

mudcakes & ROSES

ISSUE 63. DECEMBER 2010

SENIOR GENERATION ACTION AND ISSUES – NELSON TASMAN

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ITCHY FEET
WELL-SCRATCHED

10.

FLYING BY HIS
OWN HAND



'Godmother' kits out partygoers

FROM ABBA TO GORILLA, INGRID MAKES YOUR WILDEST DREAMS COME TRUE.



"I have seen a cow in town," Ingrid Lund-Berg tells a phone-caller with bovine dress-up tastes.

Welcome to the bizarre world of costume hire. Making fantasies come true has been Ingrid's stock-in-trade for two decades at Fantasmagoria in Nelson. Her shop bulges with racks of period clothes, many of them made by herself. Brocade medieval rubs shoulderpads with psychedelic hippie. Hats, shoes, wigs, gloves and jewellery are stacked in plastic bins or old wooden apple boxes.

"I did a stocktake once," she says, but looking around at the happy jumble, you can only admire her courage.

Ingrid records every transaction in longhand on A4 sheets in a folder. It's not that she's a luddite – in a past life she was an IT troubleshooter. She just maintains that the pen is quicker than software. A computer in the corner is just for researching costumes on the Internet.

Cow-fanciers might defeat her, but Ingrid can pack you off to a party dressed as a bear, a gorilla of course, a Viking, a 1920s flapper or Xena warrior princess. (Wonderwoman is off the menu because both spectacular costumes were stolen.)

Describing herself as "half-Scot, half-Norwegian" – her father was a whaler – Ingrid moved from Norway to Britain when aged five. After

high-pressure careers in teaching, the music business and IT, she landed up in Nelson and bought Fantasmagoria in Church Street. It was then a mix of secondhand clothing and costumes, but she gradually specialised in the latter.

Ingrid moved to Gloucester Street three years ago when her shop was earmarked for demolition. She has since closed the companion Willie Weavers wool and habadashery business.



 we would love to hear from you...

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"I loved it because I like people, and I like people who make things."

The phone rings again. Ingrid slips back into bizarre-land: "I have two pairs of lederhosen," she says, "one that would fit a 2-year-old – and the alpine hat."



Classy entrance

Ingrid once dressed a customer as St Nicholas, and he arrived at the event on a white horse.

Fashions come and go in fancy dress. Abba parties were the rage when the movie came out a few years ago, and 1970s themes are still popular.

Prices for retro clothing have gone through the roof, she says. The problem is finding old outfits in larger sizes because this generation has grown taller and wider than our forebears.

She doesn't buy gear on Trade Me, and hasn't the time to trawl the op-shops. In the workshop out the back Ingrid makes garments built to last. She has costumes that have been hired out 150 times and are still in good nick.

"If you are going to make stuff, you make it tough."

Medieval is a mainstay. Santa is seasonal bread-and-butter,

with half a dozen suits in stock. Characters from hit films or TV shows are also in demand. "Kids now are into things I've never heard of."

She feels a good party theme is one that allows guests to dress up as much or as little as they want.

Each outfit is washed and repaired when it comes back in. A good-quality wig can cost \$90 to buy – Santa's facial adornment tops \$100 – and again, each needs washing and brushing on return, so the workload is heavy.

At 65, Ingrid feels it might be time to leave her beloved fantasy world and spend more time with husband Rene on their 6.5ha in the Maitai Valley, gardening and tending their menagerie of ducks, chickens, goats, donkeys etc. Competition from other costume hire shops – who she blazed the trail for – is hurting and the recession has cut spending, so she is grateful for her superannuation to top up the shop earnings.

"I've got a Gold Card. I don't know what the hell to do with it ..."

Ingrid says she and Rene are "reclusive", shunning parties – let alone dressing up. Grandchildren in Australia (5) and Britain (2) are a strong pull. Everyone is supposed to have seven careers, says Ingrid, and retirement may be her next – though probably not the last. The Nelson fairy godmother who has transformed thousands for the ball, making herself a local institution along the way, is getting ready to hang up her wand.

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Lion's Clubs are collecting obsolete or foreign coins and notes to aid youth charities.

Up to \$80 million of \$1 and \$2 notes, or even older currency, are estimated to be in the community. They are no longer legal tender but can still be presented to the Reserve Bank, which will pay dollar for dollar.

The Heads Up Campaign, which ends at Christmas, has collected over 750,000 coins and notes nationally but our district is lagging behind, says Paul Lunberg of Nelson North Lions.

Many people have squirrelled away old notes in a cupboard or drawer, he says. Take them in to your local Council office, libraries, Resene paint shops, banks, or hand them to a Lions member. The currency will be forwarded to Wellington by Resene, which has thrown its support behind the campaign.

Paul says he picked up a "great wad" of notes handed in to the National Bank, and the BNZ gave a bag of odds-and-sods coins that had been flattened under train wheels, had holes drilled in them or otherwise mutilated.

The foreign currency is either redeemed in the country of origin (through Lions contacts), bundled up for sale on

Trade Me, or the coinage has value as scrap metal.

Youth-oriented charities to benefit from the campaign include the Spirit of Adventure sail training ship, Outward Bound and the Lions Quest life-skills programme.



Check for old change

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Life in the fast and wet lane

MASTERS SWIMMING IS FOR THOSE WHO WANT TO RACE OR JUST KEEP FIT.

As a teenager in Lower Hutt Angus Perham was swimming four hours a day – up at 5.30am for a couple of hours before school. He was also playing water polo, involved in surf lifesaving and competed in the 5.6km swim to Kapiti Island four times.

He won Wellington titles, placed in national champs and was part of the Wellington secondary schools water polo rep team that took the national crown.



Angus Perham competes in the 50m breaststroke at the South Island champs.

More than three decades on from his torrid teens, Angus is back in the pool. A friend was setting up a Masters swimming club at the ASB Aquatic Centre in Richmond.

"I thought I'd go down and have a couple of swims." Angus rediscovered his old passion. At the recent South Island champs at Richmond, he racked up three firsts and a second.

Masters swimming has no upper age limit – New Zealand's oldest competitor is in her 90s. The group's motto is "Fun, fitness and friendship", which Angus confirms as true.

Many Masters swimmers are not racers – they just want to keep fit. Swimmers pay an annual subscription to cover the cost of hiring lanes.



Pool time

Tasman Gold Masters Swim Club meets twice a week, at 6.45 pm on Thursday and 8.00 am on Sunday, at the Richmond ASB Aquatic Centre for hour-long sessions. Phone Jacqui on 03 544 7225 or Jude on 03 541 0855.

It all petered out when Angus began training as a fitter with NZ Rail, aiming to become a marine engineer. Spare time was scarce.

In his career he was away on overseas-bound vessels. Angus and wife Belinda moved to Nelson when their two children were young, and he worked at Nelson Pine Industries for eight years so he could be around for his family. He now works on the InterIslander ferries.

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Entertain children at low cost

TOY LIBRARIES OFFER 'CASUAL' MEMBERSHIP AND SCORES OF TOYS.

Keeping the grandchildren occupied can be a cinch by joining your local toy library. At Richmond/Waimea, grandparents take out a "casual" membership of \$5 a year, and have access to 1400 toys, with two-week hire rates starting from \$1, with a top fee of \$4 for bikes or the big ride-ons.

"It's just like one big toy shop," says Annett Todt, of the Richmond library. The stock includes puzzles, Lego, Duplo, wooden toys and big plastic sit-in cars, catering from ages 6 months to 8-10 years. Some games will keep the whole family amused.

