

## Climate Emergency - What's the Story?

Professor James Renwick will speak on climate change in Māpua on Friday 9 August. An internationally recognised climate scientist, he is well known for communicating with warmth, humour, and positivity, while being clear about the seriousness of climate change. He received the Prime Minister's 2018 Science Communication Prize.

His down to earth messages of individual and collective responsibility for climate action are directed at everyone, from individuals to governments and all in between. His language is clear and straightforward and when he states **'the most important thing we can do is talk about climate change'** few could think 'he doesn't mean ME...'. Besides his many speaking engagements he communicates climate science in the context of art through an initiative called Track Zero. Track Zero actively seeks collaboration with artists, scientists and other sectors to tell the climate story in ways that engage people's hearts and minds so they feel empowered to act on climate change.

Professor Renwick has worked in weather and climate research for 39 years and is Victoria University's Head of School in Geography, Environment, and Earth Sciences. He has contributed to the work of the Intergovernmental Panel on Climate Change (IPCC), which informs global agreements on climate change action, and is currently a convening lead author for the next IPCC Assessment Report due in 2021.

At Māpua he will address the current state of the changing climate and what future climate would look

like with global temperature warming of 1.5°C-2°C and beyond, and look at how much time we have and what is required to stop warming at 1.5° or 2°.

This is a vital message to hear and empower us to spread the commitment for urgent action amongst all our networks.

Professor Renwick is hosted by Motueka Greens on **Friday 9 August** at Māpua Community Hall, 7:30 pm, \$10, includes supper. Door sales only; students free with ID. For further information, phone Heather on 03-522 4458.

*Professor Renwick's visit is part of a regular 'Local Matters' programme organised by Motueka Greens since 2018. Local Matters is a series of films and speakers on topics relevant to sustainability and communities and its*

*primary purpose is to engage with the community in discussion and sharing ideas. The programme focus is always issues rather than politics. To date, programmes have been held in either Motueka or Mapua. Visits from freshwater scientist Dr Mike Joy last year and co-housing activist Thomas Nash last month attracted large crowds to Māpua and it is expected that Professor Renwick will draw a capacity audience as well.*

*Several Motueka Greens' members live in or near Mapua, including two of the three Local Matters' organisers, Petra Dekker and Diane Sutherland. If you'd like to be on the email list for future Local Matters events please contact either:*

*Diane <[diane.ellen107@gmail.com](mailto:diane.ellen107@gmail.com)>  
 or Petra <[pdekkernz@gmail.com](mailto:pdekkernz@gmail.com)>*



# Hello Animal Lovers

One of the most heart-breaking experiences is when a beloved pet goes missing. Each year literally hundreds of cats and dogs disappear and for the owners it is the not knowing that is so distressing. Often pets get injured and make for the nearest shelter, but in the case of cats they often look for the best opportunities.

Where I work In Tahunanui, a beautiful cat comes in every day and makes itself at home; nobody knows who owns it or where it comes from. Unfortunately our supervisor feeds the cat, which makes the destination even more attractive.

Some cats have several homes where they are fed and then move on to the next place. It is irresponsible to feed a visiting cat, unless it is clearly starving.

All owners should establish a regular routine where it is attractive for their cat to come home.

I have mentioned this before but because cats are hunters and wanderers, they should be contained at night. This can be established by providing their meal in the evening and somewhere warm and cosy to sleep. Cats are motivated as to what is in it for them, but can be trained to come home every evening.

What can go wrong is when their owners move house or district. It is well documented that animals can travel great distances to go back to their old home. This is because cats are territorial and dogs protect their homes and families.

If it is necessary to move, then careful steps to integrate pets into their new surroundings must be taken. Dogs will usually settled quickly if their owners have moved as they are loyal to their family, which substitutes for a pack. Cats, however, must be contained and slowly integrated into their new surroundings.

I once re-homed a mature cat that I had a great relationship with but after being with me for three weeks disappeared and despite the fact she had been brought to my home inside a carrier in the car made the trip to her old home 10km away. However she did eventually settle and I had her for many years.

There have been some remarkable examples of pets traveling enormous distances to get home. So it all comes down to establishing a routine that includes pets, especially around food as that is one of the greatest motivators.

I am always happy to answer animal behaviour questions.

*Sue Mott, Animal Behaviourist*

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# MDCA—Community Association

We had a very informative start to our last meeting when Rob O'Grady gave an update regarding the progress on the pipeline project from an operational perspective. Rob explained with the new system, once it is in commission it will no longer go from one pumping station to another as currently is the case. Instead there will be a bypass pipe that will carry all waste away from each pumping station that will go directly to the pipeline that goes under the channel to Best Island. Doing this will reduce the impact and load on each pumping station in times of heavy usage.

Rob mentioned that the McKee Domain Dumping Station is now available to paid campers only, with others needing to go to Motueka or other dumping sites.

Luke Donaldson, the community liaison person for Donaldson Civic, explained the process the work crew are using as they work along Aranui Rd. He explained how this work will impact residents and businesses accessing their properties, and how they intend to move as quickly and as thoroughly as possible to ensure, once they have moved on from a location, there should be no reason to revisit that location again.

While undertaking the work outside the village shopping centre Luke warned residents there will be no on-road parking in the area, meaning residents will be required to park further away from their intended destination.

As the work moves further north along Aranui Rd and outside residential properties, the road will be reduced to one lane with a stop/go stationed at each end. Pedestrian access will also be reduced to one side of the road.

Archaeologists Deb Foster and Pamela Jenkins, along with an Iwi monitor, explained the process of monitoring the earthworks to ensure any artefacts that may be unearthed can be catalogued for historical and cultural purposes.

Rob fielded several questions outside the topic brief regarding the storm water system and possible upgrade for Ruby Bay. Even though this was outside the prepared topic the audience were informed that progress is being made and that all major works have to follow a process before it can become a reality.

Rob stated he is willing to come back at a later date to give a more informed update with regard to the storm

water. The MDCA exec will work towards this.

The final plans for the **Ngaio Tree Reserve** are now available. These have been formulated and designed with much of the community feedback in mind. Unfortunately due to some delays finalising these, this upgrade will not now be completed by December as first hoped. Instead commencement will be during winter 2020 with completion by December 2020.

**Environmental.** We had a really good response to our planting days with over 1100 plants in the ground so a big thankyou to all those who have helped out. A small group continues to meet every Tuesday morning to attack the weeds and free up the plants. **Anyone is welcome to join us from 9-12; tools provided.**

On Wednesday 3 July, Dominion Flats group were represented at a meeting at which Shane Jones and Damien O'Connor announced that the government intends to spend a significant amount of money mainly on native trees in the Waimea Estuary over the next three years. The group gathered at Hoddy Park in the pouring rain where both MPs spoke briefly and planted two kahikatea trees to commemorate the event.

## **Transportation and other community issues.**

Currently a copy of the Community Wellbeing Survey, which includes a section on community/public transport, has been delivered to all letterboxes in Māpua and Ruby Bay and some parts of Mahana, along with the MDCA promotion/information leaflet.

The hope is that most people will respond using the on-line link provided, and so far 160 people have done so.

Enter the link [www.ourmapua.org/wellbeing](http://www.ourmapua.org/wellbeing) into your web browser. Extra paper copies are available at the Māpua Hall and Library.

Anyone interested in being involved in future development of this project is asked to contact Elena Meredith and hopefully this will provide us with an ongoing and larger working group to develop options/proposals.

The Tasman Area Community Association has circulated the transport section of our survey and we hope the shared data will result in a broader stronger basis for developing a transport system for our region.

This project has been possible because of the willing cooperation between and communication across many

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community groups with special thanks to Vicki Stocker of Hills Community Church whose enthusiasm and skills have been invaluable.

**So – if you haven't already done so, please fill out your form and send it back and encourage your friends and neighbours to do the same. We are hoping for a good response.**

**AED's.** A question was raised about the possible need for a device stationed in Ruby Bay; perhaps by the shops. We are keen to hear your opinion whether there is the need for one in Ruby Bay and if so how could the \$2800 - \$3000 be raised.

**Ruby Bay Water Infrastructure Group** This group of local residents plan to continue their work independently from the MDCA and have agreed to report their progress to MDCA in an effort to ensure continuity of cooperation is fed into the bigger community 'water' picture.

**Māpua Community Care Project (MCCP)** plan to hold a community consultation meeting directly following their AGM on 23 October at 7.30pm in the Māpua Hall. An invitation is extended to all members of the community to attend both these meetings.

