

mudcakes & ROSES

ISSUE 61. AUGUST 2010

SENIOR GENERATION ACTION AND ISSUES – NELSON TASMAN



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WINNING THE WAR
ON GORSE

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ENDURANCE PAYS OFF
FOR REFUGEE

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FLAG OF COMPASSION
FLIES HIGH



Winning the war on gorse

GOLDEN BAY'S CLEM AND MONA RANDALL CLEARED 26 ACRES IN THEIR "RETIREMENT"

The wall of gorse was 4 metres high and covered most of the 26-acre property. Mona Randall focused instead on pockets of native bush and the views of Parapara Inlet in Golden Bay. Hubby Clem was soon sharing her excitement.

Escaping harsh Christchurch winters, the Randalls had journeyed north in the mid-1970s for a warmer retirement. They bought the gorse.

The couple built a workshop and parked a caravan in it. A builder had the house shell up when Muldoon-era inflation doubled the projected overall cost. Clem and Mona had to finish the interior themselves. Three years after buying the land, they had a proper roof over their heads.

"We're both pretty capable on the bolts and nuts side of life," says Clem.

England-born, he migrated as a baby with his parents to Christchurch. Clem entered the motor trade, but was always studying engineering. He gravitated to marine and aircraft work, and in his spare time he and a friend built boats.

He served six years in the Air Force during the war, as an engine fitter, then a flight engineer. Clem was twice listed as "missing presumed prisoner-of-war". He slipped out of Singapore just before it fell, on a cargo ship with bunks for 12 passengers but packed with 2000 servicemen and civilians. The Japanese dive-bombed and strafed the ship.

"We suffered a lot of damage and we downed a lot of Japs too, but that was war." The ship made it to Java, where the Air Force contingent regrouped.

As the Japanese hemmed them in again, Clem staged his second escape act. About 400 desperate souls clambered aboard the hulk of a ship that had grounded on a reef. Despite 2 metres of water in the hold, the engine was serviceable.

With no lifeboats, no radio and a frightening list from the shifting water ballast, they crept through the narrow Sunda Strait in the dead of night, eluding Japanese forces on both sides. Clem says the ship's lean and a heavy sea probably saved their lives later. As the drunken vessel wallowed at the bottom of a deep trough, a Japanese torpedo sliced through the wave crest. Breaking the surface caused it to explode just metres from the hull.



Clem and Mona Randall.

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love to hear
from you...



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Published by Tasman District Council
Produced by Dry Crust Communications
Editorial Phone 03 544 4975
Enquiries Fax 03 544 4951
Email info@drycrust.com
Advertising Phone 03 544 4975
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The ship made it to Fremantle in Western Australia. Clem had done 82 missions, earning a reprieve from the frontline. He was in Los Angeles collecting a new Dakota on VJ Day.

Mona, meanwhile, was working as a stenographer. The daughter of a country GP, she grew up on the West Coast and lower South Island, moving often with her father's work.

"He had itchy feet. We had a pretty hard sort of a childhood."

From an early age she had a way with words, earning pocket-money by winning story and poetry competitions in the children's page of the Southland Times. (Co-incidentally, she has won a bottle of wine for a poem in this Mudcakes.)

On leaving school, Mona worked for solicitors in Gore, then went to Dunedin, but was summoned home to help keep the books of her father's medical practice. During the day she worked as a railways clerk in Lumsden.

She married in Gore, to a serviceman she had been writing to throughout the war. They had four children, raised in Christchurch, but the marriage didn't work and Mona found herself starting again, plus caring for their youngest child. She relocated a house to a section near Christchurch, stitching the three segments back together.

Clem had returned to his garage, and he and his wife raised three children. After 27 years in the motor trade, he felt like a change – and the fumes were affecting his health. Clem ventured into servicing pumps, irrigation equipment and fire sprinkler systems, travelling nationwide as a troubleshooter.

His own marriage was ending. As he ducked into the Airworks office to use the photocopier, Clem found himself attracted to the boss's secretary, Mona.

Her great-grandfather had farmed in Golden Bay in the 1850's, so it was cyclical that Mona carved her own homestead from the bush. She and Clem soon acquired the new blade-saw slashers – "the mastering of the place" – and learnt to slice the gorse in stages, leaving it to rot. Birds brought in the seeds of native trees and once they grew through the "nursery gorse", establishing a canopy, they killed off their noxious host because gorse seedlings need sunlight.

"So it wasn't the terrible enemy we thought," says Clem.

More than three decades of work has restored the entire property to native bush. Birdsong rings the valley.

Mona is kept busy with her writing. She belongs to both the Golden Bay Writers Group and the Nelson-based Boulder Writers.

Clem's vast shed is a bloke's dream of old machinery and projects on the go. Golden Bay businesses have benefited from his expertise with water. Clem takes pride in the thought that he helped to save industries and jobs.



(MATTHEWS)

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Seniors behaving badly

DISGRACEFUL INCIDENTS FROM AROUND THE WORLD, COURTESY OF NEWSOFTHEWEIRD.COM

Britain's Countess of Wemyss and March, 67, is manager-fundraiser for the Beckley Trust, the country's leading advocacy group for legalising marijuana, according to the Daily Mail. In her early 20s, when she was Amanda Feilding, she extolled the virtues of trepanation, or drilling a hole in your head (to "broaden ... awareness" by increasing the oxygen in the brain). The Countess still expresses hope that the National Health Service will eventually cover trepanning.

Patricia Edwards, 51, was arrested in Sanford, Florida after being identified as the woman who walked into a Bank of America branch, handed over a robbery note and walked out with money. After being quickly nabbed, she explained: "There was no plan, no nothing, just impulse. I think everyone should have a list of things they want to do before they (die)."

Police in Austin, Texas, executing a search warrant, discovered an elaborate, three-storey tunnel complex extending as far as 10m underground, beneath the home of Jose Del Rio, 70, which he apparently dug over at least a two-year period. Police also found 19 guns, plus ammunition, batteries and compressed gas. The property showed signs of caving in and posed a threat to adjacent

property as well. Del Rio (who neighbours said "kept to himself") offered no particular explanation for the tunnels.

Great-grandmother Rosemary Douglas, 81, is out to collect unpaid child support payments for her son, who is now 60, from the "boy's" father, Urban Joseph Grass, now 82. In a Los Angeles court, Rosemary claimed US\$50 a month from the date of the 1951 court order (totalling, including interest, US\$57,000).

Madison, Wisconsin neighbours Nina Bell, 56, and Arnessa Battles, 38, were cited for disorderly conduct in a dispute over Battles' dog's winter-long droppings, revealed by melting snow. When a police officer arrived on the scene, both women had smeared each other's cars with large quantities of the offending matter.

Retired judge Edwin Collier and his wife, both in their 80s, were severely injured in a 2009 traffic accident in Maryland involving Rene Fernandez, 45, who was set to plead guilty to one count of drink-driving, according to court records. Judge Collier had sentenced Fernandez in 1998 for drink-driving, releasing him on probation, even though Fernandez had been arrested twice on similar charges in the previous three months.



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Ngawhatu swimming pool.

A decade ago it was a bulldozer job. Today the Ngawhatu pool is used by 600 people a week, ranging from private swimmers to arthritis sufferers, baby bathers and aqua-aerobics fans.

"It just works – it's amazing. And it's all done by volunteers," says Jos Pattison, treasurer of the charitable trust that runs the pool.

The 20 metre pool, built in the mid 1970s for staff and patients of the former psychiatric hospital behind Stoke, was closed and in disrepair in the late 1990s after patients were rehoused in the community.

Public meetings to save the pool were held in 1998 and 1999, and a committee was formed. Judith McColl, of the

Arthritis Foundation, underlined the strength of supporters' commitment by going on a hunger strike outside the Nelson City Council headquarters. She slept on a cot in the doorway for five cold and windy nights, with supporters keeping her company "like bodyguards".

Judith adds that a large public meeting brought home to the council the solid support for retaining the pool. In 2001 the council leased the property from the hospital board, then offered the committee a 10-year sublease at the peppercorn rent of \$1 a year. The pool needed roof repairs, new guttering and a new boiler, since heating had been supplied from the hospital boiler in the past.

The Canterbury Community Trust chipped in \$300,000. A \$20,000 loan from the Network Tasman Trust covered the remaining expenses, and a year later the pool opened to users.

