

## Strong Opinions Aired at Meeting

The 12 February Mapua and District Community Association monthly meeting drew a sizable audience with strong opinions voiced about many issues. Chairperson Elena Meredith began by expressing condolences, sympathy and support to the Ruby Bay and Mapua residents impacted by the 1 February flood.

### Boat Ramp

Martyn Barlow spoke of the Boat Club's short-term aim for access to the present boat ramp be maintained as they campaign to get a regional boat ramp for the region to replace it. Maritime safety has been and will remain a key issue. In respect of the MDCA stance on the boat ramp issue, it was moved and carried that the TDC ensures it maintains access to the present boat ramp for maritime safety and access by Tamaha Sea Scouts.

It was also noted that during a recent commercial event at the wharf (a concert attracting hundreds of spectators), access to the boat ramp was cut off for the Tamaha Sea Scouts and the Boat Club, nor was either organisation notified of the event. There was a robust discussion about access to the wharf area during commercial activities and whether the licensed consent for such activities should require consultation with Tamaha Scouts and the Boat Club so that those groups might maintain their access to the ramp during these events.

### Community AEDs

At present there are public AEDs outside Cushla's, the Mapua Hall, the Four Square Store and the Apple Shed. The Mapua Health Centre has agreed to be the drop-off point for any AEDs which might be used. A grant will be sought to cover maintenance costs.

### Waterfront Update

It was with great delight we saw the two aquarium art stands installed. People were using them within minutes, taking photos, etc. However it is with great regret that within a week we were getting reports of people allowing children to use them as climbing frames and therefore breaking the attached ceramic fish art. The wooden sea life art is surviving the rough treatment but the ceramics are gone. The MDCA is seeking help from anyone in the community who could jig-saw-cut wooden fish shapes as

replacements (to be securely screwed on) which the children would then paint. Please email [info@ourmapua.org](mailto:info@ourmapua.org) if you can assist. The MDCA is also securing "Please do not climb" signs for the area.

We are still waiting to install additional play equipment, expected to happen soon. We're waiting for the TDC to install wooden stump steps and a volunteer to build the frame for the kids' tunnel. If we go for a new BBQ, the TDC will install it and shade it



properly. Many have said that shade is an important need in the park. The Ruby Coast Initiative Trust (RCIT) is looking to expand its focus in terms of supporting fund-raising and funding applications to include the waterfront park development and the wider community as a whole. RCIT has the capability to raise large funding amounts.

### Roads and Pathways

The Higgs Road footpath is well underway with construction being in concrete which is a bonus as it was expected to be a gravel path. Some owners have expressed concern that trees at the top corner are blocking the view of drivers and hindering parking. The TDC will be approached to authorise the contractors to fix the problem.

Work is scheduled to start on the Mapua School crossing late in February. It was emphasised that this is a "refuge" crossing and traffic will not have to give way to pedestrians. This is to avoid traffic build-up.

The school has taken ownership of this matter and will staff the crossing before and after school.

The plan for the crossing has been modified due to scheduled water and sewer pipework being brought forward to the end of 2018. This will go through the existing island and the planned island refuge will be fully reconstructed at that time. The corner will be asphalted after completion of that work.

There are still concerns within the community about the siting of the school refuge crossing. This will be revisited with the TDC if pathways from Jessie Street and Higgs Road to Aranui Road eventuate. These along with the pathway exit from Aranui Park would make an Aranui Road refuge crossing closer to the exit from Aranui Park a viable project.

#### **Dominion Flats Restoration**

The growth of the plants is fantastic with many of them now above head height and winning against the weeds. There have been flowers on manuka, kowhai and coprosma which means they will start to do their own propagating before too long. The tuis have enjoyed the nectar in the flax flowers, and it is not uncommon to disturb skinks amongst the grasses and stones. Just what we are hoping to see happen.

Work over the hot summer months has been a bit sporadic as individuals dodged the heat and worked at times that suited their commitments instead of the regular Tuesday morning working bees. But Ash Oliver, who does contract work when asked, has done some blackberry and other weed control and has moved a big pile of mulch from by the bottom entry to further up the track to make it easier for us to spread round the base of some of the plants to help retain moisture and give the roots some protection from the sun. And, of course, there is the ongoing weeding around the plants to give them some breathing space that we continue to do, and track-clearing.

That is quite a mission just now as the paspalum grasses try to hold hands across the pathway.

We will shortly collect stakes from Waimea Nurseries which just cost the time and energy but no dollars. This in preparation for the planting of 4000 more plants in a few months for which we hope to get lots of volunteers as it will be a big job, but as is now obvious from previous plantings, it is worth the effort.

We as a community can be so proud of this space and the changes that have happened over the last four years. Do keep up the good work and join us from 9am on Tuesdays to help with the weeding or, just go at a time that suits you and clear weeds from round the plants. What a difference it would make if lots of people just did an hour a week. Enjoy Dominion Flats Reserve – it belongs to us all.

#### **Long Term Plan.**

Consultation on the TDC's Long Term Plan begins on 1 March until 5 April. TDC staff and councillors will attend the 12 March MDCA meeting to discuss the LTP with attendees. Everyone is invited.

#### **Other Issues**

A request was made for the TDC to paint a yellow "no parking" line on the north side of Aranui road just before the roundabout at Tahi Street. Cars, trucks and large trailers have been parking there obstructing traffic flow and making the intersection dangerous during high traffic times at the wharf.

David Davison spoke about establishing a croquet club in Mapua. A club may be established if land can be found. He feels the sports ground in Mapua should be available for croquet but the TDC is unwilling to provide land.

Join us at for our next meeting: 12 March, 7pm in the Mapua Hall.

*Tim Hawthorne, MDCA Executive Committee*



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## Flood of Grievances after Storm

On a warm, steamy Tuesday evening in mid-February, nearly 150 Mapua and Ruby Bay residents packed the Mapua Community Hall's Bill Maris room to air their concerns about the storm-caused flooding on 1 February.

Adrian Humphries, TDC Recovery Manager, chaired the meeting that also had Mayor Richard Kempthorne, Engineering Manager Richard Kirby and Nelson Tasman Civil Defence representative Roger Ball attending. The discussion touched on dozens of issues including: the Ruby Bay wall, its inadequacies and should it be redesigned? The area's history of poor drainage, even during heavy rainstorms. Who's going to pay for changes in the wall, if any? How can we make the emergency response even better?

From the outset, Mr Humphries took questions and comments from residents voicing angst and frustration with the flooding and aftermath.

One resident stated: "I'm really upset; over the years wall builders placed little Weet-Bix rocks on the wall that were tossed easily on to my property, destroying my fence. You try to talk to people over the years building the wall, and they just don't want to listen."

Mr Humphries responded: "Well, we're listening tonight."

Resident: "The Old Mill walkway survived the storm basically intact because it has been designed to 2 to 1 incline specs and absorbs waves well as they come in. The Broadsea Avenue wall has not been built to the same specs and the waves hit the rocks and get driven over and onto shore. It was negligent of the TDC to not be consistent with the specs."

Resident: "We need to address the engineering standards; wherever the rocks are smaller, the more problems there are. There are sea walls all over the world that withstand storms better than ours did."

Resident: "It seems the Broadsea Avenue wall was designed to be overtopped by waves; if so, then there needs to be adequate drainage; there isn't; that was not addressed. A lot of that flood water went down Broadsea Avenue., went down drains and went back upstream and flooded places on the Stafford Drive side of Broadsea.

Resident: "I've been a ratepayer here for 35 years. The TDC needs to sort this out. What you do with the wall will influence the insurance companies. If we all end up with no insurance, then beware. It's as simple as that.

Resident: "You always say about the wall, 'It's damaged again.' Well the wall gets damaged because you're not doing the job properly. Get your engineers to put some good rocks on the wall and stop wasting money."

But there was one resident who brought some perspective to the conversation: "I've lived here for over 30 years by the sea. If you live by the sea you have to put up with a bit of water coming in!"

Adrian Humphries admirably fielded questions and complaints calmly and methodically, sharing some important information along the way:

"From NIWA's back-of-the-envelope calculations, they figure the events that conspired on Feb 1 (king



Messrs Humphries (left) Ball, Kempthorne and Kirby

tide, high winds, Cyclone Fehi storm surge, heavy rainfall the day before) are a one in 150-year event. So the question is: do you want to engineer a new wall for a 150-year event? Because it's going to be massively expensive."

Responding to complaints that the emergency response effort was disjointed, lacked communication and didn't locate one elderly person on Tait Street until a couple of hours after the event, Mr Humphries commented: "So that means we have to do some ad-



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ditional training. But it's the reality—we're not perfect, we're human beings. But thank God nobody died."

