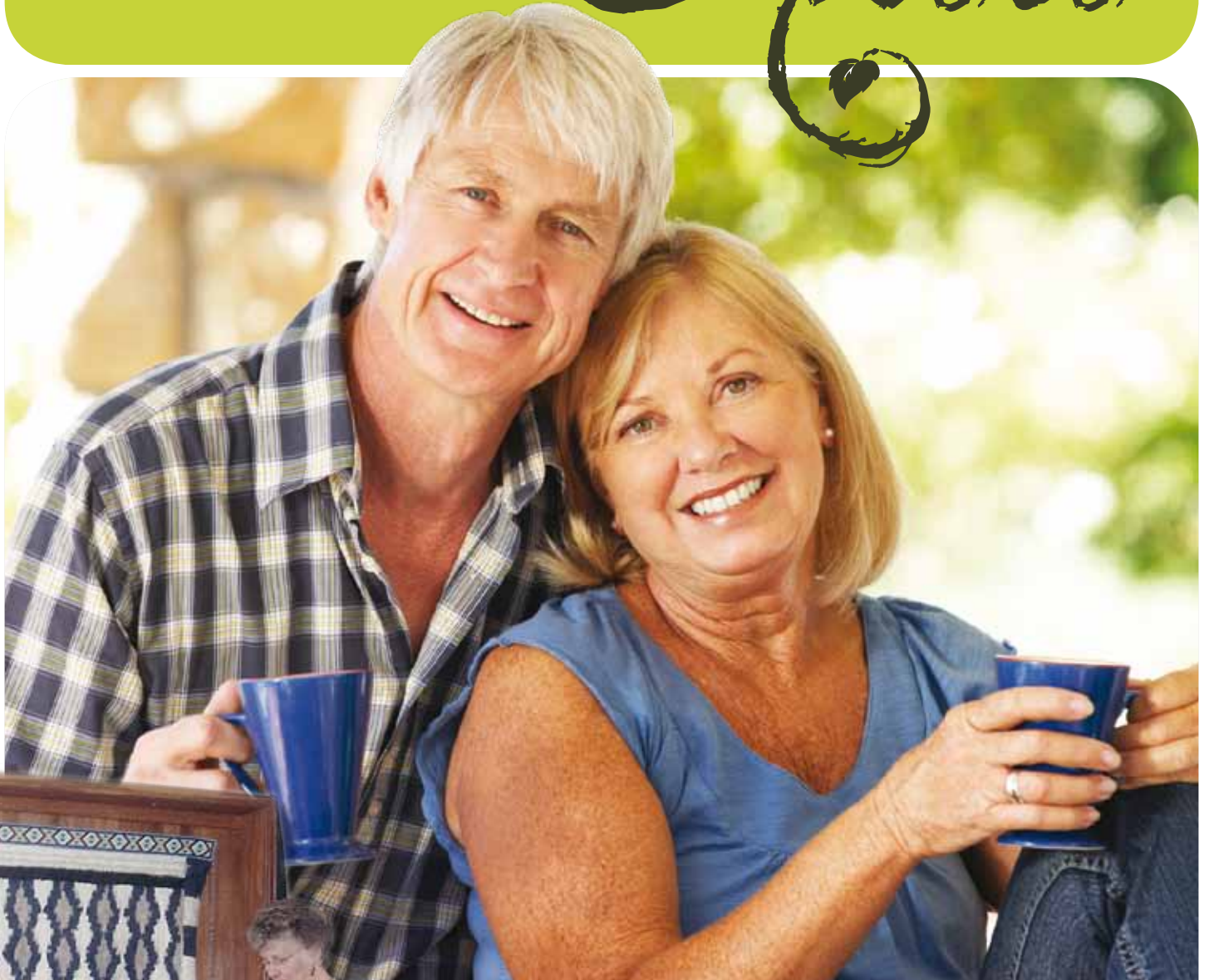


Mudcakes

and



SENIOR GENERATION ACTION
AND ISSUES – NELSON TASMAN



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Road-kill
becomes fine art

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musterer

All the best ...

Hearty compliments of the season to Mudcakes readers. Our correspondent Marie Hull-Brown (aged 85 and still working) puts it much more elegantly than us – see opposite page.

In this issue we meet one of the characters of Murchison – in an area not short of them – and find out how the town cherishes its older residents. Local legend George Fairweather Moonlight also makes an appearance.

“The last tea-lady” creates works of art with feathers and her knitting needles, plus we meet a 66-year-old who showed the young ones a thing or two about spirit on her outdoor adventure course.

Our green-fingered guru investigates container gardening.

Many of the groups in our Recreation Provider listings plan to celebrate the season with their clients. Those bountiful listings prove that Nelson-Tasman is a lively and compassionate community for its older citizens.

Have a great summer, and see you all in 2013 – which will be a lucky year so don't buy into all that malarkey.

How to get your copy!

Mudcakes and Roses is no longer mailed free to readers. The magazine is still widely available, at Council offices, libraries and the Richmond Mall. You can also read it online at the Tasman District Council website, www.tasman.govt.nz/mudcakes.

Alternatively, readers can pay a \$10 annual subscription to receive Mudcakes in the mail. Contact Tara Cater at the Tasman District Council Ph. 03 543 8578.



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

Happy Christmas

Marie Hull-Brown, aged 85, of the Mental Health Foundation of NZ, offers some thoughts for older people at this time of year.



Christmas is a time to rejoice; to celebrate every year. A time to leave work behind for a day or two and a time to connect with those who may not have been close enough for regular visits.

A time to be thankful for all the good things that have been part of the year and a time to feel sadness remembering events that brought tragedy to others.

Many messages at this time of year urge us not to make it a time of stress, not to spend more money than we can afford on presents, food and drink. That is true for people of all ages.

If there is one special Christmas that will always stay in your memory, is it about a present, a meal or a particular event? Or is the memory about the happiness of being part of a community, a family or a gathering where you felt valued and loved and where you heard laughter around you as you watched children and adults sharing a special day?

Be honest about whether you want to go to one family gathering or another. Be honest about what you would really like to do on the day.

If you know presents are always given to you, ask for what you really want – something that will bring a special smile to your face as you look at it.

Perhaps you would prefer that someone drives you to a church service rather than to a meal. Or if you live in a rest home, you may want to stay put if some of the carers are providing a meal for residents who are unable to leave, for reasons of illness or having no family close enough to visit.

Most older people spend time worrying about what is expected of them, rather than expressing their own wishes.

This year, be honest with yourself and with those who are dear to you. Connect with them if you can, be it by phone, email or texting.

Remember the good times and look forward to the future. May you enjoy a peaceful and happy Christmas.



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To receive our newsletters, contact Tom or Christine at Leisure Travel on PH: 03 539 0834 or Email: tomh@nelsoncoaches.co.nz

High-country musterer and sausage supremo



The hand that wields a pighunting knife also cradles a pencil to create fine drawings. Georgie Turnbull – farmer, horse-rider, high-country musterer, pistol-shooter, mother, champion sausage maker – fits right into Murchison, where people tend to be resilient multi-taskers.

She learnt to ride a horse “probably before I could walk” since her dad, Harry Mould, owned Rainbow Station, a vast spread of alpine hills and river flats in the Upper Wairau Valley covering 75,000 acres – “says it quick and it’s not that much.”

Her father gave her a first taste of mustering when she was 9, and in her teens Georgie was up the “top end”, 18km from the homestead, matching it with the old hands in the week-long round-up of cattle. Their base, a historic cobb house frequently blanketed in snow, had no power and no phone.

“It was great. My mum Ethel cooked all the meals over the open fire and in an old wood range – the best meals ever.”

The twice-yearly round-ups were either “very cold or very hot.” Musterers rose about 5am and were in the saddle before

dawn. They rode up the remote valleys in pairs, staying in sight for safety reasons. (Georgie says a rider might fall off his horse, but no one was seriously hurt in her time.)

