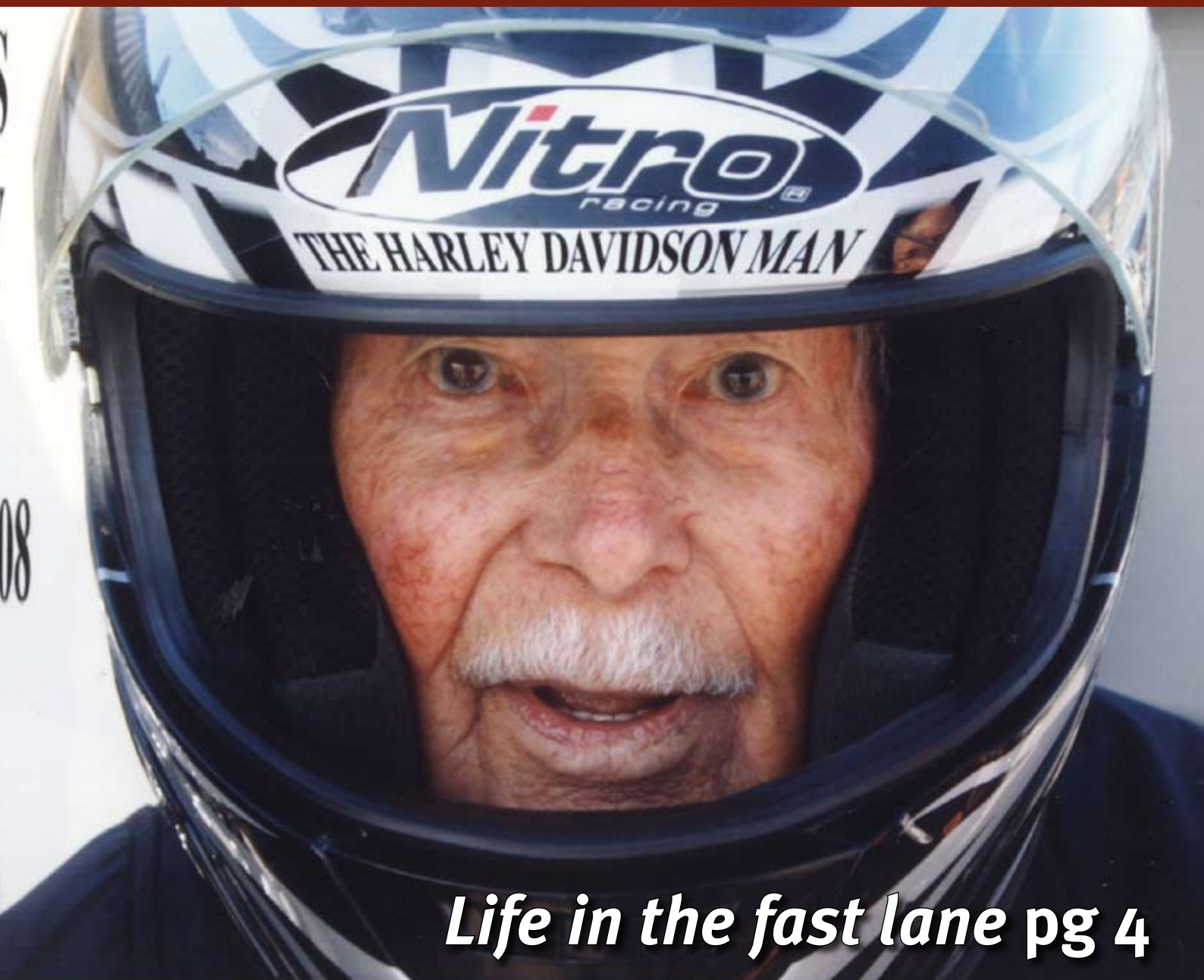


Mudcakes and Roses

Senior Generation Action and Issues – Nelson Tasman

Issue 49 August / September 2008



Life in the fast lane pg 4

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Disability Allowance – can it help you?

Disability Allowance provides non-taxable assistance to people who have regular and ongoing costs as a direct result of a disability. The person must be assessed by a registered medical practitioner or specialist as having a disability that is likely to last at least six months, or have a life expectancy of less than six months because of terminal illness. The disability must mean that they have a reduction in independent functioning to the extent that they need:

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An application for Disability Allowance can be made by contacting your local Work and Income office or by calling 0800 559 009 and requesting an application form and appointment.

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- Day care for the elderly disabled (specific conditions apply)
- Gardening, lawn mowing and outside window cleaning if a person is unable to do these tasks themselves because of their disability
- Medical alarms rental and monitoring costs (specific conditions apply)
- Medical fees
- Pharmaceutical charges
- Power, gas and heating costs over and above the normal power consumption of similar-sized households in the area at the same time of the year.

Mudcakes and Roses

If you would a free copy of *Mudcakes and Roses* to be posted to you contact:

Tara Cater:

Phone 03 543 8578

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Tasman District Council

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Editorial Phone 03 544 4975

Enquiries Fax 03 544 4975

Email barb@drycrust.com

Advertising Phone 03 544 4975

Email caro@drycrust.com

Book borrowers get a hand

From 1 August 2008, if you live Nelson City or Tasman District, you will be able to join the library in either area free of charge thanks to an agreement between the two councils. Previously Tasman residents had to pay to join Nelson libraries and vice versa. The new agreement removes the membership fees.

The arrangement does not change any other aspects of the current borrowing fees or services from either Council's libraries. Items borrowed will still need to be returned to the library service they came from, and people will need to join the library in either area before they can borrow books.

Richmond's sundial square aptly named

The sundial in Richmond's recently completed Sundial Square has been a feature of the town since it was unveiled by then Mayor Kerry Marshall, on 26 November 1994. It was designed by engineer and amateur astronomer Peter Knowles, who started looking for something interesting to put in his garden and ended up with a one of a kind community-funded sculpture.

"I got the idea from a documentary by Carl Sagan about the Anasazi Indians, who lived in the South West of the United States. They built stone temples that were aligned to the sun and tracked the seasons through the year," said Peter. The sundial took four years to design and build, and was manufactured by Trinder Engineering. The sundial cost \$27,000 to make. Some money was provided by Tasman District Council and the rest came from a huge fundraising effort coordinated by local businessmen Brent and Bill Ferguson.

The sundial is equatorial, which means it is aligned to the earth's polar axis. Peter said that it was designed specifically to work in Richmond – if it was moved more than about 100m from its site it would not work correctly. "I started off looking for an interesting garden sculpture, I still haven't got one," said Peter.



Peter Knowles

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Life in the fast lane - at 90

Albert Whitehouse turned 90 last year, but he still has a devilish twinkle in his eye. How many 90 year olds can claim to have been for a spin on a Harley Davidson just the other day, or to have spent their 90th birthday buzzing over Nelson in a helicopter?

Albert is a regular at Stoke Social Seniors for lunch and a chat, and he's enjoying taking it a bit easier after a lifetime of hard work and of helping others in his own quiet way.

Albert was born in Kings Cross, London, England, in 1918, and served with the Royal Artillery in the South of England during the Second World War. He worked as a radar operator to pinpoint the best location for anti-aircraft gun placements, to ward off approaching enemy planes. He also drove the guns to the locations, where they were deployed to prevent enemy aircraft flying below 15,000 feet. "That meant they couldn't identify their targets. We'd get the map coordinates and off we'd go, bang," said Albert, with a grin.

For his service he was awarded a Defence Medal and a 39 - 46 Service Medal, which he is proud to have received. Albert was based at various locations in Surrey, including Biggin Hill and Deepcut Barracks. He first had the idea to emigrate to New

Zealand in 1938 but the impending war made travel difficult. After the war he worked as a bricklayer until he left for New Zealand on the passenger ship Captain Cook, arriving in Auckland in January 1953, having met his future wife on the ship. "I had no intention of getting married, but she had other ideas," said Albert.

