

Civil Defence Volunteers Wanted

After cyclones Fehi and Gita, many Mapua and district residents were impressed at how neighbours and local Civil Defence rose to the challenges of a climate crisis. Now is your chance to become involved and help during future crises.

The Civil Defence Team organisers are updating and improving existing systems so we are prepared for a "next time" and are keen to collect names of those who are interested in a training session for helping with a welfare centre should one be needed. This training will happen in August/September at a date yet to be confirmed and it will be held at times to suit those willing, so could be the same content run as a day and an evening session to cater for all.

You may have particular skills you know would be useful or be a willing helper prepared to do anything – you may be available to help only during the day or only in the evening/overnight. Many different skills are needed and you can be assured anyone willing to help will be welcomed.

If you're interested, please contact Helen Bibby by 15 June. She will be collecting names to forward onto the TDC/Nelson Civil Defence Emergency Management team. <http://www.nelsontasmancivildefence.co.nz/>

Helen Bibby
03 540-3830 or n-h.bibby@actrix.co.nz

Our Local Maori Landscape



Regularly throughout the year we have various "hot topic" sessions. At the May Mapua & Districts Community Association meeting we enjoyed the company of our own MDCA executive team member Naomi Aporo (Ngāti Koata) presenting with local scientist Aneika Young (Ngāti Rārua, Te Ātiawa).

The presentation titled "Whatungarongaro te tātanga toitū te whenua," was focused on our common connection through the land. It provided a summary of pre-colonial history in our area from 850 AD through to the colonisation period in the mid-1800s.

It highlighted sites of significance in our area including Te Papa and Mamaku pā sites, and hot spots for occupational sites now considered "cultural precincts." The presentation also touched on the complexity of the Māori landscape today, but encouraged us to continue to build historical knowledge in a way that supports our ability to honour the past and reflect our unique historical story in the way we make land development decisions. We look forward to continuing these discussions as we continue to shape our community in the future.

Roads and Pathways

The Higgs Road pathway is complete as is the school refuge crossing which has greatly improved the entrance way to Mapua. The Seaton Valley Road footpath is being tendered. The Seaton Valley Stream walkway is back on the agenda and MDCA executive committee member Wayne Chisnall has met TDC staff to confirm the route and agree which sections will be prioritized. Access is available from Moreland Place onto the Moreland Reserve and this will connect with the new reserve along the stream in front of the new Aranui subdivision. A ford will be built over the Moreland Drain. No progress has been made with a proposed pathway from Jessie Street to Aranui Road.

AED Support:

Memoranda of understanding are being discussed with the owners of our 4 local AED devices available to the public. Club Mapua has generously donated \$450 to cover a battery and pads replacement should this be required.

Dominion Flats

Those of you who have been to Dominion Flats recently will agree that there has been fantastic growth in this reserve. This is all due to the hard work put in by so many to get the plants into the ground to begin with and then the regular help to control the weed growth. This has been helped by plenty of rain and sun with not too much wind this year.

We are excited to have received a Creative Communities Grant of \$1250 from TDC for Mapua School to use towards a mural in the underpass (covering existing graffiti). We hope the school will be able to incorporate the project into their arts programme during the year.

We now are filling some bare patches in three areas which have not had much attention so we had two well attended planting weekends on 19/20 and 26/27 of May and look forward to more participation and plantings in June. If you want to know more about the Dominion Flats project, please contact Helen Bibby 03 540-3830.

Water Infrastructure Subcommittee

Bruno Lemke, MDCA member and convener of the Water Infrastructure Subcommittee, gave an oral presentation to the TDC of our submission to the TDC Long Term Plan. At the presentation Bruno presented a first-hand experience of the personal distress people experienced (such as lost valuables) during the cyclone Fehi Ruby Bay flooding and are still experiencing now, such as increased insurance premiums. He reminded councillors that the Tait Street storm water upgrade was not completed as per the plans from years ago; that there are incomplete storm water connections from Pine Hill Ave and the seawall in front of Broadsea Avenue is not up to required specifications (as per the consent).

Bruno also thanked the councillors for the excellent help council staff gave after the event, but reminded them of the inadequate warning system immediately before the storm even though the extent of the flooding had been accurately modelled previously.

Waterfront Advisory Group

This group is being dissolved and reorganized as the Waterfront Area Master Plan Working Group

(WWG). Mike Kininmonth and Marion Satherley volunteered to represent the MDCA in this group with Martyn Barlow remaining as rep in the meantime.

Two motions were passed to provide feedback to the TDC on their Proposed Terms of Reference for the Group. Both motions are intended to ensure that the Working Group is a co-operative entity with TDC and community having equal rights to information sharing and input; and composed of chosen members representative of TDC and community stakeholder groups who are mandated to state and promote the views and positions of those stakeholder groups.

Waterfront Park

The TDC and MDCA have signed off on the purchase of a public BBQ for the park and a grant is being applied for with the Rata Foundation. The Mapua School has taken on the further repair of the two aquarium commemorative "picture frames."

Join us at for our next meeting: 11 June, 7pm in the Mapua Hall.

Tim Hawthorne, Executive Committee

Yoga class – Vinyasa flow

Tuesdays and Fridays: 9.30am - 10.45am
at Riverside Community Centre,
289 Main Road, Lower Moutere.
Thursdays: 6.30pm - 7.45pm at Parklands
School, 9 Pah Street, Motueka.
\$10. Details contact Jo: 0211 709 495



PUBLIC MEETING

Interested in learning more about what our Kai Collective does, and ways you can be involved in a Mapua group?

Saturday 9th of June at 2pm, Mapua Hall.
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Waterfront Group to be Formalised

Our group, initially set up informally to tackle the challenges of conflicting development pathways for the Māpua Waterfront areas, will soon become a formal group (an association inc.). The next stage in the Māpua story is the delivery and implementation of the Tasman District Council's exciting Masterplan over the next few years.

Another group on the case? Why do we need another? From experience, and many of us have years of experience actively working on waterfront improvement, a new group means a new potential funding stream, focused direction and broader inclusion.

We will be an association with a broader membership. People from the entire district and beyond are invited to join and help protect something they really value. Some people don't 'do' monthly evening meetings or don't need to be busy on the myriad of projects that other associations try to cover; they're too busy with their lives, families or roles. This new association will be mainly conducted on-line, one meeting a year if possible. It'll be just about the Māpua Waterfront.

We can be part of the council-led working group that will be helping council staff "get it right" as it

implements the Māpua Waterfront Masterplan. We have been invited to be an active part of this group. Our "Friends of Māpua Waterfront" inaugural meeting last month endorsed us to formalise and put some new energy into making a positive and engaged difference to Māpua.

During the public consultation on Māpua Waterfront we discovered widespread support for a family-friendly park and recreation areas to complement the vibrant wharf commercial area. The support came from a broad spectrum of society: school principals and PTAs, from parents of children with disabilities to DHB paediatric specialists who care for them, from diverse small local business men and women to regional business people, from busy two-parent working families through to solo parents, from active kids and teens through to elderly seniors, from Kiwis with extended family in Māpua, Ruby Bay and Mouere, and from visitors throughout New Zealand and the world. Join us on-line now!

Find us here mapuawaterfront.com or on Facebook "Mapuawaterfront"

Graeme Stradling, Ph 540-2050

Tiger Lily Uses All Nine Lives

Tiger Lily, affectionately known as "the village cat," has died.