He continued: "If it's decided that you do want a bigger wall, there are a few hurdles in the way. First off, you need a resource consent and that's not guaranteed. Because there a lot of people who think we should just let the sea do its thing and go back to normality. If we do get the consent through, then we've got to get everyone to agree to that. And the people who live on the edge of that wall might lose some land."

And do we need to build a new wall from the end of Tait Street down to Pine Hill Reserve? Because many houses got hammered along Stafford Drive. And you need to look at how you're going to pay for it all. What do you think about these options? Tell the Council. Submit your opinion to the Long Term Plan which opens to consultation on 1 March until 5 April. Tell the Council: 'We need this to happen; we want this to happen.'"

After listening to many of these comments, Mayor Kempthorne stated: There's a lot of angst in here and that's understandable, but if you expect ratepayers throughout the district to pay for a rock wall that primarily benefits a limited number of people, then the likelihood of that getting through the Council for support is not great. There will be various solutions available at various costs. But you've got to be realistic about the costs and there will be costs you will need to pick up yourselves.

Mr Humphries shared additional information:

The Council has a policy allowing it to consider rates remissions for properties severely affected by a natural disaster. If your home or other buildings have been rendered uninhabitable and you cannot continue

to use your land as a result of natural disaster, you may be eligible. Go to the TDC website to download an application.

There will be a need for some building owners to raise their floor levels. Advice on how high is available from Eric Verstappen at the TDC. If this means that the owner wants to increase the height of the building, this will require a resource consent if it exceeds 5.5m. Eric can also advise on the process to be followed in order to apply for such consent.

"Anyone who has trees dying because of salt inundation should consider such trees presenting a safety hazard. As indicated in a previous update, some species of tree are unlikely to survive. If you think this is the case it may be worth contacting an arborist for advice. I will endeavour to get some more information on this subject to assist," Eric said..

"A concern was raised that council was pumping sewage through the stormwater pipe at Chaytor Reserve. This has been investigated by our stormwater staff several times over the last three days. No sewage has been discharged. The pipe only collects stormwater run-off and not sewage. Inspection of the outflow material indicated that it was organic plant matter – creek water, that had turned the water brown and was giving off an "earthy" odour that could be confused with sewage."

Also, the District Health Board has indicated that anyone suffering stress from the storm surge event would be wise to seek advice from their GP. There is a provision for such visits to be funded by the DHB provided they are connected to the storm.

The recovery team can be contacted by emailing: [Eoc.recovery.2@tasman.govt.nz](mailto:Eoc.recovery.2@tasman.govt.nz)

*Tim Hawthorne*

## Yachting Regatta

The Loyal Grossi Point Yacht club held its annual sailing regatta on 3 February. A small and diverse fleet made the most of the good tide and light breeze to trial the new course around Cat Bay.

Two races were held and Bryn Stevens held off stiff challenges from the Laser fleet to record two fastest times. Results.

Catamarans: Bryn Stevens Hobie 14, 1; Rueben Robertson and Emma Friend Cresta Cat, 2; Mc Gregor Jones Tiger Cub, 3.

Monohull: Mike Shirer Laser, 1; Liz and Sara Todhunter Laser, 2; John Leydon and Peter O'Halloran Phase 2, 3.

Cruising: Allan and Gillian Clinton Navigator, 1; Glenn Stevens Frostbite, 2.

There are more good tides for sailing the weekend of 3 and 4 March. This is the same weekend as the Classic Boat Show at Lake Rotoiti, and the Motueka Yacht Club has a full programme of dinghy and catamaran sailing on the 3<sup>rd</sup> and Trailer Yacht racing on the 4<sup>th</sup>. All welcome.

*John Leydon*



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# Clashes for Dame Cath after Knighting

*(Part two and final)*

**D**ame Cath Tizard's impulsive decision to confer a knighthood on well-known Mapua personality Greg Olsen caused one of a number of clashes she had with a Government House official whose job appears to be to keep our governor-generals in order.

Dame Cath never resiled from her action at Totoranui on 22 December 1992 when she knighted "Sir Greg" and a friend by dubbing them with a sword during celebrations of the 375th anniversary of Abel Tasman's arrival. In fact, she later sent Greg a signed photo of the occasion and addressed him in a friendly card as "Dear Sir Greg".

Dame Cath never disguised the fact that she had little time for unnecessary pomp, such as using a sword to "dub" a knight. Her whole time as Governor-General was marked by a campaign to discard dated British customs and pomp as she tried to make her high office relevant, accessible and supportive.

Soon after her swearing-in ceremony as Governor-General, Dame Cath was in trouble with her protocol adviser, Phillip O'Shea, over the task of devising a personal coat of arms, which, along with a large painted portrait, becomes part of the collected treasures, held in a gallery at Wellington's Government House.

Dame Cath wrote in her 2010 memoir that she was advised by Mr O'Shea that her coat of arms would have to be registered with the College of Arms in England. She responded that, because her family was Scottish, she planned to register her design with the Scottish College of Arms, where the cost was half that of the English equivalent. Dame Cath went on to create a highly unconventional coat-of-arms that she called "Cat Among the Pigeons", the same title as her memoir.

"Some people take it (a coat of arms) very seriously," she wrote. "A New Zealand heraldry expert wrote a savage criticism of all the things that were wrong with my shield. No woman, he decreed, could have a helmet on her coat-of-arms. My shield was quite improper! Okay, he can go tell it to the College of Arms. They approved it...In fact they designed it."

Like most features of Dame Cath's tenure as Governor-General, her coat-of-arms is very different. It features an emblem of a sailing ship surmounted by a "highland cat with its claw raised" - the crest of the hereditary leader of the Macpherson Clan.

The cat also served as an acronym for her, a play on her initials—Catherine Anne Tizard, C-A-T.

"I wanted to tone down the cat's aggressiveness a bit," she explained, "so I put a white camelia, the symbol of the women's suffrage movement, in its paw...". Two plump kereru hold Dame Cath's shield on either side.

Contrary to custom, the design included an elaborate knight's headpiece, which, instead of a military symbol, carries a giant love heart. Her fanciful heraldic work also features Scotch thistles and ferns, representing Scotland and New Zealand, together with some scallops, to recall a former role for Dame Cath as a marine science lecturer at Auckland University. Two upright maces represent her formal roles in public administration—Mayor of Auckland and Governor-General. Her motto is 'Floreat Felese Felix', which Dame Cath translates as broadly meaning "the happy cat that had good luck".

Despite the objections of the heraldry expert, Dame Cath's irreverent coat-of-arms was later carved in wood and, along with the coats-of-arms of other governors-generals, is now displayed in Government House.



**Celebrating Sir Greg's 'knighthood'**

Dame Cath also later performed another unauthorised mock knighthood ceremony in April 1995, dubbing the captain of a Department of Conservation launch for assisting her when she got into difficulties while diving to see the then recently-discovered Fiordland "white corals". Like Sir Greg's knighthood, it was a spur-of-the moment action, but does not seem to have been publicised as Sir Greg's "knighthood" was. Dame Cath's memoir records no reprimand for breaching the rules with her Fiordland knighthood.

Dame Cath was ever ready to take part in publicity for good causes in unconventional ways. She famously rappelled down a fixed rope into the daunting Lost World Cave at Waitomo. When the Foundation for the Blind wanted her to do a tandem parachute jump to publicise Braille Week, she refused to accept advice from her officials that it might be undignified or risky. She went ahead, tandem-parachute jumped to launch Braille Week and the Queen Elizabeth subsequently saw a news item on her effort. In response, the Queen sent a brief telegram to Dame Cath: "Well jumped," it said, and signed "Elizabeth R."

In a separate incident, when an adviser tried to discourage Dame Cath from attending an event organised by a “Wet Pants” organisation, she chewed the official’s ear and made it clear she would decide whether or not to accept an invitation and that she wanted to meet as wide a range of New Zealanders as she could.

Soon after her appointment in 1990, Dame Cath ordered staff to stop the practice of bowing to the Governor-General and told them to stop calling her “Your Excellency”. She let cleaning staff know that they were not to stop their work when she came into a room, as had been customary, and said that as a woman she perfectly understood that housework was an essential routine. She dispensed with the title of “lady-in-waiting” as an anachronism and gave her

“dresser” more important duties because she said “I made my own decisions about what to wear.”

Dame Cath said she tried, with only modest success, to persuade staff to address her and fellow staff members, by first names and not surnames. She also introduced a practice of military staff in the household following traditional Maori rituals for welcomes to diplomatic guests, representatives of foreign countries and, of course, other Maori. She hosted numerous social gatherings for staff, including a toga party.

She later reflected that during her two terms as governor-general, “Government House has progressively become less formal in style, but I hope no less dignified or significant. I certainly wore no feathers, nor tiaras. I gently discouraged the bended knee and the sweeping curtsies.”

