

Mudcakes *and* Roses

Senior Generation Action and Issues
– Nelson Tasman

Issue 53 April / May 2009



From Stalag VIII B to striding p8



Stories carved
in bone
pg 4



Bouquet for
rose-grower
pg 11



Walk on the
wild side
pg 17

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Mudcakes and Roses

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Lest We Forget

The sights and sounds of war will come alive again in an Anzac commemorative event on 25 and 26 April 2009 at Founders Heritage Park, Nelson. The interactive event was first held in 2008 and attracted more than 2000 visitors.

This year visitors will be able to experience the stories, smells and music redolent of the First and Second World Wars, as well as other important historical military events.

Organiser Tracey Ramsay said visitors could take a guided tour through a reconstructed World War One trench and read transcripts of interviews with soldiers, land girls, home guardsmen and evacuees. "They are amazing, frightening, brave, heart-breaking and at times humorous."

Ex-Nelsonian Peter Cox will talk about his book on his father's war experiences, "Good Luck to All the Lads", and about stories from other Nelson men who fought in Egypt and Libya during World War Two.

Other attractions include TVNZ news footage and audio from the Radio New Zealand archives and an operetta, "Passchendaele", which tells of two brothers who find themselves in the trenches during the battle that resulted in one of the largest losses of New Zealand lives in history.

The operetta opens on 23 April and runs twice daily at Founders until 26 April.

"Lest We Forget" also offers glimpses of a working field kitchen, a Boer War display, live music, battle re-enactments with street performances, live theatre and more.

"Many events during the two-day experience are scheduled. Visitors will be able to discover many more," said Tracey.

Lend a hand

Dramatix Theatre Development Trust is looking for historical guides for Lest We Forget to answer questions and guide visitors through the displays.

If you have an interest in history and enjoy dressing up in the style of 1930s, 1940s or even the 1890s, or have specialist knowledge of wartime at home and abroad, then join in as a guide for the weekend. Contact the Dramatix Theatre Development Trust on 03 545 8102 for more information.

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Pumping iron with the blokes

Chris, 68, knows what he wants out of the special Blokes' Hour exercise classes: "To be a 35-year-old, tall, blond beast of a ski instructor," he quips while on a jogging board at the Tasman Recreational Resource Centre in Richmond.

The segregated workout sessions are an attempt by centre programme coordinator Jackie Hardy to entice more men along to classes. The male turnout might be one or two in a typical class of 15 for her other circuit exercise sessions.

Jackie feels the problem could be that there are more women in the population anyway, that men don't feel they need to exercise, or they are "busy in their shed".

Whatever, her response seems to be working. The initial blokes session drew two, the second five and the third nearly double that.

Most participants report that the absence of women is not important to them, citing a general desire to improve their fitness, under guidance from Jackie. The one-minute workouts move from jogging to step exercises, weights, a mini-tramp, barbells, crunches, balancing, swiss ball and "shoulder shrugs".

"You do feel more comfortable with a bunch of blokes," says Ian, 60. But he also points out that a different set of exercises is on offer, and he likes the chance to complement his swimming and walking.

Alan, 60, is unconcerned. "Personally I'm more worried about my health than whoever else is in the room with me."

He has a theory that men might be put off other classes by the thought of music and dance-like aerobic routines, whereas men are looking for "proper exercise".

Hal, 74, likes the low-key atmosphere and affordable price of \$2 a session.

"If there were women here it wouldn't frighten me off."

Colin, whose wife goes to a mixed class, admits he too is more at ease in a male-only session. "It's not a problem, but, you know ..."



Chris, 68, improves his balance at the Blokes' Hour exercise session.

"Ski instructor" Chris has bigger issues to worry about: "I come from a long line of little, round people and it's a fight against genetics, really."

The sessions are on Mondays at 1pm. There are no joining fees or memberships. You just sign in and go to work.



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Brian Flintoff carves in bull bone using dental equipment.

Stories carved in bone – a life’s work ■

Arrive at Brian Flintoff’s studio in Monaco on the right day and you might think he was making soup for lunch. He’s actually boiling bull bones to clean them – the dense white bone is the perfect raw material for his renowned carvings and traditional musical instruments.

A chance encounter 30 years ago with a piece of bone carving in a shop in Wainuiomata, where he was working as a special needs teacher, set Brian on the path to his life’s work.

“I thought, I would like to have a go at that,” he said. Today Brian’s work is featured in collections in the British Museum, Te Papa and will be represented in the new Musical Instrument Museum in Phoenix, Arizona, when it opens in 2010.

He started off with no tutors or advice, using dental laboratory equipment to drill and shape the bone – tools that have given his carvings their own distinctive style.

As a teacher in a school with about 60 percent Maori students and a strong cultural programme, he caught the interest of his students and their families, and because they liked what he was doing, he was supported and encouraged.

“I had the right people around me at the right time,” said Brian, who has no Maori ancestry himself but was championed by key Maori figures such as Sir Tipene O’Regan.

On relocating to Nelson, Brian met and started working with musician Richard Nunns.

“He can play. I just make noises – but he can’t make carvings like I can. We work together very well.”

The pair have been a driving force in the revival of traditional Maori musical instruments, working with the late Hirini Melbourne, a partnership that resulted in the publication of the book *Taonga Puoro – Singing Treasures, The Musical Instruments of the Maori*, the first book to be published on the topic.

The book started as a handbook for courses Dr Melbourne was teaching at Waikato University, but after his death it became a tribute to him and his life’s work.

“Hirini started his own traditions,” said Brian. “We took some of the instruments back to special places and one of them was Farewell Spit. Hirini played and a few days later a group of whales stranded on the spit. The people said it was his playing that called the whales. DOC were not to keen for us to repeat the exercise!”

A stranded whale is seen by Maori as the gift of the sea god, and there are special rules for the use of the body. Iwi allocate pieces of bone to carvers, and Brian said he had received his fair share of bone over the years. These pieces are special and usually remain in Maori ownership, as part of their community.

He uses native wood and bull bone for most of his other pieces, as receptacles for the stories he wants to tell, and these works go all over the world to private buyers.

Brian’s carving is informed by Maori mythology and the natural world. “All my pieces start with a story, the tale I want to tell, and then the raw material. It is a wonderful way of expressing my love of nature.”

“The carving is the written language, the mnemonics that tell the story of the instrument.”

Brian has made a comprehensive study of Maori myths and legends, which he said was ongoing and continually being expressed through his carvings and musical instruments.

“The carving is the written language, the mnemonics that tell the story of the instrument.”

Brian makes wind instruments such as flutes, horns and nose flutes as well as pureahua – a flat piece of wood that resonates when swung through the air. His pieces are bought by Maori musicians and museums and sold through outlets such as Te Papa.

“The flutes are relatively easy to play and can be incorporated into contemporary music. Having these instruments has turned people’s lives around, re-introduced them to their culture and given them an involvement with it on many levels. This music was almost lost – 25 years ago it was dying. Now it is alive again.”

More recently Brian has undertaken illustration work, most notably for volumes one and two of the book *Te Tau Ihu o Te Waka: A History of Māori of Marlborough and Nelson*, by John and Hilary Mitchell. He is also working on a series of illustrations for signs for the Kaiteriteri Domain Board, and worked with Grant Palliser on artwork on the new Normanby Aratuna Bridge in Nelson.

Brian’s long love affair with stories, mythology and the art form of carving has produced a body of work that encompasses the breadth of Maori culture, his love of nature and the natural world, traditional music and the art of telling stories through interpretation. He said the biggest thrill for him recently was an email from a contact at a university in South America who had been inspired by the *Singing Treasures* book to investigate his own native musical traditions, which were also in danger of being lost.

“To think you can have an effect like that is just magic,” said Brian as he headed back to his studio and his work.



Brian Flintoff in his workshop.



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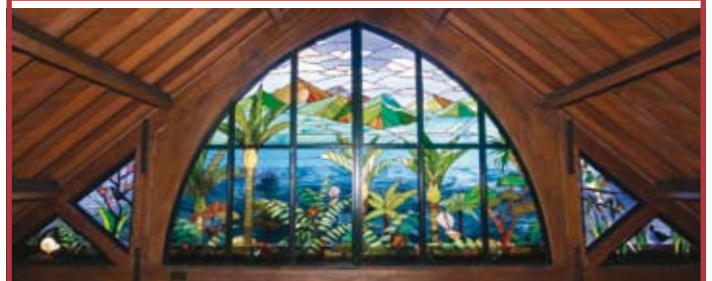
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Unveiling the Haven II

Haven inspires award-winning artist

Multi-media artist Colleen Plank was the only Nelson award-winner in the inaugural Changing Threads National Fibre Art Awards.

Colleen won the Nelson City Council award for the piece that best captures the spirit of the Nelson region.

Her felted work, titled *Unveiling the Haven II*, was chosen by the selection panel because it “uses a great combination of technique and materials. There are interesting details on closer inspection and the sheen and shimmer is so reminiscent of the Nelson waters we love so much,” said the panel.

