

Mapua Playground Renovation

Tasman District Council has funding in this year's budget to redevelop the playground at Mapua Recreation Reserve next to the tennis courts. This funding was approved through the Annual Plan process. The current play structure is due for replacement and the TDC sought feedback in December and January via community survey as to a new design and equipment.

Glenn Thorn, the TDC's Reserves and Assets Project Officer who is leading the redevelopment, presented his preliminary thoughts at the 10 December meeting of the Mapua & Districts Community Association. Glenn stated he has a \$153,000 budget, which includes costs for removal of existing play equipment (expected to be subsequently sold rather than donated). By comparison, about \$120 000 was spent on the new Takaka playground.

The thought is for the new playground to have a similar footprint as the current play area, perhaps with a bit of extension to make maintenance easier and provide more seating under shade. The TDC design team is not a big fan of fencing, rather they prefer to strategically place furniture to form a natural barrier and create safe zones. And through zones, strategically place equipment to cater for all ages.

There is value in cross playing (big kids with smaller kids) but there's a skill to how that is integrated.



Sample playground (supplied by the TDC) and not the actual design to be implemented in Mapua

Glenn has found that consultation with children has been important, with the best ideas coming from those kids using the playground and not necessarily parents or caregivers. He stated that it's more cost

effective for the TDC to import already designed and safety approved equipment, saving the council fees as it won't require building permits, etc.

Glenn has been collating the recent collected surveys and will return to the community once he has 2-3 concepts to further discuss and get approval. He expects to require 12 weeks to source equipment and hopes to have a new playground in place in mid-winter.

Roads and Pathways: In a 1 December letter, MDCA Executive Committee member Wayne Chisnall asked Jamie McPherson, TDC Transportation Manager, several questions regarding outstanding footpath and roading issues including an inadequate surface to the newly constructed Seaton Valley pathway. Jamie replied via letter at length touching on many of the current Mapua projects:

Seaton Valley Road Pathway: The finished surface of this path is acknowledged as being less than ideal for cyclists. This is an outcome of the low cost nature of the project, which was necessary to get it built in the first place. However, after it has settled we propose to redress the top surface with a material which will provide a better running surface. We expect this work to be carried out in the first half of 2019. In the meantime the path fulfils its initial function as a safe pedestrian path.

Mapua Drive Berm Landscaping [in need of further landscaping]: I am following up with our consents and compliance team regarding whether the developer of the sections fronting Mapua Drive (numbers 75-95) has complied with the consent conditions regarding landscaping. I understand there was a requirement for flowering pear trees to be planted with an ongoing requirement for property owners to landscape their frontages. We will let you know the outcome.

Mapua Drive Footpath Across #125 Frontage [40m missing footpath north from Higgs Roundabout to the Clark Driveway]: This proposed new footpath is included in the Council's list of proposed new footpaths to construct. This list is extensive and the projects on it are prioritised to provide maximum benefit from limited available funds. At this stage, unless additional funding is made available to us, this site will not have funding available for it for a couple of years.

Mapua Drive to Mamaku Drive Pathway [walkway down Mapua Drive to bypass]: We are investigating lower-cost options to enable a safe

separated path to be created. We hope to have more detail on this shortly.

Aranui Road Refuge Crossing at the Village [in front of library]: We are aware of the communities' desire for a refuge. The current subdivision [opposite the Village Mall] will not impact the proposal to any degree, although they are forming a footpath along their Aranui Road frontage which will leave a relatively short length on the southern side of Aranui Road for the Council to form to complete the link along to the existing crossing point.

Constructing a central refuge would result in the loss of the existing on-street mobility park outside the Health Centre. We have not consulted the community or mobility park users about this yet, but would be interested to know from yourself and MDCA how the community would feel about the loss of this park. There is an alternative option of constructing a kerb buildout on the northern side of Aranui Road without a central refuge island, which would shorten the crossing length from 10m to 7.5m, and retain the carpark. We would welcome feedback from MDCA on these two options.

Speed Limits [inquiry regarding reducing Aranui Road speed limit]: We are currently preparing a shortlist of sites for consideration of speed limit reviews. Investigation of these sites is happening now and we will include investigation of Aranui Road.

A bigger question I would ask through MDCA is how the community would feel about a wider speed limit change? There are only two ways into Mapua village, Aranui Road and Higgs Road, and it would arguably make sense for a 40km/h 'gateway' to be established somewhere on these roads and for 40km/h to then apply to all residential streets within the main village area. Otherwise, just considering Aranui Road

could mean that '50' signs would need to be erected on side roads (Toru St, Higgs Rd, Langford Drive, Tahi St and Iwa St).

In Other Business – Rabbit Island toilet:

Concern was expressed regarding the lack of a toilet at the Rabbit Island waiting area for the Mapua Ferry. Councillor Tim King mentioned toilet facilities had been suggested on various occasions with the challenge being there are 100km of the Great Taste trail and where do you begin? Tim suggested that businesses approach or apply for funding from TDC.

Further concerns were mentioned about building toilets on a dune and the huge challenges it would face with iwi considering the cultural significance of the area as a historical fishing village site.

It was resolved to do further research then contact the Cycle Trail Trust to inquire about their plans.

Mapua Projected Household Growth from Statistics New Zealand: It was noted in a recent household growth report that Mapua has and will continue to have one of the largest growth rates in the Tasman District. Below is the "high" version of the estimates. All statistical data are subject to error.

Year: 2013 2018 2023 2028 2033 2038
Projected Households:
860 960 1050 1130 1210 1270

Next meeting: Be sure to attend our next monthly meeting: Monday, 7pm 11 February at Mapua Hall. MDCA works closely with TDC to ensure our community functions in a way that suits the majority of our residents. To have a vote that counts, become a financial member of MDCA by simply paying a \$10 membership fee to our NBS account 03-1354-0356471-00 with your name & phone number as a reference.

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*Edited by Andrew Earlam and Jane Powell. Views expressed are not necessarily those of the editors. Distributed 1st of the month. Deadline for copy to coastalnews@mapua.gen.nz is 20th of the month. Noticeboard items are a gold coin donation in the collection boxes. Club notices are free.
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Mapua Health Centre

We wish to extend a warm welcome to Suzie who has joined our reception team. Suzie comes with a wealth of experience having worked at Tasman Medical Centre and also at medical centres in Christchurch.

We would also like to welcome Holly Pittar a 6th yr medical student, who will be with us for 3 weeks during February. This is a great opportunity for Holly to get some insight into general practice and health care in the community setting.

Although we do not have a trainee GP registrar for the first 6 months of this year we are pleased that Dr Emily Shine will be joining our permanent staff in March. We aim to provide same day appointments whenever possible and, if you have a particular doctor that you would prefer to see, it is helpful to make an appointment ahead of time. We appreciate this is not always possible but unfortunately last minute appointments are likely to restrict your choice to whichever doctor has a free appointment on the day.

