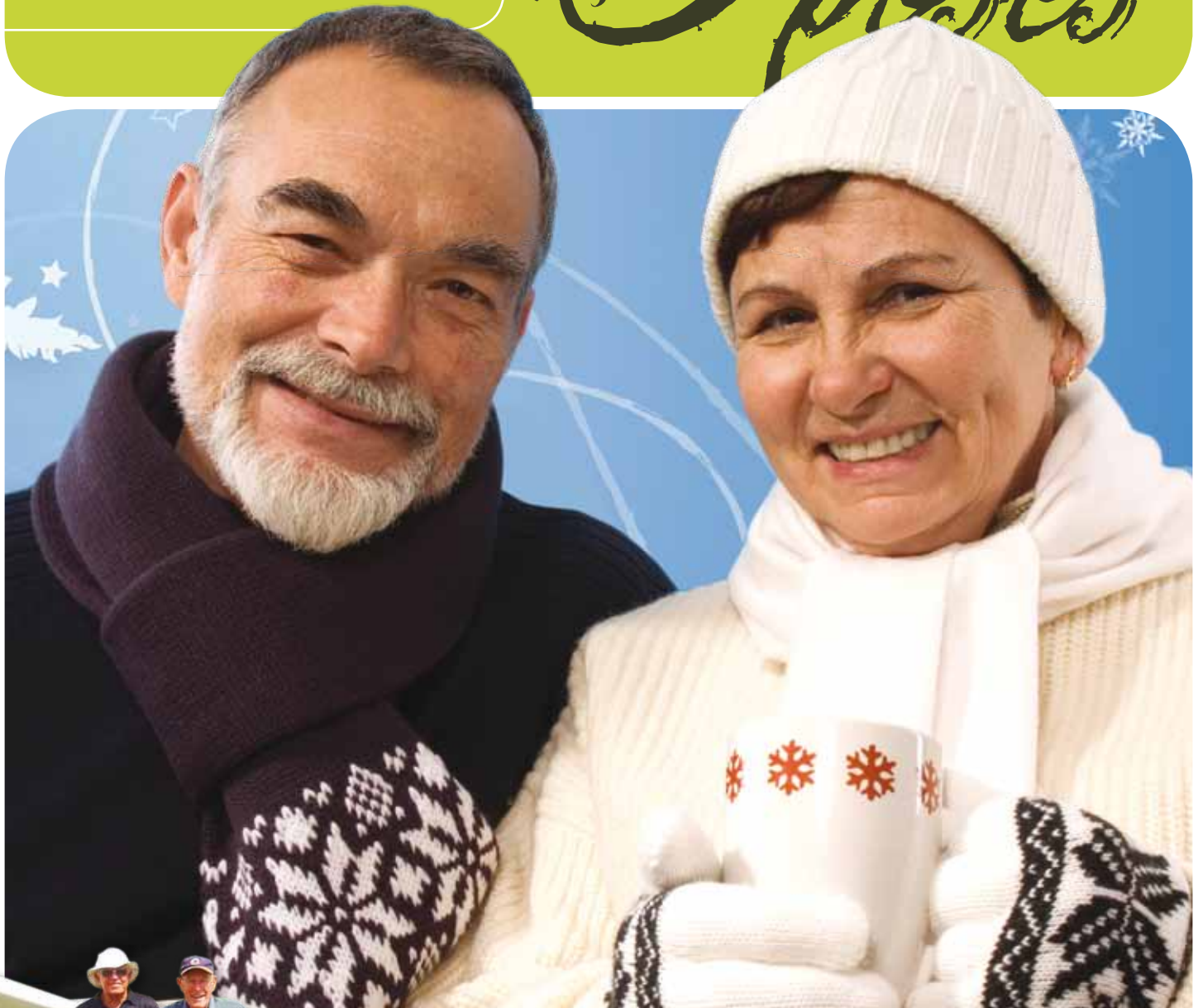


Mudcakes

and



SENIOR GENERATION ACTION
AND ISSUES – NELSON TASMAN



04.

Sore point for
a soaring spirit

10.

Make your precious
home safer

12.

Fine music at a
bargain price

Flyboy doctor, quaking roses and fine music

Winter is officially here. Wrap up warm with our tale of a 92-year-old glider pilot and former GP who helped to bring more than 1200 babies into the world. Our gardening correspondent Philippa Foes-Lamb says it's time to get tough with roses, and we preview a new guide that will help you to make your home safer and warmer. If you feel like an outing, the Motueka Music Group holds concerts in the beautiful Chanel Arts Centre for a bargain ticket price. Check out the story.

We also have our usual crossword to keep the brain cells bubbling, and profile two gracious ladies left to rust away on the foreshore.

Winter is the time for comfort, for good food and warmth, for the touch of a friendly hand and for a talk beside the fire: it is the time for home. – Edith Sitwell

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Changes for Mudcakes

This is the last issue of Mudcakes and Roses to be mailed free to readers. The magazine will still be widely available, at no charge, in Council service centres and libraries and Richmond Mall. You can also read the magazine online at Tasman District Council's website, www.tasman.govt.nz/mudcakes – which is accessible to friends and relatives in far-off places.