Colleen is well-known in Nelson as a tutor of felt making and mosaics, and has worked for 10 years as a technician in the arts department at NMIT, where she also does some specialist textile teaching. She has trained in felt-making with tutors from Japan and Sweden, and says it is her primary medium at the moment.

“It’s easy to get excited about and my students love it – there is the instant gratification as it is a fast process and you can work in 2D or 3D.”

Colleen has been working on a series of pieces about the Boulder Bank and the Haven. *Unveiling the Haven II* is the second work in a series inspired by the Nelson landmark.

“I enjoy a slice of that view every day,” said Colleen. “The Haven is forever showing off its moods and playful atmosphere – an integral part of Nelson’s culture. It’s a haven for all and I wanted my piece interpreted as a celebration of that idea. It’s also a metaphor for my own personal haven and the little things that matter.”

The first piece in the series was shown at the national Fibre and Fleece exhibition in Opotiki last year, and Colleen hopes to get a body of work together for a solo exhibition in the future.

The Changing Threads exhibition and awards were organised by Arts Council Nelson and supported by Nelson City and Tasman District Councils. Of 145 entries from throughout New Zealand, 48 were selected for exhibition at The Refinery Artspace and only five were selected for awards.

Colleen said the award had great significance for her.

“I have exhibited nationally, in Australia and in the United States but winning in my own city makes this award even more special.

“Having a textile exhibition of this calibre in Nelson is a great way of showing the public that there are many forms of textile art which, just like fine art, should be collected and enjoyed by more people,” she said.

Ronnie Martin, Nelson quilter and exhibition co-organiser, said the selection process was a challenge. “There are so many different aspects and techniques within the field of textiles. There was a lot of very high-calibre work submitted by artists of national standing.”

Ronnie also said she hoped the exhibition would help to bring a textile focus back to the Nelson region. “There is an expectation that people will see high-quality textile art in Nelson, with its WOW heritage. We think that having a national textile exhibition will reignite that spirit in Nelson.”

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From Timaru from Stalag

Jack Hardie, at 90 years, has a twinkle in his eye that belies his age but gives a hint of the man behind the smile. Sitting comfortably in the Motueka home he shares with his wife Lorna, he is a million miles and a lifetime away from his experiences as a pilot in the Second World War, and is much happier to talk about his adventures with the Motueka 50+ walking group.

Jack is the oldest member of the group and has been involved since it began in 1984. Fellow member Ray Cranefield says Jack has been a fit and well-liked member of the group.

“If a group of members were away, say, on the Heaphy Track or the St James Track, Jack would forge ahead, to be found at a suitable morning or afternoon tea stop, with water on or near the boil. Nearing the end of the day’s walk he would again push on ahead and the first indication that members were approaching the hut was often the sight of smoke rising ahead from the fire already lit and warming the hut if conditions were cool,” said Ray.

Jack was born and raised on a farm near Timaru and worked as a deer-culler before enlisting to train as a pilot in August 1941. His wartime experiences are captured in an autobiography, *From Timaru to Stalag VIIIIB*, but the most memorable event was being shot down over the Netherlands in January 1943, a tale he recounts with some reluctance.

“I was on a raid as the second pilot with a seasoned crew – my last before starting out with my own crew with whom I had trained. We were on a bombing raid in a new model Halifax – B Mark 11 Series carrying three-tonne incendiary bombs and explosives.”

Jack was in the cockpit with the pilot when the plane was hit. He fought his way through the flame-filled fuselage to pick up parachutes. He was on his way back to hand one to the other pilot when the plane went into a spin. In his memoirs Jack recalls:

“After a few seconds we were thrown up to the ceiling and pinned there ... I think I was knocked unconscious. I hazily realised that both the flames and noise had stopped and I wondered if I was out in the air, though there was no sensation of falling. Luckily I pulled the rip-cord, a metal handle attached to all parachutes. This came away in my hand as it should, but in my befuddled state I was sure something had gone wrong and the chute wasn’t working.

“I felt a tremendous blow and heard an agonising groan. I thought whoever groaned like that must be in tremendous pain – then I realised it was myself who had groaned. I slowly realised there were a lot of people standing looking down at me and there was a door to a building behind them.”

Jack had landed near the Dutch town of Mill, and had been found by the villagers who saw the plane come down and the

parachutes of the airmen in the glow of the burning aircraft. He was found lying in the snow and covered by his parachute. The villagers carried him to the steps of the church hall, where he started to gain consciousness and was eventually joined by the other two survivors from the plane.

The villagers told them they would have to hand them over to the Germans as they would have seen the plane come down and be looking for survivors – any attempt to help enemy soldiers would result in severe retaliation. The Germans duly arrived and the airmen were informed that the war was over for them. Jack was badly injured and could hardly walk.

He was subsequently transported to Amsterdam and interrogated for three weeks before being sent to Frankfurt by train. The train was caught in an allied bombing raid and had to wait in darkness outside Cologne until the raid was over. When they pulled into the station the local residents began pouring out of the underground tunnels where they had been sheltering and grew very agitated on seeing enemy prisoners, spitting at them and shouting abuse.

“The guards pushed us against the wall and formed a line facing the crowd with their bayonets fixed until they calmed down and left,” said Jack.

From Cologne they went to Dulag Luft, the interrogation centre near Frankfurt, where they had better treatment. But the rigorous questioning continued, culminating in a memorable session with the camp commandant and his intimidating Alsatian dog.

Jack then spent several days in the relative luxury of the general camp before being transported with other RAF men to Stalag

VIIIIB Lamsdorf. Airmen were kept with their hands chained together during the day as reprisal for the Dieppe Raid. “The only day they didn’t chain us was Hitler’s birthday,” said Jack.

Red Cross parcels saved them, he said. “If we’d had to live on POW rations we would not have survived.”

Late in 1944 the POWs could hear gunfire from the approaching Russian army, and were hopeful that they would soon be released, but in January 1945 they were ordered to get ready to march. They slogged west for 80 days in deep snow and wet weather – an ordeal that spelt the end for many men already weakened by the camp rations. Jack and the others were liberated in April 1945 by American soldiers. Fifty-five New Zealand airmen had been incarcerated in Stalag VIIIIB and three died on the march.

Jack and his colleagues were flown to England and returned to New Zealand in the hospital ship *Arundel Castle*. After some months of recovery, he married Elma. They bought a farm near Timaru and raised five children.

The couple moved to Motueka in 1982 to enjoy their retirement. Sadly Elma died after 51 years of marriage.

“The guards pushed us against the wall and formed a line facing the crowd with their bayonets fixed until they calmed down and left.”

Jack Hardie

VIII B, and home again



Lorna and Jack Hardie.

Jack met his second wife Lorna through the walking group and they share a love of the outdoors. In 2003, Jack decided to mark the 50th anniversary of his unscheduled parachute drop over the Netherlands with a skydive from Motueka Aerodrome. He had to go tandem and was accompanied by five others from the 50+ group – all women. He repeated the jump yearly until age made it too risky. “They wouldn’t let me take the risk any more.”

Jack says he has enjoyed his years tramping with the Motueka 50+ club. “I needed to get back out into the bush and the mountains – it’s where I was brought up.”

His favourite walk is the Wangapeka, and he and Lorna have fond memories of group trips further afield.

On one occasion they were travelling down the West Coast when the brakes failed on their vehicle as they approached the Arahura River Bridge, north of Hokitika.

“I had to choose between the cars stopped in front of me at a one-lane bridge or the bush. I chose the bush and ended up with the car teetering on the groyne of the river with one wheel almost in the water over a steep drop. We managed to scramble out and some of the others turned up and found a digger to haul her up,” said Jack.

Ray Cranefield remembered that on the same trip some of the group climbed Mt Roy.

“As boots were being put on Jack took off saying that he hadn’t done any hard walks recently and was lacking in fitness and that the rest would soon catch him up. Suffice to say that when caught up, Jack was on his way down! When the rest returned to the cars Jack had left a note saying he was setting out to walk back to Wanaka. He didn’t make it all the way for he was eventually offered a ride and he accepted!”

Jack and Lorna now divide their time between their home in Motueka and regular trips away white baiting on the West Coast. His wartime experiences have left a legacy.

“I still feel guilty that I survived and so many didn’t, and wonder, why me? I try not to think about it too much now.”

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Some of the blooms at Tasman Bay Roses.

Big bouquet for Motueka rose-grower

Tasman Bay Roses of Motueka has received a huge bouquet of its own – recognition as a Garden of Regional Significance by the New Zealand Gardens Trust.

The garden was inspected last year by trust assessors and is now one of three Gardens of Significance in Tasman District, and the only one in Motueka. The garden was assessed on criteria such as the overall impression, landscaping, maintenance, safety, plant material and use.

Tasman Bay Roses has come a long way since 1966, when Judy and Nigel Pratt started growing blooms on their Motueka hop farm to supply wholesalers. About 1300 varieties of roses now occupy 5ha of the Pratts' 23ha property. It has a large ornamental garden where visitors can picnic, relax and enjoy the many varieties on display.

Today the couple's two sons, Ben and George, run the business and all three families live on the property. George said Tasman Bay Roses has one of the largest collections of varieties in the country, and that they regularly get visitors from overseas who travel to New Zealand for the sole purpose of visiting the garden.