The Whitehouses bought a section and built a house at Mangere Bridge in 1953, and he worked as a bricklayer until his retirement in 1978. Albert's long association with volunteer work began in earnest after his retirement. "I didn't want to sit around; I like to be up and doing," he said.

Albert worked as a volunteer at Mangere Hospital, home to people with disabilities, visiting the residents and keeping them company. "My favourite was a lovely Cook Islander called Julianna. She couldn't speak but we were great friends. I still go and see her whenever I am up in Auckland," he said.

He volunteered for the SPCA and became more involved with it after his wife died. He also had a wonderful companion for 11 years in the shape of a stray black labrador named Kym who turned up on his doorstep. Albert was also President of the Mangere Bridge Seniors Club, and decided that the



Albert Whitehouse, Holly Watson and Jesse Faulkner (behind) at the Waverley Street Kindergarten.



Albert Whitehouse gets ready to go for a ride on a Harley Davidson.

group needed a van to transport members. The committee at the time didn't share his enthusiasm so he raised the funds himself. David Lange helped with the legal side of raising charitable funds and a local charitable trust made the offer that if Albert raised \$10,000, which he did, the trust would double it. Albert drove the van himself and funded it by asking for a \$2 donation from everyone who used it. When he left Mangere Bridge to move to Nelson he handed the van back to the club for its use.

Albert found his time in the army hard. "I was not the right material for a soldier, but everyone did their bit," he said. He does like a bit of excitement though and when he mentioned to a neighbour that he would love to go for a spin on a Harley Davidson he didn't expect that wish to come true.

"A week later half a dozen bikes – including a Harley – turned up on my doorstep and they said we were going for a trip. They did me up in all the motorbike gear and off we went. It

was great. I hadn't been on a bike in 60 years." Another bit of excitement came his way when his daughter's partner arranged for him to take a scenic flight over Nelson in a helicopter for his 90th birthday. "I wanted to do something different and we sure did," said Albert.


Albert keeps his feet on the ground most of the time however, and reads to the under fives at Waverley Street Kindergarten for an hour and a half each week. He still drives himself around and enjoys the contact with the young children.

"I used to fill my spare time making clocks but I decided it would be nice to do something that got me out of the house, so I love being a story granddad," he said.

"I wanted to do something different and we sure did"

Trina Saxon, head teacher at the kindergarten said the children enjoyed Albert's visits and he always had a group of little ones ready to sit and have a story. "He's a regular and we love him," she said.

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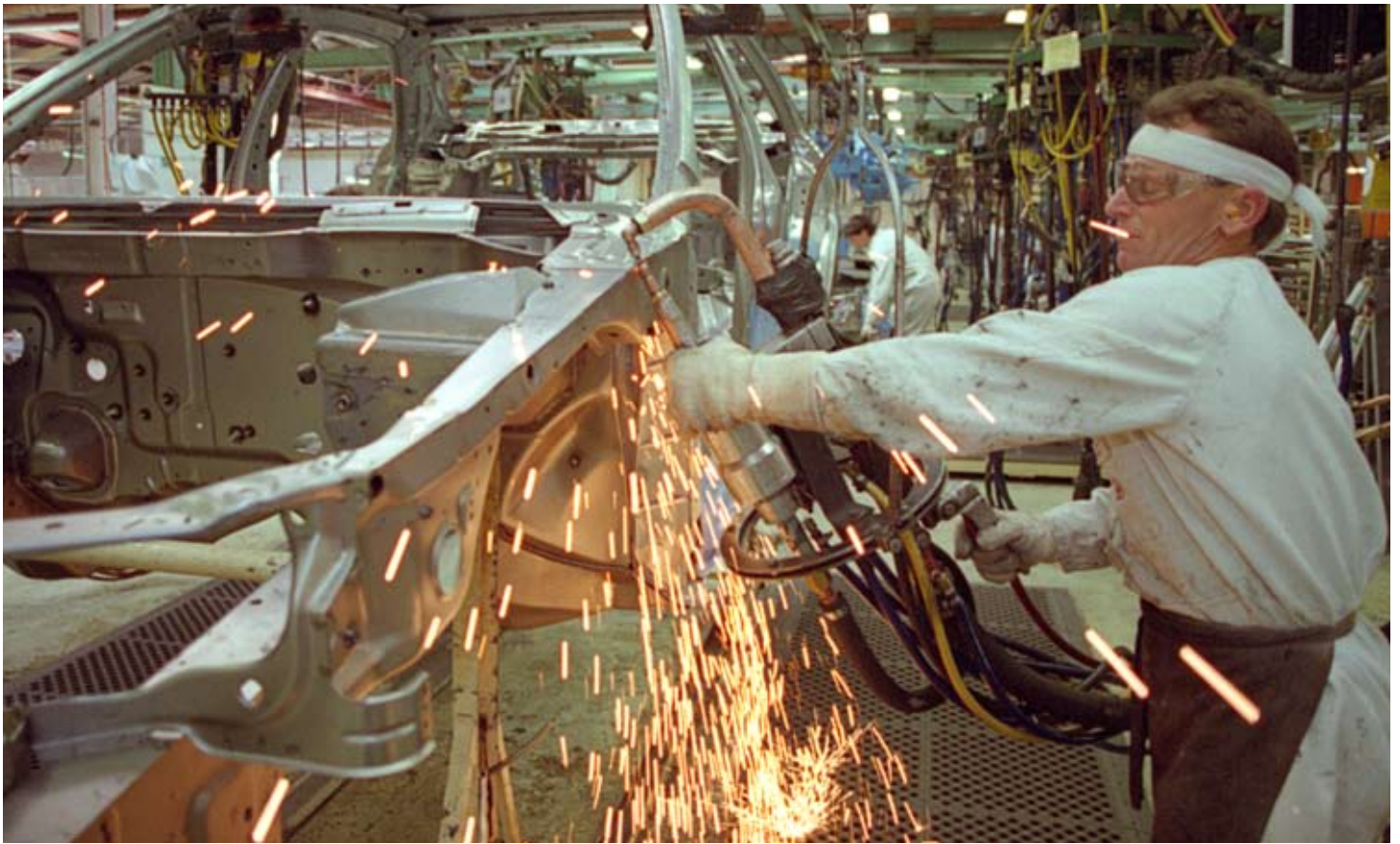


Photo: Nelson Provincial Museum, Nelson Mail Collection C47249.

Doug Schroder spot welds the body of the new Honda Accord, May 1998, a few months before the closure of the Stoke plant.

Honda Car Assembly Plant Gone but not forgotten

The Honda Car Assembly Plant closed on 21 August 1998 and 10 years on the place is unrecognisable, with the World of WearableArts and Classic Car Museum and the Mitre 10 Mega store well established on the site. However, there are plenty of Nelsonians who remember the car assembly plant that was in operation there from 1965. It was shut down after 33 years and 240 days of operation after the Government of the day removed tariffs on imported cars. The move heralded the availability of cheap imported cars for all New Zealanders, and the end for workers at the Stoke plant.

The factory started life as an ill-conceived mill built by the Commonwealth Cotton Company in the early 1960s, which had plans to establish a cotton industry on the Waimea Plains. Trials proved that the plants were too frost sensitive to grow here so the plans were abandoned. The plant stood empty until 1965, when British Leyland New Zealand Ltd bought the site and set about establishing a car assembly plant. The plant officially opened on 27 April 1966 and started building Triumphs, Rovers and British Leyland buses. The New Zealand Motor Corporation bought the site in 1972 and Jaguars and Daimlers

were added to the models rolling out the doors. Over the years the plant also built Minis, Land Rovers for civilian and the NZ defence forces, and Austin Princesses. Then the Hondas moved in.

