcium batteries have a discharge rate that accelerates after a two week period of non-use. Regular use or charging will improve these situations for both lead acid and calcium batteries.

Available options to keep batteries fully charged and increase their life span are:

- To use a maintenance charger (as illustrated). This is attached to your vehicle during non-use and will recharge the battery when the voltage gets below a predetermined rate.
- Regularly, at least once a month, charge the battery back to full charge.

Happy & safe motoring
from the team at



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MAPUA AND DISTRICTS BUSINESS ASSOCIATION

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

I woke up this morning and saw a spring bulb poking its head through the frosty soil—I took that as a sign that winter will soon be a distant memory....too soon perhaps?

We are in the midst of collating the information for this years Community Directory—so if you know of anyone in the area that has moved out of or into the area, please drop me an email and I will ensure their details are added to the next Directory.

Mel Stringer—Administrator MDBA



ALBERTA'S

What better thing to do is there than sitting outside Alberta's with a steaming mug of something delicious watching the twinkling of the water and admiring this stunning place we call home?

They have a fabulous collection of coffee and hot beverages—not to mention an amazing display of fabulous food! The doughnuts are to die for—but you'll have to get in quick to secure one!!

Alberta's is open daily 7.30am-3pm.

Shed 4, Mapua Wharf
03 540 3933

www.albertas.co.nz

Find them on facebook @albertasmapua

Neudorf Olives



Welcome to Neudorf Olives - award winning, Single Estate Extra Virgin Olive Oil, from Nelson, New Zealand

Neudorf Olives is a family run grove, found high in the rolling hills of Upper Moutere. This is an area that combines high sunshine hours with the ideal growing conditions of the Moutere clay soils.

We bought the grove in 2007. It consisted of 850 mature olive trees, planted in two Tuscan varieties – Leccino and Frantoio, and one Greek variety – Koroneiki. Planted predominantly on steep hillsides, this presents us with challenging conditions for maintenance and harvesting but provides us with spectacular sea and mountain views of the Abel Tasman and Kahurangi National parks.

We love to hear from our customers and stockists, feedback is always welcome. If you are interested in becoming a stockist or a trade customer, then please give us a call, and we will happily discuss your requirements.

*Jonathan and Susan Pine
Neudorf Olives
598 Neudorf Road
Upper Moutere
Nelson, NZTel: (03) 543 2434
Reach us via email at thegrove@neudorfolives.co.nz*

www.mapua.co.nz

Supporting Local Businesses since 1992

Noticeboard

Mapua & Districts Community Association AGM: Monday 13 Aug 7pm at Mapua Hall. All members of our community are warmly invited to attend. Inquiries: info@ourmapua.org

Re-cycling for Printer Cartridges: The community re-cycling bin has been re-located to the Library. Printer & Photocopying cartridges accepted. Reduce waste, raise funds for the Library. Two good reasons to re-cycle!

Fibre Craft Sunday. Birch Hall, Richmond A&P Showgrounds. 1.30-3.30pm. Learn to spin, knit, felt or weave. \$5 includes tea or coffee. All ages welcome. Monthly, last Sundays, next: 26 Aug. Run by Richmond Creative Fibre Group: Diane 547-6517 or Karyn 544-9709

RSA: Anyone interested in joining the Moutere Hills RSA is welcome. No former service history is required. A great platform to catch up and meet new members of the community. For more info: 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 Mapua Hall. Contact: Mark Waweru 020 410 48 799. Funded and co-ordinated by Hills Community Church.

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.

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

Mapua Fellowship Group (formerly Probus): Mapua 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 outside Tasman Store. Walk ~1½ hrs, then coffee & muffin back at the Store. All welcome. Just turn up. Fiona 526-6840, fiona.oliver@xtra.co.nz

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

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

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

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

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

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

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

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

Mapua 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. **Fair Exchange:** We are having a seasonal break until September...see you all in Springtime.

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

Croquet Mapua: Come join us Sundays 1:30pm & Fridays 10am at Mapua Domain / Iwa Street end. All abilities welcome. Inquiries Myra Boyd 021 146 0234.

Motueka SeniorNet. Technology for mature adults. Monthly Members' meetings. Help sessions twice monthly. De-mystify technology in a fun and friendly forum. Clubrooms 42 Pah St Motueka. More info: Seniornet motueka.org.nz

Mapua Art Group meets Bill Marris Room Mapua 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

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.

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.