



Slices of life in a time of pandemic

I live in the Trentino region of Italy, a beautiful mountainous butterfly shaped area in the north which borders Austria, Switzerland and the Italian regions of Lombardia and Veneto; the first in Europe to quarantine and lockdown due to an explosive number of cases and eventually deaths.

A family member was a trainee doctor in Brescia near Milan and though she had described horrific conditions down there we still didn't really take it that seriously. I was focusing on the 88%, now 93% recovery rate in China and the prevalence of elderly and those with pre-existing health conditions hogging the statistics; we'll be alright Jack, it'll blow over, remain calm, it's all media hype and politicians wanting to be seen doing the right thing. Boy how quickly that attitude changed.

Our southern neighbours on the plains encountered a red zone with total lockdown of a couple of villages. Many saw this as an opportunity to go snow skiing in the mountains for the weekend. Videos and photos of people queuing for ski passes in the Rendena Valley at the ski resorts at Pinzolo and Madonna



di Campiglio 20 minutes' drive from us, appeared on social media shocking everyone, everyone except the holiday makers seeking selfies during a fabulous late season day on the slopes.

While the initial outbreak was occurring in December 2019, I was re-entering the work force in a different capacity as a vineyard/winery employee. A month and a half ago I had to perform an obligatory medical check-up involving blood, urine, heart and hearing tests performed in a Pinzolo hotel room. I kid you not. The team of five of us drove up together in Ahmed, the Moroccan's small car with Mustafa riding shotgun, Davide the Italian, Sylvania the Albanian and me the Kiwi crammed in the back seat. Terrifying at the time I can tell you, but ever more so looking back on it.

While waiting our turns in the hotel lobby the TV was broadcasting red bannered virus news in a constant stream. The hotel owner was fussing behind the counter, the room keys were all on a hook board, and as we talked,

she welled up explaining that within 24 hours all forward bookings had been cancelled; evaporated. She had no booked guests until well after Easter. Whoa. That week at the winery a pallet of wine worth €1000s was returned to sender too. I didn't need to be an economist to see this was altogether a bad sign of things to come.

Fast forward to mid-April 2020. I still have a job, but now we drive every morning up to the vineyard, two per car, a driver with a passenger in the back, each with two signed forms to show we are essential workers going from point A to B. The roads are magically clear of traffic except some delivery trucks, tractors and a few cars which mostly contain singles in masks doing their shopping looking grim; though I do try to smile at them to lighten their loads when our eyes briefly meet on the winding roads. The once

crowded blue skies above are noticeably empty of vapor trails and planes. The bird-song is fabulous, daffodils and tulips are up, and trees are blossoming. Potatoes have gone in.

One trip home after work, the Carabinieri were wearing masks with their blue lights flashing and machine guns at the town

roundabout as I slipped past unnoticed, but while at the supermarket an ambulance silently sped past with lights flashing, followed soon by two fire brigade vehicles flashing those silent lights. Spooky sometimes. One morning going to work the noticeboard outside our house had three new death notices freshly stapled to it, all from nearby villages. It's all very real.

The old persons' home that's walking distance up the road has been hit hard. My partner's work colleague last week appeared in the quiet but normally busy office, wearing an N95 mask that her husband in banking gave her from the 15 he was provided with. Our friend who works at the old persons home had to put a message on Facebook asking for any masks at all.

Catalonian friends Ruben and Sonya, an ambulance driver and nurse with two small girls, shared their concern with our situation to us. They too changed overnight with concerns for self and country as it suddenly gripped them.

continued next page

Slices of life in a time of pandemic continues..

UK biker friends were still planning a weeklong bike trip across France to Spain in May the very night their own lives changed. You people in New Zealand have done the best thing, hard and fast, to limit the inevitable damage to communities and cherished members of it.

Children are at home of course and the online schooling is challenging for us all, let alone families that might have had to search for the power buttons on aging computers and discover the potential of the internet. We live with the Nonni (Grandparents) so daytime at home is not a major issue. The kids Frida and Dylan have been studying and videoing the behaviour of our two roosters (one was dispatched for Easter but don't tell the kids just yet) and our seven hens. We renovated and raised the playhouse a bit and put on a new deck and painted it. They are helping out Nonna heaps in the vegetable garden and getting totally up to speed with the Harry Potter saga amongst other pressing issues like lunch and merenda.

Our home in Comighello is all good. Concern is obviously for medically challenged members of the family and what the future holds as it's not if, but surely when, we will be directly affected. A roll of the dice myself as a 54-year-old male who felt was gonna die last year from flying with a bad and protracted head flu. Going to work is an unusual response that does weigh heavily on my mind, but I am a lucky one that still has a job. More than once I've felt symptoms coming on but so far, it's only in my imagination; just thinking myself sick. You have to chuckle sometimes at the attention a surprise cough can get from people. I do wonder not only when, but more how this will end, and what the world will then look like.

What the world needs now (is love, sweet love...) yes, but seriously, home testing kits would be great, so that anyone at home can tell if they are clear, infected, or have become members of the A team with antibodies, with much less to fear and lots to offer, like making sandwiches and cups of tea. Tests that are far easier to perform than having someone in a gown with facial protection poking a stick up your nose, sounds good to me. Bill Gates has said that they might be 6 to 9 months away from producing them *en masse*, and still ahead of any possible safe vaccine. Ironic he is such an expert on viruses after all those years in software, but life can be stranger than fiction. We are all in this together. Hoping to see you all again on the other side.

Rick Coleman



Death notices on the local notice board

“The sound of a virus”

Corona Virus – You're not my friend
Don't want to hear your name again!
Empty playgrounds and empty streets
No sidewalk cafes - Just empty seats
Can I hear lonely dogs barking?
Is it just a neighbour farting?
I stroll along a deserted beach
Gaze skywards t'ward the heavens
The sky above's never been bluer
The sea has never looked greener
Floating clouds never whiter
Autumn colours never brighter
The scent of trees never sweeter
I buy my sanitiser - by the litre
Bird song's never more musical
Thank God I'm not in a cubicle.
I walk down an empty street
Is that crunching just my feet?
Yes, the only sound is silence
But that's the sound of a virus.

Peter Francis

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Letters to the Editor

Dear Sir,

It does seem that John Fountain may have mystified many with the hyperbole and pejorative labels in his letter so let's start with some clarifications:

Māpua Waterfront Park: this land is made up of several freehold titles owned by the TDC. Legally it is not a reserve. It was previously in private ownership. It passed to the TDC, following remediation works, subject to constraints connected with those works. Its future is not certain, parts may be subject to commercial development like other areas of the wharf precinct, retention as open space, sale or other development. It may be used in settlement of the Nelson Tenth Case when that matter is finally determined by the Courts or negotiation.

Private Developer: plainly Mr Fountain is referring to the Māpua Boat Club Inc. The MBC is not a property developer. Many years ago, the MBC constructed a boat ramp at the wharf for use by its members and the local community including the Tamaha Sea Scouts. That ramp has been effectively lost to the MBC, Tamaha Sea Scouts and the community through the commercial development of the wharf area which left it inaccessible to most people most of the time.

The TDC's *Coastal Structures Activity Management Plan 2015 - 2045* acknowledged the need for some additional facility by way of replacement capacity for Māpua, the Plan stating:

"The Council will continue to maintain the existing ramps at their current level of service An improved ramp at Grossi Point has been scheduled in 2016. This aims to remove vehicles from Mapua Wharf which has increased commercial value. ... Vehicles with boats and trailers cause a conflict within the precinct especially at the boat ramp."