She turned up at what was Flavour Restaurant, now known as the Sprig and Fern, as a kitten many years ago. The story has it she didn't get on with her siblings so she simply left home and took up residence at the restaurant, obviously appreciating the friendly staff and the endless supply of scraps, not to mention the roaring fire place in the winter. Her world expanded when she discovered the garage across the road and a cat door at Wendy Perry's home – more food and warmth.

There is no doubt she used more than her nine lives crossing Aranui Road several times a day, which became quite busy as the village grew. The villagers came to know her and made allowance for her, slowing down to let her cross.

One of Tiger Lily's favourite events was community meetings in the hall. She would often wander in unannounced, wander up the middle, check out the top table, turn and check who was there and just as if she owned the place wander back out again, happy that everything was OK.

Tiger Lily became most famous when she started writing a column to the *Coastal News*, talking about upcoming events. The column remained popular until the real writer stopped putting the column in. A customer turned up some time later to ask if Tiger Lily had died since the column in the paper had stopped.



Tiger Lily was a loner from the start and was known to be a bit aggressive but those close to her found, at times, that she could also be quite affectionate, but only on her terms.

Over the last few years, with the kindness of those who came to love her, a fund at the garage was set up to make sure that she got good attention. That's not surprising in Mapua; it's just the way things are done here.

Our thanks to Wendy Perry and Chris Atkins, who took up looking after Tiger Lily after we left the restaurant.

Goodbye to a very special cat who touched the hearts of all who knew her.

Rest in peace, Tiger Lily

Brian and Angela Holbrook

Planting to help Fund Tasman Community Pool

The Tasman Area Community Association is organising community planting days which will help raise money towards the new Tasman Community Pool (at Tasman School). See below for more information and planting dates.

The folk at Tasman Bay Estates have joined forces with Tasman Area Community Association and the Tasman Environmental Trust to organise some community planting days.

You'll get a first look at the new reserve and cliff top walkway planned on the Tasman Bay Estates site that will give public access to this part of the beach for the first time.

And for every tree or shrub you plant, Tasman Community Pool will receive \$1 from Tasman Bay Estates.

Tasman School is making great progress on its new 25m x 6m pool, available for everyone (adults and children) in the Ruby Coast community to be able to enjoy and use this summer. The pool itself is almost complete with the fund-raising committee now working hard on raising funds for Stages 2 & 3.

Tasman Bay Estates planting days - meet at Decks Road (will be signposted off Aporo Road)*

Sunday 10 June, 10am - 3pm

Sunday 24 June, 10am - 3pm

*Drop in whenever and stay for as long as you like or help us all day long to raise as much money for the Tasman Bay Pool as possible.

Please register by clicking the following link and fill out this online form: <https://goo.gl/aqXKIr>

Further information at:

<http://www.tasman.school.nz/WebSpace/116/>

<https://givealittle.co.nz/cause/tasmancommunitypool>

See new reserve and clifftop walkway (below) and raise money for Tasman Community Pool



MOTUEKA WOMEN'S SUPPORT LINK
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Wanted - volunteers for Mapua's

Impressions National Art Awards

and exhibition in October. This year the exhibition runs for the first two weeks of October. If you can help minding the show for half a day or would like to help in any way contact:

Graeme Stradling in Ruby Bay or ring 540 2050,

Email: awards@graemestradling.co.nz

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I've heard people say that before, and I'm sure you have too. Or maybe you have even been someone who has said, or thought that.

The thing is...you are wrong!! You are not too old to start exercising, to join the gym, to start getting stronger. And it's not the place for only young fit people.

I have clients and gym members ranging from 16 years old through to 91 years old, and they are all benefiting from the training they are doing.

As we age, we start to lose things we previously took for granted, like mobility, strength, muscle tone, agility, balance and speed of recovery from exertion.

By following a programme that works on those things, you can not only slow down the rate of decline, but even find you are gaining in those areas.

A suitable programme for our older members would see them working on gaining muscle strength, improving balance, especially while moving over and around obstacles or an uneven surface, and some stretching and mobilising of muscles and joints. If that sounds a bit confusing, think squatting and lifting; reaching up, pushing and pulling; bending and turning. All movements we do every day in our usual environment.

If you are finding you are losing some strength and muscle tone, you can't move as easily as you used to, or you just want to feel more confident when you are moving around outdoors, then pop in and let's have a chat. We would be happy to visit you at home to do an assessment and discuss your requirements. This is done with no obligation and with strict confidentiality

This winter, Catalyst is running a twice-weekly class for our older people. It will work on all the areas I have mentioned above, and will be a lot of fun as well.

Let me know if you think you would like to participate.

Karyn Holland



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Fire Brigade



April to May call-outs

Apr 13: House fire in Motueka

Apr 18: House fire Motueka, Started by ashes in bucket next to house.

May 1: Medical assist Iwa Street. Stood down.

May 2: Car crash Moutere Highway. Not needed.

May 3: Medical assist at Kina. Turned back.

Calls this year - 33

Safety Tip: Ashes can take up to five days to cool.
 Empty fireplace ashes and ashtrays into a metal bin to get cold before disposal. Place metal bin on concrete or gravel. Always use a fire-guard or a spark-guard with open fires

At the monument we have 14 fire-fighters. We have room for four more persons who live or work with in the Mapua area and can come to training on Thursday night and call-outs at any time. Ideally within four minutes of the station.

If interested call Chief Fire Officer Ian Reade on 027 445 7049 or come and see us on Thursdays around 7:30pm.

Mark Theobald, SO/Secretary



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PANZ

Here is a bit of information found on, where else, the Internet on a site called Artsy in an article about "20 Art-Related Guinness World Records Broken Recently." Did you know that the world's highest contemporary art gallery is The Nautilus, located about 14,000 feet above sea level in a tent at Plaza de Mulas, the base camp on the western face of Mount Aconcagua in Argentina. Established by artist Miguel Doura in 2003, the gallery officially broke the world record in November 2010. Make the trek and you'll see Doura's oil pastel paintings, a medium that fares well in the extreme weather. It's open from early December through early March—climbing season—since, unsurprisingly, Doura has a passion for mountaineering.

The image is from Artsy website.

Now isn't that interesting ... for some. But I guarantee that you don't have to climb 14,000 feet to have a go at pastel art. Just join us on a Tuesday morning from 9am to noon at the Mapua Hall.

We welcome visitors so do call in and see what we are doing. You may even decide to join us. We learn with laughter.

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

Gloria Anderson



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Mapua Health Centre

Sadly, Laura Judge, our GP registrar, will be leaving us on 9 June to continue her training elsewhere. It has been a pleasure to have Laura as part of our team and from the feedback we have received from patients they have greatly appreciated the care and kindness she has shown. We wish Laura all the best for the future and hope she will visit us from time to time.

Although we farewell Laura we are delighted to be joined by Samuel Benny as our new GP registrar. Samuel joins the team on 12 June and will be with us for the next six months.

In addition we would welcome Caitlin Pugh, a final year medical student. During her time with us she will be sitting in on consults (with the patient consent) as well as consulting patients under supervision of our doctors. Later in the month we will also be joined by Rebecca Douglas, another final year medical student. This is a great opportunity for our Registrars and Trainee Interns to obtain a greater understanding of primary healthcare in the rural community. We thank you for allowing them to assist in your healthcare and for making them feel so welcome.