Cattle are brought down to yards near the cobb house. Weary musterers often finish their day after dark.

Driving the calves down to the homestead was tricky, she says, because for the first few kilometres they were distressed about leaving their mothers. “You have some hairy moments.”

When the Waimea Pony Club wanted to use the station for a club camp, “the only condition Dad put on it was that they took me”. She and the family were soon immersed in the club scene, with Georgie relishing the chance to master new riding skills on a range of horses. She competed all over the Top of the South, and as far as Christchurch, sometimes riding two horses in one event.

Like many farm kids, Georgie had a long bus ride to school and back every day. When she got off at the station turnoff, Ethel would be waiting with a halter, an apple and a change of clothes.

“Someone has to make the best teeth”



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Georgie Turnbull, high-country musterer.



"They wouldn't see me for three or four hours."

The family moved to a farm in 88 Valley when she was 19. Georgie later married farmer Jim Turnbull from the Owen River, near Murchison. He did a lot of shearing at the time, and she added "shedhand" to her CV. Then Jim started contracting work with fertiliser spreaders and haybalers, so Georgie was at home alone quite a lot. When her son was born, she experienced the "what-if" fears that grip new parents – What if she took a tumble? What would happen to her boy? – so she gave away the eventing. Hamish is now in his mid-20s and the halter has been loosened.

When Georgie had trouble keeping up with hubby Jim on pighunts, she began hooking up with her women friends. She and a mate bagged the heaviest sow in

the first Owen River Tavern pighunting competition, which "caused a bit of a stir amongst the locals," she says in her understated way.

A few years later her all-female group killed another big porker, but they were deep into a rocky valley and getting the beast out proved too difficult. After a few hours of dragging, "one of the girls shot out and got her husband." The women arrived back at the tavern "wet, smelly, muddy" – and long past the weigh-in deadline.

"A path to the fire opened up, and next thing we had a beer in our hands. It was pretty good."

Her artistic talent blossomed recently when Hamish's beloved dog was killed, and "I decided I want to draw him." Her repertoire has since expanded.

She began working in the Murchison butchery. "I enjoyed the job so much that I bought the business" when owner Belinda Girl bailed. Business partner Tui Duigan and Georgie have maintained the standards that gained the butchery a national reputation among foodies. Head butcher and tutor John Borcovsky's middle bacon was judged New Zealand's best in 2008. Last year he won silver in bacon and ham, and this year picked up the bronze in middle bacon. Georgie is a clever student – her sausages won silver at the 2011 national champs.

(You might have to prise that information out of her. Despite her remarkable achievements, Georgie is "not one to stick my head up". It took some serious arm-twisting by Tui to gain this interview.)

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Gardening in containers



Philippa Foes-Lamb

Hi again. It's hard to believe 2013 is just around the corner. My garden was so beautiful this spring. Everything was exceptionally lush because of all the rain we had, which definitely made the soggy ground we suffered very worthwhile.

Recycling is foremost in our minds these days. What better way to help the environment than by using all sorts of

things to grow our vegetables, flowers and herbs in. Anything that can have drainage holes punched or drilled out of it can be used, sometimes to great visual effect.

I've seen vegetables and flowers planted in bath-tubs, mussel buoys and the ubiquitous used car tyres (make sure you line these with something before planting as over time they can leach some nasty chemicals). Herbs look fabulous in old watering cans, hand-basins, plastic buckets and even old shoes. If you are worried about your containers possibly leaching anything, use them for flowering plants rather than edibles.

Drainage is the next step, and plenty of holes are a must. In the case of a bath-tub, with only one hole, you can get around this by putting at least 8-10cm of stones in the bottom as this will act as a reservoir to store excess water and help it drain away down

the plug-hole. (Put stones at the bottom of any other type of container too for the same reason.)

Perhaps the most important thing to get right is the medium you will be planting into. Garden soil alone tends to become too compacted, which can cause your plants' roots to suffocate over time, so a combination of one part soil to two parts fish compost is perfect, especially for leafy greens and herbs.

Potting mix is excellent for flowering plants but would be too high in nitrogen for any root crops such as potatoes or carrots. Potatoes, for instance, grow very successfully in lined car tyres using just garden soil, mainly because the soil is sitting on the ground, not totally contained. There is no exact equation for success when growing root crops in containers – experiment to find what works.

As with any hanging baskets or containers, regular watering plus side-dressing with sheep manure pellets or liquid feeding during the growing season will make for better crops or flower displays. (Dogs love the manure pellets and they can cause stomach blockages, so if you are a dog-owner, soak the pellets first in water and dig them into your soil as a "sludge".)

Summer vegetables will be putting on good growth now so if you would like some advice about what to do to keep them producing well, especially with tomatoes, refer to my column in last December's issue, email me or visit my nursery.

It's time to deadhead your roses, perennials and annuals to encourage more growth and flowers. Continue to plant annuals such as cosmos, petunias, salvias, impatiens, begonias and lots more to carry your garden through into autumn.

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

Have a fabulous Christmas season and here's to another happy gardening year.

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Go for it, Eileen

How to prove you're not over the hill by getting over the hill

Eileen Prowse is the living embodiment of the phrase, "You're never too old to grow". The lively 66-year-old is the oldest woman to have undertaken the challenging women's explorer programme at Whenua Iiti Outdoors in Lower Moutere, but she had to convince them to let her do it.

"They had an age maximum of 60, and at the time I was 62. They tried to encourage me to start with some gentler courses that weren't so physically demanding but I didn't want a soft option – I wanted a challenge."

The course ran Monday to Thursday from July to November and included a variety of physical and mental challenges, culminating in whitewater rafting, a mini-triathlon and overnight tramps. Eileen had recently quit smoking and one of her initial motivators was to lose weight and become healthier. She did lose weight and get fit – but also gained a lot more she hadn't expected.

"I could see myself getting more confident and more assertive as the time went on. I was determined I wasn't going to be last,



Eileen Prowse enjoys a kayaking trip.

and I would often be in the top half of the group, which I'm very proud of." And so she should be – the 16 women in the group ranged from age 21.

"The instructor Claire would sometimes use me as a motivator for the younger ones by saying 'If Eileen can do it, so can you'. That felt pretty good." And Eileen would in turn find herself motivated by the fact that some of the women in their 30s. "I thought, 'I'm going to keep up with you because you're the same age as my daughter'."

Instructor Claire Sykes says Eileen was an inspiration. "We were concerned initially, not so much because she was 62 – we just didn't want her to struggle at the activities. I know especially that at an older age there is a lot of pride involved.

"Eileen proved to be of the stars of the course."

Born in Jersey in the Channel Islands, Eileen has always been determined to experience as much of life as she can. After a varied career in Britain that included accountancy, hotel management, teaching and IT, Eileen came to New Zealand for a holiday and fell in love with the country. She applied for a job with the Ministry of Education teaching schools in the Top of the South how to deliver ICT (Information Communication Technology) to their students and staff. When that contract ended she threw herself into her lifestyle properties in Mahana and then Woodstock, before downsizing and moving to Motueka a few years ago.

A sociable person, Eileen says it was great to go on the Whenua Iiti programme because she met new friends and it changed the way she lived her life. She's now on the lookout for interesting outdoor activities and is often seen on charity walks around the region.

She found the Whenua Iiti staff supportive, and urges others to give it a go. "The main thing is you've got to have an open mind and want to try things – if you come with a closed mind you won't achieve. You've got to be positive."



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Age To Be expo

The fifth Positive Ageing Expo takes place on Friday 5 April 2013, 10.00 am – 3.00 pm, at the Headingly Centre, 2-46 Headingly Lane, Richmond.

The expo brings together as many community groups and local and central government agencies as possible so that you can come and find out what is on offer and talk to people involved. Stalls will showcase a diverse range of products and services, from advice and assistance in health and social services to hobby and recreational groups.