The New Zealand Motor Company bought the Honda franchise and production of the Japanese cars started in 1980. These slowly took over the roads and the assembly lines. Honda bought 25 percent of the New Zealand Motor Corp in 1986, then two years later took over ownership of the plant, Honda franchise and 13 New Zealand dealerships.

“ The company had just spent a whole lot of money on the plant, we thought we were secure for a while yet ”

Lance Walfordon

Despite Honda's investment in the plant and technology, as well as commitment to the local economy, the removal of tariffs in May 1998 meant that the plant was no longer viable. Its closure was expected to affect many supporting businesses as well as the lives of those who worked there.

Lance Walford was a foreman in the paint shop for 27 years and was shocked when the closure announcement was made. “The company had just spent a whole lot of money

on the plant. We thought we were secure for a while yet," he said. The plant was wound down progressively and Lance remembered farewelling mates as they left, knowing it would be his turn soon. Lance and two others from the paint shop went to Madras for six months to help at a privately owned plant that needed assistance, which was a great experience and helped soften the blow of the upheaval. Lance is now part of a committee organising a reunion for staff who worked in the car assembly plant during its long life.

Nelson Motor Vehicle Assembly Plant Reunion

28 February and 1 March 2009

Registrants can contact Monica on 544 7296 or email reunion@ihug.co.nz for more information.



Staff at the Honda Car Assembly Plant just before closure in September 1998.

Photo: Glen Martin.

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We invite you to join the Nelson Travel Club; the travel club provides fun organised day trips and tours. Take the opportunity to sit back, relax and enjoy the sights without the hassle of driving. There is no joining fee; you simply pay for the trips you choose to attend.

Each month there are day trips visiting different attractions and events in the greater Nelson region. There are also club tours, ranging from overnights to 10-day tours.

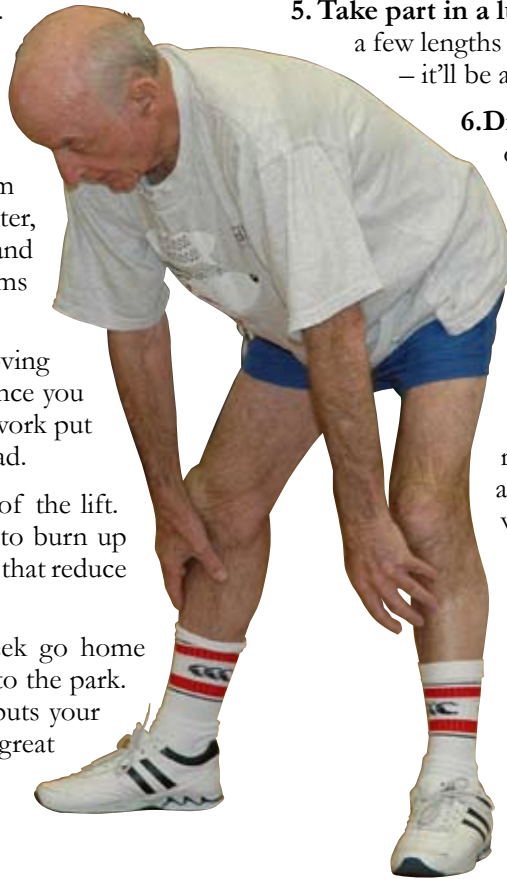
To join the club, please contact Shaun at Nelson SBL on (03) 548 3290 or email: shaun@nelsoncoaches.co.nz



Push play to stress less

Getting active lowers your stress levels. It releases endorphins into your body which make you feel better. Here are seven tips for an active week.

- 1. Take a lunchtime walk** – it'll take your mind off work and relax and warm your tight, stressed muscles. Even better, take a friend or workmate with you and talk while you go, talking about problems really helps.
- 2. Walk rather than call or emails** – moving helps you feel better so walk every chance you get. If you need to talk to someone at work put down the phone and go see them instead.
- 3. Take steps** – use the stairs instead of the lift. Every bit of snackivity you get helps to burn up calories and produces helpful chemicals that reduce stress.
- 4. Go home early** – one day this week go home early, grab a ball and take the children to the park. Running around with your kids really puts your life into perspective. You'll also set a great example for them!



- 5. Take part in a lunchtime activity** – go to a yoga class, do a few lengths at the local pool or join a work sports team – it'll be a great bit of team bonding.

6. Drink more water – your brain (and all of your organs) needs water to function properly, so drink lots of it. You'll also need to pee more so you'll get more breaks and a bit of exercise, especially if you use a far away loo!

7. Get your blood flowing – stand up, take a few deep breaths, roll your shoulders slowly at first, then speed up to one rotation per second. Keep it up for a minute and feel your neck muscles warm up and relax. Imagine what a brisk 15 minute walk or jog could do for you.

Have a great week and remember Push Play to Stress Less!

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Rimu Grove creative writers series

Rimu Grove Winery supports the creative writers among you by sponsoring this series. The winner for August-September is Eric Gallagher from Stoke, who will receive a bottle of Rimu Grove Wine.

We have been receiving some great stories and poems, so please keep sending your entries in.

Send contributions to:

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Richmond
or email to caroline@drycrust.com



Evoking Memories by Eric Gallagher

Recently as I travelled Western Southland roads - Riverton - Otautau - Oravia - Tuatapere, I came across this most forlorn and isolated government department building evoking for me strong memories from the past.

The late 1930s saw me employed by the New Zealand Government Railways Department at the Invercargill Railway Station. It was my daily duty to 'welcome' the six branch line trains at Invercargill and to be there for their departure in the late afternoon.

Between 9.15 am and 9.45 am the Waimahaka line from Tokanui would arrive. The Kingston line from Lumsden appeared next after picking up at Caroline, Dipton, Ryal Bush and other waysides. The Wairio line brought coal from Ohai and Nightcaps with pick-ups at Otautau and Thornbury Junction. The main trunk line from Gore had its own slow train pick-ups at Brydone, Matura and Woodlands. Another train came 29km from Bluff, the port of Invercargill. The sixth morning train was from Western Southland (Tuatapere/Riverton).

From six points of the compass, each of these slow, mixed trains disgorged on Invercargill Station mainly secondary school kids in the uniforms of the Southland Technical College, the Girls High, the Boys High School and some private school pupils. Guards' vans would reveal the odd cream can, plenty of milk cans, some produce from home allotments and a mail bag or two. There were always a few adults, sometimes accompanied by a dog, the dog of course housed in the special dog-box on the side of the guards' van. The best attraction for many was the steam locomotives drawing the two or three carriages with perhaps a dozen or so freight wagons, or a lonely stock wagon.

This was the 1930s, heyday of steam rail passenger travel. Main line express trains were fabulously busy on a daily basis. It was a time of romance for the steaming black and shiny monsters with passenger cars of probably 19th century vintage.



Eric Gallagher outside the former goods shed at the old Tuatapere Station, Southland



Eric Gallagher – platform staff, New Zealand Railways, Invercargill 1937 – 1940

Back with me now, to that seemingly almost derelict departmental building I had come across, its glory days gone. It was nevertheless nostalgic to me, a rural Southland Railway Station building standing there alone and forlorn. Looking closer, I saw the name TUATAPERE facing to the passenger side so that they would know where they were. It was the end of the line - except for lime cartage from the Clifden Lime Company works - so they couldn't go any further anyway.

That day, as I looked across the main street of Tuatapere from the pub - where I was enjoying a good pub meal - I saw the station itself was standard for the era, its size, structure, even colour, conformed, but now, instead of bold, white lettering indicating the station name, it advertised the words, BETH SHALOM in large letters. The end wall had the same words in what looked like Hebrew. Through the window of the former stationmaster's office, I saw the trappings of religion with an invitation to enquire further. Was it now a Zionist Headquarters or a Christadelphian stronghold or what, I wondered? I didn't delve further. I motored on over the route of the daily slow train from Western Southland, through Te Wae Wae, Orepuki, Colac, Riverton, Thornbury Junction, Waiwaniwa and Lorneville.