If none of those avenues suit, readers can continue to receive the magazine in their mailbox, six issues a year, for a small annual fee of \$10. Simply call Tara Cater, Executive Assistant, at the Tasman District Council on Ph. 03 543 8578 and let us know your name and address. We will send out a subscription pack that includes details on payment options.

Mudcakes and Roses, 14 years old, will be around for a long time yet to entertain, inspire and inform you about the many colourful characters in our midst, plus services and activities available for senior residents in the Nelson-Tasman region. Happy reading.

Thanks to our sponsors



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

Pixie Town stars return to Nelson

Pixie Town is returning to Nelson as part of the National Antique Bottle & Collectables Show in early June.

Richmond's Rob Packer has amassed a collection of Pixie Town characters. The small carved wooden elf-like figures were placed in a mythical town setting and animated by hidden machines, to the delight of Nelsonians during the 1950s and 60s.

Pixie Town was originally displayed in the former Tratherns clothing store in Trafalgar St and latterly at Miller's drapers shop in Hardy St. For the princely sum of 1-shilling children could watch the mechanical figures at work. There were dentists, boat builders, carpenters and shipyard workers.

Pixie Town proved so popular that a factory was set up in Vanguard St, making sets for export. They were shipped to Australia, the United States and Britain.

Farmers department store in Auckland had a Pixie Town to keep children amused while their parents shopped. The Otago Museum in Dunedin recently held a popular exhibition of the little figurines.

The Antique Bottles & Collectables Show, being held at the Trafalgar Centre, Nelson over Queen's Birthday Weekend (2-3 June) will feature some of New Zealand's finest – and strangest – private collections of antiques and memorabilia, ranging from funeral jewellery to police badges, old soda siphons to money boxes.

Appropriately, in the Queen's Golden Jubilee year and during the Queen's Birthday Weekend, showgoers will have a rare opportunity to watch archive film footage of Her Majesty's visit to Nelson in 1954. The original 16mm film has been re-mastered by the Nelson Amateur Video Club and is a snippet of local history, showing how the crowds lined

the streets for a glimpse of the Queen and Prince Philip.

In addition to the many displays, antique dealers will be selling everything from vintage jewellery to retro clothing, Art Deco furniture to chintzy china.

Doors open 10.00 am – 4.00 pm on both days, and entry is \$5.



Bathtime in Pixie Town. The box beneath held wheels and levers to animate the figures.

Keeping You Focused

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Sore point for a soaring spirit



Miles Hursthouse's first membership issued by what was then the Nelson Gliding Club.

The ding in the fender of his family saloon has dented the pride of Miles Hursthouse. Five years of war service and a history of fast cars, big motorbikes, glider aerobatics and powered aircraft left hardly a scratch on man or machine. And now this. It hurts.

At 92 years of age, Miles is still flying gliders – probably the oldest pilot in the country. He was involved in a “smash-up” recently when a vicious crosswind spun his glider into a fence after landing, but his passenger was a highly qualified instructor who could vouch that Miles’ flying skills were not at fault.

Club rules now prevent him taking up paying passengers, simply because if anything did go wrong, it’s not a good look to report that a nonagenarian was at the controls. A half-century of exemplary flying tells a different story. Miles holds a receipt for Membership No.1 from the club, which at that time was based at Nelson Airport.

He was fated for adventure. Born in 1919 in Hastings, Miles survived the Hawkes Bay earthquake as a boy. Aircraft were the darling of the age. When famous aviator Charles Kingsford-Smith barnstormed in offering ten shilling flights, Miles was distraught because “I didn’t have 10 bob – it was a lot of money in those days.” Luckily, a rival pilot priced his jaunts at 7/6 and Miles was airborne for the first time. “It shook me right through.”

He was studying law at Auckland University, sidelining in the Territorials, when World War 2 was declared. Within minutes the phone rang to call his unit up.

Too young to be posted overseas, he was soon commanding artillery batteries, most notably at Tairoa Heads near Dunedin, living in a tent throughout winter, with no water supply. One of his own men proved more dangerous than the Japanese. The sergeant went AWOL

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for a dalliance with a Dunedin lass, and when returned to base by the Military Police, he attacked Miles, who fended him off. A short time later, Miles jumped into his small truck. It freewheeled backwards and he only managed to avoid a cliff by crashing the vehicle into a larger truck. Investigations revealed someone had severed the brake lines.

Miles was soon in the Pacific, based near Nadi for a year or two and checking the installation of gun batteries across Fiji. He was inducted into the local army – and can still speak Fijian. He ventured up into the New Hebrides (now Vanuatu). The ship was stalked by a Japanese submarine, and dodged bombers, but back in Fiji, a tiny stomach bug did what the enemy couldn't – put him out of action and into a Suva hospital. After recovery he returned to New Zealand on leave, then was back in the islands, now a captain and training US forces in Fijian weaponry that they had taken over. He was appointed adjutant of a heavy artillery unit near Suva.

