

mudcakes & ROSES

ISSUE 60. JUNE 2010

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SHARING YOUR
TROUBLES





Seniors behaving badly

DISGRACEFUL INCIDENTS FROM AROUND THE WORLD, COURTESY OF NEWSOFTHEWEIRD.COM

Kevin Johnson, 59, was arrested in Madison, Wisconsin and charged with using a stun-gun repeatedly on a local dance instructor, whom Johnson believed was a "sinner" (also a "fornicator" and a "peeping Tom") who "defiles married women" by teaching them dances involving bodies touching.

In Cairns, Australia, a 51-year-old man was caught shoplifting in March, witnessed by security staff putting three limes and a package of beef tongue in his pants. When cornered, the man pulled out an additional two onions, three trays of rump steaks and a packet of lamb forequarter chops.

A popular TV chef in Italy was fired in February after musing on the air about the historical popularity of gourmet cat meat. According to Beppe Bigazzi, 77, cat stew is best cooked after leaving the meat under running water for three days to tenderise it. "I've eaten it many times," he said.

Bigazzi later explained that he was referring only to a tradition in Tuscany in the 1930s and 1940s and never intended to encourage eating cats today, but apparently his bosses could not endure the public outcry.

Israel Elias Zirkin and his then-wife Susan were divorced under British law in 1962, but Susan was unable to remarry because Orthodox Jewish law does not recognize divorce unless the husband grants the wife a "get," and Elias refused. Within the Orthodox community, Susan would have been shunned had she remarried, as would any children she had. A few rabbis try to work around the system, but their attempts are not widely accepted. Susan, now 73, was believed to be the world's longest-standing "chained" wife, but after 37 years, she became a free woman in February 2010 when Elias died.

Franciscan monk Cesare Bonizzi, 63, who 15 years ago turned from spiritual new-age music to heavy metal (inspired, he said, by the groups Metallica and Megadeth) and who has spent the last several years as the robe-clad lead singer of his own band, Fratello Metallo, announced his retirement in November 2009 after realising, he said, that the devil had tempted him too much with celebrity and turned him away from his brothers.



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Half a century on insulin

A DIABETIC MUST WATCH EVERY MOUTHFUL .

As a Nelson College boarder in the early 1960s, Alan Mirfin would front up to the school's "sanitorium" every morning to inject himself with insulin.

The needles "were like crowbars compared to the microfine needles now. I don't even feel them these days."

Which is fortunate because Alan injects himself five times a day. He has to calculate the carbohydrate levels in every mouthful he eats, and provide the insulin that the pancreas creates for the rest of us.

For half a century Alan has lived with the severe Type 1 diabetes – although even the more manageable and common Type 2 is a potential killer. He travelled to Wellington recently to receive the Sir Charles Burns Memorial Award, an acknowledgment from Diabetes NZ of his being on insulin for more than 50 years.

West Coast boy Alan was the only diabetic at college. He was picked up through the usual symptoms – insatiable thirst, constant urination and bad headaches – after becoming ill with the flu.

Management of the disease has become much better, he says. Early syringes had to be boiled for 2-3 minutes

before the one big daily shot. Balancing food and drink intake was also tricky – particularly to a young man tempted by another beer at a party.

Now he can read label contents, refine his diet and tailor the microdoses – or cut out other food. In the early days diabetics had to monitor blood-sugar levels by testing their urine - it's now done by a finger pinprick blood test.

The insulin has also changed. It used to be extracted from pig or cattle pancreas but is now a synthesised version from human insulin. Insulin pumps can now deliver regular doses through a needle into the abdomen.

Alan says there's no reason a diabetic can't play their sport of choice, and lifestyle need not be impinged. At 65, he is still enjoying life and working, as a flooring salesman in Richmond. He could reasonably permit himself a smile when remembering that at age 14, one doctor told him he might not see 30.



Alan Mirfin, in control.

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A head for snow-clad heights

GOLDEN BAY'S GILLIAN JACKSON HAS SCALED MANY OF OUR TALLEST PEAKS.

Camped high up in the Southern Alps, climber Gillian Jackson would use her boots as a pillow because it stopped them being iced up in the morning. Her thin sleeping bag was the only thing between her and the rocks or snow because the tent had no floor.

The pioneering alpine climber in the 1940s and 50s made her own dungarees of gabardine, knitted her woollens, an old wooden beer barrel provided the frame for her pack, helmets were unknown, and her footwear was a constant source of grief. Because few women climbed back then, no one made gear for them. She was forced to buy schoolboys' boots, which turned cardboard as soon as they got wet.

"I had lots and lots of blisters every time," says the Collingwood 81-year-old. She also lost toenails.

Crampons were DIY. She made hers out of iron, with leather straps and copper rivets.

Climbers' food consisted of dried apricots, rice, "disgusting dried vegetables", a brick of rye bread made with no leavening agent, cocoa with clumps of milk powder, and bacon. Digestive biscuits were fried in the bacon fat and slipped into a pocket for a snack while on the go.

The gear might have been primitive, but the payoffs of alpine climbing more than compensated.

"The views were sublime. We were high enough to see ridges bouncing away from you in all directions."

And Gillian recalls sunrises setting the sky on fire at 3 in the morning.

Her introduction to the outdoors was not promising. Her father, a chemistry professor who was ex-Army and a rockclimber, liked to get lost to test himself.

"He insisted on taking me for horrid walks ... I hated every minute of it."

Gillian's family emigrated from Wales to Dunedin when she was six. She must have overcome her horror because in her late teens she and schoolgirl mates were living off for ambitious tramps. They once hitched a bus ride with the Alpine Club, and a seasoned climber spotted potential in the athletic teen who seemed to dance across riverbeds (her other loves were gymnastics and music). He instructed the girls in the basics such as how to rope together, belaying the rough sisal cord. The next year he invited Gillian to climb in the Mt Cook region.

While studying physical education and art at Dunedin, she became a regular on Otago University student climbs. Gillian was now cresting 10,000ft peaks. After climbing Mt Sefton, she recalls descending the Copland track and lazing in a hot pool in moonlight watching about 50 wood pigeons diving and tumbling in the rising warm air.

With two other climbers, she made a first ascent of Malte Brun from the Murchison Glacier. One of those companions



Mt Aspiring.



Gillian Jackson atop Cheval Ridge on Malte Brun.



head for the hills

Get into the great outdoors by joining a walking or tramping group. See our What's On listings for day-tramp schedules.



Framing Mt Ngaruahoe in the central North Island.

was a young medical student who would later become a household name.

"Fred Hollows saved my life," Gillian says gratefully. A quick-thinking Fred threw his pack in front of a rock crashing towards her. It split his pack but diverted away.

On the way out of the mountains, Fred succumbed to snowblindness, and, says Gillian, "I think that is when he decided what a terrible thing it is not to see."

(Fred's work, mainly through The Fred Hollows Foundation, is estimated to have restored sight to a million people worldwide.)

On a later trip she met another medical student who had just crossed a glacier solo and was very glad to meet her group because he had no food. Gillian gave Barrie Jackson scroggin – in those days a huge cake-sized slab of nuts, fruit and chocolate bought from the Cadbury's factory in Dunedin and broken up with an ice axe.

She made many first ascents in the South Island, some with now-husband Barrie. Highlights included from the Copland up Mt Sefton from the Douglas Rock hut, and a traverse of Mt Cook by a previously unclimbed route.

Gillian makes casual reference to roping up waterfalls and hauling 30kg packs up afterwards as the weather closed in.

She was a natural climber, thanks to her gymnastic training, "good balance and a bit of nerve".

All those skills are crucial when inching down an ice-laden "chimney" of rock, or sloging up a razor ridge on Mt Tasman, "considered the best ice climb in New Zealand". On some sections of that trip her companion invited her to take the lead – unheard of for a woman. "I liked that very much."

She remembers being roped to Barrie once in a snowstorm so thick they couldn't see each other.

"I heard this polite voice – 'Excuse me, can I have a belay?' He'd fallen down a crevasse." Barrie's instinctive jab with his ice axe stopped him from sliding into the depths.

The couple were now living in Nelson, and after the birth of their fourth child in 1964, Gillian put away her axe for good. She taught art at Nelson College for Girls for 15 years.

She acknowledges that her passion for alpine climbing was dangerous – nine people she knew died in the mountains – and says she was always cautious.

"I climbed everything at least 20 times the night before. I was very nervous, really – and on the day as calm as a millpond."

However, "I've had my frights". On one mountainside a rock the size of a table began sliding as a companion jumped off it. Gillian, roped below in its path, had no escape. Miraculously, the rock split and passed either side of her.