My mind jumped back to the '30s. I saw the train juggling freight wagons at every second way-station, laboriously, it seemed, detaching one to a siding, attaching another - wool bales this time - picking up one cream can, one dog and owner and one matron in her best finery visiting her sister in Invercargill. A special memory was of the Technical College girl pupil and her friend, a Girls High School pupil who both received individual and quite special send-offs on the 4.05 pm Bluff line from the writer. I wonder, where are you today, Molly and Cecilie?

I had to press on my journey, saddened at what the passage of time had done to the halcyon days of steam rail travel and the blotting of the rusticity of rural, colonial New Zealand.

Easybeat Aerobics – what a way to start your day ■

If you sneak a peek in the window of the Tasman Recreational Resource Centre at 9.30 am on a Monday morning, you can see people starting their week off with a hiss and a roar. The Easybeat Aerobics class is in full swing by then, and the 30 or so participants are nicely warmed up, stretched and having a ball with aerobics instructor Leigh Dalzell, who is at the front of the class taking them through their paces to carefully selected music.

The classes have been running for about 15 years. Leigh took over about five years ago when previous instructor George Jones retired. Some of the group have been going since the start and some are more recent, but they are all unanimous that the classes are a great way to keep fit, stretched and active, and that attending the classes helps them in many ways.

Pauline Ellmers of Richmond said she started going to class four years ago after her husband died. She said it has helped her find her feet and she has made many friends. “I feel like an elastic band by the time we’ve finished,” she said. Jan Cullinane of Stoke goes to three classes a week and said it helped with her breathing and coordination. “Leigh varies the programmes and the music is great. My balance is better and I’ve made some great friends – we go for coffee afterwards!”

Eric Thompson has been going for five years and has found the classes a great way to improve fitness and strength. “It’s too easy to sit at home and watch TV. It’s much better to get out doing something fun and physical,” he said.

Noni Barnes, who has been going to classes for 15 years said she finds it a relaxing activity that has helped her make some great friends. Joan Newlove of Richmond said the class gets her week off to a good start.

Leigh said she tailors the class to the participants and focuses on balance, stretching, strength and fun, with some gentle cardio work.

“People go at their own pace and take it as far as they can. It’s all tailored to suit individual ability, and there is no pressure to push yourself,” she said. The classes have a strong social component, with many friendships forged and lots of laughs.

Classes run Monday and Friday, 9.00 am at the Tasman Recreational Resource Centre, Cambridge Street, Richmond. Leigh also runs a 40-minute Sit and Be Fit class on Wednesdays at 10.00 am at the Victory Community Centre and Fridays at 11.00 am at the Suburban Club in Tahunanui.

For more info contact Leigh Dalzell on 548 1689.



Joan Newlove gets warmed up

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Bringing home the bacon

– Murchison style

Murchison Meats, on Fairfax Street in Murchison, is one of those small country businesses that seems to have been there forever. It entered the limelight in June this year when it won the Middle Bacon section of the inaugural Lesnie's 100 percent New Zealand Bacon Competition.

Butchery owner Belinda Girl said she was unaware of the win until a radio station rang asking for a comment. Media coverage meant that every bacon lover travelling between Nelson and Christchurch stopped to buy bacon. "We were totally unprepared and sold out in a couple of days," said Belinda. "It was embarrassing really – we had to get more made as soon as we could to meet the demand."

With supply issues resolved, bacon has been marching out of the door ever since. Murchison Meats came first against 117 entries, and the competition was restricted to bacon produced in New Zealand from New Zealand grown pork.

Belinda has owned the business since May 2005, when she and partner Morris Flanagan bought it from previous owners John Borcovsky and Kerry Foley. John, who has been at the butchery since 1979, still works for Belinda. "I came to help my brother-in-law Alan Thomson, who was running the place back then, and never left," said John.

Belinda, John and the butchery staff are working hard to keep the business alive in the tough and competitive market. Belinda said she knew nothing about butchery when she bought the business and said the last three years had been challenging, but they were slowly building up a reputation for quality products. The business still processes a lot of home kills for local farmers and is focusing more and more on selling boutique products at farmers markets and fairs. "We won't compromise on quality," she said. "All our pork is grown in North Canterbury and processed in Cheviot, and whenever possible we use meat that is free range and grass fed."

As well as the butchery, Belinda and Morris also own Murchison Buses, providing a school bus service and charter buses, and run a lifestyle block where they have bred horses and sweeten terriers. "We've just sold 24 puppies - that's the last lot," said Belinda.

She has also organised and participated in wagon treks around the top of the South, the last one being a six-day wagon train through the Maruia Valley with 35 horses and eight wagons. "We had a great time. We crossed the river at Boundary Road and went over the Maruia Saddle – it was amazing."

Murchison Meats delivers free to Nelson and can be contacted on 523 9151.



Photo: Nelson Mail

Belinda Girl and John Borcovsky outside Murchison Meats.

Murchison resident Barbara Oxnam wrote a short history of the butchery for the Murchison Newsletter and the following is an extract from that article:

The first butcher recorded in Murchison was a William Beamsley who set up in 1874 at the junction of the Buller and Matakītaki rivers – the site of the earliest settlement in the area. Herbert Hodgson began a butchery in the town, in conjunction with Hodgson's General Store (which is still there today) sometime around 1900, with a slaughterhouse on land on Hampden Street, and the retail outlet on the site of the current butchery.

The butchery side of the business was sold in 1924 to D W Oxnam, who had been running his own butchery in a small building near the Commercial Hotel in Waller Street. Mr Oxnam moved the slaughterhouse out of the township to a site at Longford after an outbreak of disease in

Murchison was blamed on pollution of a creek that ran past the slaughterhouse and into town. The business stayed in the Oxnam family, with son Bill Oxnam taking over from his father until selling the retail shop to Alan Thomson, John Borcovsky and Kerry Foley in 1992. The slaughterhouse closed around the same time and is now a wood yard – although the buildings and silos are still there.



Photo supplied by Barbara Oxnam

Murchison butchery decorated for the visit of the Prince of Wales, 1920.



Expo 2008

Ecofest Pre-Expo Programme - full of good things

This year's Ecofest Expo, to be held at Founders Park on 16 and 17 August, is set to be another unmissable event for anyone who is interested in living sustainably, or just finding out about different ways to save money while protecting the environment. A series of events will be held across the Nelson region in the week before the expo, starting on 9 August 2008.

Events to look out for in Nelson include the ever-popular business and home tours, supermarket tours with Nicola Galloway, composting workshops, a recycled fashion show and a delicious organic breakfast at Founders Café. Bowater outlets are offering fuel efficiency tests on your vehicle, and a test drive in a hybrid car. Other events include the launch of the Sustainable Business Network and the Cawthron Institute Sustainability Seminar.

If you live in Tasman District, there are a selection of workshops giving opportunities for learning – such as a

hands-on mudbrick building workshop at Jester House Café, seminars on energy efficiency, natural burials, permaculture and feeding your family for less.

Organic breakfasts are scheduled for Motueka, Murchison and Takaka.

Organiser Jo Reilly said events in this year's pre-expo programme had lots of good ideas for people budgeting for rising fuel and food costs. "Ecofest is about sustainability and in today's current climate we all need to learn to integrate these ideas into our everyday lives. This year's programme is designed to inform and educate, and to help people to save money while reducing their impact on the planet," said Jo. The programme is out now in Newsline and Live Nelson, on the Ecofest website and at Council offices and libraries.

Visit www.ecofestnelsonstasman.co.nz for more information.

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Courses will qualify you for a subsidy on a professional driving assessment to take place at your convenience.



Marj Toker and Lyn Trolove of the Nelson Quilters Guild show the handmade quilt that will be raffled at their upcoming exhibition.