"The best time of year to visit is October and November," said George. The rose garden is the shop window for the rose-growing business, where people can see the blooms and choose varieties to grow at home.

The garden centre is housed in one of the old farm buildings and the ornamental gardens spread out from the original hop kiln, which is a listed building and dates back to the 19th century. The work room is the nerve centre of the business with a special rose "filing system" that incorporates tags used to identify which rose is planted where in the hundreds of rows in the fields, and to ensure that the right rose is dug for despatch when ordered by a customer.

Each year roses are imported from overseas, and Tasman Bay Roses also grows new varieties from international growers under quarantine conditions. Once the roses have passed the rigorous MAF inspection routine, the best are released on to the market.

"A new variety will have cost us about \$6000 by the time it gets through the quarantine process, so we only choose the best," said George. "They have to have a new and interesting feature of colour or form to make them different enough to be worth investing in."

He said that as far as possible the roses are grown with the minimum of chemicals. "We don't use any weed sprays. All the weeding is done by hand."

The work programme begins in March, with about 100,000 cuttings taken from rootstock, over about six weeks.

The cuttings are planted out in June and July and grow on until December, when the T-budding of different varieties on to the rootstock gets under way.

"It is all pretty intensive hand-work, and of course all the weeding has to be done in between. We get about two weeks off in February and that is it," said George.

The plants mature until May, when digging starts – the roses are labelled in the field and then dug for orders in the winter, with potting of plants for sale over the summer going on in August and September.



The gardens at Tasman Bay Roses, Motueka.

Despite all the work behind the scenes, the gardens are a delightful place to while away an afternoon in spring or summer. Entry is free, and alongside the roses there are pheasants, peacocks and a very friendly pig to meet and greet. Tasman Bay Roses is a hidden treasure, easy to find on Chamberlain St, just south of Motueka, and is open to visitors year-round. For more information phone 03 528 7449 or visit their website, www.tbr.co.nz.

A high flying century.

Oakwoods Village centenarian Russell Calvert can still remember putting his foot down as a three-year-old in Masterton, 97 years ago.

Russell turned 100 in February and can clearly recall numerous childhood memories. “My mother wanted a photographer to take a picture of me sitting in a giant shell, and I wouldn’t have a bar of it. They had to give up in the end,” said Russell.

Russell’s other childhood memories include being removed from kindergarten because of his colourful language – picked up from his grandfather’s builders’ workshop – and getting lost aboard the HMS New Zealand on its visit to New Plymouth in 1914.

“The whole town turned out to have a tour around the ship. I went with my parents and after some time they couldn’t find me. They had all the guests and the crew looking for me and I was found in the coal bunker. My mother was not too pleased!”

Russell said he had a happy childhood with an older brother and a younger sister. His father was a haberdasher and the family moved from Masterton to New Plymouth when he was a youngster, and continued to move around New Zealand over the years.

When he left school Russell wanted to join the merchant navy and travel but his parents discouraged him so in the end he trained as a dental technician, starting out working for his uncle in Wellington. At the age of 18 he sold his Enfield Scout motorcycle for £50 and travelled first class to

Australia looking for work. He was disheartened to find he needed to have served an Australian apprenticeship and gained a union ticket, so he returned home in the far less glamorous steerage class.

“That was a bit rough.”

However, this cloud had a silver lining and on his return to Wellington Russell found out that a friend from work, Ethel, was in hospital in Wellington so he decided to visit her.

“Sitting at her bedside was another visitor by the name of Eileen, Ethel’s sister. I thought she looked like a nice girl so I offered to walk her back to Courtenay Place, where she was getting the bus home. We got on really well and we were married in 1930 – I was 21.”

Two years later Russell was working for a big dental lab in Hamilton but his boss was not very generous.

“I wanted to leave early on Christmas Eve so I could take



Russell Calvert with a picture with his first wife Eileen.

Eileen down to Lower Hutt to be with her family for Christmas Day, and he wouldn't let me go, even though I had finished all the work that needed to be done. When the same thing happened the following Christmas I told him I was handing in my notice. I don't think he really believed me – he kept saying how I wouldn't get work and that I would have to pull weeds on the streets of Hamilton.

“I saved hard during that month's notice and when it was time to go he tried to make me stay but I wasn't having any of it,” said Russell.

That bold move was to be a turning point for Russell and Eileen. They moved to Dunedin, where Russell worked as a dental technician for two established practices, and then about 1932 he decided it was time to set up his own lab.

“It was pretty tough for the first four years but we slowly got ahead. The dentists were very conservative and it took a long time to persuade them to use an outside lab for their technical work. Then I had to get staff and it was hard finding well-trained people. Conditions were pretty bad.”

Russell finally found good staff – and then World War Two broke out.

“I had a good man, Brian Cooper, working for me and he had a bit of a stomach complaint. He couldn't go to the war because of his health so he stayed and ran the practice while I went off to war. When I came back I made him a partner. We worked very well together.”

Russell trained for the army with the Third Echelon and went out to Egypt at Christmas 1940. His brother Leslie had left a year before and picked up an intestinal disease in Bombay. When Russell arrived in Egypt he found his brother was still unwell. Once he had recovered, Russell was able to ask for him to be transferred to the same unit so he could keep an eye on him.

“That was pretty unusual – family members didn't usually get to see much of each other during the war.”

Leslie ended up being a quartermaster, which meant that when they were out in the desert he was one of the few people to have lights at night in the quartermaster's store.

“About five of us used to go and play cards with him at night. It gets pretty dark in the desert at night and we were supposed to be back in our own beds by 10pm. One night I set off after the card game pretty sure I knew where to go, and wandered round and round and round for ages. In the end I bumped into a signpost and that scared me as I knew it was a marker for a minefield, but it was too dark to read it.

“I sat at the bottom of that post for hours until it got light enough to read it. Sure enough there were mines out there and it told me which side of the line to go on to be safe, and I managed to work out the way back to HQ. The officer at HQ was pretty suspicious and had me in the sights of his revolver until I could prove I wasn't a German spy in Allied uniform!”

“She was a lovely, gracious lady, I very much enjoyed meeting her.”

Russell Calvert



Russell got through the war safely, serving in the Pacific and Greece as well as the Middle East. After four years he was back in Dunedin at his dental laboratory, Dunedin Dental Lab in Stafford Street. The lab ran for more than 40 years.

Russell became a well-known figure in local politics, starting as a founding member and later chairman of the Dunedin Combined Ratepayers Association. He organised a successful campaign to change the rating system in the city and was an elected Councillor for 11 years, holding the office as Mayor from 1965 to 1968. One highlight of his tenure was the visit of the Queen Mother in 1966.

“She was a lovely, gracious lady, I very much enjoyed meeting her.”

His achievements in local politics included 11 years on the Town and Country Planning Appeal Board and chairmanship of the Clutha Valley Development Commission in the early 1970s – a contentious project for the region. He believed that progress was good for the region, and was quoted as saying “Vision and planning for the future are clouded by a fear of strong reaction from the public. There is always a cost which must be paid if we are to progress.” (Evening Star, 6 July 1974).

Russell's first wife died in 1977 and he moved to their holiday home in Arrowtown for three years. He later remarried and had half a dozen good years with his second wife Win before

her health deteriorated. The Calverts moved to Christchurch and then Nelson to be nearer family, and Win is now in residential care while Russell still enjoys his independence in a villa at Oakwoods. He is proud that he still has a driver's licence and a car in the garage, although he gets around on his mobility scooter on short trips.

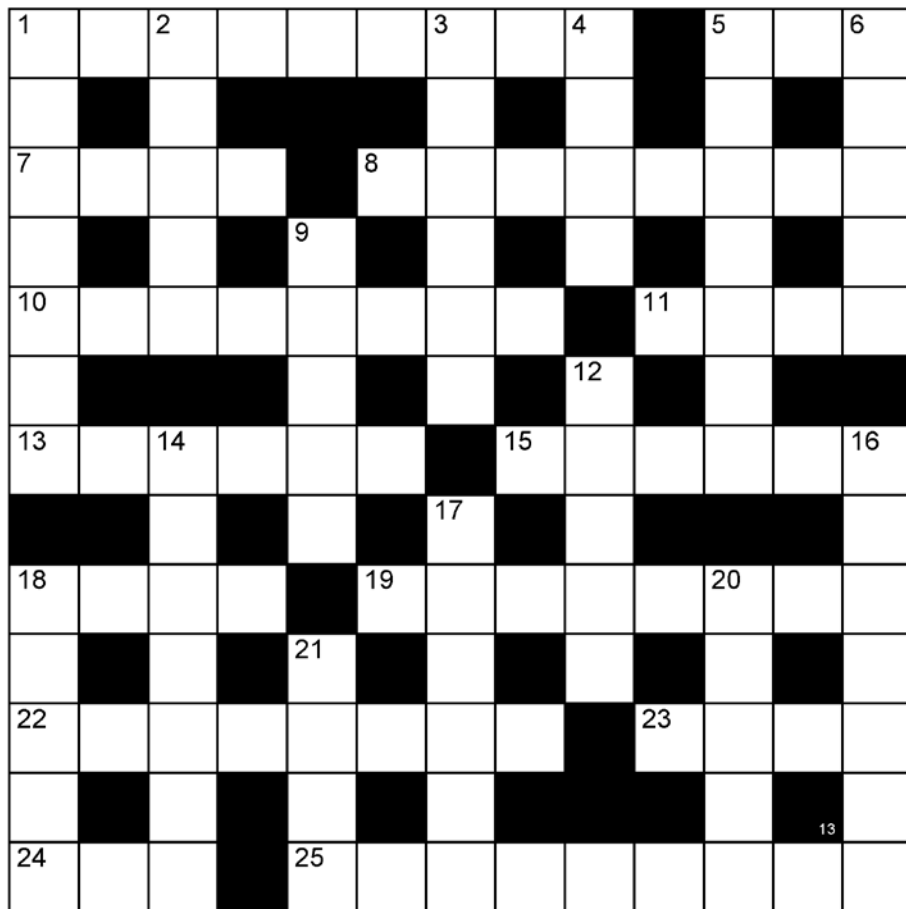
Eileen and Russell had one son, Ronald, and Russell recently went up to Wellington to celebrate his birthday with him.

