

Mudcakes

and



SENIOR GENERATION ACTION
AND ISSUES – NELSON TASMAN



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Couchsurfing
in Iran

04.
Serious playthings
for a toy collector

14.
The best
boardgames

Zimmer time, and the living is easy...

Welcome to the February-March edition. This time we meet an intrepid traveller who "couch-surfed" through Iran, a toy collector who paid £500 to regain a childhood treasure, the little library that shows what can be done, and recommend five boardgames to enthrall the family on a long summer's eve.

Find out why croquet grips a local up-and-comer, plus we tell you how to make soap from snow, should you ever need a wash during a blizzard.

Of course, we have our usual listings of activities and the many organisations who make the Nelson-Tasman region so special for 50-plus residents.

Pour yourself an iced tea (or the T that goes with G), flop into a deckchair and enjoy.



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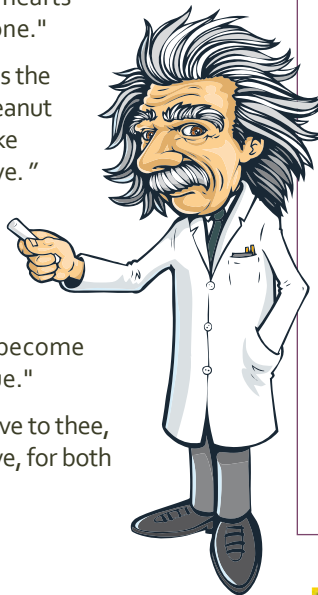
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Who said it?

1. "Happiness is not a goal; it is a by-product."
2. "There is only one happiness in life: to love and be loved."
3. "A man is a success if he gets up in the morning and gets to bed at night, and in between he does what he wants to do."
4. "Only if you've been in the deepest valley can you ever know how magnificent it is to be on the highest mountain."
5. "I really don't think I need buns of steel. I'd be happy with buns of cinnamon."
6. "I am pushing 60 – that's enough exercise for me."
7. "May you live all the days of your life."
8. "Two souls with but a single thought, two hearts that beat as one."
9. "Nothing takes the taste out of peanut butter quite like unrequited love."
10. "Try not to become a man of success, but rather try to become a man of value."
11. "The more I give to thee, the more I have, for both are infinite."



Are you right?

1. Eleanor Roosevelt, US First Lady
2. George Sand, writer
3. Bob Dylan, musician
4. Richard Nixon, US President
5. Ellen DeGeneres, comedienne
6. Mark Twain, writer
7. Jonathan Swift, writer
8. John Keats, poet
9. Charlie Brown, cartoon character
10. Albert Einstein, physicist
11. William Shakespeare, playwright

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

Mobility scooter hooners face fines

Mobility scooters mean freedom for many, but drive carelessly, inconsiderately or recklessly fast and you could be fined up to \$1000. If you cause a crash where someone is injured or killed, you could be convicted of careless or inconsiderate use of a vehicle, and face a fine of up to \$4500, or up to three months' jail. Mobility scooters and power chairs are legally defined as "wheeled mobility devices".

You don't need a driver's licence to operate one, and they don't need a warrant of fitness or registration.

However, there are rules:

- You must operate your mobility scooter or power chair in a careful and considerate manner.
- You must use the footpath, when it is readily accessible, and stay close to the side of the road otherwise.
- You must not travel at a speed that endangers others.
- It's illegal for you to ride, or let any person ride, your mobility scooter or power chair in a way that may cause you or them injury.
- If you are involved in a crash, you must stop to see if anyone is injured, help anyone who is injured, and report the crash to the Police within 24 hours.

Your mobility scooter or power chair should be serviced regularly by a qualified technician. Some manufacturers recommend six-monthly checks. This includes getting the brakes, electronics and controls serviced.

Remember to always:

- Ride sensibly.
- Adjust your speed to the conditions.
- Slow down when turning abruptly.
- Plan your travel so you miss peak-time pedestrian traffic and places where there could be a lot of people.
- Keep to the side of the footpath as much as possible.
- Use your indicators, if your vehicle has them. Otherwise, use hand signals.
- Try not to startle pedestrians if you use a warning device such as a horn.
- Use pedestrian crossings whenever possible.
- Slow down if you're driving in a hazardous area.

(From the NZ Transport Agency website)



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Serious playthings

NELSON'S TOY MUSEUM IS A FLASHBACK TO THE PAST



Toy collector Paul Hargreaves admits he and his fellow devotees are partly trying to recapture their childhood. The former advertising exec says the aesthetics of the toys also attract him, even the typography, the colours etc of the packaging. The toy inside that beautiful blister pack was often fragile and of limited play value, he concedes.

(To a collector, a packaged toy is worth three times as much as the unpackaged.)

Paul, proprietor of the Toy Museum on Waimea Rd, Nelson, has bounced across the world from his native England during his life. His family emigrated to New Zealand when he was 12. After schooling at Nelson Intermediate and Nayland College, an advertising career included long stretches in Wellington and London.

His visit to a toy museum in Bethnal Green in 1982 was a flashback to his youth. He became a collector, visiting small independent toy shops in their dying days, searching for old stock in the back rooms. In New Zealand, he mailed every toy shop in the country – and cleaned out a couple in Wellington. The collection grew.

He sells some toys through the Nelson shop, but most of it is dedicated to the museum (\$2/\$1 entry). Trade Me is a "tiresome" trap of long dialogues with other collectors – who then don't place bids. Buying hard-to-find toys from the comfort of your lounge might be practical, he says, but "collecting shouldn't be a practical thing". It's about the thrill of fossicking in a secondhand store in a two-horse town way off the beaten trail.

His own establishment is dripping with rarities and memories – a must-see for locals and visitor alike. We asked Paul to select a clutch of toys with special significance:

'My first Dalek'

The tiny figurine from the Dr Who TV series was given away at fairgrounds and other events. It has a ballbearing in the base so it scoots fast across smooth surfaces, making it popular with schoolkids. Paul says his teacher confiscated his, and in adulthood "it took me years" to find another. A small toy shop in Greenwich, London, yielded this treasure.



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Stingray submersible bath toy

Paul got one for his 7th birthday and promptly ignored his mates at the party to play with it in a tub. His father took the model off him. Fast-forward four decades and "I had to bite the bullet", paying £500 to a collector for the replacement.

(Stingray, produced by Gerry and Sylvia Anderson in 1964-65, was the first "Supermarionation" show to be filmed in colour, says Wikipedia. The puppets had interchangeable heads with different facial expressions. Other shows from the stable included Supercar, Thunderbirds, and Captain Scarlet and the Mysterons.)