The organisation for the event is led by the Tasman District Council in partnership with Nelson Bays Primary Health, Work and Income, Nelson City Council, Age Concern, Grey Power and key individuals. If you'd like to be part of the expo contact Mike Tasman-Jones, Tasman District Council Community Recreation Advisor, on 03 543 8403 or email mike.tasman-jones@tasman.govt.nz

Men's health survey

How do stressed Kiwi men get help when they need it? Nobody's too sure, so the Mental Health Foundation is working with Open Polytechnic researcher Dr Peta Wellstead to find out. Part of the project is a survey. It takes about 15 minutes and includes simple questions about your work, friendships and the way you use information and support services to get help when you need it. Your views are also sought on ways the health and wellbeing of NZ men can be supported and improved.

The survey is online at https://www.surveymonkey.com/s/Health_and_Wellbeing_Questionnaire_for_NZ_Men

Men's Sheds building up

The Men's Shed movement is charging ahead in the Nelson District, with branches now open in Motueka and Tapawera, talks underway with Nelson City about a possible shed at Founders, and good support for the concept in Golden Bay.

Richmond will host the national conference of Men's Sheds next February, at their base at the A&P Showgrounds. Spokesman Alan Kissell says the Richmond membership has grown from 40 when it opened a year ago, to 100 paid-up Shedders.

"It's really taking off," says Alan. There are now about 50 sheds nationwide, and in Australia, they are opening at almost one a day, with strong Government backing.

Richmond is about to add an engineering workshop to the carpentry area. The Richmond Shed costs about \$10,000, funded by grants from trusts and local councils, plus paid work.

Mens Sheds are a place for blokes to tinker, tackle a large project using the specialized machinery, or just have a cuppa. Shedders also mentor youths and disabled clients, do projects for community groups, and take on fundraising work such as demolitions or building seats for Saxton Field, for instance.

Red Cross busy in community

Red Cross volunteers deliver meals-on-wheels every weekday in Atawhai, Nelson, Stoke, Richmond and Motueka. More relief drivers are always welcome.

New Zealand Red Cross is active in the community in many ways. Its Community Transport van offers a ride to medical and health-related appointments every weekday. Passengers are asked to make a donation. The Community Visiting Service involves volunteers linking with an aged-care facility to befriend and visit residents.

The Emergency Response Team meets each week, ready for disasters locally, nationally or internationally. Red Cross also has four op-shops in the region, runs First Aid courses, free People Saver courses in primary schools and Save-A-Mate classes in secondary schools.

A programme for 9- to 12-year-olds runs in the October and January school holidays.

If you would like details on any of these services, contact Megan on 03 546 5012 or megan.riddell@redcross.org.nz

Enliven your day

Presbyterian Support has two Enliven Day Programmes. Totara club caters for isolated or frail older people living in the community. It offers company, activities and outings, plus opportunities for maintaining skills, interests and community interaction. Tuesday to Friday, 10.00 am – 3.00 pm.

Harakeke Club is a day activity programme for people with Alzheimer's disease or related dementia. It provides social opportunities, motivation and activities. Carers gain day respite. Harakeke runs five days a week, from 10.00 am – 3.00 pm. In most cases transport is available for both clubs. A midday meal is provided, and subsidies apply.

If you have a few hours to spare, become a Presbyterian Support volunteer, helping with activities such as games, quizzes, baking, crafts, gardening and music. Volunteers also chat with members, serve refreshments and wash dishes. Minibus volunteers help the drivers to transport members to and from home. Hours are 8.30 am to 10.00 am and/or 3.00-4.30 pm. Musical volunteers who can play guitar or piano, or lead a sing-a-long are very popular with members.

For more information on programmes or volunteering, ph Sasha Spargo on 03 547 9350.

Card for emergencies

In the event of a medical emergency, you may not be able to communicate with helpers. The Emergency Contact Card, designed to be carried in your purse or wallet, includes a place to list any serious health conditions and the medication or equipment you need.

The card has a space for your doctor's name and a friend or relative to contact in an emergency. Only include the contact details you are comfortable with, and it's a good courtesy to clear it with the person first. There is also a place for your National Health Information (NHI) number, available from your GP on your next regular visit.

Finally, your card can list your local Civil Defence Centre. Talk to nearby family and friends about agreeing to meet there in an emergency. If you would like to be sent an Emergency Contact Card, phone the Office for Senior Citizens on 04 916 3752 or email osc@msd.govt.nz.



Feather and lace finery spans cultures

Spinning straw into gold is child's play – Gaye Wells is an alchemist who can turn road-kill into exquisite works of art. She plucks the feathers from pukeko to sew into Maori-inspired cloaks, adding paradise duck feathers, mallard, muscovy, rooster, partridge, pigeon and even budgie.

It may sound like heresy for a non-Maori woman to be playing loose with tradition, but Gaye has no notions of cultural piracy.

"I don't class it as Maori – I just do it."

"The past has a place, but you evolve with time. I would never use kiwi feathers – never."

Her work has been well-received in Maoridom, she says. One of her cloaks hangs in the entranceway of the Ministry of Primary Industries building in Vickerman St, Nelson, where she is the tea-lady – perhaps the last in any Government department.

She also makes tiny feather kete that snare the breath in your throat, and traditional European christening gowns knitted in 1-ply thread less than the thickness of sewing cotton. The garments are finery fit for a royal baby.

Although she follows old patterns, often with motifs from her Scottish ancestry, "I start off and they all just evolve differently."

The 73-year-old picked up her Maori cloak-making skills in the 1980s when friend Rowena Donoghue cajoled her into taking a weekend seminar at Richmond, about the time Whakatu Marae was being built.

Gaye finished her first cloak that weekend. "It came quite easily because I do a lot with my hands." However, "I didn't like it because it wasn't neat and tidy." So she set about making a small cloak for one of her dolls. The larger creations and kete evolved from there.

Her artistry became known. A friend who lived at Cable Bay, and also worked in the Port area, started bringing in the road-kill he spotted on his commute.

Gaye plucks the birds herself, then dries and trims the feathers. With a native bird, she returns the carcass to its home environment, the Wakapuaka wetlands for instance, as a mark of respect. Other feathers come from farms, or people who hear of her talent.

In traditional cloaks, feathers are sewn onto hand-woven material. For convenience, Gaye uses Indian cotton, and insists on natural sewing threads.

The large cloaks involve thousands of feathers, each one stitched in place, turned, tied and locked in with its neighbours. With the Ministry piece she had three weeks to complete it before the opening of the refurbished offices. She rose at 7.30 am, stitched until 9.30 am, dashed into work for her hour-long morning tea duties, raced back home for more stitching, back to the office for afternoon teas, and returned to her flat for an evening session. The cloak was presentable to hang for the opening, and a blessing by Archdeacon Andy Joseph, with then-Minister Jim Anderton cutting the ribbon. Gaye later took the garment home for the finishing touches.

She says she has to be in the mood for feather work, but her alternative is no less meticulous – "lace knitting" of christening



"I'd like Pavarotti and poetry"

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Gaye Wells, at the unveiling of her cloak in the refurbished offices in 2006.



Gaye's work, from subtle to show-stopping.

dresses, scarves and tablecloths. She also makes clothing for the prem baby unit at Nelson Hospital (which began when her grand-daughter had a premature baby).

When the lace garments come off the needles, they are tiny. Gaye lays them out, stretches and pins them to the finished dimensions – up to three times larger. The 1-ply thread is hard to find now, and she has been lucky to source cones from garage sales or the recycling centre.

"My mother was a great knitter but she never taught any of us to knit." The lace-work had its inspiration when Gaye worked at Braemar Hospital – one of the male staff-members knitted his own lace curtains.

Her sewing expertise has been commissioned for five wedding gowns, plus bridesmaids outfits.

