

Mudcakes *and* Roses

Senior Generation Action and Issues
– Nelson Tasman

Issue 57 December 2009 / January 2010



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Merry Christmas
to all Mudcakes and
Roses readers



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airwaves
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Mudcakes and Roses

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An amazing

Peter Blackmore often thinks of the person whose heart beats in his chest. Understandably so.

Privacy rules are strict around transplant surgery, for both recipient and donor families. Peter knows his donor was a middle-aged woman, and speculates that she was a marathon runner because the heart, affectionately dubbed “Thumper”, is so strong.

“Even now lying in bed at night it’s like having a stethoscope in your ear.”

The transplant surgery in June last year was the turning point in a 22-year battle that began with a heart attack while Peter was scuba-diving in the Coromandel. He had a second attack on the way into hospital after the airlift got him to Thames, and he recalls an out-of-body experience perched up in the corner of the room watching the medical team working quickly below to keep him alive.

When he gives talks now, he tells people not to fear death, remembering the golden glow and the calm, warm feeling he felt in that room. “This is why some people call it heaven.”

Peter says his heart problems are hereditary, aggravated by stress from his job as an insurance broker. The next two decades were to be a gradual slide and in 1998 he had the first of many stent operations (tubes fitted into the coronary arteries). In mid-2000 “I was told to get my affairs in order. That was a bit of a shock”.

That November Peter had open-heart surgery to sew in a Gortex patch to repair his left ventricle, and also bypass surgery. In 2003 his first pacemaker-defibrillator was implanted.

By the following year, Peter was running out of options. As his wife Jan says, “the plumbing had got a bit slack and now the electrics were going as well, His left ventricle was sloppy like an old football”. Peter had to relinquish work.

Jan, who was also in insurance, had retrained as a beauty therapist, and they moved from Auckland to Richmond in 2005, where the health battle resumed. Peter feels Nelson was one of the best places he could be in terms of the high standard of cardiac care. He reels off a “thank you” list of specialists and staff at the hospital, especially cardiologists Andrew Hamer and Nick Fisher.

Despite their best efforts, he was now skin and bone, barely alive, with a heart working at 7 percent efficiency, compared with the normal 60-70 percent.

“The blood was getting out of my heart but it wasn’t getting around my body.”

Nelson Hospital became familiar ground. Peter had a pioneering “balloon pump” attached to his aorta to give the blood flow “oomph”.

Transplant was the only hope left – but at age 62, he was too old. However, Peter Blackmore has one hell of an angel on his shoulder. The transplant age had been raised to 65, and specialist Bruce King trawled through Peter’s thick tome of medical notes before firing off a recommendation to the heart transplant team in Auckland.

Peter flew up just before Christmas 2007 to be put through a rigorous assessment, including gauging his support people

gift of life



Peter and Jan Blackmore, five months after his transplant.

(rock solid, from family on both sides) and his state of mind, looking, as Jan puts it, for someone “bloody-minded” enough to survive the operation, the recovery and the copious drug-taking that lasts for the rest of recipients’ lives.

“Any doubt and you’re out,” says Peter.

He was added to the “inactive” transplant list. In January last year, after further assessment, he made the “active” or priority list, but was failing fast. That May Peter was air-ambulated to Auckland, and Jan says this time they knew it was a one-way ticket unless he could find a new heart.

“That’s when all the emotions start going. You feel elated ... and scared.”

Peter was admitted to Auckland City Hospital Coronary Care Unit. He had surgery to fit a powerful pacemaker-defibrillator with three electrical stimulation wires instead of the usual one, and was also given a potent cocktail of drugs to further support his failing heart

“I was so ill they actually took me off the active list.”

But he had already passed his “bloody-minded” exam. The \$100,000 device and drugs gave Peter enough pep to climb from bed and struggle around the ward using a walker. The gutsy gesture put him back on the active list – the very morning a suitable heart became available.

“That’s when all the emotions start going. You feel elated ... and scared.”

The heart had been matched for blood type, tissue and size. Peter and Jan don’t even know which hospital it came from. The cardio-thoracic team flew out to remove organs from the donor and return to Auckland.

After six hours of surgery, the heart was beating in Peter, and the lungs had been given to his transplant “twin”, a young woman in the next-door bed as they waited for their operations. The unknown donor had saved two lives – and possibly more with her other organs.

Peter spent two weeks in Intensive Care, recovering in a room filled with “amazing staff” and a battery of machines. Jan and Wendy Wadsworth, Peter’s sister from Nelson, took it in turns to be at his bedside. He then spent five weeks in “Hearty Towers” at Greenlane Hospital, the second home for heart and lung patients, plus their support people.

Just over a year later, sitting on a sun-filled deck in Richmond, Peter looks tanned and healthy, with a determination to live life to the full. Five months after his transplant he took part in a walking relay round Mt Taranaki with other organ recipients, plus supporters and staff. He does martial arts three times a week and can handle a four-hour tramp.

He was out at the Motueka airfield recently to watch skydivers when he spotted a tandem hang-glider pilot offering flights. “Should I?” he texted Jan in Auckland. “Go for it,” she replied, and Peter was soon soaring over the Abel Tasman in the motorised hang-glider.

He is on once-a-year check-ups now, and has a huge list of people he credits with saving his life. Some of the medical staff in Nelson, Auckland and Thames have become friends.

Peter describes himself as spiritual, though not a church-going Christian. With the heart popularly regarded as the seat of emotions, he feels he has taken on some of the personality of his donor.

“I know how it’s changed me and I think she must have been a lovely person.”

Jan terms organ donation “an amazing gift”. She recalls hearing of a Transplant Games competitor who sent his gold medal to the donor’s family. They appreciated the enormity of the gesture, and returned the medal to its rightful owner.

Peter wrote to his donor’s family, via the transplant team. The family did not reply, but he’s unconcerned.

“I thank her every morning.”

Organ donation

- One donor can save the lives of up to 10 people.
- If you wish to become an organ donor, tell your family and let them know which organs and tissues you are willing to give.
- People can register their wish to be a donor when they apply for their driver licence or renewals. The word “Donor” appears on the licence and the information is in the Land Transport NZ database.
- At the time of death the family will always be asked if they knew the wishes of their relative, and their agreement to donation will be sought. Families most commonly carry out the wishes of their loved one if they are known.
- Organ donation can only happen when a person is on a ventilator in an Intensive Care unit and has fatal brain damage. Less than 1% of all deaths happen this way.
- More than 400 New Zealanders are waiting for an organ transplant and about 350 of these need a kidney. People waiting for a heart, lungs or liver will die without a successful transplant, while those needing a kidney lead lives restricted by long-term dialysis.
- Many more people are waiting for tissue transplants, including corneas, heart valves and skin.
- Over 75% of heart transplant patients survive longer than five years.

(Source: Organ Donation NZ, www.donor.co.nz
Ph 0800 4DONOR.)

Nature artist lives in a canvas

By Ruth Rundle

The view from Janet Marshall's kitchen window, near the top of Takaka Hill, is a knockout. Beyond the Motueka Valley the river makes its way into Tasman Bay, while nearby, tui feast on flax flowers and cheeky adolescent kea steal the chickens' scraps.

Janet, an acclaimed artist specialising in native birds and plants, started painting professionally in 1968.

"I always knew I wanted to be an artist," she says, and in 1970 her first big commission was to provide the illustrations for the Mobil Field Guides to Common New Zealand Birds.

"I was 23 years old and it was a big deal to have my illustrations there."

The book was in print for 34 years. Only recently were the paintings replaced by photographs.

In 1985 she completed a series of 10 endangered bird paintings for a NZ Post collection, and a string of Christmas cards for the Ornithological Society.

"The commissioned work was great but a full-time artist needs the bread and butter things as well. I did a lot of stationery, cards and also produced a series of limited reproductions," says Janet, now 62.

She went on to publish several books, five of which are aimed at developing children's knowledge of native plants and birdlife. She is a passionate environmentalist and puts a lot of emphasis into trying to educate young New Zealanders in the importance of caring for our wild places.

"I really wanted to inspire kids to take an interest in birds and art."

As well as a prolific artist, Janet is a keen gardener and spent years developing the extensive grounds surrounding her

previous house in Stratford, Taranaki, which was open to the public and is now a garden of national significance. Out of that came her book, *Images of a Garden – the Illustrated Diary of Te Popo*.

That garden provided her with a wealth of subjects for her artworks, but after her marriage of 26 years ended she moved to Takaka Hill.

"The view is just amazing. We have the best of both worlds here. It's such a handy place to be between Golden Bay and Tasman Bay, and we have such a lovely community."

Which explains why her studio walls are lined with portraits of her neighbours, family and others.

"I work off photographs people send me, or if we can do a sitting that's even better."

Janet was a finalist this year in the prestigious Adam Portraiture Awards. She is a regular exhibitor. Herself and seven other women held an exhibition recently at Nelson's Suter gallery entitled *Awash with Colour*. She says it was a huge success and a lot of fun.

Janet is also a sculptor and – no luddite – she is finding her way in new media. She tackled a steep learning curve to set up a website to act not just as a sales and marketing tool, but more importantly as an educational outlet.