David Mitchell

## Phillip O’Shea: A member of two top households

Phillip O’Shea, the New Zealand Herald of Arms Extraordinary who criticised Dame Cath’s mock knighthood of Greg Olsen was appointed by Queen Elizabeth in England. In a 2016 article in *The Listener*, Mr O’Shea described his appointment as: “A personal one from the Queen....I am a member of the Royal Household and an honorary member of the Governor-General’s Household.

“In the Royal Household, there are six Heralds-in-Ordinary (full-time Heralds), five Heralds, One Pursuivant Extraordinary...There are three Kings-of-Arms, and four Pursuivants or Junior Heralds. The Queen also appoints people with specialised knowledge in, for example, ceremony, peerage law and genealogy.”

Clarification about Herald Phillip O’Shea’s role at Government House was sought from the Prime Minister’s Office. Mr Michael Webster, the clerk of the Executive Council, advised that:

Mr O’Shea was appointed by Queen Elizabeth II as the “Herald of Arms Extraordinary” on Waitangi Day (February 6) 1978 by a Royal Warrant. Because of his role, he is an “ex-officio member of the Governor-General’s household”.

His role includes responsibility for advising the Government on heraldic matters, advising individuals on grants of (coats of) arms and the “attending the Sovereign and Governor-General on ceremonial occasions”.

Mr O’Shea is not paid by the Government for his role at Government House. However, he is “separately employed on a part-time basis by the De-

partment of the Prime Minister and Cabinet to give advice on a range of matters”.

In April 2014, Mr O’Shea was appointed a Commander of the Royal Victoria Order (CVO) with the insignia presented by Prince William during a visit to New Zealand, a lower order of the title that does not entitle him to be a “Sir”.

The CVO is a particular order of knighthoods created by Queen Victoria in 1896 for distinguished personal services to the Monarch. The top two classes of the order grant orders of knighthood. Women were not admitted to the order until 1936, and awardees of the top two classes could adopt the title Dame. According to the official lists of CVO honours awards, some typical recipients in the years 1994-1995 were two of the Queen’s doctors, a “Lord-in-Waiting to the Queen”, two “ladies of the bed chamber” and a keeper of the Royal Stamp Collection.

Mr Webster said that Mr O’Shea’s term of office Herald of Arms Extraordinary is “not for any fixed duration and continues until the warrant of appointment is revoked”, presumably by the reigning British monarch.

New Zealand Knighthoods and Dame awards were abolished by then Prime Minister Helen Clark 2005. They were restored in 2009 by the then PM, John Key and in August 2017 he was knighted after serving eight years and 23 days as PM.

David Mitchell







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## Mapua Craft Group

During February we created garden sculptures using driftwood and pebbles. Our individuality is shown in the various footprints in the photograph. For our second week we used large pebbles and created ladybirds, flowers, butterflies, a frog and sheep. This activity was very popular and will make useful gifts as paperweights.

On a re-cycle theme, we are making gift tags and cards from used cards and continuing the Twiddle muffs for people with dementia.



Any unused material you may have and wish to donate will be made into shopping bags that will be sold at Hospice shops to raise money for the new Hospice home in Stoke.

Sixteen ladies enjoyed a chat, coffee and sharing ideas on 16 February. Do join us between 10am - noon at the Mapua church each Friday morning during school term time. You will be most welcome.

*Julie Cox, Barbara Halse*

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## Fire Brigade



### Jan 18—Feb 18 call-outs

Jan 17: Alarm activation Aranui Road. Accidental.

Jan 25: Permitted burn Aporo Road. No action taken

Jan 27: Fire in toilet on Stafford Drive. Incense fell on to toilet roll, out on arrival.

Jan 30: Assist Motueka with a house fire.

Feb 1: Flooding Broadsea Avenue from sea surge, help evacuate people. Call to Stafford Drive to pump water. Nowhere to pump to, too much water. Call to Broadsea Avenue to assist evacuate householder.

Feb 2: Flooded basement on Stafford Drive. Put owners in contact with contractor to pump out.

Feb 4: Help pump seawater out of well on Broadsea Avenue.

Feb 9: Controlled burn on Flaxmore Road, no action. Controlled burn Aporo Road, no action taken. Tanker to controlled burn in Motueka out of control.

Feb 14: Caravan fire on Seaton Valley Road. It was a small permitted fire next to caravan. No action taken.

Calls this year: 14

**Safety Tip – For information on fire season and permits visit [www.checkitsalright.nz/](http://www.checkitsalright.nz/)**

### Fire Brigade's Duties

There were some people who were upset because the brigade did not pump out their flooded basements after the storm on 1 February. We are an emergency service to help save life and property. (A flooded basement in the short term is not damaging property any more than it did initially).

As volunteers, on demand, unpaid fire-fighters who have left our paid jobs or families, we don't want to be spending all day pumping out basements and yards.

Sometimes we will do one-off pumping as part of training. Home owners need to work through an insurance company to get water pumped out.

### OFFICE SPACE AVAILABLE IN MAPUA

Brand new office space is available to rent in Mapua. Comprised of two separate offices opening into a large area that could serve as a reception or additional office space. All areas are fully fitted with multiple hot points, great lighting and heating and are pre-wired for Fibre. A shared bathroom and lunch room opens to an outdoor coffee area. Good parking. Immediate possession.

Please phone Tony 0274 45 78 23 or Liz 027 4144348 for further information and to arrange a viewing.

# Mapua Health Centre

We are 28 years old! And it's our birthday this month. That is the Mapua and Districts Health Centre came into being in the middle of March 1990 after an amazing effort by the local community in collaboration with the Nelson Area Health Board, who had just bought the site of the old post office. It has gone through various metamorphoses over the intervening years, with the latest being the addition of two further rooms at the back of the building to allow for the hyperbaric oxygen unit and extra staff. Many thanks to all the volunteer help that we have had over recent years and to the health committee who generously give their time and energy to looking after the building and equipment.

The committee that oversees the building is looking at how we can plan for the future and cope with the increasing population and changes in health provision (with some services likely to be devolved from the hospital to primary care). Ideally we would like to build a new purpose-designed centre that also incorporated other services such as physiotherapy, pharmacy, dentist and other health professionals. If you have any ideas for achieving this or wish to help the committee please contact the chairperson, Derek Craze (info@mapuahealth.com).

There is now PHO funding available for a medical consultation and mental health counselling for any registered patients who need help coping with the psycho-social effects of the recent floods. Please make an appointment with the receptionists if you would like to explore this option (540-2211).

Welcome to Tzee Wong, our new 6<sup>th</sup> year medical student. Tzee will be with us for three weeks. We appreciate the community support for these students as it enables them to develop a greater understanding of primary health care. This would not be possible without your support.

This year's flu vaccines will hopefully be available early March and we will be contacting those who are on our computer recall system when they arrive. However, if you would like to receive a vaccination against the flu and have not had one previ-

ously please call our receptionists at the end of March to arrange an appointment.

We now have nurses trained to offer advice about advance care planning. This gives everyone a chance to say what's important to them. It helps people understand what the future might hold and to say what treatment they would and would not want. It helps people, their families and their healthcare teams plan for future and end-of-life care. This makes it much easier for families and healthcare providers to know what the person would want, particularly if they can no longer speak for themselves. If this is something you are interested in exploring please contact the Mapua Health Centre to make an appointment with one of our nurses.

There are some interesting research articles out already this year. They've found that smoking even one cigarette a day raises cardiovascular risk. Investigators of a meta-analysis were surprised to find that it actually accounts for a 46% excess risk of heart disease risk and 31% of the risk in women. *BMJ*. 2018;360: k167. Also, what we eat can make quite an impact, as a pro-inflammatory diet of red, processed, and organ meat, among other foods, increases the risk for colorectal cancer in both men and women; it is especially risky in overweight and obese men and, paradoxically, also in lean women. Foods that were positively related to concentrations of these inflammatory markers included tomatoes; both high and low-energy carbonated beverages; vegetables other than green leafy and dark yellow vegetables; and processed meat, red meat, organ meat, and fish other than dark-meat fish. In contrast, beer, wine, tea, coffee, dark yellow and green leafy vegetables, snacks, fruit juice, and pizza were inversely related to concentrations of the same inflammatory markers. *JAMA Oncol*. Published online January 18, 2018.