Powerboat Ramp: what is proposed is a community boat ramp for Māpua. The ramp at the wharf was for all boat types, Grossi Point is used by all boat types and any new community ramp will be for all boat types including sailing boats, row boats, kayaks etc. TDC did not enhance the Grossi Point ramp and now it wants to remove boat launching access from there leaving Māpua without a boat ramp.

So, what is happening?

The matter is very simple. The MBC has asked for and received permission to apply to form a community boat ramp for Māpua. No TDC property has been disposed of, changed or committed for this project.

SS.76 and 79 of the Local Government Act have nothing to do with the request that was made or the reply TDC gave.

This is not Orwellian double-speak. The MBC could have spent a lot of time and money preparing a resource consent application only for it to be denied at the outset on the technical ground that the landowner had not consented to the application being made. By obtaining the TDC's permission to apply, MBC, Tamaha Sea Scouts and anybody else supporting the application can be confident it will be discussed, debated and decided on its merits.

No one is trying to circumvent any democratic process or public consultation. Right now, there is nothing to consult about. All that has occurred is that the door has been opened for MBC to apply to the TDC for the necessary resource consents. If an application is made it is highly likely that it will be notified and all interested parties will be able to make submissions about the proposal having had the opportunity to inspect and consider all of the detail as to the exact location and nature of the proposed community boat ramp. At present such detailed plans do not exist.

If consents are sought and granted and if the likely large sums of money can be raised to allow the community boat ramp to be formed, MBC will still own nothing. It will have created a ramp which will be a part of the underlying land. It will belong to the TDC.

Community groups are waiting to enhance Grossi Point. They cannot do so while the boats and associated vehicles use it. The TDC's preferred parking location for these is the area opposite the Waterfront Park on Tahī Street. Use of this area immediately doubles the number of trips per boat per day along Tahī Street. A community boat ramp at the Waterfront Park would free Grossi Point for enhancement, reduce boat traffic using Tahī Street and provide separation between people swimming and using the beach and boats coming in and out of the water. The Harbourmaster has less safety concerns about the proposed location for a community boat ramp than either the mixed-use site at Grossi Point or the ramp at the wharf. None the less all these matters will be considered again and more fully in any resource consent application hearing.

If Mr Fountain had read and understood the detail in the report of the TDC staff, he would have noted their contention that the site on which the MBC wished to form a community boat ramp should be held by the TDC pending the outcome of the Regional Boat Ramp decision as a site which could well be required by the TDC for the construction of a regional boat ramp. That assertion by the TDC staff highlights the illogicality of any argument about congestion, safety and land usage in respect of a much smaller scale community boat ramp for Māpua.

Mr Fountain is entitled to waste his time, taxpayers' and ratepayers' money going to the Ombudsman if he so wishes but really this just looks like petulant threatening of a new council by someone who fears he may not get his own way.

Mike Crehan, Māpua



Letters to the Editor continues..

Gutter politics

Dear Sir or Madam,

We are relatively new members of the Māpua community and as keen boaties for over 50 years in various parts of NZ, we naturally joined the Māpua Boat Club soon after arrival.

Over the years I have been on several local Residents Associations and club committees elsewhere in New Zealand, but never before have I ever come across the level of straight out nastiness and misinformation contained in the two letters published in the April Coastal News.

It's quite obvious that both correspondents are vehemently opposed to any replacement boat ramp in Māpua but the level of misinformation in their letters is quite concerning.

To mention a few from the first letter, John Fountain opens with the statement that the TDC voted to give a "private developer" permission to apply for a resource consent when it's public knowledge that it was the Māpua Boat club that was given permission, so why not simply state that fact.

He carries on in the next paragraph mentioning 'private developer', 'selected private developer' and 'particular developer' when simply the 'boat club' would have been factually correct, rather than trying to create a 'bogeyman developer' scenario. He also mentions several times that the application would be for a 'powerboat' launching ramp when in fact any ramp is for all types of boats, power, sailing, rowing, kayaks etc..

He carries on to stress that the councillors take an oath of office promising to act in the interests of the whole community; so sorry John, but boat owners are also members of that whole community and are entitled to the same consideration as people who oppose a replacement boat ramp.

It gets really bad when he asks how the council managers can be prevented from "opportunistically appropriating some or all of the benefits of those assets, for themselves or their favoured cronies?"

TDC giving the Māpua Boat Club permission to apply for a Resource Consent, bears no relation to the scenario he is trying to paint, and he is simply scaremongering at a very primitive level.

In the second letter Peter O'Halloran also writes several blatantly untrue or mischievous statements.

1. That the Māpua Boat Club has stated that they are currently engaged in ongoing work with the TDC to construct a new boat ramp. Simply not true.

2. He wonders why the MDCA has remained silent about discussions regarding such a significant project such as a new boat ramp, when the obvious reason is of course, that no such discussions between the Māpua Boat Club and the TDC are taking place. The Boat Club simply asked for permission to apply for a Resource Consent, permission which must be applied for when any entity desires to apply for a Resource Consent affecting another landowners land.

3. He concludes with the malicious and completely unsubstantiated suggestion that because some members of the MDCA are also members of the Māpua Boat Club, perhaps they are trying to hide the Boat Club's plans from the public. It has never been a secret that the Māpua Boat Club would like another ramp to replace the old one beside the wharf, which has been effectively closed by the TDC for 24/7 use as the commercial use of the wharf area has been expanded. After all, a boat club needs a boat ramp to launch boats.

I fully agree that it is good and healthy to have robust discussions about local issues, but when the conversation degenerates to the sorry level of these two letters, it has deteriorated well below acceptable boundaries.

Dave Jeffery, Māpua

Tamaha Sea Scouts

- an honourable history yet uncertain future.

After the article by John Fountain in last month's edition of the Coastal News about opportunists and developers taking over the Waterfront Park to develop a motorboat ramp, I feel that some people need a history lesson and reality check.

The Tamaha Scout Group was registered as a Scout Group within the Nelson Provincial District, in the Mohua Area on 26th August 1930.

In 1983 the Riwaka based Pamir Sea Scout Group was dissolved and replaced with a land scout group. It was decided in 1987, to borrow (and later purchase) their boats and form Tamaha as a Sea Scout Group.

In 1987 the Harbour Board was planning to demolish the Māpua Wharf. A group of locals rallied together and prevented this from happening and were issued a 15-year lease over the wharf and buildings.

However, in 1989 the law changed, and the ownership passed to the Tasman District Council. The Boat Club became responsible for the upkeep of the wharf deck, while the council maintained the substructure. The club had to raise funds for the upkeep of the wharf by charging launching and mooring and club membership fees.

In 1989 the Māpua Boat Club built the Māpua Boat Ramp adjacent to the Jellyfish Restaurant. In 1991 The Tamaha Sea Scouts raised funds and built the wooden boat ramp so that smaller craft could be carried directly down to the water.

The northern part of the wharf was again threatened with destruction in 2000, this time by the Tasman District Council who believe it or not, did not think the wharf worthy of spending money on repairs. However, after a successful submission to the council, TDC undertook to re-pile this area and the boat club undertook to re-deck the area under threat.

continued next page

Tamaha Sea Scouts continues...

In 2004, after a near collapse of the main southern wharf pile and numerous other rotting piles and decking, a successful submission by the boat club was made to the council who now recognised the growing recreational use of the wharf. The main wharf was re-piled and new decking laid by the Tasman District Council.

Effectively the Māpua Boat Club has saved the Māpua Wharf three times in recent history.

In 2005, two years after their previous lease had expired, and after much discussion with the TDC, the Māpua Boat Club were granted a license to once again occupy the buildings on the front part of the wharf for a further 20 years and this stability allowed them to renovate the Māpua Boat Club rooms.