She once took the weight of a fallen 12-stone (77kg) climber – thankfully the rope was belayed round a rock. On another occasion, a woman Gillian was tied to lost her footing. The rope tore the skin off Gillian's hands as she was being dragged towards a precipice. She finally halted the slide.

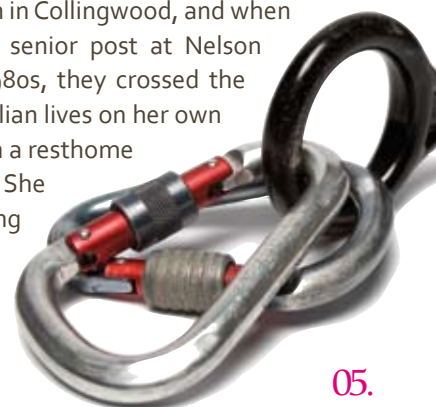
Gillian says the key to staying alive in the high mountains is experience, judgment, and most importantly, "you have to know when to turn back".

She always felt each climber was responsible for his or her fate. However, with her young son on the end of a rope, his wellbeing rested in her hands alone.

"What if he fell – I didn't have the strength to carry him out."

The Jacksons still tramped throughout the region, taking children Victoria, Cathy and Chris, with toddler Rebecca on her mum's back in a crude harness made from an old wicker-pram seat. By the time son Chris was six, he had been up Mt Arthur, the Tablelands and the Cobb. Cathy was a challenge to keep track of on Mt Patriarch: "We couldn't see her above the tussocks she was so tiny."

The Jacksons had a bach in Collingwood, and when Barrie retired from his senior post at Nelson Hospital in the early 1980s, they crossed the Takaka Hill for good. Gillian lives on her own now – Barrie has been in a resthome for the last four years. She remains active, giving piano lessons and the occasional art lesson at the school.



Conquering the dreaded write stuff

ONE IN FIVE PEOPLE STRUGGLE WITH WORDS OR NUMBERS. WE SPOKE TO TWO OF THEM.

"I've never cost the country any money – I've never been out of work," Kevin says proudly. The 64-year-old has a freehold home and money put aside for his retirement, yet he concedes that another life slipped away from him – because he couldn't fathom words on a page.

Kevin is dyslexic. It took six decades to have that diagnosed. As a youth he was three years into a plumbing apprenticeship, flying through the practical work. But the theory, the written stuff, defeated him. His frustration eventually torpedoed the budding career, and later stopped him taking up a fitter and turner apprenticeship. Kevin could understand most words but he wasn't seeing them properly, which meant he would say or spell them incorrectly.

"What I wanted to say I couldn't write, and it used to piss me off," he says – apologising for his language.

Kevin has had a solid working life in manufacturing. He is skilled in light engineering and even chocolate making. At one stage he was running a complicated production line of 30 staff, so there's no question his brain is up to speed – except for the words. He now works in the fishing industry in Nelson, and most people at his stage of life would be

easing down towards retirement. Kevin, however, had unfinished business. At the start of this year he listed his goals for 2010. He wanted to use a computer so he could explore interests such as country music, and to email his children (in Wellington and Sydney). First he had to master the dreaded print.

He heard about Adult Learning Support, but contacting them meant dismantling the defences he had built up over a lifetime.

"It took me three weeks to ring up ... when I came here I was shaking like a leaf." At the Nelson centre, Kevin was identified as dyslexic. Under a Government scheme, he is entitled to 25 hours of remedial tuition. For two hours a week now, after work, Kevin sits with tutor Kate, or at a computer program that develops his reading and pronunciation.

"The first couple of weeks I wasn't that good to live with," yet after just six weeks he was seeing results. "I don't know why I didn't do it 40 years ago." With his wife's help, their home computer is also being tamed. At work, Kevin still can't fathom how to get a printout of his online payslip – "but then most people can't either," he laughs.

■ Wayne knew he had a problem with writing. He omits letters and drops endings such as "ing", or would get numbers mixed up. The 56-year-old, who now works in the security industry, has always been upfront with employers.

"Bring them onboard. Forget about your pride; forget about your self-righteousness." Wayne has found "99.9 percent" of supervisors and colleagues supportive. "Most people want to see you succeed."

He says he has always been on top of his learning disability – "but sometimes it just gets on top of you". After a specific issue at work, his current employer recommended that he contact Adult Learning Support.

He attends three times a week, mostly working with a computer program that uses games to improve his ability to recognise sounds. From that he identifies letters, building them into words, and finally sentences.

Wayne's night shiftwork means he might start a lesson tired, but "it's helping me heaps". By the end of the year he reckons it will be sorted for good ... and if not he'll take extra tuition until it is.



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Weavers cater for final journey

WILLOW COFFINS ADD A CREATIVE AND NATURAL TOUCH TO BURIALS.

Nicola Basham's mum back in England has given her daughter's handiwork the final seal of approval. And we mean final – she intends to be carried to her grave in a willow coffin woven by Nicola and her daughter.

Encouraged by that initial success, Nicola now heads a co-operative of Golden Bay weavers who have put themselves at the forefront of the natural burials movement by making lightweight, environmentally friendly willow coffins.

After she migrated in 2003, Nicola, a former sculptor, experimented with weaving harakeke (flax) at the local marae, but she developed rheumatoid arthritis in her hands.

Whilst back in England visiting family, she did a willow weaving course and found her hands were okay. When Nicola returned to Collingwood she couldn't find a source of willow, so decided to grow her own.

Two land-owners in Pakawau allowed some of their holdings to be planted as willow beds. In autumn 2008, a small group of women mulched the area with three layers of cardboard held down with logs. That winter, 2000 willow rods bought from Oamaru weaver Mike Lillian were planted out.

A 10cm thick layer of eelgrass was added later to suppress weeds until the willows became established.

In winter 2009 the first harvest by the Go Willow! co-op yielded 150kg of cut willow – and this year's harvest is expected to be double that, with the tallest willows now reaching 3m.

The rods are dried for six months, then soaked in water to regain their flexibility for weaving.

Willow was also harvested from Tapawera and Paynes Ford (helpers included Diana Dumont, Robin Jones and Linda O'Connor).

During 2009 Nicola taught fellow enthusiasts Hazel Pearson, Suzie Toder and Julia Kelsall how to weave. Their first creation was a willow coffin, which they entered in the BayArt Competition and won the Supreme Award.

So much interest was expressed in the coffin that the four now specialise in making them -- for any type of funeral. The standard coffins are 1.86m long and weigh just 15kg. They have been tested to carry at least 150kg in weight and can be fitted with a waterproof (and biodegradable) cornstarch layer and an unbleached cotton lining.

Batches of different willows are used to vary texture and colours.

Each coffin takes 50 to 60 hours of work and retails for about \$2000. The women who create them all intend to have willow coffins – as do many of their friends, says Nicola. Her mum's is being stored in her brother's barn.

"She was rather squeamish at first, but after she went to the funeral of a friend who had a willow coffin, she thought it looked so beautiful she asked me if our woven one could be for her. We proudly said, of course."



go natural

For more information go to www.gowillow.co.nz or Ph 03 524 8733. The willow coffins are distributed through Living Legacies in Motueka, and Nelson funeral directors Shone and Shirley.



Nicola Basham in her Willow patch

Turning midwife for monarchs

RAE HERD IS HELPING TO SAVE A SOURCE OF DELIGHT.

Rae Herd lives in a butterfly house. Sprinkled round the entrance hall and lounge of her Nelson home are a dozen fat caterpillars munching on swan plant, more than 50 monarch pupae, or chrysalises, hanging from plants, and four newly emerged butterflies drying their wings.

The house guests are enjoying Rae's protection because outside they would be savaged by wasps and the African mantis, she explains. Her "nursery" is part of a national effort to boost monarch numbers – a campaign that has now expanded to include native moths. Pesticides, habitat damage and climate change have raised fears for the beautiful monarch. Butterfly Bay in Northland was hit badly. Tens of thousands of monarchs once overwintered there. A count in 2004 found about 20.

The monarch has introduced generations of Kiwi children to the wonders of nature. A national trust is encouraging protection and public education. Volunteers like Rae breed the butterflies and release them with a small sticker on their wings. Anyone finding a "tagged" monarch can enter the serial number on a database that keeps track of populations.

Last year Rae released 240. She took some to the pre-school centre next door, where the children were thrilled to do the honours. Another batch of a dozen went to a retirement home for residents to liberate.

"They just loved it. One little Scots lady said, 'Oh, they are so beautiful I don't want them to leave me. Aren't I daft'."

Rae latched on to butterfly breeding six years ago to "fill a gap" after ending more than three decades with amateur dramatics in Nelson.