Finally... **the AGM of the Māpua and Districts Community Association will be held on Monday 12th August at 7pm , Bill Marris room, Māpua Hall, and we would love to see you there.**

A number of the executive are standing again but if you would like to join the committee we would love to share the load.

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— Lisa Allen, Nelson Fringe Festival

Photo Credit: Carle Dobbie

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## Book Review

*"The Great Alone"* by Kristin Hannah

If you decide to read Kristin's latest novel ensure your chores are up to date as this is a book that is very hard to put down. To my surprise this lawyer turned author has written twenty two other fictional stories and many are in our library.

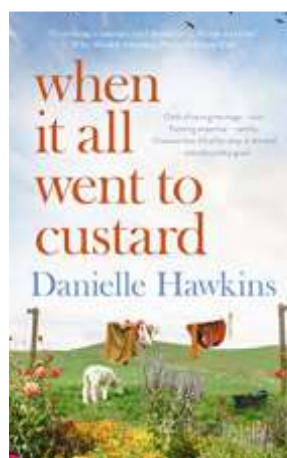


It is set in the harsh, untamed and unpredictable Alaska of the 1970s and provides a window into a vanished way of life in this country of extreme climate and grand striking landscapes. Kristin's trademark is described as "a combination of elegant prose and deeply drawn characters." This story is like a travelogue wrapped around three characters who draw the

reader into their lives.

The outbursts from a recently returned serviceman and prisoner of war in Vietnam, Ernst, test beyond endurance his wife and daughter's love. This is a hugely powerful

story and not surprisingly won an instant New York Times Bestseller award along with many other awards.



*"When It All Went to Custard"* by Danielle Hawkins  
This young New Zealand vet, farmer's wife and mother has written three stories set in the King Country and each capture typical Kiwis reflecting our voices, our stories and our outlook on life.

Characters are captured with few descriptive phrases but it is easy to identify these folk and their lives as they are one of us.

"Warm and witty with a convincing dialogue "a reviewer notes as the reader is drawn in to the trials and happiness of family life. From infidelity, to a marriage breakup and the affect that separation has on children, we join Jenny on her journey through this difficult part of her life. A light, amusing and entertaining story from a skilled writer.

# Māpua Health Centre

We are delighted to report that our practice has been accepted to join the NZ Health Care Home Collaborative.

The aim of the Health Care Home model is the creation of an improved and sustainable primary care service for New Zealand. It places the patient at the centre of their health journey, enhancing and simplifying their experience and enabling our team to be more proactive, responsive and effective while also giving our practitioners the tools they need for better management of their time and resources.

This will be a three year process of gradually introducing an integrated model of care that includes convenient and flexible appointments, access to a wider range of services and a team approach to patients' care.

The **Integrative Medicine** component of the practice is being moved this month to rooms at Te Ora Centre, 69 Aranui Road (next to the vets), due to the lack of space in our current building.

Dr Tim Ewer will be working from there on Monday and Tuesday mornings, and all day Wednesday. He will continue to provide GP services at the Māpua Health Centre on Monday and Tuesday afternoons, as well as maintaining his role as the principal of the practice.

Dr Caroline Wheeler will also be working at Te Ora Centre on Thursday and Friday mornings and appointments for both doctors can still be made through the receptionists at the Māpua Health Centre on (03) 540 2211. Our integrative health nurse, Camilla, will be working from Te Ora every morning from 9am-1pm.

Over time, ear syringing has become the less favoured option for ear wax removal, with ear suctioning now considered the safest and gold standard method.

In view of this, we have recently purchased ear suctioning equipment and three of our nurses have been trained in using this method, so that a nurse will be available to provide this service on a daily basis. If you would like more information about ear suctioning please do not hesitate to chat to one of our nurses.

We would like to welcome Tori Catherwood, our new final-year medical student. Tori will be joining us at the end of the month for three weeks and as always, we appreciate the support the community gives our students.

Ricki-Lea, our Registrar, is on leave for three weeks this month as she is part of the Lochiel marching team who will be showcasing their skills at the Edinburgh Tattoo. Ricki-Lea and the girls are currently the NZ National Champions. We wish Ricki-Lea and the team all the best for what is likely to be an awesome experience.

If you are still wish to make use of the flu vaccine, it is available for free 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.

It is daffodil day this month in support of the cancer society. A recent study has shown that improving fitness towards a peak level can decrease lung cancer by 77% and bowel cancer by 66% (Cancer. 2019 Aug 1).

Whereas, the drinking of sugary drinks, including fruit juice, has been positively associated with the overall risk for cancer (BMJ. 2019 Jul 10), and that eating highly processed foods may raise 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 events for the month, including:

- 1-6 World Breastfeeding Week  
worldbreastfeedingweek.org
- 9 International Day of Indigenous People www.un.org
- 12 International Youth Day un.org/en/events/youthday
- 26-1 Iron Awareness Week www.ironweek.co.nz
- 30 Daffodil Day, Cancer society NZ cancersociety.org.nz



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*Edited by Andrew Earlam (advertising) 540-2845, and Jane Powell (editorial). Views expressed are not necessarily those of the editors. We aim to have the newsletter out by the 1<sup>st</sup> of the month. The deadline for emailed items to [news@coastalnews.online](mailto:news@coastalnews.online) is the 20<sup>th</sup> of the month. Noticeboard items are a gold coin donation in the collection boxes. Club notices are free. Printed by the Tasman District Council. We are definitely looking for a **volunteer** to help with the production of the **Coastal News**. Experience with MS Publisher essential.*

# Whenua Iti Outdoors – Experiential Learning

## What's been happening MOA at WIO

We've been loving having our MOA MEA (Mini Outdoor and Mini Environmental Adventurers) onsite. Years 1-4 (5-9 year olds) have been experiencing the fun of WIO and it's wonderful hearing and seeing them embrace the challenges we put in front of them. The Whenua Iti Foundation has committed to supporting 1000 places and we are looking for local businesses to collaborate with us and sponsor a class to attend – please let us know if this is something that interests you.

## What's coming up – holiday programmes

We now have holiday programmes galore in the planner – there are programmes for all ages and abilities including a 9-day extravaganza focused on outdoor skills for 15+ year olds, Senior and Junior Journeys, Go Wild and Duke of Edinburgh Adventurous Journeys. You can fundraise to pay for your WIO experience so now is the time to plan your car washing, raffles, quizzes and book your spot on the adventure of a lifetime!

## Focus on... Duke of Edinburgh!

WIO is now an Open Award Centre for the Duke of Edinburgh. This means you can enrol and take part in the Duke of Ed with our support. We have a meeting once a month where you can meet fellow award participants and find out more about the strands of the award. We also offer the Adventurous Journey at all levels and opportunities for Gold residential

## Outdoor Wanderings – Kaiteri

This has to be the best time of year to visit Kaiteriteri if you are a local. The mountain bike park is nearly empty and has awesome rides for the whole family. There is a

wide variety of walks along the coast and also inland from the back of the camp ground where you quickly climb to see some wonderful views. Still winter days provide calm seas so a kayak adventure exploring the coast is also an option and there are great deals on the ferries if you fancy a day in the Abel Tasman. Finish off with an ice cream or coffee and we reckon it's a winner for a winter day out!

We'll see you out there!

[www.wio.org.nz](http://www.wio.org.nz) [info@wio.org.nz](mailto:info@wio.org.nz)



Above: Trades Academy Environmental Science students learnt all about our natural environment through hands on learning.



Above: Look out for the MOA at WIO!! Mini Outdoor Adventurers having a blast!



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# Pastel Artists of New Zealand

Oh dear, it's raining! Good for the garden, good for writing and good for getting cracking with our pastel winter challenge. Well the first two are underway but I have yet to start on the third, the challenge! As a group we have selected two pictures; one is a tree in glorious orange, autumnal technicolour and the other is bees buzzing in blossom. They were chosen to inspire rather than copy. At first glance the biologist in me saw nerves and neural pathways in the branches of the tree; this might be a step too far but I have until 6 August to put my pastels to paper and then reveal my creation. It is always surprising and amazing what our group of artists devises from simple beginnings and the big reveal is a day to look forward to.

Members of PANZ Nelson meet every Tuesday in Māpua Community Hall. Sometimes it is all about our personal painting (with a chat and cup of coffee, obviously!) but every so often a task will be thrown in that challenges thinking and skills. These are optional but well worth doing for fun and to throw up new ideas. As I write, the 'Big Picture' will be the next event in the 'challenge calendar'.