## Some of the events for the month:

|       |  |  |
|-------|--|--|
| 1-31  | Stay SunSmart in March                                     | <a href="http://wellplace.nz">http://wellplace.nz</a>  |
| 1     | Zero Discrimination Day                                    | <a href="http://www.unaids.org/en/resources">www.unaids.org/en/resources</a>                                   |
| 3-11  | Seaweek  | <a href="http://seaweek.org.nz/">http://seaweek.org.nz/</a>  |
| 4-11  | Playcentre Awareness Week                                  | <a href="http://www.playcentre.org.nz">www.playcentre.org.nz</a>   |
| 5     | National Children's Day                                    | <a href="http://www.childrensday.org.nz">www.childrensday.org.nz</a>   |
| 8     | International Womens Day                                   | <a href="http://internationalwomensday.com">internationalwomensday.com</a>                                     |
| 10    | Relay For Life   | <a href="http://www.relayforlife.org.nz">www.relayforlife.org.nz</a>   |
| 14    | Walk to Work Day   | <a href="http://www.livingstreets.org.nz">www.livingstreets.org.nz</a>   |
| 19-25 | Shave For A Cure Week                                      | <a href="https://shaveforacure.co.nz/">https://shaveforacure.co.nz/</a>  |
| 20    | World Oral Health Day                                      | <a href="http://www.worldoralhealthday.com">www.worldoralhealthday.com</a>                                     |
| 21    | International Day for Elimination of Racial Discrimination | <a href="http://www.un.org/en/events/racialdiscriminationday">www.un.org/en/events/racialdiscriminationday</a> |
| 22    | World Water Day  | <a href="http://www.un.org/en/events/waterday">www.un.org/en/events/waterday</a>                               |
| 23    | Guide Dog Appeal (red puppy awareness)                     | <a href="http://blindfoundation.org.nz">http://blindfoundation.org.nz</a>                                      |
| 24    | World Tuberculosis Day                                     | <a href="http://www.stoptb.org">www.stoptb.org</a>   |
| 24    | Neighbours Day Aotearoa                                    | <a href="http://neighboursday.org.nz/">http://neighboursday.org.nz/</a>  |

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## Mapua Easter Fair

We are excited to announce that the Mapua Easter Fair will be held on Easter Sunday 1 April, from 9am to 3pm, in the Mapua Domain. The fair is now in its 36th year and raises funds for Mapua School and Mapua Playcentre to purchase resources, support trips and reduce student-teacher ratios. This year's fair is shaping up to be an awesome day out for all the family!

If you are interested in having a stall at the fair, registrations are now open. Details and the online registration form can be found at <https://mapuaeasterfair.co.nz/stallholders-info/>.

As in previous years we are running our very popular silent auction and white elephant stalls. If you would like to donate any items for the silent auction, please send an email to [info@mapuaeasterfair.co.nz](mailto:info@mapuaeasterfair.co.nz) (items may include a product or service from your own or a contact's business, accommodation for a weekend away, a piece of artwork or a household item). We also welcome any donations for our white elephant stall. The stall sells pre-loved toys, games, books and household items in good condition (for puzzles and games please ensure all pieces are accounted for. Your goods can be dropped into the Mapua School foyer.

We expect our parking plans to be similar to last year. We will post the parking plan on our website in the week leading up to Easter. For further details on the fair please like our Facebook page, we will post updates as planning progresses.

We thank all of the community for the support you give us with undertaking this key regional event which turns our village into a very busy place to be on Easter Sunday! We're looking forward to putting on a great day and seeing lots of you there.

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Open 7 Days [www.ketetasman.com](http://www.ketetasman.com)

## Applications for Grants

Voluntary organisations are invited to apply to the Mapua/Ruby Bay and District Community Trust for a grant. Applications will be considered at the next meeting of the Trust in May and should be in the hands of the secretary by 1 May.

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

[mapuarubybaycommunitytrust@gmail.com](mailto:mapuarubybaycommunitytrust@gmail.com)  
or mailed to PO Box 19 Mapua.

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

**MOTUEKA WOMEN'S SUPPORT LINK  
HELPING VICTIMS OF DOMESTIC VIOLENCE**

**QUIZ NIGHT!**  
**SPRIG & FERN MAPUA**  
**Wednesday 7<sup>th</sup> March: 7.30 pm**  
**Door Entry *ONLY* \$3 per person**  
**No Need To Book Any Size Team Welcome**  
***Raffle Prizes!***

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### FAMILY PORTRAITS AS GARDEN ART

*Commissions accepted. I work from your photos.  
Family china can be incorporated in the design.*

Contact Bridget Castle on 021 1838790  
[bridgetpcastle@gmail.com](mailto:bridgetpcastle@gmail.com)

## Police Report

Hi all. Recent weather has brought out the best in the community – local people helping local people, and that is the way it should be. A lady set up a table with food and drink near a flooding site, which I thought was very thoughtful of her. Well done.

Unfortunately there have been several domestic incidents in the village. If you become aware of people having problems please let us know ASAP as this can prevent more serious problems in the future. I know people don't feel like getting involved in other people's business but you can contact us on the crime busters anonymous line 0800 555 111 and help keep everyone safer.

*Grant Heney, Motueka Crime Prevention*

### Occurrences:

Jan 27: Domestic incident Aranui Road

Jan 30: Domestic incident Lionel Place

Feb 6: Threatening incident Toru Street, Domestic incident Aranui Road

Feb 10: Mail boxes damaged Tasman area

Feb 14: Person stealing apples Dominion Road

Feb 15 : Galvanised tip trailer with a cage stolen from Tasman

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[www.mapuacountrystore.co.nz](http://www.mapuacountrystore.co.nz)  
MapuaCountryStore  
MapuaCountryStore

*Stay local × Support local × Shop local*

*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 1<sup>st</sup> of the month. The deadline for emailed items to [coastalnews@mapua.gen.nz](mailto:coastalnews@mapua.gen.nz) is the 20<sup>th</sup> of the month. Notices are a gold coin donation in the collection boxes. Club notices are free. Printed by the Tasman District Council.*



# PechaKucha Night

## Friday 23 March

### Mapua Hall



**Food & Bar from 6pm**

**PechaKucha starts at 7.30pm**

**Drinks & Curries \$5**

**Entry \$15** (GF & Vege options)

**Presales:**

mapuabookings@gmail.com

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**JAVA HUT**

| Monday  | Tuesday  | Wednesday   | Thursday   | Friday   | Sat  | Sun  |
|---|--|---|--|--|--|--|
| <b>What's On at the Hall<br/>In MARCH</b>   |  |   | <b>1</b><br>9am Mapua Art Group<br><br>6pm doTERRA Oils Sharing<br><br>6pm Mapua Dance Fitness | <b>2</b><br>9am Aerobics<br>9.30am DRU YOGA<br>10am Pilates<br><br>1pm Mapua Fellowship Group    | <b>3</b><br>9am Aerobics<br>10am Pilates     | <b>4</b>   |
| <b>WWW.MAPUAHALL.ORG</b>  |  |   | <b>8</b><br>9am Mapua Art Group<br><br><b>7pm A Night with Helen</b>                           | <b>9</b><br>9am Aerobics<br>9.30am DRU YOGA<br>10am Pilates<br><br>6pm Mapua Youth Group         | <b>10</b><br>1-5pm Ian Hamlin Painting Class | <b>11</b><br>6.30pm Packhouse Cinema 'African Queen' |
| <b>5</b><br>9.30am Low Impact Dance<br><br>6pm Mapua Dance Fitness  | <b>6</b><br>9am PANZ<br>9am Sioux Line Dance<br>1.30pm Tai Chi Beg<br>2.30pm Sit & Be Fit<br><br>6pm Aerobics<br>6pm Middle Eastern Dance<br>7pm Pilates                         | <b>7</b><br>9am Aerobics<br>10am Pilates<br>12.30pm Tai Chi<br><br>6pm Yoga with Thomas<br>7pm Tai chi Beginners  | <b>15</b><br>9am Mapua Art Group<br><br>2pm Friendship Group<br><br>6pm Mapua Dance Fitness    | <b>16</b><br>9am Aerobics<br>9.30am DRU YOGA<br>10am Pilates<br><br>6pm Mapua Youth Group        | <b>17</b><br>9am Aerobics<br>10am Pilates    | <b>18</b>  |
| <b>12</b><br>9.30am Low Impact Dance<br><br>6pm Mapua Dance Fitness<br>7pm Mapua Comm. Assc. Mtg                              | <b>13</b><br>9am PANZ<br>9am Sioux Line Dance<br>10am Mapua Creative<br>1.30pm Tai Chi Beg<br>2.30pm Sit & Be Fit<br><br>6pm Aerobics<br>6pm Middle Eastern Dance<br>7pm Pilates | <b>14</b><br>9am Aerobics<br>10am Pilates<br>12.30pm Tai Chi<br><br>6pm Yoga with Thomas<br>7pm Tai chi Beginners | <b>22</b><br>9am Mapua Art Group<br><br>6pm Mapua Dance Fitness                                | <b>23</b><br>9am Aerobics<br>9.30am DRU YOGA<br>10am Pilates<br><br><b>6pm PECHAKUCHA NIGHT!</b> |  |  |
| <b>19</b><br>9.30am Low Impact Dance<br><br><b>1.30pm Variety Concert</b><br>6pm Mapua Dance Fitness<br>6.30pm Hall Comm. Mtg | <b>20</b><br>9am PANZ<br>9am Sioux Line Dance<br>1.30pm Tai Chi Beg<br>2.30pm Sit & Be Fit<br><br>6pm Aerobics<br>6pm Middle Eastern Dance<br>7pm Pilates                        | <b>21</b><br>9am Aerobics<br>10am Pilates<br>12.30pm Tai Chi<br>6pm Yoga with Thomas<br>7pm Tai chi Beginners     | <b>29</b><br>9am Mapua Art Group<br><br>6pm Mapua Dance Fitness                                | <b>30</b><br>2pm Friendship Group<br><br><b>GOOD FRIDAY</b>                                      | <b>31</b>                                    | <b>1</b><br><br><b>MAPUA EASTER FAIR</b>             |





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**Mapua Rise**  
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# SUMMIT

MOTUEKA PROPERTY UPDATE

The beginning of the year always seems to start with a hiss and a roar, this year is certainly no exception!

