

Mudcakes

and



SENIOR GENERATION ACTION
AND ISSUES – NELSON TASMAN



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way to health

Take a chill pill

Welcome to the autumn edition of Mudcakes. Read about the “miniaturist” who inadvertently created big news, a Motueka couple who make life easier in an African village, and we follow up our previous story on couch-surfing with a variation tailored for more mature travellers. A TradeMe expert offers tips on using the web to save money. Our gardening writer Philippa is thinking green crops for winter, pruning, and replenishing tired soil. If you feel

like replenishing tired bodies, we sing the praises of the Nana nap.

There’s a feast on quilting on the horizon, and the upcoming Positive Ageing Expo to check out the wealth of activities available in Nelson-Tasman. (Meanwhile, see our What’s On and Recreation Providers listings for things to do.)

Rug up, put the jug on and settle in for a good read.

Travellers tap into local knowledge

Couch-surfing, which we profiled in the last Mudcakes, has a variation for middle-aged and senior travellers. The Affordable Travel Club is for people over 40, and a membership fee applies. Hosts offer a bed and breakfast, and guests pay between \$20 and \$30... the recommendation is US\$20.

Nelson host Jan Gillanders had an American rugby fan from New Mexico stay for a few nights during the World Cup, and recently gave a couple from Yellowknife in Canada a “whirlwind tour” of the highlights of her hometown. “They were rapt.”

She has hosted couples from Oregon in the US, and Qualicum Beach, on Vancouver Island, the latter catching a play at the Theatre Royal that proved the highlight of their Nelson stay.

The club’s website claims 2400 host locations (49 states and 50 countries), and its motto is: The Spirit of Travel is Warm Hospitality.

Jan says the arrangement gives travellers “the inside running on local knowledge”. She and partner Les are off to California and Arizona soon for a month’s holiday, and are already sussing out hosts in their first experience as guests. They can sift the computer listings by occupation, interests, and even same name if you want to try hooking up with distant relatives.

“I like to meet people,” she says, explaining that guests in hotels don’t normally talk to one another, and travelling by hire car can be an isolating experience.

The “warm hospitality” of club members also has spin-offs. Jan’s Oregon couple mentioned that the husband had needed on-going prostate cancer treatment in a main centre far from

their home. He contacted club members for accommodation. Several broke the three-night maximum stay rule, ferried him around, and have since become firm friends.



Thanks to our sponsors



Mudcakes & Roses is part of the Tasman District Council’s family of community recreation publications.

Changes to the Mudcakes & Roses delivery

After 14 years of yarn-spinners, sprightly dancers, devilish 90-year-olds, skilful artisans, big-hearted volunteers, gutsy entrepreneurs, tough old codgers, courageous battlers, testing crosswords, useful information about events and activities, sensible health advice – and a dollop of cheeky fun – cost constraints have finally caught up with Mudcakes and Roses. Budgets are under intense pressure in our Council sponsors, who are always striving to keep rates low, and who now face huge repair bills from the devastating storm last December.

We are doing our share of this belt-tightening and from the next issue a charge will apply for our mail-out service of Mudcakes and Roses. The magazine will still be widely available, and still free, in Council service centres and libraries and Richmond Mall. You can also read the magazine online at Tasman District Council's website,

www.tasman.govt.nz/mudcakes – which is accessible to friends and relatives in far-off places.

If none of those avenues suit, readers can continue to receive the magazine in their mailbox, six issues a year, for a small annual fee of \$10. Simply contact Tara Cater, Executive Assistant, Tasman District Council, Ph. 03 543 8578 and let us know your name and address, we will send out a subscription pack which will include details on payment options.

In those 14 years, Mudcakes and Roses has grown from broadsheet newsprint to a high-quality glossy magazine format. We've given away a truckload of wine to our clever writers and poets, plus numerous tickets for special events. Rest assured, the fun continues. We'll track down more of those codgers, plus keep you fully informed of the many services and activities available for senior residents in the Nelson-Tasman region. Happy reading.



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The mice that roared – after they were dead

"I was cleaning out the freezer recently and came across a container of dead mice," says Jeanette Dungan.

Relax – the rodents weren't destined for the dinner pot. She planned to skin them and tan the pelts to become tiny rugs in the dolls-house-like rooms meticulously fashioned by Jeanette in 1/12th scale. Her hobby, making miniature rooms, is all about thinking small.

Practitioners are exacting in detail, and her quest for that perfect rug led to a trial skinning of mice a decade ago that reverberated across the globe when the Nelson Mail mentioned it in a story. American, Japanese, Indonesian and French media picked it up. At home in Tahunanui, Jeanette fielded a call at 2.20am from a Kansas City television station. A friend's son living in Paris, who saw the item in the Weird But True section of a newspaper, emailed home to ask his parents, "Do you know this loony?"

A microbiologist got in touch to tell her how to cure the skins properly so they remain supple. (Her initial effort used only



Jeanette Dungan with a patio scene. Each grapevine leaf was scanned, shrunk, cut out and curled for authenticity.

kerosene and baking soda.) A local taxidermist also offered support. Tellingly, other "miniaturists" immediately leapt on the possibility of making the softer mice pelts into garments for the figurines in their own tableaux.

Jeanette's works include a French café, medieval room with glowing fire, and a Venetian two-storey house, with little

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The French café features a mirrored back wall that plays optical tricks.

chandeliers fashioned from real Swarovski crystals. A child's bedroom features a doll's house scaled proportionately – in 144th size (12x12).

Creating in miniature “encompasses the skills you would need for full-size building,” says Jeanette, who turns out little furniture using a range of specialist drills and saws to shape Pacific kauri sourced from Auckland. Getting the wood grain to look in-scale is crucial, and the kauri is also handy for scotia and skirting boards.

Factories in China turn out miniature furniture – Jeanette visited one near Hefei in central China to find that the pieces are mostly hand-made by staff working in freezing conditions and using primitive tools – paintbrushes of a few goats' hairs for the detailing, for instance. It was “a humbling experience”.

Back home, modelling clay is a standard material, and her computer is invaluable in scanning wallpaper patterns or book covers, etc., then shrinking them drastically. She painstakingly stitches clothes, linen and upholstery. Silk scarves from the opshop become drapery, and she knits with needles the size of piano strings.

Apart from eyestrain, the hobby is not without risk. A Superglue mishap once left her with scraps of tissues stuck to her hand for days, and when one of her mini drill bits disappeared down the plughole in the kitchen sink, she had to call on husband Dan to retrieve it.

Miniaturists are resourceful, learning to think sideways. Jeanette used waxed linen thread to recreate a wicker look in furniture, unravelled a sushi mat for mouldings, and turned cellphone cradles into realistic armchairs “upholstered” with a little suede paint.

Devotees trade items and skills. The chandeliers were made by Kim Lineham in Gardner Valley, and Jeanette has parlayed her embroidery for a collection of miniature Wedgwood. The most

expensive item she has bought is a tiny child's rattle, made of ivory and silver by a craftsman in Scotland possessing keen eyes and a steady hand. The rattle, smaller than a fingernail, cost the equivalent of NZ\$100 a decade ago and will only increase in value as old age catches up with such artists.

But miniaturism isn't about money. New Zealand has no competitive framework, and Jeanette would hate to see locals go down that American line.

“People are happy to share.” They make and sell items to cover costs, or earn a little cash giving workshops at meetings and conferences.

Personally, immersing herself in miniaturism is a release from the stresses of her job as a secondary teacher. She traces her interest in the hobby back to her own primary school days, making dioramas. Girls didn't do woodwork at college then. It hasn't impeded her in gaining the skills of a fine cabinetmaker.

Patience is a given. A single miniature room can take years to complete, though freed of distractions and with all the materials at hand, she says she could turn one out in a week. Retirement in a few years will provide more time.

Jeanette says there are about 30 miniaturists in the Nelson club, and more than 350 members in 23 clubs nationwide, plus many other people who work independently. The national convention will be held in Nelson in 2014.

In the real-sized world, Jeanette upscales her talents to make costumes for her other passion, the Sheilah Winn Shakespeare Festival for secondary school students. Costume-makers are super-squirrels. Rumour has it, Jeanette recently put 110 banana-boxes of fabric into storage because they were threatening to overwhelm her house.

Plant bulbs and replenish soil



Philippa Foes-Lamb

Hi again. I can't believe summer has been and gone. The weather was very erratic but at least we didn't have any water restrictions for a change. Autumn is one of my favourite seasons – I can almost feel all of my plants yawning as they prepare for a rest. I love planting spring bulbs and seeing deciduous trees starting to change colour too.

You may find your summer vegetable crops looking as though they are running out of energy, especially tomato, cucumber and courgette plants. If they aren't producing much and are looking sad, dig them out, turn the soil over well and have a really good weed.

Soil temperatures are dropping now so get any crops for winter harvest into the ground as soon as possible. If you are going to plant leafy crops such as lettuce, silverbeet or any brassicas where your summer crops were, dig in lots of good compost and sheep manure pellets to replenish tired soil. Carrots, on the other hand, can be sown straight away because they prefer soil that was composted a few months ago. At this time of year I start planting my seedlings on raised mounds. This helps to keep their roots warm and also means I can mulch between the rows, creating a straw "duvet" for the colder nights to come.

Start sowing green crops in your vegetable plots. A good rule of thumb is to leave at least part of your plot fallow (unplanted) through the winter to give the soil a rest. Sowing blue lupin is perfect because the little nodules on their roots fix nitrogen back into the soil.

Other green crops such as mustard help to clean up harmful soil fungi, and lucerne draws up sub-soil minerals.

Cut back summer flowering shrubs and perennials and start planting spring bulbs and winter-flowering annuals such as pansies, violas, primula and polyanthus. There are so many varieties of bulbs available that it can be hard to choose. Look for plump, firm, unblemished bulbs that aren't sprouting. Before planting them in your garden dig in some bone flour or granular bulb food, then water well. The same applies to planting in containers but reduce the fertiliser to one or two teaspoons, mixing it through your potting mix thoroughly.

Stop dead-heading your rose bushes now because this helps them conserve much-needed energy for the next season. Sharpen your secateurs in readiness for pruning roses in June.

I adore deciduous trees and love making the most of the leaves as they fall. Leaves can be raked up and placed in large rubbish bags with a handful or two of blood-and-bone and lime. Prick a few holes in the bottom of the bag, sit it somewhere cool and shady, turning it a couple of times every fortnight – in a few months you will have wonderful leaf mould for your garden.