When the war ended, Miles had no desire to return to law, even though the Rehab Department would pick up the bill. He pursued his love of medicine instead, using the "nine-tenths" of the military pay he had saved during his service – possible because the army fed, clothed and housed him. (Rehab ended up paying a small boarding allowance.)

Junior doctors were not well paid then. While he was working at Wellington Hospital, he had to sell his golf clubs for the fare back to Otago for his final exam.

By now married to Jillian, they headed to Nelson in 1952 because it fitted their lists of criteria (his was "navigable water, a good climate, workable hills – i.e. tramping – good fishing and a medium-sized hospital of good repute"). Miles



Miles Hursthouse, left, and fellow gliding club pioneer Arthur Jordan with a GBW Rhonlercher glider.

also has a long family history with the area going back to 1842 – John Wallis Barnicoat was his great-grandfather.

Miles Hursthouse served Nelson as a GP for three decades – helping to bring 1275 babies into the world – then after further training, set up a dermatology and radiotherapy service. General practice in those days was "a wonderful job" because doctors were such a huge part of patients' lives, he says. Each day started with housecalls from 7.30 am until 11, and many were regular check-ins for which no fee was expected.

"It was a great experience – very tiring and knockabout, but gosh, worth every minute of it."

As for the gliding club, he credits fellow founder Arthur Jordan as its backbone. Miles guaranteed a loan to buy the first two-seater training aircraft, and has served as an instructor, secretary and president. He is now Patron.

The club is based at Lake Station, near St Arnaud, and has recently replaced the launch winch designed and built

by Arthur in the early 1960s. The club muster of aircraft is five, with members privately owning double that number.

Miles has been flying for so long that "I just feel part of the aircraft". Turbulence can be "very unpleasant", and apart from that tangle with the fence, his biggest close-call was in 1963 when he had to land his glider in a paddock during a crosscountry flight that ended 8km short of Omaka airfield in Marlborough.

Moments such as circling over the Mt Arthur Tablelands, hearing the West Coast surf as he could see Nelson in the distance, or flying between the mountains near Springs Junction, keep him in the air.

He and Jillian have a couple of sporty cars in the stable. The motorbikes are long gone, but when a mate turned up recently on a gutsy Vincent Black Shadow, well, Miles had to take it for a spin.

If you'd like to learn more his remarkable life, Miles has published his autobiography, *Vintage Doctor: 50 Years of Laughter and Tears*. Contact him on 03 548 3533 for a copy. All profits go to the Hospice.



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Get stuck into those roses



Philippa Foes-Lamb

As the cold begins to bite my fingers and toes, my thoughts skate towards spring and this makes me smile because before long new buds will be bursting with life. I love deciduous trees at this time of year, especially when there has been a frost because their branches shimmer in the early morning sunlight.

This is the perfect time to peruse gardening books and seed catalogues, making plans for the coming season. Our ornamental gardens are showing their bare bones, which makes it easy to see what's working, what's not and where there are gaps to be filled.

More vegetable crops can be planted under cover, either in a glasshouse or under a cloche. You can also improvise by using Microclima frost cloth (the open weave type) draped over stakes. It lets sunlight and moisture through and creates a miniature microclimate.

If you have a sunny sheltered spot, plant containers with mixed salad greens for mid-late winter salads, or a combination of rocket, mizuna and Asian greens (pak choi, wong bok) for stir fries. Container plants can be susceptible to waterlogging in winter so take any saucers away.

Rose pruning is in full swing, so don your strong gardening gloves, grab your sharp secateurs and advance with a brave heart. I always find roses grab me very painfully no matter how hard I try to avoid it happening. Different types of roses require slightly different pruning. Here are a few methods I use.

Firstly, rose pruning is a personal thing. It is up to you how much you want to take off your roses. If a rose hasn't performed well, don't be afraid to prune it back fairly hard. Roses are tough customers and in lots of cases they thoroughly enjoy being pruned right back. If your rose looks exceptionally strong and healthy, a light prune (taking it down about 1/3) works well.

Make clean, slanted cuts just above fat, healthy buds, removing as much dead wood as possible.

With bush roses (hybrid teas, floribundas, old-fashioned varieties), look for the strongest outward-facing buds and remove any growth that is pointing inwards or crossing over.

Standard Roses – as for bush roses.

Climbers – Remove any growth that is coming out towards you and look for buds that will produce sideways or upwards growth.

Ramblers – Hedge clippers are your friend when it comes to mature ramblers. Make sure your clippers are very sharp to avoid crushing the stems. Just trim back any growth that is coming towards you and give the top a clip back too.

Carpet Roses – Hedge clippers are also wonderful for pruning these. It can be difficult to remove all of the dead wood from carpet roses because their growth can be slightly tangled.