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 six 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.

If you are still wish to make use of the flu vaccine, it is available for free to those over 65 years or if you have a chronic medical condition such as asthma requiring regular medication, heart disease, diabetes,

etc. If you have any concerns about the vaccine or are not sure if you qualify for a free one please do not hesitate to contact one of our nurses.

There is a new mental health and addictions help line phone number: 1737 need to talk? This service enables anyone to talk to (or text with) a trained counsellor. The service is completely free and is available 24 hours a day. Their website <https://1737.org.nz/> asks these questions:

Are you feeling anxious or just need someone to talk to? Call or text 1737

Are you feeling down or a bit overwhelmed? Call or text 1737

Do you know someone who is feeling out-of-sorts or depressed? Let them know they can call or text 1737

In June each year Men's Health Week is held around the world. Locally, it's a chance for New Zealand men to make a difference to their health for themselves and their families. The Get the Tools website (www.getthetools.org.nz) has been developed to provide the latest health and well-being information and support for Kiwi blokes, and ultimately to ensure that our men get to stick around and celebrate more birthdays with their families. It looks at a whole range of important things from checking out about cancers to sexuality, worklife balance, weight, kai and nutrition, mental health, skin, man maintenance and getting active.

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

- | | | |
|-------|--------------------------------------|--|
| 1 | Junk Free June (no junk food) | https://nz.junkfreejune.org |
| 1-30 | Men's Health Mnth | menshealthnz.org.nz/mens-health-month |
| 5 | World Environment Day | http://worldenvironmentday.global |
| 14 | World Blood Donor Day | www.nzblood.co.nz |
| 15 | Matariki - Māori NY | mch.govt.nz/nz-identity-heritage/matariki |
| 15-22 | Elder Abuse Awareness Week | www.ageconcern.org.nz |
| 17-23 | National Volunteers Week | www.volunteeringnz.org.nz |
| 18-24 | Continence Awareness Week | www.continence.org.nz |
| 20 | World Refugee Day | www.un.org/depts/dhl/refugee |
| 26 | International Day Against Drug Abuse | www.unodc.org |
| 27 | Helen Keller Communication Day | blindfoundation.org.nz |



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Letters to the Editor

A Friendly Invitation

We are a group of young at heart, fun-loving people. The Mapua Friendship Club welcomes newcomers. We meet twice a month on the third Thursday and the last Friday each month at the Mapua Hall. We play a few games of indoor bowls, we are happy for either group to win (it's non-competitive).

You would be most welcome to come and give it a try even if you have never played before, it's great for a good laugh. We finish with a 'bring-a-plate' afternoon tea, and twice a year or so we go out for a meal together. Ring me on 540-3685 or just turn up. We start at 2pm, the 3rd Thursday and the last Friday of the month.

Val Roche

Last croquet report

This is my last Mapua croquet report. Due to circumstances with my health, I need to leave Mapua and spend the next few months in Hamilton receiving treatment for my disabilities.

I am sad to have to write this. I love croquet; I love Mapua and all the people here. It's been a wonderful part of my life for the last 4½ years but at this time I am saying farewell. I hope to return to say hello at a later date.

I would like to leave the balls and hoops to the club. I only ask that if for any reason the club closes down please sell the gear and any funds received are to go to the National Council for the Youth International Travelling Fund.

Please display good sportsmanship at all times, including respect for the opposing team.

Myra Boyd is now the contact person for the club. Her contact number is 021 146 0234.

Thank you for your support and encouragement.

Happy croquetting, David Davidson

Mapua Craft Group

During June and July in the Mapua Library, the Craft Group will display unusual items made during the year. Twiddle muffs will be included and you may like to collect a pattern to make one during the colder winter months. Several have already been given to people with dementia and those on display will also be donated locally.

Crafted flowers have been a regular theme using paper, pretty fabrics and buttons. So please make time to view with your children. Library hours are published in the *Coastal News* and on the library door. You may feel encouraged to call in to one of our craft meetings in the church hall on a Friday between 10am and noon in term time to find out more. You will be made most welcome.

Barbara Halse, Ph: 03 540-3901

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

Annual Financial Membership is now due. . .

If you're already a member please make payment online:

03-1354-0308218-00

REF: Your Name/Membership

If you're not yet a member please drop in
and fill out a form or
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www.mapuahall.org

'About the Hall' tab — Membership

*It's only \$15 per person annually
Additional donations greatly received!*

Mapua Public Hall Society AGM



7pm



**Monday 18th June
Mapua Hall**

Please come along and show your support for your community hall.

*****New Committee Members needed*****

Supper will be served following the meeting.

Monday	Tuesday	Wednesday	Thursday	Friday	Sat	Sun
 WWW.MAPUAHALL.ORG		What's On at the Hall In JUNE		1 9am Aerobics 9.30am DRU Yoga 10am Pilates 1pm Mapua Fellowship Group 6pm Mapua Youth Group	2	3
4 9.30am Low Impact Dance QUEENS BIRTHDAY HOLIDAY 6pm Mapua	5 9am PANZ 9am Sioux Line Dance 1.30pm Tai Chi Beg 2.30pm Sit & Be Fit 6pm Aerobics 6pm Middle Eastern Dance 7pm Pilates	6 9am Aerobics 10am Pilates 12.30pm Tai Chi 3pm Childrens Dance with Verena 6pm Yoga with Thomas 7pm Tai chi Beginners	7 9am Mapua Art Group 9.30am Belly Dance Fitness Basics Mapua School Matariki	8 9am Aerobics 9.30am DRU Yoga 10am Pilates 6pm Mapua Youth Group	9 9am Aerobics 10am Pilates	10 6.30pm The Packhouse Cinema 'Chinatown'
11 9.30am Low Impact Dance 6pm Mapua Dance Fitness 7pm Mapua Community Assc. Meeting	12 9am PANZ 9am Sioux Line Dance 10am Mapua Creative 1.30pm Tai Chi Beg 2.30pm Sit & Be Fit 6pm Aerobics 6pm Middle Eastern Dance 7pm Pilates	13 9am Aerobics 10am Pilates 12.30pm Tai Chi 3pm Childrens Dance with Verena 6pm Yoga with Thomas 7pm Tai chi Beginners	14 9am Mapua Art Group 9.30am Belly Dance Fitness Basics 2.30pm Mapua Dance Company 5.30pm Mapua Drama Company 6pm Mapua Dance Fitness	15 9am Aerobics 9.30am DRU Yoga 10am Pilates 6pm Mapua Youth Group	16 1-5pm Ian Hamlin Painting Class 7.30pm Motueka Dance Group	17
18 9.30am Low Impact Dance 6pm Mapua Dance Fitness 6.30pm Hall Comm. Mtg	19 9am PANZ 9am Sioux Line Dance 1.30pm Tai Chi Beginners 2.30pm Sit & Be Fit 6pm Aerobics 6pm Middle Eastern Dance 7pm Pilates	20 9am Aerobics 10am Pilates 12.30pm Tai Chi 3pm Childrens Dance with Verena 6pm Yoga with Thomas 7pm Tai chi Beginners	21 9am Mapua Art Group 9.30am Belly Dance Fitness Basics 2pm Friendship Group 2.30pm Mapua Dance Company 5.30pm Mapua Drama Company 6pm Mapua Dance Fitness	22 9am Aerobics 9.30am DRU Yoga 10am Pilates 6pm Mapua Youth Group	23 9am Aerobics 10am Pilates	24 10am Tai Chi
25 9.30am Low Impact Dance 6pm Mapua Dance Fitness	26 9am PANZ 9am Sioux Line Dance 1.30pm Tai Chi Beg. 2.30pm Sit & Be Fit 6pm Aerobics 6pm Middle Eastern Dance 7pm Pilates	27 9am Aerobics 10am Pilates 12.30pm Tai Chi 3pm Childrens Dance with Verena 6pm Yoga with Thomas 7pm Tai chi Beginners	28 9am Mapua Art Group 2.30pm Mapua Dance Company 5.30pm Mapua Drama Company 6pm Mapua Dance Fitness	29 9am Aerobics 9.30am DRU Yoga 10am Pilates 2pm Friendship Group 6pm Mapua Youth Group	30 Mapua School Fundraiser Event	