If you have any questions or topic suggestions, email me at foeslamb@xtra.co.nz or write c/- Mudcakes and Roses. My radio show, Green Thumbs & Dirty Fingers, is full of more gardening tips and airs each fortnight on Fresh FM on Tuesday at 10.40 am, replayed the following Saturday at 2.40 pm. Happy gardening.



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As independent audiologists, Hearing Plus has no financial links with and is therefore independent of any of the hearing aid companies that supply its products. "We have no financial incentives to fit specific hearing aid brands. We fit the devices best suited to our client's needs, budget and hearing loss. As your locally owned clinic we go the extra mile," says Silvia.

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4. When you are in a group or in a crowded restaurant, is it difficult for you to follow the conversation?
5. When you are together with other people, does background noise bother you?
6. Do you often need to turn up the volume on your TV or radio?
7. Do you find it difficult to hear the doorbell or the telephone ring?
8. Is carrying on a telephone conversation difficult?
9. Do you find it difficult to pinpoint where an object is (e.g. an alarm clock or a telephone) from the noise it makes?
10. Has someone close to you mentioned that you might have a problem with your hearing?

How did you do?

This hearing quiz combined with your answers will give you an indication of whether your hearing is impaired or not. If you ticked to 1 or 2 of these questions you may need to seek advice soon. If you ticked to 3 or 4 of them you should take action now! We extend, to all our clients, the Freedom to actually try-before-you-buy, enabling you to make YOUR own informed decision.

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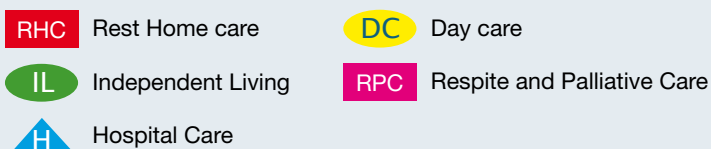
With a homelike atmosphere and gardens, Whareama is well known in the Stoke community for its fantastic, welcoming staff, and high standard of care offering rest home and hospital services.



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Old bikes aid Third World

Bob Thomson was "sort of at a loose end", so he took up a hobby that has made life easier for people half a world away.

Bob and wife Margaret had done up a few houses in retirement, but when they moved from Balcutha to Motueka, he had time on his hands.

The former electrical engineer started making small toys to sell, with Margaret sewing the bedding for cots, for instance. The couple are longtime sponsors of World Vision children, so decided to donate the toy proceeds to the aid organisation.

Their product line expanded when Bob began restoring children's bikes. From sales through newspaper ads and a once-a-month stall at the Motueka market, the couple raise about \$2000 a year.

The money goes towards one-off appeals such as for a new watertank for a village in Malawi, or digging a well, furnishing a classroom and kitting out children in school uniform.

"It's absolutely wonderful," says Margaret.

Bob says they occasionally send money to their "adopted children", Doreen Pitilosi, 11, and Florence Yolole, 8, on the understanding that it is distributed to the village.

Margaret explains that it would be unfair to favour one child amid such subsistence living.



Bob and Margaret Thomson raise about \$2000 a year from their bike and toy sales.

"We're really sponsoring the whole community that the child lives in."

Bob's garage workshop is lined with boxes of toys – logging trucks, crane trucks, tankers – plus the larger wheelbarrows, ride-ons and dolls cots. He makes them in untreated plywood, recycling it from discarded furniture.

The bikes are either given, or picked up from garage sales or dump recycling centres. Bob strips every one, renewing any worn parts. If he can't source a good part from another bike, he buys new out of his own pocket.

When Mudcakes called, half a dozen or more bikes lay waiting for customers, priced from \$20 to \$30.

"I try to keep the price down," says Bob, a policy he applies to the toys as well.

The couple, both in their 80s, have just celebrated their 60th wedding anniversary. Their three children have settled in Motueka, New Plymouth and Australia. As for grandchildren and great-grandchildren, "we've lost count," they laugh.

Bob says they have a good pension and are happy to put their extra earnings to a good cause. Market day sales of his coveted marmalade and jam also boost their donations.

- If you have any old children's bikes or useful materials, give Bob Thomson a call on 03 528 4584.



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You may be eligible for free equipment in switching over to digital television next year. The Government's Targeted Assistance Package will provide a set-top box, an aerial (or satellite dish), installation, training and access to a technical support line for qualifying people.

The Nelson/Tasman region switches to digital on 28 April 2013. Households eligible for assistance have at least six months before that date to apply, and three months afterwards. Eligible people will receive an application letter. To qualify for assistance, people must only be watching analogue TV and be either:

- Aged 75 and over with a community services card; or
- Receiving an Invalid's Benefit or a Veteran's Pension; or
- Are former recipients of an Invalid's Benefit or Veteran's Pension who have converted to New Zealand Superannuation.

More information is available at www.goingdigital.co.nz/targeted-assistance-package.

Drivers wanted for meal deliveries

Meals on Wheels is in need of more drivers. Richmond co-ordinator Pat Borlase says she has a roster of 25 permanent drivers, but few to call on if someone can't do their shift. She is a driver herself, and has sometimes had to take extra shifts at short notice, "rather than let people go without a meal".

Volunteers are rostered on for an hour a week, must have their own car, and are given petrol vouchers. Give Pat a ring on 03 544 4787. Nelson also needs drivers.

Abel Tasman Commemoration

In December 1642 two separate worlds – European and Maori – changed forever. Dutch explorer Abel Tasman found a new country for the map of the world, and also a new people. Maori in Golden Bay found they were part of a wider world that included huge ships, pale people – and guns.

This year's 370th commemoration acknowledges that pivotal moment. Tasman 370 coordinator Penny Griffith says events throughout New Zealand include organised walks, exhibitions and art competitions. Details are available on the website, www.abeltasman370.com.



www.abeltasman370.com

Breathe easy with tailored exercises

If you suffer from breathing difficulties, exercising can be difficult. The BBC (Better Breathers Club) offers sessions in Nelson and Motueka teaching you how to do exercises specific to people with conditions such as emphysema, chronic bronchitis, COPD and asthma. You can do these exercises at home.

Exercises are performed sitting in a chair or standing up. Basic balance exercises are included.

The BBC meets once a fortnight on Wednesdays at 2.00 pm in Nelson and once a month on Mondays at 2.00 pm in Motueka. You can also attend the Nelson Hospital hydrotherapy pool once a month on Wednesdays at 1.00 pm. A \$10 annual membership to the Nelson Asthma Society gives you free sessions all year, or you can pay \$2 per session. Contact Hilary Croft, manager of the Nelson Asthma Society, at 50 Halifax St, or phone 03 546 7675.

Bird sanctuary snaps up for prizes

A camera is a must for any trip to the Brook Waimarama Sanctuary, so the trust behind the haven for native wildlife is launching a photo competition, with prizes including cameras, equipment, vouchers and Brook Sanctuary memberships.

"Photos may be of flora, fauna or people – the only criterion is that the photos must have been taken at the sanctuary," says Hudson Dodd, trust general manager.

Email your entries to photos@brooksanctuary.org.nz by 5pm Friday 20 April 2012. Include your name, telephone number



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and address, with a minimum photo file size of 300 pixels and maximum 1024 pixels.

The competition has three age-group categories: Open, for all non-professional photographers; primary/intermediate (years 1-8) and secondary school (years 9-13). The best images will be displayed publicly and category winners will also receive their photo reproduced on to canvas. Some photos may feature in the 2013 Brook Sanctuary Calendar.

Leadership award for services to blind

Five years of tireless effort have culminated in Brian Say being awarded the Association of Blind Citizens' Johnston Cup, a national leadership award. Visually impaired himself from early childhood, Brian is chairperson of ABC. His committee have secured 100 new digital talking book players to replace analogue ones, thanks to grants from the Canterbury Community Trust, Mainland Trust, Pelorus Trust and Marlborough District Council.

Sight-impaired movie-goers may soon enjoy audio descriptions at Nelson's State Cinema. TVNZ provides the same service via Freeview after lobbying by ABC. It hopes to get location announcements in our local bus systems.

Brian, who has been blind in one eye since the age of one and now has limited sight in the other eye, has worked in the health sector from the 1960s as an IT project manager in NZ, Britain and the US. He is happy to talk to groups about the work of the association. Phone 03 539 4700 or email briansay@xtra.co.nz. — Andrea Ann Kepes

Salute the past in Heritage Week

Lots of free and low-cost activities are coming up in Heritage Week 2012, which launches at Elma Turner Library in Nelson on 15 April with library exhibitions, media-net film display and free cake. During the week lunchtime speakers will cover topics such as Christopher Vine's Landmarks, Judith Fitchett's genealogical gems, Ian Littleworth's vision of a future library, plus a special tribute to two Maori women weavers presented by Cindy Batt and Sue Pride.

Deirdre Mackay will launch her book on the history of the Cawthron Institute at Nelson Provincial Museum. While there, catch the last week of the Extraordinary Frontiers exhibition or take a special guided museum tour. You could also try a tour of the Port Museum, Eastern Shoreline, Queens Garden or visit a landmark church.

Lest We Forget will be at Founders Heritage Park once again, and Melrose House will have a Royal Jubilee week of activities. Broadgreen has a Needlework Extravaganza.

The week will close with a heritage Evensong in the Cathedral. For programme details, go online at nelsoncitycouncil.co.nz, pick up a copy at libraries in April or ring Debbie Daniell-Smith on 03 546 0331.



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Canny shopping on the Web

"We work hard for every dollar so we should work harder to spend it," says online shopper Ian Read.

Research is the key, he explains. Get onto the Web to check prices. Always see if you can pick up an item cheaper on TradeMe – even small purchases.

The internet is Ian's "mall" for household goods, toys, garden equipment ... even food. If he does go to a retail store, he will spend time online first, comparing prices. He once bought 5000 screws on the Net – because it was cheaper than buying a packet of 20 at the hardware store.

Ian is also a seller, and rated in the top 3% of TradeMe users. He sells computer, software and audio-visual products through his business in Richmond. Trade magazines are his reading of choice. He pores through piles of them to find any product that intrigues him and he can see a margin in.

Ian trusts his instincts: "Generally, if I want it someone else will." That ranges from brass door handles to multi-angled vices or a flat speaker you pop under



Ian Read hunts for a bargain.

your pillow at night to drift off to the sound of motivational messages or birdsong.

If a product isn't selling, "forget it and move on".

Ian has low overheads because he orders goods from the supplier only when he has a sale, and works from an office attached to his house.

He says the rogues, pests and time-wasters of online trading are no more prevalent than in real life. The old rule applies: If a deal looks too good to be true, it probably is."

