

SUPPORTERS' NEWSLETTER



Become part of this journey. Help to retain and manage the Matai Bay Hut in its unique location for future generations to enjoy.

Perfect Seclusion



Sometimes, the only way to truly get away from it all is to go someplace only accessible via boat. Spend a night at Matai and listen as the world's problems fade away with the lapping ocean.

Hut Fees

Adult: \$6.00 per night per person.

Youth/child: \$3.00 per night per person.

Exclusive Occupancy: \$36.00 per night.

In the first instance please contact:

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Linda Booth: 03 576 5570
Email: doug.linda2@gmail.com

Beryl Archer: 03 576 5292
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Chairperson's Welcome

Kia ora koutou

Kia ora koutou, haere mai ki tō panui – greetings and welcome to this newsletter. Spring has sprung and another winter is now behind us – roll on summer.

The effects of COVID-19 to families, communities and Aotearoa have been considerable, resulting in significant disruption to many aspects of normal life. The operation of Matai Bay Hut is no exception with visitor access to the Hut suspended earlier this year. That said, this year was another busy one for the Trust with a considerable number of bookings in place. Numbers of people visiting Matai Bay Hut have continued to climb, with an excellent blend of new visitors and those returning for another dose of heaven. The Hut is looking fabulous, both inside and out as a direct result of thorough and regular maintenance. Our continued effort to include knowledge of the surrounds of Matai Bay is targeted to further extend the visitor experience.

My thanks to Trust members and Friends involved in the management of bookings. The task of keeping bookings up to date, management of income, and liaison with Hut users is a constant process that requires dedication. Coupled with this, my heartfelt appreciation to those who have ably managed our: communications, health and safety, digital presence, building maintenance, financial management, liaison with DOC, and the many other tasks associated with the operation of the Hut.

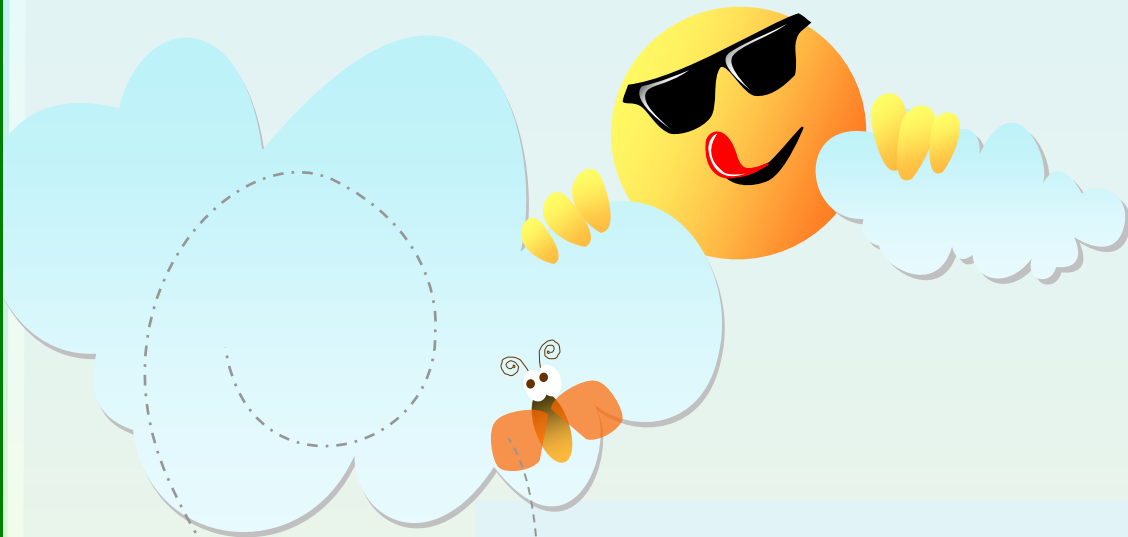
Of particular note, I would like to make special mention of the 2020 Matai Bay Hut Calendar. My thanks to Beryl, Jane and Linda for producing an excellent publication, in which the beauty of the Sounds is captured on every page. We know this pictorial expression of paradise will be hanging on the walls of homes and workplaces throughout Aotearoa. In addition, calendars adorn walls around the globe in various destinations. On behalf of the Trust, I also want to thank all the contributors, sellers and purchasers – the calendar project is our main fund-raiser of the year, and is a very important source of income.

The public-private partnership between the Department of Conservation (DOC) and the Matai Bay Hut Trust is an excellent example of an effective relationship between our local community and a Government agency. In this instance, the primary goal of DOC and the community is to encourage people to visit and enjoy the wonderful natural surroundings of Matai Bay. The Hut is a critical part of that success, which is clearly shown through the continued rise in numbers of people using the Hut. DOC is very supportive of the work of the Trust and has commented many times on the immensely positive influence that our community has had on the Hut and surrounds.