SOLD



**9 Catherine Road
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SOLD**



**14 Teece Drive
Motueka
SOLD**



**38 Iwa Street
Mapua
SOLD**

SUMMIT^{MAY} PROPERTY UPDATE

WHY SELL IN WINTER

Are you worried about selling your home in winter?

Worried about bad weather putting buyers off?

Don't despair there are lots of advantages to selling your home in winter, and here are a few for you to consider:

- **Less Competition.** Right now there is a shortage of homes of all types. This is often the case in winter but this year there seems to be a lot of buyers coming out of the woodwork! Many sellers are achieving premium prices.
- **Lack of listings** can prompt buyer competition when there are fewer properties to see salespeople concentrate their attention on the few that are on the market. Don't wait for spring, like a lot of other homeowners are, you might just miss out on a buoyant, competitive selling market. Soon there'll be more homes on the market, more choice, and maybe your property will be less visible on the internet and in a much larger Summit Weekly.
- **Let's just focus** on keeping everything light, bright, warm and cosy, when it's cold and wet outside your home suddenly becomes particularly inviting.
- Spending a little time on preparation can make the world of difference to your end result.

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Adele Calteaux
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adele.calteaux@summit.co.nz

Mapua Community Library

(Moutere Hills RSA Memorial Library)

Winter Book Sale

This will be on Saturday 14 July from 10am to 2pm, at the library, wet or fine.

Some of the beautiful donated books referred to in the previous newsletter will be available, individually priced, along with our regular book sale bargains. Bring friends and family and stock up the winter reading supplies!

Displays

The current art display contains one very special item. One of the quilts was designed and cut by our beloved Dot Moriarty and finished by Joan Mytton who has called the quilt *Memories*. What a treat to have it on display in the library and to share it with so many of the people that Dot touched. If you haven't seen it yet, come in as soon as possible as the display finishes by 8 June when work by the Mapua Craft Group will be set up.

Artwork from Mapua School students continues to feature in the Children's Area.

Computers

Despite the recent replacement and upgrading of our computers, we are experiencing ongoing issues.

We believe that these are caused by the installation of the ultra-fast fibre network in the village and look forward to the significant reduction of these issues when the installation project is complete. Our apologies for any inconvenience to our patrons.

Movie Night

Ticket sales for the fund-raising movie night coming up look to be going well. Thanks to everyone who supported this fund-raiser.

Lynley Worsley

Library Hours (closed Statutory Holidays)

Monday	2pm-4.30pm
Tuesday	2pm-4.30pm
Wednesday	2pm-6.30pm
Thursday	10am-12.30pm, 2pm-4.30pm
Friday	2pm-4.30pm
Saturday	2pm-4.30pm

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

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

Book Review

Mazarine by Charlotte Grimshaw. Reviewed by Rachel Boon. This book is available in the Mapua Library.

I find reading a newly published book by an author I have not previously read to be a bit like stepping into the dark – not at all sure about what I might find but with some excited anticipation none the less. *Mazarine* doesn't disappoint.

Charlotte Grimshaw [daughter of a recent New Zealand Poet Laureate, C K Stead] has written a number of novels and short story collections which have earned critical acclaim along with the winning of a number of literary awards. Somehow they hadn't crossed my path until this most recent one.

Grimshaw has used her skills as a story teller in weaving a number of complex international issues reflecting the modern world in which we live with recent international political and humanity events. Also interwoven with these happenings is the narrator's own growth and attempt to understand relationships within her adoptive family in New Zealand.

Her childhood experiences within this family has caused her to question her ability to relate to others—particularly women—and cause her to doubt her ability to judge what is real and what might be a figment of her imagination. The study and experience of connection is a theme for the narrator who is aspiring to

write her first novel but maybe mirrors the real author's desire to show the importance of early childhood bonding and its effects on how a person connects to the world around them as they live their life.

Mazarine, the woman named after the mazarine blue butterfly, becomes instrumental in the narrator's search for her daughter who has mysteriously disappeared from London as well as her own 'opening of the heart' and learning to 'read' and understand other women.

A novel set in modern times but with lots of little surprises as well as 'red herrings' to keep the reader interested.

Another New Zealand author to be proud of. I am off to find more of her writings.



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A man's home is his, in a manor of speaking.
You feel stuck with your debt if you can't budge it.



Chinatown

Reviewed by Mapua Movie Mogul

Starring Jack Nicholson and Faye Dunaway
Showing at Mapua's famous "Packhouse Cinema": 6:30 pm Sunday 10 June.

If it wasn't for the fact that most of the cast would be too young or not born, this movie could have been made in the 1930s or 1940s. It reminds me of the film genre that Hollywood used to make during that period. It is a superb example of film-making, certainly one of the best movies I have ever seen.

Jack Nicholson is private detective Jake Gitties, who can be as hard-boiled as Humphrey Bogart's Phil Marlowe. But Gitties is different: He is intelligent, dresses well and has associates who work with him. Gitties is hired by Evelyn Mulwray (Faye Dunaway) to investigate an extra-marital affair she believes her husband is having. However, the investigation leads into bigger things involving the water supply of Los Angeles, which is in the middle of a drought. A series of double-crosses, murders and plot twists all lead into a climatic showdown in Chinatown which has a surprising conclusion.

If the saying 'They don't make them like they used to' was true it was with this movie. Sex is only suggested between the Nicholson and Dunaway characters, yet it is convincing enough. And although Faye Dunaway is a beautiful woman, we never see frontal nudity of her. Some of the plot twists also would not be possibly made today, especially the ending (Which, if you haven't seen the movie, I cannot reveal).

From the stellar performances of the cast, to the sharp direction, to the superb screenplay, this is a cinema treasure and a true movie CLASSIC.

He often broke into song because he couldn't find the key.
Reading while sunbathing makes you well red.'



TASMAN Bible Church

Part of the Tasman Community for over 50 years



3rd Friday monthly, 10am



Wednesdays @ 7pm



Wednesdays @ 10am

— Church Service on Sundays @ 10:00 —



The Playhouse Cafe

What's On Guide

JUNE 2018

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For kids ages 9 till 15,
\$375 included food and concert
Learn to play in a band, gain new skills,
make new friends, have a good time!