Look for warning signs:

- Beware of sellers who hide behind post office boxes or cellphone numbers.
- Check the trader's feedback listings and number of trades.
- Does the trader respond slowly to questions?
- Try to identify if the product is genuine – particularly with software, where copyright can be violated.
- If buying from an overseas site, check that the product is usable in New Zealand. Phones run on different systems, and that camera from Hong Kong may not display your pictures on the local PAL television system.
- Be wary of large bids from people who never intend to complete the deal. It may be a mischievous child on the family computer.

Ian quickly reports any misbehaviour to TradeMe, which can delist customers.

He uses the "daily deal" bargain sites often, but says with so many now operating, they struggle to find products – and often source them from the same factory. Again, do your homework.

Ian still sees a future for shops and malls, but says they will have to be more entertaining, providing a unique and pleasant experience.

(Ian has started running night classes at Waimea College in online trading. The first term booked out.)

Driving Miss Daisy, call and ride with a friend!



Driving Miss Daisy®
We're There For You

Driving Miss Daisy is a companion driving service offering more care, support and help than a standard transport provider. Word has spread in Nelson about the fantastic Driving Miss Daisy service.

"We offer a very professional service, as well as support and care for our clients," says Nelson franchise owner Frances Kemble Welch.

"Since we launched many of our clients have quickly become friends, and we love seeing the difference we are making to our clients lives."

The Driving Miss Daisy service is perfect for:

- Senior citizens who would like to maintain their independence
- Parents who need children to be delivered to/from after school activities
- Organisations who need to deliver people to/from appointments or engagements
- People who don't drive

Bookings essential. For more information call Frances on (03) 547 2133

Across:

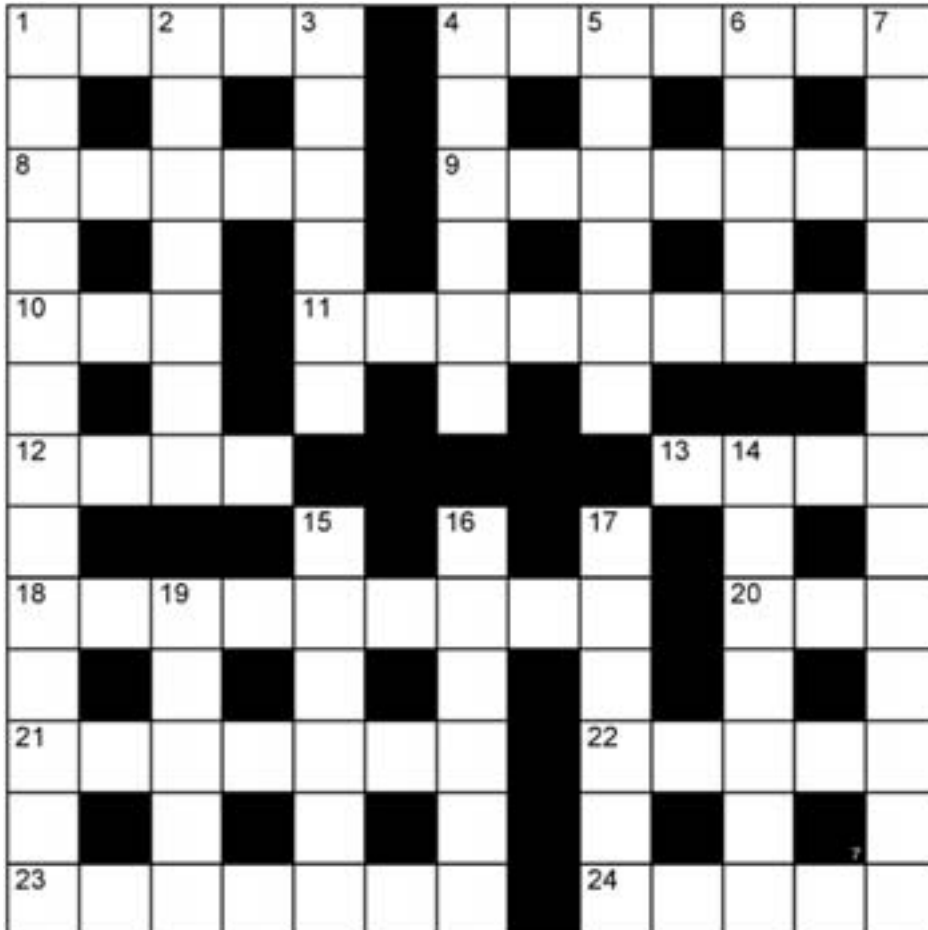
1. Making glass better (6,7)

W I N D O W T I N T I N G

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Simpler Clues

Clues Across

1. Issue, say (5)
4. Bird (7)
8. Spring flower (5)
9. Staying abed; having a child (5,2)
10. Knot (3)
11. Concerning drink (9)
12. Simplicity (4)
13. Material join (4)
18. Meaning (9)
20. Beverage (3)
21. Loosen buckle (7)
22. Dug from the ground (5)
23. Made certain (7)
24. Unsuccessful competitor (5)

Clues Down

1. The very latest (2,2,3,6)
2. Bank employees (7)
3. Say again (6)
4. Pick (6)
5. Get off vehicle (6)
6. Kingly (5)
7. Air Force officer (4,9)
14. Lengthens (7)
15. Not just (6)
16. Took small amounts of liquid (6)
17. Creature (6)
19. Correct marks (5)

Harder Clues

Clues Across

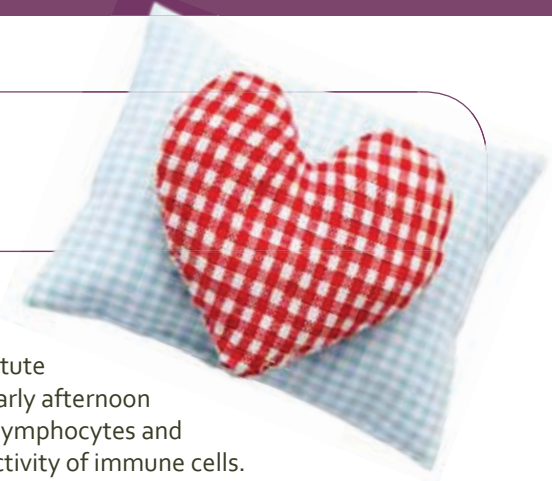
1. Out and out way to issue notes, for example (5)
4. Practise boxing and have an argument with a bird (7)
8. Flower with full contents in the apex (5)
9. Not getting up in the morning: is it the confinement? (5,2)
10. Even the result may get collared (3)
11. Addicted to drink provided by local company — Hi! (9)
12. Slacken off each half demi-semi (4)
13. A material sort of joint would appear to be sound (4)
18. What one has in mind in canvas shelter with one on (9)
20. Beverage not quite sufficient for eleven (3)
21. Mother's brother hasn't finished, the snake — let go! (7)
22. Dug out, so one might care to hear (5)
23. Made quite certain of sort of ruse in conclusion (7)
24. Being unsuccessful, he makes sole adjustment right at the end (5)

Clues Down

1. What hot news is, as one might count sixty seconds (2,2,3,6)
2. Those who retail tales count in banking circles (7)
3. Iterate what is concerned with fuel (6)
4. Pick Squadron-Leader to vote into office (6)
5. What smoker may need is to get off the train (6)
6. Royal note at the heart of what is genuine (5)
7. Footballer accepts order, being commissioned in the RAF (4,9)
14. Former wife looks after somebody and stretches it out (7)
15. Not just: dark, then? (6)
16. One quietly hurried around and took small mouthfuls (6)
17. Creature turned up in Bedlam in anorak (6)
19. Things that annoy sheep are signifying correct answers (5)

Answers page 14

Nap your way to health



Relax – a Nana Nap is good for your heart, aids concentration, gives you more energy, boosts your immune system, and even lifts depression.

Research shows that most people suffer from tiredness twice in every 24-hour period. Humans are “bi-phasic”, needing two periods of sleep: a long one at night and a shorter one during the day.

We all know our energy levels drop in the early afternoon. Body temperatures also fall. A short nap can help us revive. However, say researchers, any longer than 20 minutes and we slip into deep sleep, making us groggy on awakening and interfering with night-time sleep.

According to the www.siestaawareness.org website, Dr Roger Broughton of the University of Ottawa first proposed in 1975 that naps were a natural part of the human sleep cycle. He found that, even after a full night’s sleep, people have a strong urge to fall asleep in the early afternoon.

When volunteers were put into a time-free environment, they tended to sleep in two time periods; one at night and another about twelve hours later in the early afternoon. The Circadian Rhythm of the body is actually 25 hours, so the sleep pattern in a time-free environment would go forward an hour each day.

The case for a Nana Nap:

- A short siesta in the early afternoon can reduce the risk of heart disease by 34%, according to research (published 2007) by Harvard School of Public Health in the US and the University of Athens Medical School. The six-year study involved 24,000 men and women. (However, afternoon nappers are 26% more at risk of getting Type 2 diabetes, say researchers at the University of Birmingham and Guanzhou Hospital in China.)
- NASA found that astronauts and pilots improved their performance 34% and alertness 54% after a short kip.
- Researchers at the University of Dusseldorf, Germany, confirmed that a siesta not only eliminates fatigue, but can enhance memory.

- Sleep experts at the German Psychiatric Institute found that an early afternoon nap stimulates lymphocytes and enhances the activity of immune cells.
- Harvard University psychologists discovered that taking a nap can improve mood, reduce tension and ease pressure. A Stanford University School of Medicine study concluded that a short siesta every day can effectively drive away depression.
- “We all know that the three pillars of health are diet, exercise and sleep, and, sometimes people forget about the importance of sleep.” – Dr Alex Chediak, of the American Academy of Sleep Medicine and a researcher at the University of Miami.
- Contrary to popular belief, eating lunch does not bring on drowsiness, although a heavy lunch, carbohydrates and alcohol can make us more tired.
- Famous “power nappers”: Winston Churchill, Margaret Thatcher, Bill Clinton, Albert Einstein, Eleanor Roosevelt and Johannes Brahms.

So get into a routine. This advice from the Vancouver Coastal Health website:

- Set aside 30 minutes (and use an alarm). This gives you 10 minutes to fall asleep and 20 to nap. If you fall asleep faster, you are likely sleep-deprived and really need a nap.
- Avoid napping too late in the day, or close to your bedtime as it can affect your ability to fall and stay asleep at night.
- Get comfortable, remove your shoes, recline on a couch, bed or in a chair.
- Pull the curtains, or use an eye mask to block distracting light.
- Cover yourself with a blanket to stay warm.