Gaye says she is determined to master such crafts because she was branded a failure at school – held back a year, she later discovered, so that she and her younger sister could go off boarding together in Blenheim. The shame fills her with anger 60 years on.

She grew up in the Marlborough Sounds, then moved to Havelock, married, shifted to Nelson and had four children in quick succession.

Her flat is stacked with plastic bins full of her artistry, including a dozen of the kete, complete with flax-rope handles. She's

been told they would fetch big money if sold at a venue like Te Papa.

The kete and garments are her "retirement fund" – not that she has any plans to retire. In her 26 years at the Ministry, and its previous incarnations, she has survived eight or nine restructures, thinking she would get the chop each time. The staff are "lovely people", and she does sewing work for them or their partners. "A lot of people don't sew any more." (Old-school tea-ladies often possessed surprising talents – and sometimes knew more about the organisation than the manager.)

Ill-health forced Gaye to take five weeks off recently. "I couldn't get back to work quick enough."

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

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Joyce's daughter Heather:

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Joyce's daughter Lynley:

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Joyce:

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Joyce, Serviced Apartment Resident

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Tight-knit town looks after elderly

"Wonderful – there's nothing in Auckland like this," says Trevor Falkner, a long-stay resident at Murchison Hospital and Health Centre. After his wife died, he lived in rest-homes in the big city, then moved south a few years ago to be near family.

"In Auckland they are so busy and so big that they haven't got time to know you, but here they're good."

The medical centre, opened in 2006, has six aged-care beds, used for either long-term care, rest-home accommodation or for "respite" admissions of up to a month so caregivers can have a breather.

Murchison has fought hard several times in recent years to retain such beds. When the Arthur McCaa Community Hospital needed rebuilding in 2005, it was proposed as primary and emergency care only. The elderly faced being shipped off to Nelson, 125km away. After strong public lobbying, elder-care was included in the new centre.

In 2010, the Nelson Marlborough District Health Board, grappling with a budget deficit, again looked at scrapping the uneconomic elder-care facilities. As part of a deal to keep them, the community agreed to pay higher fees for doctors visits.

Centre manager Christine Horner says family bonds are strong in her catchment. Most elderly people stay in their homes, with family and agency support, "which is good because it's where they want to be."

"They are very independent and stoical out here."

However, when more medical support is necessary, Murchison does its older population proud. The new facility is roomy, comfortable and well-equipped. A garden, provided by cake stalls and working bees, offers stunning mountain views.

The hospital services a huge area from Glenhope to Maruia Springs, and out east to St Arnaud. It has the supplies and

Trevor Falkner



water tanks to be self-sufficient for three days – the lessons of natural disaster were sheeted home by the 1929 earthquake.

Christine manages a staff of about 26, many of them part-timers. She is herself a reflection of the tight-knit community. Murchison born and bred, she moved away to do her nurse training, but married a local chap and has since gained her Masters Degree by remote learning.



STUDIOS AVAILABLE

OWNER OPERATED FACILITY

For independent older people who wish to have security and services available.

- 24 hour Nurse Call
- Meals provided
- Licence to occupy available
- Access to activities programme, spacious grounds, weekly shopping



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



I needed help to feel confident in my home again - Access was there.

Janet



Make yourself at home with Access

Whether you require nursing services, personal care or even just a hand around the house, our fully qualified team supports you to live independently in your community.

Talk to your GP or give us a call on **0800 284 663.**

Across:

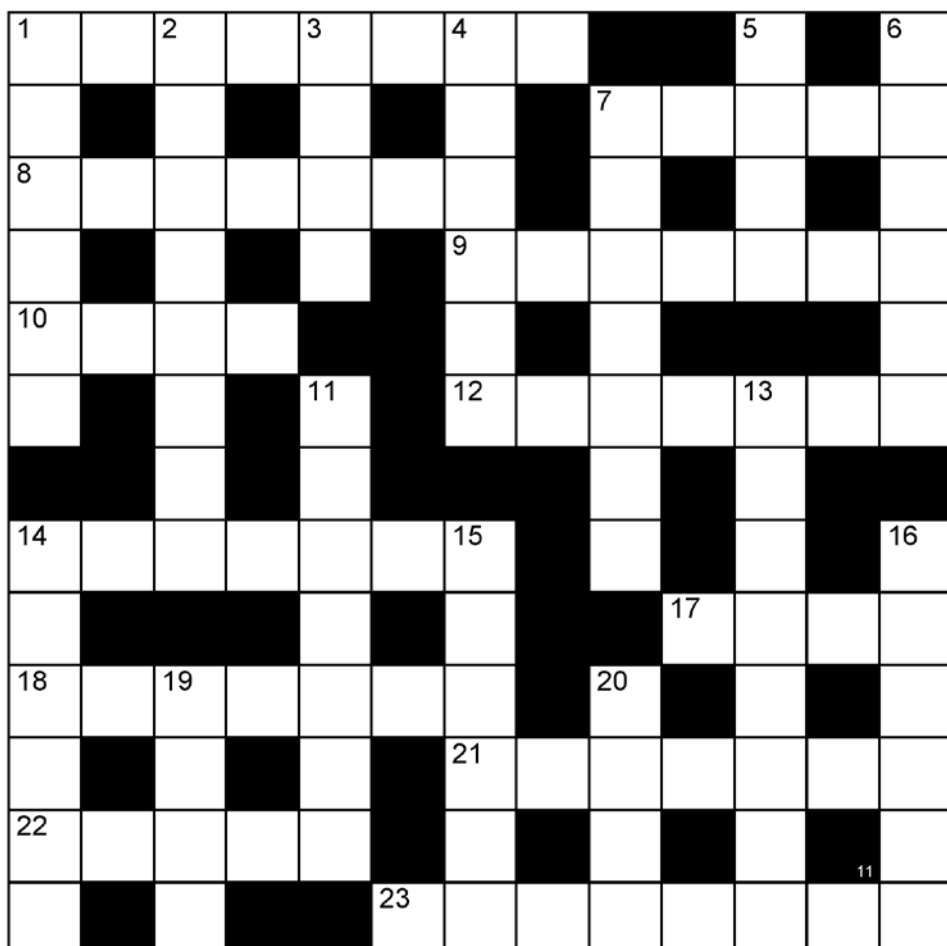
1. Making glass better (6,7)

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

ALFAB

WINDOW TINTING

0800 484 697



What is it?

You've proved a sharp bunch in the past with our antique teasers, so this time we are making it tough. Ken Smart, of Yelverton Antiques in Motueka, says he was initially stumped himself by this piece. More than 120 years old, he reckons, and it would have been an extravagant dressing table feature.

Answer on page 19.



Clues Across

- The way to get near something that gets a PRO chap upset (8)
- The end shows there to have been a shortage, right out (5)
- One Franco-English grain for a fabulous beast (7)
- Party record half-hinges on the mammal being aquatic (7)
- When beached, somewhere to lie omitted : none excluded! (4)
- With keenness, for example, returning in being ahead of time (7)
- Let us run riot in posh car while he removes the cattle (7)
- Green knuckle set back to reveal another joint (4)
- Order to appear as a Scotsman in problems of arithmetic (7)
- An interesting event is nothing in deep confusion (7)
- Also known as a way to put to sea with a reversed form (5)
- With emphasis I'm backing away from mistress : love sad endings! (8)

Clues Down

- A sort of slipper to get in at : wear it for luck! (6)
- Lady of the blood royal incorporated in the newspapers (8)
- Sob, and Poe tops off the instrument (4)
- Light with wick, and with wick it might be spread (6)
- Order one sent off to take an early one? (4)
- Equine sound shows the reason hostelry is included (6)
- Much pleasure provided by 4, say, after being done on quitting (7)
- Cuts the grass that surrounds 'Ades as one softens and ripens (7)
- They are arch and they're colourful, by Heaven! (8)
- What a knave lascar turned out to be! (6)
- Not that one will go along with being dispatched a second time (6)
- To act as the leader, remove top (6)
- Defensive armour is what one gets through the post (4)
- Fret-wood? (4)

Answers page 19

What's On



DECEMBER 2012 - JANUARY 2013

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



Golden Bay

Wednesday Walkers

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

Upright and Able for Falls Prevention

Ph. Jacinda Hohepa 03 525 8770 or 03 525 9708 for details.