More than 30 groups now use the pool. They include brain injury patients, the Heart Foundation, special needs students from Waimea and Nayland colleges, the Cancer Society, Maori healthcare providers and mental health groups (including former patients of the old hospital). The pool is kept at 33deg so that users with restricted mobility do not become cold.

Because Ngawhatu is open year-round, swimming clubs also use it in winter.

First to take the plunge at 6.30 am each morning are lap swimmers. A limited number of keys are provided to the public for \$100 each quarter, and these swimmers are allocated two sessions every day. After a steady stream of groups, the doors close at 8.30 pm.

Hourly fees cover the pool running expenses. Jos says a team of volunteers, many of them retired, take care of cleaning, chlorination, tending the boiler and ordering supplies.

The Ngawhatu site is now owned by a private developer, Stoke Valley Holdings, and the lower part of the valley has been subdivided. The pool lease expires next year.

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Quilters show their skills at cards

NELSON SEWERS CREATE 52 SPECIAL ITEMS FOR THEIR OCTOBER FESTIVAL.

Nelson quilters Joan Kundycki (below, left) and Diane Renwick are dealing themselves a full hand for their biennial festival in October. Guild members each took a playing card from a deck and were given the freedom to create their own design around it. The result will be 52 mini-quilts for displaying at Nelson College for Girls from 1-3 October 2010.

The "cards" will return to their creators after the festival, but "some creative person might like to buy a royal flush or a run," says Joan.

The show will feature quilting large and small, from bags to king-size bed coverings, traditional and

contemporary. Awards will be presented and a quilt raffled.

Diane says the Nelson guild has more than 100 members. They donate their work to the premature baby unit and paediatric ward at Nelson Hospital, and have given 30 quilts to the Hospice.

A quilt like the playing cards may take 20 hours, but for the larger pieces, quilters "stop counting".



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Songbirds of Stoke take flight

NELSON HAS A HOST OF CHOIRS MAKING BEAUTIFUL MUSIC FOR ALL.

"My life has been music," says Robyn Dale, director of the Songbirds, a women's choir based in Stoke.

In a region blessed with a heavenly host of choirs, the Songbirds have arisen from the ashes of the Stoke Ladies Choir, established by Robyn's dad Paul Vesney. It ran from 1979 until age began to catch up on members in 2008.

Robyn inherited that choir's catalogue of 300 songs, giving the Songbirds a strong footing. The 20-strong group, now in its second year, meets one morning a week to work on numbers. Their repertoire ranges from sacred to pop.

The Songbirds have already given public performances, most notably at one of the gala nights for the opening of the Theatre Royal.

Robyn's background is as an accompanist, and she has played for many choirs in Nelson. The Songbirds use Joy Wright at the keyboard, and Robyn says they occasionally enrich the choir's sound with guitar, double bass and flute player Jane Bealing.

Music is very healing, says Robyn. The former Stoke Ladies Choir was a form a therapy for many, and in some cases "the only thing they had".

The Songbirds meet at the Stoke Methodist Church on Friday mornings from 9.45 am to 12-ish, with a break for a cuppa and a chat. A charge of \$3 a session covers venue hire, and all singers are welcome, from raw beginners to experienced choristers.

"You don't have to be able to read music." Robyn says the key word is "enthusiasm".

Over at the Stoke Seniors Hall, the Musical Demons choir get their teeth into numbers from Dean Martin to Elvis, Rogers and Hammerstein to Andrew Lloyd Webber.

Leader Anne Spear says members range in age from 60 to approaching 90, and a full muster is 22.

They perform at resthomes and in-house, with Maureen Sidwell at the piano, Anne on guitar, and an occasional ukulele player.

The Musical Demons meet on Thursdays from 11.00 am to noon at the Stoke Seniors Hall, behind the War Memorial Hall. New members welcome. Contact Anne on 03 547 2660.



love to sing?

The Nelson area is alive with the sound of music. Find a choir near you and get singing.



The Songbirds, back row, from left: Marie Baigent, Barbara Cunningham, Wendy Nossmans, Mary Gyde, Beryl Plummer, Rosemarie Amos, Pam Lucas, Betty Arcus, Anne Jones-Shaw, Catherine MacDonal, Joy Evans. Front row: Joyce Townsley, Joy Wright (pianist), Robyn Dale (director), Thelma Taylor Rata Aitken, Audrey Judge, Carol Ercolano, Susan Couper.

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Just do it, says avid veggie grower

YOUR BACKYARD CAN FEED THE FAMILY, AND THEN SOME ...

If there is a style called laid-back gardening, then Lynda Hallinan is its apostle.

"Give it a go and don't worry too much about succeeding," says the editor of New Zealand Gardener magazine and

one of the main speakers at Ecofest in Nelson in August.

The champion of self-sufficiency famously turned her 733 sq m central Auckland section into a food basket of 91 different crops and 65 fruit trees.



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"I grew way more than I could eat," she says, and all without using sprays or chemicals. As for pests, "I just live with them, to be honest." Birds would pick off the bugs, and she grew to love the sound of thrushes cracking open snail shells on the concrete.

Lynda's approach to weeding is to "knock it on the head" in spring and make sure she keeps her gardens intensively planted to crowd out the undesirables.

"I'm not a tidy gardener."

The only vital ingredients are a spade, a sunny spot and water, she says.

"I've gone off raised beds. There's no need with good soil."

Even clay soil isn't as bad as people think, says Lynda, because it helps to hold nutrients.

She lets plants self-seed easy with the likes of cabbage, cauliflower and broccoli and welcomes the fun and surprises of what comes up.

Lynda maintains that anyone can become self-sustaining with food crops. "Just chuck it in and see how it goes."

Lynda Hallinan

A home veggie garden has become "kinda cool" again, even in student flats. Lynda attributes the trend to both saving money and people wanting to know where their food comes from.

Apart from feeding the family, a garden also "reminds us of the little things in nature that are hugely important."

Raised on a dairy farm, Lynda put in her first garden as a teenager. Her latest challenge is a 17ha property at Hunui, near Auckland, that she and her partner may turn into a French-style berry garden (pick-your-own), amongst other projects.

As well as her magazine, television and radio work, Lynda travels extensively to international garden design events, including the Chelsea Flower Show in London and the International Festival of Gardens at Chaumont in France each year.

Also on the platform at Ecofest in Nelson is Dennis Greville, a gardening writer with 16 books to his name. He contributes to national and international magazines, and is a regular guest on TVNZ's Good Morning programme. Dennis's publications include Growing Vegetables Year-Round, The Growers Cookbook, and Easy on the Pocket Vegetable Gardening.



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Endurance pays off for refugee

MOTUEKA PENSIONER HAS TRAINED HORSES AND RUN POWER STATIONS.

"I seem to have a sort of endurance," says Lazlo Tomanek.

The Motueka retiree was shunted back and forward across Europe by the Nazis, the Russian army, the Italians and the British. He racked up a CV that includes glass-blower, horse-trainer and mechanic, emigrated across the globe, was lugging heavy packs up mountain peaks at age 80, and a decade later, with failing eyesight, an artificial hip and a pacemaker, can still demonstrate cat-like agility in crouching to the floor to retrieve a fallen object.

Hungarian-born, Lazlo moved with his parents to Romania when just a year old. At age 14 he started in a glassworks, blowing crystal glassware, medicine bottles, lampshades etc, as well as tending the machines that extruded window glass.

"It was hot, and very hard work too."

In the midst of war in 1940 he moved back to his birthplace of Debrecen in Hungary, becoming a handyman in a

railway wagon factory. The army called him up and he was assigned to a cavalry unit – when that still meant horses.

Lazlo was posted to a riding school in central Hungary catering for both military and private clients.

"I had a good job. I just had to take care of two horses and equipment."

In 1944, with the Soviets advancing on Romania and the Germans falling back, refugees fled the fighting. The riding school staff trekked for two weeks in a group of about 400 that included civilian men, women and children, using horse-drawn sleds. They stayed at Kormend, near the Austrian border, but were taken under German command, loaded into freight wagons and railed north to a camp near Vienna.

"They didn't know what to do with us."

In January 1945 the group was shunted to north-east Germany, but with Soviet troops now just 40km away, the Nazis opened their food stores, told the refugees to take what they wanted and "wiped their hands of us".