The Tasman National Art Awards and Exhibition, to be held in our own community hall in October, is a prestigious event for work in all forms of media and the organising committee will welcome visitors and entrants alike. Information can be found on the art awards website or Facebook page [www.tasmannationalartawards.nz](http://www.tasmannationalartawards.nz)

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

*Sue England*



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# Māpua Youth

Hello to all the Coastal News readers. I thought you would like to read an update of happenings for youth in Mapua. We have two groups:

The Intermediate youth group - this group meets every Thursday at Hills Community church between 3.00 and 4.30 pm.

The Senior Youth Group, who meet in the Māpua Community Hall from 6.30 pm to 8.30 pm.



So far this year the Intermediate Group have enjoyed activities such as "Treasure in the park", great discussion and amazing food prepared by our volunteers. We have a good-sized number up to 27 kids! The kids enjoy food, friendship and awesome activities.

We welcome any kids who are in Year 6 to Year 8. It is a great spot for kids to drop in every Thursday after school before going home.

The Senior Friday Youth group range from 13 to 18 years. They have outdoors activities like roller skating at the Motueka Recreation centre. They also have great activities and lots of food.



It is great to be able to offer Māpua young people a place to meet and kick back on a Friday evening. Any young person is welcome to come. It is a great place for teens to meet other teenagers from the community. We meet at the Māpua Community Hall every Friday 6.30 pm to 8.30 pm.

Feel free to come check us out.

I would like to thank the community, parents and funders who make this youth work possible with generous financial help.

These people deserve a special mention – they include, Snowden Trust, Rata Foundation, Tasman District Council, ACCT, Motueka Community Store, Māpua Community Trust and Hills Community Church..

*Mark Waweru  
Youth Worker*

**SENIOR MOMENTS**  
Hills Community Church

Held on *second and last* Wednesdays of the month  
At Hills Community Church - 122 Aranui Rd, Mapua

**10 AM to 12:00**



COME ALONG  
AND MEET NEW  
FRIENDS, HAVE  
FUN AND ENJOY  
MORNING TEA.



## Hills Community Church Sunday Worship

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

## Youth Groups

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

Years 6 to 8 Thursdays at Hills Community Church 3-4 pm.  
[www.hillscommunitychurch.org.nz](http://www.hillscommunitychurch.org.nz), phone 540-3848

# Māpua School celebrates Matariki

The annual coming together of the Māpua School community for Matariki has grown to be a much-anticipated event over the last few years.

On June 27, the Māpua Community Hall was alive with colour, creativity and community. Taura (students) had been working on creating beautiful works of art, which adorned the walls. Whanau joined us for an evening of



entertainment and food, and to take the collective opportunity to stop and be thankful as we look ahead to the coming year.

Entertainment was provided by our two Kapa Haka groups and the school choir, who all did a fabulous job of showcasing just how talented our young people are.

A huge "thank you" must go to our two dads, Cam and Sandy, who took control of the kitchen to produce beautiful curries for us all to feast on.

A new addition to our Matariki celebrations this year was the awheawhe (workshops) for adults during the week. Our talented teaching staff and community members shared their skills in weaving, poi making, local stories and tukutuku.

It was fantastic to have our community in school



learning alongside us and I'd like to thank those who were able to both lead these workshops and participate in them.

We had two speakers share with us on the evening.

Lara Hania urged us all to become aware of our environment and to take ownership as the kaitiaki (guardians) for the care of it.

Gordon Toi inspired his audience to embrace the path of being a creative. He spoke about the joy of waking up and knowing you get to create every day. It was fantastic for our tamariki (children) to hear that their creative skills and abilities are valued and have an extremely important place in our society.

I would like to extend a huge thank you to everyone in our community who came together to make our Matariki celebrations such a success. Once again, it made us realise

what an amazing community we are part of.

*Sharon Prestidge  
Deputy Principal*

Thank you to Neil Smith from Chocolate Dog, who came along and captured the evening for us. We appreciate your ongoing support of Māpua School, Neil.



## Do you have a child who will be attending Māpua School in 2020 or 2021?

If so, we would love to hear from you ([admin@mapua.school.nz](mailto:admin@mapua.school.nz)).

If we have this information early, it really helps us for our future planning with staffing/ learning team makeup, etc.

We welcome you to pop in and have a look around and a chat to see if Māpua School is the right fit for your whānau. Please email [admin@mapua.school.nz](mailto:admin@mapua.school.nz) to make a time.

*Ngā Mihi  
Sharon Prestidge  
Deputy Principal*

# Māpua Playcentre

## New Thursday Session at Māpua Playcentre: Meet Liz!

We are very excited to be opening a new session with the amazing Liz Ashburner facilitating the session for our existing and new families.

Our numbers have been growing for some time and we are ready now to take the plunge and open three times a week.

Here is an intro from Liz:

"I am a mum of four with a background in community work and home-based education. I joined Playcentre seven years ago after moving to the West Coast with three young children.

I knew no one in the area and the local centre became my support network, my community and the setting for so many great memories for our family.

Since returning to Nelson in 2014 I've continued with my Playcentre training and have been working for the last two years as a Supervisor at various centres around the region.

I have held officer roles in both Westport and Wakefield Playcentres and am also a facilitator with Space

for You and Your Baby.

I am passionate about outdoor play, sustainability, great children's books and connecting with nature. I truly believe that children (and adults!) learn best when they follow their own interests, that parents are the best first educators of their children, and that the Playcentre environment fosters a love of learning which can last a lifetime. When I'm not getting messy with the tamariki at Playcentre, I enjoy gardening, yoga, creativity and hanging out at the beach with my own children.

I'm looking forward to getting to know families in Māpua and becoming a part of your vibrant community."

Come and meet Liz on our new Thursday session, or pop in for a visit on any of our Monday and Friday sessions.



We offer a term of free sessions

for first time families and all children under two are free. Sessions run from 9.30am-12 noon during school terms. You can find us at 84 Aranui Road (behind the tennis courts by the scout den).

Alternatively, please contact us with any questions you have either by phone: Kathryn on 021 2534264, email: [mapua@playcentre.org.nz](mailto:mapua@playcentre.org.nz), or find us on Facebook.

# Playcentre

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

Mapua Playcentre  
84 Aranui Road  
ph. 540 2386  
[mapuaplaycentre@gmail.com](mailto:mapuaplaycentre@gmail.com)  
or follow us on Facebook



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## Lynda's Exercise Classes in the Mapua Hall, Term 3

**A 9-week term starts July 30<sup>th</sup>.**

Classes on Tuesday evenings 6pm and 7pm, Wednesday & Friday mornings 9.05am & 10.05am, and some Saturday mornings 9.05am & 10.05am.

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

No casuals, sorry.

Strength/weight training, Aerobics and Pilates.

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[lynda@hht.co.nz](mailto:lynda@hht.co.nz) 0272221491.

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# Musical Notes of my Life by LM

*"The paintings on the walls of release  
Are colourful but are no Matisse  
And I'm divided between penguins and cats....."  
Belfast (Penguins and Cats) By Katie Melua*

## Prisoner of the White Lines on the Roads

In the late 1990s I turned a corner in my life. Actually, I turned quite a few because I became a driving instructor in Belfast. It was a job that I swore to myself that I would never do, even though it was suggested to me by family and friends.

My reason for not wanting to be a driving instructor was that I felt I would become bored very easily and before I knew it, I would be teaching my customers handbrake turns and 360-degree skids. These were the skills I possessed after spending time as a reckless teenager with my parent's car and years in the army perfecting these manoeuvres in Landrovers.

My driving instructor career was only ever going to be a stop gap until I figured out what I really wanted to do with my life. Ten years later I was still trying to figure it out and by this time I had put hundreds of people through their driving test.

It's a common misconception that you need nerves of steel to do this job. As the instructor, it was up to you to be in control by using good teaching methods. Hence, I was never scared of other vehicles and general traffic, it was more my customers who had the ability to make me worried, not their driving; more their personality traits.

I taught people of all ages from 17 to 64 years old, both genders and across the social and work spectrum. To give you a few examples, there was a twenty year old women called Angela.

After the first couple of lessons I realised we had a slight problem. Angela would close her eyes (whilst driving) whenever I gave her instructions, so I was faced with a dilemma. Give her instructions, she would close her eyes and we would potentially crash or not give her any

instruction and we would still potentially crash.

Jack was seventeen and eager to pass his driving test as soon as possible. Although more than capable, Jack failed his test seven times. As soon as an examiner sat beside him, Jack's mind (against his will) would leave him and float off to the far side of the moon.

Hence, when he was asked to turn right at the roundabout, that's exactly what he would do. The problem was he didn't attempt to go around the roundabout to do this, he just would turn right into on coming traffic. He just took a short cut, I guess.

