

# mudcakes & ROSES

ISSUE 64. FEBRUARY 2011

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# Mixing in royal circles with bees

A QUEEN BREEDER KEEPS THE HIVES BUZZING WITH ACTIVITY.



A queen bee "is just a laying machine – she's not the boss of the hive," says Leonie Twin, commercial breeder of the monarchs. The queen is also there to maintain harmony and discipline. If she is not up to the job the worker bees will stop feeding her and give royal jelly to another larvae to create a new queen, then turf the slacker out.

After a decade in the job Leonie is still fascinated by the way a hive functions, and the role her "golden girls" play in furnishing a workforce of up to 60,000 bees each hive, ready to race out in the three weeks of the manuka flowering season, for instance, and reap the lucrative honey for commercial beekeepers. Good manuka honey, with its renowned medicinal properties, fetches 10 times as much wholesale as clover honey.

Leonie learnt her craft in Tapawera. She turned her quarter-acre into a mini-permaculture garden, and bees had to be part of the equation. She approached an apiarist, who sent her to the "queen unit", and under the patient guidance of the breeder there, Leonie was soon skilled enough to be offered the job. Her two children were still young, so she worked two days at the local playcentre and three days breeding queens.

It's a full-on occupation, and after five years she was burnt out. She worked in a tree nursery for a while, then a Marlborough apiarist sought her out to set up a queen-raising unit. Two seasons of long days and commuting back to Nelson on weekends were enough. Leonie is back for good, nurturing trees again and setting herself up as a private queen breeder, aided by her 72-year-old mum Colleen, the family matriarch known to all as "Nana".

The pair of them suit up in overalls, hats and veils to service hives and "nucs" – small nuclei boxes – dotted around the Tasman area.

Leonie puffs smoke into the hive to calm the bees, opens it up and extracts tiny 2mm larvae plus a little of the royal jelly that determines its destiny. (The worker bees will feed a potential queen three days of jelly, but a future worker or drone is given just one day's supply.)

Leonie places the regal larvae in cups, or cells, on a bar and puts it in a queen-less starter hive. Worker bees feed the larvae royal jelly and after

*Looking like a trainee astronaut, "Nana" Colleen with the case containing queen bees.*



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10 days Leonie removes the bar. Each cell is then placed in a queen-less nuc.

Meanwhile the gigolos of the hive, drones, are lounging around dreaming of sex on a sunny day. Foolishly, as it happens. When conditions are right the young virgin queen flies aloft. Drones converge to mate, but having done so their penis snaps off and they fall to earth to die.

A queen mates 10 times on average, and Leonie tries to saturate the area in "really lovely golden drones", or Italian

honeybees, which are less aggressive than the black bees, making them easier for apiarists to manage. The Italians are also less inclined to swarm off once a hive starts to fill with honey.

Queens can be artificially inseminated, but Leonie prefers Mother Nature.

"I may farm them and manipulate them but I try to do it as naturally as possible because it's just amazing what they do."

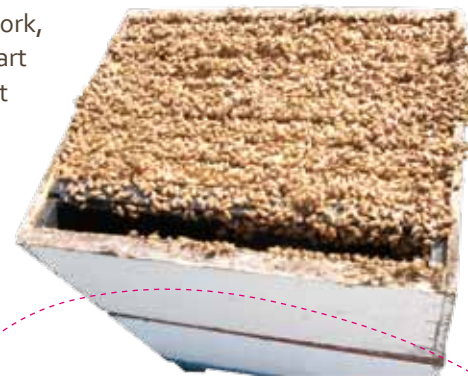
After mating, the queen returns to her hive and sets to work laying eggs. Her entourage feed and clean her, and will gather round touching her with their antennae. All going well, a queen will stock a hive to brimming with honey gatherers ready for spring and early summer. (After a month's laying, Leonie cages the queen ready for sale.)

Worker bees mix water with the nectar collected from flowers and store it in honeycomb cells, then fan the water out. Some collector bees return with propolis, a resin from trees and plants used to gum up cracks in the hive and as a steriliser.

The bees also pollinate crops, of course, so orchardists and farmers are usually welcoming when Leonie wants to place nucs and hives on their properties. She adds a gift jar or two of honey as a sweetener.

Queens can live four years but commercial apiarists replace them every year to maintain vibrant breeding stocks. Leonie's job is no road to riches. She puts in long hours, has to lift heavy hive boxes, and she is often alone in remote valleys – bumping into the occasional dope-grower. The natural risks are also high. If the temperature plummets while the queens are on the wing, if hungry birds are on the prowl or it starts to rain, nine out of 10 queens might not return.

She loves her work, though, and is part of an industry that produces honey with a worldwide reputation for quality.



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# Is being active worth the effort?

YES, AND YOU NEEDN'T BUST A GUT EITHER, SAYS PROFESSOR BEVAN C GRANT.

No amount of physical activity can stop the ageing process but a moderate amount of regular exercise within your comfort zone is good for you.

Inactivity is completely unnatural to the body, said American cardiologist Dr George Sheehan (who discovered the benefits of exercise late in life). Everything measurable begins to go awry. Up go the blood pressure, heart rate and cholesterol.

Down go the vital capacity, oxygen consumption, flexibility, stamina and strength. If the body goes, can the mind be far behind?

It's not necessary to go "hard out" to reap the benefits of exercise, which include:

## Physiological

- Improves the cardiovascular system
- Stretching exercises keep you flexible
- Stimulates large muscles, which helps with controlling body movement
- Improves coordination and balance, helping to prevent falls
- Helps to regulate blood glucose levels
- Improves sleep patterns.

## Social

- Active people are more likely to contribute to society
- Provides new contacts
- Develops social skills
- Helps to challenge ageist stereotypes.

## Psychological

- Enhance ability to relax
- A positive mood state
- Improves self-esteem
- Can bolster the central nervous system.



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# Concerns about online services

SNIPPETS FROM THE LAST MEETING OF THE NELSON TASMAN POSITIVE AGEING FORUM.

Chair Ruby Aberhart said a recent presentation by Caroline Downey, Ministry of Social Development Services Manager, had covered the planned changes for accessing Superannuation and the move towards centralised processing and E-channel, an online programme.

People can apply for Superannuation online or arrange a face-to-face meeting at their local Winz office but Forum

members noted that a number of barriers prevented the elderly from accessing the service easily. Online processing would be met with resistance by those who did not have or use a computer.

Ms Downey will be invited to attend a future meeting.

Sarah Downs (Tasman District Council) advised that A4A would meet again on 4 February 2011, when Dugald Ley, from the Tasman District Council's Engineering Department, would speak on the engineering standards review and what input the Forum may wish to have in terms of accessibility. A more unified approach to kerb dropdowns and ramps etc. may be adopted by the two Councils.