In snow and terrible cold, the refugees trekked north towards the Baltic Sea. Lazlo says when their food ran out German villagers offered precious sustenance such as hot soup.

A refugee rescue team led them into a camp, then eventually a train bound for Denmark, which proved a haven. The war ended that May. Meanwhile the Red Cross found Lazlo work as a trainee mechanic.

After two years he finally heard from his parents that it was safe to return to Hungary, and Lazlo made a "big mistake" in joining 25 refugees bussed back home. They were arrested at the border and he was interned in a forced labour camp near Budapest. With two companions, he fled, walking at night through the mountains to reach the British occupation zone in Austria.

"Home" was now another camp, this time near the Italian border. One of his pals had a relative living in northern Italy, so three internees set out to cross the Alps, with no documentation. Two Austrian policemen stopped them on a road, and when the trio pleaded for mercy, one policeman drew a map of a mountain track – and even marked the border guardpost.



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The trio reached a chilly 2400m in crossing over the alps, but the air was immediately warmer in Italy. Locals offered food, wine and even train tickets. The refugees headed for the Dolomite mountains, but were picked up again by police and handed back to the British in Austria.

In January 1948 Lazlo and the other camp residents were offered a new life in a choice of countries. He picked England, and remembers fondly that he was given a pound note on arrival.

After a month in a language school, Lazlo was offered work in one of four essential industries: coal-mining, farming, building and electrical production. "Which one is the best paid?" he asked, and found himself underground near Stoke-on-Trent, maintaining the mine machinery.

Six months into the grim job, he saw a sign seeking glassblowers in Birmingham. He was back making lampshades and bottles, in his spare time touring Ireland, Wales, and biking in the Midlands.

On a trip to London he spotted New Zealand House. He lacked the necessary job and sponsor, but down the road at Australia House they were glad to take him. The landscape didn't look as attractive, but it was better for a chest condition aggravated by the English fog.

After three months of working for Crown Crystal in Sydney, the company offered him a transfer to their offshoot in Hornby, Christchurch. Lazlo set eyes on the snow-covered Alps and knew he would stay.

His health intervened. He developed severe eye strain after two years and the doctor ordered him to stay away from strong artificial light for six months. Lazlo gravitated to Motueka, working on a tobacco farm.

Back in Christchurch, an injured finger put him off work for months. He became a fitter's assistant with Feltex Carpets. In 1961, now with New Zealand citizenship, Lazlo visited his parents – a long trip by ship and train. When he returned, Feltex reneged on a promise to keep his job open. He headed back to the tobacco farms of Motueka.

The industry began to collapse, so he took a job in

Lazlo Tomanek.



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the Cobb power station in Golden Bay. He put his hand to most tasks, while studying the electrical trade by correspondence. Posting followed to the Arapuni station in the Waikato, and to North Otago.

His love of tramping and the mountains drew him to a long stint as operator in charge of the Upper Takaka substation. When the NZ Electricity Department pensioned him off at 60, "I decided that Motueka was the place I wanted to live".

He has explored the region's highest landscapes, chased tar across the slopes of Mt Cook and planted his boot on the North Island's big volcanoes.

"I used to climb like a mountain-goat", and he continued doing so until he was 82.

Degenerating eyesight stopped him driving, and at 88 he had a hip replaced, staging a recovery that stunned the medics. The initial stages of Parkinson's Disease have bestowed a shaking left hand, and apart from hearing loss, Lazlo enters his tenth decade in reasonable shape.

About 20 years ago he sold his house to send money home to Romania, and now lives on his own in a retirement unit. With the aid of a white stick from the Foundation for the Blind, he can stroll downtown and do his shopping.

The enduring Lazlo has to watch his pennies, but he boasts a healthy balance in his memory bank to look back on.

The troublesome trundler

BY MONA RANDALL, THIS ISSUE'S WINNER OF THE RIMU GROVE WRITERS SERIES.

You've surely all encountered it
embarrassed by its squeals
the supermarket trolley with
the wibbly-wobbly wheels.
its casters knock like skittles
and you find it quite a trial
to steer the uncoiled monster
to the small-goods down the aisle

You nudge it gently straight ahead
but it takes great delight
in swerving wildly to the left
or veering to the right
you've almost reached the cheeses
and at last regained your poise
when once again your peace of mind
is shattered by that noise

The other shoppers turn and stare
as if it is your fault
you pause, pretending you're
engrossed
in brands of table salt
and vow this pesky vehicle
no longer you'll endure

You choose another trolley
quite determined to ensure
a better model this well be
it surely can't be worse
but either they're related
or you're under some strange curse

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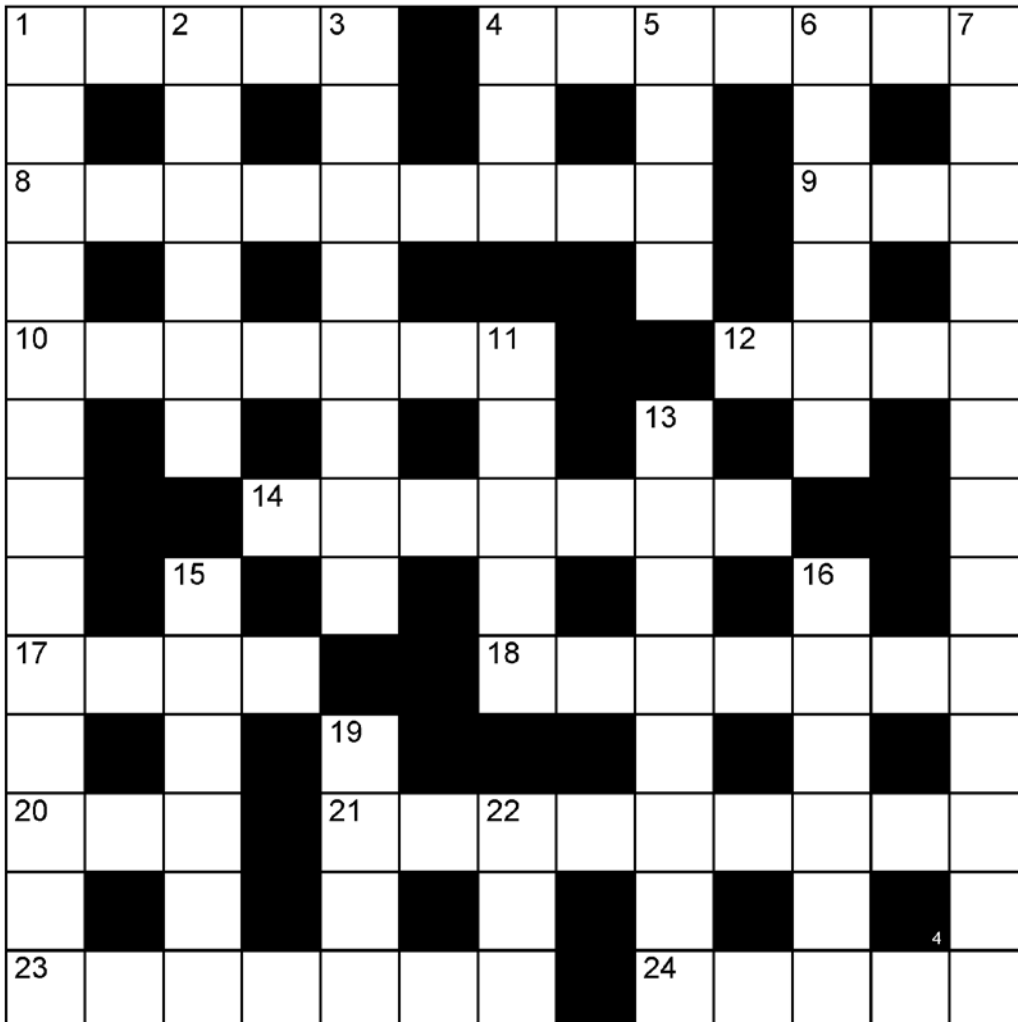
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Simpler Clues**CLUES ACROSS**

1. Fruit (5)
4. Add herbs for flavour or decoration (7)
8. Something to stimulate desire for food (9)
9. Slice (3)
10. Vocalists (7)
12. Use spoon (4)
14. Gummed advertising label (7)
17. High in stature (4)
18. English cheese (7)
20. Jamaican music similar to reggae (3)
21. Low female voice (9)
23. Final course of meal (7)
24. Slackens off (5)