It was with great relief to me and the examiners (he was on their Christmas card list) to see him pass on his eighth attempt, just a week before his 18th birthday. Apparently, it took him eight times to get his 18<sup>th</sup> birthday party right too.

Kerry, 40 year old woman, passed her test first time and in some ways was my biggest challenge. When I met her for her first lesson, I asked her the usual question "have you had any driving lessons before?" "Yes" she replied "I've had twenty five." Seeking more info, I repeated "Twenty five lessons." To which Kerry replied "No, not twenty five lessons; twenty five instructors."

My brain screeched to an emergency stop. Twenty five instructors. She began to reel off the names of every other instructor in the area. I was the only one in the area that she hadn't tried. Somehow, I managed to get her through her test.

One day I took a call from the Probation Service. They had a customer for me who was due to be released from the Maze prison. This infamous prison was home to Northern Ireland's hardened criminals and terrorists from both sides of the sectarian divide.

The prisoner called Terry was in his early forties and he had day release every Monday. I would collect him from his house in the heart of the republican area of Belfast at 2pm. He would have his lesson, get dropped off again at his house and have a couple more hours of freedom until he was returned to the Maze prison.

The places that you took learner drivers to and routes

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for the driving test itself spanned across the city.

You could find yourself doing a parallel park in a place that had kerb stones painted red, white and blue. Union Jacks hanging off lampposts alongside Red Hand of Ulster flags.

Just in case you hadn't picked up on the clues there would also be a mural on the gable end of a house depicting a man wearing a balaclava and pointing a gun. The words above him would read 'Welcome to Loyalist South Belfast'.

I'm no expert on advertising and marketing but I think they could have injected a bit of warmth into that welcome by maybe dropping the balaclava at least. Of course, it was the same in other parts of the city but different colours (green, white and gold); different allegiances.

One of Terry's lessons took us into a loyalist part of the city, and whilst he was executing a perfect three point turn between the red, white and blue kerb stones, he stopped looked, at me and said, "Can we get the hell out of here and quick?"

He was visibly shaken, and he told me that he would be recognised as a republican in a loyalist area. So off we sped at 30mph, having of course checked our mirrors and blind spot.

He asked me at the end of the lesson if I wanted to know what he had done to be locked up for a considerable length of time. Acting nonchalantly, I said, "It doesn't bother me, you are just a customer that I am teaching to drive". Of course, I was very interested about why he was inside, so I let him continue and tell me.

Terry had robbed a bank at gun point. This would have been an order from the republican army as all criminal deeds were controlled by the paramilitaries on both sides. He continued on and told me the key elements to robbing a bank were maximum terror, minimum time.

I would have thought that not getting caught would've been an element too, one maybe Terry had overlooked. To Terry's credit he did say that at the time he thought it was a victimless crime i.e. nobody gets hurt and the bank can handle losing the money, but when he went to court and heard how terrified the staff



had been, he realised the awful impact it had on them.

Terry went on to pass his driving test first time. My job was done. At least I knew that if he robbed a bank again he would drive safely as the getaway driver.

# Māpua Bowling Club

## THE WRITE BIAS

If only one word could be used to sum up the occasion of Wednesday 17 July at Māpua Bowling Club, it would be friendship.

It was with some anticipation that a small group of Māpua bowlers prepared the club room for a game of indoor carpet bowls and the arrival of their competitors. Sure enough, the competition arrived punctually in two minibuses, a dozen residents from Jack Inglis Friendship Hospital, and it was fun from the start. It was raining! Bear in mind these are elderly people, some in wheelchairs, many using walking frames, so it was something of a mission to get them inside, dry and comfortably seated but there was no grumbling, just plenty of laughter.

Chairs were arranged in a large circle; everyone was seated with one bowl each. X marked the spot on the carpet for the jack and away we went. They were good! We had some seriously close heads (though a few wild bowls from Māpua members whose names are not for the public domain) and it was wonderful to see everyone thoroughly engaged.

Māpua won but only just. Two sets of seven games were played and the score each time was 4/3 in favour of the hosts. But it just didn't matter who won or lost; this was about community spirit and making new friends. It was a first for everyone but was apparent even before the first bowl was played that it wouldn't be the last.

Cups of tea, cakes and savouries went down a storm after the bowling and the friendly banter could have raised

the roof.

It was our pleasure to host these lovely people. I know they had been practising and I also know they will practise some more. Who will win next time? Who cares, just as long as they come and visit again.

*Sue England*



Margaret and Betty, bowlers from the Friendship Hospital

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# Vivid story of a Hard Life on Sailing Ships

Mapua's Alastair Rose has been on a 'voyage of discovery' in recent years while researching a 108-year-old memoir written by his great grandfather.

That ancestor was a sea captain, Henry Rose, and his story of nineteenth century sailing ships includes carrying troops to the Crimean War, coolies to South America, convicts to Australia and settlers to New Zealand. It is full of colourful word pictures of a hard life at sea.

As a third mate, Henry witnessed four convicts being sentenced to twenty four lashes each with the 'cat-o-nine-tails' for breaking into a storeroom and stealing rum.

'I had never seen a man flogged...' he wrote. 'I shall never forget it.' First due to step out on deck was a large former river worker from Thames who refused to move. 'Captain Anderson... walked up to the man... placing his revolver close to the man's head... You could have heard a pin drop... Captain Anderson called out once, "Will you go?" twice, "Will you go?", the convict, all the time keeping his eye on the captain's, whose hand and voice were perfectly steady. The third time as Captain Anderson said, "Will you go?" the man stepped out. Captain Anderson told us afterwards that he never felt so glad... in another moment he would have shot him dead.'

Henry's memoir has been fleshed out with illustrations and much extra research by Nelson writer and historian Karen Stade to produce a book called *Driven by the Wind*. Another Māpua resident, writer Paul Bensemam, has helped in the editing and it is published by Picton-based Carol Dawber through her River Press publishing firm.

Alastair is a retired orchardist, a former chairman of the Bluffs Fruitgrowers Company and secretary of Moutere Hills Fruitgrowers. He was a key figure in restructuring agricultural training and helping design courses run by experienced farmers. This led to a role under the Bolger-led Government in the 1990s, based around the 1992

Industry Training Act, part of wider education reforms. The schemes were regarded as models for other industries. He has spent much of the past two years working with Karen on the book.

*Below: Alistair Rose*



'When our family first found out about the memoirs of Great Grandfather Henry Rose, we all asked the same two questions arising from the first sentence: "I was born in Mompox, Colombia, South America on the 5<sup>th</sup> of December, 1833".

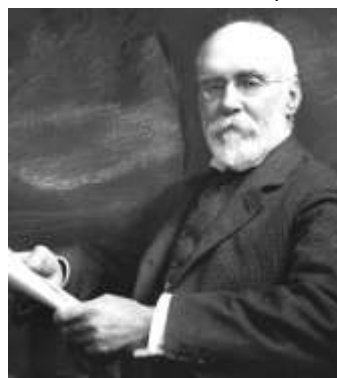
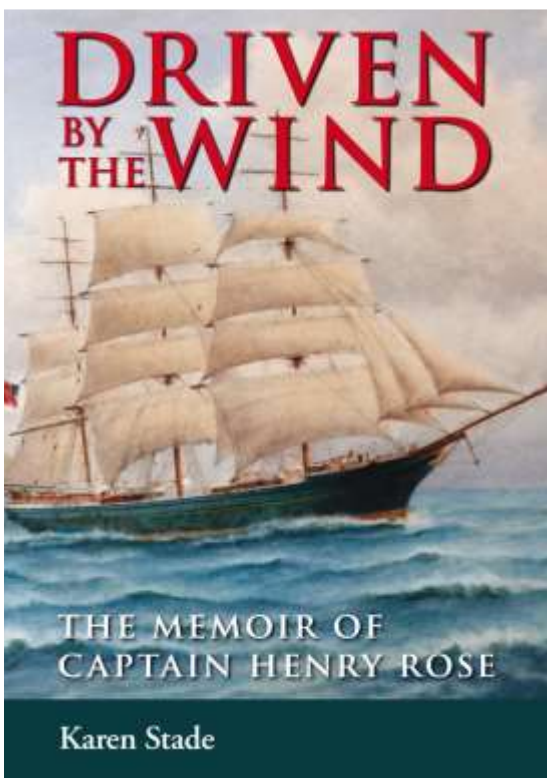
'Where is Mompox, and what on earth were Henry's parents doing there?