This however left Tamaha without an agreement to occupy their space on the wharf. On the 29th of August 2006, a right to occupy agreement was signed between TDC and Scouting New Zealand in Wellington without input from Tamaha Sea Scout Group. Tamaha Sea Scouts still only has a 'right to occupy' agreement that either party can terminate with six weeks' notice in writing.

On September the 15th 2011 the Māpua Aquarium was burned down by an arsonist. This started a chain of events that have made it incredibly more difficult to safely operate the Sea Scout program from the Māpua Wharf.

In 2012 plans for Tasman District Council's Shed 4 got underway. Tamaha was not consulted and often during the construction had to cancel sailing sessions due to being locked out from its boats. In 2015 the boat ramp was shut to the public and after finally consulting with the Māpua Boat Club and Tamaha, hours of use were eased and a special dispensation to use vehicles in the area was given to Tamaha. Shed 4 opened on the 15th December 2015.

Since that time the Jellyfish deck was renovated, and planters put adjacent to it. Repeated requests for the removal of bollards were also ignored and denied by TDC, making the access to the Tamaha Sea Scouts boats incredible narrow.

Volunteers running the youth programme often receive irritation and abuse when they have to ask people enjoying the Māpua Wharf area to move, so the boats can be launched.

In 2008 TDC had, after many requests issued a parking permit for Tamaha Sea Scout volunteer leaders to park in this area while launching their boats and doing boat maintenance.

In February of this year a parking infringement was issued to a volunteer's vehicle and after a brief discussion the parking permit was rescinded.

Apart from the Tamaha Sea Scouts, there are two committees I sit on: the Māpua Boat Ramp committee and the Māpua Waterfront Area Master Plan Working Group (MWAMPWG). My conflict of interest is duly noted on the latter group.

I do not sit on this group to push my agenda for a replacement boat ramp to be built on the Māpua Waterfront Park. I sit on this committee because Tamaha sea Scouts are an affected party and I wanted to contribute to the instigation of Māpua's 10-year Waterfront Master Plan.

This has become incredibly difficult due to the Moutere -Waimea Ward reserves management plan review and the campaign to build a replacement community boat ramp along the south edge of the Māpua Waterfront Park to accommodate the Māpua Boat Club and the Tamaha Sea Scouts.

TDC is also conducting its own review at the moment about where a much-needed regional boat ramp might be located.

The Māpua Waterfront Area Master Plan states "Year 1-5 (2018 – 2022) the Grossi Point Recreational Reserve – continue use of the existing boat ramp 'as is'. Year 6- 10 if a regional boat ramp is developed and is a suitable alternative for the Māpua community, review Grossi Point boat ramp being used only for small and non-motorised craft."

I would like to make two points here:

- TDC have made it very clear that they want to fully commercialise the Māpua Wharf once the Māpua Boat Club Lease expires in 2025. We only have their word that the Tamaha Sea Scouts' right to occupy will last this long.
- TDC have stated that a suitable (boat ramp) alternative for the Māpua community may not be situated in Māpua Village.

If John Fountain has his way and, as it stands at the moment, in less than 5 years' time the Māpua community might not have access to launch a boat, no Māpua Boat Club and no Tamaha Sea Scouts.

David Scott, Quartermaster Tamaha Sea Scouts

Suggestion box

Now that all your windows are sparkling, the laundry is done, the lawns mowed and all those niggly odd jobs finished you can rest, read books, exercise, or best of all **write an article for the next newsletter!**



Postal delivery subscription

We apologise for not sending out the April issue to subscribers. During Level 4 we were not allowed to send non-essential mail. Hopefully we will be able to post out this issue. All subscriptions will be carried forward a month.

We can post you the *Coastal News*.

Email your address to us [see front page] and we'll give you bank details to pay \$20 per year.

[Unfortunately cheques are no longer accepted]

Hello animal lovers

Well as I write, we are still in Stage 4 lockdown but what a bonus for all our dogs. So many people out walking and due to isolation requirements, all pets will have their human family around them all the time. This is a good thing as dogs and cats really appreciate having their owners with them as much as possible.

I can see that most people are being responsible when walking their dogs by using a leash which is much safer than letting dogs run about and mingling with other people and dogs. One wonders therefore what will happen when the lockdown is lifted.

Will many dogs go back to being isolated at home when owners go to work? It is likely to cause distress and I am sure many owners know exactly how a dog or cat feels when being isolated all day at home. It is hoped that the regular habit of dog walking will continue by owners before and after work when and if things get back to normal.

All animals like routine and also like to interact with their owner and the Coronavirus situation has changed people's habits in many cases for the good. All animal lovers need to be mindful of how a change of behaviour can affect our pets and we can hope those good practices will continue as Level 4 is lifted.

I am always happy to help with questions about animal behaviour.

Sue Mott, Animal Behaviourist



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Mapua Community Trust

Or to give it its full name The Mapua Ruby Bay & Districts Community Trust. I think it is time to tell you a little bit about it.

When the Coastal News restarted in 2002, we started to earn a little income from advertising. Wondering what to do with it we decided to pass those profits back to other voluntary community organisations, in order to benefit our district. Bill Williams thought that the best way to do that was to set up a charitable organisation to which the Coastal News could donate profits. That was the birth of the Trust.

This was duly set up in 2004/5 with full charitable status and a set of rules for its operation. These state that any donations received become part of a capital fund that earns interest, and grants shall be made only from that interest. Naturally these grants were small to start with but now we are able to make larger grants at the discretion of up to 9 Trustees. After 15 years the capital fund has grown to more than \$170,000 and annual income from interest to around \$6,000.

The criteria for receiving grants is that the applicant should be a voluntary organisation itself or that it benefits a particular section of the community. So for example, sports clubs or the Hall can buy equipment to improve their facilities; the school, youth clubs or say Whenua Iti can provide services to more students than it could otherwise. What we don't fund are costs that go towards wages.

Since its inception we have made grants for a total of more than \$40,000 and recipients include the Hall, Spring Fling, RSA Community Library, Tamaha Scouts and several sports clubs to name just a few. We meet twice a year to consider grant applications which must be received by 1 April or 1 October. You can download an application form from:

<https://mapuacommunitytrust.wordpress.com/>




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Where was God in 1918?

Peter Francis April 2020

Where was God when needed? You might well have asked
Four long years of war - then "Spanish Flu" came past

Returning troop ships delivered a final cruel blow
A Spanish Flu pandemic, laid many thousands low

A souvenir unknowingly brought back to our shores
Slew many who'd survived: *"The war to end all wars"*

Military camps recorded the most infected cases
But the worst affected were those of Maori races

In every little town World War I Memorials proclaim
Eighteen thousand dead - forty thousand maimed.

Where are memorials to the Spanish Flu deceased?
Growing up I heard nothing, not even from a Priest

Civilians like soldiers were *"Just as much cherished."*
Why no memorials for *"Nine thousand who'd perished?"*

Perhaps so many sorrowful tears had been wept
After four long years sadness - no more tears left?

Many names are recorded on Invercargill's Cenotaph
Mrs Christopher's four lost sons - the saddest epitaph

Each year a telegram! - Another dagger in her heart
Thread by painful thread - tearing her family apart

Victor *"lost at Anzac cove - caught out by Turkish snipers."*
Herbert was buried by - *"A bombardment at Ypres."*

Then Julian: *"Sacrificed on the Altar of the Somme."*
And Dear Reggie: *"Never made it home from Baume."*

Telegrams might say- *"Presumed dead - Missing in action"*
Hoping such closure would provide some satisfaction

After tear filled funerals can you imagine their dread
When families discovered - *"Some really were not dead."*



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APRIL / MAY 2020



WHAT'S BEEN HAPPENING... in our bubbles!