Ruby Aberhart.

## Forum 2011 meetings

All on Mondays, 1.00-3.00 pm,  
venue Tasman District Council  
Heaphy/Wangapeka meeting  
rooms, Richmond: February 28,  
May 23, August 22, November 21.

### Digital television switchover

Mrs Aberhart advised that she had asked for a representative from the Ministry of Culture and Heritage to provide the Forum with a presentation on the digital switchover of television.

### Age Concern review

Mike Tasman-Jones (Tasman District Council) read a letter from Age Concern Nelson concerning its recent review of its services.

Ian Barker (Age Concern, Nelson City Councillor) advised that the process was nearing completion and that it would improve Age Concern services.

Helen Reynolds (Age Concern/Bupa) requested that if the Forum knew of people who may benefit from a visit from an accredited volunteer, or if there were people willing to volunteer, please advise Age Concern direct.

### Safer driving

Margaret Parfitt (Nelson City Council) provided an update on Safer Mobility for Life, which included commentary on Car Fit, which is designed to make older drivers more comfortable. Mrs Aberhart advised that training would take place in April or May 2011 for a group that could deliver the service to others.

### Accessibility for All

Tasman District Council had run an Accessibility for All (A4A) forum recently, as had the Nelson City Council. Both councils were looking to develop a joint pamphlet to be distributed to retailers on how to provide better accessibility for disabled shoppers.

### General business

The Forum was advised that there would be no changes for users of the Super Gold Card in relation to bus fares. Free off-peak travel was still available.

Nicola Mercer advised that Nelson Council staff were compiling a report on the submissions received on its draft Positive Ageing Policy. A workshop last November had identified that transport, housing, safety and health were key issues for an ageing population.

Jon Harwood (Nelson Hearing Association) clarified what financial assistance was available to people who had 20 percent loss of hearing and were 65+ years of age.

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# Protect yourself from scammers

A GUIDE TO THE BOGUS OPERATORS SEEKING TO TAKE YOUR MONEY.

## Banking and 'phishing' scams

You receive an email from what appears to be a bank or financial institution giving some reason why you need to confirm your account details in a return email or on a website. A false internet banking log could be used. Your details are then used to steal your money.

## Charity scams

You are presented with a chance to be generous. Unfortunately the charity turns out to be fake or a scammer pretending to be a real charity. Natural disasters are often the trigger for fake charity scams. Other fraudsters will play on your emotions by presenting stories about sick children or homeless animals.

Scammers can set up lotteries and sell tickets saying the proceeds will go to charity. Check the terms and conditions.

## Health scams

If you have been told that a product or service will have guaranteed amazing results, it is almost certainly a scam. There are legitimate alternative medicines which make justified statements within the boundaries of the law ... and then there are miracle cure scams. These worthless treatments cover everything from cancer and AIDS to arthritis and colds. Medical scams are usually peddled through the internet or mail-order.

## Get-rich-quick investments

You are contacted by someone offering a great opportunity to make money. It could be an investment opportunity or a sharemarket tip based on "secret" information. It could be expert advice on how to unlock superannuation funds early. It could even be special gambling software that promises to pick winners every time.

## Lottery or competition scams

You receive an email from an overseas lottery or sweepstakes company. Apparently you have won a lot of money or a fantastic prize in a lottery or competition you did not enter.

There are no lotteries that give out winnings to people who do not buy tickets.

The scammers will put you under time pressure, saying "respond quickly, don't miss out". The next step is to get your money. To unlock the prize or reward you will need to pay something: administration or insurance costs, government taxes, bank fees or courier charges.

(Source: Ministry of Consumer Affairs, [www.consumeraffairs.govt.nz/scams](http://www.consumeraffairs.govt.nz/scams))



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# Mechanical treasures revealed

RAY WIN'S HOARD OF VEHICLES SIT QUIETLY IN AN INDUSTRIAL SHED.

"I did it, really, to save the Jowetts," says car collector Ray Win, but a look around his museum in Tahunanui suggests a love affair with all things mechanical. The industrial shed also houses a dozen makes of rare old vehicle, speedway bikes, projectors, powered wheelchairs, washing machines, Air Force memorabilia and lifebuoys, most of them coated in an authentic layer of dust.

Some models are pristine, others are in a well-worn state, pocked with rust, motors in bits, doors hanging off, paint faded – all awaiting Ray's restorative skills.

The 88-year-old doesn't aim to return them to showroom condition anyway, and is disdainful of the "over-restored" cars round the corner at the WOW museum, his "opposition".

The Ray Win Collection is one of Nelson's cosy secrets. He doesn't advertise, the building has no signage visible from the road, and the price of admission is a donation. About a dozen groups make the pilgrimage each year, and are frequently stunned by the mechanical treasures. "A wonderful privilege to see such a collection," one UK tourist commented in the Visitors Book.



Ray Win and his 1.5litre Jupiter.

Ray has oil in his veins. Nelson-born, he trained and worked as a mechanic, then joined the Air Force. "I sort of freelanced," he says with a grin. When he tired of maintaining aircraft he switched to trucks.

Health problems forced him back to civvy street in 1942. He'd soon had "a gutsful of working for other people," and owned two service stations in Christchurch. He opened a garage in Cambridge St, Richmond – the first of a few he owed in Nelson.

Ray obtained the Jowett dealership for Nelson and Marlborough. The British model wasn't cheap, but they were "a good line with a perfectly balanced motor, twin-opposed", and found favour with the professional classes. Ray had to supply the bodies tailored to the customer's wish. Contracting the job out proved unreliable, so he became a motor body builder as well.

An astute businessman, he bought and sold, ran motorbike races throughout the South Island as a sideline, and at the age of 40 he was burnt out. So he retired, invested his money and added to his retinue of about a dozen vehicles.

"I got a good deal with Gibbons on a building but I soon filled that one up." The Tahuna shed doubled in size and is now home to about 30 vehicles, from a 1930 AJS car/motorbike hybrid with a dickie seat, to the humble Morris Marina.

The lineup includes a Jowett truck shell. Ray used to drive the motor-and-chassis units off the wharf, sitting on a wooden box, all the way to the workshop in Richmond.

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There's also a Nelson Dairies milk truck, rare New Zealand-made electric vehicles, and a Sinclair C5 electric trike from the 1980s. Only half a dozen were imported and the computer magnate's vehicle of the future became a high-profile flop.

Ray has more than a few Trekkas. The Kiwi rival to the Land Rover lacked four-wheel-drive so was never a serious contender with farmers.

A sporty 1951 Jupiter Jowett, gleaming in racy red, is the showpiece of Ray's skills with motors and bodies.