Russell, who clocked up his century on February 1, can reflect on a long life filled with achievements, and he is still knowledgeable and opinionated about the world. He visits Win regularly and looks after himself despite his advancing years.



Russell Calvert still has his driver's licence at 100.

Crossword



Crossword no. 9971 Pattern 13

Answers page 16

CRYPTIC CLUES

CLUES ACROSS

1. It is consistent with no vowel sound (9)
5. Was not happy to sack such a misfit (3)
7. Can't feel a figure without hesitation (4)
8. Mad sounding animal tailless cat can be (8)
10. Be beneath rude line that's written out (8)
11. Umpire's instruction to start the drama (4)
13. Over there, rode around New York (6)
15. Involving singers in Bach or Alban Berg (6)
18. Parabolic reflector may be brought to table (4)
19. Bargain for a bond that may shrink (8)
22. One of the four points in a red-hat (8)
23. Devise a drawing for an architect (4)
24. Thrust a computer term at one (3)
25. Decorative inlaid work given a quarter-turn in my holding (9)

CLUES DOWN

1. Batsman's score is multiplied by five (7)
2. Is called mean perhaps on the day (5)
3. The language that's used, by gum! (6)
4. Distance of race a horse will take in short, light steps (4)
5. Lay, as cruel as can be (7)
6. Pretty girl the old washerwoman took in hand (5)
9. Tidal estuary will make a sound like a rusty hinge (5)
12. Bloodless side that starts a game of chess (5)
14. Patent medicine of sort that three-quarters of 7 take (7)
16. Dormant state any Celt might get into (7)
17. Silky cloth or ham one uses to replace it (6)
18. Colour-scheme and furnishings form half the embellishment (5)
20. Has everything to put up and parcel out (5)
21. Prices rise slightly in this business (4)

QUICK CLUES

CLUES ACROSS

1. Non-vowel sound, letter (9)
5. Miserable (3)
7. Stupefied, deprived of feeling (4)
8. Wild, raving (8)
10. Lie beneath (8)
11. Be at sport (4)
13. That, that one (6)
15. Pertaining to a choir (6)
18. Particular kind of food preparation (4)
19. Catch (disease) (8)
22. Prince of the church (8)
23. Scheme (4)
24. Aries (3)
25. Decorative work with inlays of wood etc (9)

CLUES DOWN

1. A hundred years (7)
2. Called, titled (5)
3. Language, numerals (6)
4. Lose one's footing (4)
5. Civil, not ecclesiastical (7)
6. Trolley, truck for camera etc (5)
9. Coastal inlet (5)
12. Snow-coloured (5)
14. Patent remedy, quack medicine (7)
16. Dormant condition (7)
17. Angora goat hair (6)
18. Scenery, stage embellishments (5)
20. Apportion, allowance out (5)
21. Unshaken (4)
22. Young man (3)

Book sales thriving in cyberspace

Founders Park is reaping rewards from online book sales, but needs help with putting the rarer volumes up for auction on TradeMe.

Pam Frahm, a regular volunteer who helps with the annual book fair, says that last year some of the better donated items were listed on TradeMe.

“The more unusual books can reach a wider audience, and the park can make more money when a simple sale develops into a hot auction – recently we made \$711 for a rare motorcycle book.”

But selling books online is labour-intensive and the park needs more volunteers to help with the process.

Pam and fellow volunteer Lynn Hamilton check the incoming books for possible Internet items, and deliver these to volunteers who scan the covers and post the ads on TradeMe.

“It’s an ideal job for someone who wants to work at home in their own time, and we do need someone who has some computer skills,” says Pam.

Lynn Hamilton adds: “The work is interesting and involves researching book descriptions and details and listing all the information on TradeMe.”

If you can assist, email founders.books@ts.co.nz or contact Pam Frahm on 03 547 6322 or Lynn Hamilton on 03 547 3616.

People with disabilities tell their stories

The Our Stories exhibition at the Nelson Provincial Museum uses photographs, words and film to portray the world of people with disabilities.

The exhibition opened on February 27 and runs until 26 April 2009. Entry is free.

Our Stories challenges Kiwis to get to know people with disabilities – to see the person first, rather than the disability.

IHC and CCS Disability Action formed a two-year partnership to take the exhibition around the country. It has been on the road since June 2007 and this will be the eighth time the exhibition has been staged.

Based on photographs by Hanne Johnsen and Glenn Busch’s book, *The Man With No Arms and Other Stories*, the exhibition has been popular with school groups.

Our Stories also includes information evenings for employer groups, service organisations and sport and recreation groups.



An image from Our Stories.

Busy Girls branch out on their own

Putting your feet up is not part of the retirement plan for trippers in the Girls’ Day Out group associated with Stoke Seniors Club. The once-a-month outings have to be slotted into busy schedules of volunteer work for many participants.

Phyllis Knott pitches in at the Founders Book Fair, helps at the library and has been involved with the Brook Sanctuary in the four years she has lived in Nelson – though she has been popping in and out for two decades to help run a family-owned backpackers.

The “girls only” outings are “just for things that interest girls,” she says.

Fellow tripper June Canning, 75, does tai chi on Mondays, Tuesday is roast dinner day at the Stoke Seniors, Wednesday is church and she helps to staff an op-shop on Thursdays.

“I’m never home – which my daughter says is good.”

Shelley Henderson, who works as a volunteer at the Stoke Seniors, says she sneaks into both the Girls Day Out trips and the mixed outings.

“I’m not quite 65 – they think I’m too young.” But she enjoys the “fun”.

The Girls’ Day Outers have sampled everything from lacemaking to Japanese calligraphy over the past year. They have tried olive oil tasting, tackled the maze at Stoneridge Café



Girls Day Out trippers at the Yu Yu Japanese calligraphy store in Hardy Street, Nelson.

in Redwood Valley, visited an apple packhouse and taken in the Operatunity shows in Hope.

A recent visit to the Yu Yu calligraphy shop in Nelson involved demonstrations of the Japanese brushstrokes, plus a chance to taste green tea and rice-cake. Outings commonly include lunch at a café afterwards.

Phyllis says the Yu Yu excursion was “brilliant”.

Age no barrier to learning .

For those who agree that life begins at 50, or even 60, opportunities for learning are plentiful – and in the case of the U3A, cheap and local.

Trish Huckle, course coordinator for the Motueka U3A, says the group is run by members for members, and that the organisation is about sharing knowledge.

“We are self-managed and aim to share our experiences to enrich each other’s knowledge.”

Study courses running at present are poetry, history of Britain, classical music, geology and art and civilisation.

Chairman Malcolm Garrett says the Geology Group has made some interesting discoveries and is making a contribution to the permanent display at Motueka Museum later in 2009.

It costs just \$5 a year to join U3A and any expenses relating to the course are shared. Most courses are run in members’ homes, which can be a constraint on group size but means that costs are kept to a minimum. “The idea is that we get together and each contribute to the knowledge of the group – go away and find things out and bring them back to share,” says Malcolm. “We don’t spoon-feed each other and we have members from all walks of life who have so much to contribute.”

The group is always looking for new members to widen its pool of knowledge and contributors. U3A has a long list of



Trish Huckle and Malcolm Garrett from Motueka U3A.

possible study courses covering the arts, science, languages and culture, just waiting for an enthusiastic coordinator to get things going. For more information contact Trish on 03 528 5372. Nelson and Takaka also have U3A groups.

Crossword solutions

ACROSS

- | | |
|--------------|---------------|
| 1. Consonant | 5. Sad |
| 7. Numb | 8. Maniacal |
| 10. Underlie | 11. Play |
| 13. Yonder | 15. Choral |
| 18. Dish | 19. Contract |
| 22. Cardinal | 23. Plan |
| 24. Ram | 25. Marquetry |

DOWN

- | | |
|-------------|-------------|
| 1. Century | 2. Named |
| 3. Arabic | 4. Trip |
| 5. Secular | 6. Dolly |
| 9. Creek | 12. White |
| 14. Nostrum | 16. Latency |
| 17. Mohair | 18. Décor |
| 20. Allot | 21. Firm |



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Nelson Fifty-Plus walkers head for the Maitai caves.