Motueka

Cycling

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

Motueka 50+ walking group

All walks leave Deck's Reserve carpark, where transport is arranged. To see the walks schedule, go to www.motueka50pluswalkers.org.nz. Meetings on the last Thursday of each month in the Uniting Church

Hall, High St, 9.30 am. Contacts: Secretary Norah Morris, 03 528 6290, President Kevin Piper 03 544 8378. For details about Alternate walks, contact Lesley or Ray Cranefield 03 527 8113.

Motueka Recreation Centre

Badminton, \$4 court fee, \$2 racquet hire. 60+ Social Club, cost \$6 per session. Ph. Wendy 03 528 8228. Sit n Be Fit, Thur 10.30 - 11.30 am. \$4. Sunshine Club, Friday morning 9 am - noon. Morning tea and activities provided. Free pick-up and drop-off.

\$4. Ph. Wendy 03 528 8228. Silver Sneakers. Indoor walking group, 9.30 - 10.30 am. \$4. Centre Gym is open 9.00 am - 9.00 pm Monday to Friday, 9.00 am - 4.00 pm on Saturday (closed Sunday). Ph. 03 528 8228 or fax 03 528 8560.

Motueka Social Dance Group

Dance at Mapua Hall, 7.30-11.00 pm, Saturday 20 October 2012. \$6 and a plate, children half-price. Ph Margaret 03 528 7564 or Prue 03 540 2242.



Murchison

Murchison Community Resource Centre

Sit and Be Fit, at the hospital, Mondays at 10.30 am.

Hatha Yoga, last night Tuesday 4

December, 6.15-7.30 pm. \$10 a session.

Chells Circuits, Thursdays until 13 Dec, 6.30-7.30 pm. \$10 a session.

Walking for Fitness, walk the 2 Mile every day at 10.00 am (except Tuesdays 10.30 am), weather permitting. Meet at War Memorial, Waller St. No charge. Courtesy car available - phone Berylla.

Christmas shopping trip, Monday 4 Dec, plus other local trips as well.

Phone Berylla Jones 03 523 9875 or email berylla@ts.co.nz



Nelson

Nelson Dance Along

Richmond Town Hall, 7.30-11 pm on alternate Saturdays: December 8 and 22, Jan 12 and 26, 2013. Supper provided. \$4 members, \$5 non-members. Everyone welcome. Ph Rosalie Winter (03) 548 2236.

Nelson 50+ Walking Group

Dec 4: Picnic/BBQ for Tuesday, Thursday and Mini-walkers.

Nelson Provincial Museum

Te Ahi Kā Roa, Te Ahi Kātoro Taranaki War 1860-2012 Our Legacy - Our Challenge. Until February 2013.

Plus Abel Tasman 370th Commemoration display, and Save Our Snails - Giant Land Snails of Te Tau Ihu. For details, visit www.museumnp.org.nz

Stoke Seniors Club

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

Regular activities

Drama Group - Mondays from 11.00 am-noon. Gold coin donation.

Scrabble Club - Mondays 1.00 pm. Euchre - Tuesdays 10.30 am.

Mah Jong - Tuesdays 1.00 pm. 500 Club - Wednesdays 1.00 pm. Art class - Mondays 10.00 am & 1.00 pm. \$4.

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

Tai Chi - Tuesday 1.30 pm. \$6. Sit and Be Fit exercises to music - Tuesday and Wednesday at 11 am in the Stoke Memorial Hall. Gold coin donation.

The Sun City Ukles - Thursdays 10.00 am - noon. Gold coin donation. Contact Ruth.

All the above classes meet in the Stoke Memorial Hall.

Monthly Movie - Ph. 03 547 2660 for details.

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.

Driving Miss Daisy, call and ride with a friend!



Driving Miss Daisy®

We're There For You

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

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

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

The Driving Miss Daisy service is perfect for:

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

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

If you are looking for contacts for community groups and clubs checkout the Found Community Database www.found.org.nz

DECEMBER 2012 - JANUARY 2013

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

Travel Club – Phone the office on 03 547 2660.
Monday Out & About Trips & picnics.
Thursday Out & About, 11.00 am. A van tiki-tour.
Weekly Afternoon Entertainment – contact office for details.
Also Tuesday-Thursday Meals – a two-course meal at midday for \$8 (members), \$10 (non-members). Ph. 03 547 2660 to book (preferably by 9.30 am the day before).

Saxton Seniors

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

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

Senior Circuit: Tuesday 10.45 am after walking group, \$4. A low-impact all-over workout using resistance bands and light weights. An indoor, all-weather activity, followed by a cup of tea.

Sit and Be Fit: Monday 10.00-11.00 am. \$4.

Tai Chi for Health: Thursday, Beginners 10.00-11.00 am, Intermediate 11.30 am-12.30 pm. \$75 (15 sessions) or \$6 a session.

Ph (03) 538 0072 or email saxtonstadium@xtra.co.nz

Tahunanui Community Centre

Board not Bored: Chess, backgammon, cards, or bring your own. Cuppa & company. Thursdays 1.30 pm.

Arty Crafties: Bring your craft or hobby along. Mondays 1.30 pm.

Movie Mates & DVD Divas: Watch classic movies the old way with intermission and ice-creams.

Cuppa to follow. Tuesdays 1.30 pm. \$3.

Local Vocals: Singing for everyone. No audition, no pressure.

Wednesdays 7.00 pm. Ph TCC for details, 03 548 6036.

Ironing Maidens: Bring your iron and ironing pile. We've got the boards, the tea and scones. Every Friday at 1.00 pm.

Zumba: Suitable for beginners and more experienced. Mondays 5.15 pm and Thursdays 5.45 pm. Contact Jo for details, 03 548 6036.

Victory Community Centre Totara St, Nelson

Nana Craft: Knitting, crochet, stitching. Bring lunch, share projects. Weds until 26 Sept, 12.30 to 2.45 pm, Pomeroy's coffee \$2 donation.

Sit & Be Fit: Have fun, burn calories, tone muscles, keep your heart healthy. Tuesdays 10-10.45 am until 27 Sept, \$2 per session. Housie at Victory: Great prizes, refreshments and transport available if required. Wednesdays 2-4 pm 1 & 15 Aug, 5 & 19 Sept. \$2. Laughter Yoga: The body's natural antidote to stress. Bring yoga mat or towel. Wednesdays 5.30-6.30 pm. \$2.



Richmond

Club 50

A social group of mature adults looking for companionship, recreation and enjoyment. Phone 03 544 3955 or email Richmond@sportstasman.org.nz. Meet every Tuesday 9.30 am (unless

otherwise stated) at the Richmond Recreation Centre, Cambridge St. All sessions cost \$3. For trips, meet at RRC to carpool.

4 Dec: Christmas Lunch. Please bring items to decorate the room and table, plus a dessert. (Volunteer decorators needed.) Wine and refreshments provided by Club 50 & RRC. \$10 for meal & small cost for making decoration.

11 Dec: Tahunanui Beach walk. Park by the Lions Playground at Tahunanui and we will walk up the beach to enjoy coffee at the Beach Cafe. For the more energetic, walk all the way round to the Back Beach and loop back through the trees.

18 Dec: Christmas movie, The Full Monty. Pot-luck Christmas Lunch afterwards so please bring something to share. Movie starts at 9.45 am.