Nelson Quilters Guild Exhibition

3-5 October 2008

The Nelson Quilter's Guild is hard at work stitching together exhibition at the Nelson College for Girls Assembly Hall, to be held from the 3 - 5 October 2008. The exhibition is being held in a bigger space than in the past, which means that larger quilts can be hung. "We are expecting to get around 200 pieces, and we hang everything that is entered," said Marj Toker. The exhibition will have categories for traditional and contemporary quilts and the group expects to have pieces on show ranging from small cot quilts to king-size quilts.

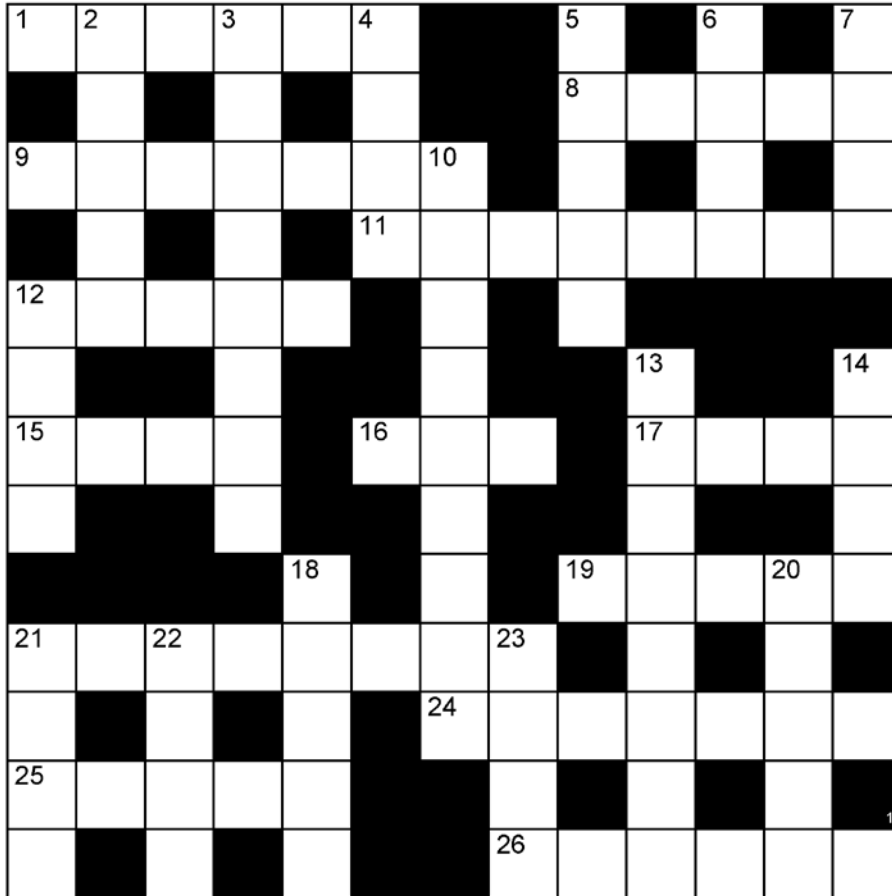
The group meets at the Woodstock Unit at Stoke Primary School on the third Wednesday of the month at 7.30 pm for a get-together and show and tell, and also has regular workshops, retreats and friendship groups. "It's a lovely friendly group and a great way to make friends and learn about quilting," said Lyn Trolove. Some of the members like Marj, who also teaches quilting techniques, are very prolific. Others work at a slower pace. The quilts are made by both hand and machine methods, and supplies are plentiful with shops in Richmond, Motueka and Nelson selling quilting fabrics. The exhibition raffle will be for a traditional style bedcover, machine pieced and quilted, made from a jelly roll – a roll of colour blended strips of fabric designed to be used together in one quilt.

For more information about the Nelson Quilters Guild phone Marilyn Gibbs on 541 8435.



Most quilts today are pieced on a sewing machine.

Crossword



Crossword no. 9849 Pattern 1

CRYPTIC CLUES

CLUES ACROSS

1. Take a firm hold on car control (6)
8. Set of bells to get in and join the argument (5)
9. There's strife in crossing a footballer (7)
11. It is about measurement consisting of verses (8)
12. Don't go on putting energy into a lawsuit (5)
15. Some dress a rich Hindu lady in it (4)
16. Only half stop being a bit fishy (3)
17. Got chilled as 1st December returned, in short (4)
19. As nimble as the Italian appears in senility (5)
21. It is vast and boundless, and in 16 it starts yodelling (8)
24. Ariel turned on King Edward at a previous time (7)
25. Should be running smoothly, being lit (5)
26. Tended one who turned red with sun (6)

Answers page 16

QUICK CLUES

CLUES ACROSS

1. Brood of chickens (6)
8. Peel, ring (5)
9. Send mail on (7)
11. In metre; consisting of verses (8)
12. Stop doing (5)
15. Hindu woman's garment (4)
16. Vertical surface on aircraft tail (3)
17. Frozen, chilled (4)
19. Nimble, spry (5)
21. Boundlessness (8)
24. Farther back in time (7)
25. Lubricated (5)
26. Tended to (6)

CLUES DOWN

2. Slack, unfettered (5)
3. Large village (8)
4. Damage (4)
5. Twenty (5)
6. Record (4)
7. Collapsed (4)
10. Down-and-out (9)
12. Be obtainable at a price (4)
13. Unique, remarkable (8)
14. Do nothing (4)
18. Opposite electrode to cathode (5)
20. One under a feudal tenure (5)
21. Religious painting (4)
22. Line one behind the other (4)
23. Show boredom or tiredness (4)

CLUES DOWN

2. At which one is free to be lax (5)
3. Whips not responsible for such a village area (8)
4. Damage has not been concluded by the Marines (4)
5. A music book will achieve its goal (5)
6. Record is established in the District of Columbia (4)
7. Took a tumble, which may have been deadly (4)
10. Duettist might have started evening without a penny (9)
12. Work out price of getting sleepyhead into bed (4)
13. It is curious that there shouldn't be more than one of it (8)
14. It is unedifying to be doing nothing (4)
18. An electrode does without six letters (5)
20. In glee turned one into lord or vassal (5)
21. Make one study symbol activated by mouse (4)
22. Go one behind the other to put the papers away (4)
23. It shows one is weary of direction up North (4)

Age concern launches health promotion and support service

Age Concern, Nelson is adding an in-home Health Promotion and Support Service to its range of services for seniors in the Nelson region. The new service will work with existing organisations and agencies. It is not Age Concern's intention to duplicate other services.

The service is for seniors who struggle with significant health or disability issues.

Goals of the service:

- To provide information, support and advocacy to clients and their caregivers to help them cope with health issues that adversely affect quality of life.
- To provide a regular visiting and monitoring service to identified seniors to enable earliest possible detection of trends or changes in health, disability or wellbeing
- To help seniors to remain living safely at home and to enjoy a positive and active lifestyle with increased self-esteem and confidence

With the agreement of the person, a programme will be designed in consultation with them, and family as appropriate, to support them to adapt and deal with their challenges in a positive way.

Through regular visits, information will be gathered that can be shared with assessment agencies, health professionals and others to achieve the best possible outcomes for the



Kerrie Varcoe will be administering the new service for age concern

people concerned. Age Concern believes this information sharing process (authorised by the clients) will assist decision-making about future support and care.

This service will enable Age Concern to provide an increasingly holistic range of services. Clients of the new service will also be eligible for assistance through the Accredited Visiting Service, Elder Abuse and Neglect Prevention, Advice and Advocacy, social activities at the Richmond Drop-in Centre and the Total Mobility Scheme.

Referrals

Referrals to the Health Promotion and Support Service should be directed to Kerrie Varcoe at the Richmond office of Age Concern, Nelson Inc. The person being referred should be aware of the referral and have agreed to meet Kerrie to discuss her potential involvement with them. This initial meeting will usually take place at the person's home at a mutually agreed time.