A walk on the wild side .

Jean Griffin joined the Fifty-Plus walking group when she turned 62 because “I needed something to do”.

Her tramping experience was limited to Sunday afternoon strolls, but “I just walked up and joined the group and I haven’t looked back”.

In the 13 years since then Jean has racked up an impressive list of serious treks within and outside the group – the Milford, Hollyford, Cavalcade and Mts Arthur, Fyffe and Isobel.

The Nelson walkers meet on Tuesdays and Thursdays once a fortnight for day excursions throughout the region. The recent roster has included Rabbit Island and the Takaka Hill. Coming up are Abel Tasman, St Arnaud and Peppin Island. Car-poolers contribute to petrol costs, and mini-walks are held on alternate weeks.

A tramp to the Maitai Caves in March drew nearly 30. Newcomers are introduced to the throng, and quickly find themselves in conversation on the hoof. Members are urged to wear name tags as an icebreaker, and a smattering of overseas accents hints at a broad range of life experience to share.

Walkers hail the friendliness and informality of the group. The oldest members are in their 80s and the youngest – well, any grandchildren who wish to tag along won’t be turned away.

“We’re called Fifty-Plus but we don’t look at birth certificates,” says longtime member Betty Wells, 76.

Small groups of friends within the group commonly organise trips further afield. Jean has been to Hanmer Springs and Castle Hill in Canterbury, staying in rented houses and exploring local walks.

“You could say in the last 13 years I’ve lived.”

Some walkers have even taken to two wheels and biked the Otago Rail Trail together.

Group president Noel Brown says members often become firm friends.

The group has no formal structure beyond appointing a leader and tail-ender, he says. Any health concerns are the individual’s responsibility. The leader organises car pools. Otherwise, walkers consult the six-month programme and just turn up to the start of the trek.

Noel says they have been getting more members in the 50-52 age bracket – “usually the wives first and the men get dragged in shortly after” – plus newcomers to Nelson and the returning migrants who live here half a year and in Europe or the US for the northern summer.

Walks are graded according to difficulty, and the mini-walks are on flat terrain. A veterans group, with some members in their 90s, caters for those just wanting a stroll.

For more information, contact Noel on 544 2286.

programmes & events

This section lists programmes and events on in the Nelson Tasman region.

If you would like to publicise your event or activity, send your details to:

Mudcakes and Roses

PO Box 3352, Richmond, Nelson

or email caroline@drycrust.com

or Ph 03 544 4975 Fax 544 4951

Deadline for material for the June/July Issue is 18 May 2009.

Nelson

Stoke Seniors Club – Social seniors moving forward

As a club we are committed to providing a programme that will meet the many leisure and recreational needs of seniors in the Nelson Tasman district.

Give us a call – you never know what might be going on!
Contact Christine, Anne or Ruth on 547-2660
Email: stokeseniors@xtra.co.nz

Regular activities

Scrabble Club – Mondays 1pm

Euchre – Tuesdays 10.30 am

Mah Jong – Tuesday 1 pm

500 Club – Wednesdays 1 pm

Come along for a fun friendly game. New and experienced players welcome to all games.

Art class – Mondays 10 am and 1pm at the Stoke Memorial Hall
Cost \$3

Walking group – Tuesdays 10 am from the Stoke Memorial Hall Car Park. A casual walk of about 1 hour.

Tai Chi – Beginners' class on Wednesday at 10.30 am Intermediate session on Thursday at 2.15 pm

Pilates – Beginners' class on Wednesday at 9.30 am

All the above classes meet in the Stoke Memorial Hall.

Sit & Be Fit – strengthening exercises to improve bone density and muscle tone. Thursdays at 11 am in the Seniors Hall

Monthly Movie – Third Thursday afternoon of each month.
Please Phone 547-2660 to check what's on & starting time

Housie – third Tuesday and last Wednesday of the month. \$5 a card – win cash prizes and have some fun!

Social Seniors choir - meets on Wednesdays from 11-12 midday in the Stoke Memorial Hall. For further details ph. Anne on 547-2660

Card Making – (8 week course) Thursdays at 1.15 pm in the Memorial Hall. Cost: \$3 per session

Computer Classes – Fridays (2 sessions) morning & afternoon in the Seniors Hall This course is for 10 weeks. Cost: \$5 a lesson. Phone 547-2660 to reserve a place

“Lads at Large” and “Girls Own” trips – once a month on Fridays. For details ph. Ruth or Anne on 547-2660

Travel Club – for information about special trips please contact the office on 547-2660 or e-mail at stokeseniors@xtra.co.nz

Also Tuesday – Thursday meals – 2 course meal at midday for \$8 (non-members) \$6 (members). Please ph. 547-2660 to book (by 9.30 am the day before)

Housie evening

All welcome to come to Housie.

Stoke Rugby Clubrooms, Neale Avenue, Stoke

Wednesday nights, 7.15 – 9.45pm.

Great cash prizes and meat raffles. Two-line Bingo. Supper, tea/ coffee and bikkies. Contact Buddy 547 3230 or Anne 547 6987.

Senior adults gathering

Victory Seniors monthly gathering - held first Tuesday of the month from 1.30pm at Victory Community Anglican Church - 238 Vanguard Street Nelson. A changing program of entertainment, speakers, film clips, games, singalongs, a time of interaction and friendship. Afternoon tea, no charge, all seniors welcome. Further information please phone Jeannette 03 548 7939.

Veterans' (55+) 9 hole golf days

At Greenacres Golf Club, last Monday of every month.

Contact Dick 547 6071 or Club Professional, 544 6441.

Nelson Philatelic Society

Local stamp collectors club. Every second Tuesday of the month 7.30pm. Stoke School. Visitors welcome. Contact 547 7516 or 548 6269

SeniorNet [Nelson]

Computer instruction for people aged 55 and over. Held in Clubrooms at Pioneer Park, Hastings Street, Nelson. Visit website www.tasman.net/seniornet or contact Murray on 548 1170 to find out what is going on.

Nelson Electronic Organ and Keyboard Club

First Tuesday of each month, \$2

Stoke School Hall, 7.30pm

Entertainment and supper provided

Contact Valerie Andrews Ph 540 3288

Nelson Masters Swimmers

Adults 20 years and over

Every Monday and Wednesday from 7.30pm - 8.30pm

Riverside Pool, \$3

Contact Don Pepperell Ph 548 4432

Senior Service - Nelson Baptist Church

The Nelson Baptist Church on Bridge Street will hold a Senior Service on Sunday 19 April 2009. This is an inter-denominational service for people from all over the district. We have hymns and songs, a short message, afternoon tea and fellowship. The service starts at 2pm and finishes about 3.30pm, with special guest Kenn Butler. Transport can be arranged. Contact Alan Roberts, Ph 548 7381.

Nelson Branch of the Government Superannuitants Association

Are you a retired State employee – public service, teaching, police, armed forces, nursing, MAF, forest service, Telecom, Post Office – receiving an annuity as a result of your salary contributions to the GSF while employed?

The Nelson Branch of the GSA produces three newsletters a year, holds three social functions a year, and there are two national newsletters a year. If you require further information, visit www.gsa.org.nz or contact Graeme Valpy 547 6007 or email nelson@gsa.org.nz

Cardiac Support Group

The Heart Foundation and Cardiac Liaison Nurses from Nelson Hospital provide information and support to people affected by Cardiovascular Disease.

We hold a three-monthly get together for patients on waiting lists through to patients who had interventions several years ago, providing support through shared experience.

A guest speaker covers issues of interest and concern. The group is for anyone with, or at risk of, heart disease, and their families. For details and an invitation to next meeting please contact Averil at the Heart Foundation, ph 545 7112 or email: averilw@nhf.org.nz

Nelson Fifty-Plus Walking Group

We offer farm walks, mini walks and fortnightly tramps for people with a higher degree of fitness than the average walker. Drivers of all cars are asked to notify the leader of the day of their intention to walk and to confirm meeting place. Passengers are asked to contribute to the cost of petrol at 8 cents a kilometre. Come prepared for adverse weather. No smoking or dogs on walks. Contact Noel Brown or Carolyn Brown ph 544 2286.

Walk cancellations are broadcast on Classic Hits 89.8FM and More FM.