We have been thoroughly entertained by one of our instructors' hidden talents as she has supplied us with clever sketches of members of our team in lockdown! We were as prepared as we could be leading into Level 4 and had assigned tasks to staff members that they could undertake in their own bubbles. It was an interesting time of learning for all of us. Her caricatures depict the various challenges that were being faced - some technical, some due to the distance from a decent cup of coffee, and some from under-exposure to our favored outdoor recreation activities. Thank you Lucy for sharing this amazing talent with us and keeping us amused!

WHAT'S COMING UP... Whenua Iti Outdoors at HOME?

The team at WIO quickly launched into action to find new ways to deliver learning while access to our site was restricted. Getting familiar with video tools at their disposal, Johnny and Joe started filming to create a whole series of challenges so that our Go Wild Holiday Programme could be transformed into backyard activities! We have been overwhelmed by the response to these challenges and are hoping that there are lots of tamariki out there who have benefited from the opportunity to access these free sessions. To support teachers & parents at this time we used these videos to develop a set of resources that are can be accessed on our website. The activities involve being active, learning new skills, taking a break from screens and having fun, as well as finding ways to maintain well being while in lock down.

Find them here: www.wio.org.nz/eotc-activities.

FOCUS ON... Maintaining Wellbeing

We are aware of the challenges that everyone, including our Whenua Iti whanau have been facing during our isolation at home. Our instructors have been sharing some of their ideas about how to apply the '5 ways to wellbeing' (a framework encouraged by the Mental Health Foundation), during our lockdown, with a Whenua Iti twist of course! Joe encourages you to stay active on a supermarket adventure and be connected with whanau, Rachel encourages you to learn a new skill for the outdoors, Joni is finding new ways to give and take notice. You can view their messages on our website www.wio.org.nz/news-events/ or head to **AllRight?** which is a great web tool offering advice, tips and activities developed to help us get through, together.

OUTDOOR WANDERINGS... An Adventure Close to Home

Why not take the opportunity to research destinations around Te Tau Ihu? - especially for those who had overseas adventures planned. It is definitely a time to look closer to home for our adventures, take advantage of the lower overseas tourist numbers and plan a visit in one of our local National Parks! Have you ever kayaked the Abel Tasman? Reached the summit of Mt Arthur? Spent a night at Lakehead Hut? Have fun planning.



One of Lucy's drawings that had us all laughing - the best kind of medicine.



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We'll see you out there!



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Creatives in Schools Project 2020

Māpua School has been fortunate to secure funding from the Ministry of Education for their Creatives in Schools Project for 2020. We are one of the first schools in New Zealand to be part of this project.

The Ministry provides funding for an art project that involves a professional artist partnering with a school to share specialist artistic knowledge and creative practice with students and teachers.

We applied to work with local artist and parent, Gordon Toi for the project we have called **Toi Whakairo Pou Whenua**.

Our school has the unique opportunity to work with Gordon, an internationally renowned Tā Moko tattooist and Master Carver. Gordon has strong ties with our Kura and community, with his youngest son attending Māpua School. We aim to involve as many students at our school as we can in the creative process of designing, painting and carving Pou Whenua with the guidance and expertise of this master carver. These Pou will tell our unique story and reflect the relationships between our ancestors, environment and the standing of the Tangata Whenua. They will show our identity, tell our story and mark our place of significance at our school.

Māpua School is entering the exciting process of large-scale property development with the Ministry of Education in the immediate future. Our management team, BOT Property team, Lara Hania (local Tikanga educator) and Gordon met recently to discuss future property developments and how the Creatives in Schools project could initiate phase 1 to develop our identity as a school at the front entranceway and how these designs could flow on to future projects as we incorporate our identity and stories into our environment.

The project runs for approximately 20 weeks and is hands-on for the students. The creative experience will

enhance students' wellbeing, improve their core competencies in communication, collaboration and creative thinking and inspire their awareness of careers in the arts and creative sectors. It will deliver wider benefits for teachers and schools who will become more confident in designing teaching programmes that engage students' creativity. For parents and whanāu, there will be opportunities for active participation and planning in students' creative learning experiences, as well as making them more supportive of creative pathways for their children.



The importance of relationships

The events of recent times have not just been something for communities to “get through” for a few weeks. For most of us this has been a once-in-a-lifetime experience that may impact our lives for years.

Some children will remember when they did school from home, could graze from the pantry all day long, and then say goodnight to Gran via a ‘Zoom’ video chat.

Some homes will fondly recall the blitz on projects around home, while others came to value the slower pace of life that had previously left them in a bit of a blur of busyness.

Meanwhile, others just wanted it to be over.

They might have been through tough times, with reduced incomes or lost jobs. Their family may have all been cramped in a small space. In still other homes, relationships may have either improved or taken a serious turn for the worse.

Like many others, I came to appreciate conversations over the boundary fence with neighbours or during walks with my wife . . . opportunities for human beings to share goodness and interact together, sometimes in new ways.

Faith-based communities also grappled with the need to relate in personable yet different ways. We have trialled how to facilitate fellowship and worship gatherings from homes, while looking at a screen . . . discovering however that this was just not the same!

None of us really wants to be part of a “shut in” society, and that sort of existence can’t really be sustained - human beings are relational creatures.

The prime relationship we all need however is one where we connect and interact with our Creator God. He made us to enjoy a loving relationship with Himself, yet we’ve become strangely estranged, and this “distancing” is not natural or healthy - to mind, body, or spirit.

This is one reason almost every person we interact with at this time will be experiencing a degree of vulnerability. Another reason is that the trusted foundations of everyday life have been so easily shaken by such a tiny, invisible, and silent molecular parasite.

In some ways it’s good that we’ve had this opportunity to pause and re-evaluate what’s really important – that’s not something we do a lot in the midst of life’s hustle and bustle.

We at Tasman Bible Church are going to try and learn from things experienced in these last few weeks. The function of Christians is still to worship God, to encourage and spur one another on to love and good works . . . and all the while sharing the Good News and Hope of Christ with our communities.

How can Tasman Bible Church help you to find a ‘new normal’ in life—one in which you experience the love and security of a relationship with God?

Connect with us about this . . . this is more important than you might have previously imagined.

*Greig Caigou
Pastor – Tasman Bible Church*



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MDCA: Zooming through Planning and Projects

Like many other groups and organizations in these times of Covid19 lockdown, the Māpua & Districts Community Association held its April meeting via the ZOOM on-line forum. This worked very well and attracted a number of new attendees - maybe this style of meetings should become a regular feature for the winter months!

OPEN FORUM:

Spatial distancing. The increased usage of the Old Mill Walkway during the current lockdown has been creating difficulty in keeping the suggested two metre distance between people, particularly on the narrow section alongside the school from the beach to Aranui Road. A suggestion to ask the owners of the [wider] private roadway alongside the pathway, if they were willing for walkers and bikers to use this as an alternative route during this period, will be followed up. It was noted in passing that this highlights the issue for Parks and Reserves of how wide future pathways need to be to accommodate increasing numbers of cyclists.

Doggy doos in Domain. Cr Anne Turley reported back from TDC on concerns raised about this as a health issue for public, sports players and contractors. TDC staff informed her that permanent signs would be erected this month reminding that there should be no dogs in the domain and that in other reserves, dogs should be on leads.