She grows her own swan plants. "It's no good people going along and buying one swan plant," she says, recommending two or three, with one of them in a pot so it can be taken inside. The very hungry caterpillars do little except "eat and poop".

After emerging from pinhead-sized eggs, the caterpillars bulk up over 10 to 12 days. They spew a gummy blob onto a plant branch, turn themselves around and stick their butt to the blob, then hang upside down and form their distinctive green chrysalis, or pupa. A few weeks later the chrysalis splits and the monarch emerges.

Rae also breeds a clutch of moths – yellow and red admirals, magpie and cinnabar – growing nettle as a food source.

She would love to see butterfly gardens established round the district. Any backyard can be transformed with the right plants, and they don't need much space. She also recommends monarch breeding as a great interest for people who are not mobile any longer.



get back to nature

through one of the many walking groups listed in What's On, at the back of Mudcakes and Roses.

When not tending to her insect midwife duties, Rae sells train tickets for the ride at Founders Heritage Park. Nelson-born and raised, her career was with the old Post Office. Check out [HYPERLINK "http://www.monarch.org.nz"](http://www.monarch.org.nz) www.monarch.org.nz or contact the Monarch Butterfly NZ Trust, c/o NZ Post, Russell 0242, or email [HYPERLINK "mailto:trust@monarch.org.nz"](mailto:trust@monarch.org.nz) trust@monarch.org.nz.

Harvesting the hops

BY ANDREA ANN KEPES

Whenever hops-pillows maker Chrystal Pitcher displays the picture below on her stall at markets she says older women gather around and tell stories of when they picked hops themselves, or were taken to the harvest by their mothers – right into the 1960s.

The women were paid by the bushel. They took their children out of school to help, and caught the train to Motueka. The younger ones would sleep under the bushes.

Chrystal says the harvest lasted four weeks and was a great social event, with the extra income appreciated.

In her business, Chrystal has revived an age-old remedy for sleeplessness, using small hops pillows placed beside an ordinary pillow or inside the pillow slip. When the pillow is squeezed, oil in the hops works by relaxing the central nervous system, reducing thought activity and promoting sleep.

Hops come from the cannabaceae family, which includes hemp. Apart from being the main ingredient for beer, hops are a mild sedative and sleep aid. Germany's official watchdog for herbal medicines has approved hops for sleep problems, restlessness and anxiety.

Chrystal's journey into self-employment began when she joined the local herb and edible garden club. She

sources freshly dried, spray-free hops from NZ Hops Ltd and mixes them with lemon balm and lavender, another relaxant, for added fragrance.

"I have to wear a mask while working with the hops because otherwise they make you really drowsy," she says.

Chrystal stitches the small pillows herself, using a variety of natural fabrics that allow the herbs to breathe.

Hops pillows are not recommended for those suffering from depression, as the sedative action may accentuate symptoms.

Pregnant women and those with oestrogen-sensitive breast cancer should also be wary because hops may contain an oestrogenic compound. The use of hops pillows for babies is not advised.

Chrystal is now branching out into making decorative hops wreaths and propagating hops plants.

Her advice to others starting up a business is to persevere, never give up on your dream – and listen to what your customers want.



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Invaded by friendly forces

A RECIPROCAL TRAVEL SCHEME FORGES BONDS AROUND THE WORLD.

Lois Diaper is still in touch with the first overseas visitors she hosted through Friendship Force 11 years ago. Fellow Nelson branch members John and Daphne Widdowson have also maintained contact with visitors going back many years.

The trio can attest to the effectiveness of the organisation's aim to spread peace through friendship. Founded in Atlanta, Georgia in 1977 – and given a huge boost by President Jimmy Carter – the Force is now in 70 countries, with 26 clubs in New Zealand. The Nelson branch has just celebrated its 25th anniversary.

Members travel in groups of about 20 and are billeted by the host country. Nelson has welcomed groups from Germany, Brazil, Korea, Japan, the United States and Canada, among others. A group from Minsk in Belarus is about to arrive.

In turn, local members travel the world on annual excursions.

Quite apart from its lofty ideals – the Force was nominated for the 1992 Nobel Peace Prize – the set-up takes much of the stress from travel and gives members the intimacy of staying with locals.

"You get so much more out of a visit," says John. A local host can also circumvent the language difficulties.

"We live as they do there," adds Daphne.

The tourists – called "ambassadors" – go to major attractions as a group, and on free days their hosts take them to special places.

In Nelson, "we've got a lot of contacts," says Daphne. Force members who are orchardists have hosted gatherings at vineyards, a hop farm or kiwifruit orchard, for instance. John and Daphne take their house-guests to Pelorus Bridge for a "beautiful example of New Zealand bush".

The host co-ordinator receives US\$100 per person per week, and that covers admission to attractions and group dinners etc. Hosts are not paid, but receive hospitality in kind when they travel. John and Daphne billeted a couple from Sydney and found themselves staying with the same people on a reciprocal visit.

Visitors are paired with hosts according to interests, and can even be in email contact a month or so before arrival.

Nelson is a popular destination and welcomes about three groups a year, for a week each time.

Membership of the Force is \$35 annually, and ages range from the 60s to mid-80s.

Daphne says they would love to sign up younger members. For those still working, day hosts are available to shepherd visitors and return them at night.

Top local attractions include Lake Rotoiti, World of WearableArt museum and Abel Tasman.

Lois, Daphne and John see themselves as ambassadors for their region. The concept must work because visitors will often return on private trips, and "Christmas is fun when the cards start arriving," says Daphne.

New Zealand chapters keep each other informed of upcoming trips, and Nelson members can join another chapter's tour if spaces are available. Worldwide, the Friendship Force has logged close to 9000 trips, which amounts to a heap of goodwill.



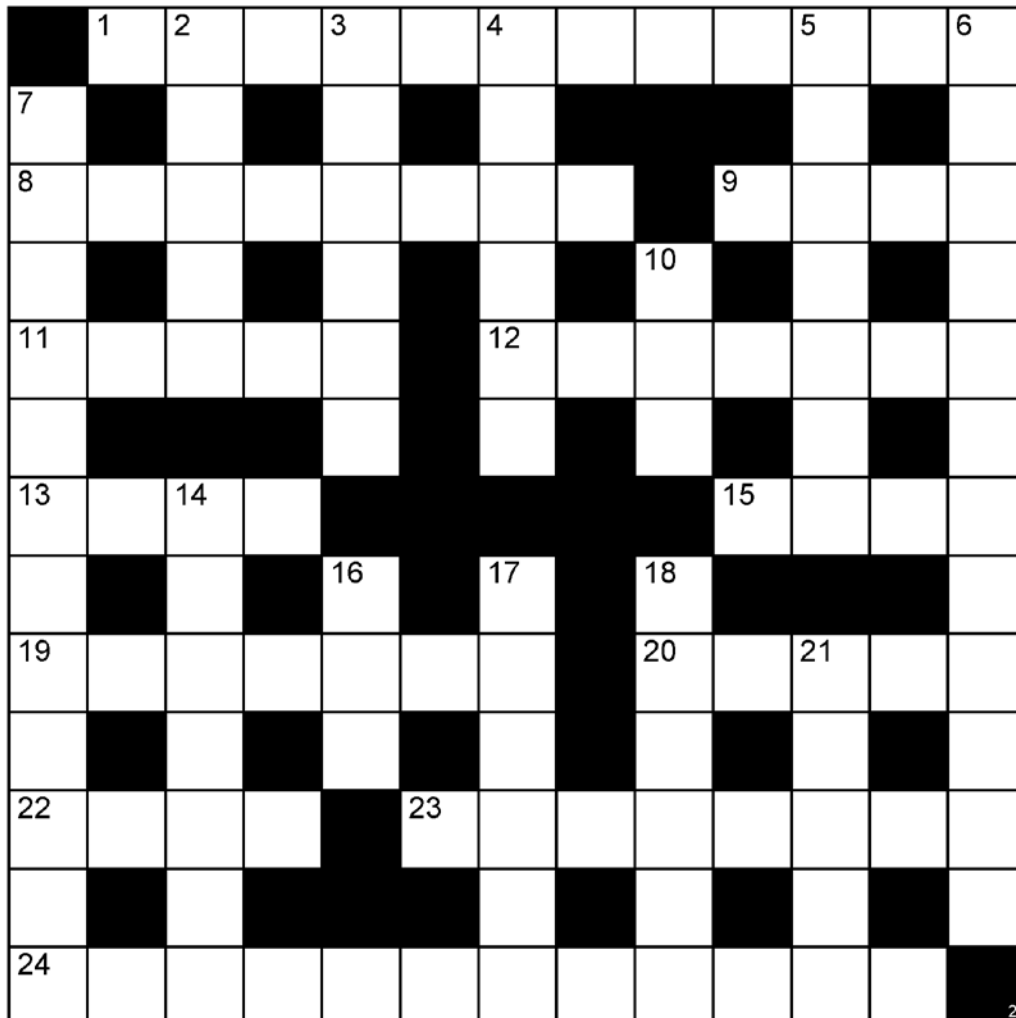
feel like a trip?

