

Tamaha Sea Scouts

The local Tamaha Sea Scouts have a busy 2022 year ahead of conservation work on Moturoa/Rabbit Island after partnering up with the Tasman District Council to become guardians of the ferry landing section and an area of land between the Māpua Channel and the Great Taste Trail.

Over the 2021 community planting days held by Battle for the Banded Rail and Tasman Environment Trust in the region, several Tamaha families volunteered to give back to the community. While out volunteering primary Tamaha contact Amanda Brett met with the TDC contact in charge of the area and discussed a designated area that the Tamaha Scouts can manage in order to continually work on their Conservation Badge.

Reserves Officer for Tasman District Council, Stephen Richards had just the location and offered up the ferry landing. "Over the last two winters we've been establishing native plants on Rabbit Island in the area of the Māpua ferry landing and the Tamaha Sea Scouts will now be actively involved in continuing this work." He says it's the perfect location for the group. "They get to practise their boating skills across the channel and also get hands on with our plant restoration and weed control programmes, learning further land care skills."

Tamaha are the only sea scout group in the entire Tasman region and are made up of 3 sections based on the

age of the children: Keas (5-8yrs), Cubs (8-11yrs) and Scouts (11-14yrs). The young Keas have already started working over at the ferry landing on wildling pine seedling removal last December. Amanda says "We gave them a challenge to see how many mini Christmas trees they could pull out in 20 minutes and Keas really stepped up to the challenge and managed to locate and pull approximately 10-15 seedlings each." The Māpua Ferry has kindly offered to allow the group to use their service free of charge for the duration of the project. Andrew Schwass, director of Kiwi Journeys, who owns the ferry says it's a great cause and educational for the kids. "So, we are happy to let the group travel for free."



Predator control is another area the Scouts want to learn so have invited Tracey Murray from the Māpua Dawn Chorus to be the Guest Speaker on trapping at the Scouts Den session in March. Come the end of March TDC hope to have installed a trapping line which the Tamaha Scouts will check at least monthly by sailing/rowing/kayaking across the channel with the goal to assist New Zealand becoming predator free by 2050. September/October 2022 the scouts will be planting 2,000 native trees.

Scouts Aotearoa have recently developed a new modern youth programme that is tailored to create tomorrow's leaders with a strong focus on the community and environment. More information on the new programme can be found at scouts.nz.

Enquires to tamaha.scouts.nz

Celtic Music Concert

Māpua Hall 11 Feb

Multi-instrumentalist Rennie Pearson is bringing his solo show of Celtic traditional music to Māpua Community Hall at 7:30pm on the 11th of Feb.

Grounded in the Celtic musical traditions, Rennie Pearson takes the listener on a journey through history, weaving together tunes and songs and the tales that accompany them to create an intricate and varied show.



His engaging stage presence and storytelling opens the door for audiences to connect with the music, which he plays on the wooden flute, Irish tin whistles, guitar, bodhran and voice.

Rennie grew up in Wellington with Celtic music in his blood. Having heard the traditional music of Ireland and Scotland on his parent's CDs as a baby, he grew up knowing he just had to learn to play like this.

He picked up the flute at age 8, learning by ear in Irish sessions under the guidance of Galway born flute player Pat Higgins.

With Irish music as the cornerstone of his knowledge, Rennie then went on to delve deep into the traditional music of Scotland and maritime Canada, gaining proficiency in a wide range of different instruments along the way.

Tickets from renniepearsonmusic.com \$20 (vaccine pass required)

Ruby Coast Running Club

We are a month into the new year and the weather has decided to play at being summer. Toasty warm days haven't stopped the walkers and runners from attending the Thursday evening 5k. Thank you to everyone who has come out to run.

We are an unofficial club, really more a band of happy runners. There is no club membership, no committees, just friends meeting for a run or a walk before adjourning to the pub for drinks and curly fries. Everyone is welcome. There are the serious, the competitive, the social, and just for fun runners, a place for everyone. Give it a whirl!

The group has expanded quite a bit and we have added additional meetups. We have a Wednesday morning hills group. We head off in the morning to find a hill (generally in Richmond) to run up and back down before heading to coffee.

There is also a weekend long run as we have quite a few trying to increase their endurance or are training for upcoming half and full marathons. We even have a couple of ultra-runners if that is your cup of tea.

To find out what is happening and when, just follow us on Facebook. That is where we post the what, where, and when.

Happy running!



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Māpua Fire Brigade



Dec 2021 to Jan 22 call outs

10 Dec 00:31 House fire in Motueka

19 Dec 08:40 Alarm activation Tasman school, nothing found

19 Dec 19:56 Medical event Iwa St. Assisted person until ambulance arrived.

27 Dec 21:50 Hay shed fire on Moutere highway

30 Dec 09:16 Assist police on Coastal Highway

6 Jan 23:39 Bonfire on beach near Cliff Rd, extinguish with hand tools

10 Jan 4:34 Old Tobacco Building fire King Edward St, Motueka

Calls this year: 64

Safety Tip – Be safe.

All burn offs, rubbish, control burns, bonfires need a permit.

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

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

Māpua Health Centre News

We are delighted that Mandy Barrow has accepted the position of practice manager which she will be starting this month. Mandy has been an important member of our reception staff and has excellent skills and qualities for this new role. We expect that it will take a little while for her to become fully acquainted with all aspects of the job and ask for due consideration when working with her.

We also give a very warm welcome to two new receptionists, Angela Waghorn, who joined us a month ago, and Kerrin Mazey, who will be taking over Mandy's previous position this month.

Many thanks to our GP registrar, Claire Buchanan, who is leaving us after a year to take up her second year at a Nelson practice. Claire has been a wonderful addition to our medical team, and we wish her well in her career.

In addition, we will have a final year medical student with us for 3 weeks during February. This is a great opportunity for them to get some insight into general practice and health care in a community setting.