Contact details:

**Kerrie Varcoe, Registered Nurse and Manager,
In-home Support Services
Age Concern, Nelson Inc.
62 Oxford Street
PO Box 3381
RICHMOND
Tel: 544 7624 Fax: 544 7624**

Email: ageconcern.richmond@paradise.net.nz



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Email: julia@tsnelson.co.nz



Grandchildren

- when you can't give them back...

Being a loving grandparent is expected to be one of the rewards of having a family, with the old joke being that the good thing about grandchildren is that you can hand them back at the end of the day.

For some grandparents though, the reality is very different, when they find themselves raising a family for the second time round.

Grandparents take on this role out of love and concern for the two generations of children. The situation may eventuate from all manner of circumstances leading to the children being at risk and needing to be placed in care, or from the death of their natural parents.

For some grandparents the idea of their grandchildren being placed in a foster home is not an option, so they take them on themselves.

Paula Eggers is the public face of the Nelson support group Grandparents Raising Grandchildren Charitable Trust. She has been involved with the group from its beginnings in 1999, having found herself raising her own grandchildren.

The group now has a membership of 64 families who tap into the support network, advice, and friendship offered by the group.

The Trust operates nationally and has a total membership of 3800. It is a voluntary organisation that offers ways to get

assistance. It helps members deal with the practical, legal, social, financial and emotional issues the situation raises. Some members don't come to meetings, but just phone for advice and support. Some find themselves forced to carry on working longer than they would have otherwise just to meet the financial demands of raising their grandchildren.

"Often they just want someone to talk to and visit them, and to know they are not alone," said Paula.

She said there was a social stigma around the issue that arises from ignorance. Most of her members are people who have stepped in to help and are not prepared to walk away from family in need.

"People can be quick to judge when they don't know the whole situation – this could happen to anyone," she said.

The group's members range in age from 40 to 81, and the children they are raising age from five months to 17 years. In some cases having to deal with the child's parents and other family members adds to the strain, as they are protecting the children and in some cases preventing siblings being split up.

As well as offering friendship and support, Grandparents Raising Grandchildren can help people work with appropriate agencies who may be able to help in times of need. The local group has members all over Nelson and Tasman.

For more information call Paula Eggers on 544 5714.

Business Mentors give back to community

Nothing beats experience and the Nelson Tasman Business Trust (NTBT) places a high value on the knowledge and expertise of Nelson's senior or retired business people and what they have to offer the next generation of businesses. Through the Business Mentor New Zealand programme businesses can get a mentor who will help them to resolve issues, move into a new market or take their business to the next level. Business mentors usually have experience in a particular area and are keen to make a difference in their local business community.

The mentoring programme can bring great rewards to the mentor, including ongoing contact with enthusiastic business people and an opportunity to keep themselves abreast of developments in business.

Sarah Holmes, Manager of the NTBT said that she currently has 67 mentors on her books. She stresses that they are not unpaid consultants. Sarah matches mentors with the businesses, and will change the match if it isn't working for either party. Mentors are approved and accredited by Business Mentor New Zealand. The service is completely confidential. "Mentors need to have good listening skills and be able to act as a sounding board. They can say no if the timing doesn't suit them or if they feel they have a conflict of interest," said Sarah.

"Our mentors have online access to the national network of mentors, and to professional development programmes, as well as to our local network meetings," said Sarah.



Sarah Holmes

A sounding board for businesses

Don McClellan has been a business mentor in Nelson for about six months and has nothing but good words for the scheme. He saw an ad in the newspaper and applied to the Nelson Tasman Business Trust. After a one-day training session he has enjoyed the contact with younger business people and has helped several aspiring businesses to make progress.

"In some cases help is required with a specific problem; in others its a longer term perspective required," he said.

Don has found himself helping people who have lots of talent and enthusiasm, but in some cases little formal business training.

"You need to be a good listener, and while you can offer guidance and advice you can't tell people what to do – they have to do it for themselves."

Don sees the role of a business mentor as that of a sounding board, helping people check they are on the right track, confirming their ideas, or in some cases making them think twice about a decision.

"You don't take ownership of the problem, you just help them look at it from different perspectives," he said.

Don has a background in marketing and business management and has worked in Fiji and New Caledonia as well as in New Zealand. He has found the mentor programme offers a huge range of resources and backup online. "You don't have to be an expert in a specific area – the information is all made available. The important thing is having the wisdom of your own experience and the ability to point out the pitfalls ahead. You need two ears and one mouth, listen twice and speak once," he said.

Don is semi-retired and said he enjoyed the challenge of helping small businesses develop.

"It can be hard to wind down to retirement. It's good to keep mentally stimulated and in touch," he said.

For more information about the mentoring programme see the Business Mentor New Zealand website www.businessmentor.org.nz or contact Sarah Holmes at NTBT, phone 539 0824

Crossword solutions

ACROSS

- | | |
|-------------|--------------|
| 1. Clutch | 8. Chime |
| 9. Forward | 11. Metrical |
| 12. Cease | 15. Sari |
| 16. Fin | 17. Iced |
| 19. Agile | 21. Infinity |
| 24. Earlier | 25. Oiled |
| 26. Nursed | |

DOWN

- | | |
|---------------|-------------|
| 2. Loose | 3. Township |
| 4. Harm | 5. Score |
| 6. Disc | 7. Fell |
| 10. Destitute | 12. Cost |
| 13. Singular | 14. Idle |
| 18. Anode | 20. Liege |
| 21. Icon | 22. File |
| 23. Yawn | |

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 October/November Issue is 12 September 2008.

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 Geoff on 547 2660.

Regular activities

Scrabble Club - Mondays 1pm

Euchre - Tuesdays 10.30am

Mah Jong - Tuesdays 1pm

500 Club - Wednesdays 1pm

Cribbage - Thursdays 1pm

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

Tai Chi - for absolute beginners. Wednesdays 10am at Stoke Memorial Hall

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

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

Housie - last Wednesday and third Tuesday of the month. \$5 a card - win lots of money and have some fun.

Tuesday and Thursday meals - two course meal at midday for just \$8, all welcome. Please phone 547 2660 to book (by 9.30am the day before)

Monthly Movie - Third Thursday afternoon each month. Please phone 547 2660 to check what's on and starting time.

Strengthening Exercises - Wednesdays 11am, Stoke Memorial Hall. Slow, smooth and controlled movements, great for improving bone density and muscle strength.

Also "Lads at Large" and "Girls Own" trips once a month on Fridays. For further information phone Geoff or Anne on 547 2660

New for Winter 2008

Stoke Seniors Choir - Wednesdays from 11am - 12 midday at the Stoke Memorial Hall. Phone Anne on 547 2660

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.

Nelson

Nelson Alpine Garden Society and the Nelson Orchid Society

Combined Spring Show

Hope Hall, Main Road, Hope, Nelson.

20 September 12.30 - 4pm

21 September 10am - 4pm.

Entry Adults \$3.00 children free.

Displays, sales tables, raffles, food and plenty of parking.

Ph 541 8468.

Senior adults gathering

A monthly event for senior adults is held at Bishopdale Community Anglican Church, 238 Vanguard St, Nelson from 2 - 4pm on the first Tuesday of each month.

The afternoon provides speakers, entertainment and activities followed by afternoon tea.

A warm welcome is extended to all seniors to share in friendship and activities in a safe environment. There is no charge. Phone 546 9057 for more information.

Veterans' (55+) 9 hole golf days

At Greenacres Golf Club, last Monday of every month.

Contact Dick 547 6071 or Club Professional, 544 6441

Motor Vehicle Assembly Plant reunion

Nelson Motor Vehicle Assembly Plant 1965-1998

Saturday 28 February and Sunday 1 March 2009

For registrations contact

reunion@ihug.co.nz or phone Monica 544 7296

Tahunanui Community Centre

Wednesday afternoons social group "Friends and neighbours" for local residents

61 Muritai Street, Tahunanui, ph 548 6036

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 545 1288

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 the second Sunday of June, August, October and December 2008. 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. 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.