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Crossword Solutions

CLUES ACROSS – 1. Utter 4. Sparrow 8. Tulip 9. Lying in 10. Tie 11. Alcoholic 12. Ease 13. Seam 18. Intention 20. Tea 21. Unclasp 22. Mined 23. Ensured 24. Loser

CLUES DOWN – 1. Up to the minute 2. Tellers 3. Repeat 4. Select 5. Alight 6. Regal 7. Wing Commander 14. Extends 15. Unfair 16. Sipped 17. Animal 19. Ticks

Mental, physical wellbeing on Expo agenda

Mental health as we age, body changes, DIY demonstrations and negotiating Facebook are just some of the items on the agenda of the Age 2 Be – Positive Ageing Expo on Monday 23 April at the Headingly Centre in Richmond.

With more than 60 stalls, the expo will showcase a diverse range of groups, products and services, from advice and assistance in health and social services to exciting hobby and recreational options. This is the fourth such expo, open to older adults and their families. Admission is free, with entertainment and complimentary tea, coffee and biscuits provided.

A new addition this year is a "health section", where information and resources will be available from providers. Psychiatrist Dr Matthew

Croucher will give a presentation, "Looking after ourselves – Mental Health as we age", from 11.00am to noon.

Dr Suzanne Busch's seminar is entitled "What really happens to our bodies with ageing – the good, the bad and the ugly ... What you can blame on getting old and what you can't". That's from 1.30-2.30 pm.

The main organiser for the expo is the Tasman District Council, in partnership

with Age Concern, Work and Income, Nelson City Council, Nelson Marlborough District Health Board, Nelson Bays Primary Health, and Grey Power.

Another innovation this year is a CarFit session, which offers older drivers a free check on how well they personally "fit" their vehicle. The check takes about 20 minutes. Assessments will be done on the spot but to book a set time, phone Margaret Parfitt on 03 546 0390.

Finally, we want your views. In the centre there will be a box where people can write suggestion notes on what would make ageing a positive experience. These tips will be forwarded to relevant organisations, and published in Mudcakes and Roses magazine.

Age 2 Be – Positive Ageing Expo

23 April 2012, Headingly Centre, 2-46 Headingly Lane, Richmond

For further information contact Mike Tasman-Jones, Tasman District Council Community Recreation Advisor, on Ph. 03 543 8403, or email mike.tasman-jones@tasman.govt.nz

Retirement Living and Care at its Best!



Above: Resident Joyce and her two daughters Lynley (left) and Heather (right).

After 65 years in the family home we are extremely happy with Mum's new beginning and beautiful journey at Ernest Rutherford Retirement Village.

Joyce's daughter Heather:

"Mums attitude has changed towards life, her health is so much better and she now has so many wonderful reasons to get up each day."

Joyce's daughter Lynley:

"This is a new life for Mum without Dad, so it's a huge relief for the family knowing during the night someone is always around should she need a little extra assistance."

Joyce:

"I feel like I'm on a cruise ship without the seasickness! Having the marvellous staff around for a bit of assistance with shopping trips and outings I now have a bounce in my step again."

Joyce, Serviced Apartment Resident

Brand New Apartments

Available now are beautiful brand new Independent and Serviced Apartments. Our Independent Apartments are affordably priced from just \$259,000* and Serviced Apartments, where a little extra assistance is always close at hand priced from \$159,000*. Be in quick as only a few remain!

Ask me about our friendly terms.

*Ongoing service fees apply.



A Ryman Village

For more information please phone
Debbie Edwards on 03 538 0882
49 Covent Drive, Stoke



Knobbled Cawthron a saviour for primary industries



Deirdre Mackay

Nelson's world-renowned Cawthron Institute is celebrating its 90th anniversary. The road has been bumpy, as author Deirdre Mackay discovered in writing the institute's history, *An Appetite for Wonder*.

"The path of the Cawthron Institute was defined in Thomas Cawthron's will. He stipulated that the institute's trustees

were, with one exception, to be appointed by dint of the public office they held. The region's mayors, members of Parliament and bishop became the core members of a trust board that determined the direction and working conditions of an institute dedicated to research – a discipline many trustees knew nothing about.

Some also lacked the financial, personal or business skills needed to direct such an organisation. In addition, every time there was a national or local body election, the make-up of the board altered. Yet any changes to the terms of that will required an Act of Parliament. The ability of the institute to function under an ever-changing board without science advisors, or people with business acumen, created obstacles to successive directors and CEOs from the institute's early days until the beginning of the 21st century. Changes introduced last century were piecemeal and the problem was not fully resolved until 2003 through the introduction of a new governance structure.

The success and worldwide reputation the institute enjoyed in its first few decades boiled down to a small, unified staff working in a private laboratory, owned by the people of Nelson, who believed in a vision shared by the trustees. At that time no single government organisation focused on the needs of the colony's fledgling primary industries. As the Cawthron Institute predated the DSIR (Department of Scientific Research) by more than five years, its original mission was clear – to assist industries throughout the Nelson area overcome problems relating to soil, climate, and fungal and insect pests not found in "the old country".

Within 30 years, though, it was an institute struggling for an identity. Its scientists were depicted in a newspaper cartoon as eccentrics working from outdated laboratories at "the bug house" (Fairfield House). Government-owned organisations took over many areas of research that the institute had pioneered and it was forever on a quest to find a new niche that would provide it with the funds to ensure its survival.

Successive trustees, directors and staff worked through these difficulties, eventually restoring the reputation the Cawthron had in its early years and building it into the thriving organisation it is today.

Locking in a bug boffin

An Appetite for Wonder was a long – more than three years – and personal journey for Deirdre Mackay.

"In a way it was a daunting task – a bit like doing a jigsaw puzzle without any idea of what the final picture should resemble. Much of the research material consisted of unsorted books, papers, manuscripts and notes stacked in large cardboard cartons which had to be put into some kind of order before even starting. There were some exciting finds, and fortunately I had David Miller's 1963 history to fall back on, along with other historical manuscripts written for the institute between 1979 and 2000.

"One unexpected bonus was unearthing family connections to the institute. Apart from having worked there briefly myself, I found my Harley cousins had sold the Cawthron land, had been members of the trust board in their capacity as Nelson mayors, and that the Cawthron Museum was previously their family home. This was all brought alive to me by Jeanette Mackay (nee Harley), who, at the age of 89 still has vivid memories of some of Cawthron's early staff and recalled thinking it a huge joke, when as a child, she and her brother locked a kindly entomologist into one of the bug houses after he'd left his keys hanging in the door."

RIMU GROVE WINERY
NELSON



Creative Writers

Welcome back to our Rimu Grove-sponsored literary section. Each issue we award a bottle of fine wine to a short story or poem contributed by one of our readers. The winner this time is Annika Ohlson-Smith.

SEND ENTRIES TO:

Rimu Grove Creative Writers
Dry Crust Communications, PO Box 3352, Richmond
or email to info@drycrust.com

An Early Mourning (Alzheimer's Lament)

BY ANNIKA OHLSON-SMITH

I miss
her handwritten letters
her "Dear Beloved Daughter"
her "Your Old Mamsen" sign-off

I miss
her carefully wrapped parcels
her clever verses on the labels
at Christmas

I miss
her monthly phone calls
her family gossip & expressions
her wicked sense of humour

When I call
her voice answers
by another person

a person I do not know
a person I did not want to know

I miss her terribly
already

When she finally dies
will my mourning
die with her?

Or will I miss
the other person too?



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- Licence to occupy available
- Access to activities programme, spacious grounds, weekly shopping



Please phone Tony or Helen Coombs at
Wensley House - 49 Wensley Road - Phone 544 4099

What is it?

Our curio this time is associated
with fruit. Answer on P23.



What's



APRIL – MAY 2012

EVERYTHING THAT'S HAPPENING, EVERYTHING THAT'S FUN...WE'VE GOT IT RIGHT HERE!

Golden Bay

Wednesday Walkers

Meet at Information Centre carpark, Takaka, leaving 9.00 am. Bring morning tea, raincoat etc, light boots or walking shoes. Contacts: Debby Rogers, 03 525 9090, Lelie Sise, 03 525 8898, Sonia Nalder, 03 525 9765.

Upright and Able for Falls Prevention

Ph. Jacinda Hohepa 03 525 8770 or 03 525 9708 for more information and registration.

Motueka

Cycling

Thursday night social biking group meets 5.45 pm out the back of Coppins Cycles (New World carpark entrance). No fancy lycra, no expensive gear required, no fees... just turn up. Rides about 12km.

Elder Abuse and Neglect Prevention

This FREE Session will include

- Forms of Abuse
- Neglect
- Why some people are more Vulnerable
- Statistics
- Prevention & Support Services

Presented by Jess Breeze (Age Concern Services). At Motueka Community House, Decks Reserve, Tuesday 15 May, 10.15am to 12 noon. You will need to register - please ring or call in and see Gaile. (Be Well Co-ordinator), Motueka Community House, Phone 528 0404.

Motueka 50+ walking group

All walks leave Deck's Reserve carpark, where transport is arranged. Meetings on the last Thursday of each month in the Uniting Church Hall, High St, 9.30 am. Contacts: Secretary Norah Morris, 03 528 6290, President Heather Archer 03 528 7475, Walks Coordinators Bet Glengarry 03 528 8009 and Alan Morris 03 528 6290. For details about Alternate walks, contact Lesley or Ray Crane field 03 527 8113. Website: www.motueka50pluswalkers.org.nz

Quilting

Motueka Quilting Connection Annual Show, May 19-21, Moutere Hills Community Centre, Upper Moutere.

Includes the Hoffman Challenge Quilts, guest exhibitor Chris Kenna, and members' challenge, "A view through a window". Daily 10.00 am - 4.00 pm.

Motueka Recreation Centre

Badminton, \$4 court fee, \$2 racquet hire.

60+ Social Club, cost \$6 per session. Ph. Wendy 03 528 8228.

Sit n Be Fit, Thur 10.30 - 11.30 am. \$4.

Sunshine Club, Friday morning 9 am - noon. Morning tea and activities provided. Free pick-up and drop-off.

\$4. Ph. Wendy 03 528 8228.

Silver Sneakers. Indoor walking group, 9.30 - 10.30 am. \$4.

Centre Gym is open 9.00 am - 9.00 pm Monday to Friday, 9.00 am - 4.00 pm on Saturday (closed Sunday). Ph. 03 528 8228 or fax 03 528 8560.