All types of roses benefit from the ragged outer layer of the scion (the bulge where the main canes emerge) being rubbed with a wire brush or steel wool. This may sound harsh but it encourages more strong canes to emerge.

Until next time, happy gardening.

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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?
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Mudcakes & Roses Noticeboard

Helmets for scooter riders?

Motorised scooters are a popular way for the elderly to stay mobile, but Australian health experts warn they can also be deadly, and perhaps riders should wear helmets, the Sydney Morning Herald reports.

The latest research reveals as many as 700 people are hospitalised each year in Australia after accidents on the scooters and at least 62 riders have been killed in the past 10 years. Most deaths were the result of a collision that caused a head injury.

"The high prevalence of head injuries, particularly among fatalities and serious injury cases, indicates that improved head protection such as the wearing of helmets may warrant further consideration," says a Monash University study.

Both Nelson City and Tasman District offer courses for users or those thinking of buying a scooter. Contact Krista Hobday at Tasman or Margaret Parfitt at the Nelson Council. The courses cover maintenance and repair, safety laws, insurance, funding options, even test-drives.

New crew at Sport Tasman

Sport Tasman, Richmond Recreation Centre and Town Hall (RRC), welcomes Jackie Macintyre and Steve MacDonald into the team. Jackie will co-ordinate Club 50 and assist with Club Recreation group fitness programmes and social health seminars.

Steve will focus on the OSCAR after-school programme, plus he will be relief group fitness instructor and may also pop into Club 50 for the odd visit to join the menfolk.

Club 50, which celebrated its 20th birthday recently, has plenty in store for the coming months: Art and cake decorating workshops, orienteering at Rabbit Island, Founders Park tour and sample the tastes of the bakery, Motueka Museum visit, heritage walks, croquet, and of course the occasional visit to cafes in the area.

A Club 50 newsletter and programme of activities can be picked up from the Richmond Recreation Centre and Town Hall. Contact Mary-Ann McNatty-Shaw at Sport Tasman on 03 544 3955 or visit www.sporttasman.org.nz.

Birthday cheer

Kathleen Beatson, who lives in Woodlands Rest Home, Motueka, wrote and sang a poem for her recent birthday.

Ninety-five

*I'm 95 today
I've come a long, long way
I'm glad I can still get about
I try to sing
When you're noisy, I shout
I'd pay a tribute to all who work here
Please help me give them a jolly good cheer
(Hurray!)*

And thank you all for your friendliness

*I'm 95 today
(Hurray!)*

Submitted by Catherine Lawrence

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Maintenance guide aims to safeguard homes

Homes occupied by older people commonly have inadequate insulation, and a significant number experience problems with the header tank, dampness partly caused by blocked vents to the underfloor area, or "leaky" windows.

Gutters, decks and paths are other major problem areas identified in surveys by the national Good Homes For Good Lives project. Researchers and building experts have now produced a repairs and maintenance booklet to help service providers or the home-owners themselves to assess their properties and prioritise work.

The final programme will be launched on June 30, 2012, but Nelson Marlborough District Health Board is already on track towards implementing it (see boxed story).

"The costs of poorly maintained, poorly repaired and poorly performing homes are significant.

These houses are likely to be cold, uncomfortable and unsafe," says the group behind the five-year project, which was funded by the

Government's Public Good Science Fund.

A national random survey of 1600 older people was followed by case studies in Marlborough, Kawerau, Waiheke Island, Sandringham and the Chinese communities in Auckland and Hamilton.

While 88.8 percent of householders felt their homes were in "Good" or "Excellent" condition, only half said their heating always kept them warm in winter. Just over a third of householders reported problems with damp, mould or condensation, and a quarter said they had slipped or fallen inside or immediately outside their home.

Some 28% of older residents deferred maintenance, either because they lacked the funds, didn't feel the problem was serious enough, were waiting on family members to do the job or had trouble finding tradespeople who would come out for small tasks. The elderly respondents also feared being ripped off by cowboy operators.

The average under-investment in maintenance was about \$9000 a house.

Researcher Kay Saville-Smith says New Zealanders tend to "spot-heat" their homes, so while the lounge is warm, in bedrooms the temperatures fall overnight to well below the recommended 18deg, leading to respiratory problems.

She says the current generation of elderly are stoic, raised in tough times. Their response to cold living conditions is to "harden up and put on another jersey".

Her colleague Bev James confirms that many elderly don't like to complain. Auckland University academic Robin Kearns adds that for many, their precious income goes on more immediate bills rather than "keeping healthy and warm". However, small neglected jobs turn into big problems, and ultimately can send the elderly into resthomes or hospital. An unchanged lightbulb, for instance, creates the gloom that invites a hip-breaking fall.



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Researchers found that the overwhelming preference among the elderly is "to live as independently as possible for as long as possible". They cherish their houses.