Open homes are busy and purchasers are looking to secure a property and get settled before the cooler months are upon us.

We are energised, knowledgeable, service driven and supported by a strong team with access to marketing with the very widest reach that won't leave anything to chance.

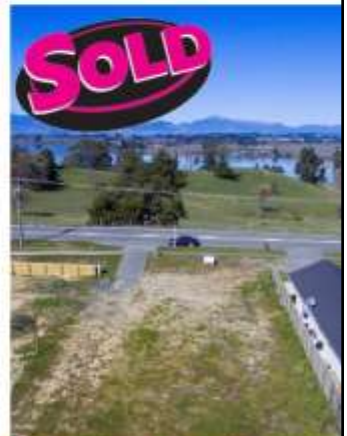
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**465 Main Road**  
Riwaka



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**Sharon De Jong**  
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sharon.dejong@summit.co.nz



**Adele Calteaux**  
528 4001 | 027 337 5848  
adele.calteaux@summit.co.nz



# Mapua Community Library

(Moutere Hills RSA Memorial Library)

## Art Displays

Barbara Glass's watercolours are on display until mid-March. We will then mount our Anzac display. As always, anyone is welcome to pop in and view our displays.

## Daylight Saving

March is the last month that we will be open until 6.30pm on Wednesdays. From 1 April, our Wednesday closing time will revert to 4.30pm.

## Children's Book Boxes

Two new book bins are now operational. They are specifically for picture books and will allow us more room to spread out books from the very full picture book shelves. Thanks to volunteers at Menzshed Waimea for their construction skills.

## Book Donations

All quality book donations are very welcome at all times. If the books are 'double-ups' of what we have

on the shelves, or they do not meet our collection policy, we use them to generate funds via our book sales. Just recently we have had a number of new books donated by authors. This is particularly appreciated, especially when they are local authors! A special thanks to all of our book donors.

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

## Book Review

*Beneath a Scarlet Sky*, by Mark Sullivan. Reviewed by Barrie Walker. This book is available in the Mapua Community Library.

In World War 11 Italy, love was worth spying for. Based on the true story of a forgotten hero, *Beneath a Scarlet Sky* is the triumphant, epic tale of one young man's incredible courage and resilience during one of history's darkest hours.

Pino Lella wants nothing to do with the war or the Nazis. He's a normal teenager – obsessed with music, food and girls – but his days of innocence are numbered. When his family home in Milan is destroyed by Allied bombs, Pino joins an underground railway helping Jews escape over the Alps, and falls for Anna, a beautiful widow six years his senior.

In an attempt to protect him, Pino's parents force him to enlist as a German soldier, a move they think will keep him out of combat. But after Pino is injured, he is recruited at the tender age of eighteen to become the personal driver of Adolf Hitler's left hand in Italy, General Hans Leyers, one of the Third Reich's most mysterious and powerful commanders.



Now with the opportunity to spy for the Allies inside the German High Command, Pino endures the horrors of the war and the Nazi occupation by fighting in secret, his courage bolstered by his love for Anna and the life he dreams they will one day share.

An incredible story, beautifully written, and a fine and noble book.

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# The Playhouse Cafe

## What's On Guide

### MARCH 2018

Due to family reasons we are only open for events this month

Free Drop off to Mapua, Moutere, Appleby, Tasman  
Call 5402985 for bookings

M T W T F S S

We will open anyday of the week for your large group booking.

Call us to talk about your idea

### FREE VENUE HIRE

April till November

For your Wedding, Anniversary  
Fundraiser, Birthday Party or event  
(some conditions apply)

Call us or drop by to talk about your event

### COMING UP IN APRIL

20th and 21st April

JOHNNY CASH AND  
DOLLY PARTON TRIBUTE

27th April

PENNY ASHTON  
Oliver Copperbottom

### SPRING WEDDING SPECIAL!

FREE VENUE HIRE AND \$250 GIFT VOUCHER

When you book your Sept or Oct  
wedding at The Playhouse!  
(some conditions apply)

2 3 4  
CLOSED FOR WEDDING CLOSED FOR WEDDING Closed

9 10 11  
SUMMER TANGO NELSON CLOSED FOR WEDDING Closed

16 17 18  
Fund raising event GREG JOHNSON Boathouse Benefit Show  
\$45, 8pm Amazing singer song writer \$25, 1pm till late  
\$28 buffet from 6pm Loads of bands Boogie Train Gypsy Pickers Cover Me Urban, Kram It and many more

23 24 25  
FLEETWOOD MAC TRIBUTE FRANK SINATRA TRIBUTE POP UP WEDDING DAY  
presented by Craig Alot Presented by Mike OMailey Call us for more details  
\$20, 8pm +\$28 buffet from 6pm \$20, 8pm

30 31 1  
Closed for easter friday CLOSED FOR WEDDING CLOSED FOR WEDDING

WWW.PLAYHOUSECAFE.CO.NZ or call 5402985



# Letters to the Editor

## Bird Species Spotted

A dear friend visited from the UK in January and her partner kindly let us have the maximum time together to catch up and to see the sights. Roy, being knowledgeable about birds, spent many hours on my patio with binoculars.

He made a list of the bird species spotted over four days within the confines of my garden and I thought others living in Mapua would like to celebrate the great diversity.

*Pat Russell, Seaton Valley Road*

Below is the list of birds spotted:

|                  |   |                    |
|------------------|---|--------------------|
| Grey warbler     | Song thrush   | Red billed gull    |
| Waxeye           | Shining cuckoo  | Dominican gull     |
| House sparrow    | Kingfisher  | Cormorant          |
| Starling         | Little owl  | Welcome swallow    |
| Fantail          | Tui   | Spur winged plover |
| Goldfinch        | Bellbird  | NZ harrier         |
| Chaffinch        | Pukeko  | Skylark            |
| Greenfinch       | Paradise duck   | Blackbird          |
| California quail | Fairy prion (we took it to the sea, it flew but then many were found dead sadly.) |                    |

## 'Misinformation'

Having received the Mapua Boat Club's flyer early February, I and others in the community were somewhat taken aback by the claims it made. As we are all familiar with the Coastal Plan, the one that jumped out at us was the claim that the Tasman District Council intended to ban all Grossi Point launchings within five years. We sought comment from TDC and are now satisfied that the flyer is loaded with half-truths and misinformation. I have copied below the text of the response I received from TDC. Maybe you might like to set the record straight in your publication.

*Peter Paterson, Mapua*

From: Chris Choat,, TDC Communications Adviser

The Mapua Waterfront Area Master Plan approved by Council in December last year sets out an action plan. Recently Council has become aware that misinformation is being circulated about the Master plan with regard to boat launching in the area. To clarify:

1. Council has not said that it will stop all power craft from using Grossi Point. The Master plan states that if a regional boat ramp is developed and it is a suitable alternative for the Mapua community, then Council will review the use of Grossi Point boat ramp with a view to it being used for small and non-motorised craft.

2. Council has not said we will make all boats and trailers park on Council land along Tahi Street and Aranui Road. Council has decided to maintain ownership of the remediated land, for at least for the next five years, to provide for overflow parking including boat-railer parking.

3. The Master plan supports the restoration of Grossi Point Reserve and improvement for recreational use. When a reserve plan is developed this will eventually mean that car and boat trailer parking will be limited to defined car parking areas and prevented from parking on the recreational reserve. Overflow parking will be allowed to park on the remediated land along Tahi Street.

4. Council is not intending to restrict the launching access that boat owners currently have and the local boat launching facilities will remain open and available for use as they currently are.