In November we advised that we now have knitting and/or crocheting of peggy squares in the waiting room. Not only has this brought a lot of enjoyment to some of our patients, it has been an opportunity for others to learn to knit and/or crochet. We are delighted with the blanket and thank everyone for their amazing contribution. The blanket will be donated to a worthy cause soon.

We are pleased to be able to offer the services of Sally Tohill, the PHO social worker, who has a day's clinic at Mapua every 6 weeks. This is a free service to our patients.

She helps patients and their whanau, family or carers to adjust to changes resulting from a health condition or disability. She connects people with community services and assistance, and responds to emotional, psychological, social and practical needs. She also advocates for people to ensure their rights, responsibilities and entitlements are respected. Please have a chat to one of our nurses if you would like an appointment with Sally.

We are currently following up on our patients who are overdue for a cervical smear, which is important for helping to prevent and, when necessary, to provide early treatment of cervical cancer. This will involve either a phone call or a txt reminder.

Not only is it Aotearoa Bike Challenge month but it is also Heart Health Awareness month, so it's good to see that the latest research has shown that physical activity reduces cardiovascular risk.

A study from Oxford, UK, of close to 500,000 people without CVD at baseline found that total physical activity related to work, recreation, or utilitarian needs

such as walking to do errands was associated with a lower short-term risk of developing CVD. For instance, with 1 extra hour of brisk walking per day people had a 5% to 12% lower risk of developing different types of CVD during the 7.5-year follow-up (*JAMA Cardiol* 2017).

Even previously sedentary adults can restore the heart's elasticity and forestall the development of heart failure with a programme of gradually increasing aerobic exercise that went up to 5-6 hours/week of moderate exertion by 6 months (*Circulation*. Jan 8, 2018).

Keeping to the Mediterranean diet is associated with a 25% reduction in the risk for cardiovascular disease (CVD), compared with those who do not follow this diet (*JAMA Network* Dec, 2018) and a major review of diet and heart health from 18 countries recently showed that carbohydrates are the major killer, not the fats we eat - including saturated and unsaturated fatty acids (*Lancet* 2017) – so all the more important to minimise sugar and fast carbohydrates.

Interestingly, an observational study has suggested that skipping breakfast increases the thickening of the arteries by almost twice as much (*J Am Coll Cardiol* 2017) – so also good to have a nourishing start to the day.

SKIN CHECKS: With Summer upon us it is a good time to have a skin check. They take approximately 30 minutes and the main focus is to check for any suspicious moles or lesions. This is a full comprehensive body check and will give you the opportunity to discuss any

issues you have or that may arise.

Appointments can be made with one of our receptionists on 5402211. And a reminder to keep in mind avoiding too much sun exposure between 11am and 4pm, wear a hat + long sleeve shirt + sunglasses, slop on sunscreen 15 minutes before going outside and use a broad spectrum product with a sun protection factor of 30+ (they usually only last 2-3 hours so need re-applying for longer sun exposures).

Some of the events for the month:

1-28	Heart Health Awareness month	heartfoundation.org.nz/
1-28	Aotearoa Bike Challenge month	www.nzta.govt.nz
2	World Wetlands Day	www.wetlandtrust.org.nz
4	Nelson Day	
6	Waitangi Day	
13	Go by Bike Day*	www.bikewise.co.nz
20	World Day of Social Justice	un.org/en/events/socialjusticeday
23	Big Heart Appeal	www.heartfoundation.org.nz

* A one-day event in your region that encourages people to switch from cars, buses and trains to biking to work for a day. At certain events, a free breakfast awaits cyclists at the end of their ride.



Hello Animal Lovers

Welcome to 2019! I hope you and your beloved animals had a great Christmas and start to the New Year.

The weather has been hot, and special attention should be given to the animals in our care to make it more comfortable for them. They should especially have access to sufficient water and shade.

I am still appalled to see dogs left in cars whilst their owners go shopping. If the temperature outside the car is in the 30s then it is certain to be 50 or more in a car even if the windows are left open. Enough to kill a dog which would suffer a terrible, distressing death.

There is no excuse for this as cooler alternatives can be found.

It was gratifying to read a post in Neighbourly regarding responsible pet ownership and how many animals are suffering through neglect and ignorance on behalf of their owners.

It seems that when a pet is purchased there is ex-

citement and a responsible attitude, but sadly as the pet grows up and time passes the owners do not have the same enthusiasm for their pet, which is either dumped or neglected.

I wonder how many pet owners realise the lifespan of an animal before purchasing, which is the responsibility of the owner for all that time.

The answer is not to just pass them off to the SPCA, who do a great job in trying to re-home as many as possible, but are just inundated with unwanted animals, particularly at this time of year, and sadly so many have to be euthanized.

The answer has to lie in education and making desexing a cheap option.

So many pet owners are wonderful responsible people but too many are not. Our animals give us their lifetime of loyalty and love and deserve to be treated in the same way.

I am always happy to answer any animal behaviour questions.

Sue Mott, Animal Behaviourist

Sue Mott
Animal Behaviourist



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Book Review

Coincidences in storyline or message seem often to occur in a fresh stash of library books. A random selection, which seem to have nothing in common when reading the 'blurb', often prove to be versions on a theme. And so it was with these books. Both were a joy to read – despite their frequently rather dark content – very different one from the other, and yet similar themes exist.

Graham Norton's second novel *A Keeper* (2018) is set in the villages around County Cork. Whether or not you enjoy Norton's banter with actors and writers on his TV show, this is a talented man. While also doing a weekly radio programme and writing for a newspaper he has found time to write two novels and two works of non-fiction.

I initially was disappointed to open the cover to rather large print and fully double-spaced type, in other words a publisher padding out. But the 326 pages tell a good story, being at all times what feels in tune with the location and time.

Norton is exceptionally good at inhabiting the skin of his characters, male and female, young and elderly. Not once did I feel the jarring note of a missed step. The story offers genuine suspense when a young woman is contained, when her liberty is completely taken. And perhaps her life will be too as the question remains - why?

What makes this a novel that deserves to be recommended is that Norton introduces another layer, and then another. The woman's daughter Elizabeth in adulthood proves to be a good sleuth albeit reluctantly, compelled to continue to an unexpected end. Her search brings characters we will not get to know but who are so much a part of this family's story. It all begins with old letters which are not what they seem.

Norton is beautifully capable of putting the reader in the Cork villages, the old houses, the dysfunctional families, the devouring swamp and even a Manhattan apartment. It speaks of limitless hope for love, for freedom, for revealing the truth of what has been rather than what has been told.

Isabel Allende's *In the Midst of Winter* (2017) could easily echo that last sentence, although every page expands Norton's gentler Eire story into the millions of personal tragedies of South America. Allende's novels never disappoint and never brutalise the

reader with the horrors of *The Lost* or the dispossessed. Her three characters live in the USA – Richard is second generation Portuguese, Lucia is an academic from Chile and Evelyn an undocumented and very much at-risk young woman from Guatemala.

We learn their histories as they tell each other during a terrible snowstorm, while also debating what to do with the body of a young woman discovered in the boot of the car Evelyn had been driving. Frozen solid luckily.