Annett says a regular membership is \$55, or \$25 to parents willing to help run the toy library. Grandparents pay double the hire rate to offset their cheap membership.

The toy libraries also offer a way to match the changing stages of grandchildren's development at a reasonable cost.

Nationwide there are 220 toy libraries, nine of them in our circulation area. Charges for grandparent membership may vary, so contact your local branch:

Nelson

Jo Tuffery
Ph 03 545 7281

Richmond-Waimea

Annett Todt
Ph 03 544 1878

Stoke

Megan Riddell
Ph 03 547 3198

Motueka

Ph 027 602 1550

Mapua

Emma Neal
Ph 03 929 5123

Murchison

Moira Siobhan
Ph 03 545 7576

Wakefield

Wendy Biggs
Ph 03 541 9320

Tapawera

Janet McLennon
Ph 03 522 4126

Golden Bay

Henriette
Fleischer
Ph 03 525 7655

To join a library, grandparents should visit with two forms of ID, to show a photo (drivers licence) and address (a recent bill).



What to do this summer?

See our events section of Mudcakes and Roses for what's happening over Christmas time.



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Itchy feet well-scratched

MARGARET NEWPORT SUFFERS FROM AN AFFLICTION – THE TRAVEL BUG.



Margaret Newport rests her busy feet.

The stack of travel photo albums in Margaret Newport's lounge is neck-high.

"I love my travel," the Stoke 89-year-old says self-evidently. And yet it was not until middle age that she first left New Zealand's shores.

Born and raised in Nelson, Margaret had a busy career teaching and farming with husband Bernard around the Korere area, on the way to Lake Rotoiti. Family holidays with their two daughters consisted of classic Kiwi motorcamp jaunts in the South and North Islands.

The war had damaged Bernard's health, eventually forcing the couple to relinquish the farm and move to Richmond.

Margaret's parents were from England, and she always looked to it as "home", with an added yearning to meet her relatives. She finally got a chance to visit in 1970, as part of a tour with a friend to see the Oberammagau Passion Play, which is performed just once a decade in the town in Bavaria, Germany.

Trips to Greece and Israel were tagged on the end. "It was a very happy party," says Margaret, who recounted the experience later in slide shows for various groups.

Three years later she had convinced Bernard to pack their bags for a year-long odyssey through Europe.

"I caught a terrible bug – the travel bug."

The leisurely trip by boat up through the Pacific to the Panama Canal was the perfect entrée. "To a certain extent the journey there was more of an occasion."

And the friendships endured. As the Newports toured Europe, they bumped into three couples from the ship.

Other travelling companions also became friends. Two middle-aged and single Englishwomen who shared their train compartment in Austria are still in touch, nearly four decades later.

"We have kept very best friends all that time," says Margaret.

The Newports took in Scandinavia, Russia, Poland and Hungary, all carefully planned.

"Part of the joy of travel is the anticipation."

The climate of fear in Soviet-era Russia was chilling, but "oh the wonders" of tsarist palaces.

As soon as they crossed to Poland the oppressive atmosphere lifted, The Poles "were just so lovely," and the architecture, restored after the war, was a delight.

Margaret has since been back to England five time in total, She tacks a month-long jaunt somewhere on to her yearly trips to see daughter Pamela and offspring in Brisbane. (Her

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The storybook charm of San Marino in Italy.

other daughter Fiona lives in the Moutere). For the last four years Margaret and Pamela have travelled together.

Margaret opens a photo album to gush about their recent trip to San Marino in Italy, an old principality of three castles perched on a mountaintop that thwarted invaders, so the buildings are intact.

Access is by lift initially, and the steep streets would be a challenge to a younger traveller, but the medieval atmosphere and pageantry more than compensated for long hours of walking.

(Margaret is a toughened traveller who prefers to join coach tours but has crossed both Australia and Canada by train – five days for the latter.)

Norfolk Island's unhurried charm has drawn her three times. "It's got great history and the people are so nice – they remember you from one trip to the next."

By contrast, the Yukon and Alaska were awe-inspiring on a vast scale. Margaret travelled overland across Canada. She says when the spring warmth arrives in the far north you can sit and watch a flower sprout and bloom, it happens so fast.

Malta was memorable for the fortitude of its inhabitants, who defied Nazi Germany's best efforts to bomb and starve them into submission. Margaret says when she was there the island had a prison population of just 26.

Cyprus is still on her wishlist, as is a return to Scandinavia, but they might be pending for a while because the family has called a halt to her wanderlust. Margaret imparts the news with a cheeky grin that implies it might not be the final word.

She has stayed in the best hotels and countless more humble B&Bs, but the "living it up is not important". Her priority is "seeing the place, meeting the people and experiencing life as they live it, as much as possible."

"So many memories," she coos while leafing through the albums, skipping from the darkness of Hitler's "Eagles Nest" fortress in Germany, to a sublime cruise up Prince William Sound in Alaska, or the "trulli" houses at Alberobello in southern Italy, which legend has it the peasants built without mortar so they could dismantle and hide their homes when the landowner's tax-gatherer made his inspections.

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Flying by his own hand

A REAL HEAD-TURNER IS TAKING SHAPE IN A SHED IN TASMAN.

Safety is always in the mind of an aircraft manufacturer, especially a homebuilder, so for safety reasons Bob doesn't want wife Margaret to know the cost of the engine for the 1930s-era plane taking shape in his shed.

"She'd kill me," he laughs.

The Pietenpol Air Camper, a beauty in plywood and western hemlock framing, is "90 percent complete, with 90 percent to go," says the jovial Bob – who doesn't want his surname mentioned to deter visits by undesirables.

The plane was designed by American Bernard Pietenpol in 1929 and comes with plans to modify a Ford Model A engine from 40 to 50hp. Bob's modern Rotec seven-cylinder radial engine from Australia will push out more than double that.

"It'll drive a helluva big propeller."

He has widened the fuselage by 5cm to give the passenger more room and lengthened it 32cm for better control. With hemlock being heavier than the stipulated sitka spruce – but stronger and a quarter of the price – Bob's plane will be 18kg over specs, so that extra power will come in handy.

The wings are hanging on the shed wall. Each delicate rib takes a day to build and the same jig must be used for exact



Bob's Pietenpol will look similar to this beauty.

uniformity. Every little piece of joint-covering plywood must be glued with the grain running the right way, for optimum strength.

There are 14 ribs in each wing, and four in the centrepiece that will house the fuel tank. About 65 clamps are needed to assemble a wing.

Both wings will be covered in sheets of rayon called Ceconite, which is glued to the frame and run over with the household iron to make it drum-tight. The fabric is



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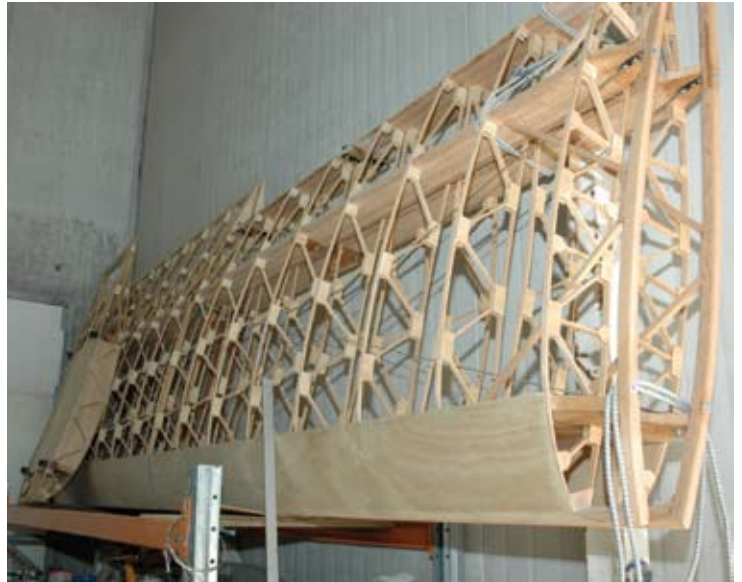
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A wing on the wall waits to be garbed.