To view a copy of the Master plan please visit our website:

[www.tasman.govt.nz/link/Mapua-waterfront](http://www.tasman.govt.nz/link/Mapua-waterfront)



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## A Chance to Sing

Men in Accord is Nelson's only male four-part harmony a capella chorus.

After the success of our open evening workshop last November this is another opportunity for all you guys out there to come along and learn the art of four-part harmony singing in a friendly, relaxed and fun environment.

Our second workshop will be held on Tuesday 27 March at 7pm in the Waimea Room of Club Waimea, Lower Queen Street, Richmond.

Men in Accord is an organization for men of all ages and walks of life, so if you're looking for something that little bit different musically, great harmony and the fellowship of other like-minded men, then come along to see and hear what we're all about.

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*Dave Baker*

I told my doctor I broke my leg in two places. He told me to quit going to those places—*Henry Youngman*

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## Mapua Bowling Club

What a bowling season this has been! First scorching hot weather for bowlers to contend with; then heavy rains flooding the green. Hopefully, March will bring some settled weather for the last month of the bowling season.

Despite the conditions, the Mapua Bowling Club has held two Open tournaments in which clubs from around Nelson competed. A third Open tournament, Paddy Day Open Triples, is scheduled for 27 March. Early bookings can be made with Sue England on 03 540-2934 or at [s1ad2as3@xtra.co.nz](mailto:s1ad2as3@xtra.co.nz)

Also planned in March is a club event, the Rose Bowl Challenge. It will take place on 3 March. It should be an entertaining afternoon of bowls with members competing on either the President's or Captain's squad. Participants are asked to wear something pink. Proceeds from the entry fees will support the local 'Relay for Life'.

Two members of the club have been selected to be part of Nelson Rep teams. Mike Turnbull has chosen for the Nelson Junior Rep team, while Sue England has been asked to be part of the Nelson Senior Reps. The club wishes them well.

Following the very successful coaching sessions with children from Mapua School, the club coaches are now holding additional sessions on Fridays for those kids who want to progress further. It is a pleasure to see the enthusiasm and interest that the children have shown for lawn bowls. Bowls can truly be a sport of all ages.

For information about bowling, coaching or booking the clubhouse and facilities please call the president, Dave England, on 540-2934.

*Barbara Brown*

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# Hills Community Church



We seem to be having a very odd end to summer. What is usually the most settled time, has instead bought a month of the unpredictable, the uncertain, and, at times, damaging. For many in our community the effects of which will last a long time.

There is a curious passage in the Gospels, in which Jesus is 'transfigured' on a mountain. That is, he is transformed with the radiance and Glory of God, which leaves the disciples utterly confused as to what on earth was going on. It is interesting to me that this event comes just after Jesus had shared with the disciples the necessity of the journey to the cross of Easter, and his death. It is a picture that boldly proclaims the hope and promise of Easter Sunday, the resurrection, that in God, not even death has the last

word. It is a picture of the hope that God offers us; that he is transforming us into his likeness, and that not even death can separate us from his love, and grace.

I wonder if this picture of 'transfiguration' is one that each of us need to see in our lives. We all suffer many and various storms, both the physical ones and also the metaphorical ones can leave us beaten and scarred. As times it is easy to be overwhelmed by the storms, and forget in fact that God ultimately has us in the palms of his hands, that no storm can rob us of the life He is calling us to.

*In Christ, Rev John Sherlock*

## Easter services in Mapua

Lenten Tearfund contemplation space, Wednesdays 7pm at HCC, 7, 14, 21, 28 March

## Maundy Thursday

Passover meal, gathering at HCC 6:15pm

**Good Friday** 7:30pm, 'Coming to the cross', at HCC

## Easter Sunday

7am, Dawn celebration at Mapua wharf amphitheatre, (if wet at Hills Community Church)

Followed by breakfast at Hills Church from 7:45am

Communion service 9am

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# Summer Vongole

By Sarah La Touche

I am a great fan of keeping things simple in the kitchen and this classic Italian favourite is the perfect example of simplicity, especially for this time of year when it's hot and sultry, and a light but tasty meal is the order of the day.

You will find a version of this dish on the menu in many Italian seaside towns. I think possibly one of the best I have eaten was in a lively Trattoria in a little back street of Portofino, that famous Italian town in the province of Genoa.

We had taken a boat out to the very pretty abbey at San Fruttuoso on a sunny, late September morning. The abbey, originally built by Greek monks in the 10th century, has been rebuilt and renovated time and again since then. It nestles in a tiny bay around the point from Portofino, facing out to open sea, the luminous Mediterranean.

The tranquil abbey and its tiny village are part of Portofino's Regional Nature Park and our plan, having visited the abbey, was to hike back on the track over the mountain, before descending down again, on the other side, through the stunning olive groves and millionaires villas, to arrive back in Portofino.

This was back in the mid-nineties, and in late September it was deliciously restful and quiet on that lovely Mediterranean morning.

Eugenio Montale, a poet and native Ligurian, wrote a beautiful verse about the place.

*"Here was the dreamed-of homeland rising from the waves.*

*Emerging from the confusion, here was clarity.*

*The exile was re-entering his uncorrupted country."*

That's exactly how I felt as I stepped ashore that day, into that peaceful haven. It felt like coming home, I've never forgotten it.

So we did the climb ... up, up up through Aleppo and Maritime pine forests, and hiked back down again through the breathtaking olive groves and views, and chose a spot to quench our thirst, and fill our bellies, after such a strenuously memorable, inspiring day.

I can't ever eat spaghetti alla vongole now without recalling that wonderful memory, along with the taste of garlicky clams and pinot grigio.

Try and get the freshest cockles or clams you possibly can for this dish. If you are gathering them yourself, leave them to 'spit' overnight in a bucket of fresh seawater. Heaven!

## Spaghetti alla Vongole

The tomato is optional though not traditional. Normally it's just lashings of garlic, olive oil, a little white wine, and parsley. Keep the shells on, plenty of sucking meat from the shells adds to the experience.

3-4 tablespoons olive oil plus a few glugs extra to cook the cockles

1 onion, peeled and diced

4-5 cloves garlic, peeled and chopped finely

A generous sprig of fresh thyme - optional

4-5 stalks of fresh Marjoram leaves - optional

1 bay leaf

1 glass dry white wine

6 medium tomatoes, peeled, seeded and chopped, or 2 cans

Italian chopped Roma tomatoes

Pinch of peperoncino chilli, or chilli flakes

4 large scoops fresh cockles (clams) or more if you prefer, washed and steamed open at the last minute

400 grams quality spaghetti pasta – de Cecce is a brand I favour and it's available at the Mapua Country Store

After gathering the cockles wash then in seawater. Fill the bucket with fresh seawater and place the cockles in the seawater. Leave overnight so they can 'spit' their sand. The next morning, drain off the seawater and rinse again. If you are buying bought clams you won't need to do this step.

Take a large saucepan with a lid and place over a medium heat. Add a few glugs of olive oil and allow the saucepan to heat a little before tossing in the cleaned cockles. Turn the heat up high, place the lid on the saucepan and shake the saucepan about every 45 seconds for about 5 minutes until all the cockles have opened. Discard any that don't open. Place to one side with the liquor that comes out of the cockles during cooking.

In a large sauté pan, add the oil and warm over a medium heat before adding the onions and garlic. Sweat gently until they become soft and translucent. Add the herbs if using, and toss in the wine, allowing the sauce to come to a simmer and cook off a little – about 5 minutes.

Add the tomatoes and peperoncino, reduce the heat to a gentle simmer, and cook for about 20 minutes until you have a nice sloppy, soupy sauce. If you aren't adding tomatoes just skip this step.

Take a large roomy saucepan, and fill with water. Add two teaspoons salt, another slug of olive oil and bring to the boil.

While the sauce is cooking add the dried pasta to the boiling water, wait until it comes back to the boil, stirring with a pasta fork so it doesn't stick together, then reduce the heat to a soft boil and cook the spaghetti until al dente. About 8 – 11 minutes in all.

Drain, but retain about ½ a cup of the pasta cooking water, and add that and the pasta to the sauce, toss over the cockles and garnish with a handful of chopped parsley.

Serve with a crisp white wine, preferably a pinot grigio or rosé, and a green salad.

# Neck Pain in this Day and Age

We are in full swing of the 21st century with all its benefits but also alarming detriments. All correspondence is now primarily virtual. Interactions between humans, may it be business, casual acquaintances and worse, our more intimate partners, has now become smart technology hands-free operations-based. With so much time spent in our virtual world, our bodies, especially our neck and back, are suffering from diseases inclusive of obesity, migraine headaches and more chronic pains due to our habitual bad postures that we hold while we are “corresponding.”