Covid-19 Booster Update. The booster rollout has been accelerated as one of several measures to protect Aotearoa New Zealand against the Omicron variant of Covid-19. People at high risk of severe disease or exposure to Covid-19 are particularly encouraged to get their booster dose as soon as possible. This includes border and health care workers, Māori and Pacific peoples, those aged 65 years and over, and those with pre-existing conditions that put them at higher risk of severe COVID-19. The Ministry of Health has recently updated booster interval advice for:

- Pregnant women: the recommended timing is at least 4 months following the second dose.
- People who are severely immunocompromised: the recommended timing is at least 4 months following the third primary dose.
- People who are 18 years and over, and completed their primary course at least 4 months ago, can now book an appointment by calling the Vaccination Healthline on 0800 282926.

An AstraZeneca booster is also available at least 4 months after the second dose and requires a prescription. You can get a prescription at the vaccinating AstraZeneca clinic or prior to your appointment with your preferred GP. Visits to GPs for a prescription for an AstraZeneca booster are free.

Not only is it Aotearoa Bike Challenge month but it is also Heart Health Awareness month. The very latest research reconfirms that ultra-processed, or "junk," foods lead to bad health outcomes. In a longitudinal analysis of more than 22,000 men and women from southern Italy, a diet high in sugar was associated with a 58% increased risk for cardiovascular mortality (*Am J Clin Nutr.* Dec 2020).

On the other side of the diet spectrum, a Pesco-Mediterranean diet consisting of plants, legumes, nuts, whole grains, extra-virgin olive oil, moderate amounts of dairy products, and fish and/or seafood, together with intermittent fasting (also called time-restricted eating), can

reduce the risk for cardiovascular disease (*J Am Coll Cardiol* Sept 2020).

Physical activity also 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 one 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.* January 8, 2018).

A reminder that evening clinics with Dr Andre Bonny have moved to **Wednesdays** from 6-8pm.

Some of the events for the month:

- 1-28 Heart Health Awareness month www.heartfoundation.org.nz
- 1-28 Aotearoa Bike Challenge month www.nzta.govt.nz
- 2 World Wetlands Day www.wetlandtrust.org.nz
- 4 World Cancer Day www.worldcancerday.org
- 6 Waitangi Day anniversary
- 7 Waitangi Day public holiday
- 11 International Day of Women and Girls in Science www.un.org
- 20 World Day of Social justice www.un.org/en/events/socialjusticeday
- 25-26 Big Heart Appeal www.heartfoundation.org.nz

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Tests of Life

If you were to answer the question “How do you view life?”, you could come up with multiple metaphors that would fit your view on life and the world. You may view life as a roller coaster, a puzzle, a maze, a symphony, journey, or dance. I’ve heard some say that life is like a game of cards . . . you must play the hand you’re dealt with. Such metaphors have a profound power on how you live life.



In his book “The Purpose Driven Life” Rick Warren says “The way you see your life shapes your life. How you define life determines your destiny. Your perspective will influence how you invest your time, spend your money, use your talents, and value your relationships.”

For the follower of Jesus our world view aligns with the nature and purposes of a good God and the teachings of the Bible.

God has entrusted us with talents, intelligence, opportunities, relationships, and resources. We are called to be good stewards of all of these. In fact, because God created and oversees all these things, we should take the best care of these as part of our worship of Him.

So, our life here is like being on a temporary assignment. (Warren says, in fact, that “Life on earth is a small parenthesis of eternity.”) Therefore, we should prove faithful with what we have and with our roles and responsibilities.

Which brings me to the sense that our life choices and actions are somewhat of a test . . . an assignment where someone is checking the results of the testing!! We are responsible to someone. To God.

Quite often, we discover that the tests in our life are not of our own choosing. Perhaps we don’t like them, even when testing can be good for resetting our energies and goals, but we can assume that passing is a possibility, and that God wants you to pass the tests of life. Firstly, though, call on him . . . call on him for the provision of grace that he has for you to succeed in His purposes for your life.

I like to suggest that you adopt this posture to the tests coming your way . . . instead of asking God to get you out of the circumstances, ask God what He wants you to get out of the circumstances! (You might need to read that again, more slowly!)

The Bible says in Micah chapter 6 “He has showed you, O man, what is good. And what does the Lord require of you? To act justly, and to love mercy and to walk humbly with your God”.

Greig Caigou

Pastor at Tasman Church

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Book Review

This month I have chosen two non-fiction books to review. One story **Champagne** set in France starts in the 13th century while the other **House of Kwa** is a history of four generations of a Chinese family starting in Imperial China.

'Champagne'

The cover of Champagne includes the comment "how the world's most glamorous wine triumphed over war and hard times".

Those who enjoy champagne will find this a fascinating pilgrimage as the authors trace the successes and problems that arose over the past 600 years.

Louis XV and the monk Dom Perignon were the two individuals who launched champagne on the path to fame and glory. One lived in absolute luxury while the other lived in extreme poverty. The king was a hearty advocate for this new drink while the talented winemaker gained huge respect for the progress he made in perfecting the art of making champagne.

After the French Revolution leaders who had fought against France put in orders for this new drink that had been discovered. Wine makers had been worried that Napoleon's exile would be bad for business, but the crown princes of Russia, Austria, Prussia, Orange, and England led the way with their love of champagne...

The Champagne region has suffered more battles than any other place on earth. The trials, the darkest hours, the sacrifices, and the results are documented when the first and second World Wars take place. Those of us who have

been underground in the Rheims wine areas will be able to identify with the region's population who worked to protect these caves and the stored wine.

The story concludes with a quote from a writer who visited the cemetery near Rheims where more than 6000 soldiers are buried. "When the battles are over and the soldiers have all gone, the real heroes of the Great war - the dead - will reassemble under the moon in the vast cemeteries, whose crosses look like nothing so much as vines that have never born fruit. And there, Champagne will be celebrated once again."



The red sash (*cordon rouge*) on every Mumm bottle was inspired by the French Legion of Honour and the enduring symbol has come to mean *ne plus ultra* – only the best.

'House of Kwa'

Mimi Kwa an Australian broadcaster and journalist who is part Chinese goes back to her roots in China to help her understand her father, Francis. Francis had sued Mimi because she inherited a significant amount from her aunt Theresa. Theresa was his sister.