18

Richmond Mens
Probus Lunch

19

20

Business
Breakfast

21

25

26

27

28

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When you book your Sept or Oct
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(some conditions apply)

1

Closed
for
private
function

2

LADI6

and Parks
\$30 presale
aaaticketing
Doors
from 6pm

3

Grandiose
Burlesque
Cabaret

\$25, 730pm
Our annual
burlesque show

8

ADAM
MCGRATH

\$20, 8pm
Dinner from 6pm
The Eastern
Front Man

9

Back From
The Dead
Dance Party

Free Entry
Music from 730
Playing music
only from dead artists

10

Open
11 til 4

15

ANNUAL
SPCA QUIZ
NIGHT

Koha Donations
730pm Start
Daning afterwards

16

Discotheque:
Groovy 1960s
Night

Free Entry
Music from 730
Austin Powers
Flower power

17

Open
11 til 4

22

Closed
for
private
function

23

70's Soul
Train Disco
Free Entry
Music from 730
Keeping it
funky

24

Open
11 til 4

29

Another side of
PAUL UBANA

JONES
\$30, 8pm
Dinner from 6pm
unique interpretations
of works by
Bob Dylan.
Donovan.
Jansch.and
Ubana Jones

30

The Best
80's Night
Ever!!!

Free Entry
Music from 730
Get the leg
warmers out!

1

Open
11 til 4

WWW.PLAYHOUSECAFE.CO.NZ or call 5402985

Nicqui Brings Zeja Botanicals to Mapua

Hi, I'm Nicqui and I have been in Mapua/Ruby Bay with my family for just over one year. Within a few days of living here, I knew I was "home." This was and still is such an immensely exciting feeling! I have a small natural skin care business called Zeja Botanicals. The name Zeja comes from my surname, Kurzeja. My late father, Mieczysław Kurzeja, was a chef, I feel like he is with me while I create and blend my formulations. He was a cool dude – very funny – very Polish!

My natural skincare journey started when being diagnosed infertile after multiple miscarriages. Consequently, I went on a mission. Under the guidance of a well reputed naturopath in Fremantle, I devoted myself to a strict regime of total body-mind organic health. A small part of this regime involved using my own blends of organic plant oils. Fast forward...our prayers were answered and my mission was finally accomplished when Don and I were blessed with our beautifully perfect daughter in 2010. I have since studied with the world renowned UK-based Formulae Botanica and went on to develop a superbly nourishing 'Intense Face Plant' after a nasty fall down stairs (and a bad face plant) left a terrible scar.

Next "Skin Salvation-Body Hydration" with native New Zealand kawakawa, manuka and New Zealand poroporo oils, an amazing moisturising healing body balm which was motivated by dry/sensitive/eczema prone baby skin. And things have grown organically from then. I was unable to have another child, however, I lovingly call my products my Zeja babies... twelve at last count!

I am passionate about producing honest, simple yet sophisticated skincare, natural products that will help radiate beauty on the outside while helping people feel safe, happy and satisfied on the inside. Personal care gives a strong (conscious or subconscious) physical/mental reaction and I believe the importance of sensory and emotional responses are hugely underrated. Publicity on chemicals, additives and preservatives in cosmetics and skincare highlights the many physical health risks they can bring. It also shows us that consumers (the real people) want an authentic,



genuine connection with a local skin care brand that they can trust. I am offering the bigger picture for our smaller community.

A friend asked me which three Zeja products I couldn't live without? This felt slightly uncomfortable... like choosing a favourite child. But here they are, (in no particular order of course!) The Rose & Mamaku Mist (made from spray-free South Island Rose Hydrosol), I most definitely could not live without...then Hemp Seed & Yuzu Cleansing Oil – it's so multi-functional...and finally...Avocado Day Face Plant with carrot & manuka natural spf & non-nano zinc. Like carrot cake cream!

I am also a consultant for World Organics and I have a full range of stunning The Organic Skin Co Make Up to test at <https://www.worldorganics.com/zeja> Why not book an organic makeover!

Please do feel free to pop in to see me at the Mapua Country Collective (next to the Mapua Country Store). Generally, I am there Monday, Wednesday and Friday during school hours. or by appointment. It is the perfect location (opposite the school) and in such a friendly, relaxed environment. We have a communal table to sit at, have a coffee, grab some fantastic food and more from next door. Fill in the Zeja registry to go into the draw to win a monthly \$20 voucher. I hope to see you soon.

Yours naturally, Nicqui x



It's on again! The regions **BIGGEST** dance party

Kids Dance PARTY

GLOW FEST!
22 JUNE
FRIDAY
6-7.30pm

This is run & organised by the Moutere Rangers Football club

Ages 5-12 years.
\$3 Entry per child.

Treats & glow items for sale.

Held at the:
Moutere Hills Community Centre.

All kids **MUST** be signed in by an adult.



SENIOR MOMENTS

Hills Community Church

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

10 AM to 12:00



COME ALONG
AND MEET NEW
FRIENDS, HAVE
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MORNING TEA.

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1960s theme
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Dominion Flats: The top photo was taken on 22 June 2014, after an early planting. The second photo, of the same area, was taken last week. The photo below was also taken in June 2014, and the bottom photo was shot last week



Hills Community Church



As many of you will know, my favourite way to get around is on a Vespa motor scooter, or as I like to think of it: 151cc's of Italian cool. It might not be the fastest or sometimes driest way to get around, but I do love it.

Recently my Vespa came to its 30,000km service, which also coincided with a WoF. Very handily, included with my scooter is a little maintenance schedule and, if followed, it is a brilliantly reliable piece of engineering. And so with a list of things being done, and a shiny new WoF sticker, we are set to go.

Did you know that there are 58 different things checked on the WoF form. And the great thing about a motor scooter is that only 33 count. The other 25, things like sun visors, seatbelts, and towing connections—are still there but they just simply not relevant.

But what jumped out at me when I got the form back were the words: 'Reasons for Rejection'; even though it passed, they still seemed the most prominent part of the form.

It led me to think that these are words, which many of us struggle with in our own lives. It is like perpetually assessing ourselves for a warrant of fitness, but so often the checklist we use includes things which simply aren't relevant. The world around us holds dear things like; money, wealth, power, good looks, success, sporting ability. We strive for these things, and so easily feel we simply don't measure up.

But you know God sees us with different eyes. He knows that these things simply don't count. So what does he look for then? Well, what God holds dear, what he looks for in us, is not the value of our wealth, or achievements but rather the character of our heart. The Apostle Paul spoke of them as the fruits of the Spirit: 'Love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self control.' These are the things that God loves to see growing in us.

But here is a remarkable thing. In these areas we know that we also don't really measure up; we get grumpy, we are often selfish, and struggle with self control. (I could go on...) But what is truly remarkable is that God, knows that, and despite this, He sees absolutely no reason to reject us, in fact He covers us with His grace and mercy, and most amazingly he loves us, and calls us his own.

In Christ, Rev John Sherlock

Sunday Worship

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


Youth Groups

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

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

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

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



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Barley Risotto

By Sarah La Touche

In her book *An Omelette and a Glass of Wine* published more than 30 years ago, the eloquent and ever pragmatic Elizabeth David said this about simple provisions,

“Twenty years ago, during the war years, which I spent in the Eastern Mediterranean, I became accustomed to planning meals from a fairly restricted range of provisions. Now I find myself returning more and more to the same sort of rather ancient and basic foods. They suit my tastes and they are the kinds of stores that will produce a coherent and more or less complete meal, which is just what haphazardly bought tins and packages won’t do.”