HOT TOPIC- water infrastructure

TDC's Project Manager, Rob O'Grady presented a video covering the current main water-related projects. This video can be viewed on the MDCA Facebook page. Rob was then available via ZOOM for questions and comments from those in the meeting

Stafford Drive water-main upgrade. Noted progress on this and that construction had been closed down during the lockdown with a 30kph limit kept on sections of the road where the seal was broken. "After Easter" the section of water and wastewater pipes in Aranui Road between the village and the school will be worked on.

Ruby Bay stormwater. Noted that this project was nearly complete and would take two more weeks once staff were back at work.

Water-treatment project. Noted that the design was nearly complete. The plan is to go to tender and hopefully begin work in the second half of 2020.

Water Reservoir in Pomona Road. A site survey for this was completed before the March lockdown and it will go to tender in October.

TDC LONG-TERM PLAN [LTP] CONSULTATION PROCESS

Cr Christeen McKenzie reported on the status of this noting that:

- The process of consultation had begun before the impact of Covid-19 was understood
- It is now realised that "the world will be different from before"
- Early engagement will continue but the **timeframe has been extended to June 12th**

- Input is being sought on projects TDC should focus on for the next 10 years
- On-line rather than hard-copy feedback is being sought
- Individuals can make their own submissions and also send a copy to MDCA for a community response - info@ourmapua.org
Link to the LTP is on the MDCA Facebook page
- Feedback will be collated by TDC staff and taken out to community workshop meetings
- TDC is seeking a rep from each community organization to be involved in these community workshops and to collate information

Please let MDCA Chair Marion Satherley know if you are interested. Contact: info@ourmapua.org

Marion will check with Sandra Hartley re availability requirements for those representatives.

TDC RATES 0% INCREASE

Councillors noted that the earlier decision on rates increase was being revisited with the proposal for it to be 0%. *[Note that since this meeting, this decision has been made and publicly reported upon.]*

Noted that this would result in a \$2million drop in revenue impacting on expenditure in capital development and projects.

Cr Christeen McKenzie noted that TDC was working on "understanding how current decisions impact on the here and now and the future....in real terms we will have less to spend."

COMMUNITY WELLBEING PROJECTS

Community transport. This project has been rather "on the back burner" with the current focus of "staying home". However, it was interesting that the call on MDCA's Facebook page for volunteer drivers to support a local ordering and delivery service (see below), resulted in over 400 Facebook engagements and offers from over 30 to deliver orders in this area. The hope is that at least some of these drivers will still be available and willing (in "life after Lockdown") to be part of a wider community support driving team.

Did you know that NCC and TDC are currently surveying residents about future public transport needs and systems? They note that "Your input will be invaluable in helping to identify the best way to deliver public transport for our community, so we have put together a survey to help you provide feedback. The survey, for both Nelson and Tasman residents, can be found on the Shape Nelson website. It closes on 9 May and will only take a few minutes to complete.

[https://shape.nelson.govt.nz/nelsons-public-transport.](https://shape.nelson.govt.nz/nelsons-public-transport)"

Community hub. Two meetings have now been held for community groups and individuals interested in exploring the possible development of such a facility (possibly based in the "old Church"). Three draft objectives were developed for a discussion document to be circulated for input from community groups.

continued next page

MDCA report continues...

These are to:

- Create and co-ordinate a community facility to act as a community wellbeing and support hub for residents of Māpua and Districts.
- Cater for the provision of social, health and community initiatives to facilitate community wellbeing and wholeness.
- Provide a caring, supportive and enriching environment for people in our community.

This discussion document can be found on the MDCA Facebook page if you are interested in more detail or being involved in developing the dream!

Community delivery service Māpua Top Up Box Delivery service resulting from a triangular combination of input from:

- MDCA- organizing drivers (more than 30 offers) and assisting with the launch; 600 engagements on the MDCA Facebook post!!
- Māpua Four Square with Damon Kroupa agreeing to support and enable the service by permitting packing outside normal trading hours.
- Debbie Lavery & team setting up the ordering/packing system and now servicing the 30 current customers. Debbie notes that "...we have spread the orders over three days (Monday, Wednesday and Thursday) and that it has been great to assist many people in the community"

For further information:

See the flier for this service on page 16 or

Contact Debbie 0275403403;

mapuatopupbox@gmail.com

MAY MEETING HOT TOPIC SPEAKER

At the 11 May MDCA meeting, the focus will be on these community wellbeing projects – updating progress to date and exploring future possibilities. Presenters will be members of the MDCA Community Wellbeing Subcommittee. Have your say on how Māpua could be a more integrated and connected community for us all. Be sure to attend/join in our next monthly meeting: **Monday, 11 May at 7 pm**, probably on the ZOOM Forum or perhaps in the Bill Marris Room, Māpua Hall. (TBC on MDCA Facebook & Mailchimp mailout)

MDCA works closely with TDC to ensure that our community functions in a way that suits the majority of our residents. To have a vote that counts, become a financial member of MDCA by simply paying a \$10 membership fee to our NBS account 03-1354-0356471-00 with your name and phone number as a reference.

Elena Meredith

Book review - Black Diamonds

Black Diamonds, by Catherine Bailey, is a fascinating insight into the class system in England and chronicles the lives and tribulations of the incredibly wealthy and the incredibly poor - folks on whose backs the wealth was created for a privileged few. It concerns the downfall of an aristocratic dynasty and the fifty years that changed Britain.




When the sixth Earl Fitzwilliam died in 1902, he was the richest man in Britain. His fortune came from coal – a lifeline to the thousands who worked in the family's coalmines. The Earl left behind four sons, and the family line seemed assured. But this was not to be, and the book tells of its spectacular decline; of fights over inheritance, rumours of lunacy, a tragic connection to the Kennedys, violent deaths, illicit love, and a class war that literally ripped apart the landscape.

An obsession with secrecy corrupts the twentieth-century history of Wentworth House, the seat of the dynasty. In 1902 Wentworth was the largest privately owned house in Britain. It still is today. Originally there were thousands of letters and papers dating back to mediaeval times. But in 1972 this rich history came to a halt. The 10th and last Earl Fitzwilliam ordered his employees to destroy the bulk of Wentworth's twentieth-century records. The Fitzwilliams had a secret life and they had no desire to have this broadcast to the world. The fact that Bailey was able to piece together this remarkable book is testimony to her skill as an historian and author.

This is a wonderful book, full of family intrigue and hatred, love and war, witches' curses, eccentricity, snobbery and a series of shocking secrets. A highly recommended read.

Reviewed by Barrie Walker



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Baked Eggs with tomato, spinach & green tahini sauce

Well, from what I've seen on my facebook feed and friend's emails, I don't think anyone in my immediate neighbourhood has been wanting for delicious meals during the lockdown.

In fact, quite the opposite. There's been a flurry of baking, cooking and clearing out the wine cellar. Fortunately, the exercise routines appear to be keeping up with input so far. Hurrah for that folks.

So just in case you've exhausted your stash of recipe books, and the freezer is looking like its been plundered, here's a super simple lunch or supper dish to keep you and your lockdown bubble buddies happy for another day.

You can swap out the vegetables. I use sorrel instead of spinach in the winter months. If you don't happen to have crème fraîche in your well-stocked fridge, use sour cream, and the parsley in the Tahini sauce can be replaced with another herb of your choice, like the last of the summer basil or tarragon. In other words, don't be afraid to swap out flavours for what you have in your supply cupboard or garden.

Our lovely hens are oblivious to lockdown of course and keep thrusting freshly laid eggs upon us with tireless good humour. Bless them. What would life be without eggs I ask? Which is why this little dish is just a cracker for cooler autumnal times.