"It took me six months to learn how to build my website. It was a slow process."

The site links to educational services and schools all over New Zealand and the world. It gets 600 hits a day. See www.janetmarshall.co.nz.



Janet Marshall is a passionate environmentalist.



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Season's Greetings

'I have always thought of Christmas time, when it has come round, as a good time; a kind, forgiving, charitable time; the only time I know of, in the long calendar of the year, when men and women seem by one consent to open their shut-up hearts freely, and to think of people below them as if they really were fellow passengers to the grave, and not another race of creatures bound on other journeys.'

Charles Dickens



Merry Christmas to all our Mudcakes and Roses readers. Wishing you a safe and happy holiday season.

Lessons From The Past – Appleby School History 1859-2009

Book reviewed by Jeanie Raffills

Lessons From The Past is well worth having on your coffee table. It continues to surprise the reader with the content, the depth of research and the personal anecdotes from the wide variety of people interviewed.

Author Jacqui Pestell acknowledges relying heavily on the great amount of work that Myles O'Connor put into the Appleby School Centennial History and its subsequent supplementary. Such historical detail adds a further dimension to the book whether or not you have any connections to the Appleby School and surrounding areas.

Lessons From The Past is divided into six sections, starting with the early Maori settlement at Waimea Pa. We take a historical journey through to Section 4, which details the 1960-2009 era. Section 5 looks at Past Principals and the final section backgrounds Redwood Valley School, which closed in 1961.

In addition to factual details, what draws the reader in is reminiscences from many former pupils, teachers and principals. It demonstrates the strength of small country schools in an era where many have been closed. Many of the names in the book are well-known in the Appleby area to this day. Some present-day pupils are the sixth generation in their family to attend Appleby School.

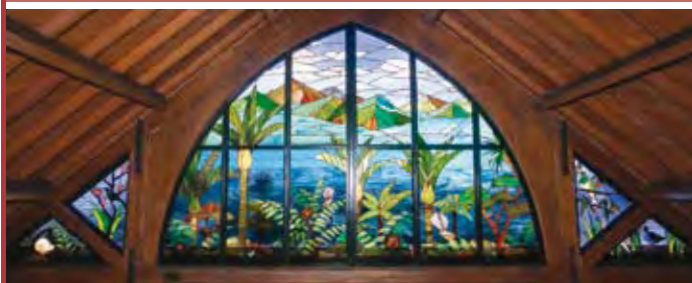
As a former parent of four children who attended the school, I skimmed (as I'm sure many others did) through the book looking for photos of the offspring. I was not disappointed. The photograph collection is extensive. The charm of Lessons From The Past is that it is personal, very interesting and has many historical facts, which have been presented in a very readable manner.

Well done, Jacqui.



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Hold on to your hats ...



Sue Ellen gave a friend the hat and a framed copy of the poem for her 50th birthday. The present was repeated for another friend, and another. They decided they should cement this bond by going out for high-spirited tea – dressed in purple and topped in red.

A decade later a million women worldwide have joined the fun club (and spawned a merchandising boom).

The “Queen Mum” lives on a hill at Atawhai. This one speaks with an American accent, laughs heartily and wears a big red hat.

Kay Pastorius Waller started the first South Island chapter of the Red Hat Society in September 2003, not long after emigrating with husband Joe from California, birthplace of a worldwide movement of women over 50 who choose “to greet middle age with verve, humour and élan”, according to the website.

The society had its genesis when American Sue Ellen Cooper bought a big red fedora in an opshop. She later read Jenny Joseph’s famous 1961 poem, *Warning*, which begins:

*When I am an old woman I shall wear purple
With a red hat which doesn't go, and doesn't
suit me.
And I shall spend my pension on brandy and
summer gloves
And satin sandals, and say we've no money
for butter.*



Kay, the local chapter’s Queen Mother – Hatters prefer the regal title – says the Nelson group has 25 members, with 15 or so turning out to the daytime outings.

Membership is \$5 and “there are really no rules. The whole thing is just ‘do your own thing’.”

Trips have included mini-golf, the Operatunity show, a group workout at a gym, swims in the Maitai, Calendar Girls at the movies, shopping – and always lunch or a coffee. Kay chuckles when savouring the effect they have marching down the street in purple and red – literally sparkling.

“We wear a lot of bling. As you can see, we aren’t shy.”

One “good-looking 30-year-old guy” came up to Hatters in the street recently and cooed, “Ladies, you look fabulous.”

Kay hoots when she recalls turning to her mates and asking when was the last time a young hunk said that to them.

The US website continues: “We believe silliness is the comedy relief of life, and since we are all in it together, we might as well join red-gloved hands and go for the gusto together.”

Nelson’s group, dubbed the Saucy Sisters, uphold the credo. They hire the old fire engine from Mapua to ride on in the Nelson Christmas Parade.

Kay says there are probably 50 chapters in New Zealand now (including the *Crimson Crazies* and the *Botany Babes*). She feels the movement caught on because babyboomer women have paid their dues in child-rearing or careers, “and this is something for themselves”.

She has made friends through the Hatters, and thinks of Nelson as “home”. Kay, a former chef, and Joe, a masseur, combine their talents in an upmarket bed and breakfast offering “total indulgence” amid a feast of artworks.

They first came to New Zealand on holiday in 2001 and were steered towards Nelson.



Kay Pastorius Waller

“The hills, the water, the art ... I just fell in love with it.”

Now 67, she waves off suggestions that resettling themselves in retirement age was courageous.

“You lose a lot of history when you leave your country – but we’re making new history.”

The United States has abandoned some important values, she says. New Zealand, and particularly Nelson, are “more socially conscious. You care about the community.”

Kay is not blind to “horrible problems” in her adopted homeland – she cites child abuse – however “there’s just some really good things here.”

Contact: The Nelson chapter of the Red Hat Society is full, but Kay says there is nothing to stop anyone opening another.

“Chat” between good friends enlivens airwaves

“We don’t do sport, and we don’t do crime because it’s too depressing.”

John Jefferies and Moreen Eason, Fresh FM’s chatty double-act, are not the sort to drag people down.

Their weekly on-air reading of news from the Nelson Mail, Leader and Marlborough Express is pitched at the sight-impaired or people without access to the papers.

The follow-up Live show on the Nelson performing arts scene draws a wider and sometimes surprising audience.

“Our next-door neighbour is a builder and he’s the last person you would think would listen, but he does,” says Moreen.

She clips the newspapers each week, basing her story selection on an instinct for what people stuck at home might want to know.

The pair have been doing the two shows for about six years – long enough for their voices to be recognised by shop staff or passersby in the street.

“We get a lot of feedback from Live particularly,” says John.

Moreen terms their on-air style as “just a chat, really”, but it’s banter warmed by the cosy familiarity between them. Plus, John quips, “we have perfect faces for radio”.

They first met in Christchurch in 1981, cast in the same play. Her marriage had just broken up and John was nursing his own wounds. He had a larger-than-life reputation, but Moreen says she “saw through the façade very quickly.”

They became firm friends, and then flatmates.

“We don’t have a conventional relationship – it’s better than conventional,” says John.

“People are envious,” Moreen adds.

John vows that they are both shy, and gravitated to the stage to compensate.

Their long history in acting includes work with Peter Jackson. Moreen and Kate Winslet concocted a story together

to pass time on the Heavenly Creatures set, and John was in Lord of the Rings, The Two Towers.

“Peter Jackson is just wonderful to work with,” says Moreen.

“Oh he’s delicious, isn’t he,” John chimes in.

English-born Moreen was a prison nurse in Christchurch, and John has worked

At 67, he is active in the local performing arts, singing at the Playhouse, giving house concerts and arranging music for students sitting exams. He last tread the boards in Jesus Christ Superstar, returning to a role he had done 25 years beforehand.

While they both still act, “it’s getting difficult to persuade ourselves that we really need to go out on cold winter evenings”.

However, “getting old is a matter of choice,” John says.

Moreen, at the age of 78, agrees: “It’s getting better every year.”

They are on the board of the charitable trust that runs Fresh FM, do volunteer work staffing the Victory Square community constable’s office, and help with the Night Watch patrols or monitoring crime cameras. John used to head the local Neighbourhood Support, and Moreen is a mask-maker, with her work sold through the Saturday market.

Fresh FM station manager Mike Williams categorises the pair as a good example of “people who feel they have a role to play in the community”.

“We actually came up here to retire but we got bored to tears in no time at all.”

in hotel management, interior design, security and singing with Canterbury Opera.

Two of Moreen’s three children now live in the Nelson region. That family connection and shared holidays in the north convinced them to move eight years ago.

“We actually came up here to retire but we got bored to tears in no time at all,” says John.



Moreen Eason and John Jefferies

A priceless snapshot of



Households cherish their copies; collectors advertise for any spares; they sell for \$5 each in secondhand shops; and longterm Nelsonians pore over the pages hoping to spot a familiar (and much younger) face.

Half a century on from its birth, Nelson Photo News is a hot item. The eye on civic occasions, events, sports, weddings and balls was published from 1960 to 1974.