## “Virtual” Pain Is Real

Years ago we attributed that the most unhealthy people were typically those who had careers which required hard, repetitive physical labour, repetitive activities or those who were required to travel long distances in a poor sitting position in a car or truck. The hours, weeks, months, and years with these requirements which were typically done in an unhealthy position had been one of the largest contributors to poor health rather than an impact or accident.

## Turn of The Century Change

As the age of digital technology became the ruler of careers and now for many virtual lives and social connections, our time sitting in poor postures has more than tripled and so has the rise in our health problems.

These health problems range from neck pain, back pain, headaches, and sciatica to the onset of many disease processes including obesity and diabetes.

Although the solution of unplugging from our devices may seem simple, it is not that easy as many of our careers are dependent on them and as long as we are not inconvenienced with a life-threatening disease, we do not act. Unfortunately, hitting the escape key at that point is not that easy.

## Re-Boot Your Health

At our practice, we see how human behaviours and our evolution of technology has shaped our society and impacted the way we use our bodies. Repetitive activities with poor posture are at an all-time high and continue to have predictably devastating effects on our health. If we do not implement change in our behaviours, the health of the next generation may get worse.

Because smartphones, computers and the virtual world are here to stay, let us help you begin to re-boot your actions with a few simple tips:

1. Get a standing desk or an ergonomically designed chair, preferably with a properly fitted backrest or better yet not at all.
2. Take regular breaks. Get up every 30-60 minutes to stretch for 30-60 seconds.
3. Do not sit or lounge on the sofa after your evening meal. Stand, stretch or walk for 10 minutes without your handheld device. Here is an added bonus, it will also stimulate your metabolism!


## Ready To Help!

Is your future health worth a few minutes and a few minor changes in your behaviours? Absolutely!

If you are ready to improve your health, help prevent degenerative changes, eliminate headaches, back and neck pain due to work and stress due to your work or career; plus increase your energy, call our office today. Here at Coast & Country Chiropractic Centre we are ready to help you unplug and take on a new real life healthy lifestyle.

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# Tasman Bible Church



Who is the centre of your world?

We are having a look at the book of Genesis over the next while and it certainly raises some fundamental questions—for all people and persuasions.

There is an ongoing conversation between Christian ‘young-earthers’, ‘old earthers’, ‘evolutionary creationists’, those who promote ‘Intelligent Design’ and, a few other permutations. This inevitably invites issues like how things came about, Who started it all, and, how it (everything in the universe) is sustained. This is a worthwhile and healthy conversation but what is often missed is the Subject of Scripture—God. That is why it is very much worthwhile asking the widest of communities important questions like the one in the title. Asking and answering honestly, ‘who is the centre of your world’ assumes a highly personal response that actually affects your nearer and wider society.

For most people, it might be hoped that it is not a *what* question or answer – otherwise persons are not central whether they be Divine Persons or human. In an increasingly mechanised and technological culture, it is possible that an inanimate object is the centre of one’s world or even the very world itself. Could it be possible that this is true? It is for some. That ambition, objet d’art, the internal combustion engine, the boat, house etc., etc., can actually be the centre of some folk’s world and universe. Family or just other people do not even come close.

Reading Genesis forces some fundamental questions, as it should. It is about ‘beginnings’, ‘sources’,


and ‘reasons’ for what is fundamental. In the Judeo-Christian tradition (a more and more maligned view), the centre of one’s world is the One who brought about everything in the first place – all that time, energy, and matter—simply by divine fiat. God created and invented ‘stuff’ and that, for good reasons. One reason for a designed purpose was Humanity itself,

“Let us make man in our image, in our likeness and let them rule...so God created man in his own image, in the image of God he created him, male and female he created them.” (Genesis 1:26-7)

One staggering truth of the Genesis account is that the pinnacle of God’s creation was ‘you and me’ – the expectation and intent was that Humanity would become the delegated ‘centre’ of the world God had made...relative to and in relation to God. This at the very least discloses God’s intention. As the narrative develops that intention would be tested to the divine limits.

*Richard Drury*

For more information on Tasman Bible Church go to [www.tasmanbiblechurch.org.nz](http://www.tasmanbiblechurch.org.nz)



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## Tide Right for Annual Yacht Race

A boating day for locals at Mapua Wharf will enable participants to take advantage of the large low tide to enjoy activities in the Mapua channel. Beginning at 11am on Sunday 11 March, this event organised by the Mapua Boat Club, will feature sailing races for catamarans and centreboard yachts, SUP and kayak events, and a race for dinghies with Seagull and other outboards, 4hp or less.



The feature event will be the once annual rowing race between the Boat Club and the Tamaha Sea Scouts using the Tamaha's six-oared cutters. A trophy has been presented for this event, last won by the Scouts some years ago.

The small high tide and large low tide, resulting in a total movement of only 1.4m, means plenty of water for the lower channel, with very little

current, ideal conditions for an event like this. The high tide of only 3.1m later in the day means that Grossi Point and the greater estuary are unusable, so this venue, with its easy wharf ramp access is sure to be the fore-runner of many more events.

As the Boat Club rooms are likely to be still out of use because of the flooding at the start of February, the Wharf Museum will be used as headquarters. All participants will need to pay a gold coin entry fee and sign on for their event. Lifejackets must be worn, and all craft will have to be equipped with a 6m towline.

Harbourmaster Dan Cairney has approved the event application, and will attend in the TDC jet outboard-powered RIB. Several club members will also be acting as safety boats in their runabouts.

This event is open to anyone with a suitable boat, so the Club looks forward to seeing you there!

Inquiries to Wayne Daniels 540-3317.

*John Leyden*

## Mapua Playcentre:

We're running a series of family profiles over the coming months to introduce some of our Playcentre families and what they love about Playcentre. This is from Liina who comes with her son Nils, 4 (Lars, 6 is now at school).

"Our family moved to New Zealand from overseas more than two years ago. We have two boys who at that time were 2 and 3 years old. We came from the Netherlands and the boys could not speak any English.

"I had never heard about Playcentre before coming to New Zealand. A local mum introduced me to it so I called up and we went for a visit. The calling wasn't even necessary as we could have just popped by during one of the sessions on Mondays or Fridays.

First of all I and my boys were blown away by the expansive range of facilities that the place offers. The indoor area has the role play setups for a shop, and kitchen; dozens of costumes in the dress-up room; games, puzzles and musical instruments; the cozy reading corner; amazing range of art supplies; discovery area filled with all sorts of natural materials; and of course the train sets. The outdoor space has a massive sandpit, slides, waterplay equipment and even a boat.

"The absolute favourite space for my boys was the carpentry table. I was very surprised to see that the kids were using real tools.

" 'You can't hammer a nail with a plastic hammer,' explained Moira who was one of the Mapua Playcentre lovely supervisors. That made sense.

"We became a Playcentre family after our first visit. I loved spending quality time with my kids while also meeting other parents. The boys enjoyed the interaction with other kids while having their mum close by in case a language barrier appeared. Session by session we also got to know the Playcentre philosophy – families learning and growing together- better. Playcentre is such a unique place and I'm very glad our family is part of it."

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.





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## PANZ

**T**he Top of the South Art Exhibition for PANZ members from Nelson and Marlborough areas has come and gone and I hope you had an opportunity to attend.

We have now started meeting back at the Mapua Hall for our regular sessions on Tuesday mornings from 9am to 12pm. For those of you who may have made a New Year's resolution it isn't too late to try something new, please do come along and give it a go. You may find that pastel is the art medium for you!

We were very proud to have three of our local members, Nicola Reif, Marian Painter and Sharon Platt take Winner, 2nd place, and Merit, respectively, in our Pastel Artist Newsletter Pastel Challenge depicting an animal and/or wildlife. Way to go Nelson region!

We had a workshop at the end of February with Pastel Society of Australia master pastellist Tricia Taylor. Tricia was awarded Master Pastellist status with the Pastel Society of Australia in 2011 and she has won many awards including Pastellist of the Year 2010. Tricia's work has been published in a variety of national art magazines including *Australian Artist*, *Art Edit* and *Paint and Draw Magazine UK*. Teaching from beginners to advanced students for many years, Tricia's workshops are in popular demand in New Zealand, Australia and internationally. We were very pleased to have her as a tutor and the learning experience will benefit all of our artists.



As usual we have our national conference (Timaru), workshops and other activities planned for the coming months. Never a dull moment at PANZ Nelson region.

For additional information please contact our Area Rep, Glenys Forbes at 03 540-3388 or by email [gmforbes@ts.co.nz](mailto: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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# Under The Bonnet with Fred

Richard's E Bike



What a cool looking but practical and modern interpretation of a bike. "Bicycles are a changing" and the revolution has been the development of long-life Lithium batteries for E Bikes. Battery-powered bikes provide the experience of being a "free rider" and not be left half way up a hill thinking why am I doing this? Owning E bikes will attract Green buyers and help the world dependence away from oil-based fuels. And maybe cause an increase in demand for electricity! Will people start to use their car less and adapt to the experience of riding their E bikes?