The story begins in Imperial China where Francis has 31 siblings. Francis's father had four wives.

Part of the family moved to Hong Kong and continued to prosper until the Japanese occupation during World War Two.

Theresa, Francis's older sister is a charming and successful jet setter who started her career as a beautiful air hostess with BOAC, the first Asian woman to do so. She provides stability in Mimi's life and steers her towards hope for the future. Francis, in an effort to cope with anti-Asian responses from Australians became very eccentric, while Mimi's mother had severe mental issues all her life.

The later part of the book is Mimi's story. She is an engaging writer in this, her first book and by writing the story of four generations of the Kwa family she puts the ghosts from the past to rest. The strength she has gained from marrying into a sound intelligent family and being supported by a caring stable husband is obvious. The photos of her family at the back of the book are excellent and dare I say it.... they seem likely to live happily ever after!

Joyce Bullock

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MĀPUA HALL NEWS

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9.30 am SUPERB DANCE Move Good Now	9.00 am PANZ Pastel Artists of NZ	8.30 am AEROBICS with Lynda		8.30 am AEROBICS with Lynda
	9.00 am SIOUX LINE DANCE		9.30am MĀPUA ART GROUP	9.30 am SUPERB DANCE Move Good Now
	10.00 am MĀPUA CREATIVE FIBRE 2nd Tuesdays	9.30 am PILATES with Lynda		9.30 am PILATES with Lynda
3.00 pm BALLET 3-4yrs Kerry Clarke Dance				10.45 am YOGA with Martin
4.00 pm BALLET 5-7yrs Kerry Clark Dance	5.30 pm YOGA with Martin		3.30 pm FUN CREATIVE with Rachel	2.00 pm FRIENDSHIP GROUP 3rd & last Fridays
	6.00 pm AEROBICS with Lynda			
7.00 pm MĀPUA HALL SOCIETY Meeting 3rd Mondays	7.00pm PILATES with Lynda		7.00 pm MĀPUA COMMUNITY CHOIR	
7.15 pm MDCA PUBLIC MEET 2nd Mondays				

This month

- **Friday 11th February 2022**
Rennie Pearson
Performing Traditional Celtic
Music from 7pm

Membership

Visit our website and fill in the google form to join or re-new your Māpuā Hall membership.

E-Newsletter

For monthly updates from the Hall community sign up to our E-Newsletter.

Just visit our website and click on "News-
letter" on the home
page.



Hall Society News February

Happy New Year! Here at the Māpuā Community Hall we are busy preparing for a fresh new year, **Lynda's Aerobics & Pilates** and **Superb Dance** has already kicked off and most regular classes will start from the 1st of February. Check the Māpuā Hall website live calender for sessions times or with your instructors for more details.

Māpuā Market update: there is a small sub-committee involved in coordinating the Māpuā Market on behalf of the Hall Society, to keep the tasks manageable (and fun) we would love a couple of volunteers to help out with some light duties, varying from putting up signs, setting up tables and welcoming guests to site management on the day. If you would like to help in any capacity, large or small please get in touch at MāpuāHallSociety@gmail.com

The Māpuā Community Hall is open under Red in the Covid-19 Protection Framework however there are restrictions in place, please check the Covid-19 website for details specific to your event or group at www.covid19.govt.nz/traffic-lights/life-at-red/

or email any booking enquiries to
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Our latest news & adventures



Holiday Programmes are in full swing...

We are straight into 2022 and a busy January with holiday programmes every week until the school term begins, catering for ages from 7 through to 18. Thanks to funding from **Sport Canterbury Tū Manawa** fund we will also be delivering holiday programmes on the West Coast for the first time. There have been Whenua Iti vans deployed around the region full of young adventurers exploring their back yard - raft building, swimming, kayaking, abseiling, tramping, water sliding and even helping out with the odd conservation project along the way. Ngā mihi nui to **Rāta Foundation, Ministry of Youth Development, Lotteries & Communities, Tasman District Council & Jobs for Nature** for supporting these programmes! If you are interested in enrolling on our holiday programmes it's best to sign up to our newsletter from our website homepage - www.wio.org.nz.

Programmes support NCEA student success...

Reflecting on 2021, we were thrilled to see a 97% pass rate on our Trades Academy Programmes (for both Māori & Pakeha students – and significantly higher than the national average) which endorses the approach of experiential learning in helping students to succeed. 2022 Programmes on offer include Adventure Tourism, Manaaki Tāpoi, Uniformed Services, Civil Defence Emergency Response, Environmental Science & Predator Control & Conservation. Contact your Trades Academy Coordinator at your high school to get enrolled!

Free Nature Connection Seminar Coming Up!

Following the success of our last nature connection seminar, Whenua Iti Outdoors would like to invite you to a "Re-wild yourself" event facilitated by Liana Stupples on **Wednesday, 2nd February**. Liana is an experienced strategic facilitator who connects people and nature, who works with businesses, organisations, communities and individuals to help them thrive. Liana will offer you a taster of how as an adult, you can more fully embrace the wonders of nature and reconnect with yourself at the same time. Head to our facebook page to find out more and register to attend.

Updates to our Covid-19 Response

We are committed to doing all we can to protect the health and wellbeing of our students, staff, contractors, parent volunteers and visitors to our site and our programmes. We are currently able to run our programmes at all alert settings, with some adaptations as required. Please check our website for the latest.

Forest & Bird Youth have a new Nelson/Tasman Hub

It's great to see that there is a new active network of young conservationists out there! If you're interested in finding out more about what they're up to and to get involved, find them on Facebook.

The Team at Whenua Iti.



Students on our Senior Journey explore the karst landscape of Mt Owen



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\$2.50 per cm up to 6 cm	\$3 per cm up to 10 cm
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\$60 ½ page	\$80 full page

With 20% discount for long-term advertising (3+ months) and prompt payment by internet banking only. The deadline is the 20th of each month with each issue coming out on the 1st.

There is no separate January issue.