James Bond's Aston Martin

"Every kid I knew had this toy." With its quality construction, guns protruding from the front, ejector seat and pop-up bulletproof shield, it was far ahead of its

time technically, and was judged Toy of the Year in Britain in 1965. "A beautiful toy and very desirable with collectors."

The Aston Martin DB5 is "the most beautiful car every designed," Paul maintains. According to Wikipedia, the car appeared in five 007 outings: Goldfinger, Thunderball, GoldenEye, Tomorrow Never Dies and Casino Royale.

Incidentally, action figure marketing tied with movies and TV shows is nothing new, but import restrictions in New Zealand in the 1960s-70s meant few of the toy spinoffs made it to local stores.

Action Man

Basically a repackaged GI Joe, says Paul. It was launched in Britain in 1966 to a mad-keen young audience. Paul got one for his birthday,



"and I was literally so excited that I vomited on it."

The concept of a doll for boys was unheard of, and the manufacturer Hasbro took a huge risk. It paid off.

GI Joe later became tainted by the unpopular Vietnam War and was gradually "demilitarised", but boys wanted a fighting figure and sales waned, Paul adds.

And Mudcakes' favourite... Space Shoes

Made by the New Zealand company E&M, which went on to manufacture the country's first decent skateboard, with steerable wheels. Paul's



sprung shoes are nearly pristine, and he mischievously suggests the little boy owner "broke both ankles" on his first outing, prompting his dad to toss the contraptions in the back of the garage.

"Someone has to make the best teeth"



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Challenging times in the garden

WATER OFTEN PLUS PLANT YOUR VEGES, SAYS PHILIPPA FOES-LAMB.

Hi and welcome to a new gardening year. Our weather was very erratic in early summer and this has brought challenges to many. I hope that your gardens didn't suffer too much damage in the mid-December storm. On a positive note, any trees and shrubs you planted last winter will be shooting their roots downwards towards all that delicious moisture.

Vegetable gardens have been progressing more slowly than usual, particularly tomatoes. Several people have told me that their tomatoes are very slow to ripen this year and I can only put this down to it being unusually cloudy, particularly at the start of their growing season. Take heart – there is still a good chance they will ripen beautifully because we tend to have long summers.

You may find that your cultivated beds, especially in the vegetable garden, have been drying out fairly quickly. Even though the water table is pretty high, when the sun comes out it is blisteringly hot and this, combined with regular sea breezes, dries the top few centimetres of soil before you know it. Crops such as lettuces, spinach and silverbeet have fairly shallow roots so they become stressed quickly, causing them to bolt to seed. Ensure they are watered regularly.

Now is the time to plant lots of brassicas and other vegetables for late autumn/winter harvest. I will plant courgette seed in my glasshouse so I have some to harvest in mid-autumn too. If you

haven't already done so, start a chart of what you are growing where, as this is the perfect way to ensure you can rotate your crops. It's hard to remember what was planted where sometimes.

In late January our lawns were still growing like crazy and needed to be mown every week or so. If they are still growing fast, don't be tempted to lower the level of your mower (meaning you can mow less often) because the heat in the sun will damage tender grass roots. Keeping the lawn slightly longer will protect them and your lawn will look better in the long run.

In the flower garden, summer-flowering shrubs, perennials and annuals will be in full swing. Dahlias, in particular, put on a magnificent show at this time of year. Dead-heading them regularly will encourage more flowers and lengthen their season. Watch for earwigs when cutting dahlias for the vase – they love hiding at the base of the flowers, emerging just as you are arranging them, which in my case means they are tossed towards the ceiling!

If your flower garden has been taken over by triffid-like weeds it's the perfect time to climb in. After weeding, cut back any perennials or shrubs that have finished flowering. A good dressing of compost (I swear by fish compost from Bay Landscapes) and/or sheep manure pellets will provide much-needed food for a few months. This will also act as mulch, conserving moisture where necessary.

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



Dahlias are the seasonal superstars – but watch out for earwigs.



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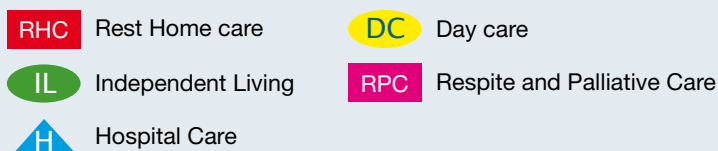
With a homelike atmosphere and gardens, Whareama is well known in the Stoke community for its fantastic, welcoming staff, and high standard of care offering rest home and hospital services.



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Travelling the world by couch

NELSON COUPLE BUNKED DOWN WITH THE LOCALS IN IRAN.

"I've got three half-naked Frenchmen in my garage," Sandra Ware's daughter emailed from Kerikeri. The Gallic guests were among 40 "couch-surfers" hosted by the Bay of Islands teacher at various times over recent Christmas school holidays.

Nelsonians Sandra and hubby Darryl are themselves just back from couch-surfing through Iran. The global CouchSurfing network offers millions of free beds in more than 230 countries, with an "occupancy" rate of over 31,000 each week. About 130 couch-surfers are listed in Nelson alone.

The Wares, now retired, retraced part of their 1960s overland trip from Britain to New Zealand. Iran was liberal then, says Sandra. The climate is more restrictive under the current Muslim regime. She wore long-sleeved tops, loose trousers and the compulsory headscarf. The latter "I found purgatory" but some local young women are pushing the boundaries with scarves worn on the very back of the head, and tight jeans, with their manteau (trench-coat) worn quite short and figure-hugging.

The people they found very friendly. "Lots came up to talk with us – men mostly."

Sandra says the heat, as well as culture, dictated her loose cotton clothing. In 40 degrees, "it was like standing in an oven".

(The Iranians were also trusting. She bought a carpet in a bazaar. The seller was happy to accept payment on delivery – in this case halfway round the world. Once the carpet arrived in Christchurch and Darryl had waded through the Customs paperwork, Sandra struck a problem forwarding the money because the Bank of America had frozen bank accounts of Iranians, and credit card use is not available in Iran. She was doubly determined to find another way to get the money to the trader.)

Sandra Ware stays cool in the heat of Iran.



The Wares stayed with five hosts in Iran, contacting them via the website, www.couchsurfing.org. Their accommodation included a child-size bed and large cushions on the floor.

Hosts agree to provide only a place to sleep, so Sandra says "you don't arrive empty-handed". They would eat a good meal at lunch, then front up to their evening's accommodation with bread or fruit for a snack or to share. Visitors "are not going to expect a guesthouse", she says, but couch-surfing is definitely not a "doss-house arrangement".