Barry Simpson was the seven-days-a-week editor and photographer for a decade, producing 120 editions. He sold the business to Peter Skinner, who ran it for two years, followed by Lin Annabel until 1974.

“ The front and back covers of Photo News were always interesting. If he ran out of ideas then he would photograph one of the family members. ”

Barry's daughter, Annette Savage, says her father, mother Marie and their three eldest children arrived in Nelson from Christchurch in 1960 to start up the Photo News, an offshoot of a Gisborne publication.

The monthly magazine was sold in dairies, newsagents and door-to-door. People would wait for it to arrive, especially if they knew their picture was in it. Photo News also ended up overseas as readers sent them to friends and family.

In addition to taking the photos, “Dad wrote all his own captions, articles and more in-depth stories e.g. the Inangahua Earthquake in 1968,” says Annette.



“Dad would get all the material (captions, photographs etc.) together on the billiard table in the order he wanted it to go in, pack it all up and send it to Gisborne for printing. Once the finished product came back it was all hands on deck (from the older Simpson children and anybody else who could be roped in) to get the magazines packed up and prepared for sending by the Newmans coaches throughout the district.

“He spent many a long hour travelling around the district photographing and reporting on just about anything, from rugby matches to school galas and races; from comings and goings of people who had moved to Nelson to live or who were leaving Nelson for other areas...

“The front and back covers of Photo News were always interesting. If he ran out of ideas ... then he would photograph one of the family members. We have been bunged in the middle of a load of autumn leaves or stuck up a crab-apple tree, or pictured feeding the horse with a spoon.



A young Jane Evans

our district

"I can remember if the family were driving anywhere and there was a picture that caught Dad's eye – be it a brilliant sunset or a spring day out in the country with all the spring lambs and calves – then the car would be stopped and the camera would be out. Even on holiday at Stephens Bay (near Kaiteriteri) – Dad would be up early in the morning to capture the sunrise. He especially loved the autumn colours down the Maitai."

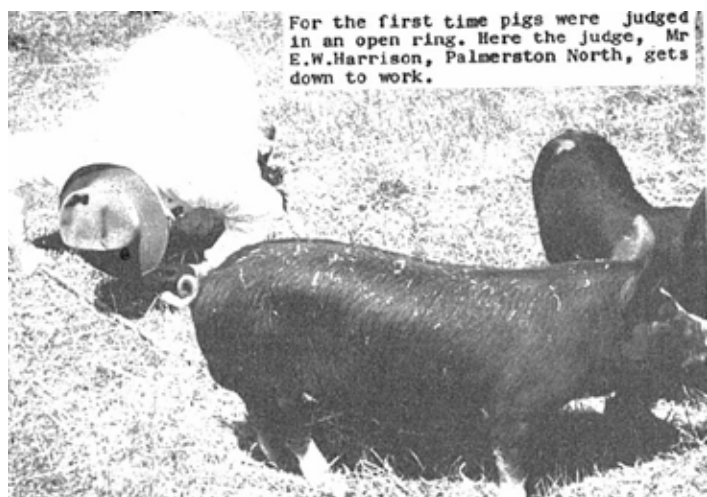
The Photo News has become a fascinating time capsule. April 1964 features "a lass with a lot of talent" called Jane Evans, and September 1965 has a pint-sized "J Rackley" taking a blow.

From 1971 to 1980 Barry was the Top of the South journalist for the Christchurch Press. His collection of 100,000 Photo News images and his Press collection of 10,000 pictures were donated to the Nelson Museum.

In the early 1980s Ron and Phil Amberger revived the Photo News and in 1993 it reappeared for eight issues under the control of June Derecourt and daughter Rachel McRae-Herron. In 1998-99 it breathed again in the hands of Dave Roe but lasted just two issues.



44 Some of the section's 25 members. Back: Brian Gibbons, Ross Hollyman, John Ward, Stan Orr. Front: Kevin O'Leary, David Dunbar.



For the first time pigs were judged in an open ring. Here the judge, Mr E.W.Harrison, Palmerston North, gets down to work.



J.Rackley (Nelson) counters a right cross from S.Horua in his fight, but he did not get the verdict.



SONG QUEST FINALISTS

Hearty congratulations to Sharon O'Neill and Nancy Richman, Tahunanui, who sang their way into the group section finals of the Mobil Song Quest. With them here are bass player Elston Blain, and Tony Hale who accompanied the girls. The girls began singing while at Waikea College in 1967.

The Friends of the Nelson Library hope to digitise all issues of the Photo News, making this priceless historical record available online. However, the trust fund built up for such purposes is running low, and they would be grateful for donations. If you can help, please contact the Chairperson, Friends of the Nelson Library, Private Bag 41, Nelson.

Thanks to the efforts of the Friends, journals of the Nelson and Marlborough Historical Societies are now being digitised and will soon be available on the Internet.

Lady Of The Wood, David Walker, United States

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Easier access sought for disabled

Tina Cooper finally realised we had a problem when she went to the movies. It took her five minutes to drive into town – and twice as long for the multiple sclerosis sufferer to negotiate the short trip from the carpark to the cinema.

“There were eight obstacles.”



So the Nelson woman has started a campaign to make our streets more accessible. Tina wants to hear about your mobility issues as part of a study she hopes will provide

a comprehensive list of obstacles making it hard to access shops, use a public toilet, or just get down the street.

“This is aimed at anyone with a disability of any form and who has problems negotiating around Nelson and Tasman,” Tina says.

“I have found there are places that I cannot go or that are very hard to manoeuvre over and through. Simple things that an able-bodied person takes for granted – being able to walk on the footpath, step off a kerb, cross the street, go into a shop – can be very difficult.

“A lot of you reading this article are in a similar position to me. If you use a walking stick, walking frame, wheelchair or mobility scooter, you will probably encounter obstacles to getting around.”

Tina has been dealing with both councils on the issue and says the key to bringing change is getting people to have their say. “If you’ve got problems, say so. It can’t be fixed unless someone actually complains about it. Tell me. Email or phone me with your issues.

“One person is not always able to do much, but if there were a few thousand, they’d have to sit up and take notice. We have nearly 24,000 (people with disabilities) in Nelson/Tasman. That’s about a fifth of population who struggle just getting around.”

Email Tina at tc.original@xtra.co.nz or phone 03 545 1929.

Tasman District Council has run a workshop recently on accessibility, and Nelson City Council conducted a survey to assess the problem.

Men in search of a shed

Do you have a spare relocatable building? If so the Men’s Shed movement wants to hear from you.

The concept has been around in Australia for some time. Several Men’s Sheds are up and running in New Zealand, including Picton, a bunch in Canterbury, Alexandra and Dunedin.

Men’s Sheds typically provide a woodworking or metalwork space, and an adjacent social area. Some even have a garden.

Nelson promoters of the idea say Men’s Sheds are particularly successful in attracting older men, many of whom are facing issues associated with ageing, poor health, retirement, isolation, unemployment, disability, separation and grief over the death of a spouse. There is also the “underfoot syndrome”, where women find themselves with a partner at home fulltime.

Research shows that men are less likely to go to their GP over health issues. They also report feeling disempowered and excluded in the new worlds of work and modern technology.

The common theme in the Sheds is about men feeling useful and contributing again to their communities, learning or sharing their skills, making friends and accessing health information, say organisers.

An initial meeting in Richmond to investigate setting up a Men’s Shed drew 34 men and four women. The A&P Association has offered space for a Shed on the racecourse grounds at Richmond. Hence the search for a suitable building.

Sponsors, donations, interest-free loans and tools would all help the project, organisers say. Age Concern Nelson is the fund-holder for any monies received as it is an incorporated society and GST registered.

If any men would like to register their interest in the concept, phone Jim Davis on 03 544 7624.