The Good Homes checklist is designed to help them stay for longer. It begins with assessments of paths and potential lighting or mould problems caused by trees. Next up are slippery deck or balcony surfaces, entry steps (highlight the edge with white paint), ramps and wide doorways to accommodate a wheelchair etc, the house roof, guttering, door handles (lever action much easier), window stays for ventilation, frayed wires on appliances, puckered carpets, hot water temperatures, and asks if the householder has a fire exit plan?

At the back of the booklet are suggested solutions and a rating system to prioritise the most urgent work. The final programme will include likely costs of specific repair jobs, and a list of trusted suppliers and tradespeople. The booklet will be available through local agencies or to download from the website of Cresa (Centre for Research, Evaluation and Social Assessment), or for groups such as Grey Power to download and distribute to members.

The Good Homes research has been funded by the Ministry of Science and Innovation through its

Good Science Fund since 2008 and led by Cresa. It has involved researchers from Public Policy & Research, Auckland University, and the Building Research Association of NZ.

Putting it into practice

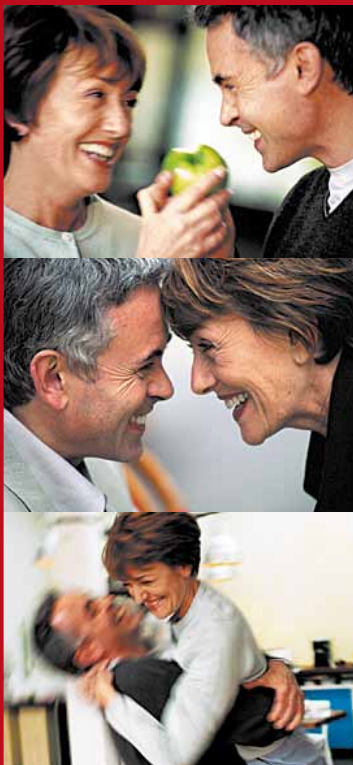
The Public Health Service of Nelson Marlborough District Health Board, and Good Homes, have agreed to work together to provide the booklet for older people in our community.

The health service is hosting a workshop planned for August 2012 where you can meet members of the Good Homes team. They will take you through its use, describe their research findings, and answer questions.

The DHB hopes attendees will take the booklet into their communities to share with others. You will receive the guide, plus support, and will be asked to provide feedback to NMDHB early next year. This feedback will help the DHB and its home safety and housing partners in making future decisions.

To register interest in attending the workshop or offer ideas on how you can contribute to the project, please contact Bronwyn White at Public Health, email bronwyn.white@nmdhb.govt.nz or phone 03 546 1265 or 027 246 1594.

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Friendly cuppa caps fine music

"Tea and bikkies" with the audience takes some top international chamber musicians by surprise, but "they all love it," says Donald Horn of the Motueka Music Group. That touch of Kiwi informality adds to the appeal of good acoustics and cosy surroundings at the Chanel Arts Centre in the town's main street.

The former Catholic church, built of marble, hosts eight to 10 concerts a year, regularly packed to its 130-plus capacity, and at a bargain ticket price of \$20 – unchanged in more than a decade. Donald says the concerts draw people from as far as Golden Bay and Nelson. The "salon atmosphere" is ideal for chamber music, which was originally written for smaller venues anyway, but the centre hall has also echoed to jazz musicians such as Fiona Pears and Whirimako Black.

More expensive concerts, such as the Michael Hill Violin Competition winner Sergey Malov, with Michael Houstoun on piano, in June are subsidised by grants from the Canterbury Community Trust.

The group of Motueka music-lovers first convened in 1975 to take up a Music Federation of NZ (later Chamber Music NZ) offer of touring performers to the provinces. After a successful concert that October, in St Thomas's church hall, a public meeting was

called, a committee formed, and with Herbert Helm as president, three concerts were soon booked for the following year.

In 1977 fundraising began in earnest for a piano, which was bought in July and housed at St Andrew's church. The following year the Music Group presented the first of what was to become an annual event – a youth concert, by young people and for young people. (The Music Group also donates an annual prize at Motueka High School.)

In December 1991, businessman Peter Goodman offered the group the use of his family trust's property, the old St Peter Chanel Church on High St. Six months later, after a stage had been built and new seating purchased – thanks again to Goodman family generosity – the Music Group moved into the Chanel Arts Centre.

Group members set about fundraising again, buying a \$50,000 grand piano in 1994 that was "christened" in a gala concert by Richard Mapp, who donated his fee to the cause. An artists' room and new rimu stage were added in 1999.

Donald says the group has more than 300 members, who enjoy free membership, and volunteer for tasks such as gardening. The centre is hired by other users, and that income covers power and maintenance bills. Ticket revenue goes to the performers, with a little put aside for an eventual overhaul of the piano, for instance.

"Playing on that instrument is a draw-card for top performers," says Donald. Check out the group's website, www.motuekamusic.com, for upcoming concerts.

Thanks to Alison Gamlen for additional text.