CLUES DOWN

1. Made insensible, sent to sleep (13)
2. Thin, high-pitched (6)
3. Fervent prayer (8)
4. Fuel (3)
5. Uncommon (4)
6. Instigate, move to action (6)
7. Composed of parts of different kinds (13)
11. Fires (5)
13. Line of ancestors (8)
15. Eternally (6)
16. Tall supports, props with foot-rests (6)
19. Dull pain (4)
22. Snare, piece of mesh (3)

**Harder Clues****CLUES ACROSS**

1. Fruit very quietly put in drink (5)
4. Embellishment to dish has ring in this form (7)
8. It whets one's desire to set a piper reeling (9)
9. Less money available for the joint (3)
10. How to gain ingress for the choristers (7)
12. Move around prison (4)
14. Gummed label for one who killed pigs (7)
17. Lofty as the story one is unlikely to believe (4)
18. Cheese will increase length of leg that has it (7)
20. Ask to change the music if it's like reggae (3)
21. She sings in car lot, not broadcast (9)
23. Pudding made by first settler in the Gobi (7)
24. Makes it less tight, see, as it's adjusted (5)

CLUES DOWN

1. Was put out by having said he sent tea out (13)
2. Cord used in trimming gets very hot (6)
3. An earnest prayer to dine in the vestibule (8)
4. Garage always serves starters with petrol (3)
5. It is not often found to wiggle right ear (4)
6. The sound of inner awareness may move one to action (6)
7. Made up of different sorts, see no gout here (13)
11. Bags the sound of a wind instrument (5)
13. A list of ancestors of good stock (8)
15. It never isn't law-breaking, say (6)
16. They let one walk tall on the street, list being wrong (6)
19. Pain each may have to suffer (4)
22. X turns up in the middle of a tennis court (3)

Flag of compassion flies high

RED CROSS DOES A HUGE AMOUNT OF WORK LOCALLY.

When the going gets tough, the universal symbol of compassion is always close at hand. The Red Cross movement (called Red Crescent in some Muslim countries) can muster a staggering 97 million volunteers worldwide, from 186 national societies. For a century and a half the humanitarian organisation has represented healing and hope, picking up three Nobel prizes.

That commitment is reinforced close to home. Tasman Red Cross Area Manager Fraser Benson has a store of 100 boxes in a back room of the Parkers Road premises in Tahunanui. Each contains clothing, slippers and toiletry kits. Up on a shelf are blankets, and loaded in a trailer is emergency rescue gear, first-aid kits, cooking equipment, basic food stocks, wet-weather clothing, a generator, and registration forms to keep track of evacuees for a disaster. Against the wall are a stack of stretchers. Red Cross will even turn up at an emergency with children's games to keep youngsters occupied.

The Nelson response team scrambled for victims of the Tapawera flooding recently, setting up a welfare centre in the rugby clubrooms ready to care for victims. Worldwide, Red Cross has had a busy year with the Haiti and Chile earthquakes, the Samoan tsunami and Aitutaki cyclone.

Local branches have been prominent in fundraising for that work. New Zealanders also play a big role on the ground overseas.

Day to day, a huge amount of work goes on in our own community. That includes:

- Welfare Support. Emergency kits of clothing, toiletries etc to get victims through the immediate impact of a fire, for instance, until insurance is sorted out.
- First aid training: Individuals or work-groups train at the Parkers Road premises. The two-day course costs \$175 and the one-day \$90. Red Cross will also go to workplaces to train staff, or tailor hours for shiftworkers. "We are the global leader in first-aid."
- Meals on Wheels: Providing drivers for the District Health Board service. About 200 voluntary drivers throughout Nelson, Richmond and Stoke. The service delivers 80,000 meals annually in our region.
- Community Transport Service. A mini-van to run people to medical appointments. Payment by donation.
- Holiday camp activities for disadvantaged or at-risk youth (October school holidays). Three days of

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In association with Nelson Grey Power



NELSON TRAVEL CLUB

"A Great way to socialise and see the region"

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. There are also club tours, ranging from overnight trips, through to 10 day tours.

To join the club for free, contact Jared at Nelson SBL on PH: 03 539 0834 or Email: jared@nelsoncoaches.co.nz





volunteers always welcome

Red Cross can always use another volunteer for its work. For more information call 03 546 5012 or visit www.redcross.org.nz

swimming, kayaking, climbing walls, barbecues and a bit of first-aid instruction thrown in.

- Medical loan hires – affordable hiring of wheelchairs, crutches, shower stools, commodes – even a mobility scooter.
- Assistance to the Nelson men’s night shelter and foodbank.
- School uniforms for refugee children.

Emergency team member Sandra Horne comforts an evacuee.

- First-aid cover at public events such as Garin College rugby, rock concerts, dancing competitions and providing first aid for the Coast to Coast race each February.
- Recycled clothing shops: Two in Nelson (Vanguard Street and Parkers Road) as part of a national chain of 37 stores selling secondhand clothing, bric a brac and often furniture. About 50 volunteers staff the local shops. All revenue is spent on vulnerable people in the Tasman region, New Zealand and internationally.
- An annual appeal in March and a Christmas lottery.

The range of tasks is so vast that volunteers will never be bored, says Fraser. “It really is a rewarding organisation to work for.”

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Flashback to 40 years ago

NELSON PHOTO NEWS CAPTURED IMAGES FROM THE BIG FLOOD OF 1970.

Torrential rain on the weekend of August 29-31, 1970, caused flooding, slips and extensive damage to Nelson, with the loss of two lives. Both the Maitai River and Brook Stream burst their banks. (The following Saturday, more than 500 people answered a call for volunteers to help in the clean-up.) Nelson Photo News editor Barry Simpson recorded the damage.



Vans come to grief in drains at Vanguard Street, outside Logan Motors and, in the background, the Post Boy Hotel.



The Brook Stream turned into a raging torrent.



The clean-up begins in Annesbrook and upper Nile Street.



Were you a photographer for the Photo News?

The Friends of Nelson Library and the Nelson Provincial Museum are digitising the Photo News' initial run from 1960 to 1970 (editor Barry Simpson) and 1971-1972 (Peter Skinner). If you were a photographer who contributed pictures to the magazine in this period, the digitising team would love to hear from you. Contact Karen Price, Ph 03 546 6394, email info@contexo.co.nz, or Susan Price, Ph 03 546 0414, email susan.price@ncc.govt.nz.

Crossword Solutions

CLUES ACROSS

1. Apple
4. Garnish
8. Appetiser
9. Cut
10. Singers
12. Stir
14. Sticker
17. Tall
18. Stilton
20. Ska
21. Contralto
23. Dessert
24. Eases

CLUES DOWN

1. Anaesthetised
2. Piping
3. Entreaty
4. Gas
5. Rare
6. Incite
7. Heterogeneous
11. Sacks
13. Pedigree
15. Always
16. Stilts
19. Ache
22. Net

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Michelle 528-0252
or Jacqui 544-1645
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Harnessing the skiers' stride

TWO NEW FORMS OF EXERCISE FOR WALKERS

"I've always been a great walker but the last few years I've had problems," says Margaret McKee of Stoke. So she took up Nordic Walking, the cross-country skiing stride performed with poles.

The 80-something Stoke resident had both hips replaced a few years ago. She is in the "kindergarten stage", of Nordic Walking, learning how to thrust with the poles behind her to aid momentum and exercise the upper body.

Instructor Jacqui Sinclair, a former physiotherapist, says Nordic Walking is good rehab therapy. She has taught people with heart conditions, arthritis of the ankle, knee, hip, shoulder, thoracic spine and neck, after joint replacements and knee reconstruction, plus others with multiple sclerosis, muscular dystrophy and severe asthma. She has about 35 clients, with an age range from 19 up.

Nordic Walking evolved in Northern Europe as summer training for cross-country skiing. In 1998 it officially became a sport of its own and rapidly spread from Finland to other countries.

Margaret saw it demonstrated on television and thought it was worth a try. She already goes to the gym once a week to use the bike, rowing machine and weights.

"I'm not a person that's resting. It's not my cup of tea."

She intends to continue with the striding exercise.

Jacqui says she takes trainees through an hour-long "taster", gives further lessons to refine the heel-toe gait and the arm movements, tackles hills or the beach, and finishes off with a "polish". Trainees often progress to buying their own poles (about \$200) and gloves that clip into them. They can walk on their own, buddy-up or join group outings.