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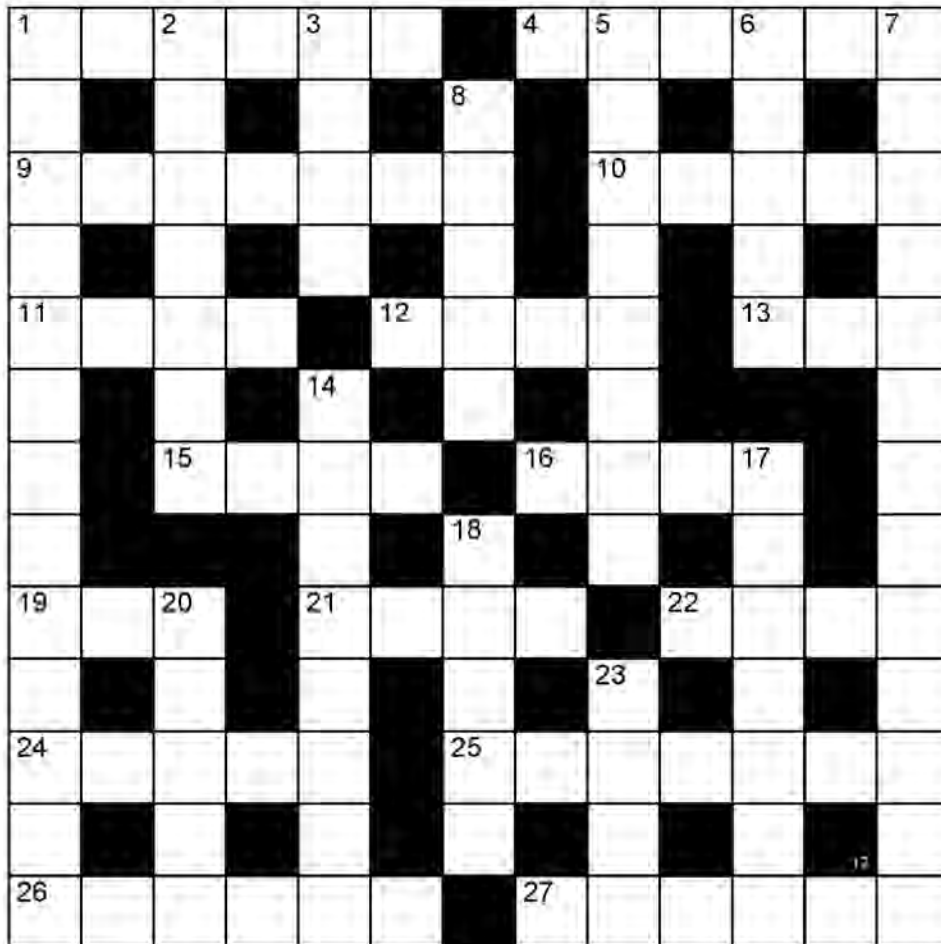
Across:

1. Making glass better (6,7)

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Crossword



Crossword no. 10288 Pattern 12

HARDER CLUES

CLUES ACROSS

1. It isn't just fun one could have with a song (6)
4. Rummage about in fear go for it! (6)
9. Dentist is stopping food if it's so substantial (7)
10. Grass disease therefore starts trouble (5)
11. Each half between either side is genuine (4)
12. Irritating insect gave one the aftertaste in return (4)
13. Light refreshment that even attracts starters (3)
15. The yellow and its initial replacement of people (4)
16. Braided button for turning at top of garment (4)
19. A light knock and one may get water out of it (3)
21. What 19 may do for a forceless person (4)
22. Travel permit for six going to South Africa (4)
24. Slow the vehicle at the thicket (5)
25. Crop rash vet had treated (7)
26. The motor has, for example, nine variations (6)
27. Sort of magazine to make marginal notes on youth leader (6)

CLUES DOWN

1. One will always remember Frog tune and bleat about it (13)
2. Deceptive appearance of calf lay shattered (7)
3. Flower for Hibernian isn't finished (4)
5. Opening music is finished, and true development takes place (8)
6. Slang form that will work in painting (5)
7. Angry with Val and a text compiled in an over-the-top way (13)
8. Such awful pain will disappear in any situation (5)
14. Beat one at making bond with glue (8)
17. Equal number of pounds and shillings for a race (7)
18. Topsy corner it's hard to get out of (5)
20. To crash an aircraft quietly right to nag about it! (5)
23. Seed covering in a particular ilex (4)

SIMPLER CLUES

CLUES ACROSS

1. Not equitable (6)
4. Food for horses, cattle (6)
9. Amalgam used to stop hole (7)
10. Disease in grass, rye (5)
11. True, genuine (4)
12. Small biting insect (4)
13. Cha (3)
15. Egg yellow (4)
16. Band of horn on underside of hoof (4)
19. Faucet (3)
21. Fall in drops (4)
22. Passport endorsement (4)
24. To slow vehicle down (5)
25. Gather in crops (7)
26. Locomotive (6)
27. Lusher type of magazine (6)

CLUES DOWN

1. Must always be remembered (13)
2. Apparently real but illogical argument (7)
3. Part of the eye (4)
5. Introductory music to opera etc (8)
6. Cant, slang (5)
7. In an over-lavish manner (13)
8. Extreme suffering (5)
14. Beat with cudgel (8)
17. Old twenty-one shilling coins (7)
18. Too close-fitting (5)
20. Vehicle crash (5)
23. Covering or appendage of some seeds (4)

The nation's retired population is taking to the roads.

We profile two organisations who are helping them in their mobile lifestyle.

Big vehicles with big clout

The New Zealand Motor Caravan Association has grown so large it now has its own “park-over properties” where members stay for next-to-nothing.

The group has about 20,000 members nationwide, with more than 1,000 vehicles (both motorhomes and caravans) in the Nelson area. For a \$2 donation, local motorhomes that are self-contained (three days of sewage and wastewater storage) can now stay at a new Murchison park-over with water and a dump station. The South Island has more than half a dozen park-overs already.

Association members also receive a Travel Directory, including maps and GPS co-ordinates, have access to a group insurance scheme, privately owned

properties, discounts on fuel, products, campgrounds and Cook Strait ferries, plus receive a two-monthly magazine.

The Nelson branch has more than a half-century on the clock and secretary Grant Marshall says the membership ranges from 55 to mid-80s in age. Rallies are held once a month, often at schools that boost their funds by charging \$4 a head per night. Fifty or so vans will turn out to an average rally.

The recent Top of the South gathering at Hokitika drew 175 motorhomes, some of them hailing from Canterbury.

Grant says the rallies have progressed far beyond a social gathering, and often include live music. The Music in the Mountains event held at Tapawera

District High School has had country-and-western musicians, the Motueka Highland Band and a marching team on the bill.

Most vans are insulated now so the fun continues year-round.

Grant, 75, was a joiner by trade and got into motorhomes through converting a 6m bus. He has since fitted out five buses, including three 8m vehicles, but he has downsized now to an ex-Maui campervan.

He notes the increasing number of people who live in their motorhomes permanently as a lifestyle.

Membership of the association is \$70 a year, with a one-off joining fee of \$125.

Closeknit in the caravan club

“A small, very closeknit, friendly organisation” attracted Allan and Kay Palmer to the Nelson Caravan Club, now in its 51st year.

Half the members have belonged for more than 20 years, and some have clocked up in excess of 250 rallies.

Allan says the club seldom ventures far, preferring to explore the quiet backcountry places in the Top of the South. However, “safaris” further afield have included Banks Peninsula for a week, and even a flight to the Chatham Islands.

Big sister group the NZ Motor Caravan

Association has a national presence and huge membership. Allan says many caravan club members belong to both organisations.

The Nelson club has about 35 members, and is down to about three caravans now, with the rest motorhomes. The Palmers have a 7m Mercedes Autosleeper. Their own camping began when they had a young family and would take holidays in winter – the quiet time on their Lower Moutere farm – at Kaiteriteri.

Allan says some members who are no longer caravanning stay in the club for the social life and the friendships forged over decades.

Rallies offer bush walks, beachcombing, bike rides and swimming. The club has a “big-top” for bad weather. Those interested in playing games can do petanque, quoits, croquet and there is a grab-bag of golf clubs. (The golf is more for laughs than scorecards, says Allan.)

A happy hour kicks off most evenings, then members play housie or cards, or some just prefer a good book in the quiet of their own van.

From September to May, rallies are held about every three weeks, using DoC campsites, campgrounds, farm stays and other places acceptable to camping.



Nelson Caravan Club members chill out.

Knitting to comfort African babies

When the Stoke-Wakatu branch of Women's Institute, average age 80+, was pigeonholed by other chapters as being more social than active, members rolled up their sleeves and knitted more than 200 jumpers for babies in Africa.

Colourful hats and comfort dolls have been added to the project, which started when members heard that newborns, many of them suffering from Aids, were going home from

hospital wrapped in newspaper for warmth.

Non-knitters in the group contributed balls of wool, and a core of 10 knitters – half from the WI and an equal number of friends – also pulled apart old jerseys or raided opshops for wool for the “fish ‘n’ chip” jumpers (a reference to the newspaper wrapping).

The effort will silence critics. “They seem to think we’re an old bunch but we have a lot of fun,” says Phyllis Ager.

Picture on the left: From left, Kay Hart, Ola Palmer, Win Terris, Trixie Fraser, Sheila Pollitt and Phyllis Ager with their handiwork. Absent was faithful knitter Trudie Luff, aged 96.



Crossword solutions

ACROSS

1. Unfair
4. Forage
9. Filling
10. Ergot
11. Real
12. Gnat
13. Tea
15. Yolk
16. Frog
19. Tap
21. Drip
22. Visa
24. Brake
25. Harvest
26. Engine
27. Glossy

DOWN

1. Unforgettable
2. Fallacy
3. Iris
5. Overture
6. Argot
7. Extravagantly
8. Agony
14. Bludgeon
17. Guineas
18. Tight
20. Prang
23. Aril

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Dealing with the magpies from hell

“We all do it to some degree,” says Jim Davis of Age Concern in Nelson, but when hobby collecting gets out of control and becomes obsessive hoarding, he is called in.



Newspapers piled to the ceiling, engines, car wrecks, broken appliances, a menagerie of animals – most people have some experience of an extreme hoarder in the family or the neighbourhood. It

is a form of Obsessive Compulsive Disorder, which afflicts about 2 percent of the population, with up to a third of those exhibit hoarding behaviour.