As hosts back home, the Wares offer the spare bedroom with fresh linen. They encourage their guests to make themselves at home. The couple have hosted two French New Caledonians, two Parisians, an Argentine, a French couple

from Reunion, and a young American girl "still full of beans" after 15 months of world travel.

Surfers register on the website, describing themselves, their house and location. Many post photos. Visitors search for, say, a bed in Nelson and email available hosts. The host can read a profile of the visitor and say yes or no.

After the visit, both host and visitor write a short review, and these are available to everyone as a character check. Length of stay is usually one or two nights, and longer by mutual agreement. Departing guests might leave a gift of thanks – in Europe Darryl carried small greenstone pendants.

The grand aim of couch-surfing is to promote world peace "one couch at a time", but for Sandra and Darryl the payoff is the hospitality, the chance to improve her Spanish, and the unexpected – "lots of surprising things happen".

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1. Do people seem to mumble or speak in a softer voice than they used to?
2. Do you feel tired or irritable after a long conversation?
3. Do you sometimes miss key words in a sentence, or frequently need to ask people to repeat themselves?
4. When you are in a group or in a crowded restaurant, is it difficult for you to follow the conversation?
5. When you are together with other people, does background noise bother you?
6. Do you often need to turn up the volume on your TV or radio?
7. Do you find it difficult to hear the doorbell or the telephone ring?
8. Is carrying on a telephone conversation difficult?
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?
10. Has someone close to you mentioned that you might have a problem with your hearing?

How did you do?

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Icing sugar

If it is hard and lumpy, spread it on a sheet of foil or paper, cover with several more sheets and iron with a warm iron.

Insomnia

Take a cup of hot milk flavoured with freshly grated nutmeg last thing at night. Make sure the feet are kept warm. A large Spanish onion cooked in milk will assure you of long and uninterrupted sleep.

Leather

To make leather boots waterproof, saturate them with castor oil.

Milk

If only slightly "turned", stir in a little bicarbonate of soda and it will be fit for use. "One of Grandmother's hints was to put a spoonful of grated horseradish in a billyful of milk to keep it fresh."

Mirrors

Clean with a mixture of three tablespoons ammonia and one tablespoon vinegar. Add sufficient water. To stop fogging, wipe them with a mixture of equal parts metholated spirits and glycerine.

Outback cure-all

Add two tablespoons of sulphur to one pound of treacle or molasses. Take a generous teaspoon each Sunday night for general health.

Pipes (clean)

Put a handful of bicarbonate of soda, then a cup of vinegar down the pipe. Cover quickly with the plug and leave 30 minutes.

Salt shaker

Add a dried pea or a few grains of rice and the salt will never stick.

Scissors

Cut fine sandpaper with the scissors and they will sharpen well.

Soap from snow

To one pound of soap add seven pounds of snow. The soap is to be sliced and mixed in the snow and boiled well together. While boiling, throw in two tablespoonfuls of salt. After it has boiled three hours, throw in a tub or vessel to cool, and if left for a month it will be equal to any soap. (1803 recipe)

Soap, toilet

5 lbs mutton fat, 1 lb caustic soda... (I think we'll stop there.)

(Credit: Take It On Trust, produced by the Southern Region Women's Committee of the National Trust of Australia (Tasmania) 1978, but using hints from the 1800s.)

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Move it or lose it



Regular exercise is one of the keys to a long and healthy life. People with an active lifestyle feel healthier and have an improved sense of wellbeing. Physical activity reduces the risk of heart disease, stroke, colon cancer, diabetes, osteoporosis, and injury from falls.

Regular exercise might seem like a chore, or you may think you don't have time, but you will look and feel better. From golf, bowls, swimming, tennis, bushwalking, dancing or simply gardening or walking the dog, all these activities play a vital role in beating the stereotyped "old" image. Physical activity also includes housework, walking to the shops, biking or joining any of the numerous community groups around our region.

Once you become more active you'll find you have more energy, sleep better, and will feel more self-confident.

There are no rules or age limits to physical activity, and there's no time like the present to begin. But be sensible and start slowly. Ask your doctor or practice nurse for a Green Prescription, which provides free advice and support.

Just 30 minutes every day can keep you feeling healthier and more energetic. You can even break that down into 10-minute blocks.

Getting started can be as simple as walking to the shops, taking the stairs instead of the lift, or getting off the bus one stop earlier. Join a community group and you'll also make new friends.

Popular options for exercise include:

- Walk either by yourself or with a friend or walking group
- Golf is very good if played regularly

- Take gentle exercise classes at local community or recreation centres
- Swim or aqua-exercise – especially if you have joint or mobility problems
- Gentle weight training or circuit programmes that use equipment
- Tai Chi builds balance and strength as well as relaxation skills
- Gardening provides hours of enjoyment while improving strength and flexibility
- Falls Prevention programmes enhance strength and balance.

For Green Prescription advice, call freephone 0800 22 84 83 or contact the Green Prescription Coordinator: Leigh Dalzell, Nelson Bays Primary Health, 03 539 1170, freephone 0800 731 317, or email Leigh.Dalzell@nelsonbayspho.org.nz