Allende acknowledges she started this book in late 2015 when Trump began his relentless political campaigning attack to keep anyone south of the US border out. We have a small window through these pages to glimpse astounding brutality, death and organised chaos in the women's countries but Allende offers it with her signature compassion and the sense of containment of horror that survivors need to go on.

We learn a little of the fallout for ordinary citizens in vicious dictatorships. [Dictators violently put in place in Chile, Guatemala and elsewhere by the CIA with active support from the American giant United Fruit Company, now Chiquita. Tragic actions affecting generations, made public record long after the events.]

The women are not welcome in the US, their lives are not valued or secure. This is clear. Allende has introduced only sufficient of the current political temperature of the country to keep us alert to the harm that so easily could come to the young Guatemalan woman Evelyn.

Allende mirrors the brutality to Guatemala and its people with Evelyn's life in which she is held emotional captive in a wealthy American home. She is simple and industrious, wanting only to survive and feel safe yet as we discover more about her frightening employer it is clear an astonishing brutality and contempt for humanity emanates from that very place.

The author is clearly a believer in positive outcomes, that might is not right and that the ordinary citizen with ingenuity and extraordinary luck can survive to find what makes the heart glad. And sometimes, in a corkscrew way, the guilty do pay.

Two good reads.

Pat Russell



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Mapua Community Library

Raffle Winners Announced: Wow! What fantastic support we received for our Christmas raffles. We raised over \$2100. Thank you so much to our donors and supporters and of course to all those who bought a ticket.

Prize donors to thank are: Wonderful library volunteers; The Apple Shed Kitchen & Bar; Mapua Village Bakery; The Mapua Country Store; Kete – Baskets of Abundance; 4 Square; Hair in Mapua; Tessa Mae's; Mapua Pharmacy; Delicious Homewares; Darby & Joan – Shed 4

The lucky prize winners are: Large hamper - Kath; small hamper - Malcolm; Christmas cake and goodies – D Sheaf; \$50 voucher from the Apple Shed - Noreen.

New Year Book Sale: What a huge success this year's summer book sale was. Thanks so much for your support. We raised over \$1800.

NOTE Funds from the above fundraisers will generally be directed towards operating costs and administration, i.e. those things that big grants organisations don't tend to fund! Luckily our operating and administration costs are not high as we are all volunteers, as are some of our local tradespeople who help us out.

Book Signing - Cockle Bay: We thoroughly enjoyed hosting local author Maz Robertson and it was lovely to see so many locals in the library at one time. Watch this space for our next book signing event.

Book Returns: A reminder that there is an after-hours slot alongside the front door. Also, please check all of the library book 'hiding places' that books

find during holidays, with visitors etc. and get those books returned on time!

Art Displays: Shona McLean's paintings are currently on display and some are for sale. Elizabeth Meikle's paintings will be mounted around 20 February. The fantastic photo display by Mapua School's Year 7 and 8 is also still running. You are welcome to pop in and view this local talent, whether you are a library member or not.

Lit Fest - 20-22 September 2019:

We are thrilled to announce that this year's Lit Fest will be run in conjunction with *Volume - The Space for Books*. Make sure that you have saved the dates! More information to come!

Library Hours:

Monday 2pm-4.30pm

Tuesday 2pm-4.30pm

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

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: Lion Foundation; Rata Foundation; Tasman District Council

Mapua Playcentre

Welcome to 2019! Mapua Playcentre will be back open from Friday 8 February and it is looking to be a stunner of a year for us. The centre is filled with fantastic families and is a vibrant, friendly hub in the middle of Mapua village.

We have an awesome management team of parents who are extremely passionate about continuing to make playcentre a special place for children and their families.

Mapua Playcentre is where you and your child can take a step out of your busy lives and enjoy being, learning, playing, and creating together.

If you are looking for a place to spend some time with your pre-school children and want to connect with other parents in the Mapua area, then come and take a look at what we have to offer.

I guarantee our beautiful grounds, friendly families, highly skilled staff and fun activities will win you over. That's if the super cool kids there don't win you over first.

So come and check us 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 2534264, email: mapuaplaycentre@gmail.com or find us on Facebook.

From the Mouth of a Playcentre babe...

Mum: "What are you making there matey?"

Master 4 "A nappy for the bees so they don't pollute the flowers."

Mum "I think you mean pollinate honey."



Playcentre

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**Save this date - Sunday 31st March
2019 - Mapua Wharf**

The **Mapua Boat Club** will be holding a fun day, **family regatta** on Sunday 31st March. There will be lots of activities for the whole family from sail boats, dinghy races, SUP boards, kayaking, model yachts, plus the Tamaha Sea Scouts will be there with their cutters and Optimist boats.

Registration from 11.30am onwards, \$2 entry, races commence 12.30pm.

For entries and enquiries:
Email: brian.holbrook@xtra.co.nz
or phone 027 221 4335



**SUNDAY
31ST MARCH
2019**

**MAPUA BOAT CLUB
REGATTA**

MAPUA WHARF
From 11.30
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Races finish about 3.00pm

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• \$2 entry fee with signed disclaimer.
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Line Dancing at Mapua Community Hall

will be getting under way for 2019.

Classes Start: **Tuesday 29th January**

Beginners Class: starts 09:00 – 10:00 am
Improvers Class: starts 10:10 – 11:30 am

*New dancers are welcome to come along and give it a go
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Sue Wilson (Tutor Sioux Line Dance)
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Mapua is on the Art Map

Residents and visitors alike enjoy sunshine, sand, the lively atmosphere at the wharf and a multitude of activities but Mapua is fast becoming noted as another destination – one for artists and artworks.

For the last two years the Impressions Art Awards and Exhibition has been held in Mapua Community Hall. This has been growing steadily in terms of visitors and the number of exhibits from all over New Zealand. So much so that a new committee has formed to make the event of October 2019 an even more memorable experience.

Members of the flourishing Tasman Art Focus Group (TAFG), include founding patron and sponsor Lewis Della Bosca of Impressions Art Supplies in Richmond and convenor, Glenys Forbes who is a leading member of the Nelson Region PANZ Group.

They and their team are already hard at work to

ensure this prestigious national event will run smoothly and all those fine details are not forgotten.

All forms of art media will be on display and awards, selected by a panel of judges, are presented as three merits plus a supreme winner. In addition, there is the ever-popular 'people's choice' award.

The theme of the Awards for 2019 is open but wildlife/animal art will have its own award of \$500 kindly sponsored by local professional artist, Janet Marshall.

Any member of TAFG will be happy to talk to you about the forthcoming exhibition and, closer to the event from Friday 27th September through to Saturday October 12th 2019, more details will be found on our Facebook page at TasmanNationalArtAwards.

We look forward to your company in October.

Sue England



Tasman National Art Awards Organising Group: Glenys Forbes, Chair - 2nd from left, Lewis Della Bosca, Founding patron and sponsor - 3rd from left

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Details on Facebook [f RubyCoastArts](#) (you don't have to be a Facebook user to view).