For those who like getting out and about, Stoke Seniors has a Travel Club. See our What's On listings at the back of Mudcakes and Roses.



Across:

1. Making glass better (6,7)

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1. Financial amends for injury etc (12)
8. Throw down, upset (8)
9. Shape (4)
11. Fall on bended knee (5)
12. Outer, external (7)
13. Crushed cocoa-beans (4)
15. Cipher, nothing (4)
19. Payment after retirement (7)
20. Vagrant (5)
22. Whirl, stagger (4)
23. Authorise, give validity to (8)
24. Those no longer children (5,7)

CLUES DOWN

2. Abnormally fat (5)
3. Corolla leaves (6)
4. Restricted in width (6)
5. Separate, seclude (7)
6. Mentioning of important 'friends' (4-8)
7. Group on specially assigned task (7,5)
10. Pen for swine (3)
14. Band for binding the hair (7)
16. Fasten, attach; awkward situation (3)
17. Inborn, natural to the mind (6)
18. Framework on which ship is built (6)
21. Foreign, from elsewhere (5)

Harder Clues**CLUES ACROSS**

1. Financial amends come in post an adjustment is needed (12)
8. Upset vet or run around(8)
9. Something to sit on and fill out (4)
11. Bend the leg Ken broke, and feel only half (5)
12. External view of exit to watch over (7)
13. They write his mightiness (4)
15. There's nothing at the end of countdown (4)
19. Money after working in a continental boarding-house (7)
20. Walk up and down if it has no route as a cargo boat(5)
22. Dance one may cotton on to (4)
23. Authorise a penalty in Ascot, turning north (8)
24. Minors or guys no pens can write about (5,7)

CLUES DOWN

2. Very fat old bee swallowing sulphur (5)
3. Staple different parts of flowers (6)
4. Restricted in outlook with a right to be worn out (6)
5. Set one apart from it so ale can be brewed (7)
6. Mention of important people might mean taking a fall (4-8)
7. At Labour do, a group on a special assignment (7,5)
10. Story of being without alternative accommodation is swinish (3)
14. The musicians take water in France and bind the hair with it (7)
16. Mend something if up before ten (3)
17. It is inherent with nine at the sort-out (6)
18. Has in store some punishment for the old offender (6)
21. It may be the enemy who's so strange (5)

A trouble shared is eased

A LIFELINE COUNSELLOR FINDS THE JOB REWARDING, IF NOT EASY.



The calls don't normally get to seasoned Lifeline counsellor "Barry", but he's still human.

"I hung up one evening and just burst into tears."

In that instance the caller was being sexually abused by a relative, and the enormity of this betrayal of trust was too much to bear for family man Barry.

Fortunately, he has what he calls his "Lifeline family" to fall back on – caring colleagues and a supervisor who acts as a release valve for the emotional pressures of the job.

Barry, who has been a volunteer telephone counsellor in Nelson for 15 years, says the "man-on-a-ledge" calls are quite rare. People seeking a sympathetic ear more commonly have financial woes, a problem that they don't feel they can share with friends, or are mental health patients in the community.

Some of the latter might call three times a day, and Barry has a few regulars he has been "walking alongside" for a decade and a half.

"They just want to have that calm, reassuring voice – particularly a familiar one."

Lifeline counsellors are trained to be "creative listeners" and non-judgmental. They are not there to solve the problem. Callers are encouraged to "fossick in their own resources and come up with their own solution".

Lifeline also offers face-to-face counselling.

Nelson has 33 counsellors, with another dozen now in training (mature volunteers with life experience are valuable). They do 50 hours of training. Some Lifeliners are studying counselling at NMIT, others are just compassionate people who want to give something back to society.

Barry is one of the latter. A few decades ago he was the archetypal Kiwi rugby-playing farmer north of Auckland. But the caring gene was there. One day he discovered

meditation techniques that would eventually change the negative "hard-wiring" in his brain, helping him to get on top of periodic bouts of depression.

Now 61, a grandfather, and a different person "physically, mentally, emotionally and spiritually", he also left the farming behind when he moved south with his wife and children.

Lifeline colleagues have been invaluable in dealing with Barry's personal tragedies, particularly the death of a grandchild.

When on late-night phone duty, his 3 1/2-hour shifts can be done from home. Nelson is part of an alliance of seven smaller centres that field each other's calls.

Counsellors quickly become adept at assessing a caller's frame of mind. For the small number who are a danger to themselves or others, as a last resort the counsellor will contact a supervisor to determine if summoning police, ambulance or the mental health crisis team is necessary.

Even callers with minor concerns can be mustering the courage to reveal a far more serious problem. Counsellors will coax, but "the call goes where the caller wants to take it."

Barry says he always tries to leave callers in a positive mood, having formulated some action they can take to relieve their plight.

You can reach Lifeline at 03 546 8899, or 0800 LIFELINE.

■ "Barry" has been given anonymity out of respect for his family, Lifeline clients and the organisation's philosophy. He did want to express his gratitude to his wife for supporting his commitment to Lifeline.



take the
burden off
your shoulders

A friendly voice is a phone call
away at 03 546 8899,
or 0800 LIFELINE.

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Knocking off the steep one

ROSE STEPS UP TO THE CHALLENGE OF GETTING FIT.

You can take the path to fitness one step at a time. Rose Davies of Nelson took 357. That's how many steps there are from the top of Tamaki Street to Princes Drive, and Rose set herself a personal goal of conquering this Everest of paths – with help from the Green Prescription team at Nelson Bays Primary Health.



get up and be active in your area

Check out our Recreation
Provider pages for activities
in your area.

Feeling brighter and energised, Rose began walking more, with Green Prescription challenges to keep her focused. Then she knocked off the big one.

"At first it was really hard and I was puffing like an old train on the way up, but I was determined so I just looked at the next few steps and went for those, then stopped and had a rest..."

"I took deep breaths, and kept plodding until all of a sudden I was on the last step - I'd made it to the top! I felt hugely pleased with myself ... what a view!"

Rose has since tackled the Tamaki St steps again, up and sometimes down.

Her advice to others who want to improve their lifestyle: "Don't think too much about it, just go and do it."

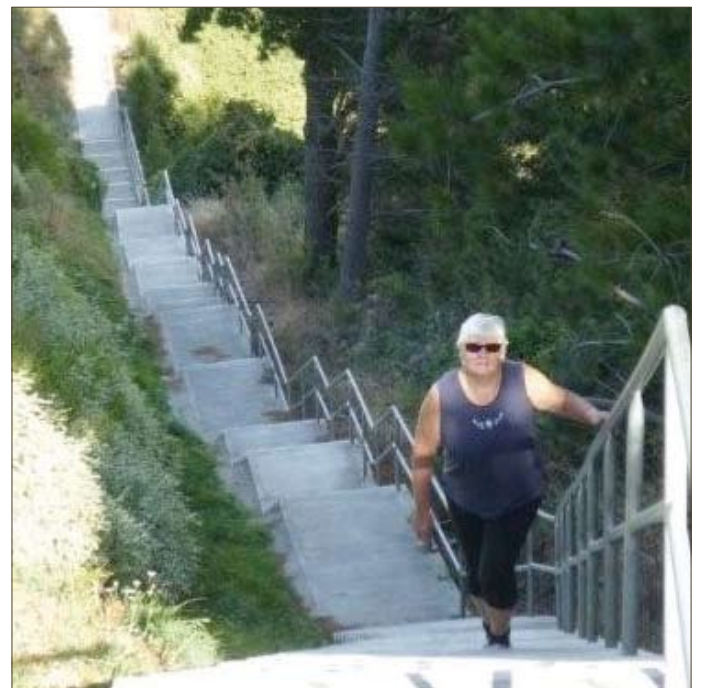
Your GP or nurse can provide a Green Prescription referral. For more details phone Leigh Dalzell, GRx Co-ordinator, Nelson Bays Primary Health, 03 539 1662 or 0800 731 317.

Last October, the 57-year-old, a longtime asthmatic with high blood pressure, was at a low point. She knew it was important to kept fit, but she was an unhealthy weight and worn down by shiftwork, disrupted sleep and family stresses.

Her doctor, Mike Mawdsley, issued her a second Green Prescription.

Rose's previous "Prescription" hadn't worked out, but this time she knew she was ready, and together with support-person Bee, she took a hard look at her lifestyle, exercise and nutrition.