(Merry Christmas and Happy New Year to everyone at Club 50 from us all at Sport Tasman Richmond.)

8 Jan 2013: Washbourn Gardens and Bill Wilkes Reserve. We will return to enjoy a coffee at Cafe on Oxford.

15 Jan: The Stoneridge Maze, 298 Moutere Highway. Share morning tea later – please bring a rug.

22 Jan: Digital switch for TV. Advisor Guy Burns will explain the change-over on Sunday 28 April 2013.

29 Jan: Visit to Aranui Park and the Mapua Wetlands.

Richmond Senior Citizens Assn Oxford St rooms.

Tuesday afternoon, cards.

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

Thursday afternoon, cards.

Friday 9.00 am to noon, light

exercises and morning tea. An outing on the last Wednesday in the month.

Ph Elaine Mead 03 544 5654

Richmond Waimea Community Whanau Group

Community groups, services or organization representatives come together to share information. (Just turn up.) Meets the first Tuesday of each month, noon-1.00 pm, Senior Citizens Rooms 62 Oxford St, Richmond. Guest speaker at most meetings. BYO lunch (tea & coffee provided).

Upright and Able for Falls Prevention

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



Wakefield

Way2Go activities

Pilates – Village Hall Mondays at 7.00 pm.

Active Seniors Class – Village Hall Tuesdays at 11.00 am.

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

Nelson Nursing Service

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

BEST SERVICE • BEST PEOPLE • BEST OUTCOMES



- 24 hour nursing in the home, including home support and personal care. On-call Registered Nurse available at all times.
- Rehabilitation self-management support.
- Wound assessment and management, including ulcer dressings and compression bandaging.
- Measure and supply of compression hosiery.
- Incontinence Products and Advice.
- Toenail clipping service.

469 Main Road Stoke • Tel: 03 547 2814 • www.healthcarenelson.co.nz

RECREATION PROVIDERS



DECEMBER 2012 - JANUARY 2013

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

Golden Bay

Age Concern

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

Astanga Yoga

GB Community Centre, Tuesdays 5.45 pm, ph Doris or Keryn, 03 525 9525. Thursdays 9.00 am, ph Michelle or Pam 03 525 9033

Belly Dancing

Senior Citizens Hall, Mondays 5.00-6.00 pm. Leena 03 525 9393

Drop-in Yoga

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

Genealogical Group

Sally Ph. 03 525 8086

Gentle Exercise Classes

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

Sit and Be Fit

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

Golden Bay Contract Bridge Club

Leigh Ph 03 525 9744

Golden Bay Garden Club

Diane Ph 03 525 6121

Golden Bay Patchwork and Quilters Guild

Liza Ph 03 524 8487

Guided Gym Session

Wednesday 12.00 - 1.00

Georgie Ph 03 525 6110

Indoor Bowls/Cards

Senior Citizens Club rooms.

Mary Ph 03 525 8445

Mah Jong

Ethel Ph 03 525 8615

Marble Mountain Country Music Club

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

Motupipi Indoor Bowling Club

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

Pohara Bowling Club

Jennifer Ph 03 525 9621

Probus

Jan Ph 03 525 9224

Purahaoi Table Tennis

Rene Ph 03 525 7127

SeniorNet [Golden Bay]

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

Tai Chi for Arthritis

Ann Ph 03 525 8437

Takaka Golf Club

Ph 03 525 9054

Takaka Golf Club

Ladies Section
G. Turley Ph 03 525 9122

Takaka Spinning Group

Jan Ph 03 525 9374

Takaka Table Tennis

Rene Ph 03 525 7127

University of the Third Age (U3A)

Moiria Ph 03 525 7202

Upright and Able for Falls Prevention

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

Uruwhenua

Women's Institute

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

Wednesday Walkers

Bron Ph 03 525 8627
Bob Ph 03 525 9958

Workouts

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

Hope

Hope Midweek Badminton Club

Carolyn Ph 03 541 9200

Nelson Veterans Tennis Club

Hope Courts every Thursday Ph 03 547 6916

Mapua

Indoor Bowls

Mapua Friendship Club
Mapua Public Hall
Valerie Ph 03 540 3685

Low-Impact Aerobics and Pilates

Wakefield, Upper Moutere and Mapua
Lynda Ph 03 543 2268

Mapua Bowling Club

Dave Ph 03 540 2934

SeniorNet (Motueka)

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

Taoist Tai Chi

55 Muritai St, Tahunanui
Ph 03 545 8375

Motueka

Aerobics/Gym and Fitness Centre

50+ Aerobics
Mot Rec Centre
Jody Ph 03 528 8228

Age Concern

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

Arthritis NZ

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

Gym & Fitness Centre

Studio Gym 275
Catherine Ph 03 528 4000

Healthy Hearts Club

St Thomas Church Hall
Wendy Ph 03 528 6692

Indoor Bowls

Motueka Senior Citizens Hall. George Ph 03 528 7960

Line Dancing

Motueka Senior Citizens Hall. Beryl Ph 03 528 8265

Line Dancing (Beginners)

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

Marching

Motueka Veteranettes
Marching Team
Bev Ph 03 528 9125

Motueka and District Historical Association

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

Motueka Bowling Club

Don Ph 03 528 7208
Tony Ph 03 528 9175

Motueka District Museum

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

Motueka 50+ Walking Group

Meets last Thursday of each month in the Uniting Church Hall, High St, at 9.30 am. Kevin Ph 03 544 8378
Norah Ph 03 528 6290.

Riwaka Bowling Club

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

Riwaka Croquet Club

Sally Ph 03 528 8296

Scottish Country Dancing

Valerie Ph 03 543 2989

SeniorNet [Motueka]

Computer learning for the over 55s at 42 Pah St. Wendy 03 528 7105, Helen 03 528 6305

Social Recreation

Kiwi Seniors (Motueka)
Vonnice Ph 03 528 7817

Upright and Able, Falls Prevention

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

U3A (University of the Third Age)

Have fun learning co-operatively. Variety of courses available. Cushla Ph 03 528 6548

Yoga

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

Murchison

Age Concern

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

Murchison Community Resource Centre

Thursdays: Pilates, 5.15-6.15 pm, 2 Aug to 20 Sept. Suitable for all fitness levels. \$60 for 8 weeks or \$10 a session, MESI Building. Chells Circuits, 6.30-7.30 pm, 2 Aug to 20 Sept. Bring a mat if you have one. \$60 for 8 weeks or \$10 a session. Rec Centre Gym. Friday: Sit and Be Fit, 10.00 am. \$2 a session, Rec Centre. Every day: Walking for fitness. 10.00 am, but 10.30 Tuesdays, at the War Memorial. Weather permitting. No charge. Call Berylla 03 523 9875 or email berylla@ts.co.nz for bookings & details.

Nelson

Age Concern

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

Angie's Active Circuit

Easy Aerobics & Circuit class. Thurs 9.30-10.30 am, \$5, Tahunanui Presbyterian Church, Muritai Street
Angie Ph. 03 547 0198.

Aquatics/Swimming/Gym

Riverside Pool
Ph 03 546 3221

Art Group Nelson

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

Arthritis New Zealand

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

Belly Dancing

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

Bodyvive (Low-impact)

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

Cardiac Club/Gym & Fitness Centre

City Fitness Sharon Ph 03 539 0348

Cardiac Support Group

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

Dining4Twelve

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

Golf Croquet

Nelson-Hinemoa Bev Ph 03 548 2190

Government Superannuitants' Association

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

Grandparents Raising Grandchildren

Meets last Tuesday of the month at 10.00 am. Presbyterian Church Sunday School rooms, Muritai St, Tahunanui. Social gatherings second Tuesday of the month at 10.30 am. Ph 03 545 6118.