Pioneer of aviation

Aircraft designer Bernard Pietenpol (1901-1984) was a self-taught mechanic and one of the pioneers of homebuilt planes.

sensitive to ultraviolet light so a base coat of aluminium paint goes on, followed by a colour coat.

Bob started the Pietenpol two years ago, putting in about 2000 hours, and it would have been finished by now but for diverting projects.

"It'll happen, and if it doesn't happen who the hell cares – it's given me a lot of fun."

His recipe for such a long and painstaking project is equally concise: "If you think of it as fun, it's easy."

More prosaically, "if you don't do something, you die."

A sedate retirement would never suit Bob, who gives his age as "old" – he started collecting superannuation this year.

Richmond-born, he built dinghies when young, and got into flying in 1969. This is not the first aircraft he has built. In the mid-70s he had a Jodel almost completed, but it was sold to finance the family into an orchard – which gave them a good living for three decades. The Jodel is still in Nelson and flying.

Bob has had scares in the air. Lifting off from Motueka once, the cockpit filled with smoke. He thought he was on

fire, but the culprit was an oil filter that had worked loose and was dripping oil onto the exhaust system.

"It tends to focus the attention," he says, with typical pilot understatement, adding that this is why he keeps his forced landing skills up to scratch.

Bob's Pietenpol will have a comfortable range to get him and Margaret (who is, in fact, his biggest supporter) to Foxton or Hanmer Springs. It will do 130km/h despite a "built-in headwind—I mean, there's bloody stuff everywhere hanging off it."

The Pietenpol is not a straightforward build like a kitset, and Bob is making all the metal parts himself, plus fitting modifications like a seatbelt for the passenger – not regulation in the 1930s.

He should be in the air soon, barring diversions to other pieces of machinery. (An old pianola, with paper rolls of tunes played by air pumped from bellows, sits temptingly in the house garage.)

Bob knows of another Pietenpol builder in Blenheim who put his in the air for under \$10,000, using a Toyota forklift engine. Bob's will cost a chunk more than that, but with a varnished fuselage and cream wings, the aircraft is destined to be a real head-turner.

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A dose of the post-Christmas blues

WE ASKED OUR POETS TO ADDRESS THE THEME OF BOXING DAY BLUES.

Congratulations to Don Maclennan, who rose to the challenge and won.

Macbeth out of pocket

by Don Maclennan

To borrow and to borrow and to borrow,
Digs in to petty cash from pay to pay,
Pawns the last sellable bauble of reported crime ;
And all our holiday homes have lighted pools
To waste our dicey wealth. Ouch, ouch cruel scandal!
Shame's but a glancing blow, a pool player
That breaks and flaunts his power upon the baize
And then is scored no more. It is a frame
played by an optimist full of hope and flurry
Gratifying no-one.



Meanwhile, Beverley Dollimore finds the holiday season a drag ...

Wet gear washed before I nag,
Sand in the house, a definite fag,
Barbecues a pain to keep clean, dare
I say shopping at Christmas isn't my dream...

Jane Stevens is cynical about Christmas commercialism ...

Hark the Retail Angels sing
Another sale is just the thing
To dispel Boxing Day Blues.
I like Bling and you like Shoes
Joyful all ye Shoppers rise
Join the crowds that swarm like flies...

And Jessie Snow has a hangover ...

Oh Boxing Day, oh Boxing Day,
I wish that you would go away.
My head is reeling when I think,
Of all the dishes in the sink.
The wrapping paper on the floor
The new pup bounding through the door
Things are a mess, there is no doubt
I'll have to get the cleaner out
I cringe to hear the children say
"Does Santa come again today."



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Across:

1. Making glass better (6,7)

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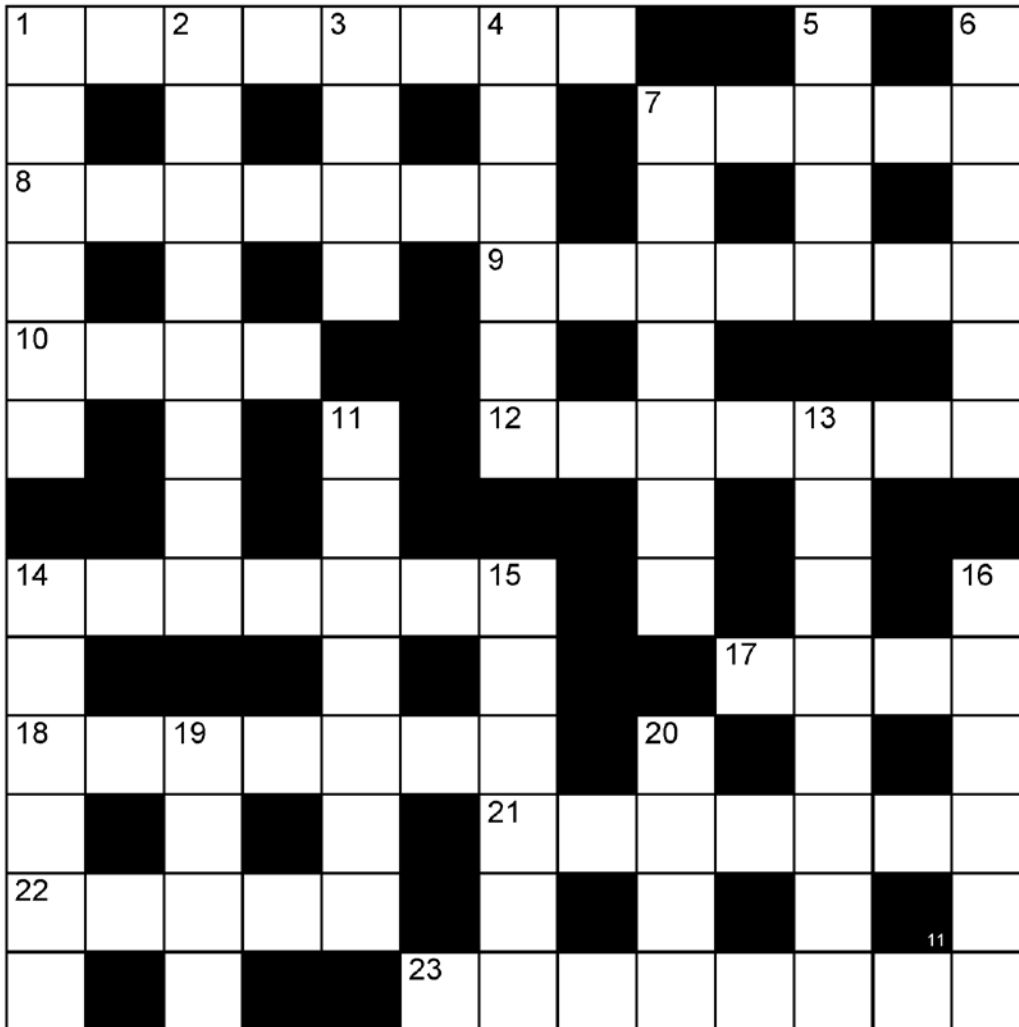
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Simpler Clues**CLUES ACROSS**