'Karen's patient research has found that Britons had been part of General Simon Bolivar's Army of Liberation, which fought Spain for the independence of Colombia. A growing ex-pat English community built up around the British military operations and Henry's father was a clerk in the War Office in Mompox.'

Henry was an incredibly brave and determined young man; beginning as cabin boy at age fourteen, ship's apprentice just shy of his sixteenth birthday, third mate at eighteen, second mate at twenty, first mate at twenty two, and master at twenty four, before taking command of his first ship at twenty six.

Alastair hopes his great grandfather's story will not only give family members and others a glimpse into life on sailing ships, but also an inspiration about 'the adventures which might await if you have the courage to follow your dream'.

*Driven by the Wind, the Memoir of Captain Henry Rose, is being launched at the Māpua Boat Club, Māpua Wharf, at 2pm on Sunday, 11 August.*





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The walking is mostly on good trails and ascents are not huge - the highest pass on the Fitzroy circuit barely exceeds 1500m. It should be well within the capabilities of reasonably fit walkers. We stay in private camps in Fitzroy and cosy Refugios in Chile.

Overall, the good standard of accommodation and excellent food tend to compensate for the hardships that may be encountered in the mountains and this remains very much a civilised holiday. **Nov trip - GOING...going...!**



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# Tasman Bible Church

## Pruning on purpose.

“Cut ‘em back hard - they like it.”

“They’ll come away strong – the vigorous stuff can handle it. You’ll encourage a healthier plant anyway.”

Such was the advice of the elder lady as a group of us sat discussing the sort of work going on in our gardens at the moment.

I’d commented on how I hadn’t got to my roses yet, but the good wisdom sitting around that warm room reinforced that roses are hardy, and there was wiggle room as to when was the best time to prune. What was important though was to “cut them back.”

It’s an interesting subject, isn’t it . . . pruning I mean.

Plants need to be pruned to encourage vigour, and for flowering or fruiting there are different requirements according to species.

The wise ladies in the gathering that morning have spent most of their lives on local orchards at Mariri and knew what they were talking about. I’d learnt in passing, for example, that I should ‘train’ my young apple trees to branch out horizontally as apples fruit more abundantly from growth springing off such wood.

I could force limbs to a more horizontal form by pulling them downwards with some stout string anchored to a stake, or I could place spacers between the trunk and younger lateral branches that could be trained outwards.

‘Training’ and ‘pruning’ are fundamental tools of the orchardist in creating strong structures that will bear fruit for many years to come. And a goodly pruning to a rose bush can reap a glorious display of colourful blossoms come the summer. Pruning is necessary to be productive or pretty!

At times I’ve been reluctant to cut back wood that’s grown on my fruit tree, or to snip off two-third lengths from the stems of my roses either for fear of losing something or being the “butcher of the bushes!”

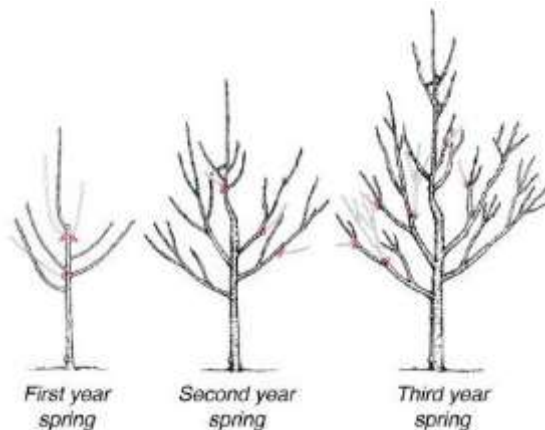
But I silence my inner doubter and get stuck in with the pruning shears. What makes this easier is the results I’ve seen in past years and that spurs me on with the anticipation of the good things to come.

With my younger trees I’m trying to set them up for

stability and to get their form right. And sometimes the pruning can also be used to take out deadwood or segments that are diseased or unruly and undesirable for a healthful tree . . . or a beautiful specimen.

Why is it then that we humans seem to think we should be free of such universal principals . . . to branch out in any direction we want to . . . and to just “go for it”. No restraint. No trimming, training or cutting back, as my wise friends understood. Some humans don’t seem to like the thought of being subject to the “Master vinedresser.”

If we view pruning as punitive, rather than restorative - producing good things - then we could lose sight of God’s undying care and concern toward us. Though it can be uncomfortable, the best thing you can do is let God shape and prune you, where necessary, because after the hard part is over, you’ll see some beautiful results!



*Greig Caigou is still learning to grow good fruit well, and is Pastor at Tasman Bible Church.*





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# The Playhouse Cafe

## What's On Guide

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2 Closed for private Function	3 International Blues Music Day \$30, Music from 7pm Boogie Train Medicine Woman West Coast Blues Band and many more	4 Open 11am till 4pm
9 Closed for private Function	10 LOCAL LEGENDS \$20, Music from 7pm Tillarman Soul Kitchen Lemon Grass	11 Open 11am till 4pm
16 Solitude presented by Arts on Tour \$20, 8pm start An AMAZING play about the life of Annie Chaffey	17 Closed for Wedding	18 Closed for private Function
22 Hollie Smith Intimate new song showcase SOLD OUT	23 Soul Train Disco Free Entry Music from 730pm 1970s themed night	24 Pole Artistry Student Performance Show Invite Only
25 Open 11am till 4pm	30 Paul Madsen's The BEATLES and QUEEN! \$25, plus \$38 Buffet The best tributeartist	31 Titans of Tunes Original Music contest \$5, 7pm
		1 Open 11am till 4pm

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# What is Pain?

Have you ever ended up in pain for no apparent reason? A pain that just sort of appeared one day? With the current research we now know that such an experience may not be “all of a sudden” after all.

Your pain (and also a whole lot of other symptoms) may have been developing for some time without you knowing about it. It’s a bit like the thousand straws that break the camel’s back. The camel is fine with 999 straws on its back, but one more tiny straw, and it will break.

The straws building up on your camel’s back can include all sorts of things such as poor sleep, awkward postures, repetitive movements, lifting wrongly, stepping off a curb unaware, negative self-talk and minor accidents.

The list goes on and on. Subtle changes can be happening due to all of these things to the point where you reach your limit, your 999 straws.

Then all that is needed is one last minor thing to go wrong and you end up with pain or other symptoms. Symptoms just don’t happen out of thin air. The symptoms that may appear for no apparent reason will most likely be due to changes occurring in your body over months and years.

The sensations we call pain: dull, achy, burning, sharp, stabbing, are felt by all of us at one time or another. Everyone has a slightly different physical response to pain stimuli but pain is basically your body’s alarm system.

So what is pain? Scientists define pain as *“an unpleasant sensory and emotional experience associated with actual or potential tissue damage.”*

The presence of pain itself has been shown to alter all sorts of aspects of muscles that are controlled by the brain, and therefore how they function and move our bodies.

So although the adaptability of the brain is a great thing that allows us to learn new skills, it can in some circumstances be a bad thing too. Put very simply, your

brain can learn to function poorly and sense pain just the same way that it can learn to ride a bike or play the violin or piano.

We know, for example, that there can be major changes in the brain following an injury that very quickly alters the way the brain processes all other incoming messages from the body. It may be that the injured person’s brain automatically goes on high alert as soon as they are in any kind of pain, as a protective mechanism.

But if this goes on for a long time it may change the way your brain perceives the reality of what is happening in and around their body. This is what happens so often in chronic conditions that people develop such as Fibromyalgia and Chronic Fatigue Syndrome for example.

The chronic pain that a person experiences may be fully (or predominantly) a brain problem due to how the brain perceives what is going on in the person’s body and the environment around the individual.

These kinds of maladaptive (bad) changes in brain function are thought to be involved in the

initiation of chronic pain conditions. Even though we most often correlate pain with an injury, there are many causes of pain that do not stem from actual tissue damage or pain that persists once the tissue has healed.

The perception of pain does not always equal tissue damage, or an injury, however this is what exists in those individuals with chronic pain.

This does not mean that the pain is not real, rather it may be more of a communication problem with different parts of the body to the brain. We see this all the time with people who seek the help of our clinic.


They have areas of their spine not moving properly, often for years. As we help the individual to move better it brings more awareness to their brain so it is able to actively control better how their body moves and functions. This is why Chiropractic helps so many people with chronic pain.

The complexity of pain often makes it difficult to diagnose and treat, resulting in a reduction of quality of life for individuals in their search for answers.

If you are in pain hoping to find relief, here at Coast & Country Chiropractic we may be able to help you. If you are hoping to understand more about how your body works and an approach to putting that knowledge to work in a meaningful way for a happier, healthier life we can help.