Take a stadium stroll

The Saxton Seniors Winter Walking and Circuit programme kicked off recently in the comfort of the Stoke stadium.

Twelve people attended the session, which is an extension of the Falls Prevention programme and involves walking inside the big building, plus exercises to improve balance.

The activities are suited to older adults with chronic conditions or those at risk of a fall. Effort levels range from a careful introduction, to climbing the stairs to the mezzanine floor.

Walkers use pedometers, adding their step count to a group chart, so the next week they can match or better their distance.

The Falls Prevention Circuit is available and includes exercises to improve balance. These aren't always as easy as they look.

"Of course, most important is the social support and provision of a cup of tea at the end," says Nicole Bingle, Programmes Coordinator for Saxton Stadium.

The programme runs every Tuesday (regardless of the weather) starting at 9.30 am, with the walk lasting about 30min. Phone 03 538 0072, email stadium@nel.sporttasan.org.nz, or just turn up on the day.



Margaret McKee goes Nordic, with poles providing upper-body exercise.



go for a walk

Walking groups are plentiful in our region. See the listings in the back of Mudcakes and Roses.

Need support and professional care in your own home?



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Contact our Nelson branch
35 Nile Street
Ph. 0800 263 562



Email: nelson.office@healthcarenz.co.nz
Website: www.healthcarenz.co.nz

WHAT'S ON?



AUGUST - SEPTEMBER 2010

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

Golden Bay

Golden Bay Museum

Taonga Tuturu, a display of tools and food-gathering implements used by early Maori, including adzes, pounders, fish-hooks etc. Until 17 September.



Upright and Able

Free 6-week falls prevention course for anyone over 65 who has recently had a fall or feels they are at risk of falling.

Course starts: 14 October 2010, 10.00 am.

Senior Citizens Hall, Takaka
Enrolments essential.
Ph Jacinda Hohepa
Ph 03 525 9708.

Wednesday Walkers

Meet at Information Centre carpark, Takaka, leaving 9.00 am. Bring morning tea, raincoat etc, light boots or walking shoes. Contacts: Bron Thorneycroft Ph 03 525 8627, Bob Kennedy Ph 03 525 9958 or Ian Pogson Ph 03 525 9365.

Motueka

Motueka Recreation Centre

Move To Music, 50+, Tuesdays and Thursdays 9.30 am. \$3.

Badminton, 7.00-9.00 pm every Thursday evening for players of all ages and levels. Court fee \$3, racquet hire \$3.

Motu Weka Neighbourhood Centre 60+ Social Club, every Tuesday 9.30 am - 1.30 pm at Weka House, Old Wharf Road. Provided: morning tea, lunch, a planned outing or activity and transport. \$12.50 per session. Contact:

office Ph 03 528 4418 or
a/h Sylvia Ph 03 528 7237

Seniors Walk and Talk, Friday 9.30 am - 10.30 am. Options of 30min walk (easy) or 1hr (moderate pace). \$3 (morning tea provided).

Sit 'n' Be Fit, Tuesdays 10.30 am - 11.30 am. \$3 per session.

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

Murchison

Murchison Community Resource Centre

Murchison Daytrippers.
Phone Berylla Jones
Ph 03 523 9875.

Nelson

Nelson Dance Along

14, 28 August 2010, 11, 25 September 2010. Richmond Town Hall, 7.30 pm - 11.00 pm. Supper provided, all welcome. Cost \$3 members, \$4 non-members. Rosalie Winter Ph 03 548 2236.



Nelson Fifty-Plus Walking Group

Farm walks, mini-walks and fortnightly tramps. Car drivers are asked to notify the day-leader of their intention to walk. Passengers contribute 10c a kilometre. Come prepared for bad weather. No smoking or dogs on walks.

5 August: Argilite Quarry (M). Ph Carolyn 03 544 2286 or David 03 544 0277.

19 August: Fringe Hill, Tanragee (M). Ph Alison 03 544 6833 or Lyn 03 545 0124.

2 September: Rush Pool, Dews Lakes (H). Ph Bernie 03 545 1033 or Annette 03 548 9772.

16 September: Boulder Bank, the Glen (E). Ph Cheryl 03 544 7684 or Carolyn 03 544 2286.

30 September: Grampians, Fairfield Park. (M) Ph Annette 548 9772 or Carolyn 03 544 2286.

Mini-walkers

3 August: Maitai Walkway (meet 155 Nile St). Ph Betty 03 547 5312.

17 August: Rabbit Is. (meet Washbourn Gardens). Ph Jean 03 544 1029.

31 August: Harvey Farm (meet Washbourn Gdns). Ph Gwenda 03 544 5307.

14 September: City to Marina (meet 155 Nile St). Ph Gwen 03 547 3315.

28 September: Pelorous (meet 155 Nile St). Ph Jan 03 545 2546.

Nelson Provincial Museum Exhibitions

Future Food.
The developments and issues around food that New Zealanders may encounter. To mid-September.
Port Nelson Haven Ahoy!
A story of early colonial migration. Starts 4 October.
For more info visit www.museumnp.org.nz.

Nordic Walking

Ph Jacqui 03 544 1645.

Presbyterian Support

Free 6-week falls prevention course for anyone over 65, who has recently had a fall or feels they are at risk of falling. Courses held in Nelson, Stoke, Richmond and Motueka.

Enrolments essential.
Cherie Thomas
Ph 03 547 9350 ext 712
16-week modified Tai Chi course. Cost \$48.

Quilting

Festival of Quilts, 1-3 Oct, Nelson College for Girls assembly hall. Traditional and contemporary quilts and wallhangings, including Member's Challenge - 52 individual interpretations of playing cards to make up a deck.



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 (Stoke Seniors Hall)

Euchre: Tuesdays 10.30 am

Mah Jong: Tuesday 1.00 pm (Stoke Memorial Hall)

500 Club: Wednesdays 1.00 pm.

Art class: Mondays 10.00 am & 1.00 pm. \$4 (Memorial Hall).

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

Tai Chi: Tuesday 1.30 pm. \$3.

Pilates: Wednesday at 1.30 pm. \$2.

All the above classes meet in the Stoke Memorial Hall

Monthly Movie: Please 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 special trips, phone the office on Ph 03 547 2660.

Monday Out & About:
Trips & Picnics

Weekly Afternoon Entertainment: contact office for programme details.

Also Tuesday - Thursday Meals: a two course meal at midday for \$8 (non-members), \$6 (members). Ph 03 547 2660 to book (preferably by 9.30 am the day before).

Suter Art Gallery

Until 12 September:
Diaspora. Drawings by Richard Lewer, sculpture by Denis O'Connor, photography of Fiona Pardington, paintings by Gretchen Albrecht, Tony Lane and James Ross.

14 August - 17 October: West East. Orientalism (Western interpretations of Eastern art and culture). Floortalk 28 August, 2.00 pm.



18 September - 7 November:
Don Binney: Drawing the Waitakere Coast. A suite of 24 coloured pencil drawings. Floortalk: Saturday 18 September at 2.00 pm.

18 September - 17 October:
Chartaphilia. Works on paper from The Suter's collection.

Wednesday 29 September:
2.00 pm and 7.30 pm, The Flame Organ with Alastair Galbraith. A new instrument featuring dozens of bunsen burners linked to an old piano keyboard with pulleys and fishing line. Tongues of blue flame flicker in and out of racks of tall glass tubes. Discs of red-hot gauze inside each tube cast crimson reflections and cause strange waves of sound.

Richmond

Club 50

A social group of mature adults looking for companionship, recreation and enjoyment. Contact Jacqui on Ph 03 544 3955 or email trrc@nel.sporttasan.org.nz. All activities start at the Richmond Recreation Centre, 9 Cambridge Street – unless otherwise stated.



3 August: Richmond Walk, through Washbourn Gardens and to Jacqui's for morning tea. Cost: \$2. Morning tea provided.

10 August: Show and Tell. Bring a craft or hobby along, plus morning tea to share. \$2.

17 August: Laughter Yoga. Shared morning tea. \$4. Meet at 9.30.

24 August: Movies. See newsletter to choose your film. Name must be registered for this. Start time 10.30. Cost \$9. Meet at 9.45 to carpool.