Gym

Contours Health & Fitness Ph 03 544 0496

Hatha Yoga

Maureen Ph 03 546 4670

Hearing Association Nelson

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

Hot Yoga

Claire Ph 03 548 2298

Housie Evening

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

Marching

Silveraires Leisure Marching Diana Ph 03 548 9527

Marybank Garden Club

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

Nelson Caravan Club

Allan Ph 027 319 7427

Nelson Community Patrol

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 Petanque Club

Wed and Sun 1.15 pm at Highland Pipe Band Hall Paru Paru Rd. Boules and tuition provided. Noeline Ph 03 546 8699.

Nelson Philatelic Society

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

Nelson Savage Club

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

Nelson Scrabble Club

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

Nelson Senior Citizens

Social Indoor Bowling Club. Valda Ph 03 544 1487

Nelson Social Dancing Club

Live band on the second Saturday of each month, 7.30-11.30 pm, at Broadgreen Intermediate School Hall. Members \$8, non-members \$12. Ph Jenny 03 521 1823 to confirm.

Over 50s Pilates and Yoga

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

Pottery

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

Probus, Stoke-Tahunanui ladies branch

Meets third Wednesday each month. Pauline Ph 03 547 5238. SeniorNet [Nelson] Computer instruction for people aged 50+. Clubrooms at Pioneer Park, Hastings St, Ph 03 548 9401 and we will ring you back.

SeniorNet [Nelson]

Computer instruction for people aged 55+. Clubrooms at Pioneer Park, Hastings St, Ph 03 548 9401 and we will ring you back.

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.

Smart Hearts

For people with or at risk of heart issues. Affiliated to Heart Foundation NZ. Activity, information and support, with a cuppa too. Tahunanui Presbyterian Church, Muritai St. Starts Mondays 10.30 am. \$5. Angie 03 547 0198

Stroke Club Nelson Social activities

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

Stroke Foundation Caregivers Support Group

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

Support Works

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

Suter Art Gallery

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

Table Tennis

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

Tahunanui Bowling Club

Welcomes summer and winter bowlers. Barbara Ph 03 547 5071.

Tahunanui Community Centre

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

Tai Chi with Gretchen

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

Taoist Tai Chi Internal Arts for Health

Classes 9.30 - 11.00 am, Wednesday 6.00 - 7.00 pm, Saturday 9.00 - 10.30 am, new Beginners Class Tuesday 1.00 - 2.30 pm, at 55 Muritai St, Tahunanui. Ph 03 545 8375 and leave a message. Help yourself to better health. Suitable for all ages, and first class is free.

The New Hub

Circuit Training every Thursday 10.00 - 11.00 am. All ages and levels of fitness welcome. \$3. New St venue. Ph 03 545 9347.

U3A

Ph Lois 544 2440 email membership@u3anelson.org.nz

Ukulele with Gretchen

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

Upright and Able for Falls Prevention

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

Veterans' (55+) 9 hole golf days

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

Victory Laughter Yoga Club

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

Victory Senior Support

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

Walking

Nelson 50+ Walking Group Noel Ph 03 544 2286

Yoga

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

Zenda Middle Eastern Dance

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

Richmond**Age Concern**

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

Badminton

Richmond Morning Badminton Dawn Ph 03 544 4120

Body Power Pilates & Yoga Centre

Richmond Town Hall Sue Ph 029 281 3735

Bodyvive (Low-impact)

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

Bridge

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

Crafts Caring & Sharing

Each Monday until the end of September. 9.30 am – noon at the Wesley Centre, Richmond, opposite Council. Gold coin donation includes morning tea. Pauline 03 544 9174 or Emily 03 544 5423.

Croquet

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

Easy Exercise

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

Euchre

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

Hope-Ranzau Women's Institute

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

Indoor Bowls for Seniors

Church of Christ Hall. Cnr Croucher & D'arcy Sts. Tuesday 1.00 - 3.00 pm Mary-Anne Ph 03 544 2596

Laughter Yoga, Richmond

Nourish your wellbeing. Marion Ph 021 145 3027

Line Dance Nelson

Alison Ph 03 546 9878

Pedometers from the Library

From Nelson City or Tasman District libraries. \$2 for 6-week loan.

Pottery

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

Richmond Bowling Club

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

Richmond Indoor Bowls

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

Richmond Physiotherapy

Weekly classes in their

spacious, sunny gym. Exercise For the Older Adult: A well-balanced, physiotherapist-led mix of strengthening, balance and cardio exercises. Monday 10.30-11.30 am, \$8. Knee Class: Physiotherapist-led exercises to strengthen the lower limbs. Suitable for those with achy or arthritic knees wanting to keep or improve their strength to remain active Thursday 10.00-11.00 am, \$10

Richmond Recreation Centre & Town Hall

At 9 Cambridge St. Ph. 03 544 3955 www.sporttasman.org.nz Easybeat: Mon&Fri 9.00 am. Ease in2 Easybeat: Mon&Fri 11.15 am. Shapeup: Mon&Fri 10:10 am. Sit & Be Fit: Fridays 11:15 am. Ease in2 Cycling: Social cycling, Mon&Wed 1:00 pm, \$4. Please ring that morning for meeting place. Club50: Tues 9:30 am, Seniors, social recreation & outings. New member welcome, \$3. Walking Group: Mon 9:30 am, no charge. Fun Housie with prizes: Designed for those with special requirements. Fridays, 2.00-4.00 pm, \$3.

Richmond Slimmers Club

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

Silver & Strong

Seated or standing light exercise circuit that helps you with your everyday life. Builds strength, stability and coordination. Mondays 10.30-11.15 am. \$4 (includes a cuppa). Richmond Social Seniors, Age Concern building, Oxford St, Richmond. Angela 03 547 0198

Sport Tasman's Club Recreation

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

Fun Housie with prizes. Designed for those with special requirements. Fridays, 2.00-4.00 pm, \$3.

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

Social Cards

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

Tasman Tennis Club

Social tennis Tuesday mornings 9.30 am, beside the Badminton Hall, Gladstone Rd. Coaching sessions available. Kolie Ph 0278 293 366 or the centre Ph 03 544 6083

Tasman Visual Arts Group

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

Tai Chi with Gretchen

Richmond Town Hall and Oakwoods. Gretchen Ph 03 548 8707

Ukulele

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

Upright and Able, Falls Prevention

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

Yoga

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

Stoke**Angie's AquaFitness**

Exhilarating, fun and motivating aqua class. Get back into activity in a warm-water pool. All abilities, shapes and sizes welcome. Tuesdays, 10.45-11.45 am, Thursdays 6-7 pm. \$6. Ngawhatu Pool, Stoke. New Aqua Therapy session for hips, knees, ankles, shoulders and back issues. Six-week course starts Thursday 20 Sept. Angela Ph 03 547 0198

Angie's Silver Circuit

Seniors only. Build your strength & stability. Light exercise circuit helping with your everyday life. Fridays, 10.15-11.00 am, \$4. Stoke Seniors, behind Memorial Hall. 548 Main Rd, Stoke. Turn-up or call Angie on 03 547 0198.

Aqua-therapy

New sessions for hip, knee, ankle, shoulder, back issues. Exercise professionals with you in the warm water. Ngawhatu pool. Bookings essential. Angie Baker 03 547 0198 or 021 330 905.