We are trained in diagnosing, treating and managing pain.

*Dr Ron Howard  
Coast & Country Chiropractic*



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# Ginger Gem



We all need winter warmers, and ginger has to be one of the best. This pungent, aromatic rhizome was domesticated way back in prehistoric times around southern Asia, and was one of the most important dried spices to be used in medieval times.

Gingerbread dates from around this period too, and remains a popular yuletide sweet treat with young ones in European countries to this day. And ginger beer dates back to the 19<sup>th</sup> century when English pubs sprinkled dry powdered ginger on their drinks.

Relatives include galangal, cardamom, turmeric and quite distantly, the banana of all things. We use ginger in a surprising number of things from sweet cakes and biscuits, drinks, flavouring teas, chutneys and relishes, curries and stir-fries, pickled, candied, in soups, fish dishes and sausages. It has a huge culinary range.

Aroma varies depending on where the ginger comes from. Chinese ginger tends to be quite pungent. South Indian and Australian gingers have more of a lemony aroma. African ginger is penetrating, and Jamaican ginger, said to be some of the finest, is delicate and sweet.

Surprisingly, dried ginger is stronger than fresh, and as with mustard, cooking reduces its pungency. Ginger adds refreshing zing and warmth to whatever it mixes with, and has the ability to compliment the flavours that accompany it rather than dominating them. Which is possibly why we don't always recognise it in a dish, although those of us who love it, always acknowledge its presence when we come across it.

Fresh ginger contains a protein-digesting enzyme, which makes it great for marinating fish and meat, as well as aiding and soothing digestion, cleansing and disinfecting. There is nothing nicer than starting the day with a squeeze of lemon and some freshly grated ginger in a hot cup of water. Not surprisingly, it is highly prized in Chinese and Ayurvedic medicines.



So to ward off those winter chills, and make you feel just great, I'll leave you with my simple Carrot, Ginger and Coriander soup.

Just remember when you are choosing fresh ginger, look for large, firm, pale, smooth-skinned pieces, which should give you lots of juice and flesh. Avoid any that are wrinkly or spongy to the touch.

You can chop, grate or rub ginger, peeled or unpeeled, (the skin contains valuable antioxidants and bioflavonoids), use the flesh or juice, and it freezes well too.

## Carrot, Ginger and Coriander Soup

Serves 6

2 – 3 tablespoons extra virgin olive oil or 1 tablespoon organic coconut oil

1 large onion or leek, peeled and diced roughly

3 cloves garlic, crushed

1 piece of fresh ginger, about 3-4 cms, peeled and chopped

1 kilo carrots, peeled and chopped

100 mls coconut milk

400 mls chicken or vegetable stock

1 large bunch coriander, leaves and stalks chopped

Sea salt and freshly ground white pepper to season.

Heat the oil in a saucepan gently over a medium heat.

When hot add the onion or leek, garlic and ginger.

Cook for 3 - 4 minutes until translucent without letting them brown.

Add the carrots and combine, cooking them for 2-3 minutes.

Pour in the coconut milk and combine. As it starts to split, pour over the stock.

Throw in the chopped coriander saving a handful of leaves for garnish, season and bring to the boil.

Reduce the heat to a simmer and cook until the carrots are tender.

Pour the contents into a blender, or use a mixing wand and blitz until smooth and creamy.

Spoon into warm bowls, pop a dab of plain yoghurt on top if you want, sprinkle over a few coriander leaves and serve piping hot with some cumin poppadums, roti, gluten free crackers or crusty bread.

An aromatic glass of riesling Gewürztraminer makes a pleasant addition.

*Sarah La Touche is a qualified Holistic Nutritionist. A registered member of the New Zealand Clinical Nutritionists Association, she also runs B&B and self-catering accommodation in Mapua, walking and gastronomic hosted holidays in France – 2020 culinary tour dates on request. She is available by phoning 027 315 1165, sarah@livingnutrition.co.nz or www.foodiesinfrance.com, or www.holidaystaymapua.nz.*

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# Moutere Hills RSA Memorial Library

## Volume Māpua Literary Festival -

**20-22 September:**

The programme has been released and reveals some very high calibre authors in attendance. Visit the Events section of our website or the Volume website to download a copy, or pop into Volume or the library for a hard copy.

The Festival includes a really exciting Children's Programme as well as the much loved Quiz Night. This year's Quizmaster is Ro Cambridge.

Lit Fest tickets are available from Volume (website and store) and Quiz Night tickets from Volume and the library during opening hours.

**Displays:** Chris McGuigan's embroidered portraits and paintings feature until 8 August when Amy de Groot's pastel work will be hung. You are very welcome to pop in and enjoy the warmth and this display of local talent.

**History/Archiving Guidance:** Do you know a student of history or someone who has an understanding of archive practices? We have volunteers who have collected up quite a bit of information but none of us know what 'best practice' is for an entity such as a community library. We would love some guidance on exactly what and how we should be archiving. Please contact Maureen on [maureen.doherty@xtra.co.nz](mailto:maureen.doherty@xtra.co.nz)

AND

We are collecting more information from long term local residents about the history of the library.

Who should we be in touch with?

Volunteers to offer their memories are very welcome.

Please contact Sue on [mslockhart47@gmail.com](mailto:mslockhart47@gmail.com)

**Wireless Mouse:** Does anyone have a wireless mouse that they no longer have any use for? We would love to have one for our left-handed mouse-users! If you do, please drop it off at the library during opening hours.

**Magazines:** All subscribed magazines are now available for a two week borrowing period.

*Lynley Worsley*

## Library Hours

(closed Statutory Holidays and New Year's Eve)

Monday 2 pm—4.30 pm

Tuesday 2 pm—4.30 pm

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

Thursday 10 am—12.30 pm; 2 pm—4.30 pm

Friday 2 pm—4.30 pm

Saturday 2 pm—4.30 pm

[mapualibrary@xtra.co.nz](mailto:mapualibrary@xtra.co.nz); Facebook: Māpua Community Library; [mapuacommunitylibrary.co.nz](http://mapuacommunitylibrary.co.nz)

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## Māpua Kai Collective

Tuesday 16 July was cottage pie day for the Kai Collective at the Māpua Hall kitchen. Thanks to the July team led by Rose and Judy: Gael and Jayne, Chrissie and Chris, Lynley, Lindle and Carolyn.

Since May the Collective has prepared and filled 65 containers of beef casserole, 30 soups, 78 macaroni cheeses, 64 fruit crumbles and 58 cottage pies.



Thank you to Māpua residents who keep an eye out for friends and neighbours who might appreciate that little extra support in the shape of an easy to heat, nutritious and tasty meal.

Remember that you can pick up a meal from the freezers at Delicious, Māpua School and the Hall. Just work out the opening hours!

If you'd like to support this service to our community, consider a small monthly donation to the Māpua Kai Collective NBS account: 03 1354 0464683 30.

*Bridget Castle*

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# A Short Story

**“I had a dream about the climate”  
(More like a nightmare)  
Peter Francis: June 2019**

It is 2021: the year of World Wide National Disasters!

Huge devastating wild fires have occurred in six separate States of the USA, in Alberta and British Columbia, Canada, and in Victoria, South Australia, NSW and the Northern Territory of Australia. While in Southern Europe, serious heat waves and droughts have crippled their agriculture industries.

In China, due to significant melting of the Himalayan Ice Sheet, China's two largest rivers, the Yangtze and Yellow River, have fallen below sustainable levels, disrupting river travel and causing widespread famine in the world's most populous nation.

Meanwhile many of Russia's large rivers, including the Volga and the Amur, also fell to their lowest levels in recorded history, creating even more food shortages in that vast country's remote regions.

In West Africa extreme droughts and famine have spawned multiple groups of armed militia, who are roaming the country and murdering everyone they encounter.

While in the Middle East, life threatening summer temperatures made it too hot for human activity, seriously disrupting oil extraction and significantly reducing supply. In India the Monsoon rains never arrived so millions of people are suffering malnutrition and poverty.

This series of climate induced global natural disasters finally creates a spirit of international goodwill, which has been notably absent for many decades and not really encountered since World War Two, when the summit meeting of allied leaders agreed to combine forces to save our world from Nazi domination.

Now all major world leaders have finally agreed to a summit meeting in a united effort to find an urgent solution to quickly slow global warming, before our planet becomes no longer habitable by humankind.

The huge increase in burning of fossil fuel globally over the past one hundred years is universally accepted as the primary cause of the global warming problem.