Motueka social dance group

Dance at Mapua Hall Saturday 21 April 2012, 7.30-11.00 pm. \$6 and a plate (children \$3).

Contact Margaret 03 528 7564, or Prue 03 540 2242.

Murchison

Murchison Community Resource Centre

Murchison Daytrippers. Phone Berylla Jones 03 523 9875.

Nelson

Bizarre Bazaar

Nelson Altrusa Club event in Stoke Memorial Hall, 548 Main Rd, on Saturday 21 April 2012. Clubs, groups and individuals will sell handcraft items plus materials such as fabrics, fillings, bits and bobs to complete a toy or handcraft, tools, wools, knitting needles and patterns.

Nelson Dance Along

Richmond Town Hall, 7.30-11 pm on alternate Saturdays. Tape music, home-made supper provided. \$3 members & \$4 non-members. Ph Rosalie Winter 03 548 2236.

Nelson 50+ Walking Group

Farm walks, mini-walks and fortnightly tramps. Drivers must notify the leader of the day of intention to walk and confirm the meeting place. (E = easy, M = medium, H = hard.)

Tuesday walks

3 April: Graham Valley, North Branch, M, Alison Polglaze 03 544 6833, Roger Haynes 03 539 6402, 9.00 am.

17 April: Green Hills (forestry), M, Ron Maylor 03 546 5170, Adriana de Ridder 03 538 0271, 9.30 am.

1 May: Kairuru Farm, Takaka Hill, M, Lyn Callister 03 545 2322, Bob Dickens 03 548 5048, 9.30 am.

15 May: Mt Duppa (forestry), H, Alison Polglaze 03 544 6833, Cheryl Carnahan 03 544 7684, 9.00 am.

29 May: Bridge Valley, M, Bob Dickens 03 548 5048, Dave Spencer 03 544 8144, 9.30 am.

12 June: Mid-Winter Luncheon, Petite Fleur, Seifrieds.

(Forestry walks may have to be cancelled due to logging, in which case an alternative walk will be arranged.)

Thursday walks

1 April: Te Puketea Bay, Abel Tasman, M, Carolyn Brown 03 544 2286, Lyn Frost 03 545 0124, 8.30 am.

26 April: Kaiteriteri, M, Bob Dickens 03 548 5048, Carolyn Brown 03 544 2286, 9.30 am.

10 May: Pepin Island, M, Bernie Hawkey 03 545 1033, Marilyn Davis 03 548 2167, 9.30 am.

24 May: Bishop Peninsula, Delaware Bay, E, Cheryl Carnahan 03 544 7684, Lyn Callister 03 545 2322, 9.30 am.

7 June: Highfields, M, Richard Boyden 03 544 8028, Adriana de Ridder 03 538 0271, 9.30 am.

21 June: Blunder Rd, Collins Valley (forestry), M, Lyn Callister 03 545 2322, Marilyn Davis 03 548 2167, 9.30 am.

(Forestry walks may have to be cancelled due to logging, in which case an alternative walk will be arranged.)

Nelson Nursing Service

Nelson Nursing Service is proud to be the ONLY Nelson-owned and operated Home Support and Community Nursing Service in the region. Our services are flexible and can be provided either in your own home or at our purpose-built clinic.

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- 24 hour nursing in the home, including home support and personal care. On-call Registered Nurse available at all times.
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- Measure and supply of compression hosiery.
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If you are looking for contacts for community groups and clubs checkout the Found Community Database www.found.org.nz

APRIL – MAY 2012

EVERYTHING THAT'S HAPPENING, EVERYTHING THAT'S FUN...WE'VE GOT IT RIGHT HERE!

Miniwalks

10 April: Railway Reserve (Meet Saxton carpark), Janice Neame 03 547 4878, 10.00 am.

24 April: Pepin Island (meet 155 Nile St), Judy Redai 03 547 5866, Joan Tyler 03 543 8926, 10.00 am.

8 May: Harveys Farm (meet Washbourn Gardens), Juanita Friend 03 547 6642, 10.00 am.

22 May: Hira to Teal Valley (meet 155 Nile St), Jean Griffin 03 547 2525, 10.00 am.

5 June: Rabbit Island (meet Washbourn Gardens), Gwen Willis 03 547 3315, 10.00 am.

12 June: Mid Winter Luncheon, Petite Fleur, Seifrieds.

(Forestry walks may have to be cancelled due to logging, in which case an alternative walk will be arranged.)

Nelson Provincial Museum

For info on exhibitions, visit www.museumnp.org.nz

Stoke Seniors Club

Contact Christine, Anne or Ruth on Ph. 03 547 2660 Email: stokeseniors@xtra.co.nz

Regular activities

Scrabble Club – Mondays 1.00 pm.

Euchre – Tuesdays 10.30 am.

Mah Jong – Tuesday 1.00 pm.

500 Club – Wednesdays 1.00 pm.

Art class – Mondays 10.00 am and 1.00 pm. \$4.

Walking group – Tuesdays 10.00 am from the Stoke Memorial Hall carpark. A casual walk of about 1 hour.

Tai Chi – Tuesday 1.30 pm. \$3.

Sit and Fe Fit exercises to music – Wednesday 11 am.

Pilates – Wednesday at 1.30 pm. \$2.

Strum-pets ukulele group – Thursdays 10.30 am - noon. You need to have your own uke. Contact Ruth.

All the above classes meet in the Stoke Memorial Hall.

Monthly Movie

Ph. 03 547 2660 to check what's on, date and starting time.

Housie – second Tuesday and last Wednesday of the month. \$5 a card.

Tuesday Morning Craft Club 10.30 am. \$2.

Social Seniors Choir

The Musical Demons meet Thursdays from 11.00 am to

noon. For details, contact Anne.

Card Making – (8-week course) Thursdays at 1.15 pm. \$3 per session.

"Lads at Large" and "Girls Own" trips – once a month on Fridays. Contact Ruth or Anne.

Travel Club – For information on trips, phone the office on 03 547 2660.

Monday Out & About Trips & Picnics.

Thursday Out & About, 11.00 am. A van tiki-tour around Nelson region.

Weekly Afternoon Entertainment – contact office for programme details.

Also Tuesday-Thursday Meals – a two-course meal at midday for \$8 (members), \$10 (non-members). Ph. 03 547 2660 to book (preferably by 9.30 am the day before).

Saxton Seniors

Classes are designed to improve flexibility, strength, balance and general wellbeing.

Senior Walking Group: Tuesday and Thursday 9.30-10.30 am. \$4.

An indoor all-weather activity that includes a falls-prevention strength and balance circuit, followed by a cup of tea.

Open Badminton

Tuesday, 4.00-6.00 pm, first session free. Coaching / assistance available on the day.

Tai Chi for Health: Thursdays, 10.00 am (beginners) and 11.30 am (intermediate). \$5.

Ph 03 538 0072, email saxtonstadium@xtra.co.nz

Suter Art Gallery

Rita Angus: Selected Works 5 May - 14 June. 40 works from one of NZ's pioneering artists.

Bohemians of the Brush: Pumpkin Cottage Impressionists 5 May - 10 June

The Group

12 May - 24 June
Rita Angus, Leo Bensemann, Colin McCahon, Toss Woollaston, Doris Lusk, Olivia Spencer Bower.

Richmond

Club 50

A social group of mature adults looking for companionship, recreation and enjoyment.

Phone 03 544 3955 or email Richmond@sporttasman.org.nz. Meet every Tuesday 9.30 am (unless otherwise stated), Richmond Recreation Centre

& Town Hall, Cambridge St. Carpooling available.

Richmond Senior Citizens Assn Oxford St rooms.

Tuesday afternoon, cards.

Wednesday 9.00 am to 2.00 pm, quiz, housie and various activities.

Thursday afternoon, cards.

Friday 9.00 am to noon, light exercises and morning tea.

An outing on the last Wednesday in the month.

Ph Elaine Mead 03 544 5654

Upright and Able for Falls Prevention

Free 6-week course for those over 65 with a fear of falling. Ph. Cherie Thomas 03 539 1812 or email Cherie.Thomas@nbpho.org.nz for more information and registration.

Wakefield

Way2Go activities:

Pilates – Village Hall Mondays at 7.00 pm.

Active Seniors Class – Village Hall. Tuesdays at 11.00 am.

Sit and Be Fit Classes – Village Hall. Thursdays at 10.00 am.

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RECREATION PROVIDERS



APRIL – MAY 2012

EVERYTHING THAT'S HAPPENING, EVERYTHING THAT'S FUN...WE'VE GOT IT RIGHT HERE!

Golden Bay

Age Concern

Offering support services, information and advocacy to older people in the Bay. Our services include Elder Abuse & Neglect advice and support, and an accredited visitor service. Phone the office, 62 Oxford Street, Richmond, on 03 544 7624.

Drop-in Yoga

\$8 per class at the Catholic Hall, 94 Commercial St, Takaka Terry Ph. 03 525 7422.

Genealogical Group

Sally Ph. 03 525 8086

Gentle Exercise Classes

(through Golden Bay Physio Clinic) Held at Golden Bay Community Hospital, Mondays 10.00 – 11.00 am. No charge. Erica Ph. 03 525 9708

Sit and Be Fit

Golden Bay Community Centre, Tuesdays 10:30-11:30 am. \$2 donation. Jacinda Ph 03 525 8770

Golden Bay Contract Bridge Club

Leigh Ph 03 525 9744

Golden Bay Garden Club

Diane Ph 03 525 6121

Golden Bay Patchwork and Quilters Guild

Liza Ph 03 524 8487

Guided Gym Session

Wednesday 12.00 – 1.00 Georgie Ph 03 525 6110

Indoor Bowls/Cards

Senior Citizens Club rooms. Mary Ph 03 525 8445

Mah Jong

Ethel Ph 03 525 8615

Marble Mountain Country Music Club

2nd and 4th Sunday of each month at the Senior Citizens Club rooms. Nancy Ph 03 525 9491

Motupipi Indoor Bowling Club

Thursday nights, 7.30 pm at the Motupipi Hall. Supper and games for \$1. Nancy Ph 03 525 9491

Nordic Walking

Michelle Ph 03 528 0252

Pohara Bowling Club

Jennifer Ph 03 525 9621

Probus

Jan Ph 03 525 9197

Puramahoi Table Tennis

Rene Ph 03 525 7127

SeniorNet [Golden Bay]

Beginner courses in home computing, based in clubrooms at the Takaka Showgrounds. Rosemary Ph 03 525 7565

Tai Chi for Arthritis

Ann Ph 03 525 8437

Takaka Golf Club

Ph 03 525 9054

Takaka Golf Club

Ladies Section

G. Turley Ph 03 525 9122

Takaka Spinning Group

Jan Ph 03 525 9374

Takaka Table Tennis

Rene Ph 03 525 7127

University of the Third Age (U3A)

Aileen Ph 03 525 7345

Upright and Able for Falls Prevention

Free 6-week courses for those over 65 with a fear of falling. Ring Jacinda Hohepa on 03 525 8770 or 03 525 9708 for more information.