Rose felt she needed a buddy to keep her motivated for classes or walks. She also felt nervous about people seeing her in a swimsuit, but she summoned the courage to try an aqua-fit class at Ngawhatu Pool. She was delighted to find a workmate attending the same class – they both vowed to exercise together.



Rose walking the Everest of paths from the top of Tamaki Street to Princes Drive.

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A call for community help

LOCAL ORGANISATIONS COULD DO WITH A HELPING HAND.

Ride to medical appointments

Red Cross is extending its community transport service to Nelson. The mini-van offers rides to people who cannot otherwise afford or arrange to attend medical or community appointments.



The door-to-door service covers Richmond, Stoke, Tahunanui, Nelson City and Atawhai. It is predominantly focused on senior citizens (65+), but is open to anyone who can demonstrate need or are referred by a health provider.

Passengers are asked for a donation, and should give at least two days' notice of their upcoming appointments.

Working in conjunction with DHBs and Primary Health Organisations, the Red Cross service aims to reduce the number of missed appointments. New drivers are always needed for the service. To find out more and to book your ride, phone Amy or Fraser on 03 546 5012 or 0800 733 276.

Strike up the band again

The pipes, the pipes are calling ... former players, that is, who are willing to help youngsters learn the bagpipes or drums.

"We lose an awful lot of players," says Richmond and District Highland Pipe Band member Joy Gowan. Youngsters head off to university, or players gravitate to bands that are geared towards competition.

"We are really a nursery band as far as the young ones are concerned."

Joy is on the lookout for experienced bandspeople to act as tutors, even if they have not played their pipes or drums for a while.

"To see the smile on a young pupil's face when they finally achieve something makes it all worthwhile."

The Richmond band has about 14 members at present, half of them learners. Band-members meet at 6 pm on Tuesday nights in the Richmond Town Hall. Contact Joy Gowan on Ph 03 544 8200.

Ramp builder needed

Nelson Hospice is on the lookout for a volunteer builder to install ramps in patients' homes. Spokeswoman Mary Garner says their patients need prompt alterations to their homes as they cannot go on official waiting lists for the ramps to be installed.

A local building firm donates the timber, and the volunteer – possibly a retired builder – knocks up the ramps, which range from "a small wedge" to reasonable-sized structures. The jobs are intermittent, with sometimes weeks or months in between.

Mary says the ramps make a huge difference to patients' quality of life. The "ramp volunteer" also installs handrails in homes.

If you can help, phone Mary on Ph 03 546 3912 or email mary.garner@nelsonhospice.org.nz.



Put out the call

If your community group needs volunteers, send us an email.

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Competition winners

Congratulations to the three winners of our Nelson Arts Guide competition: M. A. Palmer (Pohara), Betty Don (Atawhai) and P. H. Flood (Marybank).



Marsden artworks come home

A PIONEERING FAMILY'S PAINTINGS ARE OFFICIALLY RETURNED TO ISEL HOUSE.

The Marsden Collection of 23 paintings, mainly of British or European origin, have officially returned home to Isel House in Stoke.

The assortment of oil paintings, watercolours and engravings was bequeathed to the Cawthron Institute Trust Board through the estates of Frances C Marsden and Mary Marsden. In December 2007 the board decided to gift the works to the Tasman Bays Heritage Trust, which oversees the Nelson Provincial Museum, but the bequest conditions meant 11 of the paintings could not be donated. So the board went to the High Court, which eventually sanctioned the "sale" of the paintings to the trust for \$1.

All 23 have been in the care of Isel custodian John Harper for a year, so they were handed over in pristine condition.

The small ceremony on Monday 26 April 2010 officially reunited the paintings with the rest of the pioneering Marsden family's collection of furniture and china, donated to the museum by the Cawthron board in 2001.



Landscape With Sheep, painted about 1700 by Rosa da Tivoli, joins the collection at Isel House.

ALFAB
WINDOW TINTING

Crossword
Solutions

CLUES ACROSS

1. Compensation 8. Overturn 9. Form
11. Kneel 12. Outward 13. Nibs
15. Zero 19. Pension 20. Tramp
22. Reel 23. Sanction 24. Young persons

CLUES DOWN

2. Obese 3. Petals 4. Narrow 5. Isolate
6. Name-dropping 7. Working party 10.
Sty 14. Bandeau 16. Fix 17. Innate 18.
Stocks 21. Alien

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NELSON TRAVEL CLUB

"A Great way to socialise and see the region"

We invite you to join the Nelson Travel Club; the travel club provides fun organised day trips and tours. Take the opportunity to sit back, relax and enjoy the sights without the hassle of driving. There is no joining fee, you simply pay for the trips you choose to attend.

Each month there are day trips visiting different attractions and events. There are also club tours, ranging from overnight trips, through to 10 day tours.

To join the club for free, contact Jared at Nelson SBL on PH: 03 539 0834 or Email: jared@nelsoncoaches.co.nz



WHAT'S ON?

JUNE - JULY 2010

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

Golden Bay

Nordic Walking

Ph Michelle 03 528 0252.

Wednesday Walkers

Meet at Information Centre carpark, Takaka, leaving 9.00 am. Bring morning tea, raincoat etc, light boots or walking shoes. Contacts: Bron Thorneycroft Ph. 03 525 8627, Bob Kennedy Ph. 03 525 9958 or Ian Pogson 03 525 9365. (Grade 1 easy to Grade 5 strenuous).

2 June: Pupu Hydro Walkway \$2 (2)

9 June: Mt. Burnett (lunch) \$6 (4)

16 June: Pohara Valley-Ligar Bay \$2 (2)

23 June: Totaranui-Separation Pt, and return* (lunch) \$6 (1-4*, choose how far you go)

30 June: Druggans Dam (lunch) \$7 (3)

7 July: Totara Avenue-Ferry Pt. (lunch) \$7 (2)

14 July: Birds Clearing-Wainui Hut (lunch) \$4 (4)

21 July: Milnethorpe-Collingwood (beach) \$5 (1)

28 July: Waitui Stream-Vospers Hut (lunch) \$5 (4).

Motueka

Motueka District Museum

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

Motueka 50+ Walking Group

Meets the last Thursday of each month in the Uniting Church Hall (rear of church), High St, at 9.30 am. Contact: David Collis Ph. 03 526 6797 or Gabrielle Finnigan Ph. 03 540 3400.

Motu Weka Neighbourhood Centre 60+ Social Club

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

Motueka Recreation Centre

Move To Music: 50+, Tuesdays and Thursdays 9.30 am, with Anna. \$3.

Badminton: 7.00-9.00 pm every Thursday. Court fee \$3, racquet hire \$3.

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

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

Centre Gym: 9.00 am - 9.00 pm Monday to Friday, 9.00 am - 4.00 pm on weekends. Ph. 03 528 8228 or fax 03 528 8560.

Nordic Walking

Ph Michelle 03 528 0252.

Murchison

Murchison Community Resource Centre

Murchison Daytrippers. Berylla Jones Ph 03 523 9875.

Nelson

Nelson Fifty-Plus Walking Group

Farm walks, mini-walks and fortnightly tramps for reasonably fit people.

1 June: Mt Malita. Bernie Ph 03 545 1003.

10 June: Kumeras. Dennis Ph 03 546 4305.

15 June: Combined luncheon (with mini-walkers). Noel or Carolyn Ph 03 544 2286.

24 June: Port Hills. Judy Ph 03 547 2885.

Mini-walkers

June 8: Coastal Planting, Motueka. Ph Mary 03 540 3373.

Nelson Old Time Dance Club

Dances 12 June and 10, 24 July, Richmond Town Hall, 7.30 pm - 11.00 pm. \$3 members, \$4 non-members. Home-made supper. All welcome.

Nelson Provincial Museum

For exhibitions info visit www.museumnp.org.nz.

Nordic Walking

Jacqui Ph 03 544 1645.

Stoke Seniors Club

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

Regular activities

Scrabble Club - Mondays 1.00 pm (Stoke Seniors Hall)

Euchre - Tuesdays 10.30 am

Mah Jong - Tuesday 1.00 pm (Seniors Hall)

500 Club - Wednesdays 1.00 pm.

Art class - Mondays 10.00 am & 1.00 pm. \$4

Walking group - Tuesdays 10.00 am from the Memorial Hall carpark.

Tai Chi - Wednesday at 10.00 am (beginners).

Gentle exercises - Thursday 11.30 am

Pilates - Wednesday at 10.30 am (beginners). \$5 All the above classes meet in the Stoke Memorial Hall

Monthly Movie - third Thursday afternoon of the month. Ph. 03 547 2660.