E: news@coastalnews.online for more information.



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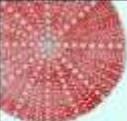
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David Mitchell awarded life membership of MDCA

David Mitchell – a well-known and respected resident in, advocate, schemer and conservationist for Māpua over nearly four decades as well as a long-term member of Māpua & Districts Community Association (MDCA) - was awarded life membership of the Association at the December 13 2021 monthly meeting.

David, his family, and many long-term friends and fellow activists filled the Māpua Community Hall for the ceremony which included songs, flowers and stories of David's activities and achievements. These were told by David, his family and friends, community members as well as TDC Councillors and the Mayor Tim King.

David's commitment to detail including the backing of all presentations and concerns with data (including legal advice from daughter Kate when needed) was recognised with Tim King also noting David's willingness to engage in "vigorous debate" always backed by many pages of research!

Both MDCA and David noted that while this award was made to him, it also recognises and honours the work done and support offered by his wife Judy and family, close friends and "fellow activists".

A particular example shared by a "partner in change" related to the period when it was ruled that macrons should be used wherever appropriate for kupu Māori. They were concerned that this may not happen so one night the two of them with ladders and suitable stick-on macrons, changed all the public notices naming Māpua!

The project that David and family's work and commitment is probably best known for is the development of Aranui Park which has recently been reclassified as a 'scenic reserve'.

David himself noted that "For me, the single greatest pleasure has been planting alongside the senior Māpua school pupils in Māpua wetland and Tāne's Ark; projects we have been working on for more than 15 years... It has been very rewarding to see the growing enthusiasm and

pride of the groups of school children as they continue to plant trees and shrubs and enhance an increasingly beautiful park. I also feel that we are lucky to have so many bright, personable and capable children working to support our community..."

The MDCA Life Membership Certificate was presented to David by Elena Meredith while his wife Judy and daughter Kate received bouquets of beautiful flowers crafted and presented by Esmé Palliser.

David replied "In response to tonight's award, I can only respond to you and the Association by saying thank you sincerely for all your advocacy on our behalf and for the way you encourage ordinary residents to aim to make Māpua an even better place than it is already..."



His later response to this ceremony was to thank the Association members involved for making the award presentation such a memorable occasion: "Thank you for the beautiful flowers and the kind comments and for making the award presentation such an unforgettable occasion."

For anyone interested in seeing David's full life-membership award ceremony, it is available on MDCA Facebook – go to www.ourmapua.org

Elena Meredith, MDCA Member

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The December meeting was a celebration of the community work David Mitchell has undertaken as a MDCA member over many years. David was presented with a Life Membership Certificate in recognition for his generosity to our community.

David's daughter Kate spoke fondly regarding her father's community commitment. Both David's wife Judy and Kate received flowers to thank them for all the background support they have given David.

Mayor Tim King spoke in support of David's lifetime of community support, including lobbying for the Mapua to Māpua name change and many environment-related projects.

Tim also noted the 20 Year Community Service Awards recently presented to Eileen and Graham Thawley (2nd time) and Marion Satherley.

Janet Taylor and Neil Bruce-Miller gave an update presentation from the Ruby Coast Initiative Trust (RCIT) regarding the progress of the third gateway sculpture project.

RCIT was officially established in 2003 and was a collaborative initiative between MDCA, MDBA (Māpua & District Business Assn) and TACA (Tasman Area Community Assn) for the primary purpose to identify the area that became divided by the construction of the Ruby Bay by-pass.

The first win was to officially name the area east of the by-pass between the Māpua estuary at the entrance to Māpua Drive and the Tasman estuary at the entrance to Aporo Road as the 'Ruby Coast'.

Four historical interpretative panels have been installed as well as two of the three planned gateway sculptures.

The progress on the third sculpture to be located near the underpass at the top of Seaton Valley is progressing well. A Resource Consent has been granted, a contractor has been engaged and all the materials have been paid for. Monies are now required to pay for the construction phase and RCIT are now appealing to the residents of the Ruby Coast and beyond to help raise the remaining funds.

For more information, please view www.rcit.co.nz

Next Meeting: **Monday February 14th** –
Venue to be confirmed.



Māpua & Districts
COMMUNITY ASSOCIATION

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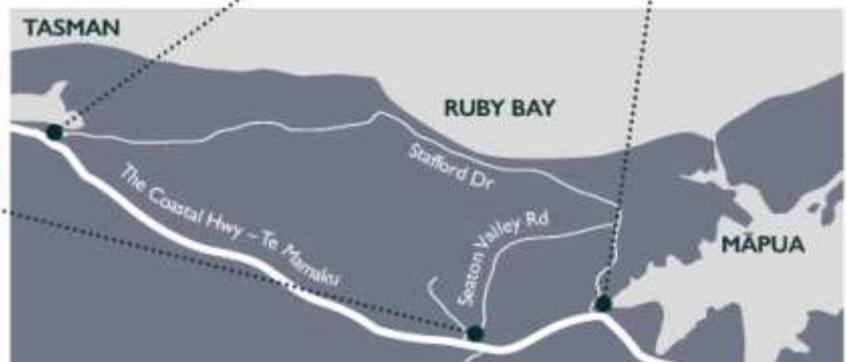


Ten years after the first planning of the Gateway Sculptures the third one is gaining traction.

The Seaton Valley sculpture is designed (by local artist Russel Papworth), has received Resource Consent and the necessary materials have been purchased. The design brings together the bird and fish elements of the first two sculptures.

It will be installed above the underpass near the junction of Seaton Valley and Stage coach Roads.

We now seek community help to raise the remaining funds required for the project to be completed.



How you can help...

Donations can be made via bank transfer to the RCIT account at SBS Nelson

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- Post Centre (April)

But wait, there's more

A short story by Lisa Mann

Jack was never at home to watch early evening TV. After work every day Jack swung by his favourite watering hole and downed a couple of pilsners before trying his luck on the pokie machine. He always left 'The come-on Inn' lighter in the head and lighter in his pocket. But he didn't give a damn. He knew how the rest of the evening was going to pan out.