"I always believed that when you did a job you did the whole lot."

As a museum guide, he chuckles with pleasure while relating the tales behind each vehicle.

He finances the museum himself through returns from property investments, and is happy to open up for groups of more than five. The Ray Win Collection may lack the polish of the "opposition", but makes up for it in character and a guide who is in a class of his own.



## Motoring memories

If you would like to see the Ray Win Collection, give him a ring on 03 548 6259.



*The Jowetts on parade.*

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# Parenting a second time round

"WHAT GRANDPARENT WOULD TURN AWAY A GRANDCHILD IN NEED OF HELP?"

"Paula" has answered that need with four of her own grandchildren. Three still live with her – plus two foster children. At 63 years of age, caring for a houseful of children and teenagers "keeps me young", says the woman who calls herself a "magnet" for kids.

And Paula is in plentiful company. Grandparents Raising Grandchildren, the support group for which she is Nelson co-ordinator, has 4550 "repeat" parents on its national database, 120 of them in our region.

Drugs, violence and alcohol, in that order, are the main cause of youngsters being taken from their parents by Child, Youth and Family, says Paula. The popular notion of relatives opening their arms after the death of a parent comes way down the list.

In addition to coping with family tensions and a child who might be traumatised, many grandparents can be thrown into an expensive legal battle to gain custody. Paula knows of some who have put a caveat on their house to cover the costs – yet the parents often get Legal Aid.

"It's very stressful for everyone concerned," but the overriding factor must be the child's welfare, she says.

And if grandparents aren't in it for the long haul, "don't bother".

The new carers often feel embarrassed by the family breakdown, and out-of-kilter when mixing with much younger parents at the school gate. They also encounter

jealousy within the family. Other offspring resent what they see as special help for the wayward parent, and their grandchildren can't understand why they can't go to live with Nana too.

Paula says members of her group range in age from 45 to the mid 80s. Many are on their own. They gather for a monthly meeting, a coffee morning once a fortnight, and card sessions every Thursday,

"During school holidays we still have cards and it's chaotic here – kids everywhere," she laughs.



  
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## Support is at hand

Grandparents Raising Grandchildren has 50 branches nationwide. For Nelson, contact Paula on 03 548 6660.

The card players “give each other crap the whole time”. That

boisterous companionship might be the only socialising, apart from school, for grandparents whose new duties leave them little time for peers – some grandparents have four or more kids.

“You can become very isolated.”

The support group also has a barbecue in June and a Christmas party to round out the year. They occasionally go away on camp, to Quinneys Bush for instance.

(Paula urges grandparents to join the group, even if they never attend a meeting. The monthly newsletter is a mine of useful information, she says.)

Parenting a second time round is better in some ways. “You mellow with age.” Today’s children “tell you everything – in our day we didn’t tell our parents a thing.”

If a base of mutual respect exists, it can survive the scrapes youngsters get into.

“All children do silly things – we did too.”

Paula says a grandparent will never take the place of the child’s mother and father, “and you shouldn’t try to – but you end up with a very strong bond.”

She feels freely available alcohol is partly to blame for increasing violence within families, plus the destruction of drugs such as P. She has heard stories of horrific child abuse.

When grandparents step in, they can cop flak. One of her group was threatened with a gun, and another had windows smashed by a drunken father.

Financially, carer grandparents are entitled to a benefit if they have legal custody, and a boarding allowance if the child is a ward of state.

- Paula expressed thanks to Grandparents Raising Grandchildren supporters such as the Presbyterian Church in Tahunanui, St Vincent de Paul, and to lawyer Nicola Grimes.

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# Hearing-loss ACC funding changes

Changes to ACC Funding for hearing loss came into force on 1 January 2011. This regulatory change will impact significantly upon those of you who have hearing loss which is covered by ACC.

ACC has decided that many of the products and services they have previously funded will now either be only partially funded, or not funded at all.

The following is a summary of the main changes:

## Funding for hearing aids

ACC now provide support only to those people whose hearing loss, that is accountable to noise exposure, is 6% or more. The law changes mean that hearing loss below this threshold is not treated by ACC as an injury. The changes not only affect new claimants but all existing ACC claimants.

In addition to these cuts, ACC now determines what percentage of each client's hearing loss is injury, age or health-related. ACC only pays a portion of the hearing aid cost, and the rest is the responsibility of the claimant. The subsidy provided by ACC towards the cost of the hearing aids will not be repeated until the hearing aids are six years old.

## Services and Repairs

ACC will contribute up to \$200 for a repair of a hearing aid, once every two years, but only once the hearing aid is more than two years old. All other repairs are passed on to the hearing aid wearer.

## Annual Hearing Test, Reviews and Appointments

There will be no more annual contributions from ACC towards monitoring your degree of hearing loss, the performance of your hearing aids or extra appointments for fine tuning. This is a cost that ACC is now passing on to its claimants.

While these changes to the ACC regulations will probably have considerable impact on a large number of existing as well as potential new ACC claimants - there is great news, in that **Hearing Plus Audiology** have come up with a unique Hearing Solution and Service package ... **Better hearing - Better value**. Enjoy a lifetime partnership with us. With completely free testing, advice and aftercare, we continually monitor the level of your hearing as well as the performance of your hearing devices. This way you can be assured of a service that meets your current needs and anticipates any future changes without any extra costs to you. Value for money is about more than just price; we bring great value to our customers in lots of other ways too - such as our free 'customer for life' care programme

(terms & conditions apply). We also run a series of fantastic promotions throughout the year, so keep an eye out for our "Special Offers".

## Cost

Regardless of the cause, if you suffer from hearing loss you can feel secure that there is an instrument to suit you. Today there are many options to consider and a large number of styles and models available, solutions that will best meet your budget and your situation.

We also believe that our prices are between 20- 40% less compared with other hearing clinics, so you could save yourself thousands of dollars. We therefore encourage anyone thinking of purchasing to compare our prices and levels of service.



## A satisfied customer

"I was a client for over 10 years with another hearing clinic and needed my old aids replaced as they were no longer effective. I was fitted with a pair of aids and was required to pay in FULL on the day without even trying them...

The new devices were very disappointing but I was told '**this is as good as it gets**' and I simply had to persist and get used to them!

I could not accept this, so I decided to seek another opinion and approached Hearing Plus Audiology. I was provided with the Latest Oticon devices on a FREE initial 7 day trial basis.

**Their expert help and friendly staff made all efforts finding the right solution. Their level of service is simply outstanding - they even came to my house and helped me install the connectline TV and phone adapters...**

I can now watch TV, pick up the phone without missing 80% of the dialogue. I can even have a conversation with my wife in the car.