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

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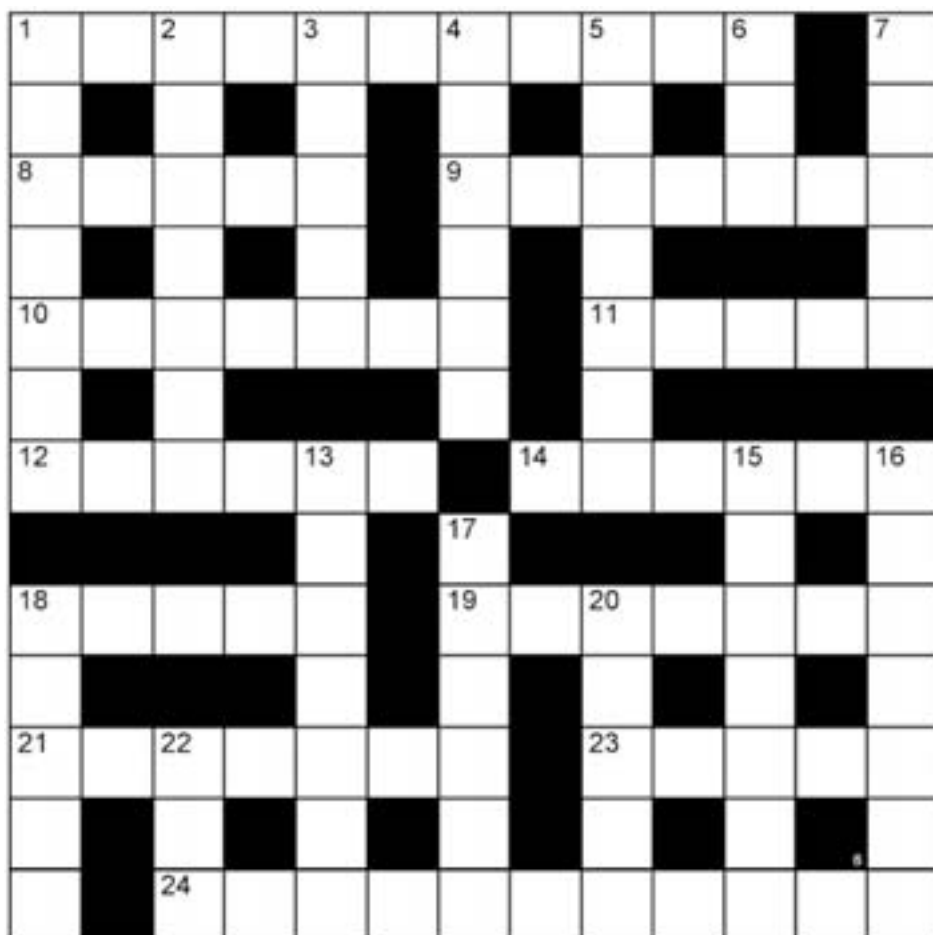
1. Making glass better (6,7)

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Simpler Clues

Clues Across

1. Formulated on little evidence (11)
8. Engine (5)
9. Window-cover (7)
10. Place at risk (7)
11. Great pain (5)
12. Make oneself liked (6)
14. Female ecclesiastic (6)
18. Welsh dog (5)
19. Animal catcher (7)
21. Child's talk (7)
23. Possessed (5)
24. Has within its scope (11)

Clues Down

1. Put together (7)
2. Block for jottings (7)
3. Mistake (5)
4. Sharp struggle (6)
5. 'Pie-plant' (7)
6. Point (3)
7. Haste (5)
13. Of Eastern continent (7)
15. Uses money, energy etc (7)
16. Takes long paces (7)
17. Brook (6)
18. Horse dealer (5)
20. Fragrance (5)
22. Reverential wonderment (3)

Harder Clues

Clues Across

1. Speculated how confusing it was, etc, in having done tricks (11)
8. Test for car, or the car itself (5)
9. Part of camera closed when term fails to end (7)
10. To put one at risk, one must have limper potential (7)
11. Torment shows time that is past a city in America (5)
12. Finish off a bit of corn and make oneself popular (6)
14. Mother rating Elizabeth, in short (6)
18. Dog that is right with soldier to follow company (5)
19. Commercial traveller quietly painting return of animal catcher (7)
21. Such childish talk will quietly annoy one (7)
23. Admitted how we might have been with Don (5)
24. Takes in two directions with a pair of circle-makers (11)

Clues Down

1. Sort of harvester to get together (7)
2. Scribbling block a composer might use? (7)
3. It's wrong to get right between the Queen and the gold (5)
4. Lets us get routed by so sharp a struggle (6)
5. Plant composed of sticks that may get pied (7)
6. A little girl I have ahead when small (3)
7. Make haste, and one will almost injure the railway (5)
13. From the East, like one with a facial twitch (7)
15. Uses what's necessary? (7)
16. Paces at length shown when good man goes on horseback (7)
17. Pour out right inside the vapour (6)
18. Manage, right at the end, to be one to deal in horses (5)
20. Pleasant smell it's endlessly amoral to give up (5)
22. Wonderment always worries educational leaders (3)

Answers page 14

Five board games you've never heard of (but should have)



Long summer evenings are tailor-made for sharing with family and friends. A good board game makes the perfect complement, delivering fun for all ages. We asked keen gamer **Alastair Stafford** to nominate his favourites:

Hey That's My Fish

You are a hungry penguin trying to collect as many fish as possible. Your penguin runs in a straight line, and eats whatever fish it lands on. Since penguins can't fly, you can block your opponents reaching the food. There is enough strategy here to keep adults interested, but the artwork really appeals to children as well (as does the chance to gang up on Mum & Dad's penguins.)

Ticket to Ride

Ever heard of Phileas Fogg? Ticket to Ride is a game set in the United States during the 1900s as a group of people get together to celebrate Fogg's epic journey. They want to visit as many US cities as possible. The idea of the game is to score the most points by travelling across the country using train tracks. Players draw tickets which direct them to travel between two cities. If they manage it they score the points listed on the ticket; if not they lose the points. The game is akin to Gin Rummy, where you collect different sets of cards and place them on the table – the difference here is that you use cards to claim positions on a US map to complete routes. The rules for

Ticket to Ride are simple enough to write on the back of a train ticket (so younger family members can understand it) but the game has enough tactics and depth to appeal to older folk.

Jungle Speed

Fighting is bad for the tribe – we all acknowledge that. It's also true that most kids will fight anyway. Jungle Speed takes family squabbling and adds a healthy dose of giggles. You are looking for cards the same as those of another player – the same pattern (or same colour, depending on the cards drawn). When you see a matching card, you grab the plastic totem in the centre of the table. Whoever gets the totem first is rewarded; whoever loses out is penalised. The furious lunge caused injuries in earlier versions of the game when a wooden totem was used, but it's now a safe and silly way to inject fun into family competition.

Absolute Balderdash

Ever disagreed with a dictionary? This is where you can make up your own definitions to the more unusual words in the English language. Absolute Balderdash pits players' creative minds against one another. Each card drawn contains an odd word, which players must define. Players then vote for which definition is correct. One player knows the right definition, which is written on the back of the card. Players score points for guessing the correct answer, and for

fooling their fellow players with a fake. In this bumped-up version of Balderdash, you can also define why a famous person is famous, what an acronym stands for, what happened on a date in history, and what a movie is about. Beyond the creative nature of the game is the psychological double-guessing of working out who said what. Does that person use that word a lot? Who was talking about bacon trousers five minutes ago?

Dixit

Combine Balderdash with Salvador Dali, and you have Dixit. Players tell stories based on the surrealist art on the beautiful illustrated cards. Everyone else chooses a card that they think matches the story. The cards are then shuffled and displayed, and players vote on which card inspired the story. The game is beautiful, creative, surreal, whimsical and sure to delight children and adults.