See great art, meet the artists... we look forward to welcoming you into our studios 😊

PANZ

Happy New Year to you all. Here is hoping you have had a relaxing and enjoyable summer holiday; not that summer is over yet. There are many days of warm, sunny weather ahead of us.

Many of you in the community look forward to our February art exhibition, however, this year we have decided to mix things up a bit and will be holding our annual exhibition over the Queen's Birthday holiday weekend, which will be held from 1 June to 3 June 2019. It will still be held at the Mapua Community Hall and it is free to the public. Mark your calendars!

Our very active members will be back at their easels on Tuesday, 5 February at the Mapua Community Hall from 9:00am to 12:00pm. Some of us will be presenting our Christmas Challenge (it is kind of like homework but more fun!).

The object is to create a painting from a reference photo, which we have chosen from a collection of about fifteen, but the final results of our painting cannot look like the photo. It requires us to use our creative minds to think out of the box.

I know it seems a bit confusing, but it is a really challenging opportunity for us to use our imagination. The results are amazing! Maybe you should come along on our first day to see what we do.

We have already started to plan our new year of activities and some of our members will be entering the National Pastel Artists of New Zealand exhibition, which is to be held in Stratford on the North Island.

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



*Gloria Anderson,
PANZ Member*

Application 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 April and should be in the hands of the secretary by April 1st. Please note the change in meeting date from May to April.

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

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An emerging trend among many vehicle owners is an increase in the intervals between regular vehicle servicing. This may be done as an attempt to save money, it is however false economy. Extending the servicing interval sets up a chain reaction which can result in vehicle unreliability, increased fuel consumption, compromised safety, and eventual engine failure.

We have recently had two instance where conscientious owners purchased, unbeknown to them, poorly serviced vehicles. Unfortunately for them this has resulted in the need for costly vehicle repairs.

Images to the right show what happens when vehicle servicing has been irregular or absent. 1. A sump oil pick up coated with a tacky, tar like residue. 2. A sump bottom plate where the sump oil pick up sits is coated in a thick oil that resembles treacle rather than oil. 3. The presence of huge carbon deposits on the cylinder head. 4. A pile of carbon that was scraped off the cylinder head. 5. A dried tar-like substance that has started to flake off the rocker cover.

These changes, due to irregular or absent servicing, have severely compromised the reliability, performance and fuel economy of these vehicles.

It is cheaper, over the life of a vehicle, to keep to a regular servicing schedule and attend to maintenance items as the arise.

We recommend you check the odometer reading when your last service was undertaken on your vehicle and compare this against the current odometer reading. If the difference between the two is greater than 10,000km, we strongly advise you to have a full service undertaken.

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New Office Days



Starting from Tuesday 12th of February
the office will be attended on a

Tuesday and Friday each week from 9.30am-1.30pm.

Please feel free to stop by for a visit at any stage or pop in and enjoy one of the many classes and groups we have on offer in the hall in 2019!

Bookings: mapuabookings@gmail.com
Enquiries: mapuahallsociety@gmail.com
Phone: (03) 540 2330

Hall Upgrades cont . . .

It's made a huge difference to finally have the hall car park sealed and will be much less maintenance for our volunteers and make for a cleaner hall with all the traffic we have coming through. Thanks to Fulton Hogan for their great work, the Lotteries Grants Board and Tasman District Council again for their generous funding of the project.

Some of the lovely hall committee recently rolled up their sleeves and painted the front doors and windows of the main hall as we were constantly having to maintain the look of the wood as it faded. It looks nice and fresh now and ties in with the rest of our hall, so thanks team!

The new year is looking busy so come in and try one of our many classes & groups here at the hall!

MAPUA ART GROUP * YOGA WITH CHARLOTTE *** MAPUA DANCE FITNESS**
KIDS DRAMA AEROBICS * FRIENDSHIP GROUP *** PANZ *** TAI CHI *** YOGA WITH KRIS**
YOGA WITH THOMAS * MAPUA YOUTH GROUP *** SIOUX LINE DANCE *** KIDS DANCE**
FLOW DANCE FITNESS * MAPUA CREATIVE FIBRE *****
MAPUA COMMUNITY ASSC. MEETINGS * MOTUEKA SOCIAL DANCE GROUP**

Monday	Tuesday	Wednesday	Thursday	Friday	Sat	Sun
<h1 style="font-size: 2em; margin: 0;">What's On at the Hall In FEBRUARY!</h1>				1 8.30am Aerobics 9.30am DRU Yoga 9.30am Pilates	2	3
4 9.15am Yoga with Charlotte 9.30am Low Impact Dance 11am - 2.30pm Performing Arts with Lily Martin Hine	5 9am PANZ 9am Sioux Line Dance	6 12.30pm Tai Chi 6pm Yoga with Thomas WAITANGI DAY	7 9am Mapua Art Group 6pm Mapua Dance Fitness	8 9.30am DRU Yoga	9	10
11 9.15am Yoga with Charlotte 9.30am Low Impact Dance 6pm Mapua Dance Fitness 6.30pm MDBA Committee Meeting 7pm MDCA Meeting	12 9am PANZ 9am Sioux Line Dance 10am Mapua creative Fibre 3.30pm Mapua Dance Co. 5.15pm Mapua Drama	13 9.30am DRU Yoga 12.30pm Tai Chi 6pm Yoga with Thomas	14 9am Mapua Art Group 9.30am Flow Dance Fitness 6pm Mapua Dance Fitness	15 9.30am DRU Yoga	16 9am SHARQUI A belly dance workout	17
18 9.15am Yoga with Charlotte 9.30am Low Impact Dance 6pm Mapua Dance Fitness 6.30pm Hall Committee meeting	19 9am PANZ 9am Sioux Line Dance 2.30pm Sit & Be Fit 3.30pm Mapua Dance Co. 5.15pm Mapua Drama Club 6pm Aerobics	20 9.05am Aerobics 9.30am DRU Yoga 10.05 Pilates 12.30pm Tai Chi 6pm Yoga with Thomas	21 9am Mapua Art Group 9.30am Flow Dance Fitness 2pm Friendship Group 6pm Mapua Dance Fitness	22 9.05am Aerobics 9.30am DRU Yoga 10.05 Pilates	23 9am SHARQUI A belly dance workout	24 10am Tai Chi 10-4pm Mapua Makers Market
25 9.15am Yoga with Charlotte 9.30am Low Impact Dance 6pm Mapua Dance Fitness	26 9am PANZ 9am Sioux Line Dance 2.30pm Sit & Be Fit 3.30pm Mapua Dance Co. 5.15pm Mapua Drama Club 6pm Aerobics	27 9.05am Aerobics 9.30am DRU Yoga 10.05 Pilates 12.30pm Tai Chi 6pm Yoga with Thomas	28 9am Mapua Art Group 9.30am Flow Dance Fitness 6pm Mapua Dance Fitness	WWW.MAPUAHALL.ORG 		

Hills Community Church

When I was a kid, the year 2020 seemed like an age away, a foreign land called the future.