Pull into the drive, kick his boots off, walk into the kitchen where Tina would be preparing hash browns and bacon. It was Thursday. Bacon and hash brown Thursday. Angel-Lee would be sat in front of the nanny which was the 75-inch TV. He would kiss them both, Tina, and Angel-Lee.

He just about resisted kissing the TV even though that's where his real love lay. He had taken out a loan to buy it and in Jack's mind it was worth every cent and every bit of the 12.9% rate on the repayments. Tina asked him why they needed such a big TV as it took up the entire space of one wall, and as money was tight why did he think it was a good idea to take out a loan to buy it. She even dared to suggest that Jack stops his little jaunts at the pub and use the money he drained down his throat to actually pay for the new TV.

"First of all," Jack said, "It's not just a TV, it's an entertainment centre and secondly it means I don't have to paint the wall it's on and third it really makes me feel like I'm on the pitch with the All Blacks, just waiting to receive the ball from Beaudie during a test match."

He refrained from telling her the real reason, which was that the TV transported him from what he felt was a very boring existence living with Tina, and although he had so much love for little Angel-Lee, he couldn't help feeling she was going to be far more interesting once she could talk and walk. Surely then the crying and screaming that hurt his pilsner-filled head would stop.

But in the meantime, the technology on the wall was his escape. He sugar-coated the purchase to Tina by pointing out that she could watch what she liked during the day, but when evening arrived it was his hand that held the remote control.

Long before the large TV and Angel-Lee arrived in Tina's and Jack's life, Tina had been a successful Site Traffic Manager Supervisor. In fact, that is how the two of them met. Surrounded by red and white cones and the stop/go sign.

Now after five years Tina felt their relationship was definitely more stop than go. How she wished to be back on site with her road workies and spinning the red and green paddle. It was Jack's idea and ultimately his order for Tina to stay at home, look after Angel-Lee, cook, clean and watch TV. How easy could life be. Jack couldn't be persuaded during many an argument with Tina, that she had anything but a very easy life. Why would she want anything else?

Tina did have the colossal entertainment unit on during the day to keep her company and as she flicked from soap operas, Netflix, YouTube, she saw and wished for a better life. Depression was always hovering above her, but she found that watching the shopping channel or the ads that offered the newest item that was going to transform your body and life, brightened her day.

She had even started to purchase items on a 14-day free trial. Jack never saw the packages arriving, and never even noticed or commented on the new air fryer. He stuffed in his succulent fried chicken without taking his eyes off 'Outback Truckers' screening in front of him.



It had started with Tina buying just small things like the no fuss, no hammer needed, no holes, picture hooks. She was taken by the way that they would hold the weight of two shopping bags but remained confused as to why anyone would want to hang their tins of Wattie's creamed corn in their tote bag from them.

When the picture hangers arrived, Tina realised with sadness that she had no pictures to hang from them and there was certainly no room for artwork on the living area walls as that was taken up by the TV.

Tina slumped back on to the sofa in despair, reached for the remote control and before she knew it, she was lost in the advert for the U-walk treadmill. It spoke to her. The ad promised it would change her life. She would lose the few kilos of weight that she had put on since having Angel-Lee, and as long as she paid for separate postage and packaging, she would receive a Nutribomb blender absolutely free. Tina was pretty excited about the treadmill

Continued on page 14

Continued from page 13

as she realised, she could put it in front of the giant plasma screen and not miss one TV show.

Weeks went by and Tina had indeed lost a little weight. The super powerful blender had been used for a week or so, but Tina couldn't face another almond milk, banana, kale and chia seeds smoothie. Interestingly, she had found another use for the blender. She had found a YouTube channel called 'Just Blend it'. It encouraged people to place all sorts of objects in a blender to see what happened. In a fit of rage and desperation Tina had placed Angel-Lee's bright pink dummy into the Nutribomb after Angel-Lee had spat it out for the tenth time in a row. Tina had resorted to placing Angel-Lee on the treadmill so she could crawl without actually going anywhere but that day nothing would shut the crawling baby up.

The dummy was no match for the powerful blender. It didn't make Angel-Lee quiet, but Tina enjoyed it. Slowly, and only when Jack was at work, she placed small items that belonged to him in the blender. A spare watch he had in his drawer, a packet of aspirin, his new eftpos card that had arrived in the post and even the spare key to his Ute. She was enjoying her new hobby. But she wanted more.

The foot massager arrived which Tina used once she had stepped off the U-walk treadmill. She wasn't quite up to 10,000 steps a day, but she definitely felt and looked fitter, not that Jack noticed.

Despite being fitter, Tina still suffered from a bad back, due to holding Angel-Lee in her arms. It wasn't that the child was that heavy, but she had begun to take Angel-Lee in her arms whilst she was on the treadmill. The gentle walking movement seemed to soothe the child and it had the added advantage that the two of them could be entertained by the screen in front of them. Walking in fresh air was overrated to Tina. If she had been outside, she would have missed the advert for Miracle Massage Chair.

Tina stared at the screen. The armchair didn't just have pulsing back massage cushions, but it was designed to give a full body massage. Legs, arms, back and neck. This is exactly what she needed. It said it was the chair of the future and it did indeed look like it had just landed from an Elon Musk rocket. The advert even claimed it had a zero-gravity mode. Tina didn't understand it, but she knew she wanted it and she was going to get it. If she was quick and one of the first sixteen callers, she was going to get a free gift of two pillows made from bamboo fibre, plus a multi saw kit, whatever that was, a universal spanner kit, 27 ladder combinations in one portable light ladder and an indestructible military grade flashlight. That was a total of \$700 worth of free gifts. It was a no brainer, she called.

The Miracle Massage Chair arrived, and it was indeed massive. It took up half the room and she positioned it right in front of the TV. She plugged it in and gave it go. It was so relaxing that Tina's mind wandered from her present day to maybe future happiness, a world where Jack was nowhere to be seen.

Jack returned from work via the pub, and he could not believe what he saw. "What the hell is that?" Jack said pointing at the chair.