Sit and Be Fit - Wednesdays at 11 am. \$3

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

Social Seniors Choir - Thursdays 11.00 am to noon.

Card Making - 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 - Contact the office on Ph 03 547 2660 or Email stokeseniors@xtra.co.nz

Also Tuesday-Thursday Meals Middy meal for \$8 (non-members), \$6 (members). Ph 03 547 2660 to book by 9.30 am the day before.

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.

Friday 9.00 am - noon - Age Concern Easy Exercises.

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

Contact Elaine Mead, Ph. 03 544 7624

Age Concern offers:

Client Support and Activities Elaine Mead, Activities Coordinator, Ph. 03 544 7624
Prevention of elder abuse: Jim Davis, Ph. 03 544 7624
In-home Support Services: Kerrie Varcoe, Ph. 03 544 7624

Club 50

A social group of mature adults. Contact Jackie on Ph. 03 544 3955 or email trrc@nel.sporttasman.org.nz. All activities start at 9.30 am at the Tasman Recreational Resource Centre, Richmond - unless otherwise stated.

1 June: Railway Reserve Walk. Either walk from TRRC or have a ride to the beginning of the track at Queen St. \$2. Bring morning tea to share.

8 June: Founders Book Fair.

15 June: Image consultant Judy Crowe. Bring shared morning tea. \$5.

22 June: Rabbit Island Walk. \$2. Bring morning tea.

29 June: Sell Buy Swap. Have a clean-out in your wardrobe. Bring shared morning tea. \$2. Gather in the Meeting Room, TRRC.

6 July: Mid-Winter Lunch at Smugglers Pub. Please register for this dinner. \$13. Meet at 9.30 at TRRC to carpool.

13 July: Theatre Royal Visit. Morning tea at Zumo's Cafe.

20 July: The refurbished Richmond Library. Morning tea back in the Meeting Room. \$2.

27 July: St Michael's Church, plus a short walk to the old Waimea West Cemetery. \$2. Bring own morning tea.

recreation PROVIDERS



JUNE - JULY 2010

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

Cherill Cooper
Ph. 03 525 8832

Gentle Exercise

Golden Bay Physio Clinic
Sit and Be Fit classes every Tuesday at the Community Centre. Gold coin donation. Fun exercise to music.
Jacinda Pomeroy
Ph 03 525 9708.

Golden Bay Contract Bridge Club

Leigh Gamby
Ph. 03 525 9744

Golden Bay Garden Club

Diane McIntosh
Ph. 03 525 6121

Golden Bay Patchwork and Quilters Guild

Liza Eastman
Ph. 03 524 8487

Guided Gym Session

Wednesday 12 -1
Georgie Stone
Ph. 03 525 6110

Indoor Bowls/Cards

Senior Citizens Club Rooms
Mary Couper
Ph. 03 525 8445

Mah Jong

Ethel Smith
Ph. 03 525 8615

Marble Mountain Country Music Club

2nd and 4th Sunday of each month at the Senior Citizens Clubrooms.
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 Alexander
Ph 03 528 0252

Pohara Bowling Club

Jennifer Westrupp
Ph. 03 525 9621

Probus

Jan Sawers
Ph. 03 525 9197
Robin Manson
Ph. 03 525 9359

Puramahoi Table Tennis

Rene. Ph. 03 525 7127

SeniorNet [Golden Bay]

Beginner-level courses in home computing. Classes, workshops and meetings are held in clubrooms at the Takaka Showgrounds. Contacts: Ken Mitchell, Ph. 03 524 8249, Rosemary Jorgensen Ph. 03 525 7565 or Morfydd Barker Ph. 03 525 7465.

Tai Chi for Arthritis

Ann Marshall
Ph. 03 525 8437

Takaka Golf Club

Ph. 03 525 9054

Takaka Golf Club Ladies Section

G. Turley
Ph. 03 525 9122



Takaka Spinning Group

Jan Weston
Ph. 03 525 9374

Takaka Table Tennis

Rene Ph. 03 525 7127

University of the Third Age (U3A)

Aileen Hunt
Ph. 03 525 7345

Upright and Active Falls Prevention (65+)

Presbyterian Support
Cherie Thomas
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 Thorneycroft
Ph. 03 525 8627
Bob Kennedy
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 for details.

Hope

Hope Midweek Badminton Club

Carolyn Mason
Ph. 03 541 9200

Nelson Veterans

Tennis Club
Hope Courts every Thursday
Summer from 9.30 am
Winter from 10.00 am
Ph. 03 547 6916

Mapua

Indoor Bowls

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

Low-Impact Aerobics and Pilates

Wakefield, Upper Moutere and Mapua

Ph Lynda Mabin
03 543 2268

Mapua Bowling Club

Arnie Ahnfeldt
Ph. 03 540 3032

Nordic Walking

Michelle Alexander
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 Maru
Ph. 03 528 8228

Arthritis NZ

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

Gym & Fitness Centre

Studio Gym 275
Catherine Walsh
Ph. 03 528 4000

Healthy Hearts Club

St Thomas Church Hall
Wendy Brown
Ph. 03 528 6692

Indoor Bowls

Motueka Senior Citizens Hall
George Riordan
Ph. 03 528 7960

Line Dancing

Motueka Senior Citizens Hall
Beryl Sturgeon
Ph. 03 528 8265

Line Dancing (Beginners)

Huia Clubrooms, High Street, Motueka
Mondays 7-9.00 pm.
Sue Wilson
Ph 03 528 6788.

Marching

Motueka Veteranettes Marching Team
Bev Clementson
Ph. 03 528 9125

Motueka Bowling Club

Don Ph. 03 528 7208 or Pat Ph. 03 528 9129

Nordic Walking

Michelle Alexander
Ph 03 528 0252

Riwaka Bowling Club

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

Riwaka Croquet Club

Sally Goodall
Ph. 03 528 8296

SeniorNet [Motueka]

Computer learning for the over 55's at 42 Pah Street. Volunteer tutors run small classes that make your learning stress-free. Contact Mary North, 03 540 2758, or Maureen Hutton (membership secretary) 03 528 0630.

Social Recreation

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

Upright and Active Falls Prevention (65+)

Presbyterian Support
Cherie Thomas
Ph. 03 547 9350 ext 712

University of the Third Age (U3A) Motueka

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

Walking

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

Yoga

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

Murchison

Murchison Community Resource Centre:

Mondays:
Sit and Be Fit, 10.45 – 11.30 am. \$2 a session.

Pilates, levels 1-3 5.15- 6.15 pm. Suitable for all ages and fitness levels. Bring a mat if you have one. \$5 a session or \$40/term. Tutor: Tracey Bradley.

Wednesdays
Tai Chi For Falls Prevention, 11.00am Improves lower limb strength and balance. \$2.

Walking Group 1.30pm Keep active while enjoying fresh air and company. Ph Berylla Jones 03 523 9875 for more info.

Nordic Walking

Jacqui Sinclair
Ph 03 544 1645

Nelson

Age Concern

Elaine Mead, Client Support and Activities Coordinator, is available Tuesday-Friday 9 am to 2 pm. Call 544 7624. For Kerrie Varcoe, registered nurse, ph 544 7624. Jim Davis, Elder Abuse and Neglect Prevention, ph 544 7624. Manager Jim Maguire, ph 544 7624. Address: 62 Oxford Street, Richmond.

For help with taxi assessments, call the office.

Aquatics/Swimming/ Gym

Riverside Pool
Ph. 03 546 3221

Art Group Nelson

Meets first Wednesday of each month. Open painting mornings on the second Wednesday. Tutorial days in the last week of each month. All welcome.
Judy Ph. 03 548 1170.



Arthritis New Zealand

Nelson Bays Service Centre – enabling a better quality of life for those with arthritis. Community Groups Centre, 50 Halifax Street, Nelson Ph 03 546 7689 or 0800 663 463 Open 9.00 am to 2.00 pm Monday to Thursday. Clinics: A free one-hour, confidential clinic. Please phone the Nelson Service Centre, with the exception of Golden Bay. This service is offered to non-members too. Donations welcome. We also have exercise groups information and a comprehensive range of information on arthritis. We need more volunteers for two or three hours a week, in the office and the Hospital Pool. Please contact Deirdre at the Service Centre if you would like to help.

Belly Dancing

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



Bodyvive (Low Impact)

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

Cardiac Club/Gym & Fitness Centre

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

Cardiac Support Group

The Heart Foundation and Cardiac Liaison Nurses from Nelson Hospital provide information and support to people affected by Cardiovascular Disease. We hold a three-monthly get together for patients on waiting lists through to patients who had interventions several years ago. The group is for anyone with, or at risk of, heart disease, and their families. For details and an invitation to the next meeting please contact Averil at the Heart Foundation, Ph. 03 545 7112 or email: averilw@nhf.org.nz.