August

- 5 Happy Valley 10am*
- 7 Whiskey Falls- Lake Rotoiti M 9.30am
- 12 Rabbit Island E 9am
- 19 Appletree Bay 10am*
- 21 Maungatapu H 9am
- 26 Port Hills M 9am

September

- 2 Maitai 10am *
- 4 Lake Rotoiti and around E 9.30am
- 9 Kahikatea (Grampians) M 9am
- 16 Wakefield 10am*
- 18 Penzance – Elaine Bay M 9.30am
- 23 Browning Hut (Hackett) 9.30am

*Mini walks – for more information contact Gwenda Wallace 544 5307 or Gwen Wills 547 3315

Nelson Dance Along

Every second and fourth Saturday, monthly.
Time: 7.30 to 11pm 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.

Friends of Nelson Library

Friends of the Nelson Library are organising a series of Sunday events over the next few months. Elma Turner Library, activities room, 1.30pm, all welcome, \$2 entry, members no charge. Phone Barbara 545 1646 for more information.

Sunday 3 August 1.30pm Armchair OE – Antartica with Maggie Atkinson, \$2.00 non members.

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: 548 3977

Richmond: 544 2052

Riwaka: 528 9704

Arthritis New Zealand Nelson 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

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. No clinics in August 2008.

Richmond Thursday 11 September

Victory Monday 15 September

Motueka Thursday 18 September

Stoke Wednesday 1 October

Casual sessions at Ngawhatu Pool run six times a week. 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.

Seminar in Nelson

Hands and Gadgets, date in October to be confirmed. No charge, please phone to register and for more details.

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

Club days August/September

Mon 11 Aug 1 - 3pm
Burgers and mash
followed by Brain Gym.

Mon 25 Aug

AGM 1-3pm
Guest Speaker -special afternoon tea.
All welcome.

Sat 23 Aug

Pub Lunch Rai Valley, meet 11.45 am
Meet and chat with the Blenheim Club.
ph Irene 544 8665.

Mon 8 Sept 1-3pm

Bingo.

Mon 22 Sept 1-3pm

“How to write your life story”

Richmond

Richmond Bowling Club.

Saturday 20 September opening day for 2008-09 season, 1.30pm or (if wet) 2.30pm

There will be a chance for a roll-up.
All welcome to come and have a go

Have a go - Tuesday and Thursday afternoon roll-ups at 1.30pm

Tuesday evenings at 6pm
Bowls and shoes provided.

Contact Pat Dickinson Phone 544 0129.

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.
19 Maple Crescent, Richmond
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 12 pm 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 August /September

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

5 August

Mini Golf. Have fun at Tahuna Holiday Park. Bring morning tea. Cost: \$2.50. Meet at TRRC at 9.30am to carpool.

12 August

Place For Plants, Hope. Take a tour around the nursery and see how they grow and care for their plants. Bring morning tea. Meet at TRRC at 9.30am to carpool.

19 August

Nutrition. Marion Van Oeveren, healthy eating and making good food choices. Bring morning tea. Cost: \$3. Meet at 9.30am in the TRRC Meeting Room.

26 August

Maitai River Walkway. Park on Bridge St and walk along the river. Bring morning tea. Meet at TRRC at 9.30am to carpool.

2 September

State Cinema. Watch a movie in the luxury of the Platinum Theatre. You need to register for this trip. Cost: \$6 for movie. Meet at TRRC at 9.30am to carpool.

9 September

Porcelain dolls and scrap booking with Lyn Baigent. Cost: \$2. Bring a small plate to share for morning tea. Meet at 9.30am in the TRRC meeting room.

16 September

Monaco Walk. Park at The Honest Lawyer and walk around the beach (approx 4km) or take the short walk option, then morning tea at The Honest Lawyer. Cost: purchasing own morning tea. Meet at TRRC at 9.30am to carpool.

23 September

Whenua-Iti. Be prepared for a morning of adventurous activity, followed by a barbecue lunch. Please register. Bring morning tea and something for the barbecue. Cost: \$7-10. Meet at TRRC at 9.30am to carpool.

30 September

Hallblacks, Brightwater. Selwyn and Mary Hall will show us around their farm - the wool shed, spinning and shop. Morning tea provided. Cost: \$2. Meet at TRRC at 9.30am to carpool.

Motueka

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. Feel free to try out any classes. 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 or fax 528 8560.

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, Vivienne Pearson 526 6076. Members who do not wish to start early on the walks can assemble at Deck's Reserve at 10am to agree an alternative option.

August

- 7 9am High Peak from Brooklyn M/H \$2.50
10am Richmond Road E \$7
- 14 9am Takaka Hill walkway and airstrip M \$5
10am Permin Road - Kina E \$3
- 21 8.30am Jenkins Hill (from Marsden Valley, Stoke)
H \$10
10am Mapua E \$4
- 28 10am Gather for meeting, Anne Devereux garden,
Green Lane

September

- 4 9am Grampians from Victory Square (Nelson) M \$10
10am Grampians from Fairfield E \$10
- 11 8.30am Holyoake Clearing Abel Tasman National
Park H \$4
10am Appletree bay, Abel Tasman National Park E \$4
- 18 9am Nelson Airport Perimeter followed by lunch
at Sandcastles, Suburban Club, Tahunanui E \$9
fare, \$20 lunch
- 25 9.30am Plant stall and meeting at 10am E
Lillian's garden and Motueka walkway

SeniorNet [Motueka]

Computer learning for over 55s in a no-pressure, friendly environment in our well-equipped clubrooms at 42 Pah Street. We have competent volunteers who can teach you the basics of your computer through to advanced skills. Enjoy photography with the digital camera group and explore your family tree with the genealogy group. Contact Ann Long 528 8224

Motueka District Museum Exhibition

What's in a name: Our Streets

How some of our streets were named – the people they were named after, and how they contributed to their town.

Meet some fascinating characters such as Gerard Huffam and Henry Tarrant. Gerard, along with his father and three brothers spent many years at Bark Bay, eking out a living fishing, boat building, timber milling amongst other enterprises. Henry Tarrant is remembered for plotting the Takaka Hill road, Motueka side.

5 August - 21 November 2008.

Open Tuesday to Friday 10am – 3pm

140 High St, Motueka Phone: 528 7660

Golden Bay

Golden Bay Museum & Gallery

Portraits of Golden Bay – photographic exhibition about Golden Bay personalities, by Barry Cashman, from July 16 to August 30 2008.

Tarakohe & Golden Bay Cement Company exhibition

September 24 2008 - 29 April 2009

The Museum is open 10am - 4pm Daily (Summer Hours)

Mon-Fri, 10am - 2pm Sat (Winter Hours)

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

Recommencing Monday 21 July

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

Come workout with us and get fitter faster!