Go well, stay well, and wash your hands.

Baked eggs with tomato, spinach and green tahini sauce

Serves 6

6 eggs

A good bunch of fresh herbs, chopped,

300 grams cooked spinach

1 chopped clove of garlic,

1 tomato cut into 6 wedges

6 dessertspoons of crème fraîche

Salt & freshly ground pepper to season.

A little butter for the ramekins

1/2 teaspoon sweet smoked paprika to garnish - optional

Pre-heat the oven to 220°C and boil a jug of water for the bain-marie (a large roasting pan will suffice).

Lightly butter the insides of six, 7 cm ramekins or ovenproof dishes. If easier you can make this in a large dish like a lasagne dish that will fit inside a baking dish but because of the volume this will take longer to cook. You could also use ovenproof glass yoghurt pots, so everyone has their own little pot of eggs.

Mix the chopped herbs, spinach and garlic with the crème fraîche and spoon approximately 1 tablespoon of the mixture in the bottom of each ramekin. Pop a slice of tomato in each, it doesn't matter if it pokes out a little.

Break an egg over the top of each and season with salt and pepper.



Place the ramekins in a baking dish and pour hot water into the baking dish around the ramekins until the water comes to about one third up the sides of the ramekins.

Bake in a hot oven for around 10 – 12 minutes until the eggs are just done but still a little wobbly on top, or firmer if you prefer.

Serve immediately with a pinch of sweet smoked paprika powder on top.

Green tahini sauce

Makes about 350mls

145g unhulled tahini

90 mls lemon juice

1 teaspoons sea salt

Freshly ground black pepper

1 very large handful flat leafed parsley leaves

2 cloves garlic peeled

Place all the ingredients in a food processor or blender with 125mls of water, and process for a few minutes until thoroughly combined. Stores in the fridge for up to 5 days.

Note: The cooking time will vary with the size of the eggs you use, the density of the filling you choose, and whether you have a « hot » oven or not. Some people prefer their eggs firmer, rather than soft so take this into account when calculating your cooking time.

You can also change the vegetables according to the seasons. Add a rasher of smoked bacon or diced speck for added fat and protein.

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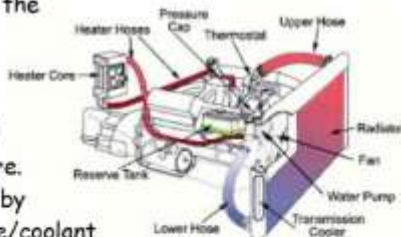


Cooling System

Function & Maintenance

An engine's lifespan is very dependent on a car's cooling system. When a car overheats the resulting damage is often severe enough to require an engine overhaul. It is important to make sure the cooling system is always in good working order. Taking a few preventative measures may significantly increase the life of an engine.

The main function of the cooling system is to carry heat away from the engine to maintain the desired operating temperature.



This is accomplished by circulating antifreeze/coolant throughout the engine. The heat generated is transferred to the antifreeze/coolant and carried to the radiator to be cooled.

Modern vehicles operate in a wide variety of atmospheric temperatures, from well below freezing to well over 37°C. The fluid used to cool the engine must have a very low freezing point, a high boiling point, and it must be able to transfer heat.

Because water holds heat, freezes and develops rust readily, it is very important an adequate amount of antifreeze is within the cooling system to reduce the possibility of the engine overheating or freezing. Antifreeze also contains additives to prevent rust and corrosion.

The temperature of the coolant can sometimes reach 121-135°C, even with antifreeze added these temperatures would boil coolant. To prevent this the cooling system is pressurised to around 14-15psi, effectively raising the boiling point by approximately 8.3°C.

Preventative maintenance includes regularly checking:

1. Radiator condition
2. Coolant/antifreeze condition
3. Coolant leaks
4. Coolant hoses condition
5. Water pump drive belt condition
6. Cooling fan operation
7. Pressure cap condition
8. Thermostat operation
9. Coolant reservoir level

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REGULATIONS / ELIGIBILITY FOR THIS SERVICE:

- People over 65 years of age (Gold Card)
- People who are immuno-compromised and more susceptible to coronavirus infection
- People with disabilities or medical conditions which prevent them from leaving their homes
- * People living within the area on the map defined by the red line (outside the red line by arrangement)

APPLICATIONS: Applications need to be completed via email. If you are unable to do this yourself, please ask a friend or family member to register with the **Top Up Box** service by emailing mapuatopupbox@gmail.com for an application.

WHAT AND HOW IT WORKS:

Once your application is approved we will request your grocery list either via email or a phone call. Your items will be picked, packed and billed at the Māpua Four Square (outside of normal trading hours) and delivered.

Please help us to help those most in need by applying only if you have no other way to get groceries. We encourage anyone who can make their own grocery arrangements with family, friends or neighbours to do so.

Top Up Box – update

Here is a wee update on the Mapua T.U.B: We have had a good uptake with over 30 applicants.

We are currently operating with just me, my husband (Simon) picking and delivering and Sonya Denny also assisting with the deliveries.

We have not had to call on anyone else for assistance as the numbers are very manageable as we have spread the orders over 3 days (Monday, Wednesday and Thursday).

It has been great to assist many people in the community and we feel humbled that we were able to “make it happen”.

Damon from the Four Square has also been great to work with, allowing us to pick up outside normal trading hours.

If you need any more info please do not hesitate to call me.

Debbie Lavery



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We want to assure you all that we will be opening again as soon as we can! We are not expecting things to be easy for some time so we will need your support if you can, and we really look forward to seeing you again soon. Its lovely down here without you, visit our facebook page to stay in touch!

In the meantime Debbie is out and about assisting the vulnerable in the community by delivering food boxes from the Mapua 4 Square to their doors to keep herself busy.

We also want to say a big thankyou to all those dedicated hard working essential workers who have kept things going forward through this difficult time.

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A poem on lockdown

by Pam Ayers

I'm normally a social girl
I love to meet my mates
but lately with the virus here
we can't go out the gates.

You see, we are the 'oldies' now
we need to stay inside
if they haven't seen us for a while
they'll think that we've upped and died.

They'll never know the things we did
before we got this old
there wasn't any Facebook
so not everything was told.

We may seem sweet old ladies
who would never be uncouth
but we grew up in the 60s -
if only you knew the truth!

There was sex and drugs and rock 'n roll
the pill and miniskirts
we smoked, we drank, we partied
and were quite outrageous flirts.

Then we settled down, got married
and turned into someone's mum,
somebody's wife, then nana,
who on earth did we become?

We didn't mind the change of pace
because our lives were full
but to bury us before we're dead
is like a red rag to a bull!

So here you find me stuck inside
for 4 weeks, maybe more
I finally found myself again
then I had to close the door!

It didn't really bother me
I'd while away the hour
I'd bake for all the family
but I've got no flaming flour!

Now Netflix is just wonderful
I like a gutsy thriller
I'm swooning over Idris
or some random sexy killer.

At least I've got a stash of booze
For when I'm being idle
there's wine and whiskey, even gin
if I'm feeling suicidal!

So let's all drink to lockdown
to recovery and health
and hope this awful virus
doesn't decimate our wealth.

We'll all get through the crisis
and be back to join our mates
just hoping I'm not far too wide
to fit through the flaming gates!

Pam Ayers

Ruby Coast Running Club

I hope this finds you all safe and well during this time of Covid19. The running club may not be able to run as a group at the moment, but run we still do.

Each week a route or challenge is posted on our Facebook page (Ruby Coast Running Club) for everyone to run. Each person posts their results. This has its advantages in that it can be done when it is convenient for the runner. But I do miss having a faster target to chase.