However leading scientists say it will require an immediate forty to eighty per cent reduction in usage to make a measurable difference in global temperatures, but of course no single nation is willing to suffer the financial pain resulting from being the first to make such a move.

So how can all major nations possibly agree on a satisfactory solution?

After many days of rancorous (at times spiteful) negotiation, Jacinda Ardern, the leader of one of the smallest nations present raised her voice. “Despite me banning offshore oil exploration, banning single use plastic bags, increasing fuel taxes, creating cycle lanes, asking buyers to purchase electric cars, planting heaps more trees, etc., there has been no measurable slowing of the increase in average global temperatures.

“Regrettably all my efforts so far have had no more

impact than the crew of the titanic rearranging deck chairs and manning the bilge pumps as the ship continued to sink into the depths of the Atlantic.”

Ardern continued: “If we seriously want to save the ship we call Planet Earth we need dramatic changes! Like slowing down the ships engines while technicians work on finding new ways of plugging the leaks.

“Clearly we have discovered no easy answer and our biggest obstacle is that fossil fuels are so much cheaper than all other energy sources. However we already know the technology for other ‘clean’ forms of energy production but our major problem is these new technologies are currently not cost effective.

“If we have no alternative except to reduce global fossil fuel consumption by forty to eighty per cent, then why not just increase the price of all fossil fuels by forty per cent immediately and one year later raise it to eighty per cent for all nations worldwide?”

After much heated arguing, all parties reluctantly agreed that such a radical and spectacular move, while initially prohibitively costly, should make alternative energy sources such as solar, wind, geothermal, hydro and nuclear financially much more attractive, and hopefully could achieve the desired result, albeit not without severe short-term pain for all nations.

But all major world leaders agreed if we genuinely want to save our planet for future generations there was no other viable alternative at this time.

Global leaders now faced the serious and unpalatable task of returning to their own countries to stare down their citizens with some very unwelcome news.

Fortunately I woke up before it all came into effect.

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# Movie Night

"The Guilty"

(Danish language with English subtitles)

**Showing at Mapua's famous 'Packhouse cinema'  
@ 6:30 Sunday 11<sup>th</sup> August**

It had me on the edge of my seat for the whole movie!

I'm not usually a fan of crime/thriller movies, but this one has earned a special place in my heart. The simple premise (police officer with a troubling past, who has been demoted to work the emergency hotline. Just when his shift is ending a woman who is being abducted phones in and the chase begins) took me in immediately and didn't let up until the credits showed.

The movie has two main plots: The abducted woman and the police officer's past. In the beginning we don't know much about either, but as the movie goes on, like an onion being peeled, more and more secrecy is revealed.

Both stories have their climax at the very same moment and makes that moment in the movie all the more dramatic.

The movie takes place in the emergency phone room of Copenhagen Denmark Central Police. The story is told only through phone-calls that the policeman makes to a number of people all involved in the abduction.

The Scandinavians have been making some very fine movies recently and this is one of their best.

If you only see one crime/thriller movie in 2019, "The Guilty" should be that one.

**Sunday 11th August**  
Entry at 6.15  
Movie starts at 6.30pm  
Bring your own camp chair, snacks & drinks

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# MAPUA COMMUNITY HALL



The Mapua Hall has had a busy month with July bringing Matariki and mid winter. Mapua School had a wonderful Matariki celebration with some inspiring words from the teachers and guest speaker Gordon Toi as well as a thrilling performance by the school Kapa Haka group. The tamariki had been busy preparing artwork all term which was displayed on the walls of the main hall for the celebrations and we were lucky enough to have the artwork up for just a couple of weeks for people to enjoy. We had such a positive response from the community with many popping in and to see the display and we look forward to seeing these again next year. Many found shelter from the wet weather at the Mapua Makers mid winter market. With the hall full of beautifully crafted items from our favourite local stallholders as well as many new faces, it was bustling with fine goods and creativity.

Check out calender below or on the Mapuahall.org website for what's happening at the hall in August with our regular timetable as well as special events such as the **Coastal Hazards Consultation** on Monday 5th, **Green Party public meeting** on Wednesday 7th, **Packhouse Cinema** on Sunday 11th screening the Danish film 'The Guilty' and the ever popular **Mapua School Quiz** on Friday 16th.

## What's On at the Hall In August!

Monday	Tuesday	Wednesday	Thursday	Friday	Sat	Sun
29 9.15am Yoga with Charlotte 9.30am Low Impact Dance 6pm Mapua Dance Fitness	30 9am PANZ 9am Sioux Line Dance 1.30pm Tai Chi for Beginners 2.30pm Sit & Be Fit 6pm Yoga with Martin 6pm Aerobics	31 9.05am Aerobics 9.15 Hatha Yoga 10.05 Pilates 1pm Tai Chi 6pm Yoga with Thomas	1 9am Mapua Art Group 9.30am Flow Dance Fitness 6pm Mapua Dance Fitness	2 9.05am Aerobics 9.30am Low Impact Dance 10.05 Pilates 6pm Mapua Youth Group	3	4
5 9.15am Yoga with Charlotte 9.30am Low Impact Dance 3.30pm Coastal Hazards Consultation. 6pm Mapua Dance Fitness	6 9am PANZ 9am Sioux Line Dance 1.30pm Tai Chi for Beginners 2.30pm Sit & Be Fit 6pm Yoga with Martin 6pm Aerobics 7pm Pilates	7 9.05am Aerobics 9.15 Hatha Yoga 10.05 Pilates 11.45 MDBA Mtg 1pm Tai Chi 6pm Yoga with Thomas 7pm Green Party Public Meeting	8 9am Mapua Art Group 9.30am Flow Dance Fitness 6pm Mapua Dance Fitness	9 9.05am Aerobics 9.30am Low Impact Dance 10.05 Pilates	10 9am SHARQUI A belly dance workout 9.05 Aerobics 10.05 Pilates	11 6.30pm Packhouse Cinema presents: 'The Guilty'
12 9.15am Yoga with Charlotte 9.30am Low Impact Dance 6pm Mapua Dance Fitness 7pm MDCA Mtg.	13 9am PANZ 9am Sioux Line Dance 10am Mapua Creative Fibre 1.30pm Tai Chi for Beginners 2.30pm Sit & Be Fit 6pm Yoga with Martin 6pm Aerobics 7pm Pilates	14 9.05am Aerobics 9.15 Hatha Yoga 10.05 Pilates 1pm Tai Chi 6pm Yoga with Thomas	15 9am Mapua Art Group 9.30am Flow Dance Fitness 2pm Friendship Group 6pm Mapua Dance Fitness	16 9.05am Aerobics 9.30am Low Impact Dance 10.05 Pilates 6.30 Mapua School Quiz Night	17 9am SHARQUI A belly dance workout 9am Tai Chi Intensive	18
19 9.15am Yoga with Charlotte 9.30am Low Impact Dance 6pm Mapua Dance Fitness 6.30 Hall Committee Mtg	20 9am PANZ 9am Sioux Line Dance 1.30pm Tai Chi for Beginners 2.30pm Sit & Be Fit 6pm Yoga with Martin 6pm Aerobics 7pm Pilates	21 9.05am Aerobics 9.15 Hatha Yoga 10.05 Pilates 1pm Tai Chi 6pm Yoga with Thomas	22 9am Mapua Art Group 9.30am Flow Dance Fitness 6pm Mapua Dance Fitness	23 9.05am Aerobics 9.30am Low Impact Dance 10.05 Pilates 6pm Mapua Youth Group	24 9am SHARQUI A belly dance workout 9.05am Aerobics 10.05 Pilates	25 9.45am Tai Chi
26 9.15am Yoga with Charlotte 9.30am Low Impact Dance 6pm Mapua Dance Fitness	27 9am PANZ 9am Sioux Line Dance 1.30pm Tai Chi for Beginners 2.30pm Sit & Be Fit 6pm Yoga with Martin 6pm Aerobics 7pm Pilates 7pm MDCA Exec Mtg	28 9.05am Aerobics 9.15 Hatha Yoga 10.05 Pilates 1pm Tai Chi 6pm Yoga with Thomas	29 9am Mapua Art Group 9.30am Flow Dance Fitness 6pm Mapua Dance Fitness	30 9.05am Aerobics 9.30am Low Impact Dance 10.05 Pilates 2pm Friendship Club 6pm Mapua Youth Group	31 9am SHARQUI A belly dance workout	

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Small incremental changes in your vehicle's wheel alignment will alter how the vehicle performs, affecting how long your tyres last and can cause problems driving.