I remember there was a show on TV that I loved called The Jetsons, which imagined a future full of clever, amazing technology, like flying cars and video phones.

It is strange to think that as we begin this year, 2020 is only a year away. The future is now, so to speak. It strikes me now that the picture that the 'Jetsons' drew, and our western culture believed in, was firmly based in a belief in the saving power of technology, and progress. It was and is an enticing and attractive vision; that all the world's problems; illnesses, inequalities, and conflicts could be addressed by technological, and economic progress.

Although the future is here, in some key ways it is a very different future.

The reality is a world of massive environmental impact from economic progress and a seeming increase in conflict and inequality. And although we are more connected with the world and each other digitally, the overwhelming experience of many is that of loneliness and detachment.

I wonder if the world that technological progress has created has led us to forget something vital about who we are; that our addiction to technology and its endless distractions, has led us to forget three things: our inner life, our relationship with others and our connection to God.

As we come to the start of 2019, I am reminded of

the words of Jesus in Luke's Gospel: "do not worry about your life, what you will eat; or about your body, what you will wear. For life is more than food, and the body more than clothes."

The same could be said of material possessions and the technologies that surround and even control us.

Life is more than keeping up with the latest technology; the latest smart phone release.

Life is more than keeping updated with social media and more than being connected everywhere we go.

How do we live the 'more' that Jesus is talking about? Well maybe we need to learn just to be - ourselves. May this year be one where we rediscover this wisdom from Psalm 46 "Be still and know that I am God".

Blessing in Christ for the year ahead.

Rev John Sherlock

Sunday Worship

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

Youth Groups

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

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

www.hillscommunitychurch.org.nz, phone 540-3848

Rev John Sherlock, revsherlock.hcc@gmail.com or phone 021 070 7276

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W'end: 8am - 5.30pm

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Mapua Kai Collective

The first six months has seen our team finding its feet and overcoming challenges: purchasing and positioning freezers in accessible places, perfecting recipes, liaising with the original Moutere Kai Collective team, sourcing economical but quality fresh food and meat, communicating via Facebook to set the next date and gathering in volunteers for the evening.

The evening might include: crying buckets of tears when peeling buckets of onions, coring and peeling two boxes of apples, adjusting seasoning - a large pot takes more than just a pinch of salt (!), sufficiently cooling down 120 portions of food before dishing into bamboo containers, positioning the labels and stamps on our lids, and choosing the best handwriting of the night, so that our finished meals look presentable as the gifts that they are.

Since late July, we have filled 339 containers and a heap of soup bags donated by Jellyfish; we've made two batches of the ever popular comfort food, Macaroni Cheese; a batch of warming winter soup; Beef Casserole; a Mexican Lasagne and three batches of apple and peach crumble.

The Mapua Community Hall kitchen, with its spacious layout and work surfaces, hums with the team effort of cooking up a storm. We have a handle on what portion size best fits in our freezable, oven proof, compostable Ecoware containers, and we have a system of shelves for supporting the containers in our beautiful chest freezer situated in the Hall.

Our satellite freezers at the Mapua School and Delicious are regularly stocked up, and the local doctors' practice knows they can encourage patients to pick up a meal.

We don't know our end users - typically, neighbours, friends or family collect meals to take to someone they know. We co-operate with the Moutere Kai Collective, occasionally swapping meals and helping with donations to the Motueka High School freezer.

The response from the Mapua community is very encouraging. Our meals are reaching their target end-users, small businesses have made donations at Christmas time, and individuals have committed to regular monthly donations. We've received notes of thanks, often with donations, from recipients. Word of mouth is a great way to spread the idea.

We acknowledge a generous, one-off donation of \$1000 from the Mapua/Ruby Coast Community Trust. The Trust does not usually cover consumables - but since making food is our core business, consumables are our only cost! We also acknowledge a commitment from the Motueka Community Store, for two regular \$500 donations during the year. It is great to know that we can expect steady support, with each cook-up costing in the region of \$250.

This is a good opportunity to spread the word: feel free to collect a meal for someone you care about who needs a little extra support; and for donations: our bank account is: 03 1354 0464683 30 - The Mapua Kai Collective

You might consider becoming a regular, monthly donor. Follow us on our Facebook page.

Thank you!

Bridget Castle

Mapua Bowling Club

Summer evenings are perfect times to enjoy a game of bowls with friends.

All through February and March the Mapua community is invited to head to the bowling club on Friday evenings for session of Barefoot Bowls. It is fun and fast and FREE.

The format will be the 3Five bowling as recently seen on television. No bowling experience necessary.

Barefoot Bowls begins at 6pm. Bowls are available at the club for you to use. There will be a sausage sizzle (\$2) and the bar will be open. You can bowl in bare feet, jandals or flat-soled shoes. Minors must be accompanied by an adult. Why not give it a try?

For information about bowling, coaching or booking the clubhouse and facilities please call President, Margaret Busby, 03 544 6325.



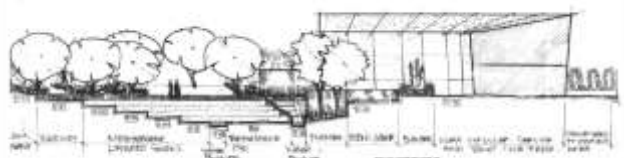
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Venue: Community Hall

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The Playhouse Cafe What's On Guide

Feb 2019

Drop off to Mapua and Surrounds

Open Wednesday to Sunday till 17th Feb. Then just Fri, Sat, Sun
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M T W T F S S

		30 Open from 11am till 4pm	31 All you can eat ribs night \$20 from 6pm	1 THE CHILLS \$45, 8pm Dunedin's Best tickets at banishedmusic.com	2 WEDDING CLOSED TO THE PUBLIC	3 Open from 11am till 4pm
4 Closed	5 Closed	6 Open from 11am till 4pm	7 All you can eat ribs night \$20 from 6pm Last one!!	8 Isaiah B Brunt Blues Trio From Australia \$20, 8pm	9 NADIA REID \$30, 8pm Amazing folk music Will sellout tickets at nadiareid.com	10 Open from 11am till 4pm
11 Closed	12 Closed	13 Open from 11am till 4pm	14 Valentine's Day Book now for lunch or dinner	15 Jeremy Elwood & Michelle A'Court \$20, \$35 buffet, 8pm Best of NZ Comedy Will be popular!	16 Soul Train 1970s Disco Free to all music 7pm doors 6pm	17 Open from 11am till 4pm
18	19	20	21 Closed	22 Heart Kids Fundraiser Reggies 1st birthday BOOGIETRAIN!! RICOCHET TILLERMAN \$20, 7pm start	23 WEDDING CLOSED TO THE PUBLIC	24 Open from 11am till 4pm
				1 Cori Gonzalez Standup comedy \$20, 8pm show dinner from 6pm 7 days star, and What we do in the shadows star comes to town!	2 Murder Mystery "SPORTS!" \$20, +\$40 buffet Murder at the Sports awards dinner	3 Open from 11am till 4pm