Diabetes NZ Nelson

Diabetes Information Centre: 50 Halifax Street, Nelson, Ph. 03 546 6142. Hours: Monday, Wednesday, Friday 11.00 am - 2.00 pm, staffed by volunteers. We stock a wide selection of jams, sauces, recipe books etc. Pamphlets explaining diabetes are also available. Membership \$22.50 annually, open to all interested persons.

Dining4Twelve

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

Easybeat 50+ Aerobics

EasyBeat Aerobics Leigh Dalzell Ph. 03 548 1689 or 021 547 811

Golf Croquet

Nelson-Hinemoa Bev Worrall Ph. 03 548 2190

Government Superannuitants Association

Are you a retired State employee receiving an annuity as a result of your salary contributions to the GSF while employed? Visit www.gsa.org.nz or contact Graeme Valpy Ph. 03 547 6007 or email nelson@gsa.org.nz

Gym

Contours Health & Fitness Ph 03 544 0496

Hatha Yoga

Maureen McKain Ph. 03 546 4670

Hot Yoga

Claire Ph. 03 548 2298

Hearing Association

Offers a range of support and education to anyone affected by hearing loss. Two social groups offer friendship and fun – euchre card group meets Thursdays at 1.15 pm and our monthly social is from 10 am-noon. Guest speakers coming up are: Contact us at Hearing House, 354 Trafalgar Sq, Nelson, ph/fax 03 548 3270 or email hearingnelson@xtra.co.nz



Housie Evening

Stoke Rugby Clubrooms, Neale Avenue, Stoke. Wednesday nights, 7.15 pm – 9.45 pm. Buddy Ph 03 547 3230 or John Ph. 03 547 1689

Leisure Line Dancing

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

Marching

Silveraires Leisure Marching Diana Clark Ph. 03 548 9527

Nelson Caravan Club Inc

Allan Ph. 027 319 7427

Nelson Community Patrol

Phone Suzy 03 539 0409, email suzannerobinson@xtra.co.nz

Nelson Dance Along

Rosalie Winter Ph 03 548 2236.

Nelson Electronic Organ and Keyboard Club

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

Nelson 50+ Mini Walks

Gwenda Wallace Ph. 03 544 5307

Nelson Mail Voice Choir

Rehearsals: School of Music, Monday evenings. Ian Lyttle Ph. 03 545 1948 or Andrew Scott Ph. 03 548 5658

Nelson Masters Swimmers

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

Nelson Petanque Club

Wed and Sun 1.15 pm at Highland Pipe Band Hall Paru Paru Road Equipment provided. Gillian Ph. 03 546 8111 or Ernst Ph. 03 548 3031

Nelson Philatelic Society

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 April

through to October. Presbyterian Church Hall, Muritai St. Tahunanui at 7.30pm. \$2 entry. Ph Joyce 03 548 1224 or Philipa or Ernie 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 Ingram Ph. 03 544 1487

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

Nordic Walking
1hr Taster Sessions and Starter Courses Jacqui Sinclair Ph 03 544 1645

Over 50s Pilates
Body Power Pilates & Yoga Centre
Sue Wilson Ph. 029 281 3735
E: inbox@bodypower.co.nz

Over 50s Yoga
Body Power Pilates & Yoga Centre.
Margot Hentzen Ph. 029 281 3735

Presbyterian Support
Falls Prevention classes for over 65s are free of charge. A 16-week course of modified Tai Chi costs \$48 on enrolment. Classes will be held in Nelson, Stoke, Richmond, Motueka and Takaka. Maxine Poole Ph 547 9350 ext 712.

Probus, Stoke-Tahunanui ladies branch
Meets third Wednesday

each month. Ph Doreen Bateup 03 547 7883.

SeniorNet [Nelson]
Computer instruction for people aged 55 and over. Clubrooms at Pioneer Park, Hastings Street, Nelson. Murray Ph. 03 548 1170. Email contact@seniornetnelson.org.nz www.seniornetnelson.org.nz

Senior Service - Nelson Baptist Church
Inter-denominational service on second Sunday of the month, 2.00-3.30 pm. Transport available. Alan Roberts 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
The Stroke Foundation in Nelson provides a monthly meeting for stroke caregivers, spouse, partner and families who are caring for a loved one. We meet the first Monday of every month, at the Strawbridge Cafe Stoke Mall, at 1.30 pm - 3.00 pm. Information, Education, Help and Support are available and education on Understanding and Preventing Stroke. Next meeting: Monday 5 October. Inquiries to Anne-Marie on 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, phone 03 546-3980 or freephone 0800 244 300. Or have your doctor, social worker, family member, friend etc contact Support Works on your behalf. For details, go to www.nmdhb.govt.nz/SupportWorks.aspx.

Table Tennis
Nelson Table Tennis Club Phil Hamblin Ph. 03 546 6256



Tahunanui Bowling Club
Murray Canning 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 Wednesday evening 7.00-8.30 pm monthly.

Walking Group: Wednesdays 10 am. Meet at the Community Centre, 61 Muritai Street, and walk for approx 1hr. Ph. 03 548 6036

Upright and Active Falls Prevention (65+)
Presbyterian Support Cherie Thomas Ph. 03 547 9350 ext 712

Tai Chi with Gretchen
Trafalgar St (Age Concern) Hall Gretchen Howard 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 10-11 am. All ages and levels of fitness welcome. Ideal for older people, people with disabilities or injuries or just people wanting to get back into exercise in a gentle way. Cost \$3. The New Hub is in New St. Cost \$3. Ph 03 545 9147.

U3A
Ph Caryll 547 6359 or Jean 544 4688.

Ukulele with Gretchen
Learn to play, Wednesday mornings Trafalgar St Hall, (Age Concern Hall) Gretchen Howard Ph 03 548 8707

Veterans' (55+) 9 hole golf days
At Greenacres Golf Club, last Monday of every month. Dick Ph. 03 547 6071 or Club Professional Ph. 03 544 6441

Victory Senior Support
Victory Seniors meet every Tuesday at 1.30pm at Victory Community Anglican Church, 238 Vanguard Street, Nelson, for entertainment, games and guest speakers. Ph. Shirley or Diane on 546 9057, Tuesday to Friday, between 9.30 am and noon.

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



Yoga
Dru Yoga class at Muritai Centre, Tahunanui School, Monday 6.30-8 pm. Casual \$12. Ph Sue Cleaver 03 543 2152

Zenda Middle Eastern Dance
St John's Church Hall, Hardy St Gretchen Howard Ph 03 548 8707

Richmond

Badminton
Richmond Morning Badminton. Dawn Wakelin Ph. 03 544 4120

Body Power Pilates & Yoga Centre
Richmond Town Hall Sue Wilson Ph. 029 281 3735

Bodyvive (Low Impact)
CityFitness Quarantine Rd, Nelson Monday, Tuesday and Thursday 10.20 am Debby Callaghan Ph. 03 547 4774

Crafts, Caring and Sharing
Wesley Centre Mondays 9.45-11.45 am Ph. 03 544 7458 or Ph. 03 544 9174

Croquet
Richmond Croquet Club Eleanor Hannay Ph. 03 547 5424



Easybeat 50+ Aerobics
Leigh Dalzell Ph. 03 548 1689 or Ph. 021 547 811

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

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

Grandparents Raising Grandchildren
Meets last Tuesday of the month at 10.00 am. Presbyterian Church Sunday School Rooms, Muritai Street. Social gatherings second Tuesday of the month at 10.30 am. Paula Ph. 03 544 5714.

Hope-Ranzau Women's Institute

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

Indoor Bowls for Seniors

Church of Christ Hall Cnr Croucher & D'arcy Sts. Tuesday 1.00 - 3.00 pm. Phyllis Haines Ph. 03 544 8383

Knitting Group

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

Line Dance Nelson

Alison Myers Ph. 03 546 9878

Nordic Walking

Jacqui Sinclair Ph 03 544 1645

Pedometers from the Library

Step counters are available from any Nelson City or Tasman District library. \$2 for a 6-week loan. Ask at the counter.