31 August: Quiz Morning. Shared morning tea. \$3.

7 September: Planting at Rabbit Island, with BBQ to follow. Bring gloves and morning tea. \$2. Meet at TRRC to carpool.



14 September: Floral Arrangement. Guest speaker Helen Heberd, formerly from Woodley Florist. \$2. Shared morning tea.

21 September: Marching (in the hall). Shared morning tea. \$2.

28 September: Kina Beach Walk. \$2. Bring your morning tea and warm jacket. Meet at RRC to carpool.

Pigeon Valley Steam Museum

5 September: Classic and Collectable Cars, hosted by the Rover Car Club.

Wakefield

Way2Go activities

Pilates: Village Hall Mondays at 7.00 pm From 9 August 2010

Active Seniors Class:
Village Hall Tuesdays at 11.00 am From 10 August

Sit and Be Fit Classes:
Village Hall Thursdays at 10.00 am From 12 August

Live Well Stay Well: Seniors get-together and information morning, includes morning tea. Tuesday 7 September Village Hall at 9.45 am.



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- Meals provided
- 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

recreation PROVIDERS



AUGUST - SEPTEMBER 2010

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

Golden Bay

Drop In Yoga

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

Genealogical Group

Sally Gaffney
Ph. 03 525 8086

Gentle Exercise

Golden Bay Physio Clinic
Sit and Be Fit classes every Tuesday at the Community Centre. Gold coin donation.
Jacinda Pomeroy
Ph 03 525 9708

Golden Bay Contract Bridge Club

Leigh Gamby
Ph 03 525 9744

Golden Bay Garden Club

Diane McIntosh
Ph 03 525 6121

Golden Bay Patchwork and Quilters Guild

Liza Eastman
Ph 03 524 8487

Guided Gym Session

Wednesday 12.00 pm - 1.00 pm
Georgie Stone
Ph 03 525 6110

Indoor Bowls/Cards

Senior Citizens Club Rooms
Mary Couper
Ph 03 525 8445

Mah Jong

Ethel Smith
Ph 03 525 8615

Marble Mountain Country Music Club

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 Alexander
Ph 03 528 0252

Pohara Bowling Club

Jennifer Westrupp
Ph 03 525 9621

Probus

Jan Sawers
Ph 03 525 9197
Robin Manson
Ph 03 525 9359

Puramahoi Table Tennis

Rene Ph 03 525 7127

SeniorNet [Golden Bay]

Contacts: Ken Mitchell,
Ph 03 524 8249,
Rosemary Jorgensen
Ph 03 525 7565

Tai Chi for Arthritis

Ann Marshall
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 Weston
Ph 03 525 9374



Takaka Table Tennis

Rene Ph 03 525 7127

University of the Third Age (U3A)

Aileen Hunt
Ph 03 525 7345

Upright and Active Falls Prevention (65+)

Presbyterian Support
Cherie Thomas
Ph 03 547 9350 ext 712

Uruwhenua Women's Institute

2nd Tuesday each month at the Anglican

Church Hall, 1.30 pm
Nancy Ph 03 525 9491

Wednesday Walkers

Bron Thorneycroft
Ph 03 525 8627
Bob Kennedy
Ph 03 525 9958

Workouts

Masonic Hall Takaka,
Mondays 9.30 am - 10.30 am, Wednesdays 9.30 am - 10.30 am, Fridays 9.00 am - 10.00 am Childcare provided. Ph 03 525 6110 for details

Hope

Hope Midweek Badminton Club

Carolyn Mason
Ph 03 541 9200

Nelson Veterans Tennis Club

Hope Courts every Thursday
Winter from 10.00 am
Ph 03 547 6916

Mapua

Indoor Bowls

Mapua Friendship Club
Mapua Public Hall
Valerie Roache
Ph 03 540 3685

Low-Impact Aerobics and Pilates

Wakefield, Upper Moutere and Mapua
Lynda Mabin
Ph 03 543 2268

Mapua Bowling Club

Arnie Ahnfeldt
Ph 03 540 3032

Nordic Walking

Michelle Alexander
Ph 03 528 0252

Taoist Tai Chi

55 Muritai St, Tahunanui
Ph 03 545 8375

Motueka

Aerobics/Gym and Fitness Centre

50+ Aerobics
Mot Rec Centre
Jody Maru
Ph 03 528 8228

Arthritis NZ

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



Gym & Fitness Centre

Studio Gym 275
Catherine Walsh
Ph 03 528 4000

Healthy Hearts Club

St Thomas Church Hall
Wendy Brown
Ph 03 528 6692

Indoor Bowls

Motueka Senior Citizens Hall
George Riordan
Ph 03 528 7960

Line Dancing

Motueka Senior Citizens Hall, Beryl Sturgeon
Ph 03 528 8265

Line Dancing

Sue Wilson Ph 03 528 6788

Marching

Motueka Veteranettes
Bev Clementson
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 Smith,
Ph 03 528 8241

Motueka Bowling Club

Don Ph 03 528 7208 or Pat Ph 03 528 9129

Motueka District Museum

Mon to Friday 10.00 am - 4.00 pm. 140 High St, Motueka
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.
Neil Bruce-Miller
Ph 03 543 2075 or Norah Morris
Ph 03 528 6290.

Nordic Walking

Michelle Alexander
Ph 03 528 0252

Riwaka Bowling Club

Kathy Brewer
Ph 03 528 4604
Pat Newport
Ph 03 528 8347

Riwaka Croquet Club

Sally Goodall
Ph 03 528 8296

SeniorNet [Motueka]

Computer learning for the over 55's at 42 Pah Street. Mary North
Ph 03 540 2758 or Maureen Hutton
Ph 03 528 0630.

Social Recreation

Kiwi Seniors (Motueka)
Vonnice Goodall
Ph 03 528 7817

Upright and Able-Falls Prevention (65+)

Presbyterian Support
Cherie Thomas
Ph 03 547 9350 ext 712

University of the Third Age (U3A) Motueka

Malcolm Ph 03 528 7484 or Duncan 03 528 4951

Murchison

Murchison Community Resource Centre Mondays:

Sit and Be Fit, 10.45 am - 11.30 am. \$2 a session.

Pilates, levels 1-3 5.15- 6.15 pm. Bring a mat if you have one. \$5 a session or \$40/term. Tutor: Tracey Bradley.

Wednesdays

Tai Chi For Falls Prevention, 11.00 am, \$2.

Walking Group 1.30 pm

Berylla Jones
Ph 03 523 9875

Nelson

Age Concern

Elaine Mead, Client Support and Activities Coordinator, is available Tuesday - Friday 9.00 am to 2.00 pm. Ph 03 544 7624.

For Kerrie Varcoe, registered nurse, Ph 03 544 7624.

Jim Davis, Elder Abuse and Neglect Prevention, Ph 544 7624.

Manager Sue Tilby, Ph 544 7624.

Address: 62 Oxford Street, Richmond.

Aquatics/Gym

Riverside Pool
Ph 03 546 3221

Art Group Nelson

Meets first Wednesday of each month.

All welcome.

Judy Ph 03 548 1170

Arthritis New Zealand

Community Groups Centre, 50 Halifax Street, Nelson
Ph 03 546 7689 or 0800 663 463
Open 9.00 am to 2.00 pm Monday to Thursday.

Belly Dancing

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

Bodyvive (Low Impact)

CityFitness Quarantine

Rd, Nelson
Monday, Tuesday and Thursday 10.20 am
Debby Callaghan
Ph 03 547 4774

Cardiac Club/Gym & Fitness Centre

Victory Community Centre, behind Victory School.
Devine Fitness
Sharon Standish-White
Ph 03 539 0348

Cardiac Support Group

Contact Averil at the Heart Foundation,
Ph 03 545 7112

Diabetes NZ Nelson

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

Dining4Twelve

Convivial gatherings. Contact Jenny
Dining4Twelve@xtra.co.nz

Easybeat 50+ Aerobics

EasyBeat Aerobics
Leigh Dalzell
Ph 03 548 1689 or 021 547 811

Golf Croquet

Nelson-Hinemoa
Bev Worrall
Ph 03 548 2190

Government Superannuitants Association

Graeme Valpy
Ph 03 547 6007

Gym

Contours Health & Fitness Ph 03 544 0496



Hatha Yoga

Maureen McKain
Ph 03 546 4670

Hot Yoga

Claire Ph 03 548 2298

Hearing Association Nelson

Euchre card group

meets Thursdays at 1.15 pm and our monthly social is from 10.00 am - noon.