And so it is that so many years later, we find ourselves in a world that is producing more food than it ever did, supporting continued world hunger, with the mutterings of a global food crisis on our hands.

Our own Kiwi food crisis is more about the urgent need to deal with an atrocious rise in child poverty somehow, and soon. The other issue we are confronted with daily is the price of food skyrocketing. Simple and ‘taken-for-granted’ items like bread, butter and milk, once affordable staples, no longer being affordable for many. And where the price of fresh vegetables and fruit, are more expensive than a box of Kentucky Fried or Big Mac and a can of Coke. Definitely something seriously amiss there!

Rant over; I come back to Elizabeth David’s comments that perhaps the time has come for us to start revisiting our culinary heritages.

I grew up on hearty winter staples like barley broth. The thought of a big mug of that had me racing home from school through a wet, windy, Wellington afternoon, and did me a whole lot more good than chocolate biscuits or a bag of chips, enticing as they are. So whilst I know I’m over simplifying a complicated issue, here’s my nod to the good grain barley.

Used for eons since ancient Babylon, barley was domesticated in southwest Asia where it was grown alongside wheat. It is hardy with a short growing season and was an important staple throughout our culinary history – apparently the Gladiators were called the ‘Barley eaters’ because they were fed a porridge of barley with roasted flax-seeds and coriander. Those Romans knew a thing or two.

Nowadays, almost half the production of barley is fed to animals, and a third used for making malt for beer and whisky-making, and baked goods. But in some countries it is still used in hearty staple dishes—the Tibetans make tsampa from barley flour. The Japanese use it extensively to make miso and natto miso.

In North African and Mediterranean countries it is used in soups, flat breads, porridges and stews. In the west we make beer, a coffee substitute, and that old favourite, Lemon & Barley water, another unfashionable food from the past but still delicious, if you can find it.

Barley is wonderfully nutty and satisfying, which makes it an ideal alternative for risotto making, replacing

Arborio, nano or carnaroli rice. It is a warming, building food like oats, with a low glycemic index, which means if you are keen on managing your weight, it is one to go for.

It loves being paired with pulses, especially green lentils, adding creaminess to a dish. But for the gluten conscious, along with oats, it does contain a small amount of gluten however, so buyers beware.

Because of its texture and structure it provides good satiety so a little goes a long way. Although it has a greater proportion of carbohydrate than protein, it also has a high volume of soluble fibre, essential for efficient cholesterol management and a healthy digestive tract. Your gut bugs will love you for it.

Pearled barley has had the husk removed as part of the normal milling process, and what we find mostly widely available today. This recipe is simple and relatively quick, perfect for a damp, chilly autumn evening. Ensure you use good quality stock and flavoursome cheese for this dish.

Creamy Barley Risotto

Serves 4

4 cups chicken or vegetable stock

2 table spoons extra virgin olive oil, butter or ghee

1 large leek, sliced and diced

1 teaspoon fresh thyme, sage, marjoram or savoury

1 cup pearled barley, rinsed and drained

3/4 cup freshly grated Parmesan, Grana Padano or aged Gouda

2 tablespoons butter or ghee

Celtic salt, and freshly grated black pepper to season.

In a medium sized saucepan bring the stock to a simmer then reduce the heat and keep warm.

In a large heavy-based frying pan or cast iron pot, heat the ghee or olive oil. Add the chopped leek and thyme or other herb of your choice, and cook over a moderate heat, stirring from time to time, until the leek becomes opaque and has softened without colouring, about five minutes.

Add the barley and stir for one minute, coating all the grains in the oil or ghee.

Add one cup of hot stock and cook over a gentle to moderate heat, stirring until it is almost completely absorbed. Continue to add the stock half a cup at a time, stirring until it is nearly absorbed between additions.

The risotto is done when the grain is still ‘al dente’ as with a normal risotto and suspended in a thick, creamy sauce. This should take about 30-35 minutes, a bit longer than a normal rice risotto. The older the barley grain though the slower it will take to cook.

Stir through 3/4 cup of Parmesan or cheese, the last bit of ghee or butter and season to your taste with salt and black pepper.

Serve with a glass of white wine and a salad of bitter greens dressed with thoughtfulness.

Cook’s Note: You can add bacon, speck, chorizo, pancetta etc or grilled or roasted vegetables to this if you want to dress it up a bit but if your stock and seasoning are of quality it is quite unnecessary.

Pain Comes in Many Guises

Let's talk about pain. Your body is an amazing example of architectural design. Treat it well and it will treat you well. However, sometimes our bodies hurt. Spinal problems, muscle, and nervous system conditions are the most common cause of long-term pain and physical disability. Pain in our frame (our skeletal structure) costs western society more than cancer, heart disease and diabetes combined. Approximately 80% of adults will experience spine, muscle, or nervous system pain at some point in their lifetime.

When people come into our Mapua and Motueka clinics with pain in their frame they are seeking relief from their pain that often has plagued them for a long time. Others have only recently injured themselves. Many have tried to seek previous help from different people, including physiotherapy, massage or even invasive medical procedures, without success.

The reason and the type of pain are generally caused by repetitive strain, overuse, and physical activity-related injuries. Neck and low back pain are two of the most common examples we see.

Common symptoms of spine, muscle, or nervous system pain include:

Local or widespread pain that gets worse with movement

- Stiff and achy feeling throughout the body
- Fatigue
- Muscle twitching
- Burning/hot feeling
- Numbness/tingling
- Sharp/shooting or lancinating

These symptoms of the spine, muscle, and nervous system pain vary from individual to individual, however, there are certain symptoms associated with specific structures in the body:

1. Muscle/Ligament Pain:

This type of pain is perceived deeply; it is diffuse dull and achy pain that is hard to localize. If a muscle

is torn or strained, a sharp, tearing or pulling sensation maybe felt during the movement of that muscle. Pain may or may not be present depending on the extent of the damage.

2. Joint Pain: Joint pain is stiff and achy pain that is aggravated by moving the joint. It may or may not be accompanied by swelling/redness at the joint itself.

3. Nerve Pain: With nerve pain, you would feel a burning, shooting, or numbness and tingling sensation. In more advanced or severe instances it may be accompanied by loss of strength or muscle bulk.


4. Bone Pain: This would be deep, penetrating or dull pain and often unrelenting. It differs from muscle and joint pain because it's present whether you're moving or not. Bone pain can have many different causes (e.g., fracture). It can also be a sign of one of the most common forms of cancer (bone cancer). If you feel this type of pain, do not put off seeking help so that the cause of the pain is investigated.

Spine, muscle, or nervous system pain is best treated by identifying and treating the cause of the problem in the first place and not by masking the problem with pain medications. A chiropractor is trained in identifying and treating musculoskeletal pain – this is what we specialize in. Here at Coast & Country Chiropractic Centre we will identify your source of pain and treat it while helping you to understand your condition. Once we have you back on track and doing better, we will guide you and help you to understand what you can do to stay well and prevent future problems from reoccurring.

Dr Ron Howard

"I've been on a calendar, but I've never been on time." Marilyn Monroe.

"What's another word for thesaurus?" Steven Wright



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Tasman Bible Church



Accidents Will Happen – One Year On

On the anniversary of my accident last year, having had more time to reflect, I submit again my thoughts. Interestingly, they haven't changed. If anything, I am more grateful to God because of his detailed providential care which time has proved out.