Richmond Bowling Club

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



Richmond Slimmers Club

Margaret Westley Ph. 03 544 7293

Richmond Walking Group

No charge, and all ages and fitness levels

catered for. Mondays at 9.30 am. Tasman Recreational Resource Centre, 9 Cambridge St. Jackie Ph. 03 544 3957 ext 4

Shape-Up Circuit Workout

Fun, simple and effective exercises for all ages and abilities. Friendly, qualified instructor. \$3 a workout. Monday 11.30 am - 1 pm Friday 10.30 am - noon



Tasman Recreational Resource Centre

9 Cambridge Street. Ph Mary-Ann McNatty-Shaw Ph 03 544 3955 trrc@nel.sporttasman.org.nz

Social Recreation Club 50

Jackie Hardy Ph. 03 544 3955

Upright and Active Falls Prevention (65+)

Presbyterian Support Cherie Thomas Ph. 03 547 9350 ext 712

Tasman Recreational Resource Centre

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

Tasman Tennis Centre

Social tennis Tuesday mornings 9.30 am Coaching sessions available. Ngaire Calder Ph. 0272 79 99 38 or Tasman Tennis Centre Ph. 03 544 6083

Tasman Visual Arts Group

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

Tai Chi with Gretchen

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

Ukulele

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

Yoga

Dru Yoga class at Tasman Recreational Resource Centre, Monday 10.30 am - noon. Casual \$12. Sue Cleaver Ph 03 543 2152

Stoke

Clogging/ Tap Dancing

Nelson Sun City Cloggers Georgina Higgs Ph. 03 545 1037

Easybeat 50+ Aerobics

Leigh Dalzell Ph. 03 548 1689 or Ph. 021 547 811

Easy Exercise

Sit & Be Fit for Men & Women Arthritis New Zealand Every Tuesday 10.00 am Stoke Methodist Church Lounge Maureen McKain Ph. 03 546 4670

Hatha Yoga

Maureen McKain Ph. 03 546 4670

Hydrotherapy

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

Introductory Pilates

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

Ngawhatu Bowling Club

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

Nordic Walking

Jacqui Sinclair Ph. 03 544 1645



Safety & Confidence

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

Stoke Bowling Club

Lyndon Penketh Ph. 03 547 4780

Stoke Social Seniors

'Girl's Own' and 'Lads at Large' trips

Anne or Ruth Ph. 03 547 2660

Tai Chi Stoke Memorial Hall Tuesday 1.30 pm Wednesday 10.30 am Walking Group Meets Tuesdays 10.00 am

Table Tennis Nelson

Bryan Keane Ph. 03 547 7530

Upright and Active Falls Prevention (65+)

Presbyterian Support Cherie Thomas Ph. 03 547 9350 ext 712

Tapawera

Visual Art Society Tapawera

Kaye Register Ph. 03 522 4368.

Walking

Rural Ramblers Una Foulsham Ph. 03 522 4083

Wakefield

Easy Exercise

Arthritis NZ, Nelson Nancye Wearing Ph. 03 541 9040

Wakefield Senior Citizens

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

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How I Shot Hamish

BY STEVE RICHARDS, THIS ISSUE'S WINNER OF THE RIMU GROVE WRITERS SERIES.

"Mornin', Mister Glover," she says.

"Mornin', Mrs Hooper."

"Lovely day. Goin' down the wharf?"

"Aye, that's right."

I walk a bit faster to get away. It's always the same, her hovering round the gate until I come out. I mean, it's only three years since my Millie passed on and her being a widow. Well, I know her game and I'm having none of it. I'm just fine on my own, thank you. I walk down Higgs Road and into Aranui as per usual, starting early so I can get a good day in. I've got my kitbag with my camera and lunch in it and some scraps for Hamish. He fetches up in Mapua every year from wherever they gather down south.

He's such a beautiful bird, sort of dignified and elegant—a bit like my Millie. Not that she used to stand on the shed roof waiting for fish, of course. No, it was that quiet dignity she had, while I was all over the place. Even at the end, when she was waiting, you know, and there was nothing any of us could do.

and haughty with his sharp yellow beak. He's looking at me with that beady eye, waiting for the fish scraps. They say we're not supposed to feed him, but nobody's looking and anyway, I don't care. What can they do to an old man?

Barney's right, of course. I've been coming down here since Millie died, trying to get a good shot. The bird always beats me to it — circles around, flapping and stretching that great long neck. Pinches the food before I can get my lens focused. It's like he knows. Then he squawks and floats back up to the red roof.

Now I'm out in the bay in my dinghy. I've got my rod trailing off the stern but I never catch much, like Barney and me did in the old days. Well, now I just go out for the peace, to have a quiet think. It was fine when I left the wharf but there's a southerly getting up and the water's choppy. I'm a bit far out for comfort, and the rain's coming down hard, but I'm okay.

Then, what do you reckon? Here he is, up there circling the boat. It's Hamish all right, and now he lands on top of the mast with a squawk. The dinghy is slopping about in the swell, but I have to take my chance. I reach for the kitbag and pull out the camera. I'm just sizing up a good close-up when I lose my footing and fall backwards. I hit my head a real sharp crack on the gunwale and I don't remember a thing after that.

Well, Barney makes a good yarn of it. "First we knew," he says, "is when that bird comes flapping over the shed with something hanging from his beak. I see it's a strap with that darn camera of yours on the end, dripping wet, and blow me if he don't drop it right down in front of Wally and Frank and me and squawk like a mad thing. Then he's flying off towards the camp and back again, squawking like he's telling us something.

"Well, the penny drops and we runs off to raise the alarm with the Coastguard, and Frank says, 'Let's get the outboard'. So we're off up the channel into the bay and there he is again, flying round and round us. We follows him out for about 20 minutes, and then Wally says, 'There! Over there, I see something!'

"We gets close and sure enough, there's old Glover's dinghy, bobbin' about and the damn bird sitting up there on the mast, squawking. Well, we gets alongside and there you are, lying senseless in the bottom of the boat. I tell you, Vel, that storm was brewing strong and you'd have been away out to sea and capsized but for that bird. You'd have been a goner, for sure."

So I'm back, safe and sound, and me and Barney are sitting outside the Smokehouse. I've got my new camera and it's a beaut. One of these new digitals that does it all for you. We're sitting there when he comes right down from the roof and lands on that log next to the table. He stands there like he's saying, 'Go on then, do it, you daft bugger!' So I takes the picture and he stays still and it's perfect! Then he looks at me with that beady eye, and just flaps away.

So the next time you're in the old photo museum on the wharf, have a look on the wall, just inside the door. There he is, large as life, and that's how I shot Hamish.

*** How I Shot Hamish won the inaugural Mapua Literary Festival short story competition.**

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Anyway, here I am in my usual place on the seat by the boat ramp.

"Still trying to catch that bloomin' heron, are you, Velvet?" he says.

"Harry. It's Harry to you, Barmy."

"Yeah, and it's Barney to you."

"You was always the same when we was on the apples, muckin' about when we was trying to work."

"Aye well, you were on that forklift for 30 years and where did it get you, eh? Bloomin' redundant, that's where."

I don't rise to it. I know the old bugger too well.

"Same old camera?"

"Yep, same one. Manual exposure and shutter speed, 300 mil zoom. Suits me just fine. I tell you, Barney, I'll get him, if only he'll come near enough."

"You been comin' here for years now, Vel, feeding that bird. He gets the better of you every time."

"I'm waiting, see. Waiting to get the right shot. The light has to be right — not too bright — and he has to stay still."

Barney goes off muttering to himself and leaves me alone, and now here comes Hamish, all legs and feathers, gliding down from the roof. He stands there like royalty, all white and proud

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There is no place like the "Top of the South," where cleansing sea breezes blow positive energy ashore and the sunshine hours are as long as the open countryside is wide. No wonder the region is the fastest growing in the country and an unbeaten location to retire to.

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While many residents are born and bred in Tasman Bay others have migrated north in search of the golden weather. Jane Scandrett is case in point. After many visits to Honeymoon Bay near Kaiteriteri, Jane and husband John decided to trade their alpine lifestyle in Wanaka for a bolthole near the beach at Oakwoods.

"We needed to make a move and when we visited a friend here, we loved the feel of the place, we just knew it was for us." Athletic and fiercely independent Jane says, "We weren't looking for company when we arrived it was more for the security, the proximity to the coast and medical care for John." Fifteen years later Jane has no regrets, "I love the congeniality of the village."

Nobody knows Oakwoods quite like Judy Ross. Before retiring here two years ago Judy spent the previous 18 years working in the village as a receptionist and a social co-ordinator. Judy believes the trick to retirement villages is, "not to wait until you are unwell. Having the comfort and support of people of a similar age is a great thing."

Judy is one of the 'Under Seventies' group members who have their own Happy Hour on Wednesday nights. "The atmosphere here is wonderful," says Judy, "but we don't live on each other's doorsteps."

Among the many get-togethers, village highlights include social morning teas and the monthly themed dinners, where dress ups are encouraged. Weekly afternoon outings are another favourite, which all makes for an active and thoroughly enjoyable retirement. Your only challenge may be fitting it all in!



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