Uruwhenua Women's Institute

2nd Tuesday each month Anglican Church Hall, 1.30 pm Nancy Ph 03 525 9491

Wednesday Walkers

Bron Ph 03 525 8627 Bob Ph 03 525 9958

Workouts

Masonic Hall Takaka, Mondays 9.30-10.30 am Wednesdays 9.30 -10.30 am, Fridays 9.00-10.00 am Ph 03 525 6110

Hope

Hope Midweek

Badminton Club

Carolyn Ph 03 541 9200

Nelson Veterans Tennis Club

Hope Courts every Thursday Ph 03 547 6916

Mapua

Indoor Bowls

Mapua Friendship Club Mapua Public Hall Valerie Ph 03 540 3685

Low-Impact Aerobics and Pilates

Wakefield, Upper Moutere and Mapua Lynda Ph 03 543 2268

Mapua Bowling Club

Dave Ph 03 540 2934

Nordic Walking

Michelle Ph 03 528 0252

SeniorNet (Motueka)

Computer learning for the over 55s at 42 Pah St. Mary Ph 03 540 2758 Maureen Ph 03 528 0630

Taoist Tai Chi

55 Muritai St, Tahunanui Ph 03 545 8375

Motueka

Aerobics/Gym and Fitness Centre

50+ Aerobics Mot Rec Centre Jody Ph 03 528 8228

Age Concern

Support services, information and advocacy to older people in Motueka. Our services include Elder Abuse & Neglect advice and support, and an accredited visitor service for older people. Office: 62 Oxford St, Richmond. Ph 03 544 7624.

Arthritis NZ

Immersion Therapy session. 10.30 am, Mondays at Ngawhatu Pool. Bus leaves Motueka 9.30 am. Susan Ph 0800 663 463

Gym & Fitness Centre

Studio Gym 275 Catherine Ph 03 528 4000

Healthy Hearts Club

St Thomas Church Hall Wendy Ph 03 528 6692

Indoor Bowls

Motueka Senior Citizens Hall. George Ph 03 528 7960

Line Dancing

Motueka Senior Citizens Hall. Beryl Ph 03 528 8265

Line Dancing (Beginners)

Huia Clubrooms, High St. Mondays 7.00-9.00 pm. Sue Ph 03 528 6788.

Marching

Motueka Veteranettes Marching Team Bev Ph 03 528 9125

Motueka and District Historical Association

Meets fourth Saturday of the month, April to November, Community House, Decks Reserve, 1.30 pm. Coralie Ph 03 528 8241 or Patsy Ph 03 528 5003

Motueka Bowling Club

Don Ph 03 528 7208 Tony Ph 03 528 9175

Motueka District Museum

Mon to Friday 10.00 am - 4.00 pm. 140 High St. Ph 03 528 7660

Motueka 50+ Walking Group

Meets last Thursday of each month in the Uniting Church Hall, High St, at 9.30 am. Heather Ph 03 528 7475 Norah Ph 03 528 6290.

Nordic Walking

Michelle Ph 03 528 0252

Riwaka Bowling Club

School Rd, Riwaka Kathy Ph 03 528 4604 Pat Ph 03 528 8347

Riwaka Croquet Club

Sally Ph 03 528 8296

Scottish Country Dancing

Valerie Ph 03 543 2989

SeniorNet [Motueka]

Computer learning for the over 55s at 42 Pah St. Mary Ph 03 540 2758 Maureen Ph 03 528 0630

Social Recreation

Kiwi Seniors (Motueka) Vonnie Ph 03 528 7817

Upright and Able,

Falls Prevention

Cherie Ph 03 539 1812 to register for the next free 6-week course.

U3A (University of the Third Age)

Have fun learning cooperatively. Variety of

courses available.

Malcolm Ph 03 528 7484 Sandra Ph 03 528 4616

Yoga

Dru Yoga class at Moutere Hills Community Centre, Thursday 9.30-11.00 am and 6.00-7.30 pm. Riverside Community, Tuesdays 6.00-7.30 pm. Casual \$12. Sue Ph 03 543 2125

Murchison

Age Concern

Offering support services, information and advocacy to older people in Murchison. Our services include Elder Abuse & Neglect advice and support, and an accredited visitor service. Phone the office, 62 Oxford St, Richmond, on 03 544 7624.

Murchison Community Resource Centre

Monday: Sit & Be Fit 10.45-11.30 am. \$2 a session. Tuesday: Zumba 5.45-6.45 pm. \$2 a session. Wednesday: Tai Chi 11 am. Good for body-mind balance, bone health, fitness, falls prevention and relaxation. \$2 a session. Walking Group 1.30pm. Thursday: Pilates Levels 1-3, 5.15-6.15 pm. \$5 a session or \$40 a term. Zumba 7-8.00 pm. Berylla Ph 03 523 9875

Nordic Walking

Jacqui Ph 03 544 1645

Nelson

Age Concern

Support services, information and advocacy to older people. Our services include Elder Abuse & Neglect advice and support, and an accredited visitor service for older people. We also distribute the Total Mobility Taxi Voucher scheme for Nelson & Richmond. Our office is at 62 Oxford St, Richmond. Ph 03 544 7624.

Angie's Active Circuit

Tone. Increase Muscle. Burn Fat in this Fun, Easy Aerobics & Circuit class. Thurs 9.30-10.30am, \$5, Tahunanui Presbyterian Church, Muritai Street Angie Ph. 03 547 0198.

**Aquatics/
Swimming/Gym**

Riverside Pool
Ph 03 546 3221

Art Group Nelson

Meets first Wednesday of the month. All welcome. Philippa Ph 03 546 7337.

Arthritis New Zealand

Services are now managed from Christchurch, 0800 663 463. Clinics available from Nelson Bays Primary Health, Ph 03 539 1170.

Belly Dancing

Victory Community Centre. Tuesday from 6.00 pm.
Sabina Ph 03 546 8511

Bodyvive (Low-impact)

CityFitness, Quarantine Rd, Nelson. Monday, Tuesday and Thursday 10.20 am.
Debby Ph 03 547 4774

**Cardiac Club/Gym
& Fitness Centre**

City Fitness
Sharon Ph 03 539 0348

Cardiac Support Group

Information and support to people affected by Cardiovascular Disease. We hold a three-monthly get together for former patients and those on waiting lists. Contact Averil Ph. 03 545 7112

Diabetes NZ Nelson

Information centre 50 Halifax St, Nelson, Ph 03 546 6142. Hours: Monday, Wednesday, Friday 11.00 am - 2.00 pm. We stock jams, sauces, recipe books etc.

Dining4 Twelve

Convivial gatherings for 50+ singles. No fees, no pressure. Contact Jenny Dining4Twelve@xtra.co.nz

Golf Croquet

Nelson-Hinemoa
Bev Ph 03 548 2190

**Government
Superannuitants'
Association**

Graeme Ph 03 547 6007
email nelson@gsa.org.nz

**Grandparents Raising
Grandchildren**

Meets last Tuesday of the month at 10.00 am. Presbyterian Church Sunday School rooms,

Muritai St, Tahunanui. Social gatherings second Tuesday of the month at 10.30 am.
Paula Ph 03 548 6660.

Gym

Contours Health & Fitness Ph 03 544 0496

Hatha Yoga

Maureen Ph 03 546 4670

**Hearing Association
Nelson**

Card Group Mondays from 1.15. Talks, Dangerous Decibels and sound system demonstrations to social groups on the topic of understanding hearing loss. Ph 03 548 3270

Hot Yoga

Claire Ph 03 548 2298

Housie Evening

Stoke Rugby Clubrooms, Neale Ave, Stoke. Wednesday nights, 7.15 - 9.45 pm.
Buddy Ph 03 547 3230
John Ph 03 547 1689

Marching

Silveraires Leisure
Marching
Diana Ph 03 548 9527

Marybank Garden Club

Meets on the 1st Tuesday of each month (except Dec/Jan) at 7.30 pm. in the Highland Pipe Band Hall, Paru Paru Rd, Nelson.

Nelson Caravan Club

Allan Ph 027 319 7427

**Nelson Community
Patrol**

Suzu Ph 03 539 0409

Nelson Dance Along

Rosalie Ph 03 548 2236.

**Nelson Electronic Organ
and Keyboard Club**

First Tuesday of each month, Stoke School Hall, 7.30 pm. \$2. Supper provided.
Valerie Ph 03 540 3288.

Nelson 50+ Mini-Walks

Gwenda Ph 03 544 5307

Nelson Male Voice Choir

Rehearsals: School of Music, Monday evenings. John Ph 03 547 5181 or Ernie Ph 03 548 7291

Nelson Petanque Club

Wed and Sun 1.15 pm at Highland Pipe Band Hall Paru Paru Rd. Boules and tuition provided.
Adrienne Ph 03 545 0070.

**Nelson Philatelic
Society**

Stamp collectors meet second Tuesday of the month, 7.30 pm, Stoke School. Ph 03 547 7516 or 03 548 6269

Nelson Savage Club

A club for entertainers. Variety Concert on the second Wednesday of each month. Presbyterian Church Hall, Muritai St, Tahunanui at 7.30 pm. \$2. Joyce Ph 03 548 1224 or Philipa or Ernie Ph 03 547 7022

Nelson Scrabble Club

Meets every Wednesday 7.00 pm at the Nelson Suburban Club, 168 Tahunanui Drive. Steve Ph 03 544 0475.

Nelson Senior Citizens

Social Indoor Bowling Club. Valda Ph 03 544 1487

**Nelson Social
Dancing Club**

Live band on the second Saturday of each month, 7.30-11.30 pm, at Broadgreen Intermediate School Hall. Members \$8, non-members \$12. Alan Ph 03 547 9085 to confirm.

Nordic Walking

Jacqui Ph 03 544 1645

**Over 50s Pilates
and Yoga**

Body Power. Sue Ph 029 281 3735 for pilates, or Margot Ph 029 281 3735 for yoga.