Hearing House, 354 Trafalgar Sq, Nelson.
Ph 03 548 3270

Housie Evening

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

Leisure Line Dancing

Stoke Scout Hall, Songer St
Annette Lines
Ph 03 546 8777

Marching

Silveraires Leisure Marching
Diana Clark
Ph 03 548 9527

Nelson Caravan Club Inc

Allan Ph 027 319 7427

Nelson Community Patrol

Phone Suzy
Ph 03 539 0409

Nelson Dance Along

Rosalie Winter
Ph 03 548 2236

Nelson Electronic Organ and Keyboard Club

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

Nelson 50+ Mini Walks

Gwenda Wallace
Ph 03 544 5307

Nelson Mail Voice Choir

Rehearsals: School of Music, Monday evenings. Ian Lyttle
Ph 03 545 1948 or Andrew Scott
Ph 03 548 5658

Nelson Masters Swimmers

Every Monday and Wednesday from 7.30 pm - 8.30 pm. Riverside Pool, \$3. Don Pepperell
Ph 03 548 4432

Nelson Petanque Club

Wed and Sun 1.15 pm at Highland Pipe Band Hall

Paru Paru Road.
Adrienne Lorimer
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 entry. Joyce Ph 03 548 1224 or Philpa Ph 03 547 7022



Nelson Scrabble Club

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

Nelson Social Indoor Bowling Club

Valda Ingram
Ph 03 544 1487

Nelson Social Dancing Club

Live band on the second Saturday of each month, 8.00 pm, at Club Waimea, Queen Street, Richmond. Members \$6, non-members \$10. Alan Ph 03 547 9085 to confirm.

Nordic Walking

Jacqui Sinclair
Ph 03 544 1645

Over 50s Pilates

Body Power Pilates & Yoga Centre
Sue Wilson
Ph 029 281 3735

Over 50s Yoga

Body Power Pilates & Yoga Centre. Margot Hannigan
Ph 029 281 3735

Presbyterian Support

Falls Prevention classes for over 65s are free. A 16-week course of

modified Tai Chi costs \$48. Classes in Nelson, Stoke, Richmond, Motueka and Takaka. Cherie Thomas
Ph 547 9350 ext 712.

Probus, Stoke-Tahunanui ladies branch

Meets third Wednesday each month. Ph Doreen Bateup Ph 03 547 7883

SeniorNet [Nelson]

Computer instruction for people aged 55+. Clubrooms at Pioneer Park, Hastings Street, Nelson. Murray Ph 03 548 1170

Senior Service - Nelson Baptist Church

Inter-denominational service on second Sunday of the month, 2.00 pm - 3.30 pm. Alan Roberts
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 Street, Stoke. Irene Ph 03 544 8665

Stroke Caregivers Support Group

Meets first Monday of the month, at the Strawbridge Cafe Stoke Mall, at 1.30 pm - 3.00 pm. Anne-Marie
Ph 03 545 8177

Support Works

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

Suter Art Gallery

Exhibitions, floortalks, lectures and films. See www.thesuter.org.nz

Table Tennis

Nelson Table Tennis Club
Phil Hamblin
Ph 03 546 6256

Tahunanui Bowling Club

Murray Canning
Ph 03 547 6921

Tahunanui Community Centre

Social group meets
Wednesday afternoons.

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
Street, and walk for 1hr.
Ph. 03 548 6036

Taoist Tai Chi Society
55 Muritai St, Tahunanui
Ph 03 545 8375

The New Hub
Circuit Training every
Thursday 10.00 am
- 11.00 am. \$3.
New St venue.
Ph 03 545 9147

U3A
Ph Caryll 03 547 6359 or
Jean 03 544 4688.

Ukulele with Gretchen
Wednesday mornings
Trafalgar St Hall,
(Age Concern Hall)
Ph 03 548 8707

**Veterans' (55+) 9 hole
golf days**
Greenacres Golf Club,
last Monday of month.
Dick Ph 03 547 6071

Victory Senior Support
Meet every Tuesday
at 1.30 pm at Anglican
Church, 238 Vanguard
Street. Shirley or Diane
on Ph 03 546 9057,
Tuesday to Friday
9.30 am - noon.

**Walking Nelson 50+
Walking Group**
Noel Brown
Ph 03 544 2286

**Zenda Middle Eastern
Dance**
St John's Church Hall,
Hardy St
Gretchen Howard
Ph 03 548 8707

Richmond

Age Concern
62 Oxford St, Richmond

Wednesday 9.00 am
to 2.00 pm - various
activities

Thursday 9.00 am to
midday - knitting and
companionship group.

Friday 9.00 am - Noon
- Easy Exercises.

Contact Elaine Mead,
Ph. 03 544 7624

Age Concern offers:

**Client Support and
Activities:** Elaine Mead,
Activities Coordinator,
Ph 03 544 7624

**Prevention of elder
abuse:** Jim Davis
Ph 03 544 7624

**In-home Support
Services:** Kerrie Varcoue
Ph 03 544 7624

Badminton
Richmond Morning
Badminton. Dawn
Wakelin Ph 03 544 4120



**Body Power Pilates &
Yoga Centre**
Richmond Town Hall
Sue Wilson
Ph 029 281 3735

Bodyvive (Low Impact)
CityFitness Quarantine
Rd, Nelson
Monday, Tuesday and
Thursday 10.20 am
Debby Callaghan
Ph 03 547 4774

**Crafts, Caring and
Sharing**
Wesley Centre
Mondays 9.45 am
- 11.45 am
Ph 03 544 7458 or
Ph 03 544 9174

Croquet
Richmond Croquet Club
Eleanor Hannay
Ph 03 547 5424

Easybeat 50+ Aerobics
Leigh Dalzell
Ph 03 548 1689

Easy Exercise
Senior Citizens Hall
Friday 10.00 am
- 11.00 am. Elaine Mead
Ph 03 544 7624

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

**Grandparents Raising
Grandchildren**
Meets last Tuesday of
the month at 10.00 am.
Presbyterian Church
Sunday School Rooms,
Muritai Street. Social
gatherings second
Tuesday of the month
at 10.30 am. Paula
Ph 03 544 5714

**Hope-Ranzau Women's
Institute**
1.15 pm on the first
Wednesday of each
month at Holy Trinity
Church Hall, Dorset
Street, Richmond.
Visitors welcome.
Brenda Ph 03 544 5872

Indoor Bowls for Seniors
Church of Christ Hall
Cnr Croucher & D'arcy Sts
Tuesday 1.00 pm - 3.00 pm
Phyllis Haines
Ph 03 544 8383

Line Dance Nelson
Alison Myers
Ph 03 546 9878

Nordic Walking
Jacqui Sinclair
Ph 03 544 1645

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

**Richmond Recreation
Centre (Town Hall)**

Walking Group
No charge.
Mondays at 9.30 am.

**Shape-Up Circuit
Workout**
\$3. Monday 11.30 am
- 1 pm, Friday 10.30 am
- noon. Mary-Ann
McNatty Ph 03 544 3955

Richmond Slimmers Club
Margaret Westley
Ph 03 544 7293

**Upright and Able-Falls
Prevention (65+)**
Presbyterian Support
Cherie Thomas
Ph 03 547 9350 ext 712

Tasman Tennis Centre
Social tennis Tuesday
mornings 9.30 am
Coaching sessions
available. Ngaire Calder
Ph 0272 79 99 38 or
Tasman Tennis Centre
Ph 03 544 6083

Tasman Visual Arts Group
Last Wednesday of
the month Richmond
Bowling Clubrooms.
New members
welcome. Gary Gibbens
Ph 03 541 8842

Stoke

Clogging/Tap Dancing
Nelson Sun City
Cloggers
Georgina Higgs
Ph 03 545 1037

Easybeat 50+ Aerobics
Leigh Dalzell
Ph 03 548 1689 or
Ph 021 547 811

Easy Exercise
Sit & Be Fit
Arthritis New Zealand
Every Tuesday 10.00 am
Stoke Methodist Church
Lounge. Maureen
McKain Ph 03 546 4670

Hatha Yoga
Maureen McKain
Ph 03 546 4670

Hydrotherapy
Ngawhatu Pool
Thelma Creighton
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.
Roll up Wednesday
1.00 pm. Twilight bowls
Thursday 5.45 pm.
Mary Ph 03 547 4340.