"I got it for your birthday," lied Tina. "Try it out, I think you will like it."

Jack got into the chair and Tina switched the massage button on. A smile appeared on Jack's face. "Fantastic," said Jack. Before he knew it, he fell into a deep sleep and Tina increased the massage pressure. She grabbed one of the bamboo pillows and with all her strength she held it across Jack's face. He tried to struggle but he was being pulled into the chair mechanism. Tina had used one of the fancy new saw kits to split the fabric of the chair. As she pushed down on him, his neck and body were caught by the rollers. Jack couldn't move. Tina apologised to him as he stopped struggling and his body went limp.

Angel-Lee was oblivious to what was happening, she was busy watching cartoons on the big screen.

Tina dragged Jack's body to his ute. Tina was thankful that she had the strength to move the body. She put it down to working out on the 'Rapid Abs' machine. It was dark and their house was down a driveway void of any other houses, but Tina knew she had to act quickly. She grabbed Angel-Lee, putting her into the child seat in the car and gave her an iPad to keep her occupied.

She drove the car into the night, along all sorts of roads until she found what she was looking for. There in front of her, reflecting in the truck lights was a wall of traffic cones. Beyond the cones was a high mesh fence and a work office behind it. She removed some cones and reversed the truck up to the fence. Switching off the ute's engine and headlights she grabbed the indestructible flashlight and walked around the fence. The torch light picked up the joins where the fence panels were fixed together. Nuts and bolts were the mechanisms.

Thankfully Tina had thrown the universal spanner kit into the ute. She quickly got to work with the spanners and as the bolts dropped off, she was able to push the fence sections apart, wide enough for Jack's ute. She reversed his ute in a bit more to the work site. The office was easily broken into, and Tina grabbed a Hi-Viz vest (she had always been a stickler for health and safety) and the keys to the digger. As she climbed up to the driver's seat of the digger, a car appeared. She waved nonchalantly as the car passed. A Hi-Viz jacket literally lets you get away with murder, thought Tina. With precision she used the digger to remove Jack's body from the ute and placed it in the gaping gully-like hole. As she pushed the dirt on top, she laughed as she knew the road crew would fill the hole tomorrow none the wiser.

Back at the house Tina had one last job to do. She got the combination ladder and pulled out the insert, she placed a plank between the two parts, just as she'd seen on TV. Standing on the platform she got to work taking down the entertainment centre and replaced it with framed pictures of Angel-Lee and herself using the 'no fuss, no hammer needed, no holes, picture hooks.' She stood back to admire her work and smiled at a job well done.

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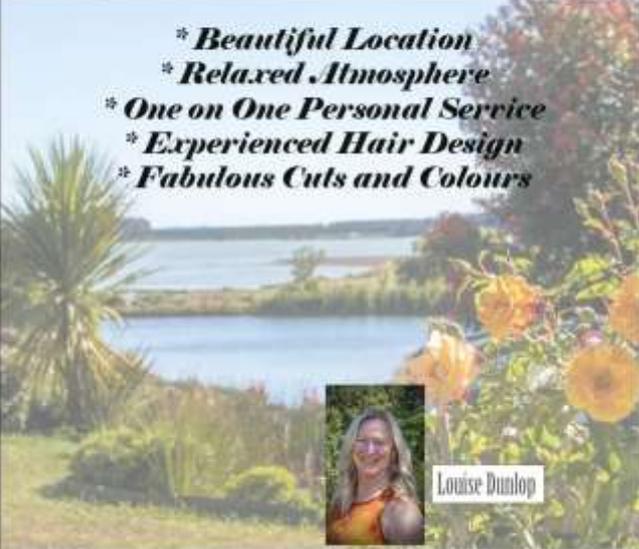
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Term 1 starts Tuesday Feb 8th till Friday March 18th.
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Classes on **Tuesday** evenings 6 pm & 7.05 pm,
Wednesday & Friday mornings 9.05 am & 10.05 am.
Strength/weight training, HIIT, Pump, Aerobics and Pilates.

\$12 1 session, \$20 for a double header - 2 sessions on the same day. 5-trip ticket \$45; 10-trip ticket \$75; 20-trip ticket \$140; 30-trip ticket \$190.
Summer series concession tickets will roll over into the February/March term.

Please contact Lynda for details, lynda@hht.co.nz, 027 222 1491.

*Please note: You must have a CVC not only to come to class, but to enter the Hall.
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Māpua Bowling Club

We are a club that is 95 years old this year, which is some kind of achievement.

Where are we? On the Domain.

What are we? A Green behind a chain link fence with lots of signs from local businesses; a grey building with smart clean facilities.

Why? To offer double-vaxed people a chance to participate, learn, try out, have a bit of fun in an easy to learn sport.

When? Hours *at the moment*: Monday night 5:45 - 8:00 - Community Bowls

Tuesday, Thursday, Saturday MORNING 10 until 12:30; this is due to the heat conditions at the moment. When the heat reduces, we will return to afternoon sessions, 1.15 to 4pm.

We have tournaments for those members who want to take part, we have fun days for all club members, we have "Have A Go Days" for the community to come and give it a go.

If you would like to come and have a go pop along on February 6th 12:45

Debbie Win

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Skin tips—from the Māpua Skin Clinic

Hi everyone, Happy New Year and welcome back to Skin Tips, Kiwiskin's monthly community newsletter. We're eager to explain some of the strategies we use to help stop cancers developing. This month's topic is 'cryotherapy' or freezing skin.

Why freeze skin?

Liquid nitrogen is used to freeze precancerous spots, warts, skin tags and often the pigmented blemishes often called 'liver spots'. People often choose to freeze these when they are small and that's because they can become warty (senile warts) and bothersome over time. They can also complicate skin checks because at certain stages of their development they can mimic melanoma and may have to be removed surgically and checked by the lab to confirm they are OK.