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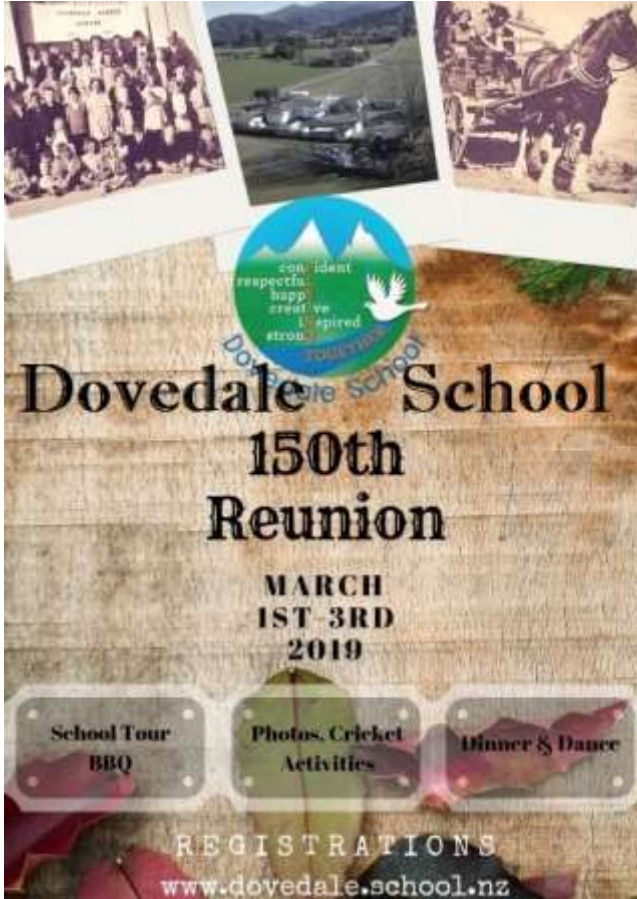
Nadia Reid

solo



Thursday 7th February <i>St Peter's Hall, Paekakariki</i>	Friday 8th February <i>The Plant, Blenheim</i>
Saturday 9th February <i>The Playhouse, Nelson</i>	Sunday 10th February <i>Mussel Inn, Takaka</i>

www.nadiareid.com



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THE PLAYHOUSE THEATRE PRESENTS

Cori Gonzalez-Macuer



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Playhouse Theatre
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Fire Brigade



December call-outs

14 Dec: Alarm activation Brewzone, defeated alarm.
19 Dec: Fire at Talley's fish meal plant Motueka, turned back
28 Dec: Alarm activation at Mapua School, nothing found.
29 Dec: Smoke showing Supplejack Valley Upper Moutere, turned back. Burning rubbish.

Calls for the year 2018: 81

Incident breakdown: 2 structure fires, 1 Vegetation fire, 10 other fires, 5 medicals, 3 special services, 16 false alarms, 5 assist public and 6 vehicle accidents. The remaining calls were to back up our neighbouring brigades - Richmond, Upper Moutere and Motueka.

January call-outs

2 Jan: Scrub fire Wills Rd turned back. Started by power lines arcing.
3 Jan: Smoke coming from substation, smoke was from a fire across the rd., owners told to put out.
6 Jan: Medical assist Apple valley Rd, Helicoptered to Wellington.
10 Jan: Assist ambulance to free trapped person at Kina, turned back. Ambulance staff got person free.
13 Jan: Tanker to bark fire lower Queen St.
17 Jan: Alarm activation Brewzone, Horton Rd. defeated alarm.

Calls this year: 6

Safety Tip – Be safe.

For fire permits go to Check it's alright or phone Fire and Emergency Nelson Tasman on 03 544 2441.

Gavin Lambert has moved to Richmond and has resigned from the Brigade. And with Mike Stephenson now living in Richmond we are getting low in active firefighters.

Bruce Hampton and Ged Hay have joined and are starting their training to be firefighters.

At the moment we have 12 fire-fighters. We have room for 4 more persons who live or work within the Mapua area and can come to trainings on Thursday night and call outs at any time. Ideally within five minutes of the station.

If interested call Chief Fire Officer Ian Reade on 0274457049 or come and see us on Thursday around 7:30pm

Mark Theobald SO/secretary



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Getting out in Nature

One of the things I love about my work is seeing our members and Personal Training clients starting to reap the rewards of the improvement in fitness and strength.

I love nothing more than getting out on my weekends and exploring our area. Be it a walk, a tough hike up a mountain, or an off road bike ride... I'm always looking for new adventures and places to explore, and I also love hearing about the adventures my clients are heading off on.

I'm often surprised to hear people say they have never been into the Abel Tasman, or done some of the many local walks we have on our doorstep. It's relatively easy to head off exploring.

You will need to take a light daypack with some water, food, an extra layer of clothes, and a rain jacket just in case, and maybe a small first aid kit. And a charged mobile phone.

Then decide where you want to go, get some friends or family to go with you (although you may also be happy on your own) and off you go. If you are new to exploring the trails, then I would start small and close.

Check out the Hackett Track up to Hackett Hut, or go into the beautiful Abel Tasman, or maybe head into the Nelson walks around Dun Mountain walkway and the Maitai Area.

Once you have a couple of those under your belt, you might be feeling ready to tackle something a bit more challenging like the Mt Arthur tracks, or get exploring up at Nelson Lakes and the St Arnaud area. There are so many and varying levels of toughness.

But I'm pretty sure wherever you go, you will gain a greater appreciation of what a beautiful area we live in, and you will probably also hear yourself saying "I'm so glad I've been doing all those squats and lunges" as you are climbing up another hill.

I often find myself not wanting my day to end when I'm out in the bush. There is something beautiful about the fact that the only sound is usually the trickle of water in a stream and the chirps of the birds. There must be 1000 shades of green (even more after its rained) and the reward from every challenging uphill hike is usually stunning views of our region. You can usually find a quiet spot to have a snack before you head back down to reality.

If you want any ideas on places to go, or if you want some ideas on what to do at the gym to help you feel fit and strong whilst you are out there, get in touch. And, if you have any gems you have discovered, let me know so I can check them out for myself.



Te Hapu, Golden Bay

Karyn Holland, Catalyst Fitness

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Raewyn is certified to teach "SharQui - The Bellydance Workout".

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Mapua Community Hall

For more details & cost contact Raewyn 029 775 1853

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Nordic Walking



Good resolutions after the holidays? Keen to try something new? Ready to get out there and increase your fitness? Try Nordic Walking!

If you have seen people around Mapua walking with poles and wondered where they've left their skis, there is nothing wrong with you; this is a typical reaction after seeing Nordic Walkers for the first time.