Nordic Walking
Jacqui Sinclair
Ph 03 544 1645

Safety & Confidence
Kidpower, Teenpower,
Fullpower Trust
Cornelia Baumgartner
Ph 03 543 2669

Stoke Bowling Club
Lyndon Penketh
Ph 03 547 4780

**Stoke Social Seniors
Pilates:** Wednesdays
1.30 pm

Tai Chi: Tuesdays
1.30 pm

Sit and Be Fit: Stoke
Memorial Hall
Contact Christine
Ph 03 547 2660
Tuesday Walking Group
Departs 10 am from
Stoke Seniors Hall.
Ph 03 547 2660

Table Tennis Nelson
Bryan Keane
Ph 03 547 7530

**Upright and Able-Falls
Prevention (65+)**
Presbyterian Support
Cherie Thomas
Ph 03 547 9350 ext 712

Tapawera

**Visual Art Society
Tapawera**
Kaye Register
Ph 03 522 4368.

Walking
Rural Ramblers
Una Foulsham
Ph 03 522 4083

Wakefield

Easy Exercise
Arthritis NZ, Nelson
Nancye Wearing
Ph 03 541 9040

**Live Well Stay Well
Activity Group**
In conjunction with
Way2Go
Greg Biggs
Ph 03 5419320

Wakefield Senior Citizens
Meet: 1st Wed of
month at
2.00 pm, Wakefield
Village Hall.
Melba Green
Ph 03 541 8464

A heroic effort by the SuperGrans

VOLUNTEERS OFFER A HAND UP RATHER THAN A HAND-OUT.

Skills an older generation take for granted – how to stretch a meal, make a stew, time-manage with the house – aren't always passed down, says Robyn of Te Korowai Trust, who co-manages the SuperGrans service in Nelson. She and colleague Arlouse organise volunteers to visit the homes of young mothers or couples, teaching them budgeting, cooking, parenting, gardening, or maybe just to sit and have a chat.

The Stoke-based trust has 14 SuperGrans on the books, including one male, with an age range of mid-40s to mid-70s. They usually make once-a-week visits, which can be an hour, or if a cooking lesson is on the go, extend to three.



become a hero

If you would like to volunteer your services, please contact Te Korowai Trust Ph 03 547 5958 and become a SuperGran.

"They get a lot of satisfaction from helping to put lives together," says Robyn.

A typical client may be a young mum with no family or support nearby, and little money to spare.

Arlouse and Robyn also take on clients referred by Work and Income or other Government departments. A SuperGran is non-threatening, with no agenda other than to help.

Robyn says the service puts support in place before problems arise. The SuperGran will often just be a wise voice and a sympathetic ear.

"The aim is to empower the clients to be independent and in control of their lives."

The trust is planning to extend the service with workshops in basic home and car maintenance, plus growing vegetables.

SuperGran Ann Nighy is well-qualified for the task. The Nelson great-grandmother has been assisting clients,

particularly with budgeting advice, for 10 years. She did similar work in a budgeting service in Otara, Auckland.

Ann says clients may be disabled, a solo mum, new to the area or just in need of a boost to their confidence.

"Some of them are lonely ... Quite a lot of it is just being there as company and moral support in a way."

She has two or three clients on the go at once, visiting their homes for an hour a week each, hailing from countries as diverse as Azerbaijan, Burma and Fiji.

As a grandmother of seven and great-grandmother (twice), Ann feels her age and experience help to break down barriers. She and clients develop a close bond, which is "the only way I can help them, really".

"Some people's lives are so impoverished that we should be offering our skills ... and if I can make them smile, that's good."

SuperGran client Kristina is using the service to improve her cooking. Spare time is scarce for the mother of three young children, and the kitchen duties have been left to her partner.

With the SuperGran's help, Kristina is mastering quick and easy meals, plus using time at night for preparation.

Her SuperGran has been visiting fortnightly for three months. Kristina says she will continue with the lessons for as long as needed. Her helper is also a useful source of information, or liaising with Te Korowai Trust to find appropriate help.

Kristina says she might take home maintenance and budgeting courses later on.

- The SuperGrans scheme was launched in October 1994 in Lower Hutt, and there are now branches nationwide. A similar programme has started up in Canberra, Australia.

Earwax A common cause of deafness

Hardened earwax can become embedded in the ear, causing pain, balance problems, increased tinnitus and can interfere with hearing.

We use the latest inn suction technology which is a clean, quick and safe procedure, reducing typical side effects like vertigo, nausea and tympanic membrane damage.

\$10 Discount VALID UNTIL 15 SEPTEMBER 2010
On suction wax removal with this coupon.



Hearing Plus Ltd
Washbourn Medical Centre
12 Oxford St, Richmond
PH: 0800 433 788
Ph: (03) 543 3788

Gnome invasion on the cards

COLLINGWOOD GOES DELIGHTFULLY SILLY FOR ONE WEEKEND A YEAR

An army of excited garden creatures are primed to descend on Collingwood on August 20-22 for the annual festival of gnome worship.

Organiser Paddy Gillooly says the Gnome Away From Home, now in its fourth year, draws about 100 gnomes. Their owners and supporters swell the town's population by 500 over the weekend. Many are from Nelson, and a couple of tourists from Britain turned up last year after getting wind of the event and sticking a small figurine in their luggage.

"No matter where you looked all day, someone was smiling. It's such innocent fun," says Paddy, of Farewell Spit Tours.

The weekend kicks off with a gnome-themed quiz night on Friday. Owners and their gnomes qualify for half-price tours of the Spit on the Saturday, with a market day to follow on the Sunday.

Sports are on the agenda: gnome-pin bowling; a 4km race for human runners in red pointy hats; gnome tossing (fabric models filled with sand); a gnome race, where owners advance their buddies through a square grid by rolling dice; and a gnome flying fox.

The bungy is always a hit, harnessed gnomes are winched up a crane arm and drop to within an inch of their lives.

This year Golden Bay quilters have made single-bed and cot quilts to be raffled off. Paddy says the quilters will be treated to a free Spit tour, and raffle proceeds benefit the Collingwood Area School.



Paddy Gillooly with quilts.

Nelson Bays Brewery's special gnome beer and lemonade are available for quaffing, and a Gnome Improvement workshop features "naked gnomes" – made by Paddy's father Denny – available for painting in your favourite livery.

More than \$2000 in prizes is up for grabs as businesses embrace the lunacy. Red caps appear on the bollards in Collingwood, and locals sprout suspiciously quick beards.

Last year the Takaka Citizens Band entertained the crowds, and vintage car owners display their pride and joy.

Cycle confidently

Upcycle is as much about hooking up with biking companions as learning about the bikes, says Marty Clark of Way2Go, which runs the programme.

The 10-week course helps people to become confident on a bike and feel in control. Participants learn how to set up a bike, basic maintenance, puncture repairs and road cycling skills.

Marty says course numbers are limited to eight, and it has "a very strong social component". Participants don't even have to own a bike – loan cycles are available.

Newly appointed instructor Marie Lenting is itching to get people on to two wheels. She is a convert to cycling herself, switching from a background in running.

You don't need fancy gear, or lycra pants to go cycling, Marie says, just a safe bike, a helmet, and gloves are a good idea.

Upcycle is a free course, though gold coin donations are welcomed.

Contact Marty Clark on Ph 03 923 2315. The programme is supported by Tasman District Council, Nelson City Council and the Nelson Marlborough District Health

Marie Lenting is a convert.



WAY 2 GO

UpCycle!

Whether you're new to cycling or getting back on the bike as a grown-up, UpCycle can give you the confidence to enjoy your bike.

What you will learn with UpCycle

The ten weekly UpCycle sessions in the Nelson-Richmond area are led by experienced cyclists who can help you:

- Find the best routes from here to there – or just about anywhere!
- Meet other new cyclists to get out and ride with
- Learn how to cycle in traffic, through intersections and roundabouts
- Feel safe and secure on your bike
- Learn how to look after your bike

Find out more
Contact the UpCycle coordinator:
Marty Clark
Way2Go Regional Advisor
Phone: 03 923 2315
Mobile: 027 544 3959
way2go@nel.sporttasman.org.nz