STUDIOS AVAILABLE

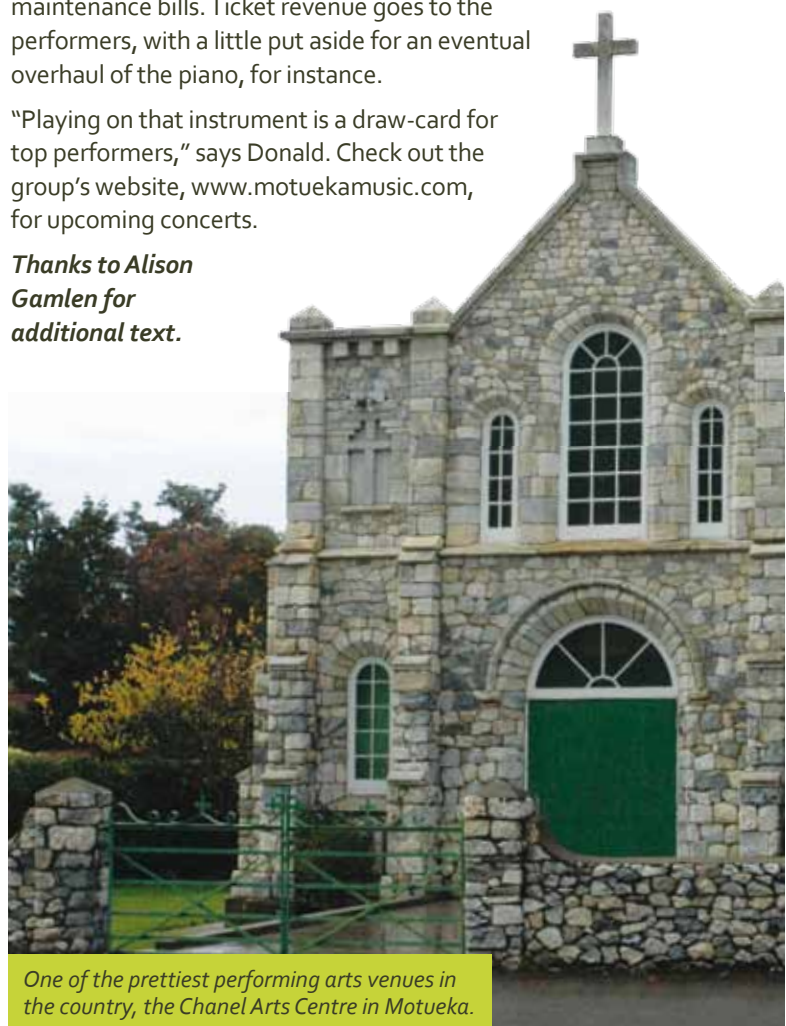


OWNER OPERATED FACILITY
For independent older people who wish to have security and services available.

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



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



One of the prettiest performing arts venues in the country, the Chanel Arts Centre in Motueka.

Across:

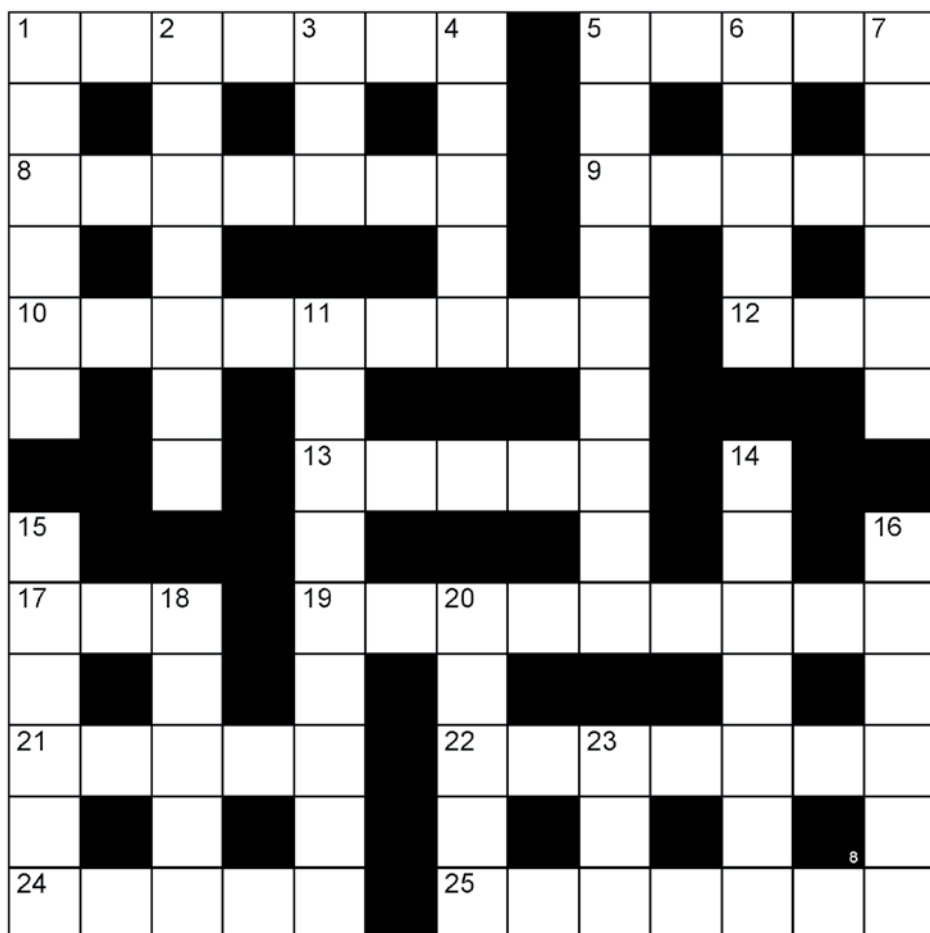
1. Making glass better (6,7)