1. Rehearsal (8)
7. Sound bells (5)
8. Cattle thief (7)
9. One in construction industry (7)
10. Properly, fitly (4)
12. Not either (7)
14. Italian town famed for violin-making (7)
17. Goad worn on heel (4)
18. Particular, distinctive (7)
21. Letter from Apostle (7)
22. Also known as (5)
23. Marked in small spots (8)

CLUES DOWN

1. Burlesque, satirical imitation (6)
2. Complete, unlimited (8)
3. Converse with (4)
4. Non-metallic element (6)
5. Sort of ale (4)
6. Extreme fear (6)
7. Cookery (7)
11. Yarns (7)
13. Institution for care of sick (8)
14. Negligent, unceremonious (6)
15. Dormant (6)
16. Close acquaintance (6)
19. Wickedness (4)
20. Record (4)

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

1. A doctor's work may be just a run-through (8)
7. Clock will sound as mice run round the 13 (5)
8. His theft is of the low variety (7)
9. He constructs rule bid will destroy (7)
10. It is properly a month with initial change (4)
12. Nor yet might it be in there (7)
14. Romance may have come from here violins, certainly (7)
17. Extension from circuit given back-up in the Southern Region (4)
18. Cap lies in a way that's out of the ordinary (7)
21. Letter of spite perhaps given to the French (7)
22. Aka a Lower Jurassic term (5)
23. Quarter-bushel found in snow vehicle marked with spots (8)

CLUES DOWN

1. A take-off might be profitable if Rod is in it (6)
2. Unlimited as to blue that can be used (8)
3. Conversation with a semi-mortal king (4)
4. Method of dating one used to copy (6)
5. Gentle beginnings meant it lost deposit (4)
6. Awful fright, the last great mistake (6)
7. Style of cooking putting us in ice for a change (7)
11. Tales of the South going to the Conservative side (7)
13. It has its wards at Polish sort-out (8)
14. Off-handed way California takes its country back up inside (6)
15. Is not conscious of how it might please (6)
16. Chum cooked last of mutton in it (6)
19. Very bad falsehood given up when about five (4)
20. How hard is concrete that it should hold what's compact? (4)

Do-good double-act

RICHMOND FRIENDS RACK UP THE BOOKINGS AS TIRELESS REST-HOME ENTERTAINERS.

Gwen Carter trotted over to her new neighbour in Richmond with a plate of pikelets – and why wouldn't she welcome longtime mate Heather Best.

In the corner of Heather's new home was a piano. Let's have a bash, suggested Heather, who used to play in 1950s dance bands. Gwen wiped 40 years of dust off her piano accordion. A half-hour practice led to another, and soon the half-hour was lasting until midnight.

Heather and Gwen have become much-loved regulars in rest-homes throughout the district, clocking up more than 100 performances a year. Their tunes evoke strong memories. Residents will come up to them in tears, offering hugs and kisses. A few have discovered you can dance in a



Heather on piano and Gwen on accordion.

walking frame. After one gig, an elderly gent rose to his feet and commanded: "Lock the door and don't let them go."

Heather can find it a chore toting her electronic keyboard. Gwen's accordion, which she's had since she was 15, is showing signs of wear from the punishing schedule. But they say the pleasure they give makes it all worthwhile.

Both play by ear, with "hundreds" of tunes in their heads. They don't have a group name, but Heather jokingly dubs them the Heavenly Twins.

As well as their musical excursions, the pair visit rest-homes with an indoor bowling mat and bowls. Gwen and Heather are credited with reviving the Richmond Indoor Bowling Club, and they are mainstays of the Ladies RSA. Tasman District Council presented them with Community Service Awards recently.

The do-good double-act have known each other since they were kids in Appleby and Redwoods Valley. Later, Gwen and husband Don owned an apple orchard in Stoke.

Like all who work the land, they were at the mercy of the weather. In 1975 Cyclone Alison wiped out an entire year's crop.

Heather was also no stranger to hard work. Husband Jim drove trucks, with Heather manning the phones. They progressed to a three-taxi business, and it was not unusual to be running Golden Downs forestry workers home at 4 am after they'd been "on the scoot". Heather and Jim next drove schoolbuses, and organised tours for groups and senior citizens throughout the South Island.

The couple had four boys and a girl. Jim died 11 years ago, and Heather lost a son to a heart attack in his 50s. The pain is still raw. As for her other offspring, despite their teenage vows to move far from home, "I can still throw stones on all their roofs," she grins.

Heather and Gwen are relief drivers for Meals On Wheels, and help seniors with documentation or taking medication.

"The next thing we are going to advocate is an eight-day week," says Heather.



Play it again, Sam

Stoke Seniors and the Savage Club are among many groups offering musical entertainment. See our What's On listings.

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Crossword Solutions

CLUES ACROSS

1. Practice 7. Chime 8. Rustler 9. Builder 10. Duly
12. Neither 14. Cremona 17. Spur 18. Special
21. Epistle 22. Alias 23. Speckled

CLUES DOWN

1. Parody 2. Absolute 3. Talk 4. Carbon 5. Mild 6.
Terror 7. Cuisine 11. Stories 13. Hospital
14. Casual 15. Asleep 16. Friend 19. Evil 20. Disc

How Are We Doing?



Go in
the draw
to win The Tasman
Collection of books.

Mudcakes & Roses is mostly funded by Tasman District Council, with support from sponsors and advertising, as part of the Council's strategy on positive ageing. The purpose of the magazine is to share information of relevance to its target audience, to encourage community participation and support and to provide community groups with a free way to promote their events and activities. Are we fulfilling those roles effectively? What can we do better?

Please take a minute to fill out this survey, detach, post it back or drop into Council offices (see back of form for Council addresses). All returned surveys go in the draw to win The Tasman Collection of books relating to our region, including A Place To Live, Lifestyle For All Seasons (plus DVD), Walk and Bike Tasman, plus historical "snapshots" of Mapua, Murchison, the Gowan and Tapawera.

1. Please indicate which district you live in and your age bracket

District:

Nelson Tasman Other (please specify): _____

Age bracket:

Under 50 years 50 – 59 years 60 – 69 years 70 – 79 years 80 – 89 years 90 +

2. Please indicate whether you are a subscriber or a non subscriber

Subscriber Non Subscriber

3. Which of the following best describes you as a reader?

Regular reader Occasional reader Never read one (please go to question 8)

4. What do you like about Mudcakes & Roses? Do you have any suggestions for improvements?

Things I like about Mudcakes & Roses... _____

Mudcakes & Roses could be improved by... _____

5. Have you ever used the events guide or recreation and service directory at the back of the magazine to find an event, activity or club you were looking for?

Yes No If yes, how effective was it? _____

How could we make the events guide and/or service directory more useful for readers? _____



6. Have you ever used Mudcakes & Roses events or service/recreation providers directory to promote an event, club or activity?

Yes No If yes, how effective was it? _____

How could we make using the events guide and/or service directory easier for event organisers or club secretaries to update? _____

7. Advertising - The Council sells advertising space in order to offset the cost of the publication. In terms of advertising, which of the following best describes your attitude?