April

- 2 Abel Tasman – Taxi Te Pukatea M 9am Carolyn Brown 544 2286/Glenda Gray 548 5163
- 7* Takaka Hill loop walk (Washbourn Gardens) 9am Mary Gill 540 3373
- 16 Richmond Hills – Easby Park 9am David Burt 544 0277/ Elaine Dickens 548 5048
- 21* Oaklands (Raines Farm) – Saxton Field car park 10am Betty Edridge 547 9955
- 30 Waimea Appleby riverbank Brightwater E 9am Carolyn Brown 544 2286/Noelene Roberts 546 6935

May

- 5* Richmond Walk to Champion Road (Raeward's car park) 10am Maureen Sharland 544 4921
- 14 Sharlands Creek – Kaka Hill E 9.30am Bernie Hawkey 545 1033/Judy Jacobsen 547 3535
- 19* Kumeras Saltwater baths end – (Washbourn Gardens) 10am Val Davis 548 5574
- 28 Wangapeka E 9.30am Richard Boyden 544 8028/Glenda Gray 548 5163

*For Mini walkers programme please ring Juanita Friend 547 6642

Nelson Dance Along

Every second and fourth Saturday, monthly.
Next dances: 11 and 28 April, 9 and 30 May
Time: 8pm to 11.30pm at Richmond Town Hall
Admission \$3.00 member, \$3.50 non-member
Supper provided. Contact Rosalie Winter. Phone 548 2236

Art Group Nelson Inc.

Open to all who wish to paint or draw, from absolute beginners to experienced artists. Monthly meetings with a guest speaker are on the first Wednesday of each month (evenings) and open painting mornings on the second Wednesday. Tutorial days are held in the last week of each month. All welcome. Ph Judy 548 1170.

Sit and Be Fit

The most fun exercises you can do in a chair! A 35 minute class to music – you'll love it.
Victory Community Centre, Totara St, Nelson. Tuesdays 10am.
Phone Leigh on 548 1689 for more info.

Golf Croquet

Croquet is fun! It's good exercise and a great way to meet people. Why not give it a try? If you are interested, contact the croquet club closest to you: Nelson-Hinemoa: 03 548 3977, Richmond: 03 544 2052, Riwaka: 03 528 9704

Arthritis New Zealand

Nelson Bays Service Centre Enabling a better quality of life for those with arthritis.

Please contact us on 546 7689 or freephone 0800 663 463. Our service centre is in the Community Groups Centre at 50 Halifax Street, Nelson – office hours Monday-Thursday, 9am-2pm. Join and enjoy members' services. Special offer!! – subscriptions for new members joining from April to June cover 15 months: \$35.00 individual, \$50.00 household.

Clinics – free 45 minute sessions with the Arthritis Educator to talk over how you are managing with your arthritis and decide on a plan to help you. Membership not required. Please phone for an appointment. The next dates are:

Golden Bay – Wednesday 15 April; See also, the note below about the workshop on Tuesday 12 May
Richmond – Tuesday 5 May
Nelson – Tuesdays 21 April and 19 May
Motueka – Thursday 21 May
Stoke – Wednesdays 1 April and 3 June.
Wakefield – Tuesday 7 April

Casual water therapy sessions at Ngawhatu Pool seven times a week, including the new time of Tuesdays from 9.30am to 10.30am. To use the Pool, you need to be a member of Arthritis New Zealand (\$35 per year) and there is a small charge per session. Please phone the office for more details, including the Swimming Bus from Motueka on Monday mornings.

The Living a Healthy Life course will now be taking place in the old Richmond Town Hall complex, starting on Monday 18 May, 9.30 am to noon. This is a six-week course for people who have any chronic illness (not just arthritis conditions) who would like to gain knowledge and skills to assist them to cope with their condition. An important concept of the course is that self-management of a chronic condition can build self-confidence and independence. Please phone for more information and enrolment details. There is a charge of \$35 for the course.

Golden Bay – a practical workshop will be held on Tuesday 12 May. A local physiotherapist and a Green Prescription consultant will be speaking.

Fibromyalgia Support Group. We need to hear from people who want to help run informal support sessions. The Nelson group has been meeting on Tuesday mornings every six weeks or so and needs a new volunteer co-ordinator for 2009. A Richmond group has recently started meeting in the afternoon or evening and we can give you the contact details if you phone the office.

The Nelson Savage Club Inc

A Club for entertainers. Variety Concert on the second Wednesday of each month April through to October. We meet at the Presbyterian Church Hall, Muritai St. Tahunanui at 8pm. \$2 entry. Best to phone first. Joyce 548 1224 or Ernie or Philipa 547 7022.

Stroke Club Nelson

Social activities for people who have had strokes, and their carers. We meet at St. Francis Hall, Songer Street, Stoke.
For further information ph. Irene 544 8665

Nelson Social Dancing Club

We meet once a month on a Saturday evening at 8pm at Waimea Club, Queen Street, Richmond for a social dance with Band. Ballroom, Latin, New Vogue and Rock n Roll.
Entry members \$6, non-members \$10. Bring a plate for supper. We also have CD dances - come along and join us.
Any enquiries phone Jenny 544 9239 or Jean 546 7061. Our next dances are on 18 April and 9 May 2009.

Nelson Provincial Museum

Our Stories will change your perception of people with disabilities. The exhibition uses photographs, words and film to tell the stories of people with disabilities. It is on at the Nelson Provincial Museum until April 26. Entry is free.

Stoke Easy Exercise

Sit and be Fit for Men and Women
Every Tuesday 10am
Stoke Methodist Church Lounge
Ph Maureen McKain 546 4670

Tahunanui Community Centre

For information on all programmes phone the Community Centre,
61 Muritai Street, Tahunanui, on 03 548 6036
Wednesday afternoons
Social group "Friends and neighbours" for local residents

Walking Group

Wednesdays 10am
Meet at the Community Centre and walk for approx 1hr

Have a go at Belly Dancing

Anyone interested phone for more info.

Garden Group

Monthly meeting sharing skills and experience following on from
Organic gardening/compost workshops

Wednesday evening 7pm to 8.30pm monthly, next meeting 1 April
and 6 May 2009

Card Making

15 April 1-3pm with Estelle Courtney "Special Occasions"

Up Cycle..

Group to help you enjoy and improve your bike riding skills.
Phone the centre for more details

Richmond

Richmond Bowling Club

Have a go - Tuesday at 1.30 pm and 6pm
Thursday at 1.30pm
Tuesday evenings at 6pm
Bowls and shoes provided.
Contact Pat Dickinson Phone 544 0129 or Club phone 544 8891

Euchre

Every Friday afternoon 1.30pm - 4pm at Richmond Bowling Club
Ph Monica 544 2749.

Grandparents raising grandchildren

Monthly meeting last Tuesday of the month at 10am.
Venue : Presbyterian Church Sunday School Rooms, Muritai Street
Social gatherings second Tuesday of the month at 10.30am.
Ph Paula 544 5714 for details.

Richmond Slimmers Club

Keep your weight down. Margaret Westley Phone 544 7293

Tasman Visual Arts Group

We meet on the last Wednesday of the month at Richmond
bowling clubrooms. Regular guest speakers, new members
welcome. Contact Gary Gibbens ph 541 8842

Hope-Ranzau Women's Institute

1.15pm on the first Wednesday of each month at Holy Trinity
Church Hall, Dorset Street, Richmond. Visitors always welcome,
ph Brenda 544 5872.

Age Concern activities

62 Oxford St, Richmond
Tuesday and Thursday 9am to noon for cuppa and company

Wednesday 9am to 3pm- various activities
Friday 10am - Age Concern Easy Exercises
Morning tea to follow, \$1
Wheelchair hire available
Contact Elaine Mead, 544 7624
Age Concern offer: Supervisor, accredited visitor service and
Richmond drop-in centre
ph Elaine Mead 544 7624
Prevention and early intervention of elder abuse,
Ph Jim Davis 546 7682
Manager, in-home support services, Kerrie Varcoe, ph 544 7624

Club 50 Programme for April/May

Club 50 is a social group of mature adults looking for
companionship, recreation and enjoyment. We welcome new
members. Contact Jackie on 544 3955 or email trrc@nel.
sporttasman.org.nz.

All activities start at The Tasman Recreational Resource Centre
(TRRC), 9 Cambridge Street, Richmond – unless otherwise stated.
Outdoor activities are weather dependent but alternatives will
always be available

April 7 - Motueka's Kumera Coastal Strip. An easy walk offering
native bush and magnificent coastal views. Morning tea at Toad
Hall. Cost: Purchase own morning tea. Meet at TRRC at 9.30 to
carpool.

April 14 - Nelson Provincial Museum exhibition 'Our Stories'. A
Disability Awareness & Education Community Project.. Bring your
own morning tea or purchase a drink from the Coffee Cart. Cost:
Gold coin donation. Meet at 9.30 at TRRC to carpool.

April 21 - Richmond Croquet Club. We have had a practice run at
croquet in Washbourn Gardens and now we can have a game on
the green. Cost: \$5 includes morning tea. Meet at TRRC at 9.30 to
either walk or get a ride to the club in Queen St.

April 28 - Perennial Swap. We will have a morning of plant
swapping so bring perennials or cuttings in to swap with others.
Bring morning tea to share. Cost: \$2. Meet at TRRC at 9.30 in the
Meeting Room.

May 5 - Belly Dancing. Debbie will demonstrate this Middle
Eastern dancing and then everyone will get to have a go. Wear
comfortable clothing (flowing skirts are good but not essential).

Debbie will bring the scarves. Bring morning tea to share. Cost: \$2.
Meet at TRRC in Meeting Room at 9.30.

May 12 - Bead Gallery. Create your own special jewellery or just
browse through the huge collection. Followed by morning tea at
Nelson's McCafe. Cost: Purchase of any jewellery and morning tea.
Meet at TRRC at 9.30 to car pool.