These devices have changed my life completely. I would say they have lowered my age by five to ten years."

### Finding the right solution

When determining your budget, it is worth considering what you need and want your hearing solution to do for you. This could be based on your life style and expectations but also how active you are. It is also worth considering how much you want to invest in your hearing and how important it is

to be able to participate fully in the world around you. There are hearing solutions for everyone, from very reliable, discreet solutions with great sound performance, to those that feature the latest technological breakthroughs with optimal functionality and the opportunity to connect fully to modern electronic technology.



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#### Take this quick test and check your ability to hear properly

- |  |                          |  |                          |
|--|--------------------------|--|--------------------------|
| 1. Do people seem to mumble or speak in a softer voice than they used to?                                  | <input type="checkbox"/> | 6. Do you often need to turn up the volume on your TV or radio?  | <input type="checkbox"/> |
| 2. Do you feel tired or irritable after a long conversation?   | <input type="checkbox"/> | 7. Do you find it difficulty to hear the doorbell or the telephone ring?   | <input type="checkbox"/> |
| 3. Do you sometimes miss key words in a sentence, or frequently need to ask people to repeat themselves?   | <input type="checkbox"/> | 8. Is carrying on a telephone conversation difficult?  | <input type="checkbox"/> |
| 4. When you are in a group or in a crowded restaurant, is it difficult for you to follow the conversation? | <input type="checkbox"/> | 9. Do you find it difficult to pinpoint where an object is (e.g. an alarm clock or a telephone) from the noise it makes? | <input type="checkbox"/> |
| 5. When you are together with other people, does background noise bother you?                              | <input type="checkbox"/> | 10. Has someone close to you mentioned that you might have a problem with your hearing?                                  | <input type="checkbox"/> |

#### How did you do?

This hearing quiz combined with your answers will give you an indication of whether your hearing is impaired or not. If you ticked to 1 or 2 of these questions you may need to seek advice soon. If you ticked to 3 or 4 of them you should take action now! We extend, to all our clients, the Freedom to actually try-before-you-buy, enabling you to make YOUR own informed decision. **Call Hearing Plus Audiology Ph 0800 433 788.**

#### Oticon Agil hearing aid

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- Lets you follow conversation in noisy situations
- Have more energy to participate in the conversation as less effort goes into listening
- Stylish and comfortable – so small, no one will even notice you're wearing a hearing device.



Washbourn Medical Centre, 12 Oxford Street, Richmond, Ph 03 543 3788  
or visit us at Community hospital, Motueka. "Home Visits Available"

# The return of pineapple toothpicks

BUT 'MOULDERING CHEESE' WILL NEVER GO OUT OF STYLE.

This time we challenged poets to tell us their favourite things, to the tune of the song from the Sound of Music. Our winner is Mary Bell Thornton.

RIMU GROVE WINERY

## writers series

Enough verse. It's time we saluted our short story writers again. Ferret out your favourite piece (limit 800 words). As always, the winning entry scores a bottle of fine Rimu Grove wine.

Send entries to:

Rimu Grove Creative Writers  
Dry Crust Communications  
PO Box 3352, Richmond,  
or email to [info@drycrust.com](mailto:info@drycrust.com)



## The Sense of Summer

By Mary Bell Thornton

Steak on the barbie, sausages and patties  
salads and mayo, fresh bread and crackers  
kebabs slowly sizzling, look mighty fine  
Pour me a lager or maybe white wine

Watties tomato; ketchup and pickle  
Salsa and hummus make it so special  
insect repellent sprayed from the tin  
Pour me a lager or maybe a gin

Do you remember cheese and pineapple?  
Threaded on toothpicks and stuck in an apple  
I made some today; start a new trend  
Pour me a lager, there's a good friend

When the sweat runs  
and the eyes sting  
and the chops are tough  
I signal the barmaid to bring me a sav  
And then I ask, 'what'llya have?'



Our runner-up is a cheese man,  
through and through.

## Into the Blues

by Don MacLennan

Snapper on couscous and pickle on crackers  
Food for the picky or summertime slackers  
Al fresco dining and riverside do's  
Cheeses of blue are the flavours I choose

Shorts without stockings and screen-printed singlets  
Hair left unfettered in dreadlocks or ringlets  
Sandals for looks or without any shoes  
Cheeses of blue are the flavours I choose

Barbecued chicken and leafy green salads  
Live music milieu with popular ballads  
Feta focaccia washed down with some booze  
Cheeses of blue are the flavours I choose

If the bugs bite  
If the ice melts  
If I'm glowing red  
I reach for a wedge of my mouldering cheese  
And dwell on the pleasures instead



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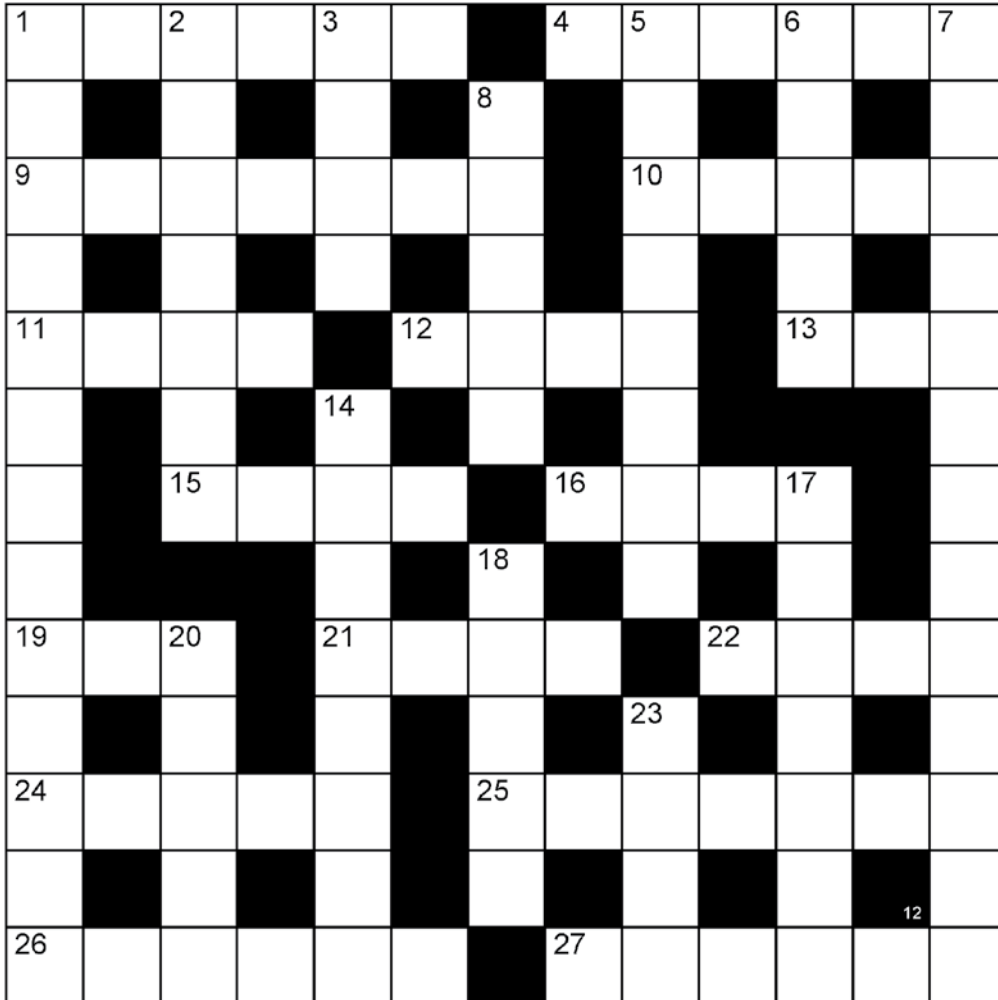
Ph 548 2770