Nordic Walking, or pole walking, could be described as Total Body Walking. It uses specially designed poles to engage the whole body during regular fitness walking. Nordic Walking can be done by all ages, levels of fitness, and on a variety of surfaces – grass, asphalt, forest trails and on the beach. If you can walk, you can Nordic Walk!

As the name suggests, Nordic Walking was developed in the Scandinavian countries by cross-country skiers wanting to improve their summer training methods. In the late nineties it was officially acknowledged as a 'sport' and specially-designed poles were developed.

Just like its winter counterpart, Nordic walking is a powerful whole body exercise which activates your core stabilising muscles and increases heart and lung activity. It is rapidly gaining popularity around the world, due to the health benefits and because it is fun and very social. Nordic Walking was introduced to New Zealand in 2005 and it is an activity that suits the local climate, landscape and outdoor lifestyle very well.

Often mistaken, Nordic Walking is not the same as trekking. Trekking poles are used mainly for support and stability whilst Nordic Walking poles are a fitness tool which takes walking to a higher level. Angling the poles backwards instantly improves your posture and the technique of gently rotating your upper body as you push forwards greatly benefits your back. The list of benefits goes on...

Unlike walking, or even running, Nordic Walking provides you with a whole-body exercise – lower body, upper body, using 90% of the body's muscles. By adding the upper body workout, calorie burning is increased by up to 40 percent, yet with no increase in how hard you feel you are exercising. Nordic Walking is a low impact activity as the poles help distribute

weight and lessen the load with which you hit the ground, causing less stress on the joints.

Nordic Walking can be as difficult or low-key as you make it. Just as with regular walking, you control the intensity by varying your stride, speed and surface. It can be practised in groups, or alone. However, it is important to have the right equipment and know the basics principles of the technique.

Liina Klaver is an INWA (International Nordic Walking Association) certified instructor and lives in Mapua.

"I come from Estonia, which is located next to Finland and has heavy winters with lots of snow. I always used to cross-country ski when I lived there. During the off-season Nordic Walking was the natural thing to do. I have lived in Mapua for over three years now and I was surprised that Nordic Walking is still relatively unknown in New Zealand. Especially as there are so many great locations to practice it around here. It is a social activity and always more fun to go out with friends or in a group. I started off teaching my friends the technique, and the group has grown bigger and bigger.

This year I will be running courses and workshops for everyone who is keen and would like to give it a go. I am organizing free taster sessions in Mapua so people can get a better idea about the activity, try the poles and ask questions. For people who are interested I offer 4 weekly sessions to learn the technique and then they can join a walking group."

If you find regular walking too easy or too difficult, or just keen to learn something new, you might like to try Nordic Walking.

More info at www.nelsonnordicwalking.co.nz or give Liina a call at 0210 863 5747



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Leg Exercise Critical

Leg Exercise is Critical to Brain and Nervous System Health

Groundbreaking research shows that neurological health depends as much on signals sent by the body's large leg muscles to the brain as it does on directives from the brain to the muscles.

Published in "Frontiers in Neuroscience", the study fundamentally alters brain and nervous system medicine, giving doctors new clues as to why patients with motor neuron disease, multiple sclerosis, spinal muscular atrophy and other neurological diseases often rapidly decline when their movement becomes limited.

"Our study supports the notion that people who are unable to do load-bearing exercises – such as patients who are bed-ridden, or even astronauts on extended travel – not only lose muscle mass, but their body chemistry is altered at the cellular level and even their nervous system is adversely impacted," says Dr. Raffaella Adami from the Università degli Studi di Milano, Italy.

The study involved restricting mice from using their hind legs, but not their front legs, over a period of 28 days. The mice continued to eat and groom normally and did not exhibit stress. At the end of the trial, the researchers examined an area of the brain called the sub-ventricular zone, which in many mammals has the role of maintaining nerve cell health. It is also the area where neural stem cells produce new neurons.

Limiting physical activity decreased the number of neural stem cells by 70 percent compared to a control

group of mice, which were allowed to roam. Furthermore, both neurons and oligodendrocytes – specialized cells that support and insulate nerve cells – didn't fully mature when exercise was severely reduced.

The research shows that using the legs, particularly in weight-bearing exercise, sends signals to the brain that are vital for the production of healthy neural cells, essential for the brain and nervous system.

Cutting back on exercise makes it difficult for the body to produce new nerve cells – some of the very building blocks that allow us to handle stress and adapt to challenge in our lives.

"It is no accident that we are meant to be active: to walk, run, crouch to sit, and use our leg muscles to lift things," says Adami. "Neurological health is not a one-way street with the brain telling the muscles 'lift', 'walk' and so on."

These results shed light on several important health issues, ranging from concerns about cardiovascular impacts as a result of sedentary lifestyles to insight into devastating diseases, such as spinal muscular atrophy (SMA), multiple sclerosis, and motor neuron disease, among others.

This research demonstrates the critical role of movement and has a range of potential implications.

For example, missions to send astronauts into space for months or even years should keep in mind that gravity and load-bearing exercise play an important role in maintaining human health, say the researchers.


"One could say our health is grounded on Earth in ways we are just beginning to understand," concludes Bottai.

Improve your overall health by making exercise a part of your daily routine.

If you want to learn more about managing your health with exercise, contact us here at Coast & Country Chiropractic Centre with offices in Mapua and Motueka.

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Reference: Adami, R., Pagano, J., Colombo, M., Platono-va, N., Recchia, D., Chiaramonte, R. & Bottai, D. (2018). Reduction of movement in neurological diseases: effects on neural stem cells characteristics. *Frontiers in Neuroscience*, 12, 336. DOI: 10.3389/fnins.2018.00336



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Letters to the Editor

Hello from Jim and his crew at the **Golden Bear**,

This February 8th Golden Bear Brewing are once again hosting the internationally acclaimed band, "My Baby"! [see poster, left.]

This band's status in the music world continues to soar and we are fortunate to attract an act of this calibre.

In addition, we will be highlighting local band Rabbit Hole, after opening with up-and-coming singer songwriter Bella Shand.

I wanted to inform the community that we seek their understanding as this show, though still largely within our established Friday night time slot, will run slightly longer.

We have acquired a special licence for the night to accommodate the anticipated larger attendance and parking challenges.

I will, as usual, endeavour to maintain the time limits and volume levels within what Mapua has become accustomed to.

The event is scheduled for roughly three hours total music time with breaks between sets.

Please come and join us on the night for a memorable evening of music and dancing headed by "My Baby"!

Lastly, these shows are funded by \$10.00 raffle ticket sales. Please get your tickets now. Help us keep the music alive!

You may even win the big prize!

Thanks so much, Jim Matranga

Community Carols – Looking Back!

So, you will be reading this some weeks after our Community Carols event which happened way back on December 13th 2018.

The organisers would like to say a big "thank you" to all of those who joined in the celebration whether a school kid, scout, musician, actor, singer or spectator.

We do hope that you enjoyed the evening and how fortunate we were with the weather. The storms raged around us, but the sun shone on Mapua!

We would also like to let you know that you donated \$320 towards the Red Cross Refugee Resettlement programme. Sufficient to make up 12 well stocked cleaning buckets!