Looking towards summer, please do not leave booking the Hut to the last minute – you may miss out.

Naku noa Greg Durkin

Matai Bay Hut Trust



Join us for our Spring Working Bee

**Saturday 7th November 2020
at 10.30 a.m. at Matai Bay Hut
Godsiff Bay**



**Supporters Invited to attend.
BBQ Sausages, Salad & Bread
supplied.**

New Zealand Sea Cucumber

Ever wonder about those black slug-like snails? The ones you find on the ocean bottom throughout the Sounds?

Those unusual turd-looking creatures are Sea Cucumber. Most resemble large worms or caterpillars and have soft, tubular bodies. They are closely related to starfish and play the essential ecological role of vacuuming waste off the seafloor.



There are many different species throughout the world, and one such species is common to the cold waters of New Zealand. Their appearance has not deterred fishers from fishing them for over 170 years. While not a familiar local dish, they are considered a delicacy in many Asian and European cultures. Many cultures also use them for traditional medicines and cosmetic treatments.

A chef may serve them either fresh or dried, depending on the dish, but the dried form is far more common. Producers of commercial dried sea cucumber take fresh sea cucumber and wash them, remove their internal organs, boil them down, then dry them. The process helps preserve the delicacy, a delicacy with many healing properties.

Sea cucumbers are usually braised in sauce and served as one of the main dishes in a course. It can also be added with other ingredients to make a healing soup. Dried sea cucumber, known as *bêche-de-mer* or *trepang*, is rehydrated and added to recipes like soups, stews, and stir-fries.

Not to be confused with vegetables, sea cucumbers are marine animals and can also be eaten raw, pickled, or fried.

Taste.

Their slippery texture and bland taste require the use of other ingredients to provide flavour – meat, other seafood, or spices are standard, as is Chinese cabbage, winter melon, and shiitake mushrooms.

Health benefits of Sea Cucumber.

Are they worth adding to your diet?

Sea cucumbers to have several potential health benefits, such as:

- Low Calories and Fat
- Containing Nutrients and B vitamins
- High Protein (41-63%) – Keep you full by slowing the emptying of your stomach, beneficial for people looking to control their blood sugar levels (such as diabetes)
- Containing antioxidants - good for your health and for reducing cancer risk, although research in this area is still ongoing
- Containing compounds that are structurally related to chondroitin sulphate (an essential component of human connective tissue, i.e. cartilage and bond) – may benefit those with joint diseases like osteoarthritis.

Traditional medicine considers sea cucumbers especially suitable for those with high blood pressure, coronary heart disease, hepatitis, arthritis, frequent urination, impotence, and as a general good health food for the elderly. Creams, tinctures, oils, and cosmetics infused with sea cucumber extract, as well as oral sea cucumber supplements, are popular in traditional Chinese medicine.

Potential side effects.

While sea cucumbers have been consumed around the world for centuries and are considered relatively safe, there are some potential concerns.

First, certain species have anticoagulant properties, meaning they can thin the blood. Those taking blood-thinning medications like Warfarin should stay away from sea cucumbers, especially in concentrated supplement form, to reduce the risk of increased bleeding.

Second, sea cucumbers may pose a risk to people with shellfish allergies. While sea cucumbers are not related to shellfish, they may be cross-contaminated at seafood restaurants or processing facilities

Linda Booth 25/08/2020

Trustees Wanted

The Matai Bay Hut Trust is on the hunt for a couple of new Trustees. If you are interested in assisting with the endeavours of the Trust, then we would like to hear from you.

The Trust is a registered charity with the primary focus of managing the Matai Hut through a public-private partnership with the Department of Conservation. Being a Trustee involves attending Trust meetings (approx. 3 per annum) and assisting with maintenance and/or monitoring of the Hut. Also, you would be eligible for appointment to any of the specific roles associated with operating the Trust/Hut.

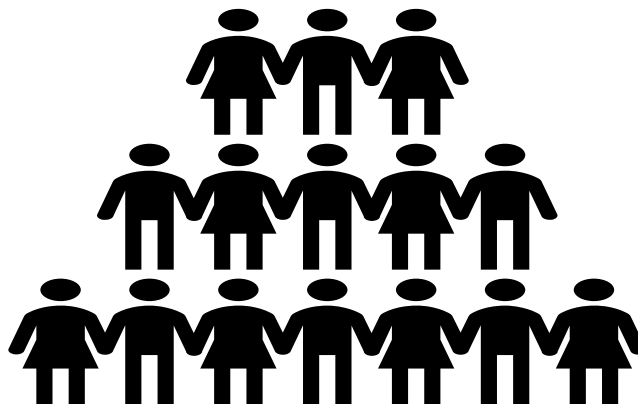
We are looking for people who have skills suited to this important community undertaking. We have a preference for people who visit Tennyson Inlet regularly or are based there. The role of a Trustee is voluntary, but extremely rewarding.