Clogging/Tap Dancing

Nelson Sun City Cloggers. Georgina Ph 03 545 1037

Country Music

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

Easy Exercise

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

Stoke Methodist

Church Lounge Maureen Ph 03 546 4670

Hatha Yoga

Maureen Ph 03 546 4670

Hydrotherapy

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

Ngawhatu Bowling Club

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

Pottery

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

Presbyterian Support

Our Harakeke Club welcomes people who have had a diagnosis of Alzheimer's Disease or another dementia. We provide opportunities for socialising, participating in a varied activities programme, and more. Mon-Fri, 10.00 am to 3.00 pm. Tue-Fri 10.00 am – 3.00 pm Totara Club. Day programmes for older people, socialising and participating in a

personalised activity programme. Both clubs also provide a two-course cooked lunch and door-to-door transport to and from the centre. Ph Sasha Spargo 03 547 9350

Safety & Confidence

Kidpower, Teenpower, Fullpower Trust Cornelia Ph 03 543 2669

Saxtons Sit and Be Fit

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

Stoke Bowling Club

Allen Ph 03 547 1411

Stoke Combined Probuc Club

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

Stoke Social Seniors

Pilates: Wednesdays 1.30 pm. Tai Chi: Tuesdays 1.30 pm Sit and Be Fit: Tuesdays and Wednesdays at 11.00 am, Stoke Memorial Hall Christine Ph 03 547 2660

Tuesday Walking Group

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

Table Tennis Nelson

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

Ukulele Fun with the Sun City Ukus

Stoke Memorial Hall. Thurs 10.00 am - noon. All levels welcome. Bring your uke and enjoy the music. Gold coin donation. Ph 03 547 2660

Upright and Able, Falls Prevention

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

Tapawera

Visual Art Society Kaye Ph 03 522 4368.

Walking

Rural Ramblers Una Ph 03 522 4083

Wakefield

Easy Exercise Arthritis NZ, Nelson Nancye Ph 03 541 9040

Live Well, Stay Well Activity Group

Greg Ph 03 541 9320

Silverthreads Fun Afternoon

Meetings at 1:30 pm, Wakefield Village Hall Heather Ph 03 541 9214.

The lustre of Moonlight

His life reads like a movie script: legendary gold prospector, explorer, the "sheriff" of Murchison, and a broken man when his beloved wife died. George Fairweather Moonlight left his name on locations in Australia, the West Coast and Tasman District.

"In his time he was known as a gold prospector to be followed," says Nelson writer Arch Barclay, who has just published a book on Moonlight that has been percolating for three decades. The colourful miner discovered a hat-trick of lucrative goldfields.

Scottish-born Moonlight went to sea aged about 15, says Arch. He jumped ship to try his hand in the California goldfields, then followed other miners to Australia, returned to seafaring, and washed up at the Otago goldfields.

Arch credits Moonlight with discovering the Shotover River gold in 1862. "He always declared his fields pretty promptly."

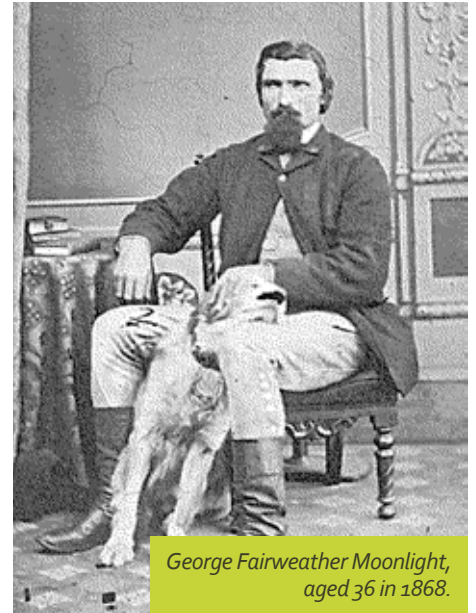
The following year, Moonlight made his way to Golden Bay, then the Tutaki and Matakītaki Valleys near Murchison. He hit paydirt in the latter, says Arch.

In 1865 George married Elizabeth Gaukrodger. Barely a month later he headed for the West Coast. In the Paparua Range near Punakaiki he found a reef studded with nuggets. This time George worked the area for two months before declaring the find. Miners reaped 8 tonnes of gold, "an incredible sum", in 18 months.

George and Elizabeth ran a pub in Richmond for a few years, and later bought Murchison's Commercial Hotel. The couple were kingpins of the raucous settlement, says Arch. George was a publican with fists of iron.

Elizabeth died suddenly and within a short time George was bankrupt – undone partly by his generosity. He died doing what he loved – prospecting in remote country.

- The Moonlight Legacy is available from Copy Press, Stoke, local bookstores or Arch Barclay, email saltgrass@clear.net.nz, ph 03 544 8789.



George Fairweather Moonlight, aged 36 in 1868.

Answer: What is it

It's a perfume sampler. The kit includes needles with hooks on the end. You dip a ball of cottonwool into the perfume jar and dabbed yourself. The sampler is also a music box (no longer working) and included a sewing thimble and needle set.

Crossword Solutions:

Clues Across: 1. Approach 7. Death 8. Unicorn 9. Dolphin 10. Each 12. Eagerly 14. Rustler 17. Knee 18. Summons 21. Episode 22. Alias 23. Stressed

Clues Down: 1. Amulet 2. Princess 3. Oboe 4. Candle 5. Bath 6. Whinny 7. Delight 11. Mellows 13. Rainbows 14. Rascal 15. Resent 16. Behead 19. Mail 20. Pine

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Children to benefit



Mentoring organisation Big Brothers Big Sisters is the first recipient of a grant from the Nelson Bays Community Foundation, which received more than 100 applications for assistance this year.

Big Brothers Big Sisters Nelson is an affiliate of an international programme that has been running for more than a century around the world. The local branch involves about 70 volunteers who spend one-to-one time with a young person, doing fun activities. The two core programmes are Community-Based Mentoring and School-Based Mentoring. For the latter, the charity provides a Resource Box that mentors can use with a young person within the school environment. These contain craft supplies, paint, pens, board games, sports equipment etc. They cost around \$300-400 to put together and maintain annually. The foundation grant will provide five more boxes to go into schools.

Big Brothers Programme Director Gavin Millar says mentors find the resources boxes "fantastic" as they provide a ready supply of materials and activities.

The Nelson Bays Community Foundation, launched in March 2010, invests money raised from donations, bequests and endowments and distributes the income earned back into the community. The charitable trust's initial focus has been on increasing these funds, having received several endowments in the last two years. The Foundation is committed to supporting registered charities whose activities are focused on the Tasman District and Nelson City areas, taking in community and social services; sport and recreation; music, art and culture or festivals and events that benefit the community.

FOSSIL RIDGE BOUTIQUE WINES **Creative Writers**

Our literary section salutes the short-story writers and poets in the Nelson-Tasman region. Fossil Ridge winery awards a bottle of fine wine to the winner each month. Congratulations Christine Hands, who takes the prize for December-January.

Now listen

"Now listen," I say, sitting at the kitchen table. Liz laughs as she tears the lettuce. Ben looks up from a spread newspaper and sighs. "I am just reminding you ...

"Again," they chorus. I ignore them.

"It's a beautiful place," I say.

"But remote," interjects Ben.

"...Where you will spread my ashes when I die... The Poolburn Reservoir is a lake, just a few acres in size," I say. "It's high in the Central Otago tussock country. There's a 4WD gravelled track that comes in from the west." I hesitate. "Don't try the eastern access: it's usually impassable except to horses. And, oh – you can't get up there during the winter. It's all snowed in."

Ben sighs. "I don't even drive," he says.

"Well Liz does," I say, "so listen."

"The pipits will flick along in the grass, and there may be an occasional sheep, but otherwise it'll all be quiet. Near the lake-shore is a small island; the grass is close-cropped by ducks. You can get to it if you take a kayak, but don't try swimming – it's too cold. The soil is thin there. You can spread my ashes, or put the cardboard box in a shallow scrape."

"What's the point of this, Mum?" Liz asks.

"It's the paradise ducks," I say. "They'll graze the grass that grows on my ashes. Then I'll be in their bones, and up I'll fly.

"But don't make the mistake of going to the Poolburn Gorge," I add anxiously. "I don't want to be a falcon." They both laugh.

"Other mothers are happy to be put under rose-bushes," Ben observes.

"Not me!" I say. "Remember!"

– Christine Hands

SEND ENTRIES TO:

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

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