**Across:**

1. Making glass better (6,7)

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## Simpler Clues

**CLUES ACROSS**

1. American big cat (6)
4. Fastest pace of horse (6)
9. Intent, serious (7)
10. Stop (5)
11. Pin down (4)
12. A turning to one side (4)
13. Infused drink (3)
15. Make a swallowing movement (4)
16. Hollow roar (4)
19. Lion sign (3)
21. Egg yellow (4)
22. Large plant (4)
24. Wearied, disgusted (5)
25. Barkless African dog (7)
26. Nominating (6)
27. Gradation on scale (6)

**CLUES DOWN**

1. Very rare person indeed (3,2,1,7)
2. Jewellery item (7)
3. Unlock (4)
5. A forefather (8)
6. Minimal (5)
7. Painter such as Rossetti (3-10)
8. Remove all clothing (5)
14. Struck ball onto own wicket (6,2)
17. Sailor (7)
18. Model of world (5)
20. Ropes picked for caulking (5)
23. Island (4)

## Harder Clues

**CLUES ACROSS**

1. Animal Leo provided cot for (6)
4. Fast pace with which record goal was achieved (6)
9. The sincere listener is sent packing (7)
10. Don't go on shuffling aces if starting euchre (5)
11. Metal spike turning in a laptop (4)
12. Prejudice one detected among graduates (4)
13. Light refreshment it's quite acceptable to have inside (3)
15. Swallow air returned by stopper (4)
16. Sound like a bittern when it's a good time for business (4)
19. Sign before Virgo starts leaving eleven out (3)
21. The yellow you don't finish with a half of milk (4)
22. Stand for mugs at the gallows (4)
24. Annoyed by kid re-organising it (5)
25. Dog rarely barks if jeans are treated in bismuth (7)

26. Calling one man back with gin cocktail (6)

27. Uni qualification takes sixty minutes (6)

**CLUES DOWN**

1. With 999,999 others, is rare indeed (3,2,1,7)
2. Get near rig somehow, depending on the listener (7)
3. Start something anybody can enter (4)
5. A forebear shown on a crest like this (8)
6. The smallest amount to turn stale (5)
7. Brotherhood painter might appear, her tile being broken (3-10)
8. Take everything off this sort of cartoon (5)
14. Got oneself out but continued batting? (6,2)
17. Jolly right to be a man of the sea (7)
18. Theatre in the round? (5)
20. Teased strands for caulking a tree rum, but not right (5)
23. Man is to let the end off (4)

# Tumbles take a heavy toll

FALLS PREVENTION COURSE TEACHES SENIORS HOW TO AVOID BROKEN BONES.

"I was roped in," says Ernie. The 80-year-old has survived three serious falls himself – a tumble into his woodpile "nearly took the top of my head off" – but he arrived at the Upright and Able falls prevention course at Saxton Stadium as a driver for his wife, Rose.

She had been referred by her doctor because of a kneecap problem that has led to six falls. Ernie says raised edging in their garden is a common trip-up. Last time Rose simply fell over backwards after pulling out a weed.

The free Upright course is a Nelson innovation designed to let elderly clients sample other exercises on offer, such as Tai Chi, Sit and Be Fit, hydrotherapy and walking circuits – which charge a small fee. Participants also learn exercises to improve their balance, and discuss diet (to strengthen bones), footwear and medication.

Having delivered Rose to her first session, Ernie found himself joining in the exercises, and is now a convert.

"It's absolutely wonderful," he says, vowing to use his position on the committee of the Suburban Club to "rope" in the more senior of its 7000 members for a course.

Falls are New Zealand's main cause of hospital admissions as a result of injury and one of the top three causes of injury-related death. In the decade to 2002 more than 160,000 people were hospitalised for fall-related injuries – broken hips, smashed knees, head wounds etc.

A third of all people over 65 have a fall each year, with 60 percent suffering injury. Ernie worries about the effects of a fall on those living alone. "You'd just lie there on the floor ... you're finished." As for hips, "they're snapping like nobody's business these days". (Indeed they are – 3000 New Zealanders break a hip every year.)

A doctor's referral is not necessary for the six-week Upright and Able course, which is jointly funded by ACC and Nelson Bays Primary Health. However, a referral is advisable as the 15 placings in each intake book out fast.

The falls risk of each participant is reassessed at the end of the programme. Ongoing support to keep active is offered through the Green Prescription scheme.

Participants in the first course want the rules changed so they can have a repeat dose. At a recent gathering, many cited the social aspect as a winner too, with a friendly cuppa always on the programme.

"We don't live in each other's pockets but we touch base, and it's rather nice," said one.

Glenis Bell, of the PHO, says the initial course has finetuned the concept.



## A balancing act

Upright and Able courses are held in Nelson, Stoke, Richmond, Motueka and Golden Bay. Contact Cherie Thomas on 03 547 9350 or [Cherie.thomas@nelsonbayspho.org.nz](mailto:Cherie.thomas@nelsonbayspho.org.nz) or visit [www.bewell.org.nz/fallsprevention](http://www.bewell.org.nz/fallsprevention)

"It's a real joy and a humbling experience to see the results of this programme".

One course graduate told the reunion gathering that hers was a "non-story". She used to take little tumbles and big tumbles – "Now I don't".



*Upright and Able participants work out.*



# Law in rolled-up shirtsleeves

FREE LEGAL ADVICE IS AVAILABLE FOR THOSE IN NEED.



Peter Riley

It's legal advice for the asking – and lawyers support it both as volunteers and in shared expertise.