One year ago, I was the subject of a classic 'kick-back' chainsaw accident and suffered the trauma of a frantic trip to the hospital, admission and an airlift to the North Island for surgery.

In the grand scheme of things, this incident is trivial compared with the still current famines in large sections of the African continent and a nuclear stand-off between the United States and Iran—it was Korea last year! You still might appreciate, it is not trivial to me.

For those who do not believe in a benevolent and supervisory God, there is no issue. Accidents may be those of history, random chance, or literally, a properly materialistic moment in the interconnected planetary spheres. This one was 'written in the stars'. One must get back to earning a living (if one can) and pursue one's interests elsewhere—again if one can. Otherwise, it is just 'bad luck'.

For the Christian, reading the world as above is pragmatic but it is also hopeless, and sub or anti-Christian. Points like, 'it could have been so much worse', 'others have suffered so much more', 'so much greater good through the experience has been achieved in retrospect', it was my own fault or, even the devil caused it, have biblical precedent. The difficulty is sifting between these to try to make sense of

the cause. Irrespective of cause, Christians who believe in a personal, benevolent, and all-powerful God believe also in a larger point.

Humanity operates in a Fallen world and is imperfect, defective, and thus 'falls short' of God's original good intention and standard of perfection. There is clear evidence for deliberate and wilful decision-making that can bode for good or evil. A pure material world has no place for genuine will or freedom of any kind. Even a limited 'freedom' allows for circumstances that illustrate this world's transitory nature, its 'mortal coil', and its literal cracking up.

The Christian tends to speak of God's 'allowing things' under his sovereign care and purposes. This operates through and despite the Fallen-ness of the present age. Sadly, some Christians use this truth to disengage.

'Accidents' for the Christian may be through wilful stupidity, human error, or otherwise but they will occur because they betoken, in a small way, the necessity and ground to trust in God and the gifts he has given. They equally betoken a reminder of 'how things are' at present and a reminder of a God who ultimately promises 'a new heaven and a new earth' where things will be all right.

Do you trust God for this? One year on, that challenge and calling is no less vigorous.

Richard Drury

For more information on Tasman Bible Church go to www.tasmanbiblechurch.org.nz

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Mapua Playcentre

This month we interviewed Mapua Playcentre's newest supervisor, Sarah Sledmore. She is a highly experienced and passionate member of Playcentre. Here is what she had to say:

Could you explain your background/qualifications working with children?

I am qualified as an early childhood teacher and have been in early childhood sector since 2009. After having my second child, I was drawn to Playcentre. I quickly realised the power of a diverse group of parents coming together and sharing their skills.

Could you briefly explain the Playcentre philosophy?

At the heart of Playcentre we believe in adults and children learning alongside each other, valuing life-long learning. Playcentre provides the opportunity for all families to really make Playcentre their own, through sharing day-to-day responsibilities and other decision-making. All Adults and children are viewed as strong, competent communicators, whose opinions are valued.

How does Playcentre benefit the child, family and community?

Playcentre provides not only a learning opportunity for children, but also for parents to grow alongside them. There is nowhere else you will experience so many skills, talents and professions of people coming together to create learning experiences for children. They may choose to take on a leadership role in the management of the centre or share their particular talents on a Playcentre session. Everyone is able to contribute in a way that suits them. You can do as little or as much as suits each individual.

It takes a village to raise a child and Playcentre is a perfect example of this in action. We are here to support each other through the challenges and triumphs of raising our children during their special early years.

What do you think are the main drawcards/strengths of Mapua Playcentre?

The parents at Mapua are so friendly and welcoming. One member, Fiona, commented that on her first day at Playcentre she came away knowing so much more about things that happen in the community and

with several people to connect with. Grandparents are also involved with Playcentre here as are several dads. Everyone is welcomed wholeheartedly.

The parents at Mapua Playcentre are also fantastic at getting involved with their children's play. They are also keen to get involved with other children's play at the centre, which creates a special and fun environment.

Thank you for bringing your passion, enthusiasm and skills to our centre, Sarah.

Mapua Playcentre has been a prominent place for families in the Mapua community for over 60 years. We have a qualified supervisor on each session and we love having visitors so please feel welcome to drop in at any time and find out what Kiwi families have been embracing for generations.

We offer a term of free sessions for first-time families and all children under two are free. Session times are Mondays and Fridays 9:30am – 12 noon during school terms. You can find us at 84 Aranui Road (behind the tennis courts by the scout den). Alternatively, please contact us with any questions you have either by phone: Kathryn on 021 253 4264, email: mapuaplaycentre@gmail.com or find us on Facebook.

From the Mouth of a Playcentre babe:

Mum: "Would you like to try some of my peppermint slice?"

Miss 4: (Takes a bite). "Yuck! You can keep your toothpaste slice to yourself mummy!"



Playcentre

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

Mapua Playcentre
84 Aranui Road
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Motoring with Fred

Taking the Rainbow Road



You might like the adventure of driving the St Arnaud to Hanmer Springs road known as the Rainbow Road. It is about a five-hour drive in the mountains with the reward of a swim in the hot pools in Hanmer. No, you don't need a beast of a 4WD as pictured but a reliable vehicle with about 200mm ground clearance.

You will have to think safe in a remote mountain location out of cell phone coverage for hours. Best time of year to drive it I reckon is early spring as soon as the locked gates are open with snow still on the tops and sometimes on the track. Notice I have used the word track which might be a better definition of the road. In February the potholes will still be there but it should be an easier drive.



From St Arnaud turn off onto the Rainbow ski-field road and continue along the mostly sealed road until the track up to the skifield is sign-posted but keep going and you will come to your first creek crossing called Cold Water Creek, and believe me it can be cold as. There may be the first locked gate here or a manned gate at the old historic Rainbow homestead further along.

The weather changes everything on this road; creeks can be impassable and rock slides on the way down but as I say that, there are bridges when required. In early spring as the elevation on the road gets higher there is a good chance rain will turn to snow, or I think what is worse is sleet. At Island Pass, the highest point on the road at 1340m, I have seen snow falling on the 24th of December. All of what I'm saying is not meant to frighten anyone but make people aware that the mountains have no friends.

The road is also the pylon service road and a farm road so there will be other users around but the good thing is they will be experienced and will help if you need it.

As you drive the road through mountain beech forests and then slowly the vegetation will sink in height as you drive into high country tussock. At the Wairau River bridge the river is joined by the Rainbow River, thus the name of the station. It was said to be the name of the first shepherd called Rainbow who worked the valley first. I'm told he would not say much as like a lot of these characters of the day he may have been running away from something.

Past the bridge the road winds its way up a gorge called Hells Gate but I have no idea where that came from. Luckily the next stop is Sedgemere Hut where there is a toilet—quite important as there are no trees to hide behind in the tussock country. Island Pass is where the water shed is north to Blenheim and east to near Kaikoura. It pays to be careful in wet or icy conditions and drive slowly. I would engine-brake down the hill in low range 2nd gear, driving hard against the bank where should you start to slip you can immediately stop yourself by turning into the bank. Don't let me put you off, in dry summer conditions just drive slowly and carefully as it is still a long way down!

The next major stop is Lake Tennyson were there are two DOC toilets, much to the relief of the ladies. Across the lake is St James Station and the lake is the source of the Clarence River. The last part of the road is not well maintained and many pot holes and ruts but bridges all the way.