Retailers

Board game clubs are in many major centres. To find a club in your area, contact Seriously Board (website below). You can also find the games listed here, and many more, through the following retailers:

www.seriouslyboard.co.nz

www.mightape.co.nz

www.eurogamecafe.co.nz

www.thegamegate.co.nz

www.boardgamerentals.co.nz

Toyworld

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Tel 03 546 8750. enquiries@smytheslaw.co.nz
www.smytheslaw.co.nz

Crossword Solutions

CLUES ACROSS – 1. Conjectured 8. Motor 9. Shutter 10. Imperil 11. Agony 12. Endear 14. Abbess 18. Corgi 19. Trapper 21. Prattle 23. Owned 24. Encompasses

CLUES DOWN – 1. Combine 2. Notepad 3. Error 4. Tussle 5. Rhubarb 6. Dot 7. Hurry 13. Asiatic 15. Expends 16. Strides 17. Stream 18. Coper 20. Aroma 22. Awe

Hospital care impresses stroke patient

BY ANDREA ANN KEPES

Three weeks in Nelson Hospital following a major stroke has left Nelsonian Chris Buck full of praise for the care he received in the oft-maligned Kiwi health system.

Chris was immobilised in the right side of his body after the stroke. "Nothing in my life has been more terrifying than the inability to move and consequent total dependence on others."

After being rushed to hospital, he was stabilised in the medical unit before being transferred to the assessment, treatment and rehabilitation ward (AT&R). "We were dressed, bathed and provided with what we were no longer able to do ourselves, all the while allowing us to retain a certain dignity despite our total dependence."

At age 43, Chris doesn't fit the typical stroke patient profile. He doesn't drink, smoke and is vegetarian. He is no stranger to health systems in other countries as 20 years ago he suffered a brain tumour in the United States and his treatment there cost hundreds of thousands of dollars. (The radiotherapy treatment he received may have damaged the capillaries in his brain, later causing his stroke, Nelson clinicians suspect.) Chris is quick to point out that had the stroke occurred in the US, this latest hospital stay, including medical expertise, physiotherapy and occupational therapy, could probably have cost a similar amount.

"Three weeks in AT&R solidified the knowledge that although the grass is

sometimes perceived as greener, there is no other place in the world that offers so much yet asks for so little. How incredibly fortunate we are to live in this great country and how easy it is to take for granted," he says.

The former musician is well-known in local music circles as The Deaf Violinist. He lost his hearing for four years until a cochlear implant restored most of it. Now he teaches music theory and violin from his home studio for free.

American by birth, Chris moved to New Zealand at age 4 and returned to his native country as an adult for advanced music training. While visiting Nelson to see family he fell in love with the place and gave up a large New York salary, as an antique musical instruments dealer, in favour of the lifestyle here. When asked if he harbours any regrets, he is emphatic: "Absolutely not. It was the right thing to do."

Chris can now walk without the aid of a cane. After finishing physiotherapy at the hospital, he will work with a personal trainer at a gym in Motueka.



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Little library rewrites the book

MAPUA CHARGES NO FEES AND RUNS A MAJOR LITERARY EVENT.

The latest bestsellers can be borrowed for free at Mapua Community Library. It charges no membership fees, no overdue fines, a nominal amount for lost or damaged books, and runs one of the district's biggest literary events. Grants and fundraising have paid for the 9000-book stock.

"We had the Mayor of Timaru come in once and say, 'I want to look at this library – how do you do it?'" recalls chair Eileen Dobbie. The secret, she says, is that local residents feel they own it. More than 1000 families are registered as patrons. A large group of 40 volunteers keep things ticking over, and their ranks are always full.

Tasman District Council pays for utilities and ground maintenance, and the Richmond Library provides 70 large-print books each six months. Otherwise, Mapua is 'the little library that could', showing its big cousins the power of the printed word. "Books change lives" says the motto.

The library started in 1943 when local Mary Robb asked the National Library if their mobile van could visit Mapua, which it began doing three times a year. Fifty books were left each time and stored in the porch of a private home, with volunteers issuing them for an hour each Saturday afternoon.

The library changed location several times over the decades, but was housed mainly in a back room of the Mapua Hall, says its website.

In 1997 the Moutere Hills RSA generously gifted their hall on the present library site to the Council so it could be used as a combined RSA and library. Staff finally had room to display books properly and increase their stocks.

As the town's population grew, so did the need for larger premises. The library secured a \$160,000 grant from the Canterbury Community Trust towards a new building. Lottery grants added \$25,000 for furnishings, equipment and more reading materials. The new premises were completed in July 2002. (Meanwhile, books had been available from a room in the Mapua Mall.)

The library has flourished in its new home, with membership and book issues up, and opening hours extended. Last August Mapua computerised – using another "minnow" that holds its own with the big players, the Koha open-source software, initially developed in Levin and now running libraries worldwide. Again, the bulk of the installation work and expertise at Mapua came from volunteers.

The library is also fostering a new generation of readers through a close relationship with Mapua School, which, due to an expanding roll, had to close its own library room. Classes visit weekly and the library organised an extended reading programme in the school holidays last summer and plan to run it this year in the winter school holidays.

The Canterbury Community Trust has been a solid supporter of the library. Mapua's other fundraising ventures have included two Affordable Art Shows, and the most ambitious project to date: the Literary Festival, which debuted in 2010. It is held biennially, with the next, entitled Soar Again, on 23-25 March. The line-up of authors includes Joe Bennett, Jenny Pattrick, Vanda Symon, David Young, plus children's authors Melanie Drewery (a local) and Craig Smith (Wonky Donkey). Workshops and competitions stimulate the creative juices.

The Mapua library was recently judged Supreme Winners for the Tasman District in the TrustPower Community Service Awards. It was also behind the recent sandblasting of a poem by Cliff Fell into concrete benches at the new waterfront park.

Croquet ace a demon with the mallet

"You get to bash the opponents' balls into the weeds," says Marion Prentice with a glint in her eye. The keen-as-mustard convert to croquet from bowls enjoys the tactical duels of knocking rivals shots from near the hoops, snooker-style, while positioning her own ball.

Yes, she concedes, such tactics are part of bowls too, but it takes place far off down the end of the green. With croquet, "you get to see the result of what you've done – and you can plan the next one."

Marion has nothing against her old sport – it's a case of horses for courses, "and I've found my course". After just five years' play she is the South Island women's champion.

She would play croquet seven days a week if she could. Rain is the only thing that interrupts her routine of four club days, with practices in between.

Husband Rob's knees led her to this destiny. He was having trouble bending on the bowls green so Marion took the advice of Richmond croquet ace Brian Wislang and urged hubby to pick up a mallet. They both started on the short version of the game, golf croquet, and quickly became hooked.