I also have the added pleasure of the additional distance to get to the course as car travel is part of the Covid19 restrictions. I am feeling fitter for it.

I am sure we are all looking forward to returning to the social side of running and refreshments at the Sprig but until then...happy and safe running!

Ruby Coast Running Club is open to all runners and walkers. There are no fees just fun and friendship. Hope you can join us.

Debbi Bamfield



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E: news@coastalnews.online for more information.

Exciting news is that we now have a *professional* graphic artist on the payroll to help with the advertising. This is currently a free service to our advertisers. Just send us what you want to say and Tom will come up with something magical!

He tangata, he tangata, he tangata.

As I write this, we are coming to the end of four weeks of Lockdown. I look back over the last month and think about how much has changed in our world and our daily life: just think about the changes in travel, work, social life and economy. So how has it been for you personally; maybe a change of pace, or routine; or a re-evaluation of your life, commitments and priorities?

For some, this time has meant added pressure and stress with the busyness of juggling work, and schooling from home. For others, the time may have been hard to fill with space for reflection and quiet. For many this time has meant financial stress and the possibility of significant life change around work or at least a long journey towards a new normal. And others have experienced the anxiety of separation from loved ones both near and far. I am trusting that through this time, you have been able to find some balance and time just to be.

And in all of this, there is, of course, a huge uncertainty about what 'normal' will be like. But regardless of the details, things will be different for some time.

What strikes me is that all this is a unique opportunity to learn again what is really important in life. So much of what we have taken for granted, has very quickly evaporated. And yet, my sense is that life might be richer for it. The time to slow down with more walking, the time to chat to one another in our community at least at a distance. I have also been intrigued how we have been more intentional about keeping in touch with people, the world over; it is as if being isolated has encouraged us to be more connected than ever.

And this brings home to me, the truth of the Maori wisdom "he tangata, he tangata, he tangata". What is the most important thing in the world: "it is people, it is people, it is people". May we all learn to deepen our relationships with those around us, even and especially at this time. We all need one another.

My thought and prayers also go to all those affected by COVID-19, both here and around the world. For those who have lost much and the ones who are grieving. For those who are anxious, for those who are hoping. And for those who are restless, who simply want 'normal', let us remember the words of the Psalm 46:

"Be still and know that I am God"
It is in him that we are truly found.

As we continue in this time, our worship services are online.

Livestream worship: **Sundays 9:30am on YouTube.**

See the link on: hillscommunitychurch.org.nz

Or on Facebook: hills community church - Māpua

In Christ, Rev John

Māpua Boat Club

2020 Regatta. As with many other events, the Boat Club decided in the best interests of the community to cancel this year's event. Rest assured planning has already started for 2021.

2020 Photographic Competition. With the great success of the inaugural event last year, the Boat Club is pleased to advise planning has started for this year's event. We were aiming for a June deadline, but given current events feel a late July or August date might be more suitable. In any event it's a great time to get out and start snapping. Watch this space for more details to follow.

Fish Mainland

The Māpua Boat Club is pleased to advise it has become a foundation member of Fish Mainland. This organisation has been set up to advocate on behalf of recreational fishers in the South Island.

In the organisation's own words "Fish Mainland considers it has designed the best possible means of building a mandate for representation, based on a democratic electoral system. Fish Mainland members will have the right to nominate and elect five regional Directors, and Iwi will appoint two other Directors."

Fish Mainland's website is now online, www.fishmainland.nz. This is a very informative website and well worth making time to read.

The Fish Mainland website accommodates individuals and groups signing up as members for free. Members can also request a membership card at a cost of \$6. Membership is open to anyone, though South Island and Stewart Island residents or property owners who are members have voting rights.

The website also provides for members and non-members alike to make donations, with the assurance donations will go towards ensuring sustainable use of the marine environment and its resources. Since Fish Mainland is incorporated, its financial records will be publicly available.

At this early stage, Fish Mainland needs your show of support, especially while working with Government and others to find the best way to secure adequate, long-term funding.

Spread the word to fellow fishers to ensure all interested parties are aware of Fish Mainland and encourage them to show their support by joining and donating.

Please direct any Fish Mainland enquires to: info@fishmainland.nz



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WHAT'S ON GUIDE

Open for events only
Call us on 5402985 for bookings

Bookings essential as numbers are limited due to covid
Please stay home if you are sick, health measures in place

Friday 15th May

Grand Reopening with BOOGIE TRAIN

\$20, Music from 8pm, \$40 3 course set menu from 6pm
The best band in the land reopens the Playhouse
(back up date of Friday 29th May)

Saturday 16th May

The Best 80s Night Relaunch Ever

FREE, Music from 730pm, \$40 3 course set menu from 6pm
Feel like a virgin again as we relive our glory days

Friday 22nd May

Adam McGrath of the Eastern

\$20, Music from 8pm, 3 course set menu from 6pm

Saturday 23rd May

Unbirthday Party: Alice in Wonderland themed Party

For all who missed their birthday over the lock down
FREE, Music from 730pm, \$40 3 course set menu from 6pm
People who had their birthday over the lock down eat for free

Saturday 30th May

Paul Madsen presents Queen

+ Eagles, Beegees and much more

\$25, Music from 8pm, \$40 3 course set menu from 6pm

Māpua Health Centre

By the time this goes to print we will be in the first week of Level 3 in lockdown. What that means for primary healthcare, we are unsure at this stage. What we do know is that your health and wellbeing are important to us so please **do not delay seeking medical advice**.

We will continue to work under the Ministry of Health guidelines which means:

You can book a **telephone** or **video** consultation with your GP, by calling one of our receptionists.

Patients with any cold, flu, respiratory symptoms or fever, should **NOT** come to the Health Centre. This is regardless of your travel history. **Please phone first**. You will be given an appointment for one of our Clinical team to phone you to evaluate your symptoms and give advice. This applies to patients of any age.

If it is decided that we need to see you in person we have several measures in place for your safety and that of our team.

We are unsure if the Community Based Assessment Centres (CBAC) will continue to be the dedicated sites for patients concerned that they may have COVID-19 symptoms. At present there are free assessment sites and are located for the:

- Motueka area at the Bridge Club on Tudor Street, 8:30-5:30pm, Monday-Sunday
- Nelson area at the Tahunanui Suburban Club, 9-6pm, Monday-Sunday

There is a dedicated **Healthline** number which is **0800-358-5453**. Further information is available on the MOH website: <https://www.health.govt.nz/our-work/diseases-and-conditions/covid-19-novel-coronavirus>

There are some free resources to support mental health and wellbeing during Covid-19:

- Melon Health - an online community with psychosocial resources, peer support and self-care tools to help NZers struggling with anxiety or loneliness during lockdown and beyond - melonhealth.com/covid-19
- RASNZ (refugee health and wellbeing) COVID-19 Support & Info line is now live on 0800 472 769
- Supporting Asian Families is a free, professional and confidential psychological support to Asian communities - www.asianfamilyservices.nz

In relation to the flu vaccines we were initially allowed to provide these to the general population from 13th April and, at the time of writing this, the date has been extended to the 27th April **OR** until the Ministry is confident that the priority groups have been vaccinated. Those considered most vulnerable are those over 65, pregnant women and others with underlying chronic health conditions, as well as healthcare and other front-line workers.

Unfortunately, this means everyone else will need to wait a bit longer. We appreciate that these are very trying times and we ask that you avoid projecting any frustrations on to our receptionists and nurses who are doing their best to manage these difficult circumstances. Thank you for your understanding and patience.