Nelson Bays Community Law is a free service for people who face barriers accessing justice because they cannot afford a lawyer (average fee \$200 an hour), says Nelson office manager and legal educator Peter Riley.

Their cases include employment disputes, family issues, tenancy disputes, neighbour disagreements, dealing with ACC, immigration issues, work visas, reuniting refugee families, debt, bankruptcy and consumer headaches. They also support clients at tribunals and mediations.

Quite often, a phone call to the office in the AON building, Hardy Street, Nelson, can resolve the matter, but otherwise an appointment is made.



## Access for all

You can find the Nelson Bays Community Law Service at 2nd Floor AON House, 241 Hardy Street, Nelson. Phone 03 548 1288. They can put you in touch with the Takaka office.

Peter is a trained lawyer, though not now practising. A certified lawyer is on the staff, along with experienced caseworkers.

Once a week, practising lawyers give their time to discuss cases with staff. Volunteer

lawyers also staff clinics in Stoke every second Thursday night and the Victory Community Centre for refugees on the first Saturday of every month.

"The lawyers who put their hands up for us, they're a good group," says Peter.

He emphasises that Community Law is limited to those cases where legal aid is not available. Clients who can afford a lawyer are given legal information but then nudged towards hiring a lawyer. However, says Peter, "it's tough for a lot of folks to get the legal help they need."

The service is co-funded through the bank interest on lawyers' short-term trust accounts, and by the Ministry of Justice. Nelson is one of 27 law centres nationwide, and has part-time staff-members on the West Coast and in Takaka.

Community Law also works closely with social agencies such as the Budget Advice Service, Benefit and Unwaged Workers, Salvation Army, House 44, Victory Health Centre and the Hub youth centre in Nelson.

Peter says the office also makes submissions on new legislation that will affect its clients, and has a say on Law Commission papers.

In his educator role, he visits schools to give talks to senior students about the "street law" they may need – basic rights regarding work, housing, driving, consumer protections, dealing with the police etc.

Peter also teaches adult night classes at Nayland College to demystify processes such as buying a house, making a will, creating a power of attorney or a family trust.

Peter was born and educated in Christchurch. After graduating from Canterbury University in law, he went to the States on OE that lasted 35 years, and worked as a lawyer in Vermont.

A brother in Nelson convinced him to settle here and Peter worked in property and commercial law before joining Community Law. In his spare time he sings (Mosaic choir) and recently took his oratory skills to the theatre stage in One Flew Over The Cuckoo's Nest.

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## Crossword Solutions

### CLUES ACROSS

1. Ocelot 4. Gallop 9. Earnest 10. Cease 11. Nail  
12. Bias 13. Tea 15. Gulp 16. Boom 19. Leo  
21. Yolk 22. Tree 24. Irked 25. Basenji 26. Naming  
27. Degree

### CLUES DOWN

1. One in a million 2. Earring 3. Open 5. Ancestor  
6. Least 7. Pre-Raphaelite 8. Strip 14. Played on  
17. Mariner 18. Globe 20. Oakum 23. Isle

# WHAT'S ON?

FEBRUARY - MARCH 2011

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 Ph 03 525 9090, Lelie Sise Ph 03 525 8898, Sonia Nalder Ph 03 525 9765.

## Motueka

### Motueka 50+ walking group

**3 February:** 8.00 am, Pearse Resurgence (H), \$6. 9.30 am Golden Bay (Pupu Springs etc) (E), \$17.

**10 February:** 8.00 am, Asbestos Cottage (M/H), \$11. 9.30 am, Moss Bush to Riwaka Resurgence, (E) \$2.

**17 February:** 9.00 am, Hackett Valley (M/H), \$10. 9.30 am, Whispering Falls (E).

**24 February:** 10.00 am, Meeting and Ngaurua (E/M).



### 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. Berylla Jones Ph 03 523 9875.

## Nelson

### Nelson Dance Along

Richmond Town Hall on Saturday 12 & 26 February 2011, 12 & 26 March 2011, 8.00-11.30 pm. Homemade supper provided. Cost \$3 members, \$4 non-members. Rosalie Ph 03 548 2236.

### Nelson 50+ Walking Group

Farm walks, mini-walks and fortnightly tramps. Phone Noel Brown, 03 544 2286. Mini-walks held Tuesdays fortnightly. Contact Gwenda 03 544 5307.

## Nelson Provincial Museum Exhibitions

Port Nelson Haven Ahoy! A story of early colonial migration. For more info visit [www.museumnp.org.nz](http://www.museumnp.org.nz).

### 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

Next meeting Monday 28 February, 1.00-3.00 pm, Heaphy/Wangapeka meeting rooms, Tasman District Council offices, Richmond.

### Stoke Seniors Club

Contact Christine, Anne or Ruth on Ph. 03 547 2660 [stokeseniors@xtra.co.nz](mailto: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).

## Retire with independence, Villas available now!



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**Saxton Senior days**

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

**Senior Walking Group:**

Tuesday and Thursday 9.30 - 10.30 am. \$3.

An indoor all-weather activity, followed by a cup of tea.

**Sit and Be Fit:** Monday 10.00 - 11.00 am. \$4. Starting 7 February.

**Tai Chi:** Tuesday and Thursday 11.00 - noon. \$55 (16 sessions). Starting 15 February. Ph 03 538 0072.

**Suter Art Gallery exhibitions****Tohora Whales**

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.

**Return: John Crawford**

To 27 February

**Sleight of Hand**

The Port Nelson Summer Biennale, 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 Meet at 9.30 am, Richmond Recreation Centre, 9 Cambridge Street (unless otherwise stated) to carpool if needed.

**1 February:** McKee Reserve, Ruby Bay: Bring own morning tea. \$2.

**8 February:** 185 Main Rd Hope: "Pick your own" vegies, including tomatoes, capsicum, beetroot and parsley. Bring own morning tea. \$2.

**15 February:** Suter Art Gallery and Queens Garden: Morning tea at the Café. Entry fee \$3 or \$1 with a Gold Card.

**22 February:** Ngawhata Valley: \$2. Bring own morning tea.

**1 March:** Quiz Day. \$2. Bring morning tea to share.

**8 March:** Richmond Cemetery: Walk and picnic. Bring own morning tea. \$2.



**15 March:** Richmond Bowling Club: Have a go or show off your skills on the green. \$5 includes cup of tea and biscuit.

**22 March:** Propagation Time in the Garden: Bring plants that could be shared such as gerberas, carnations, penstemons and lavender. Shared morning tea. \$2.

**29 March:** Orienteering at Rabbit Island: All levels of fitness catered for. \$2. Bring own morning tea.

## 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 am.

# Noticeboard

## EVENTS AND INFORMATION.

**Hospice needs a hand**

Nelson Hospice is looking for volunteers to support patients and caregivers.