Freezing precancerous 'actinic' spots helps to stop people developing squamous cell carcinoma. The 'Actinic keratosis' is like a small, firm, silvery crust that grows on sun damaged skin. They are extremely common on noses of Kiwis over 50 years old and if you pick them off, they will always come back in the same spot. They can usually be 'cured' by freezing them. Left untreated some of them will turn into cancer. It's sensible and easier to treat them in their early stages.

Dry ice or liquid nitrogen?

The difference between dry ice and liquid nitrogen is that liquid nitrogen is colder so more effective. It is also easier to control when its being applied. With liquid nitrogen, many spots can be treated efficiently in a short time and it is also safe to treat around the eyes.

Dry Ice = frozen carbon dioxide. It is solid. In the old days we made a freezing slurry of dry ice and acetone and applied it to spots with a cotton bud. It was time consuming. TEMP = -78.5 C

Liquid nitrogen = frozen air. Liquid nitrogen is a liquid that evaporates when it comes into contact with normal air. In expert hands it is extremely safe. It is a very chilly = -195.8C

What happens when a spot is frozen?

There is a slight sting for a few minutes. The surface of the skin has been given frost bite and it dies and is replaced by new, healthy skin. Over 1-2 weeks it forms a scab and it drops off and underneath you have new skin. The new skin must be protected from the sun until it gets the normal light 'tan' that protects skin from sunburn.

Sometimes the spots blister; If you get a blister leave the skin over the blister. It's like the world's best band aid because it holds in the moisture needed for healing. If the blister pops you can use a plaster to lock on the protective skin, so it doesn't fall off.

If you have had a spot frozen it's fine to ignore it. It's like a tiny burn and your body knows exactly how to heal it. That keeps things simple at home.

Occasionally people get a bit of extra pigment where a spot has been frozen. This usually disappears in 6-18 months.

It's also good idea to hold off getting spots frozen on your face for at least a month before a photograph, wedding or another important event where you prefer not to look spotty.

As the skin heals it will develop a small scab. It's tempting to remove these but pulling them off can scar. If the healing skin is bothersome its preferable to keep the scab soft with something like a moisturiser or vaseline, until its autumn arrives.

Have a terrific month everyone ... we're heading to the dairy for an ice block then it's a swim in the river.

Kiwi summer rocks!



KIWISKIN - Māpua Skin Clinic

Dr Tim Phillips and the rest of the KIWISKIN - Māpua Skin Clinic team look forward to welcoming you to their quiet, safe and nurturing space in the heart of Māpua. Our new clinic is **now open for business**, thank you to all of those who have been in touch so far, we have had such amazing feedback from our lovely clients over past month.

- Full Body Skin Checks
- Spot Checks
- Minor Skin Surgery

YES, WE ARE OPEN - come and visit us 9am to 5pm - Wednesdays & Thursdays.

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**Thurs 10th Feb
Hera (Iceland) and Moses**

**Thurs 24th Feb
Mercury Rising
Queen Tribute**

**Fri 25th Feb
Diablos Caravan**

**Fri 11th March
Alan McElroy
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Two poems by Sofia Laurence, 12. She has twin siblings aged 8 which could have influenced these.

[Disclosure: She is my granddaughter so bribery might have taken place. – Ed]

Dream

They shout and cry
I wonder why
They moan and scream
While I dream
I dream of peace
Where no one cries
I'm all alone
Where none can moan
Where none can scream
In my land of dream.

Never

Always the helper
Never the helped
Always the lover
Never the loved
Always the doctor
Never the doctored
Always the spotlight
Never the spotlighted
Always the carer
Never the cared for
Always the includer
Never the included

**MĀPUA BOAT CLUB
KIDS FISHING COMPETITION**

Where - Māpua Wharf
When - Sunday 20th March 2022
Time – Lines in 12.30 - out 1.30pm
Registration from 11.30 am

3 Categories:

- Under six years
- 6 - 9 years
- 10 – 12 years

**Spot prizes - sausage sizzle
Prize presentation**

CONDITIONS OF ENTRY:
Only fish caught on lines win prizes
Maximum 3 hooks per line
Children to be accompanied by an adult at all times

Please direct enquiries to:
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Moutere Hills RSA Memorial Library Māpua Community Library

Xmas Raffle. Sincere thanks for the wonderful prize donations and also to all the ticket sellers who found time to come down and help. Mary Wilson co-ordinated this for us and did a great job, thank you. Together we raised \$1,109.10. The weather was against us this year and we needed to set up outside Tessa Maes, so a great effort by everyone involved. The winners of the food hampers were Judy Salisbury and Heather Hodgkiss. The Christmas Cake was won by Jill Burrell from Takaka. Congratulations to all the winners.

Exhibition 6 January to 17 February: Grant Palliser
Grant is perhaps best known for his long art teaching career and his numerous public statues around Nelson Tasman region including the Seafarers Memorial on Sunderland Pier; "Oracle" the bronze hand outside the Stoke library, and the water fountain in Sundial Square in Richmond.

Grant moved to Māpua Village in 2020 from Westdale Road where he and his partner Esmé established a bronze casting studio and foundry. Whilst predominantly an abstract impressionist, Grant frequently references landscape and environment issues in his works.

Book Sale

Another successful book sale took place on Monday 3rd January 2022. It was a bright and sunny day with lots of holidaymakers visiting the area. Thanks to all the volunteers who continue to help and make this fundraiser a successful event. \$784.80 was raised with more coming in each week. There are books still for sale in the foyer of the library.

Open seven days (except Stat holidays)

Monday	2pm-4.30pm
Tuesday	2pm-4.30pm
Wednesday	2pm-4.30pm
Thursday	10am-2.30pm; 2pm-4.30pm
Friday	2pm-4.30pm
Saturday	10am-12.30pm; 2pm-4.30pm
Sunday	2pm-4.30pm

F: Māpua Community Library

W: mapuacommunitylibrary.co.nz

E: mapualibrarynz@gmail.com

Major Sponsors: Rātā Foundation, Network Tasman, The Lion Foundation; Tasman District Council



February 2022

We hope you all managed to get some days off over the last two months to recharge and relax with friends and family. Those who were not able to manage this due to your businesses operating throughout the holiday season, we hope it has been a prosperous Summer to date for you.