In golf croquet, you play a single stroke at a time, and four players (in doubles) are on the lawn. However, in Association croquet only one player at a time is on the lawn. Association croquet involves striking (or "roqueting") another ball with your ball, which earns another stroke. Those two balls are placed touching each other. You then strike your ball again, strategically placing both balls for another shot, until all four balls have been used, or a hoop has been made.

A "golf" game can be over in half an hour, but an Association (championship) match could last for up to four hours of delicate placements and constant strategising, although most are timed at around 2 ½ hours these days.

Marion began learning Association about three years ago, and likens the difference between the games to "checkers and chess".

She has her own mallet, but newcomers can use club mallets for as long as they wish. The advantage of owning your own is, of course, familiarity with its weight and feel, plus the handle can be tailored for your comfort and height.

Marion is competing in the national Arthur Ross Memorial knockout tournament this season, and eventually hopes to be good enough to represent her country. Clubs in Nelson, Richmond and Riwaka have nurtured some top national players, from young university student Jarrod Coutts to Greg Bryant (listed as 13th in the world rankings) and Brian Wislang (ranked 58th).

The game is played around the world, and Marion says the Egyptians are the ones to beat at golf croquet. "They are so fast they are whips – amazing." (The world champs, however, are Irishman Mark McInerney and Rachel Rowe of England.)



At 61, Marion might feasibly have three decades of play ahead. She reaped two gold medals and a bronze at the recent South Island Masters games (one of the golds shared with doubles partner Pam Seymour). Her 5-year-old granddaughter was most impressed to have the glittering prizes round her neck on the drive to get them engraved. Marion puffed up with pride – until the youngster asked, "If I peel off the gold bits, Nano, will there be chocolate inside?"

What is it?

Our curio this time is associated with fruit. Answer on P23.



What's On



FEBRUARY – MARCH 2012

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 more information and registration.

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... just turn up. Rides about 12km.



Motueka 50+ walking group

All walks leave Deck's Reserve carpark, where transport is arranged. 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 Heather Archer 03 528 7475, Walks Coordinators

Bet Glengarry 03 528 8009 and Alan Morris 03 528 6290. For details about Alternate walks, contact Lesley or Ray Cranefield 03 527 8113. Website: www.motueka50pluswalkers.org.nz/

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: 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

Dances at Mapua Hall Saturday 18 February and Saturday 21 April 2012, 7.30-11.00 pm. \$6 and a plate (children \$3). Contact Margaret 03 528 7564, or Prue 03 540 2242.

Murchison

Murchison Community Resource Centre

Murchison Daytrippers. Phone Berylla Jones 03 523 9875.

Nelson

Nelson Dance Along

Richmond Town Hall, 7.30-11 pm on alternate Saturdays. Tape music, home-made supper provided. \$3 members & \$4 non-members. Ph Rosalie Winter 03 548 2236.

Nelson 50+ Walking Group

Farm walks, mini-walks and fortnightly tramps. Drivers must notify the leader of the day of intention to walk and confirm the meeting place. (E = easy, M = medium, H = hard.)

Tuesday walks

7 February: Nydia Track, M, Denis Smith 03 546 4305, Roger Haynes 03 539 6402, 9.30 am.

21 February: Kokorua (swim), M, Denis Smith 03 546 4305, Elaine Dickens 03 548 5048, 9.30 am.

6 March: Wainui Hut, Canaan, M, Cheryl Carnahan 03544 7684, Lyn Callister 03 544 2322, 9.30 am.



20 March: Pig Valley Wakefield, M, Noel Brown 03 544 2286, Dave Spencer 03 544 8144, 9.30 am.

Thursday walks

2 February: North Peak, H, Richard Boyden 03 544 8028, David Burt 03 544 0277, 9.00 am.

16 February: Drumduan, Cable Bay Walkway (Glen), M, Ron Maylor 03 546 5170, Jeannie Woodhouse 03 538 0969, 9.30 am.

1 March: Involution Track, Jenkins Hill, M, Annette Williscroft 03 548 9772, Carolyn Brown 03 544 2286, 9.30 am.

15 March: Mt Arthur, H, Ron Maylor 03 546 5170, 8.30 am.

29 March: Wairoa Gorge, Chrome Hills (forestry), M, Bernie Hawkey 03 545 1033, David Burt 03 544 0277, 9.00 am.



Miniwalks

14 February: Rough Island (Tic Toc Rd – meet Washbourn Gardens), Des Gill 03 504 3373, 10.00 am.

28 February: Happy Valley (meet 155 Nile St), Jenny Beckers 03 542 3136, 10.00 am.

13 March: Wakefield Wander (meet Washbourn Gardens), Val Hope 03 541 8958 or 0276 020 201, 10.00 am.

27 March: Centre of New Zealand (meet 155 Nile St), Maureen Sharland 03 544 4921, 10.00 am. (Forestry walks may have to be cancelled due to logging, in which case an alternative walk will be arranged.)



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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

FEBRUARY – MARCH 2012

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

Nelson Provincial Museum Exhibitions

For more info 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

Scrabble Club: Mondays 1.00 pm.

Euchre: Tuesdays 10.30 am.

Mah Jong: Tuesday 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. \$3.

Sit and Fe Fit exercises to music: Wednesday 11 am.

Pilates: Wednesday at 1.30 pm. \$2.

Strum-pets ukulele group: Thursdays 10.30 am - noon. You need to have your own uke. Contact Ruth.

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.

Thursday Out & About: 11 am. A van tiki-tour around Nelson region.

Weekly Afternoon Entertainment: contact office for programme 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 am. \$4.

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: Thursdays, 10.00 am (beginners) and 11.30 am (intermediate). \$5.

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

Richmond

Club 50

A social group of mature adults looking for companionship, recreation and enjoyment. Phone 03 544 3955 or email Richmond@sporttasman.org.nz. Meet every Tuesday 9.30 am (unless otherwise stated), Richmond Recreation Centre & Town Hall, Cambridge St. Carpooling available.



7 February: Jester House Cafe: Feed tame eels, play a game of life-size chess or walk around the beautiful gardens after enjoying a cuppa. \$3.

14 February: Baby Photo Competition: Before this date bring in a named baby or toddler photo of yourself, and give to Levi. We will have a fun morning guessing who is who. \$3.

21 February: Faulkner's Bush walk, Wakefield. \$3

28 February: Big-screen Movie: The Phantom of the Opera by Andrew Lloyd Webber. \$3.



Richmond Senior Citizens Assn

Oxford St rooms. Tuesday afternoon, cards. Wednesday 9.00 am to 2.00 pm, quiz, housie and various 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.