Pottery

Craft Potters Nelson run tutored weekly pottery class for members and non-members at their Hope premises (202 Ranzau Rd). Everything provided – you only need to buy clay.
Uta Ph 03 541 8953

**Probus, Stoke-
Tahunanui ladies branch**

Meets third Wednesday each month.
Pauline Ph 03 547 5238.

SeniorNet [Nelson]

Computer instruction for people aged 55+. Clubrooms at Pioneer

Park, Hastings St, Pat Fuller Ph 03 548 5514.

**Senior Service - Nelson
Baptist Church**

Inter-denominational service on second Sunday of the month, 2.00 - 3.30 pm. Transport available.
Alan Ph 03 548 7381

Sit and Be Fit

A 35min class to music. Victory Community Centre, Totara St, Nelson, Tuesdays 10.00 am
Leigh Ph 03 548 1689.

**Stroke Club Nelson
Social activities**

For people who have had strokes, and their carers. St. Francis Hall, Songer

St, Stoke.

Irene Ph 03 544 8665

**Stroke Foundation
Caregivers Support
Group**

Meets once a month. Anne-Marie Ph 03 545 8183.

Support Works

Assesses the needs and co-ordinates services for people affected by disability. For a free assessment, Ph 03 546 3980 or freephone 0800 244 300.

Suter Art Gallery

Exhibitions, floortalks, lectures and films. See www.thesuter.org.nz for details. 208 Bridge Street, Nelson.

Table Tennis

Nelson Table Tennis Club. Ph Kate, 03 547 5066, or the Stadium, 03 547 9479.

Tahunanui Bowling Club

Murray Ph 03 547 6921

**Tahunanui
Community Centre**

"Friends and neighbours" social group meets Wednesday afternoons. Up Cycle: Improve your bike-riding skills. Garden Group: Monthly meeting on a Wednesday evening 7.00 - 8.30 pm. Walking Group: Wednesdays 10 am. Meet at the Community Centre, 61 Muritai St, and walk for 1hr.
Ph 03 548 6036

Tai Chi with Gretchen

Trafalgar St (Age Concern) Hall
Gretchen Ph 03 548 8707

**Taoist Tai Chi Internal
Arts for Health**

Classes starting Thursday 9 February, 9.30 – 11.00 am, Wednesday 15 February, 6.00 - 7.00 pm, Saturday 25 February, 9.00 - 10.30 am, 55 Muritai St, Tahunanui. Ph 03 545 8375 and leave a message. Be part of a large, exciting club. Suitable for all ages, and first class is free.

The New Hub

Circuit Training every Thursday 10.00 – 11.00 am. All ages and levels of fitness welcome. \$3. New St venue.
Ph 03 545 9147.

U3A

Ph Caryl 547 6359 or Jean 544 4688.

Ukulele with Gretchen

Wednesday mornings
Trafalgar St (Age Concern) Hall

Ph 03 548 8707

**Upright and Able for
Falls Prevention**

Free 6-week course for those over 65 with a fear of falling. Ph 03 539 1812 or email Cherie.Thomas@nbpho.org.nz for more information and registration.

**Veterans' (55+) 9 hole
golf days**

Greenacres Golf Club, last Monday of every month. Dick Ph 03 547 6071 or Club Professional Ph 03 544 6441

**Victory Laughter
Yoga Club**

Stretch, breathe, laugh, relax.
Gareth Ph 03 546 8389

Victory Senior Support

Meet every Tuesday at 1.30 pm at Anglican Church, 238 Vanguard St, Nelson, for entertainment, games and guest speakers. Shirley Ph. 03 546 9057, Tuesday to Friday, 9.30 am to noon. Also Victory Sit and Be Fit. New class, Thursdays 10.00-10.45 am, 238 Vanguard St. Ph. Shirley 03 546 9057 or 03 547 1433.

Walking

Nelson 50+ Walking Group
Noel Ph 03 544 2286

Yoga

Dru Yoga class at Muritai Centre, Tahunanui School, Monday 6.30 – 8.00 pm. Casual \$12.
Sue Ph 03 543 2152

**Zenda Middle
Eastern Dance**

St John's Church Hall, Hardy St
Gretchen Ph 03 548 8707

Richmond

Age Concern

Support services, information and advocacy to older people in the community. Our services include Elder Abuse & Neglect advice and support, and an accredited visitor service for older people. We also distribute the Total Mobility Taxi Voucher scheme for Nelson & Richmond. Our office is at 62 Oxford St, Richmond. Ph 03 544 7624.

Badminton

Richmond Morning Badminton
Dawn Ph 03 544 4120

Body Power Pilates & Yoga Centre

Richmond Town Hall
Sue Ph 029 281 3735

Bodyvive (Low-impact)

CityFitness Quarantine Rd, Nelson. Monday, Tuesday and Thursday 10.20 am
Debby Ph 03 547 4774

Bridge

Lessons Monday evenings or Tuesday afternoons
All enquires to Shirley Ph. 03 544 6734.
Richmond Bridge Club, 348 Lower Queen St.

Crafts Caring & Sharing

Starts Monday 7 May & each Monday until the end of September. 9.30 am - noon at the Wesley Centre, Richmond, opposite TDC. Gold coin donation includes morning tea. Pauline 03 544 9174 or Emily 03 544 5423.

Croquet

We welcome new members to Golf croquet in Richmond, Thurs & Sundays at 1.00 pm. Ph Sheryl 03 541 0623. Association croquet, Wed & Sat 10.00 am. Ph Betty 03 544 7268. Club lawns opp. new health centre, Lower Queen St.

Easy Exercise

Senior Citizens Hall Friday 10.00 - 11.00 am
Morning tea to follow Elaine Ph 03 544 7624

Euchre

Warm and friendly, \$2 with cuppa, raffles at Richmond Bowling Club. Friday 1.30 - 4.00 pm. Monica Ph 03 544 2749

Hope-Ranzau Women's Institute

1.15 pm on the first Wednesday of each month at Holy Trinity Church Hall, Dorset St, Richmond. Visitors welcome. Brenda Ph 03 544 5872.

Indoor Bowls for Seniors

Church of Christ Hall. Cnr Croucher & D'arcy Sts. Tuesday 1.00 - 3.00 pm
Phyllis Ph 03 544 8383

Laughter Yoga, Richmond

Nourish your wellbeing. Richmond Ph 021 145 3027

Line Dance Nelson

Alison Ph 03 546 9878

Nordic Walking

Jacqui Ph 03 544 1645

Pedometers from the Library

From Nelson City or

Tasman District libraries. \$2 for 6-week loan.

Pottery

Tutored classes at Craft Potters, Ranzau Rd, Hope. Any or no experience. \$100/term, firing and glazes free. Ph 03 544 5172 or email craftpotters@ts.co.nz

Richmond Bowling Club

Have a go, Tuesday 1.00 pm, Thursday at 1.00 pm and 5.45 pm. Bowls and shoes provided. Richard Ph 03 544 7076 or club Ph 03 544 8891

Richmond Indoor Bowls

Mondays 1.30-3.30 pm Richmond School hall, Oxford St. A friendly session. All welcome. Heather Ph 03 544 6704 or Gwen Ph 03 544 7953

Richmond Recreation Centre & Town Hall

9 Cambridge St, Richmond. Ph. 03 544 3955 or email richmond@sporttasman.org.nz. Website: www.sporttasman.org.nz or www.way2go.org.nz

Richmond Slimmers Club

Meets every Wednesday at the Richmond Town Hall. Fun club. \$2 a meeting. Ph . Margaret Ph 03 544 7293

Silver & Strong

Seated or Standing light Exercise Circuit that helps you with your everyday life Helps with Strength, Stability and coordination Mondays 10.30-11.15am, Cost \$4 & a Cuppa at Richmond Social Seniors, Age concern building, Oxford Street, Richmond Angela 03 547 0198.

Sport Tasman's Club Recreation

9 Cambridge St, Richmond Ph 03 544 3955, \$4 Fitness Easybeat: Monday & Friday 9.00 am Ease in2 Easybeat: Monday & Friday 11.15 am Shapeup: Mon & Fri 10.10 am Sit & Be Fit: Fridays 11.15 am Ease in2 Cycling: Social cycling Mon & Wed 1.00 pm, \$4. Please ring that morning for meeting place. Club50: Tuesdays 9.30 am, Seniors, social recreation & outings. New member welcome, \$3. Walking Group: Mondays 9.30 am, no charge. Fun Housie with prizes. Designed for those with special requirements. Fridays, 2.00-4.00 pm, \$3.

Spinning, weaving

Richmond Spinning & Weaving Group meets every 2nd & 4th Thursday of the month, at Birch Hall, Richmond Showgrounds, 9.30 am. New members & learners welcome. Mary Ph 03 547 2611

Social Cards

Senior Citizens Rooms, Oxford St. Tuesdays 500, Thursdays 500, Rummy Cub and Scrabble. 1.30-4.30 pm. \$1. Kath Ph 03 544 5563

Tasman Tennis Centre

Social tennis Tuesday mornings 9.30 am, beside the Badminton Hall, Gladstone Rd. Coaching available. Ngaire Ph 0272 79 99 38 or the centre Ph 03 544 6083

Tasman Visual Arts Group

Last Wednesday of the month Richmond Bowling Club rooms. New members welcome. Gary Ph 03 541 8842

Tai Chi with Gretchen

Richmond Town Hall and Oakwoods. Gretchen Ph 03 548 8707

Ukulele

Fridays afternoons, Oakwoods, lower Queen St. Gretchen Ph 03 548 8707

Upright and Able, Falls Prevention

Free 6-week course for those over 65 with a fear of falling. Ph. Cherie Thomas 03 539 1812 or email Cherie. Thomas@nbpho.org.nz for more information and registration.

Yoga

Dru Yoga class at Richmond Recreation Centre, Monday 10.30 am - noon. Casual \$12. Sue Ph 03 543 2125.

Stoke**Angie's AquaFitness**

Exhilarating, fun & motivating Aqua Class. Superb way to get back into activity. Comfortable no-impact environment. Be fitter/healthier/stronger. All shapes & sizes welcome. Tues 10.45-11.45am, Thurs 6-7pm, \$6 Ngawhatu Pool, Stoke Angie 03 547 0198.

Angie's Silver Circuit

Seniors ONLY. Light Exercise Circuit helping you with your everyday

life. Build Your strength & stability. Improve balance. Fridays 10.30-11.15am, Just \$4. Stoke Seniors. Behind Memorial Hall. 548 Main Rd Stoke Turn-up or call Angie on 03 547 0198.