Computerised wheel alignment testing equipment uses four sensors, one attached to the rim of each wheel. These sensors communicate from rear to front via an optical beam to the base computer unit.



A sensor attached to the rim of a front wheel. The base computer unit is in the background with a graphic image on the screen showing the current alignment settings for this vehicle.

The base unit screen can display a table or graphic illustration of each wheel's position. This enables a direct comparison to be made between the vehicle's current measurements and those of the manufacturer.

The skill is in knowing how to make the correct adjustments and may also require the replacement of worn or damaged components to correct alignment.

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Table showing wheel alignment settings

Graphic illustration of wheel alignment settings

We recommend the wheel alignment is checked annually.

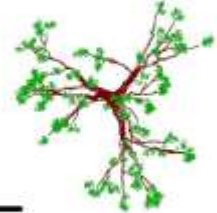
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1

#### Neighborhood Knowledge.

I have lived in this wonderful location for 25 years.

2

#### Negotiation Skills and Confidentiality.

I can remove myself from all the emotional aspects of selling your property - it's part of my job description. This allows me to focus on getting you the very best price for your home and as a professional, your confidentiality is assured.

3

#### Locally Owned Company

Summit is a long standing, locally owned company with proven results throughout this spectacular region and I am delighted to be part of such an amazing team!

”

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166 Seaton Valley Road, Mapua

"We were recently selling our house and having known Adele for quite a number of years, it was a no-brainer to have Adele market our property. The fact that we had not bought or sold a house for 25 years was a scary thought. However, with Adele & Kim on the job, it turned out to be a very easy, stress-free experience - they were professional and informative all along the way. Not only did they get a final result in 3 short weeks, but also achieved a price which we were absolutely thrilled with! We can't thank you both enough!"- Joy & Roy Preston

Adele Calteaux | 528 4001 | 027 337 5848 | [adele.calteaux@summit.co.nz](mailto:adele.calteaux@summit.co.nz)

# Application for Grants

## Mapua/Ruby Bay and District Community Trust

### Applications for Grants

Voluntary organisations or individuals engaged in a project of demonstrable benefit to the Mapua/Ruby Bay community are invited to apply to the Mapua/Ruby Bay and District Community Trust for a grant.

Applications will be considered at the next meeting of the Trust in October and should be in the hands of the secretary by October 1st.

Forms may be obtained from the secretary (John Sharman Ph 540 3642) or downloaded from <https://mapuacommunitytrust.wordpress.com> Applications should be emailed as a single attachment to:

[mapuarubybaycommunitytrust@gmail.com](mailto:mapuarubybaycommunitytrust@gmail.com)

or mailed to P. O. Box 19 Mapua.

Grants will usually be for less than \$500 but the trustees have a discretionary right to vary this in individual cases.

# Coastal News in Crisis

Well almost! We have had a good run of support for the production of the Coastal News but lately our numbers have been in decline. When Terry Smith wanted to retire we were lucky that Jane Powell came along. However just as she was getting up to speed she informs us that they have decided to move to Timaru.

So that leaves us with a vacancy on the production side of things.

What are we looking for? We use MS Publisher to set up the final pages with text, pictures and adverts. So someone with computer skills, publishing skills, good grammar, English as she is spoke and a desire to help the community.

For the Coastal News does indeed help the community, not only as something local to read, but any profits go to the Māpua Community Trust [or The Māpua / Ruby Bay & Districts Community Trust to give it its full name]. The Trust has built up a capital of more than \$160,000 and donates around \$3,000 a year to local organisations from the interest on that capital.

[See above regarding applications for grants.]

So if you know anyone that could help us then please get in touch. Remuneration? Well probably 3 meals a year, including a drink.

But that's not all – we could use other help such as proofing, editing, writing, interviewing, making adverts – anything.

Don't delay – apply in the next ten minutes and ...

*Andrew Earlam, Co-editor*

# Police Report

We are in the middle of winter and wet and icy roads are often the case when travelling. On frosty mornings please take extra care as there have been a few crashes where ice has caught people out, especially on shady corners where the sun doesn't reach.

As you can see from the occurrences over the last month, there has been a lot of family harm incidents, several to do with the same relationship.

The public would be amazed, shocked and disgusted to know that the Police Association President has said this month that nationally the frontline police are spending 70% of their time on family harm and mental health incidents.

I would guess locally that this figure is about 50-60% of our time – and you wonder why you don't see the police out and about much ?

We are really social workers a lot of the time helping people sort out their problems

Take care out there!

- 12/7 68 year old Tasman male forbidden to drive
- 11/7 Family harm Incident
- 10/7 Family harm incident
- 9/7 Family harm incident
- 8/7 Family harm incident. Breach of protection order
- 4/7 Family harm incident. Breach of protection order
- 3/7 Vehicle reported stolen Old Coach Road. White Toyota Caldina Reg DGY642
- 2/7 Domestic assault – offender to be located
- 30/6 Car accident Aporo Road
- 21/6 Sudden death Māpua
- 1/6 Off-white 8ft Dinghy and 2 oars stolen Māpua Wharf

*Dovedale School Presents...*

## LIFESTYLE BLOCKER'S SKILLS DAY

**Saturday 10th August 2019**

Workshops include:  
Butchery, Fencing, Farm Management,  
Pruning & Grafting, Beekeeping,  
Animal Health, Calf Rearing, Cheese Making,  
Fire Safety for Rural Living, Welding, Purchasing  
& Keeping a Pony, Pig Rearing & Nutrition  
& many more...

Includes morning tea,  
lunch & afternoon tea

Register at

[www.dovedale.school.nz](http://www.dovedale.school.nz)  
or visit Dovedale PTA Facebook

Farmlands co-operative



# MAPUA AND DISTRICTS BUSINESS ASSOCIATION

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

Well the School holidays are a distant memory and we are back in full swing with a new Term!

This month we would like to introduce one of our newest Committee members, Mark Stuart of Giggle Entertainment.

The MDBA are very fortunate to have Mark on the Committee and we look forward to his fresh outlook and ideas.

*Mel Stringer—Administrator MDBA*



Like most kiwi success stories, ours started in a garage, this one was in Palmerston North, NZ in 2008. Giggle is now taking NZ and the globe by storm. No matter where in the world you go, no one likes waiting, people love to laugh and businesses want more affordable marketing.

Giggle boasts over 1200 host locations across Australasia with over 1.6 million people past our screens every week and we are just getting started!

At Giggle we have two beliefs:

- We believe there is too much bad news in the world
- Small to medium enterprise pay too much for marketing

To remedy this we created an entertainment network and we make people laugh. We install screens in areas of wait such as cafes, gyms, food outlets etc. The screen plays a silent loop of G-rated humorous content, entertaining otherwise impatient customers.

Interspersed with the sticky content are commercial messages for local businesses. This has created a medium for local businesses to deliver brand messages in an affordable and engaging way.

In the trending world of digital out of home media we are very much pioneers and are the biggest in our market. Even on a global scale, we are unique in our approach to out of home digital media.

Contact us: Ph (06) 355 3480, hello@gogiggle.nz

[www.mapua.co.nz](http://www.mapua.co.nz)

Supporting Local Businesses since 1992



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**“How wonderful it is that nobody  
need wait a single moment before  
starting to improve the world.”**

**— Anne Frank**

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# Noticeboard

**Storage** wanted for my adorable 96½ year-old vintage pickup wagon. Currently not in active service. Could be long term. Please phone Bruce, 027 375 7590.

**Social Badminton** at Motueka Recreation Centre, 10.30 – 12 every Monday, Wednesday & Friday. Fun & keeps you fit & alert. Info: Rec Centre 03 528 8228 or Richard 027 526 6700.

**Friends & Neighbours:** Varied programs of interest, friendship & good morning tea. Third Fridays 10:30 - 12:30pm at Tasman Bible Church. Info: Lorna 528-4902, 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: secretary Clare 0227117786

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

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

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

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

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

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

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

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

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

**Māpua Fellowship Group:** monthly lunch meeting 21 August at CHAI YO Café, Queen St, Richmond at noon. Anyone who would like to join please contact Janice Higgs 03 528 8883.

**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 or fionaoliver1948@gmail.com for more info.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

**Tasman Area Community Association (TACA)** 7.30pm last Thursdays (except Dec) at Tasman School. Residents of Ruby Bluffs to Tasman & Kina are welcome. Info: www.tasmancommunity.org.nz

**Technical problems solved!** - Can't set up something new you've bought? Need computer tuition? Local help is at hand! Web design and mobile app creation also available. Call Sam, 03 544-0737, sam@sambennett.co.nz.

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