A massage volunteer is needed for a half-day a week, to offer basic relaxation massage to patients in the Inpatient Unit, and occasionally to caregivers. A formal qualification and experience in basic relaxation massage are required.

A volunteer driver is also needed, mostly to ferry patients to the Creative Living day-care programme in Nelson on Tuesdays. Other irregular trips could be to appointments or to take a carer on visits to the Hospice or hospital.

Hospice volunteers are an exceptional breed. If you have what it takes, contact Mary Garner, manager of Volunteer Services, Ph 03 546 3912 or email [mary.garner@nelsonhospice.org.nz](mailto:mary.garner@nelsonhospice.org.nz)

**Tai Chi refined**

Tai Chi has been tweaked to help people remain active and to improve relaxation.

The new Tai Chi For Health programme, a partnership between Sport Tasman and Nelson Bays Primary Health, aims to improve flexibility and joint mobility, muscle strength, balance, posture, mood and well-being.

Brent Maru, of Sport Tasman, says the new 8-week programme is being offered from Saxton Stadium, Richmond Recreation Centre and the Motueka Recreation Centre. Anne-Marie Fowke-Stayner takes the Richmond and Stoke classes. Registration are essential and the cost is \$55 for the 16-session course (\$3.50 per session). Classes start in February. Phone Saxton Stadium, 03 538 0072, Richmond Recreation Centre 03 544 3955 or the Motueka Recreation Centre 03 528 8228.

**Mudcakes readership survey**

A total of 71 readers responded to our Mudcakes and Roses survey, with the results overwhelmingly positive. Thank you all.

We welcome your suggestions for new content. Coming your way soon are gardening advice, tips on low-cost treats across our region, tales from adventuresome "oldies", more legal, health and exercise advice, plus a sprinkling of mischievous humour.

Congratulations to the winners of our Tasman Collection books. We ended up awarding two sets.



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# recreation PROVIDERS



FEBRUARY - MARCH 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 Classes

(through Golden Bay Physio Clinic) Held at Golden Bay Community Hospital, Mondays 10-11 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 -1  
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 nights, 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 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 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 Ph 03 528 8265.

### Line Dancing (Beginners)

Huia Clubrooms, High Street.  
Mondays 7-9.00 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, 1.30pm.  
Coralie Ph 03 528 8241  
or Patsy Ph 03 528 6416.

### 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 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 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.

### Scottish Country Dancing

Uniting Church, Fridays 7.30pm (until end of November)  
Valerie Ph 03 543 2989.

### SeniorNet [Motueka]

Computer learning for the over 55's at 42 Pah

Street.

Mary 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 03 528 4951.

### Yoga

DruYoga class at Moutere Hills Community Centre, Thursday 9.30-11 am and 6-7.30 pm. Riverside Community, Tuesdays 6-7.30 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. \$2 a session.  
Wednesday : Tai Chi 11 am. Good for body-mind balance, bone health, fitness, falls prevention, relaxation and more. \$2 a session.  
Walking Group 1.30pm  
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

Covering Nelson, Richmond, Motueka, Murchison to Golden

Bay. We offer 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 Street, Richmond. Ph 03 544 7624.

#### **Aquatics/Swimming/Gym**

Riverside Pool  
Ph 03 546 3221.

#### **Art Group Nelson**

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

#### **Arthritis New Zealand**

Community Groups Centre, 50 Halifax Street, Nelson  
Ph 03 546 7689 or 0800 663 463  
Open 9.00 am to 2.00 pm Monday to Thursday.  
Clinics: A free one-hour, confidential appointment with the Arthritis Educator. We need more volunteers in the office and Hospital Pool. Phone Deirdre at the Service Centre.

#### **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. Hours: Monday, Wednesday, Friday 11.00 am - 2.00 pm. We stock jams, sauces, recipe books etc.

#### **Dining4Twelve**

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

#### **Golf Croquet**

Nelson-Hinemoa  
Bev Ph 03 548 2190.

#### **Government Superannuitants' Association**

Graeme Ph 03 547 6007.

#### **Grandparents Raising Grandchildren**

Meets last Tuesday of the month at 10.00 am. Presbyterian Church Sunday School Rooms, Muritai Street, Tahunanui. Social gatherings second Tuesday of the month at 10.30 am.  
Paula Ph 03 548 6660.

#### **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 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  
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 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, 8pm, at Club Waimea, Queen Street, Richmond. Members \$6, non-members \$10.  
Alan Ph 03 547 9085.

#### **Nordic Walking**

Jacqui Ph 03 544 1645.

#### **Over 50s Pilates Body Power Pilates & Yoga Centre**

Sue 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 once a month. For details call Anne-Marie Ph 03 545 8183 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 Monday 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. P. Shirley or Diane on 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.  
Learners classes held regularly. Madge Ph 03 544 8971.

**Crafts, Caring and Sharing**

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

**Croquet**

Richmond Croquet Club  
Eleanor Ph 03 547 5424.

**Easybeat 50+ Aerobics**

Leigh Ph 03 548 1689

**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 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 Haines 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. 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.  
Ngairie Ph 0272 79 99 38 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.

**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. Friendly, welcoming club. 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. Come along to a social group on Thursday mornings or Twilight Pottery on Monday evenings, 7-9 pm. Free to members & \$7 for casual (new members always welcome).  
Contact Sue 03 548 5741 or Megan 03 547 5252 for more information.

**Safety & Confidence**

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

**Saxtons Sit and Be Fit**

Mondays at 10am, Saxton Stadium. \$3 (Starting February 7, 2011) Leigh Ph 03 548 1689 or 021 547 811.

**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**

In conjunction with Way2Go  
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.



# Devil drink and sunburn salve

CURIOUS FACTS ABOUT OUR FAVOURITE TIPPLES .



## Coffee

First consumed as early as the 9th century, in the highlands of Ethiopia. The name comes from the Arabic word for wine (qahwah).

Coffee beans (though they are actually berries) are the second-most traded commodity on Earth (oil is the first).

The largest coffee-producing nation, Brazil, is responsible for a third of total world output. (Five million Brazilians are involved in the industry.) Second-biggest producer is Vietnam.

US coffee drinkers down 3.1 cups a day on average.

During the coffee monopoly in Germany, "Coffee Smellers" were employed as spies to sniff out unlicensed roasting.