Too much advertising About right

8. Computer use and internet access

Do you have a home computer? Yes No Are you a regular computer user? Yes No

Do you have Internet access? Yes No Do you have a Facebook account? Yes No

9. Format of Mudcakes & Roses - In your opinion, should Mudcakes & Roses...

Stay in its current format – as a hardcopy printed newsletter delivered to my door

Become an e-newsletter – sent via email

Become a website that I could visit and check when I wanted to, via the internet

There is no need for a Mudcakes & Roses type publication or website

10. Please feel free to make any additional comments here about Mudcakes & Roses

Thank you for your time. If you would like to subscribe to Mudcakes & Roses, please fill out your details below.

Name: _____

Full postal address: _____

Email address (optional): _____



Feel free to contact us:



Tasman District Council
Email info@tasman.govt.nz
Website www.tasman.govt.nz
24 hour assistance

Richmond
189 Queen Street
Private Bag 4
Richmond, Nelson
7050, New Zealand
Phone 03 543 8400
Fax 03 543 9524

Murchison
92 Fairfax Street
Murchison 7007
New Zealand
Phone 03 523 1013
Fax 03 523 1012

Motueka
7 Hickmott Place
PO Box 123
Motueka 7143
New Zealand
Phone 03 528 2022
Fax 03 528 9751

Takaka
78 Commercial Street
PO Box 74
Takaka 7142
New Zealand
Phone 03 525 0020
Fax 03 525 9972

Thursday Boys on the loose

MIDWEEKERS FIND COMPANIONSHIP, SLY COMPETITION, AND THE OCCASIONAL ROAD TRIP.

The Thursday Boys evolved about 12 years ago as a small group who decided to take advantage of quiet times at the Nelson Golf Club, says member Neil Little. Other players joined and

the Boys were soon at their limit of 28 – seven foursomes to fit in with available tee times.

Ages range from mid-50s to Stan Barnes at 81 – “and he hits the ball a country mile,” says Neil.



Get active

See our recreation providers section of Mudcakes and Roses for activities in your region.



The Thursday Boys prepare to tee off. From left, back, Owen Kirker, Michael Bortnick, Ken Howden, Stan Barnes and Hugh Gordie. Front, Bruce Lauchlan and Kerry Kinaston.

The Boys spice up the afternoon by throwing in \$2 each to buy small prizes.

Once a year they hire minivans and trip away for the weekend. The Boys have played courses in Marlborough, the West Coast and Canterbury. The latest trip involved three-course loop to Blenheim, Kaikoura and Hanmer Springs, with a dip in the pools.

“We enjoy playing together and we just seem to click and we have fun,” says Neil.



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WHAT'S ON?

DECEMBER 2010 - JANUARY 2011

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

Golden Bay

Golden Bay Museum

The Peace Exhibition, detailing the Golden Bay Peace Group, including their involvement in the nuclear-free movement.

Jazz and Blues, Nelson Festival 2011

Takaka Village Green, Saturday 8 January, 4.00 pm - 7.00 pm. Band, Jessica Murphy Trio. Wet weather venue, Brigand Cafe.

Wednesday Walkers

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

1 December: Spit/Puponga Circuit (lunch), Grade 3, \$10 for transport.

8 December: Humes Clearing (lunch), not yet confirmed, Grade 5 (strenuous), \$5.

15 December: Milnthorpe walkabout, Grade 2, \$5. Christmas lunch at Mussel Inn (please let Sonia know).

12 January: Wharariki to Farewell Spit (lunch), Grade 4, \$12.

19 January: Brett Hutchinson's, Grade 3, \$3.

26 January: Rainbow Valley to Hancock Falls (lunch), Grade 5, \$2.

Motueka

Motueka 50+ Walking Group

(All walks leave from Decks Reserve carpark at times stated)

2 December: 8.30 am, Cable Bay Walkway (M/H), \$12. 9.30 am Richmond and Stoke (E) \$7.

9 December: 8.30 am, Cobb Dam: Sylvester Hut/Lake (M/H) \$16. 8.30 am, Chaffey's Hut (E/L) \$18



16 December: 12.00 noon, Pot Luck Lunch, Little Kaiteriteri, \$3. 9.30, go from Decks for pre-lunch walks (E/M) \$3.

23 December: 10.00 am, Meet at Decks.

25 December: 12.00 noon, Xmas BYO lunch at Little Kaiteriteri.

6 January: 9.00 am, Maitai Caves (M) \$13. 9.30 am, Rimu Walkway, Split Apple (E) \$3

13 January: 8.00 am, Mt Arthur summit, (H) \$7. 9.30 am, Mt Arthur alpine flowers (E).

20 January: 8.00 am, Nelson Lakes, Parachute Rock, \$22. 8.00 am, easier Rotoiti walks.

27 January: 10.00 am, Meeting and sausage sizzle at Baigents Reserve, \$2
Walks Coordinators: Alan Morris 03 528 6290, Bet Glengarry 03 528 8009, or Secretary Norah Morris 03 528 6290.

Motueka Art Group

Annual Art Exhibition. 3 - 28 January 2011. Chanel Arts Centre, 10-4 pm daily. Free admission.

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.

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 4731 or a/h Sylvia Ph 03 528 7237.

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

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

Centre Gym: 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. Ph Berylla Jones 03 523 9875.

Nelson

Christmas Party

Saturday 4 December for seniors at the Stoke Hall from 12.45 pm (entertainment starts 1.30 pm).

"Fun, laughter and a tasty afternoon tea," say organisers the Nelson North Lions Club. No charge and no need to book - just turn up. Contact: Noel Robinson 03 541 0482.



Nelson Dance Along

Richmond Town Hall, 7.30 - 11.00 pm. Supper provided, all welcome. Cost \$3 members, \$4 non-members. Ph Rosalie Winter 03 548 2236.

Nelson 50+ Walking Group

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

7 December: Picnic/BBQ, Rabbit Island. 10.30 am.

Mini-walkers

7 December: BBQ picnic, Rabbit Is. Meet 10.30 am.

Nelson Provincial Museum Exhibitions

Port Nelson Haven Ahoy! A story of early colonial migration. For more info visit www.museumnp.org.nz.

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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.

Positive Ageing Forum

Final Nelson-Tasman gathering for the year is on Monday 6 December 2010, from 1.00 - 3.00 pm in the Heaphy / Wangapeka rooms at the Tasman District Council Chambers, Richmond.

Stoke Seniors Club

Contact Christine, Anne or Ruth on Ph 03 547 2660 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: Ph 03 547 2660 to check what's on, date and starting time.

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

Tuesday Morning Craft Club: 10.30 am. \$2.

Social Seniors Choir: The Musical Demons meet Thursdays from 11.00 am to noon. For details, contact Anne.

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

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

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

Monday Out & About: Trips & Picnics

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 exhibitions

Tohora Whales: 20 November to 20 February. Artists respond to whale stories.

Contributors: Sally Burton, Phillipa Durkin, Brian Flintoff, Steve Fullmer, Adfred Memelink, Fumio Noguchi, Robin Slow, Deborah Walshe.

John Crawford: 11 December to 27 February. One of New Zealand's most significant ceramicists. Artist floortalk: Saturday 11 December 3.00 pm. Free entry.

Sleight of Hand: The Port Nelson Summer Biennale, 11 December to 27 February. Work by artists committed to traditional art values.

Richmond

Club 50

A social group of mature adults looking for companionship, recreation and enjoyment. Contact Jacqui on Ph. 03 544 3955 or trc@nel.sporttasman.org.nz. Meet at 9.30 am, Richmond Recreation Centre, 9 Cambridge Street (unless otherwise stated) to carpool if needed.

7 December: Christmas Lunch will be held in the Meeting Room. The Richmond Primary School Choir will sing for us (10.30 am). You must register your name and choice of roast. Cost: \$14. Please contribute to the meal with either a dessert or nibbles.