First Event for 2022

Super excited to be having our first event on Tuesday 15 February, 5.30-7pm at one of the best spots in our region—The Tasman Golf Club. They have been a long time member and we are looking forward to heading out there to catch up with you all to see how the Summer has been for you, reconnect and hear about your plans for the year ahead.

There has been a delay in printing the new MDBA local map due to the high volume of jobs prior to Christmas. They are rolling out now around the region, if you would like to have some copies at your business email Kirsten.mdba@mapua.co.nz and she will organise delivery of them for you.

We look forward to seeing you at Tasman Golf Club on the 15th to catch up and see how everyone is doing.



SUMMER 2022 IN TASMAN

I don't know what summer looks like for you but from where I am sitting on Ruby Bay beach this is magnificent. It is a real pleasure to see people from all around the country enjoying our beautiful region, we are fortunate to live in one of the best places in the World. I hear some businesses have never done better this summer - but we keep in mind some who are finding it tough. The MDBA team is looking forward to offering support where possible. The last two years have been a real challenge, let's not forget to observe some positives: people have reviewed their priorities, enjoying more family time for those who can and developing strong friendships for the ones missing their families. Us humans are pretty good at adapting to adversity and I have seen some beautiful, mindful gestures from many on a daily basis which warms my heart. The planet is surely liking us slowing down a little... So in this start of 2022, to all the local businesses owners, their staff and families and on behalf of MDBA association, I am wishing you a wonderful new year. May your business be rewarding and may the people around it bring you joy, serenity and kindness. Don't forget to contemplate your surroundings, appreciate the little things and keep on dreaming. And whilst you are at it, make sure to have some fun! Warm wishes, Cheyenne Roche (vice chair) & the MDBA committee

NEED MORE LOCAL DIRECTORIES FOR THE SUMMER SEASON?

Contact Kirsten via email mdba@mapua.co.nz who will organise distribution to you.

NEW MEMBER * NEW MEMBER * NEW MEMBER



Welcome aboard Weka Peckers Recycling. Did you know Weka Peckers is rated one of Aotearoa's Top 10 second-hand shops – but they are more than that: They are a reuse and recycling shop offering a range of antiques and collectables of all sorts, vintage and retro, furniture, household items, clothes, tools – Treasures of any kind you can think off.

Come and see the team for any building or renovation project, odd bits and pieces for repair jobs, gardening and landscaping supplies with a steadily growing nursery.

Also, they are working on providing infrastructure for more recycling options in Tasman. At this stage they are accepting e-waste (for a service fee) and will be extending their services into the deconstruction of buildings, recycling wherever they can, and timber recycling. Their vision is to create a more sustainable future for Tasman by reducing waste to landfill.

Opening Hours— Tuesday to Sunday, 9am-4pm. P: 03 526 7000 E: wekapeckers@gmail.com
97 Robinson Road, Lower Moutere 7175 next door to the TDC Resource Recovery Centre.

Supporting Local Businesses since 1992

Noticeboard

Local Women's Walking Group - all welcome to our Tuesday morning walk of 5-7km leaving 9am - call Lynley 03 540 2292 for more information.

Māpua Craft Group: no meeting 4 Feb, next one 10am 18 Feb at HCC supper room. Anyone interested in any form of craft is welcome to join us. A healthy New Year to all. Barbara, 5403901

Motueka Toastmasters: Like to speak with more confidence? Friendly supportive environment. Meet 1st & 3rd Weds, 6.45-8.30pm, St Johns rooms, Jack Inglis hospital, 15 Courtney St, Motueka. Visitors welcome. Info Tam: tortipon@gmail.com or 021 08738996.

Re-cycle Printer Cartridges The library is your local collection point. Volunteers are happy to collect local printer and photocopier cartridges and transport them to the recycling centre. There is a blue bin in our foyer.

Tasman Golf Club: Twilight Golf at Kina Cliffs Thursdays. Tee off 5 - 5.15pm, members (\$5) & non-members (\$10) all welcome. Optional BBQ to follow. Ph Lyndal 03 5266819, teeup@tasmangolffclub.com or just turn up.

Māpua Community Choir: 4 part harmony, no audition necessary, small koha, Māpua Hall 7.15pm Thursdays, enquiries Helen: n-h.bibby@actrix.co.nz

Tasman Dippers: A casual collection of people who enjoy connecting with the open water. Year-round dips or swims in the sea at Rabbit Island. Info: www.tasmandippers.nz

Māpua Boat Club welcomes new members. No boat required. Social nights Thursdays 5.30 - 7pm at Club rooms on Māpua Wharf. Raffles, cash bar, snacks, regular guest speakers. To join, contact Secretary, Katrina 0211393945

MATHS TUTOR - Experienced High School maths teacher available for individual tuition. \$30 for 45 minutes. First lesson free. Jane 021 02972934

Stamp Collectors - anyone interested in forming a group or having their collections evaluated – contact Nick Ferrier 021 688243

Quakers meet at Family Service Centre, Motueka 10am 2nd Sundays. All welcome. Enquiries: Linda 027 447 6435.

Māpua Friendship Club: a young-at-heart group meet 3rd and last Fridays, Māpua Hall for indoor bowls & bring-a-plate tea, + occasional outings. \$3 door fee, 20¢ raffle. Contact Valeri 540-3685.

Māpua Art Group meets Bill Marris Room Māpua Hall Thursdays, 9-noon. Paint, draw, help each other in a social environment. All levels & media. \$5 incl morning tea. Tables, chairs, easels provided. Barbara Glass 027 443 1121

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

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

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.

Taoist Tai Chi: gentle meditative-style movements improve flexibility, balance and relax the mind. Wednesdays 1.30-3.00 pm, Māpua Hall. All welcome. Enquiries 027 443 1121

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

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

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

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

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

Ruby Coast Running Club: 5k run Thursday nights 5:30pm. Also runs most mornings. Find us on Facebook or contact Debbi 027 327 4055.

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

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

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

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 03 265 1842

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

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

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

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

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

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

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