Jim says on some house calls he had to walk down the hall sideways between the junk, and might find just one clutter-free chair in the lounge.

“They’re the sort of place where you wouldn’t want a cup of tea, never mind sit down.” A house full of cats, dogs or birds also creates faeces problems. Jim says obsessive hoarding can be related to a trauma in the person’s life, or unresolved grief, so just clearing out the house will not solve the underlying problem. In a month the junk will be back.

“It seems to be their security blanket.”

Hoarders are commonly isolated socially or paranoid so building up a rapport is a delicate task. “If I get inside the house I’m doing well.”

But if he is turned away, “I can’t do a thing”. In extreme cases he can call on the mental health team. Otherwise, authorities will only step in if there is concern for the health of the hoarder or neighbours through the presence of rats and other vermin.

Jim describes his success in treating cases as “minimal”. He managed to persuade one man to go into a rest home. “You will always find somebody who is enabling them to stay the way they are,” for instance a neighbour who is buying food.

Newspaper hoarding is a common affliction. People feel they have to read every word, so set it aside to finish later. The next day’s paper arrives, and it too joins the “pending” pile, which can quickly fill a house, creating a high risk of fatal fire.

Jim cites the most famous example of compulsive New York hoarders Langley and Homer Collyer, who between 1933 and 1948 filled a mansion with rubbish, junk and human waste. Langley set up a system of tunnels and traps to thwart “burglars” but was crushed to death by a falling heap of heavy items he had rigged as a booby trap. Homer, who by this stage was an invalid, then starved to death. Authorities removed 120 tonnes of refuse from the property, including 11 pianos.

Despite its dangers, Jim emphasises that hoarding is a delicate issue since it involves an individual’s right to freedom.

“If that’s how they choose to live then they’re allowed to do that.” However, in his other job as a funeral celebrant. “I always say to people, ‘There’s no towbar on a hearse’. You can’t take it with you.”

Self-neglect addressed

Age Concern tackled the vexed subject of self-neglect at a recent seminar at Victory Community Centre.

Guest presenter Kathy Peri, who works in geriatric nursing, said some people slide into self-neglect because of a trauma in their lives. Other factors include anxiety disorders, especially Obsessive Compulsive Disorder (OCD), dementia, paranoid disorders, degenerative neurological disorders, Prader-Willi Syndrome or mental illness.

Lindsay Daniel, of Housing New Zealand, attributed hoarding behaviour to loneliness, insecurity, being housebound and unrealistic goals that are never realised.

He made a distinction between hoarding and cluttering. Hoarding is acquiring and failing to discard possessions that appear to be useless. A clutterer, on the other hand, accumulates without much thought and can probably change the habit if motivated.

Seminar organiser Jim Davis, the Elder Abuse and Neglect Coordinator for Age Concern, had opened the gathering with an Eric Bogle song based on the true story of Sydney pensioner Claire Campbell, whose body was discovered in her cottage a year after she had died. Authorities found a pile of junk mail but not one personal letter, yet Claire had a son and daughter living in Sydney.

You can contact Age Concern on Ph. 03 546 7682.

- wheelchairs
- mobility scooters
- walkers/canes
- electric beds and hoists
 - lift assist chairs
 - bathroom solutions
 - incontinence products
 - daily living aids/products
 - sales, service, rentals



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Wheels on fire

What's hot in mobility scooters ■



From light fold-up numbers you can stow in the car, to hefty \$6000 machines with a 50km range, mobility scooters cater for all needs.

Choosing the right one is a matter of cost, convenience and weight of the rider, say retailers. Neo's top-of-the-range Titan model will take a 250kg rider.

How far you go is determined by rider weight and terrain – powering up hills soon drains the batteries. Most machines

quote a range of 16-32km, but the Invacare Comet will take a light rider 55km on the flat, and batteries can be “spec'ed up”.

Some models have Automatic Speed Reduction that cuts in when the handlebars are turned for a corner.

But the standard machine is just the start. A bewildering range of accessories are available to “pimp” your ride.

For instance: Basket (wicker) \$55, (wire) \$130 • Back pack \$249 (with frame and Cane holder) • Canopy \$300, (fully enclosed) \$1000 • Topbox (lockable) \$130 • Personalised numberplate \$40-60 • Raincover \$65 • Walking stick holder \$95 (Also available, Walking frame holder, Drink holder, Crutch holder, Oxygen cylinder holder) • Windscreen \$80 • Golf bag holder \$200 • Trailer (minus towbar cost) \$400

Also available: Ramp (to carry the scooter on the back of a vehicle). AA Roadside

Cover for breakdown assistance

(Thanks to FAV Mobile Solutions and Access Mobility in Richmond).

At Mudcakes and Roses we think that's just the start. Here are our recommendations for tricking out your scooter: Horn (custom sounds or voices) • Chrome exhaust pipes • Parking sensor • Radar detector • iPod dock • Bull Bars • Spotlights • Defibrillator • Hell's Grannies Stickers

From around and about...

Fastest on the block

The XB-420M, with a top speed of 24km/h, is billed as “the world's fastest electric mobility scooter”. “You can safely and comfortably travel anywhere in one-third the time.” The XB-420M has a range of 65km on one charge (5ccscootersusa.com)

How's my driving?

Steve Cartwright runs courses through the Nelson and Tasman councils that take an hour and are free. Steve will come to your place and outline safety tips and improve your skills in using a mobility scooter. He also answers questions about charging the batteries, general care etc. Ring the road safety coordinators at Tasman or Nelson councils or phone him on 03 543 2079.

Cool as Cash

“I have just had the best evening ever – I discovered the Johnny Cash mobility scooter. It was early evening and I was walking through Victoria Park ... I heard a sound coming from the water. There was a man on a pimped-up mobility scooter ... he had rigged it up with a sound system and was playing Johnny Cash in the early evening by the canal ... I sat down in the grass and started listening. It was Johnny's best album, the prison one, and we listened to it in the sultry summer air.” (Twinklebum UK blog)

Pimp My Ride

A London pensioner is rolling on some pretty cool wheels after he won a competition to “pimp” his scooter. Harold Churchill, 72, had his mobility vehicle tricked out with a £2500 (NZ\$5370) customisation courtesy of the MTV series Pimp My Ride. His machine now sports a hand-painted chassis, under-body neon lighting, surround-sound stereo and a Nintendo DS console.

“I love it - even though my friends at the day centre think I'm bonkers,” says Harold. (www.thelondonpaper.com)

Stay within the law

Mobility scooters and power chairs are legally defined as “wheeled mobility devices” in New Zealand. You don't need a driver licence, nor are the machines required to have a warrant of fitness or registration. However:

Operating a mobility device carelessly,

inconsiderately or at a hazardous speed can result in a fine of \$100 (or more for repeat offenders).

If you cause a crash where someone is injured or killed, you could be convicted of careless or inconsiderate use of a vehicle, and face a fine of up to \$4,500 or up to three months' imprisonment. (Keep Mobile booklet, Land Transport NZ)

Seeing the other side of the counter

Isla Lewis, a self-confessed “opshop fanatic”, wandered into the Nelson Hospice store, liked what she saw and offered her services to the manager.

“Can you start this afternoon?” was the reply.

She went home, had lunch, then fronted up for what has now been five years of volunteer service.

Isla, who retired to Nelson from Christchurch, serves at the counter, cleans, sorts donated items, irons clothing and washes crockery – the myriad of tasks involved in presenting quality stock.

The Hospice has just opened a store in Richmond, the fourth in the region. The first opened in 1998 in Bridge Street, Nelson, with Motueka following in 2002 and Takaka in 2006.

Profits from the stores are crucial in helping the Nelson Region Hospice Trust to raise the \$800,000 a year top-up needed to maintain its palliative care for people with a terminal illness.

The 10-bed Nelson Hospice, which is 70 percent funded by the Government via the District Health Board, employs 53 people, including doctors, nurses, healthcare assistants, administration and auxiliary staff.

Patients come from throughout the region. They “need to be admitted for symptom management and also for respite to enable families to have a break,” says the trust.

As for the shops, paid managers oversee a staff of volunteers like Isla. More are always needed. They work 3 or 4-hour stints on one or more days a week.

The trust says the atmosphere in the shops is relaxed and friendly.

“The volunteers are a happy bunch but without them the shops could not generate the income they do.”

And of course, the shops depend on the generosity of the public for donations of quality, saleable goods.

“More good clothing, bric-a-bac, furniture are needed,” says the trust. “A collection service in the area can be arranged.”

Isla jokes that her volunteer job costs her a fortune in stock she buys herself.

“There are all sorts of hidden treasures in opshops.”

The job has also helped her to make friends in her new home.

“I’ve met some very nice ladies.”



Creative writers series

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

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

We’ve had some great entries and the winner for December/January was **J.W. Neill**.

Send entries to:

**Rimu Grove Creative Writers
Dry Crust Communications
PO Box 3352
Richmond,**

**or email to
info@drycrust.com**

W.W.W.

By J.W. Neill

In these modern times, I’ve been left behind.