Safety: full fuel tank, spade, tow rope, locate your tow hooks on your 4x4 before you leave. Weather: check the weather; the rivers and creeks have big catchments and creeks can rise amazingly quickly. Only experienced 4x4ers should take on the Rainbow Road in wet or snow conditions. Black clouds mean snow, as the road gets higher the snow gets deeper Commonsense: warm clothes, food and hot drinks, make sure take a reliable 4x4. Recommendation: travel in a group of at least three vehicles or tag along with another vehicle if you are on your own.

"I didn't know this was here," was the comment I heard so many times from people on my tours.

Fred Cassin

Lament of the Elderly

It's a crime. Some thief has been and pinched parts of my anatomy. My legs are longer. I know this for a fact because my feet are harder to reach when I put my pants on in the morning. I know my knees **don't bend the same as they used to either**, and when I look down at the pair of legs that are below me, they certainly are not mine. My ones have slim ankles and are smooth and brown, not the motley things the thief has left behind.

She must have needed arms as well because the ones I am wearing have loose skin and blotches, with fingers on the end whose tips have a peculiar bend, although they seem to work the same as mine. Come to think of it, the back I have won't bend the way it used to either and gives the odd twinge to let me know it belongs to someone else.

I'm not sure how she managed to make the changes to my face without my knowledge. Whose wrinkles are those? The face that looks back from the mirror is definitely not mine and yet, I swear the brain I work with, functions the way it always has, so this is one clever thief. Change the outside including the hair colour, but leave the inner workings intact. That takes some skill.

That doesn't mean I am happy with this state of affairs.

Whoever has done this swap can just come and swap things back with no questions asked or I tell you I am going to the police to lay a complaint. Theft is against the law—it's criminal activity... It's a crime.

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Before a site can issue WoFs they must first comply with standards set by NZTA. Once standards are met they are issued with a 'Certificate of Authorisation'. Likewise, each WoF inspector must sit theory and practical exams, testing both their knowledge of the rules and their practical abilities. Upon passing these exams they are issued with a 'Certificate of Appointment'. Both of these certificates must be publicly displayed on site.

The purpose of WoF checks is to ensure each vehicle using national public roads attain minimum safety standards. If problems are identified during a WoF check, repairs need to be done before a current WoF will be issued. It is illegal for a vehicle to be used on the road without a current WoF.

When a vehicle has been inspected by an approved WoF inspector and has complied with all inspection items, a current WoF label is placed on the top right hand corner of the front windscreen. This



label shows this vehicle has been visually inspected and was roadworthy at the time of the last inspection.

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MAPUA AND DISTRICTS BUSINESS ASSOCIATION

Administrator: Mel Stringer
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mdba@mapua.co.nz

We had a very successful AGM last month where a new Committee was elected. I'm sure you will join me in welcoming them to their new roles! The 2018 Committee is listed below.

A big thank you must go to the 2017 Members who have left us—Thanks Del Trew, Sian Potts, Pete and Jill Archibald and Tim Kelly—you will be missed!

Mel Stringer—Administrator MDBA

MDBA Community & Business Directory

We will soon be asking our members if they would like to advertise in the 2019 Community & Business Directory. Keep your eyes peeled for an email in the coming weeks with deadlines and options regarding your advertising opportunities.

Members of the public—please keep us informed of any changes to the Directory such as people who have moved into or out of the area—updated contact details etc. This can be done by emailing directory@mapua.co.nz

www.mapua.co.nz



MDBA 2018 Committee

Patrick Stowe, Rimu Grove &
Rimu Wine Bar—Chair

Hilary Williams, Mapua Dance Fitness
—Vice Chair

Judy Finn, Neudorf - Secretary

Sharon Corbett—Accent House B&B

Roger Waddell

Nicky McBride—Wheelie Fantastic Cycle Tours

Judy Roper—Motueka Sunday Market

Debbie Lavery—Jellyfish

Kirsten Ammann—Mapua Country Store

(Treasurer yet to be appointed)

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Noticeboard

Mapua Classic Cruisers: Our next road trip is planned Sunday 24 June. Meet outside Sprig & Fern 9.30am. Info: mapuacruisers@gmail.com

Moutere Hills RSA thanks all those involved setting up and assisting with ANZAC day events in the region. All events were greatly attended and made possible by so many helping hands behind the scenes.

Tree Crops Association. Public Talk, information evening. Nuts about trees? Passion for fruit? Come along for a slide show followed by supper. Gold coin donation for non-members. 6:30-8:30 pm, Friday 6 July, Mapua Hall. Info: Katrina 027 630 8089

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

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. Come join us, we can help you learn the game! Info: Gary 540-3885.

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

Mapua Social Cycling Group: "Wheels 2 Meals". Approx 30 km ride, coffee break halfway, no racing! Depart Mapua Wharf each fine Thursday @ 9:30 am. Just turn up with your bike, HiVis top & coffee money, or email wheels2meals@gmail.com

Mapua Fellowship Group: (formerly Probus Club). Monthly meetings, Mapua Hall, first Fridays 1.30pm. A social group with interesting speakers and a monthly social lunch at venues around Nelson Tasman. Contact: Club Pres: John Sharman, 540-3642.

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

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

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

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

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

Mapua Community Youth club. Year 9 -13 youth. 6.30-8.30 most Fridays at Mapua Hall. Contact: Andy Price 540 3316, Marv Edwards 027 312 6435. A community-based youth project for Mapua and district, funded and co-ordinated by Hills Community Church.

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

Coastal Garden Group meets 1pm first Thursdays, Tasman Bible Hall (opp. Jesters). Men and women most wel-

come to share their love of gardening. Guest Speakers, Workshops, Garden Visits. Ph 03 528 5405

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

Mapua Craft Group meet Fridays 10-noon, supper room, Hills Community Church. Simple craft work including: paper craft & card making, sewing, knitting, small upcycling projects. Occasional guest speakers, demos & outings. A social, a cuppa, some easy craft along the way. \$2 for room rent, koha for materials. Just come along.

Fair Exchange: A small group meets at Appleshed restaurant 8.45am 2nd & 4th Wednesdays to exchange home grown and home-made produce & goods. We welcome everyone! It's the sharing that counts. Info: Judith Holmes 021 072 8924 / 544-0890.

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) hold meetings at 7.30pm last Wednesday of each month (except Dec.) at Tasman School. All Ruby Bluffs to Tasman & Kina residents are welcome. Info: tasmancommunity.org.nz

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

Motueka Senior Net. Technology for mature adults. Monthly Members' meetings with guest speakers. Help sessions twice monthly. Courses & workshops change each term. Special interest groups meet regularly. De-mystify technology in a fun and friendly forum. Clubrooms 42 Pah St Motueka. More info: Seniornet motueka.org.nz, Neighbourly or call Annie 540-3301.

Mapua Art Group meets Bill Marris Room Mapua Hall Thursday mornings, 9-noon. Like-minded artists get together to paint, draw, help each other in a social environment. All levels & media welcome. \$5 /session 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. Debby 027 327 4055

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

Mapua Friendship Club meets twice a month, 3rd Thursdays & last Fridays at Mapua Hall for indoor bowls and bring-a-plate afternoon tea. New members enthusiastically welcomed, no prior bowling experience needed - non-competitive, lots of laughs. \$3 door fee, 20¢ raffle. Contact: Val 540-3685.

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