Clogging/Tap Dancing

Nelson Sun City Cloggers. Georgina Ph 03 545 1037

Country Music

Stoke Old-Time Country Music Club meets every 2nd Sunday at the Stoke School Hall, 6.30. Lovely music and we won't burst your eardrums. \$2. R Knight 03 542 3527

Easy Exercise

Sit & Be Fit for Men & Women. Arthritis NZ Every Tuesday 10.00 am

Stoke Methodist

Church Lounge Maureen Ph 03 546 4670

Hatha Yoga

Maureen Ph 03 546 4670

Hydrotherapy

Ngawhatu Therapeutic Pool. Day and evening sessions Thelma Ph 03 547 6384

Introductory Pilates

Stoke Memorial Hall Tuesday 1.30 pm Wednesday 9.30 am Christine Ph 03 547 2660

Ngawhatu Bowling Club

300 Montebello Ave, Stoke. Friendly, welcoming club. Wednesday 1.00 pm. Twilight bowls Thursday 5.45 pm. Mary Ph 03 547 4340.

Pottery

Nelson Community Potters, 132 Rutherford St. Social group on Thursday mornings or Twilight Pottery on Monday evenings, 7-9 pm. Free to members & \$7 for casual (new members welcome). Contact Sue 03 548 5741 or Megan 03 547 5252.

Presbyterian Support

Our Harakeke Club welcomes people who have had a diagnosis of Alzheimer's Disease or another dementia. We provide opportunities for socialising, participating in a varied activities programme, and more. Mon-Fri, 10.00 am to 2.30 pm. Totara Club. Day programmes for older people, socialising and participating in a personalised activity programme. Both clubs also provide a two-course

cooked lunch and door-to-door transport to and from the centre. Ph Sasha Spargo 03 547 9350

Safety & Confidence

Kidpower, Teenpower, Fullpower Trust Cornelia Ph 03 543 2669

Saxtons Sit and Be Fit

Mondays at 10.00 am, Saxton Stadium. \$3 Leigh Ph 03 548 1689 or 021 547 811.

Stoke Bowling Club

Lyndon Ph 03 547 4780

Stoke Combined Probus Club

Meets every 4th Tuesday 10.00 am at Nick Smith's Rooms, Waimea Rd. Sue Ph 03 548 6062.

Stoke Social Seniors

Pilates: Wednesdays 1.30 pm Tai Chi: Tuesdays 1.30 pm Sit and Be Fit: Stoke Memorial Hall Christine Ph 03 547 2660

Tuesday Walking Group

Departs 10.00 am from Stoke Seniors Hall. Ph 03 547 2660

Table Tennis Nelson

Nelson Table Tennis Club. Ph Kate, 03 547 5066, or the Stadium, 03 547 9479.

Ukulele Fun

Stoke Memorial Hall, Thurs 10.30 am - noon. All levels welcome. Bring your uke and a sense of humour. Gold coin donation. Ph 03 547 2660.

Upright and Able, Falls Prevention

Free 6-week courses for those over 65 with a fear of falling. Ph. Cherie Thomas 03 539 1812 or email Cherie. Thomas@nbpho.org.nz for more information and registration.

Tapawera

Visual Art Society Kaye Ph 03 522 4368.

Walking

Rural Ramblers Una Ph 03 522 4083

Wakefield

Easy Exercise Arthritis NZ, Nelson Nancye Ph 03 541 9040

Live Well, Stay Well Activity Group

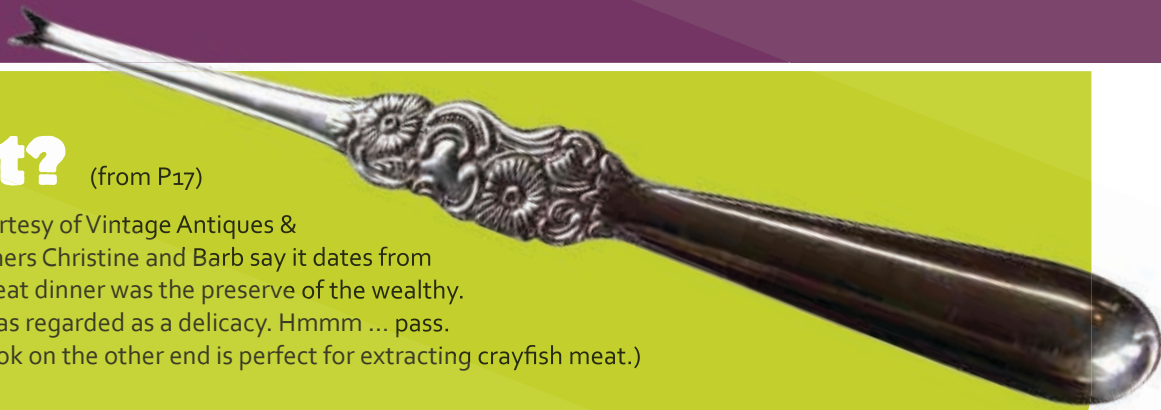
Greg Ph 03 541 9320

Silverthreads Fun Afternoon

Meetings at 1.30 pm, Wakefield Village Hall Heather Ph 03 541 9214.

What is it? (from P17)

This is a marrow scoop, courtesy of Vintage Antiques & Collectables in Nelson. Owners Christine and Barb say it dates from the 17th century, when a meat dinner was the preserve of the wealthy. The marrow in the bones was regarded as a delicacy. Hmmm ... pass. (Christine says the small hook on the other end is perfect for extracting crayfish meat.)



Focus on Positive Ageing



The Nelson Tasman Positive Ageing Forum covered a wide range of topics at its last meeting. Discussion included:

Neighbourhood Support

Sergeant Mal Drummond, Nelson Bays Police, advised that Neighbourhood Support in Nelson City:

- Includes civil defence
- Is a 24-hour provider and service
- Averages 10-15 houses per group
- A third of Nelson houses are covered by Neighbourhood Support
- Includes a 'Good Neighbour Award'
- Sends out regular newsletters.

Sgt Drummond hoped to have a similar Neighbourhood Support scheme set up in the Waimea / Richmond area.

Hearing assistance

John Harwood, Hearing Association, gave a brief talk on the hearing impaired and what tools were available to help them.

- 1 in 6 people in New Zealand suffer from hearing loss
- A card is available for the hard-of-hearing to advise others that they have the impairment
- Texting 111 will be rolled out in New Zealand in June 2012
- Captioning relay phone system is awaiting Government signoff
- Captioning on TV channels is slowly gaining momentum, with 13 channels now doing it.

Stoke Community Link

Caroline Downey, from the Ministry of Social Development, advised that the Stoke ACC office is now the Community Link for over 65-year-olds. A small meeting room at the facility will be made available free for meetings by the elderly.

Jill Harris, from the Ministry, advised that Positive Ageing on the Ministry's website covered some very good ideas for the elderly. A list of recommended medical alarms suppliers was to be available by March 2012.

Accessibility for All

Sarah Downs, Tasman District Council, said beach access chairs are available via Donna Smith, CCS Disability, and that there is one available at the ASB Aquatic Centre in Richmond.

A new website for mobility parking (www.mobilityparking.org.nz) contains information on parking permits.

Alzheimers website

Forum Chair Ruby Aberhart advised that Alzheimers New Zealand has a new website, www.facesofdemetia.alzheimers.org.nz.

Next meeting of forum

The forum next gathers on 28 May 2012, as usual in the Barnicoat Room of Richmond Library, starting at 1.00 pm.



Access



Make yourself at home with Access

If you ever find it a challenge coping on your own, it's reassuring to know that someone is here to offer you a hand. With home-based healthcare and support from Access, you can enjoy the assistance you need to maintain your independence.

A full range of services provided in your home

Whether you require nursing services, personal care or even just a hand around the house, our fully-qualified team supports you to live independently in your community. More importantly, we deliver this support with the level of care and respect you'd expect from one of New Zealand's leading healthcare organisations.

So, if you need home-based healthcare and support, talk to your GP or call 0800 AT HOME (0800 284 663) and make yourself at home with us.

• Care and support for independent living



The Patches of Tasman quilt.

Quilters on a roll

Devotees of fine needlework are in for a triple treat. From 12-16 April, Nelson hosts the 2012 Mini Symposium, a patchwork and quilting /textile art-based gathering involving up to 400 national and international participants.

Twenty experienced tutors from throughout New Zealand will offer a wide variety of classes and workshops at the venue, Nelson College for Girls. Bernina NZ are the main sponsors for the biennial event and many local businesses have generously donated prizes and raffle items.

Exhibitions of Tutors' quilts, the Hoffman Challenge and the Patches of Tasman Quilt Challenge will be open to the public from 8.00 am to 5.00 pm daily. A wide selection of products will be on sale in the Assembly Hall at the Merchants' Mall.

In association with the symposium, Broadgreen Historic House is holding a Heritage Quilts and Embroideries exhibition from 2-29 April (except Good Friday), from 10.30 am to 4.30 pm.

The exhibition includes one of the oldest-known quilts in New Zealand, the Altrusa Peace Quilt, heritage and wartime embroideries, plus modern white work embroideries with a popular choice competition.

Finally, the Motueka Quilting Connection Quilt Show 2012 is at the Moutere Hills Community Centre from Saturday to Monday, 19-21 May. Well-known quilt maker and teacher Chris Kenna, from Wellington, is guest exhibitor. This year's show will also feature the Hoffman Challenge Quilts, plus the members' challenge, themed "A view through a window".

The public can vote for their favourite quilt, along with the challenge quilts.

Raffle prizes include a Bernette sewing machine, donated by Bernina Sewing Centre. (Dave and Margaret Prebble from the Nelson shop will have a stand at the show and are available to help with any machine issues.) Part of the raffle proceeds will support Hospice and the SPCA.

The show runs from 10.00 am to 4.00 pm on all three days. Admission is \$3 and includes complimentary tea and coffee.

Advent Autumn

BY MONA RANDALL

This Summer (like the ones we knew when young)
retired today
no time for accolades
as Autumn quickly stepped upon the stage
a single cool debut
and in a trice
there was no doubt
sweet Summer had bowed out

At eventide the air acquired a nip
a subtle change
but unmistakable
autumnal equinox - ahead of time?
to reinforce her point
she spread some snow
around the Cobb
to show us she's in charge

No other season jumps the calendar -
insisting we
accept the time is ripe
for shorter days with twilight chill and dew
it's typical of Autumn
to take charge
shaking us awake
from summer lethargy

Mona Randall has published an anthology of her poems. You can reach her at clemona@xtra.co.nz if you would like to buy a copy.