14 December: Gardens of the World. A relaxing walk. Cost \$4. Bring own morning tea.

21 December: Berry-picking at Omahanui: Strawberries and other berries, priced at about \$6.50/kg. Bring own morning tea, containers and a hat.



11 January: Rabbit Island Walk (and swim). Cost: \$2. Bring own morning tea.

18 January: Hoddy Park Estuary (on the Coastal Hwy out past Rabbit Is). Bring morning tea. Cost: \$2.

25 January: Op Shopping in Richmond, then stop in at Miles of Food cafe.

Jazz and Blues, Nelson Festival 2011

Washbourn Gardens, Sunday 9 January, 4.00 - 8.00 pm. Bands: Nelson Jazz Club Big Band, Hot Club Sandwich and more. Gold coin donation.

**Summer Art Expo**

Tasman Visual Arts Group's annual exhibition at Washbourn Gardens, Richmond, on Saturday and Sunday 22-23 January, 10.00 am to 4.00 pm daily.

Wakefield

Way2Go activities

Aqua Aerobics: Wakefield School Pool, Monday, 6.00 - 7.00 pm.

Pilates: Wakefield Village Hall, Monday, 7.00 - 8.00 pm.

Badminton: Brightwater Hall, Tuesday, 6.00 - 8.00 pm.



Sewing Group: Wakefield Village Hall, Wednesday, 9.00 am - noon.

Badminton: Brightwater Hall, Wednesday, 6.00 - 8.00 pm.

Water Woggle with Bee: Wakefield School Pool, Wednesday, 1.15-2.15 pm.

Aqua Aerobics: Wakefield School Pool, Wednesday, 6.00 - 7.00 pm.

Please contact Greg on 021 044 0912 or greg.biggs@xtra.co.nz for Xmas/New Year timetable.

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recreation PROVIDERS



DECEMBER 2010 - JANUARY 2011

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 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 Ph 03 525 9744.

Golden Bay Garden Club

Diane Ph 03 525 6121.

Golden Bay Patchwork and Quilters Guild

Liza Ph 03 524 8487.

Guided Gym Session

Wednesday 12.00 -1.00 pm Georgie Ph 03 525 6110.

Indoor Bowls/Cards

Senior Citizens Club Rooms. Mary Couper Ph 03 525 8445.

Mah Jong

Ethel Ph 03 525 8615.

Marble Mountain Country Music Club

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

Motupipi Indoor Bowling Club

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

Nordic Walking

Michelle Ph 03 528 0252.

Pohara Bowling Club

Jennifer Ph 03 525 9621.

Probus

Jan Ph 03 525 9197
Robin Ph 03 525 9359.

Puramahoi Table Tennis

Rene Ph 03 525 7127.

SeniorNet [Golden Bay]

Beginner courses in home computing. Based in clubrooms at the Takaka Showgrounds. Ken Ph 03 524 8249
Rosemary Ph 03 525 7565
Morfydd Ph 03 525 7465.

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 Ph 03 525 9374.

Takaka Table Tennis

Rene Ph 03 525 7127.

University of the Third Age (U3A)

Aileen Ph 03 525 7345.

Upright and Active Falls Prevention (65+)

Presbyterian Support Cherie 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 Ph 03 525 8627
Bob Ph 03 525 9958.

Workouts

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

Hope

Hope Midweek Badminton Club

Carolyn Ph 03 541 9200.

Nelson Veterans Tennis Club

Hope Courts every Thursday Ph 03 547 6916 .

Mapua

Indoor Bowls

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

Low-Impact Aerobics and Pilates

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

Mapua Bowling Club

Arnie Ahnfeldt Ph 03 540 3032.

Nordic Walking

Michelle 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 Ph 03 528 8228.

Arthritis NZ

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

Gym & Fitness Centre

Studio Gym 275 Catherine Ph 03 528 4000.

Healthy Hearts Club

St Thomas Church Hall Wendy Ph 03 528 6692.

Indoor Bowls

Motueka Senior

Citizens Hall. George Ph 03 528 7960.

Line Dancing

Motueka Senior Citizens Hall. Beryl Sturgeon Ph 03 528 8265.

Line Dancing (Beginners)

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

Marching

Motueka Veteranettes Marching Team Bev Ph 03 528 9125.

Motueka and District Historical Association

Meets fourth Saturday of the month, April to November, Community House, Decks Reserve, 1.30pm. Coralie Smith Ph 03 528 8241, or Patsy O'Shea Ph 03 528 6416.

Motueka Bowling Club

Don Ph 03 528 7208
Pat Ph 03 528 9129.

Motueka District Museum

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

Motueka 50+ Walking Group

Meets last Thursday of each month in the Uniting Church Hall, High Street, at 9.30 am. Neil Ph 03 543 2075
Norah Ph 03 528 6290.

Nordic Walking

Michelle Alexander Ph 03 528 0252.

Riwaka Bowling Club

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

Riwaka Croquet Club

Sally Ph 03 528 8296.

SeniorNet [Motueka]

Computer learning for

the over 55's at 42 Pah Street. Mary North Ph 03 540 2758
Maureen Ph 03 528 0630.

Social Recreation

Kiwi Seniors (Motueka) Vonnie Ph 03 528 7817.

Upright and Able-Falls Prevention (65+)

Presbyterian Support Cherie Ph 03 547 9350 ext 712.

University of the Third Age (U3A)

Free courses. Malcolm Ph 03 528 7484
Duncan Ph 03 528 4951.

Yoga

Dru Yoga class at Moutere Hills Community Centre, Thursday 9.30-11 am and 6-7.30 pm. Riverside Community, Tuesdays 6.00-7.30 pm. Casual \$12. Sue Ph 03 543 2152.

Murchison

Murchison Community Resource Centre

Monday

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

Tuesday

Zumba 5.45-6.45 pm. Join the party. \$2 a session.

Wednesday

Tai Chi 11.00 am Good for body-mind balance, bone health, fitness, falls prevention, relaxation and more. \$2 a session. Walking Group 1.30 pm.

Thursday

Pilates Levels 1-3, 5.15-6:15 pm. Bring a mat if you have one. \$5 a session or \$40 a term. Zumba 7-8.00 pm Berylla Ph 03 523 9875.

Nordic Walking

Jacqui Ph 03 544 1645.

Nelson

Age Concern

Elaine Mead, Client Support and Activities Coordinator, is available Tuesday-Friday 9.00 am to 2.00 pm. Ph 544 7624. For Kerrie Varcoe, registered nurse Ph 03 544 7624. Jim Davis, Elder Abuse and Neglect Prevention Ph 03 544 7624. Manager Sue Tilby Ph 03 544 7624. Address: 62 Oxford Street, Richmond.

Aquatics/Swimming/ Gym

Riverside Pool
Ph 03 546 3221.

Art Group Nelson

Meets first Wednesday of each month.
Judy Ph 03 548 1170.

Arthritis New Zealand

Community Groups
Centre, 50 Halifax Street, Nelson
Ph 03 546 7689 or
0800 663 463.

Belly Dancing

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

Bodyvive (Low-impact)

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

Cardiac Club/Gym & Fitness Centre

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

Cardiac Support Group

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

Diabetes NZ Nelson

Information centre 50

Halifax Street, Nelson,
Ph 03 546 6142. Monday,
Wednesday, Friday 11.00
am - 2.00 pm.