If serving on the Trust sounds like you, please email mataibayhut@gmail.com

Please tell us:

- ❖ who you are;
- ❖ why you are interested in joining the Trust;
- ❖ your association with Tennyson Inlet; and
- ❖ what skills you bring to the Trust.

We look forward to hearing from you.





\$15.00

FUNDRAISING CALENDAR

Each year the Matai Bay Hut Trust assembles a Fund Raising Calendar of exciting scenes from within the Marlborough Sounds.

The calendars will be available from the beginning of September. They make an excellent gift for friends and family or to send overseas.

These are available from any Trust Member or

★ Beryl Archer Ph 03 576 5292
berylarchernz@gmail.com

★ Linda Booth Ph 03 576 5570
doug.linda2@gmail.com

★ Jane Nichol Ph 03 576 5133
janenichol111@gmail.com

YOUR SUPPORT IS APPRECIATED

2021 MATAI BAY HUT CALENDAR



**MARLBOROUGH SOUNDS
NEW ZEALAND**

**THANK YOU
FOR ASSISTING US TO
MAINTAIN THE HUT
FOR FUTURE
GENERATIONS TO
ENJOY**

Biz Cool Matai Bay Hut Polo Shirts
Polos
\$50.00

The Matai Bay Hut Trust has stylized "Biz Cool" Polo shirts available for purchase.



These have Matai Bay Hut Trust on the front, with a graphics of the hut on the back. The colour is slate grey with a lime green trim.

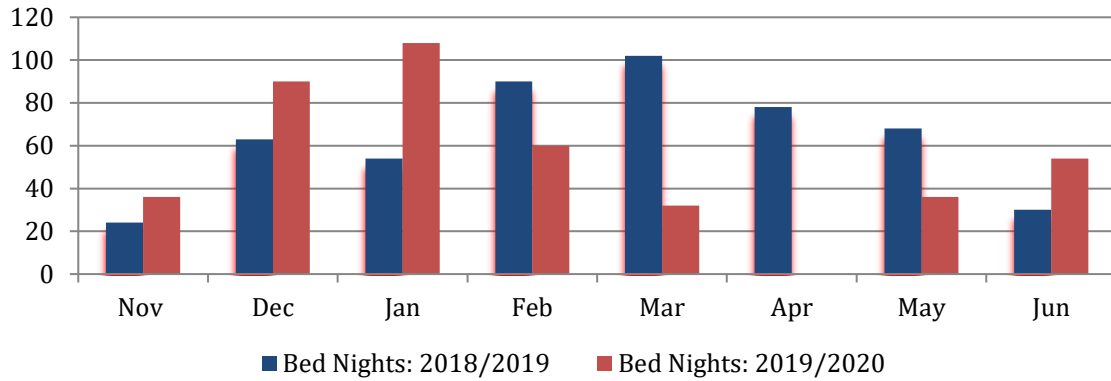


These are great wearing and very cool.
Ladies and Gents sizes available.
\$50.00 each.

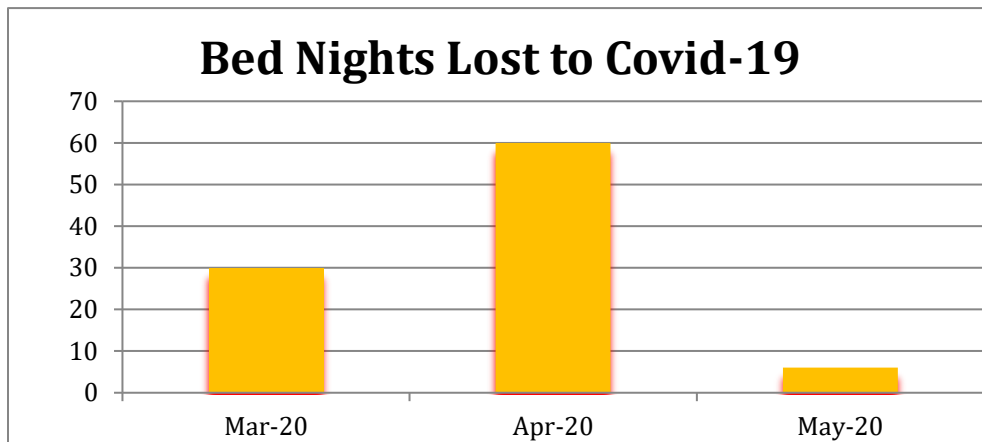
To purchase contact Linda,

Email: mataibayhut@gmail.com

Hutt Booking Trends

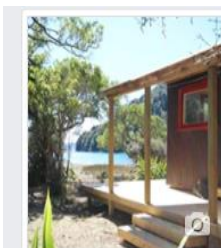


Bed Nights Lost to Covid-19



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www.mataibayhut.org.nz



Matai Bay Hut
@hut.mataibay

Home

About