I must be too old, ’cause I can’t find,
Why everything must be “online”,
A computer in every room, except mine.

The World Wide Web worries me,
Imagine how big the spider would be.
A mouse on the table would never do,
I catch them in traps, don’t you?

A byte is what you do to eat,
A bit is only a little treat.
I don’t know if my disk is floppy or hard,
And I don’t have an I.D. card.

If life is ruled by a machine,
What happens if it gets mad or mean?
What if a virus makes it ill,
How does it have medicine or a pill?

With keywords and codewords to type in,
Why is there still crumpled papers in the bin?
You can use your laptop here, there and anywhere,
Even use it to book your airfare.

You would visit a site when you wanted to build a house,
You looked in the letterbox when you got mail.
Now there is the risk that your computer may fail,
Then you can’t pay the bills, do shopping or anything else.

“The net” was used to land a fish,
“The menu” was to choose a dish.
“Log on” was what you did to the fire,
Oh it’s too much for me, it’s time to retire.

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PROGRAMMES & EVENTS - DEC 09/JAN 10

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 info@drycrust.com

or Ph 03 544 4975 Fax 544 4951

Deadline for material for the February/March Issue is 12 January 2010.

Nelson

Arthritis New Zealand

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

Community Groups Centre, 50 Halifax Street, Nelson

Ph 03 546 7689 or 0800 663 463

Open 9 am to 2 pm Monday to Thursday. Note: the office will be closed from Friday 18 December until Monday 18 January 2010.

Clinics: A free one-hour, confidential clinic appointment with the Arthritis Educator to talk about your concerns and how to self-manage your arthritic symptoms. Please phone the Nelson Service Centre, with the exception of Golden Bay. This service is offered to non-members too. Donations welcome.

Heartlands Golden Bay Service Centre

Phone for an appointment 03 525 6151.

Wednesday 27 January, Wednesday 17 March.

Nelson Bays Service Centre Clinic

50 Halifax Street, Nelson.

Wednesday 3 February, Tuesday 9 March.

Richmond Queen Street Pharmacy

Tuesday 9 February.

Motueka Bay Pharmacy

Thursday 18 February.

We also have exercise groups information and a comprehensive range of information on arthritis.

We need more volunteers for two or three hours a week, in the office and the Hospital Pool. Please contact Deirdre at the Service Centre if you would like to help.

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 the next meeting please contact Averil at the Heart Foundation, Ph. 03 545 7112 or email: averilw@nhf.org.nz.

Diabetes NZ Nelson

Free Education Courses For People Who Have Type 2 Diabetes:

- Three courses are presented annually. The next two, which are six-week courses, are in February and May 2010. Ph. 03 545 0106 for more information.

Diabetes Information Centre:

- 50 Halifax Street, Nelson, Ph. 03 546 6142. Hours: Monday, Wednesday, Friday 11.00 am - 2.00 pm, staffed by volunteers.
- We stock a wide selection of jams, sauces, recipe books etc.
- Pamphlets explaining diabetes are also available.
- The Society newsletter Challenge is issued quarterly and is free to all members. Membership \$22.50 annually, open to all interested persons.

Hearing Association Nelson

Hearing Association Nelson offers support and education to anyone affected by a hearing loss. We also have two social groups, offering support, friendship and fun. The Getting Together group meets on the second Tuesday every month at 7.15 pm for activities and companionship. Contact us at Hearing House, 354 Trafalgar Square, Nelson, Ph/fax 03 548 3270 or email hearingnelson@xtra.co.nz

Government Superannuitants Association

Are you a retired State employee 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. Visit www.gsa.org.nz or contact Graeme Valpy Ph. 03 547 6007 or email nelson@gsa.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 10 cents a kilometre. Come prepared for adverse weather. No smoking or dogs on walks. Contact Noel or Carolyn Ph. 03 544 2286.

1 December Blue Hills, Cable Bay. Leader Val, Ph 03 548 1711

8 December Christmas BBQ, Faulkners Bush.

Walks resume again on January 22, 2010.

Nelson Provincial Museum Exhibitions

For info visit www.museumnp.org.nz

Nelson Dance Along

12 December 2009, 9 January 2010 and 23 January 2010. Time: 7.30 pm - 11.00 pm at Richmond Town Hall. Admission \$3.00 member, \$3.50 non-member. Supper provided. Everyone welcome. Contact Rosalie Winter Ph. 03 548 2236.

Stoke Seniors Club – Social seniors moving forward

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

Give us a call – you never know what might be going on!

Contact Christine, Anne or Ruth on 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 Seniors Hall)

500 Club – Wednesdays 1.00 pm. Come along for a fun friendly game. New and experienced players welcome to all games.

Art class – Mondays 10.00 am & 1.00 pm at the Stoke Memorial Hall. Cost \$4

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

Tai Chi – Beginners class on Wednesday at 10.00 am

Gentle exercises – Thursday 11.30 am

Pilates – Beginners class on Wednesday at 10.30 am. Cost \$5.

All the above classes meet in the Stoke Memorial Hall

Monthly Movie – third Thursday afternoon of each month.

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

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

Social Seniors Choir (“The Musical Demons”) – meets on Thursdays from 11.00 am to noon in the Stoke Memorial Hall. For further details contact Anne

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

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

Travel Club – for information about special trips please contact the office on Ph. 03 547 2660 or e-mail stokeseniors@xtra.co.nz

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

Stroke Caregivers Support Group

The Stroke Foundation in Nelson provides a monthly meeting for stroke caregivers, spouses, partners and families who are caring for a loved one. We meet the first Monday of every month, at the Strawbridge Cafe Stoke Mall, at 1.30 pm - 3.00 pm. Information, Education, Help and Support are available and education on Understanding and Preventing Strokes.

Next meeting: Monday 5 October. Inquiries to Anne-Marie on Ph. 03 545 8177 or 027 216 0675.

Summer in Nelson

From 19 Dec to 27 Feb

Produced by the Nelson City Council as a celebration for locals and an added attraction for visitors. Summer in Nelson booklets will be available in early December at libraries, visitor centres and council offices, and will be delivered to every household in Nelson city. More info at www.nelsonfestivals.co.nz (from early December)

The Canterbury Community Trust Lantern Celebration

Sat 19 Dec, 6.30-10 pm

Centre of New Zealand

Start your evening with a picnic in the park enjoying some cool tunes. Enjoy wacky art performances and crazy installations in the trees as you make your way to magic and music at the top of the hill. Get creative and make a homemade lantern, using a battery powered light to avoid fire risk. Bring warm clothing. Children under 13 must be supervised by an adult.

Street Beat

Throughout Jan, Weekdays 12.30-1.30 pm & Saturdays 10.30-11.30 am
1903 Square or Upper Trafalgar Street. Music performances and roving theatre acts around the city centre.

The Nelson Mail Teddy Bears Picnic

Sun 17 Jan, noon-2.30 pm, Isel Park, Stoke. Bring your cuddly friends. All the fun of an old-fashioned fair, games, teddy disco for wild bears, petting animals, food stalls, a museum for quiet reflective bears, sand saucers and lots of other activities. Bring a picnic.

Summer Movies Al Fresco

6-24 Jan, 9-11 pm (Movie starts at dusk)

Various locations. Cost: \$2 adult, \$1 child

Pack a picnic (BYO permitted), bring a rug or your couch, wear warm clothes and bring a torch to light your way home. This year's line-up includes *Fantasia*, *The African Queen*, *The Day The Earth Stood Still* and *Some Like It Hot*. Details at www.nelsonfestivals.co.nz

Buskers and Street Theatre Series

3-7 February, Top of Trafalgar Street

From the streets, squares and hidden corners of the world come the wildest and weirdest of the busking kingdom. Don't forget some cash for the performers.

Nelson Opera in the Park - Presented by BioPaints and supported by the Nelson City Council

Free event, Sat 13 Feb, 7.30-10 pm

Gates open at 5.30 pm at Tahunanui Field

A night of fabulous music with a spectacular fireworks finale. Line-up includes Simon O'Neill, Whirimako Black and Anna Leese. The event is free but you'll need a ticket to enter the secure area. Pick up at council offices, libraries, Everyman Records and BioPaints.

The South Canterbury Finance Nelson Trolley Derby

Free event, Sat 27 Feb, 10 am – 4 pm. Rain day Sun 28 Feb

Collingwood Street.

Make your own wacky racer, dress up to match and cruise away with the trophy for Style Meister Of The Hill, or concentrate on top speed to be Monarch Of The Hill. Trolley design guide, rules and online registration at www.derby.co.nz.

Richmond

Age Concern activities

62 Oxford St, Richmond

Wednesday 9.00 am to 1.00 pm - various activities

Thursday 10.00 am to midday - knitting and companionship group

Friday 10.00 am - Age Concern Easy Exercises

Morning tea to follow, \$1. Wheelchair hire available

Contact Elaine Mead, Ph. 03 544 7624

Age Concern offers: Client Support and Activities

Ph Elaine Mead Activities Coordinator Ph. 03 544 7624

Prevention of elder abuse

Jim Davis Ph. 03 544 7624

In-home Support Services. Kerrie Varcoe Ph. 03 544 7624

Club 50

Club 50 is a social group of mature adults looking for companionship, recreation and enjoyment. We welcome new members. Contact Jackie on Ph. 03 544 3955 or email trrc@nel.sporttasman.org.nz.