Dining4Twelve

Convivial gatherings for 50+ singles. Contact Jenny: Dining4Twelve@xtra.co.nz.

Easybeat 50+ Aerobics

Leigh Ph 03 548 1689 or
021 547 811.

Golf Croquet

Nelson-Hinemoa
Bev Ph 03 548 2190.

Government Superannuitants' Association

Graeme Ph 03 547 6007.

Gym

Contours Health & Fitness Ph 03 544 0496.

Hatha Yoga

Maureen 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 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 - 9.45 pm. Buddy Ph 03 547 3230
John Ph 03 547 1689.

Leisure Line Dancing

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

Marching

Silveraires Leisure Marching
Diana Ph 03 548 9527.

Nelson Caravan Club

Allan Ph 027 319 7427.

Nelson Community Patrol

Suzy Ph 03 539 0409.

Nelson Dance Along

Rosalie Ph 03 548 2236.

Nelson Electronic Organ and Keyboard Club

First Tuesday of each month, Stoke School

Hall, 7.30 pm. \$2. Supper provided.
Valerie Ph 03 540 3288.

Nelson 50+ Mini-Walks

Gwenda Ph 03 544 5307.

Nelson Male Voice Choir

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

Nelson Masters Swimmers

Adults 20 years and over. Every Monday and Wednesday from 7.30 - 8.30 pm. Riverside Pool, \$3. Don Ph 03 548 4432.

Nelson Petanque Club

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

Nelson Philatelic Society

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

Nelson Savage Club

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

Nelson Scrabble Club

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

Nelson Senior Citizens

Social Indoor Bowling Club
Valda Ph 03 544 1487.

Nelson Social Dancing Club

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

Nordic Walking

Jacqui 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 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 Ph 547 9350 ext 712.

Probus, Stoke-Tahunanui ladies branch

Meets third Wednesday each month.
Doreen 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 - 3.30 pm. Transport available.
Alan Ph 03 548 7381.

Sit and Be Fit

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

Stroke Club Nelson

Social activities for people who have had strokes, and their carers. St. Francis Hall, Songer Street, Stoke. Irene Ph 03 544 8665.

Stroke Foundation Caregivers Support Group

Meets first Monday of the month, at the Strawbridge Café, Stoke Mall, from 1.30 - 3.00 pm. Anne-Marie Ph 03 545 8177 or 027 216 0675.

Support Works

Assesses the needs and co-ordinates services

for people affected by disability. For a free assessment Ph 03 546-3980 or freephone 0800 244 300.

Suter Art Gallery

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

Table Tennis

Nelson Table Tennis Club
Phil Ph 03 546 6256.

Tahunanui Bowling Club

Murray Ph 03 547 6921.

Tahunanui Community Centre

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

Tai Chi with Gretchen

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

Taoist Tai Chi Society of NZ

55 Muritai St, Tahunanui
Ph 03 545 8375.

The New Hub

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

U3A

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

Ukulele with Gretchen

Wednesday mornings
Trafalgar St (Age Concern) Hall
Ph 03 548 8707.

Veterans' (55+) 9 hole golf days

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

Victory Senior Support

Meet every Tuesday at 1.30 pm at Anglican Church, 238 Vanguard Street, Nelson, for entertainment, games and guest speakers. Shirley or Diane Ph 03 546 9057, Tuesday to Friday, 9.30 am to noon.

Walking

Nelson 50+ Walking Group
Noel Ph 03 544 2286.

Yoga

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

Zenda Middle Eastern Dance

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

Richmond

Age Concern

62 Oxford St, Richmond
Wednesday 9.00 am to 2.00 pm, various activities.
Thursday 9.00 am to noon, knitting and companionship group.
Friday 9.00 am - noon, Easy Exercises.
Morning tea to follow, \$1. Wheelchair hire available.
Elaine 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 Varcoe,
Ph 03 544 7624.

Badminton

Richmond Morning Badminton
Dawn Ph 03 544 4120.

Body Power Pilates & Yoga Centre

Richmond Town Hall
Sue Ph 029 281 3735.

Bodyvive (Low-impact)

CityFitness Quarantine Rd, Nelson. Monday,

Tuesday and Thursday 10.20 am.
Debby Ph 03 547 4774.

Bridge

Richmond Bridge Club
348 Queen St (opposite Club Waimea)
Monday and Thursday afternoons, Wednesday and Friday evenings.
Madge Ph 03 544 8971.

Crafts, Caring and Sharing

Wesley Centre
Mondays 9.45-11.45 am
Ph 03 544 7458 or
Ph 03 544 9174.

Croquet

Richmond Croquet Club
Eleanor Ph 03 547 5424.

Easybeat 50+ Aerobics

Leigh Ph 03 548 1689 or
Ph 021 547 811.

Easy Exercise

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

Euchre

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

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 - 3.00 pm. Phyllis
Ph 03 544 8383.

Line Dance Nelson

Alison Ph 03 546 9878.

Nordic Walking

Jacqui Ph 03 544 1645.

Pedometers from the Library

Step counters at Nelson City or Tasman District libraries. \$2 for a 6-week loan.

Richmond Bowling Club

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

Richmond Indoor Bowls

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

Richmond Recreation Centre

Town Hall, 9 Cambridge Street. Social Recreation group CLUB50. Weekly outings \$2, meet at RRC 9.30 am.

Easybeat Aerobics

Fun, low-impact, \$4 per class, 9-10 am, Mondays & Fridays.

Richmond Walking Group

Meet Mondays 9.30 am. Free.

Sit and Be Fit

Fun, seated exercise, \$3, Fridays 10-11 am.

Shape-up Circuit

Great option for older adults. \$3. (All programmes have trained instructors)
Contact: Mary-Ann
Ph 03 544 3955.

Richmond Slimmers Club

Margaret Ph 03 544 7293.

Social Cards

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

Tasman Tennis Centre

Social tennis Tuesday mornings 9.30 am, beside the Badminton Hall, Gladstone Rd. Coaching sessions available. Ngaire

Ph 0272 79 9938 or the centre Ph 03 544 6083.

Tasman Visual Arts Group

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

Tai Chi with Gretchen

Richmond Town Hall and Oakwoods.
Gretchen Ph 03 548 8707.

Ukulele

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

Upright and Able, Falls Prevention (65+)

Presbyterian Support
Cherie Ph 03 547 9350 ext 712.

Yoga

DruYoga class at Richmond Recreation Centre, Monday 10.30 am - noon. Casual \$12. Sue Ph 03 543 2152.

Stoke

Clogging/Tap Dancing

Nelson Sun City
Cloggers. Georgina
Ph 03 545 1037.

Easybeat 50+ Aerobics

Leigh 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
Ph 03 546 4670.

Hatha Yoga

Maureen Ph 03 546 4670.

Hydrotherapy

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

Introductory Pilates

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

Ngawhatu Bowling Club

300 Montebello Ave, Stoke. Roll up Wednesday 1.00 pm. Twilight bowls Thursday 5.45 pm. Mary
Ph 03 547 4340.

Nordic Walking

Jacqui Ph 03 544 1645.

Pottery

Nelson Community Potters, 132 Rutherford St. Sue 03 548 5741 or Megan 03 547 5252 for more information.

Safety & Confidence

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

Stoke Bowling Club

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

Table Tennis Nelson

Bryan Ph 03 547 7530.

Upright and Able, Falls Prevention (65+)

Presbyterian Support
Cherie Ph 03 547 9350 ext 712.

Tapawera

Visual Art Society

Kaye Ph 03 522 4368.

Walking

Rural Ramblers
Una Ph 03 522 4083.