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 more information and registration.

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.



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RECREATION PROVIDERS



FEBRUARY – MARCH 2012

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.

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

Nordic Walking

Michelle Ph 03 528 0252

Pohara Bowling Club

Jennifer Ph 03 525 9621

Probus

Jan Ph 03 525 9197

Puramahoi 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)

Aileen Ph 03 525 7345

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 for more information.

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

Nordic Walking

Michelle Ph 03 528 0252

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 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 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. Heather Ph 03 528 7475 Norah Ph 03 528 6290.

Nordic Walking

Michelle Ph 03 528 0252

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. 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

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

U3A (University of the Third Age)

Have fun learning cooperatively. Variety of

courses available.

Malcolm Ph 03 528 7484 Sandra Ph 03 528 4616

Yoga

Dru Yoga 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

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 and relaxation. \$2 a session. Walking Group 1.30pm. Thursday: Pilates Levels 1-3, 5.15-6.15 pm. \$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

Support services, information and advocacy to older people. 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.

Angie's Active Circuit

Fun, easy aerobics and circuit. Suitable for all abilities. Tues 9.15-10.15 am, Nelson Bays Church, cnr Quarantine/Waimea Rd. \$5. Thursdays 9.30-10.30 am, Tahunanui Presbyterian Church, Muritai St. \$5. Ph Angie 03 547 0198

Aquatics/ Swimming/Gym

Riverside Pool
Ph 03 546 3221

Art Group Nelson

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

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

Diabetes NZ Nelson

Information centre 50 Halifax St, 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. 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.
Paula Ph 03 548 6660.

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

Leisure Line Dancing

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

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

Suzu Ph 03 539 0409

Nelson Dance Along

Rosalie Ph 03 548 2236.

Nelson Electronic Organ and Keyboard Club

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

Nelson 50+ Mini-Walks

Gwenda Ph 03 544 5307

Nelson Male Voice Choir

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

Nelson Masters Swimmers

Adults 20 years and over. Every Monday, 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 Rd. Boules and tuition provided.
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 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. Alan Ph 03 547 9085 to confirm.

Nordic Walking

Jacqui Ph 03 544 1645

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 55+. Clubrooms at Pioneer

Park, Hastings St, 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 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

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 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 starting Thursday 9 February, 9.30 - 11.00 am, Wednesday 15 February, 6.00 - 7.00 pm, Saturday 25 February,

9.00 - 10.30 am, 55 Muritai St, Tahunanui. Ph 03 545 8375 and leave a message. Be part of a large, exciting club. 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 9147.

U3A

Ph Caryll 547 6359 or Jean 544 4688.

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 starting in June. Afternoon or evening, Tuesdays. Richmond Bridge Club, 348 Lower Queen St (opposite Club Waimea). Eleanor Ph 03 544 0710 or Shirley Ph 03 544 6734

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
Phyllis Ph 03 544 8383

Laughter Yoga, Richmond

Nourish your wellbeing.
Marion Ph 021 145 3027

Line Dance Nelson

Alison Ph 03 546 9878

Nordic Walking

Jacqui Ph 03 544 1645

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 or email craftpotters@ts.co.nz

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 Recreation Centre & Town Hall

9 Cambridge St, Richmond. Ph. 03 544 3955 or email richmond@sporttasman.org.nz. Website: www.sporttasman.org.nz or www.way2go.org.nz

Sport Tasman's Club Recreation Programmes & Seminars

Club 50: Every Tuesday 9.30 am. New members welcome. Come and join the fully organised activities or outings. Cost \$3.

Walking Group: Free (volunteer-led). This social group meets before 9.30 am on Mondays. (If the time doesn't suit, please contact us).

Easy Beat Exercise: (Aerobics) Every Monday & Friday 9.00-10.00 am. \$4.

Sit and Be Fit: Every Friday 11.15 am-noon. New instructor and fully revamped easy exercise programme with a difference. It's fun and social. \$4 (Level 1). Shape-up Group Fitness: Every Monday and Friday 10.10-11.10 am. \$4.

Richmond Slimmers Club

Meets every Wednesday at the Richmond Town Hall. Fun club. \$2 a

meeting. Ph . Margaret Ph 03 544 7293

Spinning, weaving

Richmond spinners, felters, weavers and knitters welcome new members. Venue: Birch Hall, Richmond Racecourse. Time: 9.30 am. Spinners etc 2nd & 4th Thursday of month. Weavers 3rd Thursday of month. Evening meeting 2nd Monday of month at 7.00 pm, for those who can't make morning meetings. Diane Ph 03 546 517 or June Ph 03 545 6466

Social Cards

Senior Citizens Rooms, Oxford St. Tuesdays 5.00, Thursdays 5.00, 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. Ngairi Ph 0272 79 99 38 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

Want to be active and healthier and feel that your size does not matter? Fun and motivating aqua class. Tuesdays, 10.45-11.45

am, Thursdays 6-7 pm. \$6 . Ngawhatu Pool, Stoke Angela Ph 03 547 0198

Angie's Silver Circuit

Build your strength & stability. Improve balance. Light exercise circuit. Fun, sociable atmosphere. Fridays, 10.30-11.15 am, \$4. Stoke Seniors, behind Memorial Hall. Main Rd, Stoke. Turn-up or call Angie on 03 547 0198.

Clogging/Tap Dancing

Nelson Sun City Cloggers. Georgina Ph 03 545 1037

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

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. 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. 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 2.30 pm. Totara Club. Day programmes for older people providing opportunities for 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

Lyndon Ph 03 547 4780

Stoke Combined Probud 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: 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.

Upright and Able, Falls Prevention

Free 6-week courses 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.

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.

What is it? (from P17)

This "tap" was designed to screw into a lemon or grapefruit. Once inserted, you poured off the juice inside. We haven't tested its efficiency.

Item courtesy of Richmond Antiques and Curios.



Aerodrome, the Cobb and Cawthron

REGIONAL MUSEUMS HIGHLIGHT SOME OF OUR SPECIAL FEATURES.

Motueka District museum's summer exhibition pays tribute to one of the busiest parts of town – the aerodrome.

Mike Oscar Tango Uniform Echo Kilo Alpha Cleared For Takeoff runs until the end of June 2012. It charts the airfield from its inception, including visits by famous aviators such as Sir Charles Kingsford Smith, plus tragedy and other accidents, RNZAF exercises and the defunct air service to Wellington. Modern activities include skydiving, microlight flights, helicopters, the Nelson Aviation College, and even drag-racing.

The museum summer hours are Monday to Friday 10.00 am to 4.00 pm until 30 March.