"This is such a generous donation from the community at this time of year, so please thank the church & community on our behalf." – Meghan (Red Cross Volunteer co-ordinator)

So, we wish you a very happy and peaceful New Year and look forward to our next Community Carols in December 2019!

Hills Community Church

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Musical Notes of My Life by L M

*Do you hear the people sing, singing the song of
angry men? It is the music of the people who will not
be slaves again. When the beating of your heart
echoes the beating of the drums...*

- by the cast of Les Misérables

The Paint Brush Salute

When I was in the British Army, we had a saying 'if it moves salute it, if it's stationary paint it'. A typical day during peace time, in any regiment always involved painting and cleaning something. They had to give us something to occupy us. I served with 14th Field Regiment of the Royal Artillery. I was with the logistics part of the regiment and our time was roughly divided as follows:

- 10% parades and roll calls
- 10% smoko breaks
- 20 % driving vehicles
- 20% cleaning vehicles
- 20% painting camouflage on the vehicles
- 20% painting white lines in the carpark for the above painted vehicles to park in.

But in the late 80s and the early 90s the world was changing. In 1989 the Berlin wall came down and as Germany unified, the wall was slowly being turned into countless fridge magnets for the hordes of new tourists that were going to visit Berlin.

What it meant to us in the British Army was that postings to bases in Germany became rare. No longer could you ask for a posting abroad, which in essence meant that you would paint and clean in a slightly warmer climate with cheaper beer.

As the world changed so did the colour of our paint. In 1990 Iraq's forces invaded Kuwait. Discussions in the United Nations, America and Britain lead to war being declared on Iraq by a coalition of western forces. In January 1991 we were told to prepare the regiment for war in Kuwait. Our task was simply this, repaint everything from green, brown and black to desert sand yellow.

New tins of paint and paint brushes arrived, and our troop started the process of turning every vehicle yellow. I must admit that I didn't join the Army to go to war, in fact it was being in the Army that turned me into a pacifist. Nor did I join to perfect my painting skills, but we had our orders.

By the second week of painting, a parade call was arranged. Sargent Taffy Jones marched up and down our lines lecturing us on the importance of our task. He was not happy with some of the painting on the Landrovers. They were not yellow enough. Plus, yellow paint and paint brushes had gone missing.

"We are at (insert expletive) war and this is no time to be pilfering (insert expletive) army stores and supplies" he shouted. As we stood listening to his ranting it was hard to imagine anyone of us nicking yellow paint or brushes. As we got cold in the January weather the Sarge then came up with what he thought was a brilliant idea. "Right you (insert expletive) stealing lot, the solution here is simple. Tomorrow you will all bring in your own paint (insert expletive) brushes. I will check you have all done so at tomorrow's morning parade" he ranted.

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The parade was dismissed, and we all went grumbling into one of the troop rooms. No one was happy. 'Buy our own paint brushes, he has got to be kidding' was the general consensus. Unfortunately, all of us knew he wasn't joking. With feelings running high, I came up with a great solution. I grabbed a chair and stood upon it to address the troops.

In my head this is what I imagined it to be:

I was standing at the barricades, rallying the men and women. "It is time to stand together against the injustice. It is time for our voices to be heard. Stand up for what is right. Not one of us should buy a paint brush. If they want us to go to war and fight they don't ask us to buy our own guns, so why should we be asked to buy our own paint brushes. This must stop now, or we give him the green light to carry on with his ridiculous ideas. Let us all stick together and be strong and send a message to our superiors." Big cheers and waving of arms greeted the end of my speech.

This was the reality: I'm stood on a wobbly plastic chair. I can't see my fellow soldiers due to the heavy cigarette smoke that filled the room as someone had just 'crashed the ash' (army slang for passing the ciggies around). Coughing and spluttering I shouted out the plan for mass insubordination, of not buying a paint brush and the reason why. "Great idea count me in, I'm with you" came the replies.

We all left work that evening with the plan. I felt that if we all stood together I could then approach our Troop Commander with the issue and get it resolved.

The 8am parade came around and after the roll call, Sargent Taffy Jones asked if we had all got our paint brushes for inspection. The troop was silent. "Ok anyone (insert expletive) not got a paint (insert expletive) brush take one step forward." Being certain

that we were all about to take that step, I took the step forward.

The sound of my Army issue boots hitting the parade ground was deafening. It was the loneliest step that I had ever taken. Immediately I knew that I was the only one who had followed the plan. All the others had gone out and bought paint brushes or brought back the ones they stole in the first place.

Sgt Jones squared up to me and asked in his usual polite way, why I hadn't bought a paint brush. I began to explain why, when he rudely interrupted me and marched me off to the troop Commander's office. "You are going to (insert expletive) pay for this big time."

Once standing in front of the Major, the troop commander, Sgt Jones rattled on about insubordination. Finally, he drew breath and the Major asked me for an explanation. I told him, like I told the troops that buying our own paint brush was the start of a slippery slope leading us to buy our own guns and weapons.

Without taking in any regard to my argument the Major just said "Ok six more extra guard duties for you Private, now get out of my office." I replied, "Thank you Sir and do you want me to buy my own gun for those duties?" "8 extra duties" he shouted. I decided to quit the argument whilst my extra duties were still in single figures.

As I was leaving the Major's Office he stopped me, called me back in and handed me an envelope. "Congratulations" he said. "You're off to Aldershot for six weeks to train with the Army national hockey squad" and that was my contribution to the Gulf war.

Probably just as well, as I was a better hockey player than a soldier. I never did do the extra guard duties. Hockey was far more important.



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Happy new year to you all . . .

Let us hope that 2019 is going to be the year that we can all grow and prosper, the year that we make plans and resolutions that are within our reach and we set our minds to achieving them.

Team Kim and Adele have had a very busy start to the New Year, taking on new listings and selling many of our existing ones.

SOLD



SOLD



If one of your resolutions is to move home this year, call us and let us help you. When you choose to use Team Kim and Adele you are benefitting from our combined years of experience in marketing and negotiating. We are dedicated to bringing you not just a result but the best possible result for you. We are part of the Summit team which means that any one of our 52 agents are able to show their buyers your home.....teamwork is the key to our success! Put yourself in our safe hands and call us today to find out what your home is worth in this market.

Kim & Adele

Noticeboard

SING! Enjoy a women's 4-part *a cappella* with Nelson Bays Harmony. Come on 21 Feb to find out if this is your new hobby! A number of women from your Mapua area already come along so join us! Thursday evenings, 7-8.30pm, Club Waimea Hall. www.nelsonharmony.org.nz Contact Jenny: 0275444121

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

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

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

Māpua Boat Club nights Thursdays 5.30-7.00 at the Club rooms, Māpua Wharf. Visitors and guests welcome. Info: mapuabsecretary@gmail.com

Mapua Boat Club Regatta Sunday 31 March commencing 11.30am. Contact Brian Holbrook 027 221 4335.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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