1 December 9.30 am - Christmas Decorations: Bring a plate. \$5.00

8 December 10.45 am - Christmas Dinner: Please register your name and choice of roast. \$12.00. Please contribute to the meal with either a dessert or nibbles and bring a can for the Food Bank.

15 December 9.30 am - Beach Rd to Sandeman Reserve Walk \$2.00.

22 December 9.30 am - Berry Picking

12 January 9.30 am - Rabbit Island Walk and Swim \$2.00.

19 January 9.30 am - Maitai Walk – Stage 2: \$2.00.

26 January 9.30 am - Blueberry Picking. Bring money and own lunch.

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

Motueka

Motueka District Museum Exhibition

7 December to June. PikiKirunga – The Climb to the Top of Marble Mountain. The story of the Motueka side of Takaka Hill, including geography, Maori history and the road. Museum hours are Mon to Friday 10.00 am - 4.00 pm. 140 High St, Motueka Ph. 03 528 7660

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 9.30 am. Visitors always welcome. Contact Chairperson: David Collis Ph. 03 526 6797 or Secretary: Gabrielle Finnigan, Ph. 03 540 3400. Members who do not wish to start early on the walks can assemble at Deck's Reserve at 10.00 am to agree an alternative option. Passengers are asked to contribute to the cost of petrol.

Motu Weka Neighbourhood Centre 60+ Social Club

Every Tuesday 9.30 am - 1.30 pm during school term.
Provided: morning tea, lunch, a planned outing or activity and transport to and from venue.
Cost: \$10 per session
Contact: Office Ph. 03 528 8801 and a/h Sylvia Ph. 03 528 7237

Motueka Recreation Centre

50+ classes are held Tuesday and Thursday mornings at 9.30 am 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 7.00 pm - 9.00 pm every Thursday evening for players of all ages and levels. New players welcome.
Court fee \$3, racquet hire \$2.

Indoor Bowls Fridays 9.30 am - noon, \$3 per person
All equipment supplied. All welcome

Sit 'n' Be Fit Classes Mondays 10.30 am - 11.30 am, \$3 per session. Join Jody for a 30-minute seated gentle exercise class.
Ph. 03 528 8228

The Recreation Centre Gym is open 9.00 am - 9.00 pm Monday to Friday, 9.00 am - 4.00 pm on Saturday. Contact the Motueka Recreation Centre on Ph. 03 528 8228 or fax 03 528 8560.

SeniorNet [Motueka]

Computer learning for the over 55's at 42 Pah Street. Free classes offered to beginners. Our volunteer tutors teach you the basics through to advanced computing. Small classes, no stress, learn at your own speed and make new

friends. Members' meetings are held on the first Monday of the month in our clubrooms at 10 am. We have recently welcomed AppleMac users, who meet on the last Friday of the month at 2.30 pm. Courses are also on offer. Contact Ann Long (Membership Secretary) Ph. 03 528 8224.

Golden Bay

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. Kathy Baigent, Ph. 03 525 9689, Rosemary Jorgensen Ph. 03 525 7565, or Morfydd Barker Ph. 03 525 7465

Wednesday Walkers

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

2 December Waiharakeke Track (lunch) Swim \$6 transport. Grade 3

9 December Onekaka Dam (lunch) \$3 Grade 4

16 December Payne's Ford to East Takaka (morn) \$1 Grade 1, For lunch option, please contact Bron by 10 Dec

13 January Lyn Tredidga's Bush (morn) \$2 Grade 3

20 January Slate River (lunch) Swim \$10 Grade 3

27 January Takaka Hill Walkway (lunch) \$6 Grade 4
(Grade 1: easy to Grade 5: strenuous)

RECREATION PROVIDERS

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

Golden Bay

Drop In Yoga

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

Genealogical Group

Cherill Cooper
Ph. 03 525 8832

Gentle Exercise

Golden Bay Physio Clinic
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 Mohua Tecorians

Sally Douglas
Ph. 03 525 9569

Golden Bay Patchwork and Quilters Guild

Liza Eastman
Ph. 03 524 8487

Guided Gym Session

Wednesday 12 -1
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

2nd and 4th Sunday of each month at the Senior Citizens Clubrooms. Welcome to all listeners, singers or musicians.
Nancy Ph. 03 525 9491

Motupipi Indoor Bowling Club

Thursday nights, 7.30 pm at the Motupipi Hall. Beginners and interested players are made welcome.

Supper and games for \$1.
Nancy Ph. 03 525 9491

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

Betty Wilson
Ph. 03 525 9526

Tai Chi Falls Prevention

(65+)
Presbyterian Support
Maxine Poole
Ph. 03 547 9350 ext 712

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

Uruwhenua Women's Institute

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

RECREATION PROVIDERS CONTINUED

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.
On-site child care 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
Summer from 9.30 am
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

Taoist Tai Chi

Taoist Tai Chi Society of
New Zealand
55 Muritai St, Tahunanui
Ph. 03 545 8375
www.taoist.org

Motueka

Aerobics/Gym and Fitness Centre

50+ Aerobics
Mot Rec Centre
Brent Maru Ph. 03 528 8228

Arthritis New Zealand

Immersion Therapy session
10.30 am, Mondays at
Ngawhatu Pool
Bus leaves Motueka
at 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 – Intermediate

St Andrews Church Hall
Ph. 03 528 7337 or
03 526 6246

Marching

Motueka Veteranettes
Marching Team
Bev Clementson
Ph. 03 528 9125

Motueka Bowling Club Inc

Winter Bowls – Come and
play on our astrograss green
over winter
Don Ph. 03 528 7208 or
Pat Ph. 03 528 9129

Riwaka Bowling Club

School Road, Riwaka
Kathy Brewer
Ph. 03 528 4604
Pat Newport
Ph. 03 528 8347

Riwaka Croquet Club

Sally Goodall Ph. 03 528
8296

Social Recreation

Kiwi Seniors (Motueka)
Vonnice Goodall
Ph. 03 528 7817

Tai Chi Falls Prevention

(65+)
Presbyterian Support
Maxine Poole
Ph. 03 547 9350 ext 712

University of the Third Age (U3A) Motueka

Conducts various courses
free of charge.
Ph. Malcolm 03 528 7484 or
Duncan 03 528 4951.

Walking

Motueka 50 Plus Walking
Group
Gabrielle Finnigan
Ph. 03 540 3400.

Nelson

Age Concern

Elaine Mead, Client Support
and Activities Coordinator,
is available for one-on-one
support at the Age Concern
office Tuesday-Friday 9.00
am to 2.00 pm. If you would
like an appointment call her
on 03 544 7624.

Kerrie Varcoe is available
Tuesday-Friday to give
support with health-
related issues and is a
registered nurse. Kerrie also
coordinates the Accredited
Visitor Service. Call her on
03 544 7624.

Jim Davis deals with
Elder Abuse and Neglect
Prevention. All enquiries
are dealt with in strict
confidence and require client
consent before beginning
any processes. Call Jim on 03
544 7624.

Jim Maguire is the Manager
of Age Concern Nelson.
Call him at any time on 03
544 7624.

Address: 62 Oxford Street,
Richmond.

Taxi assessments can be
carried out by all the staff
at Age Concern. Call for
assistance or information
during office hours Monday-
Friday, 8.00 am to 3.00 pm,
or leave a message and we
will return your call as soon
as possible.

Aquatics/Swimming/Gym

Riverside Pool
Ph. 03 546 3221

Art Group Nelson Inc.

Monthly meetings with a
guest speaker first Wednesday
of each month. Open
painting mornings on the
second Wednesday. Tutorial
days are held in the last week
of each month. All welcome.
July Ph. 03 548 1170

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

Dining4Twelve

Convivial gatherings for
50+ singles. Movie night,
BBQ at the Boathouse,
overnight trip to Abel
Tasman, hoedown, ten-pin
bowling, picnic at Rabbit
Island. 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

Hatha Yoga

Maureen McKain
Ph. 03 546 4670

Hot Yoga

Claire Ph. 03 548 2298

Housie Evening

Stoke Rugby Clubrooms,
Neale Avenue, Stoke.
Wednesday nights, 7.15 pm
– 9.45 pm.
Buddy Ph. 03 547 3230 or
Anne Ph. 03 547 6987

RECREATION PROVIDERS CONTINUED

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 Electronic Organ and Keyboard Club

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

Nelson 50+ Mini Walks

Gwenda Wallace
Ph. 03 544 5307

Nelson Mail Voice Choir

Rehearsals: School of Music, Monday evenings.
Concerts and performances throughout the year.
Ian Lyttle Ph. 03 545 1948 or
Andrew Scott Ph. 03 548 5658

Nelson Masters Swimmers

Adults 20 years and over. Every Monday and Wednesday from 7.30 - 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
Equipment provided.
Gillian Ph. 03 546 8111 or
Ernst Ph. 03 548 3031