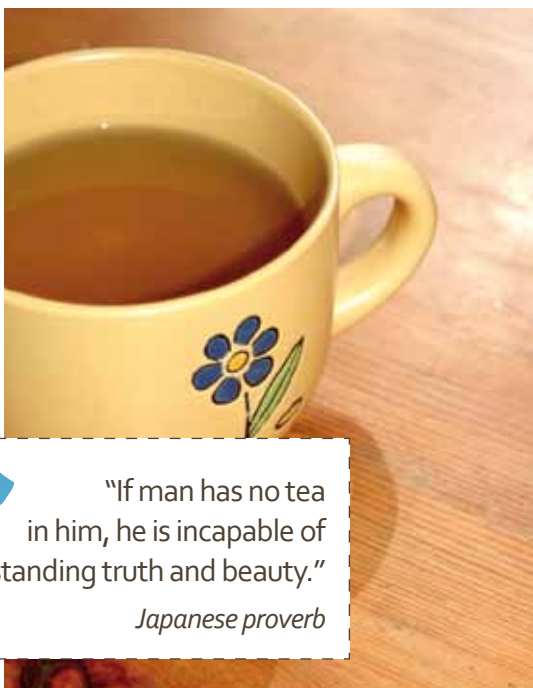
Turkish grooms once had to promise to provide their new wives with a constant supply of coffee. Failure to do so could lead to divorce.

In the 17th Century, Pope Clement VIII declared "the Muslim drink" to be a "devil's tool" and warned Christians against drinking it. But then he tried some, quickly changed his mind and decided to baptize coffee – defeating the devil.



"It is disgusting to notice the increase in the quantity of coffee used by my subjects, and the amount of money that goes out of the country in consequence. Everybody is using coffee. If possible, this must be prevented. My people must drink beer... Many battles have been fought and won by soldiers nourished on beer; and the King does not believe that coffee-drinking soldiers can be depended upon to endure hardship or to beat his enemies in case of the occurrence of another war."

*King Frederick the Great of Germany, 1777*



"If man has no tea in him, he is incapable of understanding truth and beauty."

*Japanese proverb*

## Tea

The second-most consumed drink in the world ... after water.

An estimated 3 billion cups are drunk worldwide – every day. (Coffee lags at 2.25 billion.)

Tea contains 50 percent less caffeine than coffee.

A wet teabag soothes burns and sunburn. Place the teabag straight onto the burn or soak yourself in a bath with added tea to take away the burn's sting and help the skin heal faster. Teabags are also good for swollen or tired eyes.

In a five-year study, Dutch volunteers aged over 55 who drank 375ml of black tea per day had a 43% reduced risk of suffering a heart attack and were 70% less likely to die of a coronary.

Store tea no longer than a year to prevent spoilage, deterioration or loss of flavour.

The biggest tea drinkers in the world, per capita, are ... the Irish.



# Anglicans helped to shape Nelson

FROM THE CATHEDRAL TO THE SUTER GALLERY, THE CHURCH HAS LEFT ITS MARK.

Some of Nelson's best-loved institutions are the result of the work of the Anglican Church in the community – the Cathedral, Suter Art Gallery and Whareama Resthome, for instance.

Whether ours is "the" Cathedral of the South Island, as envisaged by Bishop Selwyn in 1842, is up for debate, but it's certainly a dominant icon in the city landscape. It faced many changes and delays in its drawn-out construction.

The Suter Art Gallery, opened in 1899, was Bishop Suter's dream for Nelson and was made possible through his and wife Amelia's generosity.

Whareama was built by the Church in the 1950s in response to the needs of the elderly. It was sold by the Church in 2008.

The stories behind all three, and many other initiatives, are covered in a new book, *Harvest of Grace*, written by a number of contributors to mark 150 years of the Anglican Diocese of Nelson.

One theme is the role and influence of successive bishops. Bishop Suter was considered Nelson's "leading citizen" because of his roles in the community and the position of the Church. Some 90 years later another Bishop, Peter Sutton, would take his place in the front line of the protest in Trafalgar Street against the 1981 Springbok Tour.

Historians John and Hilary Mitchell relate the saga of Whakarewa School, later boy's home, in Motueka.

A lot of good Christian work was done in caring for the orphans at Whakarewa, and earlier in faltering – if paternalistic – attempts to educate Maori. However, running parallel with these benevolent works was a festering and unresolved land grievance, with its origins in Governor George Grey's wrongful appropriation of Maori land and the gifting of it to the Church.

The land grievance was eventually resolved in the 1990s.

*Harvest of Grace*, \$49.95, is available from the Anglican Centre in Nelson, Ph 03 548 3124, or by visiting [www.nelsonanglican.org.nz](http://www.nelsonanglican.org.nz)



*Whakarewa School residents.*

## Order Please – Order!

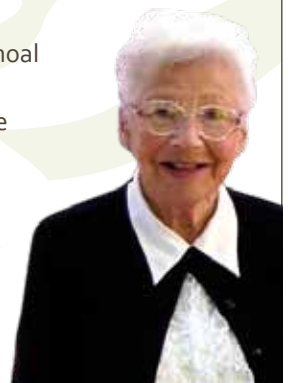
BY MONA RANDALL

There is hubbub in the Beehive, there is rancour there is rage  
they're supposed to be debating but they've gone beyond that stage  
a beehive should be buzzing but instead it's loud with noise  
our bawdy politicians sound like rampant paper-boys  
I'll show you an example of a parliament serene  
just follow me beneath the sea to one that's sub-marine  
observe a silent session its inhabitants all fish  
instead of noisy chatter you'll scarcely hear a swi-i-sh-sh

These fish don't need a speaker – only movers are involved  
their motions are quite graceful thus no laws are unresolved  
a political official waves a fin which means "all rise"  
and despite the vast disparity of specimens and size  
the mullet never mutter nor the butterfish butt in  
a bearded mussel, green lips sealed, maintains a seemly grin  
you won't hear snapper snapping and the humble clam clamps tight  
the swordfish sheathe their weapons as the flying fish alight

Those dogfish nuzzle catfish without turmoil, side by side  
while lissome seals and dolphins preen each other as they glide  
a whitebait, name of Patty, floats beside Free-Willy whale  
there's simply no dissension whether jellyfish or snail  
a turbot known as Herbert joins his cousin Dover sole  
and lampreys light the lanterns as the last shark joins the shoal  
such singular decorum among fish is no surprise  
you'll seldom hear much chattering along the Chatham Rise

It's time their human counterparts learned dignity and tact  
behaved like bees instead of B's each time they interact  
while passing laws and statutes their behaviour's indiscreet  
it's not a good example from our Parliament's elite  
we beg you Mister Speaker, do not let them rant and rave  
with self-control and wisdom make our delegates behave!



Mona Randall has just published an anthology of her poems. You can reach her at [clemona@xtra.co.nz](mailto:clemona@xtra.co.nz) if you would like to buy a copy.