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

ALFAB

WINDOW TINTING

0800 484 697



Harder Clues

Clues Across

1. Seconds make up such record of meeting (7)
5. A game of cards needing the French to be blown (5)
8. He's being taught to look lecherous about a service (7)
9. In which the building blocks might turn to water? (5)
10. Wine for the best sportsman: a distribution of gen (9)
12. Give one a dressing down for capital cover (3)
13. Be up in arms about sound measure (5)
17. Height in the direction of right (3)
19. Give man on train the sack for standing in the hearth? (9)
21. Support achieved with simplicity and luck, initially (5)
22. Attacks a ship: set forth inside it (7)
24. Go with this fruit as injunction to become actively involved (5)
25. Float operator, one of those who go the rounds (7)

Answers page 20

Simpler Clues

Clues Across

1. Record of meeting (7)
5. Card game (5)
8. One receiving instruction (7)
9. Eskimo ice-house (5)
10. Sparkling wine (9)
12. False hair (3)
13. Be up in arms (5)
17. Moorland height (3)
19. Spark-catcher (9)
21. Artist's support (5)
22. Attacks (7)
24. Tropical fruit (5)
25. Dairy roundsman (7)

Clues Down

1. Spite (6)
2. Great waterfall (7)
3. Sun-brown (3)
4. Raise and lower shoulders (5)
5. Signal of surrender (5,4)
6. One related by marriage (2-3)
7. Despite being (6)
11. Share selection (9)
14. Brain-box (7)
15. Pour out (6)
16. Shade of betting in favour (4,2)
18. Having got up, is (5)
20. Kingdom (5)
23. The sun; fifth note (3)

Clues Down

1. Spite of fictional girl following dream ending (6)
2. Place of natural beauty to gain come-uppance with a painter (7)
3. Naturally, it's bronzing: can you beat it? (3)
4. A gesture might make one gush right in the middle of it (5)
5. Surrender signal discovered when Red Cross left St George's? (5,4)
6. How solicitor is involved by marriage (2-3)
7. Despite a notion being inconclusive! (6)
11. Left piece of paper folded once to contain share selection (9)
14. In Channel Islands raced headless spirit, it being hard ahead (7)
15. Flowing water makes Mother turn up after rest is disturbed (6)
16. Curious offspring for a price of a sort (4,2)
18. Being up is right: is encouraging natural beginners (5)
20. 'This blessed plot, this earth, this —, this England' (K Richard II) (5)
23. Note The Sun in person (3)

What's On



JUNE – JULY 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.

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. To see the walks schedule, go to www.motueka50pluswalkers.org.nz. Meetings on the last Thursday of each month in the Uniting Church Hall, High St, 9.30 am. Contacts: Secretary Norah Morris, 03 528 6290, President Kevin Piper 03 544 8378, Walks Coordinators Bet Glengarry 03 528 8009 and Alan Morris 03 528 6290. For details about Alternate walks, contact Lesley or Ray Crane field 03 527 8113.

Motueka Recreation Centre

Badminton, \$4 court fee, \$2 racquet hire.

60+ Social Club, cost \$6 per session. Ph. Wendy 03 528 8228.

Sit n Be Fit, Thur 10.30 - 11.30 am. \$4.

Sunshine Club, Friday morning 9 am - noon. Morning tea and

activities provided. Free pick-up and drop-off.

\$4. Ph. Wendy 03 528 8228.

Silver Sneakers. Indoor walking group, 9.30 - 10.30 am. \$4.

Centre Gym is open 9.00 am - 9.00 pm Monday to Friday, 9.00 am - 4.00 pm on Saturday (closed Sunday). Ph. 03 528 8228 or fax 03 528 8560.

Motueka social dance group

Dances at Mapua Hall Saturdays 16 June and 18 August. \$6 and a plate (children half-price). 7.30 - 11.00 pm. Ph 03 528 7564 or 03 540 2242.

Murchison

Murchison Community Resource Centre

Murchison Daytrippers. Phone Berylla Jones 03 523 9875.