Nelson Philatelic Society Local stamp collectors club

Every second Tuesday of the month 7.30 pm. Stoke School. Visitors welcome.
Ph. 03 547 7516 or 03 548 6269

Nelson Scrabble Club

Play recreational or competitive scrabble in friendly, convivial surroundings. Every Wednesday 7.00 pm at the Nelson Suburban Club, 168 Tahunanui Drive.
Steve Ph. 03 544 0475

Nelson Senior Citizens Social Indoor Bowling Club

Valda Ingram Ph. 03 544 1487

Nelson Social Dancing Club

Second Saturday in the month 8.00 pm at Waimea Club, Queen Street, Richmond. Latin, New Vogue and Rock n Roll. Entry members \$6, non-members \$10. Tea and biscuits are provided. Please phone to confirm,
Jean or Frank Ph. 03 546 7061

Over 50s Pilates

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

Over 50s Yoga

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

Senior Adults Gathering

Victory Seniors. Monthly first Tuesday 1.30 pm at Victory Community Anglican Church - 238 Vanguard Street Nelson
Afternoon tea, no charge, all seniors welcome.
Jeannette Ph. 03 548 7939

SeniorNet [Nelson]

Computer instruction for people aged 55 and over. Clubrooms at Pioneer Park, Hastings Street, Nelson.
Murray Ph. 03 548 1170
www.tasman.net/seniornet

Senior Service - Nelson Baptist Church

The Nelson Baptist Church holds a Senior Service on the second Sunday of the month. This is an inter-denominational service. We have hymns and songs, a short message, afternoon tea and fellowship. 2.00 pm to 3.30 pm. Transport can be arranged.
Alan Roberts Ph. 03 548 7381

Seniors Yoga

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

Sit and Be Fit

A 35 minute 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. We meet at St. Francis Hall, Songer Street, Stoke.
Irene Ph. 03 544 8665

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 "Friends and neighbours" for local residents Wednesday afternoons.
Up Cycle: Group to help you enjoy and improve your bike riding skills. Phone the centre for more details.
Garden Group: Monthly meeting sharing skills and experience following on from Organic gardening/compost workshops
Wednesday evening 7.00 pm - 8.30 pm monthly.
Have a go at Belly Dancing: Anyone interested?
Walking Group: Wednesdays 10 am. Meet at the Community Centre and walk for approx 1hr.
Community Centre, 61 Muritai Street, Tahunanui, Ph. 03 548 6036

Tai Chi Falls Prevention (65+)

Presbyterian Support
Maxine Poole
Ph. 03 547 9350 ext 712

Taoist Tai Chi Society of New Zealand

55 Muritai St, Tahunanui
Ph. 03 545 8375
www.taoist.org

The Nelson Savage Club Inc

A Club for entertainers. Variety Concert on the second Wednesday of each month April through to October. Presbyterian Church Hall, Muritai St. Tahunanui at 7.30pm. \$2 entry. Best to phone first.
Joyce Ph. 03 548 1224 or
Philipa or Ernie
Ph. 03 547 7022

Walking

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

Veterans' (55+) 9 hole golf days

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

Richmond

Badminton

Richmond Morning
Badminton
Dawn Wakelin
Ph. 03 544 4120

Body Power Pilates & Yoga Centre

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

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 or
Ph. 021 547 811

Easy Exercise

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

Euchre

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

Grandparents Raising Grandchildren

Monthly meeting 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 always 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

"It's all about me"

Monthly group session last Thursday of every month. Come and meet new people and get advice from experts on how to stay healthy and keep active. Wakefield Village Hall 10.00 am, gold coin donation. Bee Williamson, Green Prescription Ph. 03 544 3957 ext 3

Knitting Group

Age Concern Richmond Thursday 9.30 am - Noon. The knitters knit squares to be made into blankets to be sent overseas. Donations of 8ply wool or garments to be re-knitted gratefully received. New knitters always welcome. Ph. 03 544 7624

Line Dance Nelson

Alison Myers Ph. 03 546 9878

Pedometers from the Library

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

Richmond Bowling Club

Have a go - Tuesday at 1.00 pm, Thursday at 1.00 pm and 5.45 pm - Bowls and shoes provided. Pat Dickinson Ph. 03 544 0129 or Club Ph. 03 544 8891

Richmond Slimmers Club

Keep your weight down. Margaret Westley Ph. 03 544 7293

Richmond Walking Group

Do you like walking but find it hard to get motivated? Then our new walking group is perfect for you! It's free and all ages and levels of fitness are catered for. Mondays at 9.30 am Tasman Recreational Resource Centre, 9 Cambridge St, Richmond Jackie Ph. 03 544 3957 ext 4

Social Recreation Club 50

Jackie Hardy Ph. 03 544 3955 trrc@nel.sporttasman.org.nz

Tai Chi Falls Prevention

(65+) Presbyterian Support Maxine Poole Ph. 03 547 9350 ext 712

Tasman Recreational Resource Centre

(Richmond Town Hall) Fun, easy exercise options for older adults Mary-Ann McNatty Ph. 03 544 3955 trrc@nel.sporttasman.org.nz

Tasman Tennis Centre

Social Tennis Tuesday mornings 9.30 am Coaching sessions available with TennisNZ club coach. 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. Regular guest speakers, 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 for Men & Women

Arthritis New Zealand Every Tuesday 10.00 am Stoke Methodist Church Lounge Maureen McKain Ph. 03 546 4670

Hatha Yoga

International Yoga Teachers Assn Maureen McKain Ph. 03 546 4670

Hydrotherapy

Ngawhatu Therapeutic Pool Day and evening sessions 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, Stoke Friendly, welcoming club in a sheltered bush-clad hillside setting. New members welcome. Rollup Wednesday 1.00 pm. Twilight bowls Thursday 5.45 pm. Mary Ph. 03 547 4340

Safety & Confidence

Kidpower, Teenpower, Fullpower Trust Cornelia Baumgartner Ph. 03 543 2669

Stoke Bowling Club

Lyndon Penketh Ph. 03 547 4780

Stoke Easy Exercise

Sit and be Fit for Men and Women. Every Tuesday 10.00 am, Stoke. Methodist Church Lounge. Maureen McKain Ph. 03 546 4670.

Stoke Social Seniors

'Girl's Own' and 'Lads at Large' trips Anne or Ruth Ph. 03 547 2660

Stoke Social Seniors Tai Chi

Stoke Memorial Hall Tuesday 1.30 pm Wednesday 10.30 am Ph. 03 547 2660

Stoke Social Seniors Walking Group

Meets Tuesdays 10.00 am Stoke Memorial Hall Ph. 03 547 2660

Table Tennis Nelson

Bryan Keane Ph. 03 547 7530

Tai Chi Falls Prevention

(65+) Presbyterian Support Maxine Poole 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 New Zealand, Nelson Nancye Wearing Ph. 03 541 9040

Wakefield Senior Citizens

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

Steam train and a Sawcut Gorge

The Motueka 50+ walking group went to Kaikoura earlier this year. Gwen Brooks recalls a memorable trip.

Day 1: We converged on Tophouse for a delicious Devonshire tea, then motored down Wairau Valley through a sea of vineyards. Lunch at Marfells Beach was followed by a fascinating tour of the Saltworks. On to Kaikoura and our motel.

Day 2: Today two groups climbed Mt Fyffe on a gravel track, taking morning tea with superb views over the Kaikoura hinterland. The communications tower seemed a long way up. As we ascended the views grew wider: the whale's tail form of the Peninsula, the inland valley toward Waiau, and glistening mountains. We lunched at Mt Fyffe Hut – and noticed the tower well below us. A tough 1000m climb on a perfect day. The second group climbed to 500m. After lunch they strolled the Hinau Track, with lovely varied bush and abundant birdlife.

Day 3: On the drive to Waipara we saw the migration of Huttons shearwaters – hundreds of them flying 2m above the water. We boarded the Weka Pass Steam

Train bound for Waikari. Our group walked the Weka Pass Walkway to the limestone shelter where Maori drew on the wall with charcoal and red ochre.

Day 4: Bound for Sawcut Gorge, we drove a spectacular scenic road to Blue Mountain Farm. After a quiet moment in memory of a dear and respected walking colleague, we began our trek. River crossings, wonderful beaches and rocks, and scrambles up and down banks produced satisfying challenges. We arrived at a mighty vertical limestone gorge produced by the waters of Isolation Creek over millennia. Back to the motel for a yummy barbecue and a singalong. A superb day ended with a hokey-cokey on the driveway.

Day 5: To catch low tide, we set out early around the cliff base and saw many fur seals, who made it clear not to venture too close – some males were indulging in territory disputes and one-upmanship. Our group just made South Bay without having to wade. A relaxed free afternoon preceded a marvellous evening at Donegal House with more

singing and dancing. Where do we find the energy?

Last day: We awoke to a cold wind and snowy mountains. How fortunate we had been with beautiful weather to explore a diverse and special area.



Sawcut Gorge. (Photo: Cliff Bacon)

HEARING PROFESSIONALS

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Jill Beech MNZAS
Audiologist
Member of the
NZ Audiological Society