May 19 - Blood Donation Services. Ever wondered what happened
to blood once it has been donated? This is a great opportunity to
find out about the whole process from donation to saving lives.
Cost: \$2. Meet at TRRC in the Meeting Room at 9.30.

May 26 - Railway Reserve Walk. We will park at the Stoke end and
walk towards Richmond (as far as your fitness allows) and back.
Bring own morning tea to have when we finish. Meet at TRRC at
9.30 to carpool.

Richmond Walking Group

Do you like walking but find it hard to get motivated?
Then our new walking group is perfect for you!
It's free and all ages and levels of fitness are catered for.
Mondays at 10.30am
Tasman Recreational Resource Centre
9 Cambridge St, Richmond
Contact Jackie: Ph 544 3957 ext 4

Pedometers from the Library

Pedometers are step counters that show how far you walk each day.
These are now available on loan from any of the Nelson City or
Tasman District Libraries .
\$2 fee for a 6-week loan
Visit your local library and ask at the counter

Tasman Tennis Centre

Social Tennis Tuesday mornings 9.30am
Coaching sessions available with TennisNZ club coach.
Ph Ngaire Calder on 0272 79 99 38 or Tasman Tennis Centre on 544 6083

"It's all about me"

Monthly group session last Thursday of every month. Come along and meet new people and get advice from experts on how to stay healthy and keep active. Wakefield Village Hall 10am, gold coin donation.

Further details from Bee Williamson, Green Prescription phone 544 3957 ext 3

Motueka

Motueka Old Time Dance

Lower Moutere Hall, Moutere Highway
Saturday 23 May 2009 7.30pm
Tickets \$5.00 per person includes supper
All welcome. Ph 03 528 7564 or 03 540 2242

Motueka Recreation Centre – where it all happens!

50+ classes are held Tuesday and Thursday mornings at 9.30am with Anna. A fun class to suit seniors. A great routine set to music, low impact with low intensity Runs for about 1 hour. Cost: \$3

Badminton games at the centre 7-9pm every Thursday evening for players of all ages and levels. New players welcome.
Court fee \$3, racquet hire \$2.

The Recreation Centre Gym is open from 9am till 9pm Monday to Friday, 9am till 4pm on Saturday. Help is available for beginners. Contact the Motueka Recreation Centre on 528 8228.

Motueka 50+ Walking Group

All walks leave Decks Reserve car park at times stated. Meetings on the last Thursday of each month in the Uniting Church Hall (rear of church), High St, at 9.30am. Visitors always welcome. Contact Chairperson, David Collis 526 6797 or Secretary Gabrielle Finnigan, ph. 03 540 3400. Members who do not wish to start early on the walks can assemble at Deck's Reserve at 10am.

April

- 2 9am Canaan Downs – all \$6
 - a) Rameka Track from Canaan E/M
 - b) Harwoods Hole/ Canaan Land etcor meet 9.45am at Canaan Downs Carpark E
- 9 9am Grampians (Nelson, from Botanics) M \$10
or meet 9.45am Botanics car park, Hardy St East
9.30am Grampians (from Blick Terrace) E
or meet 10.15am at Blick Terrace, off Brook St
- 16 9am Boys' Brigade Hut H \$3 or meet 9.15am at end of Brooklyn Valley Road
9.30am Saxton Field (Stoke) E \$8 or meet 10am at ASB Aquatic Centre, Richmond
- 23 9.30am Wakefield Walk (new) – all E/M \$8 or meet 10.15am at Faulknors Bush
- 30 10am Meeting and Blackbird Valley (Moutere) E/M \$5

May

- 7 9am Maitai, Nelson – all E \$10 or meet 9.45am at Botanics carpark, Hardy St East
- 14 8.30am Watering Cove, ATNP Coastal Track M/H \$4
or meet 8.50am at DOC carpark Marahau
9.30am To Riwaka River Mouth E
meet at Decks reserve
- 21 8am Separation Point M/H \$16
from Wainui Bay or meet at 9am at i-Site, Takaka
9.30am Two Rivers, Brightwater – all E \$6 or meet 10am at Brightwater junction of main street and State Highway
- 28 10am Meeting and Davey's Farm, Motueka Valley E/M \$4

SeniorNet [Motueka]

Computer learning for the over 55s in comfortable clubrooms at 42 Pah Street. Complimentary classes offered to beginners. Our volunteers give of their time to teach you the basics through to advanced computing and make it fun. Small classes, no stress, learn at your own speed and make new friends.

If you're interested in digital photography, card making, spreadsheets, word processing, email and Internet use, genealogy, managing your computer - then JOIN NOW.

Prospective members are welcome to attend our members' meetings held on the first Monday of every month in our clubrooms at 10 o'clock. See you there! Contact Ann Long [Membership Secretary] 03 528 8224

Motueka District Museum Exhibition

"Time Gentlemen Please - Bottoms up in Motueka" – the story of some of Motueka's best known hotels.

The exhibition is about five local hotels - the Travellers Rest (now the Riwaka), the Riwaka Inn, Hotel Motueka, Post Office and the Swan. The exhibition runs until June 2009. Museum hours are Mon to Fri 10am-4pm. 140 High St, Motueka Phone: 528 7660

Golden Bay

Golden Bay Museum & Gallery

Tarakohe & Golden Bay Cement Company exhibition
Until 29 April 2009. Museum open 10am - 4pm daily (summer)
Mon-Fri, 10am - 2pm Sat (winter). Phone 525 6268

SeniorNet [Golden Bay]

SeniorNet Golden Bay provides a range of beginner-level courses in home computing. We run a Camera Club, host a Genealogy Group, and hold several social functions each year. Classes, workshops and meetings are held in clubrooms at the Takaka Showgrounds. Come and join us. Ph Kathy Baigent, 525 9689, or Rosemary Jorgensen 525 7565, or Morfydd Barker 525 7465

Winter Workouts

Masonic Hall Takaka, Mondays 9.30-10.30am, Wednesdays 9.30-10.30am, Fridays 9-10am. On site child care provided.

Qualified & experienced instructor.

Call 525 6110 for details.

Childcare kindly supported by Golden Bay Community Workers.

Marble Mountain Country Music Club

2nd and 4th Sunday of each month at the Senior Citizens Clubrooms. Start time over winter is 2pm.

Welcome to all listeners, Singers or musicians. Cuppa served.
Phone Nancy 525 9491.

Uruwhenua Women's Institute

2nd Tuesday each month at the Anglican Church Hall, 1.30pm
Phone Nancy 525 9491

Motupipi Indoor Bowling Club

Thursday nights, 7.30pm at the Motupipi Hall.

Beginners and interested players are made welcome.

Supper and games for \$1. Phone Nancy 525 9491

Wakefield

"It's all about me" is a monthly group session that meets on the last Thursday of every month.

Come along and meet new people and learn how to stay healthy and keep active.

Wakefield Village Hall, Thursday 23 April and 28 May at 10 am
Gold coin donation

Contact Bee Williamson, Green Prescription 03 544 3957 ext 3

RECREATION PROVIDERS

If you are looking for further groups, check out the Found Community Database www.found.org.nz

Hope

Hope Midweek Badminton Club
Carolyn Mason 541 9200

Nelson Veterans Tennis Club
Hope Courts every Thursday
Summer from 9.30am
Winter from 10am
547 6916

Mapua

Low Impact Aerobics & Pilates
Wakefield, Upper Moutere
and Mapua
Lynda Mabin 543 2268

Indoor Bowls
Mapua Friendship Club
Mapua Public Hall
Valerie Roache 540 3685

Mapua Bowling Club
Arnie Ahnfeldt 540 3032

Taoist Tai Chi
Taoist Tai Chi Society of
New Zealand
55 Muritai St, Tahunanui
545 8375
www.taoist.org

Motueka

Aerobics/Gym & Fitness Centre
50+ Aerobics
Mot Rec Centre
Brent Maru 528 8228

Riwaka Croquet Club
Sally Goodall 528 8296

Gym & Fitness Centre
Studio Gym 275
Catherine Walsh 528 4000

Healthy Hearts Club
St Thomas Church Hall
Cindus Colonna 543 2033

Indoor Bowls
Motueka Senior Citizens
Hall
George Riordan 528 7960

Line Dancing
Motueka Senior Citizens
Hall
Beryl Sturgeon 528 8265

Line Dancing – Intermediate
St Andrews Church Hall
528 7337 or 526 6246

Marching
Motueka Veteranettes
Marching Team
Bev Clementson 528 9125

Social Recreation
Kiwi Seniors (Motueka)
Vonnice Goodall 528 7817

Tai Chi Falls Prevention (65+)
Presbyterian Support
Maxine Poole
547 9350 ext 712

Walking
Motueka 50 Plus Walking
Group
Vivienne Pearson 526 6076

Riwaka Bowling Club
School Road, Riwaka
Kathy Brewer 528 4604
Pat Newport 528 8347

Arthritis New Zealand
Immersion Therapy session
10.30am, Mondays at
Ngawhatu Pool
Bus leaves Motueka at
9.30am
Susan Ledingham
0800 663 463