Wakefield

Easy Exercise

Arthritis NZ, Nelson
Nancye Ph 03 541 9040.

Live Well, Stay Well Activity Group

Greg Ph 03 541 9320.

Wakefield Senior Citizens

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

Door-to-door sales

YOU HAVE RIGHTS WHEN PURCHASING GOODS OR SERVICES AT HOME.



When you buy at home, you have the same rights as when buying from a store retailer under the Fair Trading Act and the Consumer Guarantees Act. In addition, the Door-to-Door Sales Act 1967 provides legal protections for consumers.

The Act covers:

- Sales where the seller approaches you in your home, for example, if the seller arrived unexpectedly or rang in advance to arrange a time, or you got an advertisement in your letterbox and rang to get a demonstration
- Sales of goods, but only when you pay later – cash sales are not covered
- Sales of services that cost more than \$40 (even if you pay cash). The Act will apply, for example, to internet services, alarm monitoring, roof repairs.

Because the salesperson has come to your house you might feel pressured to sign the contract, but you can ask

for a copy and get advice. Ask the salesperson to come back another day.



Law help

Nelson Bays Community Law Service is on the second floor at AON House, 241 Hardy Street. Ph 03 548 1288.

Identification

When a seller calls at your home, ask for identification, including their name and who they work for. Identifying the legitimacy of salespeople is very important.

Written contract:

The law requires a written contract signed by you and the seller. The contract must show:

- The name and address of the seller and the person or company that you are borrowing from
- What goods or services you are buying and how much money you are borrowing
- How much it will cost to borrow, including the interest rate, the total amount of interest and any fees
- How many payments you have to make
- How much each payment will be
- How you must make these payments
- When and how you can cancel the contract
- What will happen if you fail to pay, including default fees and charges and any goods you list as security.

Don't sign until you are sure you understand the agreement, (especially the total amount of money you must pay), no matter how much the seller encourages you to sign immediately. It is a good idea to show the agreement to your lawyer or Community Law before signing. You must be given a copy of the agreement and a separate form, "Notice of Cancellation".

Cancelling the agreement – Seven-day cooling off period

If you decide you don't want the goods or service, you have seven days to cancel the agreement. You don't have to provide a reason.

When you cancel the agreement, the seller must return any money you have paid and you can hold goods you have received until you get the money back. The seller must collect any goods you have received and return, within 10 days, any goods you traded in, or pay you the value they placed on the trade-in.

You must look after the goods for 21 days from the date you cancelled the agreement. If you break or lose them, you may have to pay for them. When you cancel services the seller must refund everything you have paid. You do not have to pay anything even if they have already done work or provided services.

Cancelling after the seven-day period

In some cases you have one month to cancel the agreement if:

- It is not signed by either you or the seller, or
- Important information about cost, credit, payments, or the name and address of the seller is missing, or
- You did not receive a copy of the agreement, or
- You did not receive a "Notice of Cancellation".

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EVENTS AND INFORMATION FROM AROUND OUR REGION.

Aiding families in times of need

The Lioness Club of Nelson is sticking its neck out for a good cause, pledging to raise \$20,000 over two years for accommodation for families of children being treated at Wellington Hospital.

The new Ronald McDonald House will cater for 34 families at a time – up from the present 12. Last year the house helped more than 550 families, 13 percent of them from Nelson-Marlborough. There is no charge for the accommodation – families are under enough stress already.

Yvonne Kleiven, of the local Lioness club, says the organisation as a whole has taken a floor of the block. Nelson's contribution will be an expressing room for breastfeeding mothers.

Market Day for Richmond

The Fresh Choice Richmond Market Day hits the streets again on Thursday 30 December. Market stalls along Queen Street from 9am to 3.00 pm will sell top-quality crafts, fashion, food and gifts.

This year shoppers who make five separate purchases on the day, at a market stall or shop, will have their Market Day Passport stamped and go into the draw for a Fresh Choice 60-second grocery grab.

If you want a stall at the market, register

at www.richmondunlimited.co.nz or contact Keryn Sheppard (ph 03 544 4898 or info@richmondunlimited.co.nz) or Pauline Farley (03 544 4975 or pauline@drycrust.com)

Overcoming paralysis

Locked-in-Syndrome survivor Kate Adamson, who recovered from near-total paralysis to become a motivational speaker, will give a talk in Nelson on Thursday 16 December 2010. New Zealand-born, now US-based Kate suffered a brainstem stroke. The mother of two toddlers couldn't move a finger or toe. She communicated by blinking.

She now urges corporate and government audiences to appreciate how those who deal with their disabilities become very creative and resourceful. Kate's Nelson talk is from 2-3 pm at the National Party Rooms, 544 Waimea Rd, Nelson. Gold coin donation.

Keep your loved ones safe

With a large number of child restraints around to fit grandchildren, it can be hard to know which to use.

As the driver, you must make sure that any child under five years is properly restrained by an approved child restraint (not a seatbelt). If the restraint has a tether strap, you must use it. A Booster Seat is recommended until the child reaches 148cm tall, and remember, the back seat is the safest place for the child.

Plunket provides advice on child restraints, and rents them. Contact: Nelson, 9 Paru Paru Rd, 03 548 3342; Motueka – 8A Pah St, 03 528 8480; Golden Bay – Behind BNZ, Commercial St, 021 024 09937; Murchison – Community Hospital, 03 523 1120; Tapawera – Rata St, 03 539 4324.

Baby on the Move at 21 Stafford Ave in Stoke (03 547 2555) also rents and sells child restraints.

Debts, debts and more debts

If your personal budget spiral out of control, free help is on tap at Nelson Budget Services. Trained budget advisors and a small team of volunteers at 29 Selwyn Place work one-on-one with individuals to put together financial plans, set goals and develop good budgeting skills. Much of the work concerns insolvency, including Summary Instalment Orders, in which clients pay off some or all of their debts over three years, without incurring interest.

Clients tend to be from the younger age group, but older people may get into trouble financially by guaranteeing a loan or having it secured over their home. If the other person defaults, that home could be lost. Nelson Budget Services recommend gaining expert legal or financial advice before helping someone. You can reach them on 03 546 9021.

- Andrea Ann Kepes.

The Discordant Bellbird

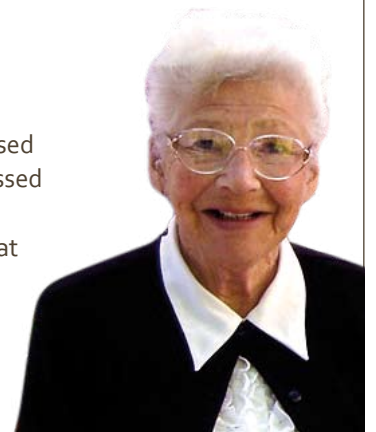
BY MONA RANDALL

Deep in the forest one magical morning
I heard the birds' chorus, a new day was dawning
and on the still air could be heard the clear chime
of thousands of bellbirds, music sublime

The singing continued but then very soon
I thought I detected one bird out of tune
it's hard to believe, but yes, that's what I heard
no relative pitch, that untalented bird!

We take it for granted most birds will be blessed
with natural harmony, who would have guessed
that one in a million sings totally flat
though most ornithologists won't support that

I whistled and trilled in the hope I could train
that bellbird to listen and try once again
but each time it sang an alternative clef
so I had to concede that bird was tone deaf.



Mona Randall is about to publish an anthology of her poems. You can reach her at clemona@xtra.co.nz for details of the book launch and sales.