In Takaka, the museum ventures to Huts and High Places: the Cobb and Beyond, profiling the stunning environment of mountain beech, tussock and alpine flora within the Kahurangi National Park, about 90 minutes from town.

The rocks and fossils of the Cobb tell of tumultuous geological change over the last 600 million years. Prospectors and graziers

opened the area from the 1860s. Geologists, botanists and trampers came later, to discover and record its uniqueness. Through their efforts and exploration North-West Nelson gained the status of a National Park in 1996.

At the Nelson Provincial Museum, one of the city's cornerstones, the Cawthron Institute, takes a bow in Extraordinary Frontiers; Cawthron Science, Innovation and Mysteries from our Environment.

When Thomas Cawthron arrived in Nelson in 1849, at the age of 15, it was almost a frontier town. The Cawthron Institute is still at the frontier – of scientific research in fields as broad as food quality, aquaculture, water quality and bio-security.

To celebrate the 160th anniversary of the institute, its Trust Board funded the museum to help create an exhibition that is both enjoyable and educational. Exhibits include a 3D exploration of an underwater farm.

The exhibition runs until 22 April 2012.

Help available for incontinence

INCONTINENCE IS A SIDE-EFFECT OF AGEING FOR MANY PEOPLE. DON'T LET IT HAMPER YOUR ENJOYMENT OF LIFE. BY ANNE TURLEY.

The first steps in addressing urinary and or faecal incontinence are:

Drink plenty of fluids. Adults need 6-8 large drinks per day unless on restricted fluid intake.

See your General Practitioner, who may test for a urinary tract infection, check the bowel to eliminate constipation, determine if your medication has side-effects that could make the problem worse, and check for prolapses or atrophic changes.

Your doctor may possibly treat with antibiotics or laxatives, change your medication or prescribe oestrogen cream.

Your GP may refer you to the Continence Service at District Nurses, who will do a full assessment, develop a treatment plan and follow up on progress. They will give advice on products – and you may qualify for free products. They could also refer you on to a specialist.

How to get incontinence products:

1. Pads can be purchased from supermarkets and pharmacies.
2. You can order products from USL Medical by phoning 0800 804 546 and speaking to Customer Services, who are very helpful.
3. You can be referred to the Continence Service, who can either give advice or if you qualify after an assessment, provide products.
4. You can apply to Winz for a Disability Allowance to cover the cost of products.

Anne Turley is the Specialty Clinical Nurse / Continence District Nursing, Nelson Hospital.

Mudcakes & Roses Noticeboard

Age 2 Be – Positive Ageing Expo

Keeping the mind occupied, the body mobile and healthy, and staying socially connected while enjoying your retirement are all on the agenda of the Age 2 Be expo on Monday 23 April 2012 in Richmond.

This is the fourth such expo, held this time in the Headingly Centre, Headingly Lane. Entry is free, with tea/coffee and biscuits provided.

The lead organiser of the event is Tasman District Council, in partnership with Nelson Marlborough District Health Board, Work and Income, Nelson City Council and Grey Power. Many of the stallholders also give generous donations.

If you would like to be a stallholder or for more information contact Mike Tasman-Jones, Tasman District Council Community Recreation Advisor, on 03 543 8403 or email mike.tasman-jones@tasman.govt.nz

Handcrafts heaven...

Nelson Altrusa Club is holding a Bizarre Bazaar in the Stoke Memorial Hall, 548 Main Road, on Saturday 21 April 2012. This is an opportunity for clubs, groups and individuals to sell any surplus items that can be used in handcrafts, as well as completed products. Items can include fabric, fillings, bits-and-bobs to complete a toy or handcraft, tools, wool, knitting needles and patterns, dressmaking patterns, crochet hooks, macrame items – anything is possible.

Tables are \$25 per club/group/individual. For details or to book a table, email nelson.president@altrusa.org.nz

Aiding refugees to restart their lives

Refugee Services Nelson welcomes 60-70 former refugees from Burma and Bhutan each year, with intake groups arriving every eight weeks. These families have left everything behind in their home countries, and some have had to spend up to 20 years in refugee camps before being granted resettlement.

Volunteers in Nelson play an integral role in helping families to settle into their new homeland, as well as providing much-needed friendship and community support. Volunteers first attend a training course before beginning a six-month placement with a family. The next course is on March 23-25, to prepare for families arriving in April and June. To find out more or register your place in the training course, contact Brittany Smith of Refugee Services on 03 548 4978 or email brittany.refugeeservices@gmail.com



Nelson Joint Effort Walk

The New Zealand Orthopaedic Association will hold its biennial Joint Effort Walk on Sunday 25 March 2012, with the Nelson event at the Trafalgar

Centre. The walk raises money for research into bone and joint conditions. Over the last decade, these funds have greatly assisted surgeons in improving the quality of care for patients. The 2010 walk raised more than \$10,000.

The public and recipients of orthopaedic surgery are welcome to join the 1km walk around the Trafalgar Centre. Bring your friends and family. You can register from 10.00 am in the Victory Room, with the walk starting at 11.00 am. Prizes up for grabs include for the youngest/oldest walkers, most money raised, and the participant with most joints replaced. Entertainment will be provided after the walk.

If you have had a hip or knee joint replacement in the last five years, you will receive a registration form in the post shortly. If you don't receive a form and would like to participate, please contact Penny on 03 539 1442 or email nelsonjointeffot@gmail.com for more information.

Changing road rules

The changes to the give-way rules come into effect at 5.00 am on Sunday 25 March 2012. Until then the current give-way rules apply.

These changes will affect all drivers, riders, pedestrians and cyclists in New Zealand.

For details visit www.nzta.govt.nz. More information will be communicated by the Tasman District Council through Newsline and at www.tasman.govt.nz

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



Saturday Garage Sale

BY MONA RANDALL

The house will smell fresher without it
Your clutter of puerile effects
Those CDs in super-abundance
Strange photos a fellow collects

Your Harris tweed jacket, skin toner
A box of Havana cigars
Some very good shirts you've discarded
And Mackintosh toffees in jars

Your golf clubs and trolley, a hip flask
A box of golf balls – intact
A fishing reel wrapped in red tissue
Silk handkerchiefs – never unpacked

I'm shredding the white marble sculpture
From your Aunty Mabel down south
The one with the farm and the fortune
Whose taste is confined to her mouth

I'm sorry you found me so boring
An old fiddle now out of tune
Did you serenade her with your snoring
On the first night of your honeymoon?

I've heard you now travel the highway
Since finding a much younger mate
Well, I am now doing things my way
And living before it's too late!