Nelson Aquatics/Swimming/Gym
Riverside Pool
546 3221

Trafalgar Centre Social
Badminton Club
Pam Frost
548 7153
John Williams 548 0983

Belly Dancing
Victory Community Centre
Tuesday from 6pm
Sabina Gilberg 546 8511

Bodyvive (Low Impact)
CityFitness Quarantine Rd,
Nelson
Monday, Tuesday and
Thursday 10.20am
Debby Callaghan 547 4774

Cardiac Club/Gym & Fitness Centre
Victory Community Centre,
behind Victory School.
Devine Fitness
Sharon Standish-White
539 0348

Croquet
Nelson-Hinemoa
Bev Worrall 548 2190

Easybeat 50+ Aerobics
EasyBeat Aerobics
Leigh Dalzell 548 1689 or
021 547 811

Easy Exercise
Arthritis New Zealand,
Nelson
Sheila Alley 548 3490

Hatha Yoga
Maureen McKain 546 4670

Hot Yoga
Claire 548 2298

Nelson Senior Citizens
Social Indoor Bowling Club
Joyce Rowland 548 1769

Leisure Line Dancing
Stoke Scout Hall, Songer St
Annette Lines 546 8777

Marching
Silveraires Leisure Marching
Diana Clark 548 9527

Nelson Petanque Club
Ernst Lacher 548 3031

Nelson Social Dancing Club
Club Waimea
Frank Thomas 546 7061

Over 50s Pilates
Body Power Pilates & Yoga
Centre
Sue Wilson
029 281 3735
Email inbox@bodypower.co.nz

Seniors Yoga
Body Power Pilates & Yoga
Centre
Sue Wilson 029 281 3735
Email inbox@bodypower.co.nz

Table Tennis
Nelson Table Tennis Club
Phil Hamblin 546 6256

Tahunanui Bowling Club
Murray Canning 547 6921

Taoist Tai Chi Society of New Zealand
55 Muritai St, Tahunanui
545 8375
www.taoist.org

Tai Chi Falls Prevention (65+)
Presbyterian Support
Maxine Poole 547 9350 ext
712

Walking
Nelson 50+ Walking Group
Noel Brown 544 2286

Nelson 50+ Mini Walks
Gwenda Wallace 544 5307

Over 50s Yoga
Body Power Pilates & Yoga
Centre
Margot Hannigan
029 281 3735
Email inbox@bodypower.co.nz

Petanque with the Nelson Club,
Wed/Sun 1.15pm at the
Maitai club Kinzett Tce
off Haven end of Trafalgar St
Boules provided.
Gillian 546 8111

Richmond

Badminton

Richmond Morning
Badminton
Dawn Wakelin 544 4120

Bodyvive (Low Impact)

CityFitness Quarantine Rd,
Nelson
Monday, Tuesday and
Thursday 10.20am
Debby Callaghan 547 4774

Crafts, Caring and Sharing

Wesley Centre
Mondays 9.45 – 11.45 am
544 7458 or 544 9174

Croquet

Richmond Croquet Club
Eleanor Hannay 547 5424

Tasman Recreational

Resource Centre
(Richmond Town Hall)
Fun, easy exercise options
for older adults
Mary-Ann McNatty
544 3955
E: trrc@nel.sporttasman.
org.nz

Easy Exercise

Wednesday General
Knowledge Quiz
Wednesday Luncheon
Thursday Knitting Group
Freda Beloe 544 8569

Easybeat 50+ Aerobics

Leigh Dalzell
548 1689 or 021 547 811

Indoor Bowls for Seniors

Church of Christ Hall
Cnr Croucher & D'arcy Sts
Tuesday 1pm-3pm
Phyllis Haines 544 8383

Latin In-line Dance

Richmond Dance Studio
Partner not required!
Wednesday and Friday
9.30-10.15am
Heather 547 4863

Line Dance Nelson

Alison Myers 546 9878

Body Power Pilates & Yoga Centre

Richmond Town Hall
Sue Wilson 029 281 3735
E: inbox@bodypower.co.nz

Richmond Bowling Club

Pat Dickinson 544 0129

Social Recreation

Club 50
Jackie Hardy 544 3955
E: trrc@nel.sporttasman.
org.nz

Tai Chi Falls Prevention (65+)

Presbyterian Support
Maxine Poole
547 9350 ext 712

Stoke

Stoke Bowling Club

Lyndon Penketh 547 4780

Clogging/ Tap Dancing

Nelson Sun City Cloggers
Georgina Higgs 545 1037

Introductory Pilates

Stoke Memorial Hall
Wednesday 9.30 am
Christine 547 2660

Stoke Social Seniors Tai Chi

Wednesdays 10.30 am
INTERMEDIATE Tai Chi
Thursdays 2.15 pm
Stoke Memorial Hall
PH: 547 2660

“SIT & BE FIT”

Stoke Seniors Hall
Thursdays 11 am
PH: Christine 547 2660

Easy Exercise

Sit & Be Fit for Men &
Women
Arthritis New Zealand
Every Tuesday 10am
Stoke Methodist Church
Lounge
Maureen McKain 546 4670

Easybeat 50+ Aerobics

Leigh Dalzell
548 1689 or 021 547 811

Hatha Yoga

International Yoga Teachers
Assn
Maureen McKain 546 4670

Hydrotherapy

Ngawhatu Therapeutic Pool
Day and evening sessions
Thelma Creighton 547 6384

Introductory Pilates

Stoke Memorial Hall
Tuesday 1.30pm
Christine 547 2660

Safety & Confidence

Kidpower, Teenpower,
Fullpower Trust
Cornelia Baumgartner
543 2669

Stoke Social Seniors

‘Girl’s Own’ and ‘Lads at
Large’ trips
Anne or Ruth 547 2660

Stoke Social Seniors Walking Group

Meets Tuesdays 10am
Stoke Memorial Hall
547 2660

Stoke Social Seniors Tai Chi

Stoke Memorial Hall
Wednesdays 10.30 am
Intermediate Tai Chi
Thursdays 2.15 pm
547 2660

Stoke Social Seniors Sit and Be Fit

Stoke Seniors Hall
Thursdays 11 am
547 2660

Table Tennis Nelson

Bryan Keane 547 7530

Tai Chi Falls Prevention (65+)

Presbyterian Support
Maxine Poole
547 9350 ext 712

Golden Bay

Gentle Exercise

Golden Bay Physio Clinic
525 9708

Indoor Bowls/Cards

Senior Citizens Club Rooms
Mary Couper 525 8445

Tai Chi Falls Prevention (65+)

Presbyterian Support
Maxine Poole
547 9350 ext 712

Tai Chi for Arthritis

Ann Marshall 525 8437

Wednesday Walkers

Jane Baird 525 9061
Angela O’Brien 525 8685

Puramahoi Table Tennis

Betty Wilson 525 9526

Pohara Bowling Club

Jennifer Westrupp 525 9621

Takaka Golf Club

525 9054

Takaka Golf Club Ladies Section

G. Turley 525 9122

Golden Bay Patchwork & Quilters Guild

Liza Eastman 524 8487

Takaka Spinning Group

Jan Weston 525 9374

Probus

Jan Sawers 525 9197
Robin Manson 525 9359

University of the Third Age (U3A)

John Lee 525 8110.

Genealogical Group

Cherill Cooper 525 8832

Golden Bay Contract Bridge Club

Leigh Gamby 525 9744

Golden Bay Garden Club

Julie Langford 525 8089

Golden Bay Mohua

Tecorians
Sally Douglas 525 9569

Mah Jong

Ethel Smith 525 8615

Guided Gym Session

Wednesday 12pm - 1pm
Georgie Stone 525 6110

Drop In Yoga

Terry Burgess 525 7422

Takaka Table Tennis

Rene 525 7127

Tapawera

Walking

Rural Ramblers
Una Foulsham 522 4083

Visual Art Society

Tapawera
Kaye Register 522 4368.

Wakefield

Easy Exercise

Arthritis New Zealand,
Nelson
Nancye Wearing 541 9040

Wakefield Senior Citizens

Meet: 1st Wed of Month
2pm
Wakefield Village Hall
Melba Green 541 8464.

Rimu Grove creative writers series

Rimu Grove Winery supports the creative writers among you by sponsoring this section of Mudcakes and Roses.

Send in your poems and short stories to us and if your work is published you will receive a bottle of Rimu Grove wine.

We've had some great entries and the winner for April/May is **Tonie Watts**.

Send your entries to:
Rimu Grove Creative Writers
Dry Crust Communications
PO Box 3352
Richmond,
or email to caroline@drycrust.com.



Moving the goalposts *by Tonie Watts*

When I was five
teenagers were gods.

When a teenager
twenty-year-olds had it all.

In my twenties
anyone over forty was past it
and as for fifty ...

In my fifties I told myself
fifty is the new forty.

Now I am in my seventies
my grandchildren think
I am old and wise.

How do you know all that stuff,
Grandma? they ask.

Please don't tell them
I'm still wondering
what I will be when I grow up.

HEARING PROFESSIONALS

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