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

RECREATION PROVIDERS

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

Mapua

Aerobics & Pilates

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

Indoor Bowls

Mapua Friendship Club
Mapua Public Hall
Valerie Roache
Phone 540 3685

Mapua Bowling Club

Arnie Ahnfeldt
Phone 540 3032

Taoist Tai Chi

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

Motueka

Aerobics/Gym & Fitness Centre

50+ Aerobics
Mot Rec Centre
Brent Maru
Phone 528 8228

Croquet

Riwaka Croquet Club
Sally Goodall
Phone 528 8296

Gym & Fitness Centre

Studio Gym 275
Catherine Walsh
Phone 528 4000
Healthy Hearts Club
St Thomas Church Hall
Cindus Colonna
Phone 543 2033

Indoor Bowls

Motueka Senior Citizens Hall
George Riordan
Phone 528 7960

Line Dancing

Motueka Senior Citizens Hall
Beryl Sturgeon
Phone 528 8265

Line Dancing – Intermediate

St Andrews Church Hall
Phone 528 7337 or 526 6246

Marching

Motueka Veteranettes Marching Team
Bev Clementson
Phone 528 9125

Social Recreation

Kiwi Seniors (Motueka)
Vonnice Goodall
Phone 528 7817

Tai Chi Falls Prevention (65+)

Presbyterian Support
Maxine Poole
Phone 547 9350 ext 712

Walking

Motueka 50 Plus Walking Group
Vivienne Pearson
Phone 526 6076

Nelson

Aquatics/Swimming/Gym

Riverside Pool
Phone 546 3221

Badminton

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

Belly Dancing

Victory Community Centre
Tuesday from 6pm
Sabina Gilbert
Phone 546 8511

Bodyvive (Low Impact)

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

Cardiac Club/Gym & Fitness Centre

Victory Community Centre, behind Victory School.
Devine Fitness
Sharon Standish-White
Phone 539 0348

Croquet

Nelson-Hinemoa
Bev Worrall
Phone 548 2190

Easybeat 50+ Aerobics

Leigh Dalzell
Phone 548 1689 or 021 547 811

Easy Exercise

Arthritis New Zealand, Nelson
Sheila Alley
Phone 548 3490

Hatha Yoga

Maureen McKain
Phone 546 4670

Hot Yoga

Claire
Phone 548 2298

Indoor Bowling

Nelson Senior Citizens Social Indoor Bowling Club
Joyce Rowland
Phone 548 1769

Leisure Line Dancing

Stoke Scout Hall, Songer St
Annette Lines
Phone 546 8777

Marching

Silveraires Leisure Marching
Diana Clark
Phone 548 9527

Nelson Petanque Club

Ernst Lacher
Phone 548 3031

Nelson Social Dancing Club

Club Waimea
Frank Thomas
Phone 546 7061

Over 50s Pilates

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

Seniors Yoga

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

Table Tennis

Nelson Table Tennis Club
Phil Hamblin
Phone 546 6256
Tahunanui Bowling Club
Murray Canning
Phone 547 6921

Taoist Tai Chi

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

Tai Chi Falls Prevention (65+)

Presbyterian Support
Maxine Poole
Phone 547 9350 ext 712

Walking

Nelson 50+ Walking Group
Noel Brown
Phone 544 2286

Walking

Nelson 50+ Mini Walks
Gwenda Wallace
Phone 544 5307

Over 50s Yoga

Body Power Pilates & Yoga Centre
Margot Hannigan
Phone 029 281 3735
Email:
inbox@bodypower.co.nz

Hope

Badminton

Hope Midweek Badminton Club
Carolyn Mason
Phone 541 9200

Nelson Veterans Tennis Club

Hope Courts every Thursday
Summer from 9.30am
Winter from 10am
Phone 547 6916

Richmond

Badminton

Richmond Morning Badminton
Dawn Wakelin
Phone 544 4120

Bodyvive (Low Impact)

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

Crafts, Caring and Sharing Wesley Centre

Mondays 9.45 – 11.45 am
Phone 544 7458 or 544 9174

Croquet

Richmond Croquet Club
Eleanor Hannay
Phone 547 5424

Easy Exercise

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

Easybeat 50+ Aerobics

EasyBeat Aerobics
Leigh Dalzell
Phone 548 1689 or 021 547 811

Indoor Bowls for Seniors

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

Latin In-line Dance

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

Line Dancing

Line Dance Nelson
Alison Myers
Phone 546 9878

Pilates

Body Power Pilates & Yoga Centre
Richmond Town Hall
Sue Wilson
Phone 029 281 3735
Email:
inbox@bodypower.co.nz

Richmond Bowling Club

Pat Dickinson
Phone 544 0129

Social Recreation

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

Tai Chi Falls Prevention

(65+)
Presbyterian Support
Maxine Poole
Phone 547 9350 ext 712

Stoke

Bowls

Stoke Bowling Club
Lyndon Penketh
Phone 547 4780

Clogging/ Tap Dancing

Nelson Sun City Cloggers
Georgina Higgs
Phone 545 1037

Easy Exercise

Arthritis New Zealand, Nelson
Maureen McKain
Phone 546 4670

Easybeat 50+ Aerobics

Leigh Dalzell
Phone 548 1689 or 021 547 811

Hatha Yoga

International Yoga Teachers Assn
Maureen McKain
Phone 546 4670

Hydrotherapy

Ngawhatu Therapeutic Pool
Day and evening sessions
Thelma Creighton
Phone 547 6384

Introductory Pilates

Stoke Memorial Hall
Tuesday 1.30pm
Christine
Phone 547 2660

Safety & Confidence

Kidpower, Teenpower, Fullpower Trust
Cornelia Baumgartner
Phone 543 2669

Stoke Social Seniors

'Girl's Own' and 'Lads at Large' trips
Anne or Geoff
Phone 547 2660

Stoke Social Seniors Walking Group

Stoke Memorial Hall
Tuesday 10am
Phone 547 2660

Stoke Social Seniors Tai Chi

Stoke Memorial Hall
Wednesday 10am
Phone 547 2660

Senior Strengthening

Exercises
Stoke Memorial Hall
Wednesday 11am
Christine
Phone 547 2660

Table Tennis

Table Tennis Nelson
Bryan Keane
Phone 547 7530

Tai Chi Falls Prevention (65+)

Presbyterian Support
Maxine Poole
Phone 547 9350 ext 712

Golden Bay

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
or Robin Manson 525 9359

University of the Third Age (U3A)

David Morgan 524 8331

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 12 -1
Georgie Stone 525 6110

Drop In Yoga

Terry Burgess 525 7422

Takaka Table Tennis

Rene 525 7127

Gentle Exercise

Golden Bay Physio Clinic
Phone 525 9708

Indoor Bowls/Cards

Senior Citizens Club Rooms
Mary Couper
Phone 03 525 8445

Tai Chi for Arthritis

Ann Marshall
Phone 525 8437

Walking

Wednesday Walkers
Jane Baird
Phone 525 9061
Angela O'Brien
Phone 525 8685

Tapawera

Walking

Rural Ramblers
Una Foulsham
Phone 522 4083

Wakefield

Easy Exercise

Arthritis New Zealand, Nelson
Nancye Wearing
Phone 541 9040

Learning at any age – the U3A Suterable Art Group

U3A (University of the Third Age) is an international movement dedicated to learning for leisure, understanding and interest in the retirement years. Learning topics are suggested by members, and there are no exams or qualifications, just greater understanding of the topics chosen, in an informal and friendly environment.

The Suterable Art Group of the Nelson Branch of U3A was formed in June 2007, after an approach from the Suter Gallery to work on an exhibition from the Suter's permanent collection. The group of 10 interested members was asked to develop a concept and theme for the exhibition and then make a selection from the collection.

The group chose the theme Colours, Shapes and Images of a Lifetime, which includes works created between 1914 and 2008, based on the lifespan of Nelson U3A's oldest member Ann Carroll.

Convener Joanna Innes Walker said that once they had made the first selection, which was done in groups of three, the works were shown to the whole group on DVD before the final cut of 25 paintings, one ceramic piece, one bronze sculpture and a tapestry was made. They were looking for works that reflected and challenged the norms of their day.

“Some of the choices – maybe three or four, were unanimous. There were some artists that we felt we had to have, and apart from that it was personal choice,” said Joanna. Artists represented include Toss Woollaston, Evelyn Page, Irving

Major and Jean Joyes whose painting *The Abandoned Doll* was used on the publicity material for the show.

Once the selection was finalised the group had to decide how to hang the exhibition and what pieces were to go where. “It was a complex business,” said Joanna, who felt that the group learned a huge amount from the collaborative experience. The exhibition ran from 31 May to 6 July 2008 at the Suter Gallery.



The Suterable Art Group at the hanging of their exhibition.

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