Richard's bike has a range of 45km. Motueka and back without turning a pedal. But should you wish to strain yourself by pedalling a little the range of the bike can be extended. This is cheap motoring with the cost to charge Richard's bike \$1.20 per charge. Designed for sand and snow with the big fat tyres and I note from my research that there are E bike treks tours in Canada. Looks like fun. Keep in mind that until recently you could not have biked on snow.

This bike is an ELLF Zoom Fat Tyre E-Bike, to give it its product name. Obviously a trendy marketing name for the USA market. From my research I did find it called Addmotor MO-TAN but with bigger

and smaller batteries & motors combination. Arnie organised the import from USA but it arrived having been shipped direct by air from China. There were additional costs at customs plus GST, so not cheap.

Electrical specifications: removable Samsung lithium battery, range 40 to 55km on low level assist (peddling a bit), variable speed throttle, 7-speed gear position all electrically managed. The display panel has speedo, battery charge, a display of watts being drawn on acceleration and gear position.

Bike specifications: Aluminium alloy frame, Kendo 26x 4.05 fat tyres, Mozo front suspension and shocks, cantilever rear suspension, Tektro disc brakes front & rear, Shimano rear hub, weight 27kg, LED headlight. All components of the bike are well known and already trusted brands. Black and orange colours give it its Californian beach cruiser identity.

I can see electric bikes like this becoming very popular, not just because of the low cost of running but also because they might be the new age clean air transport, ie, the greenest form of transport yet, now that green is cool and everyone wants to make it happen. Potential buyers would be all age groups and the bike being versatile enough to be used on sand and snow makes E biking an all-year activity.

There was no effort required to turn pedals as I rode up the slow rise in Iwa Street, it just whizzed along almost silently with only noise from the knobbly fat tyres. There is the feeling of being on a big 750cc motorcycle roaring along a country road but without the noise of course. There was plenty of acceleration at the variable-speed throttle to keep your attention. Up Higgs Road I dropped it down two gears and it blew my 74kg frame up there with a blast. I could imagine me doing a snow trek in Canada on this bike.

Richard's reply to what did he feel like riding his bike was, "Fabulous, fantastic. If I could have had one when I was a kid I would have had a happy life." I'm not sure what the true meaning of his reply was but the important thing Richard is enjoying it now.

Richard, your bike's not just one of those American beach cruisers—it is the real deal. A bike for all reasons and a bike for all seasons.

*Fred Cassin*







## The African Queen

Reviewed by Mapua Movie Mogul

Based on the famous CS Forester novel, which it follows quite closely, *The African Queen* is the simple story of a pragmatic river-rat, Charlie Allnut (Humphrey Bogart) and a high-minded Methodist missionary spinster, Rose Sayer (Katherine Hepburn) who are thrown together by chance when German troops sweep through Africa during World War I.

Once safely aboard his beat-up riverboat *The African Queen*, Allnut desires nothing more than to dodge the Germans until war's end; Rose, however, determines to strike a blow against the Germans by sailing the boat downriver to attack a German battleship.

Filmed on location in the Congo, the cinematography is remarkably fine without being obtrusive; the script, which is at once subtle and very purposeful, has a remarkably natural tone; the two stars—who play the vast majority of the film alone together—give famous performances; and Huston's direction is so fine that we never feel even the slightest hint of directorial manipulation.

As an adventure, it has a sense of realism that most adventure stories lack; as a character study it is remarkably detailed and finely wrought; as a love story; it is quite touching without engaging in common sentimentality. And it can be enjoyed by many people of diverse backgrounds and ages without the faintest qualm.

If you haven't seen *The African Queen* in a while (or never seen it at all) don't take it for granted thinking you'll catch it sooner or later. Any one of a number of things make this movie worth watching. It is a terrific movie, a must-see for any fan of classic movies, and one that you can also enjoy watching numerous times.

## Never Too Old...

### Never too old, fat or unfit.

It's not uncommon for people to think that they are too old or too unfit, or even too fat, to start exercising. Wrong! It's never too late.

No matter what your current condition, an appropriate exercise programme will help you improve on that condition.

### Age is not a barrier

You may not make the same rate of improvement as a 30yr old, but you will still improve.

### Fitness is not a barrier

Even the greatest athletes had to start somewhere. You don't need to be fit and strong to go to the gym, but, going to the gym will help you get fit and strong.

### Size is not a barrier

Going to the gym will not make you lose weight, but it will help you too if you also change your eating habits, and it will help you feel good about yourself so you make better food choices.

In fact, the one thing that sees results time after time is people sticking to the plan and staying focused on doing what needs to be done. ANYBODY can lose weight. ANYBODY can get fitter and stronger. You just need to start, and then you need to stay focused and consistent, and do what you need to do.

Karyn Holland, Catalyst Fitness

Money won't buy you friends, but you get a better class of enemy—*Spike Milligan*

Instant gratification takes too long—*Carrie Fisher*

A cynic is a man who, when he smells flowers, looks around for a coffin—*H L Mencken*

**Why is it so hard to take care of our bodies when they're all we've got?**

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**Exercise, eat well, be patient.  
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These are all very good questions and when you hand over your hard earned money you want to be as sure as you possibly can before making a decision.

If after test driving a vehicle you like the feel of it and all or the majority of boxes on your wish list are ticked there are a few fact finding things you can do to help you with your decision:

- Have the vehicle inspected by an automotive technician you know you can trust to give you an honest inspection and appraisal of the vehicles interior, exterior, underbody, Warrant of Fitness worthiness, and engine service items (fluids, belts, hoses etc). A pre-purchase check need not be expensive and can uncover some very deceptive measures taken by a few sellers to cover up an existing problem which could result in expensive repairs.



- Purchase a Vehicle Inspection Report at [www.motorweb.co.nz](http://www.motorweb.co.nz). This report will tell you if there is money owing on the vehicle; whether all NZTA fees are fully paid; if the vehicle has been stolen; whether it is a flood damaged import etc.
- Purchase a Red Book Vehicle Valuation Certificate at [www.redbook.co.nz](http://www.redbook.co.nz) to receive an emailed information containing:
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## MAPUA AND DISTRICTS BUSINESS ASSOCIATION

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

What an eventful month it's been in our beautiful region! Our sincerest condolences and thoughts are with those who have lost so much in the recent storm (Cyclone Fehi) that hit our coast. At the time of writing Cyclone Gita is heading our way so fingers crossed those so badly affected by Fehi are spared the wrath of Gita!

We are staring down the barrel of March and Easter already—Gosh how time flies! The Mapua Easter Fair is always a fantastic draw card for our region and I know that Mapua School and the Mapua Playcentre are in full organising mode! Hopefully you can all make it along on Easter Sunday for day of fun and entertainment!

Mel Stringer—Administrator MDBA

### Pomona Ridge B&B

The seclusion of our property, with views of Tasman/ Ruby Bay, the native bush forest and green countryside ensure a private and peaceful stay at "Pomona Ridge". Our architecturally designed home has high vaulted ceilings, large windows and quality fittings and fixtures that provide a relaxed, comfortable setting. Guests have the privacy of a separate entrance through the courtyard. The heated pool, outdoor barbecue and outside fire are available for guests to use. Guests can also prepare light meals using the well equipped kitchenette.

Originally from Vancouver, Canada, I moved to New Zealand with my kiwi husband over 30 years ago. I am a retired speech therapist, my husband is in the airline industry. We love the Tasman area and will be very pleased to introduce visitors to the area. We have three children living overseas who come back to Ruby Bay regularly. My husband and I enjoy walking, gardening, fishing and travelling.



Hosted by Janice & Adam McMillan  
021 023 7186  
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# Noticeboard

**Croquet Mapua:** Come join us Sundays 1:30 pm at Mapua Domain / Iwa Street end. All abilities welcome. Inquiries 027 327 8052.

**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.

**doTERRA** Essential Oil Talk & Sharing at Mapua Community Hall. An open and fun forum for learning effective health tips with potent remedies for an array of ailments! FREE Giveaways. Thurs 5 Apr 6pm - 8pm. Enquiries Vanessa: 027 6244 756

**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

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

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

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

**Mapua Craft Group** meet Fridays 10-noon, supper room, Hills 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 2<sup>nd</sup> & 4<sup>th</sup> 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

**Motueka Seniorets.** Technology for mature adults. Monthly Members' meetings with guest speakers. Help sessions twice monthly. Courses & workshops change each term. Special interest groups meet regularly. Demystify technology in a fun and friendly forum. Clubrooms 42 Pah St Motueka. More info: Seniorets 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.

**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.

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