We have a new 6th year medical student joining us this month: Maartje Jans will be with us for six weeks.

This month also includes asthma awareness day and, in addition to routine supportive options and medical treatment, research suggests that nutrition modification, mind-body medicine, physical activity, and certain dietary supplement interventions can be helpful (*Current Allergy and Asthma Reports* Oct 2014).

For instance, children who eat fast-food 3 or more times a week had a much higher likelihood of severe asthma, as well as more hay fever and eczema, whereas eating extra fruit appeared to be protective (*Thorax* 2013). A meta-analysis suggested that taking vitamin D reduced the frequency of acute exacerbations, namely emergency department visits, hospitalizations, or the need to administer corticosteroids, by over 60% (*Cochrane Database Syst Rev*. 2016).

This month's health and school events include:

3-9	NZ Immunisation week	www.immune.org.nz
4-1	Road Safety Week	www.brake.org.nz
5	International Midwives Day	www.midwiferycouncil.org.nz
5	World Asthma Day	www.ginasthma.org
8	World Red Cross Day	www.redcross.org.nz
9-15	Youth Week	www.arataiohi.org.nz
12	ME Awareness Day	www.anzmes.org.nz
12	Int. Nurses Day	www.nursingcouncil.org.nz
11-15	Privacy Awareness Week	https://privacy.org.nz
13-19	Hospice Awareness Week	www.hospice.org.nz
15	International Day of Families	www.un.org
22	Pink Shirt Day – awareness of bullying	www.pinkshirtday.org.nz
30	Multiple Sclerosis Day	www.msnz.org.nz
31	World Smoke-Free Day	www.who.int

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Māpua Fire Brigade



Mar to April 2020 call outs

- 14/3/20 02:05: Office/workshop/ accommodation area Old McDonald farm, Marahau
- 22/3/20 19:33: Fire in paddock near Sunrise Valley Rd, Upper Moutere. Caused by power lines down.
- 26/3/20 14:49: Alarm activation Mapua School, defective unit.
- 18/4/20 13:21: House fire reported near the end of Kina Peninsula; was lights from Talley's at Pt Motueka.
- 18/4/20 14:50: Oven fire, Jessie St. Out on arrival.

Calls this year = 33

Safety Tip – Be safe.

Clean and check your chimneys.

Be very careful with outdoor fires.

Go to <http://www.checkitsalright.nz> to see if you can have an outdoor fire and for a fire permit.

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

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

Mark Theobald

Mapua Volunteer Fire Brigade

Simon Noake
M: 021 751 073
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Jen

Jen is passionate about people, she's knowledgeable, professional and approachable and has a background in property law so she understands the process of buying and selling property. Jen believes that honesty and integrity are key in creating positive outcomes. You can be assured of a smooth and positive outcome for all your property transactions. Phone: 027 738 8545 • Email: jen.williams@harcourts.co.nz



Jayden

Jayden is a recent addition to the Harcourts Mapua team. He grew up in the Nelson region and has a background in marketing which has assisted him to build a reputation of unique marketing for his clients. Look no further if you want your property to stand out from the crowd. Phone: 021 0293 0220 • Email: jayden.terris@harcourts.co.nz



Suzie

Suzie believes communication is key... be assured you will get the best advice and up to date information when working together with Suzie on your property journey. Phone: 027 959 1168 • Email: suzie@harcourtstasman.co.nz



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The great aim of education is not knowledge but action

It's been encouraging to see so many people out walking and biking these last four weeks around Mapua. And several of these people I have never seen out and about doing these activities before!

Many people have developed a new time schedule to which they seem to get out to do these activities at consistent times of the day. Although some may not think in these terms, these families and individuals have started to incorporate new habits into their lives.

For many it has likely occurred to help fill their days during our Level 4 Lockdown. Some have done it to break up their day, or to spend more time doing things as a family or as a bubble. Others have done it to lose weight, while others to improve their health. Whatever the reason, it has been for the better. When people start to change their habits, they start to change their lives.

If you recall, for the last edition of the Coastal News for 2019 I wrote about "Our Habits and Our Health". Well, fast-forward to the present and our exposure to Covid-19's impact on our daily lives as how we know it. What have you done to change your habits these past four weeks as many of you have been forced to stay home in your family bubbles?

Are you one of those individuals I see out walking or biking each day or have you generally been more sedentary? What about your eating habits and alcohol consumption? You will know if you have been good or bad with these.

Have you gained weight or lost weight? You've had the perfect chance to change your everyday series of habits. You are either stronger and physically healthier now than you were four weeks ago or your health will have declined in some form due to the choices you have made or the way your daily routine has been forced to change during his lockdown.

One of my favourite quotes is "The great aim of education is not knowledge but action". Everyday when I am working with people in our clinics I am trying to encourage and impart knowledge pertaining to the steps people can take to improve their health.

You see, knowledge empowers a person to make choices. But just because someone has knowledge does not mean they will make good choices pertaining to that knowledge. I am convinced in my 30 years of practice and dealing with people's health that people know the

difference between right and wrong. Individuals know they should do or not do certain things.

They know they should lose weight, start to move more, work on their posture, get more sleep and cut back on their drinking. They know but they don't do it. To do means to take the first steps to making change but for many it's hard to change because they are so stuck in their habits.

Some don't want to change, however, because they enjoy their unhealthy habits and that is their choice. But remember, how you eat, how you move, how you think and interact is a huge part and cause of poor health. It's a lifestyle. It's often not until people lose their health that they realize they should have lived their life differently and made different choices.

I see it all the time. They want to feel the way they used to feel, but they have neglected or abused their bodies and now they are at a stage of poor health, in pain and on a cocktail of drugs. The aim of a healthy lifestyle is to prevent disease and keep you from getting sick in the first place. But again, changing habits changes lives.

At the time of this writing, this afternoon the Nation will learn if we move to Level 3 or remain at Level 4. Even if we do move to Level 3, for many people our lives will remain much the same as it has been the last four weeks giving people extra time during our days to make a choice to conduct our lives differently based on knowledge.

For those of you that have made positive changes during this time I am encouraged and applaud you to keep going. If you have not made positive changes in your habits and lifestyle start, it's never too late. What's holding you back? Start with little steps but start.

Dr Ron Howard, Coast & Country Chiropractic Centre

Noticeboard

Māpua Friendship Group: no meetings in May. I trust all are safe, healthy and finding lots of new interesting things to do, or simply enjoying peace and quiet. Hopefully back to normal by June. So looking forward to a lovely afternoon tea and catch up with everyone then.

None of these meetings will happen this month, but I leave them here for maybe next month—or the one after, or... Please email news@coastalnews.online if your meeting becomes redundant.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Toastmasters: Like to speak with more confidence? Motueka Toastmaster Club meets every 1st & 3rd Weds, 6.45–8.30pm, 15 Courtney St, Motueka. Please come along to a meeting, no obligations. Info: Dave 027 538 0059.

Catalyst 5k run: Wednesday nights 5:30pm. And...

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

Intermediate Club Year 6-8: 3-4pm at Hills Community Church. Food, fun & Hangout. And...

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

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

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

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

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

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

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

Māpua Craft Group: Fridays 10-noon, supper room, HCC. Simple craft work, occasional guest speakers, demos & outings. A social, a cuppa, some easy craft. \$2 + koha for materials. Julie Cox 5403602, Barbara Halse 5403901

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

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

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

Māpua Boat Club: Social evenings Thursdays 5.30-7pm at club rooms, Māpua Wharf. No boat required. Monthly guest speakers, raffles, free snacks, open bar. Info: Clare 0227117786

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

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