Nelson

Art Group Nelson Winter Art Exhibition

Stoke Memorial Hall, Main Rd, Stoke, 23-24 June, 10.00 am - 4.00 pm. Gold coin entry. All artwork for sale (Eftpos available). This event attracts art lovers from throughout the region.

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

12 June: Mid-Winter Luncheon, Petite Fleur, Seifrieds.

Thursday walks

7 June: Highfields, M, Richard Boyden 03 544 8028, Adriana de Ridder 03 538 0271, 9.30 am.

21 June: Blunder Rd, Collins Valley (forestry), M, Lyn Callister 03 545 2322, Marilyn Davis 03 548 2167, 9.30 am.

Miniwalks

5 June: Rabbit Island (meet Washbourn Gardens), Gwen Willis 03 547 3315, 10.00 am.

12 June: Mid Winter Luncheon, Petite Fleur, Seifrieds.

Stoke Seniors Club

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

Regular activities

Cycling group – Ph. 03 547 2660 for details.

Learn Crochet – Tuesday 10.00 am.

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 and 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 11.00 am. \$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, 11.00 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 9.30-10.30 am. \$4.

Driving Miss Daisy, call and ride with a friend!



Driving Miss Daisy®

We're There For You

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

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

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

The Driving Miss Daisy service is perfect for:

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

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

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

JUNE – JULY 2012

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

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

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

Tai Chi for Health: Thursday, Beginners 10.00-11.00 am, Intermediate 11.30 am-12.30 pm. \$75 (15 sessions) or \$6 a session. Starts June 6th 2012. Ph 03 538 0072 or email saxtonstadium@xtra.co.nz

Suter Art Gallery

Rita Angus: Selected Works To 14 June 2012. 40 works from one of NZ's pioneering artists.

Bohemians of the Brush: Pumpkin Cottage Impressionists. To 10 June 2012.

The Group

To 24 June 2012. Rita Angus, Leo Bensemann, Colin McCahon, Toss Woollaston, Doris Lusk, Olivia Spencer Bower.

Tahunanui Community Centre
Way2Go Walking. New start time 9.45 am. Meet at the centre. Bring gold card (or \$6) as sometimes we bus and walk, sometimes we just walk.

Gardening Group. Meets 1st Wednesday of the month, 10.30 am, different venue each time.

Counselling (confidential and personal) available. Make appointments through TCC, no cost to client. For details, contact Jo on 03 548 6036.

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.

3 July: Board Games. Bring your favourites such as rummikub, scrabble, cards and dice. Cuppa

and biscuits provided – or bring morning tea to share. Meet at RRC at 10.00 am in Meeting Room.

10 July: Cake Decorating. Margaret Renall workshop. Tea/coffee to follow. Bring a chopping board, damp cloth, apron and gold-coin donation for materials. Meet at 10.00 am in Meeting Room. \$3.

17 July: Founders Park. Including a visit to cafe. Meet at RRC at 10.00 am to carpool. \$3.

24 July: Motueka District Museum. Motueka Camera Club's exhibition. Free entry. Morning tea/coffee in a cafe. Session cost \$3. Meet at RRC at 9.30 am to carpool.

31 July: Orienteering at Rabbit Island. Bring own morning tea. Meet at RRC at 10.00 am. \$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.

Richmond Waimea Community Whanau Group

Where representatives of community groups, services or organisations come together to share information. (Membership is simply by attending.)

Meets the first Tuesday of each month, noon-1.00 pm, Senior Citizens Rooms 62 Oxford St, Richmond (opposite the Age Concern Office). Guest speaker at most meetings. BYO lunch (tea & coffee provided).

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.

Retirement Living and Care at its Best!



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

After 65 years in the family home we are extremely happy with Mum's new beginning and beautiful journey at Ernest Rutherford Retirement Village.

Joyce's daughter Heather:

"Mums attitude has changed towards life, her health is so much better and she now has so many wonderful reasons to get up each day."

Joyce's daughter Lynley:

"This is a new life for Mum without Dad, so it's a huge relief for the family knowing during the night someone is always around should she need a little extra assistance."

Joyce:

"I feel like I'm on a cruise ship without the seasickness! Having the marvellous staff around for a bit of assistance with shopping trips and outings I now have a bounce in my step again."

Joyce, Serviced Apartment Resident

Brand New Apartments

Available now are beautiful brand new Independent and Serviced Apartments. Our Independent Apartments are affordably priced from just \$259,000* and Serviced Apartments, where a little extra assistance is always close at hand priced from \$159,000*. Be in quick as only a few remain!

Ask me about our friendly terms.

**Ongoing service fees apply.*



For more information please phone
Debbie Edwards on 03 538 0882
49 Covent Drive, Stoke

RECREATION PROVIDERS



JUNE – JULY 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

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

SeniorNet (Motueka)

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

Taoist Tai Chi

55 Muritai St, Tahunanui Ph 03 545 8375

Motueka

Aerobics/Gym and Fitness Centre

50+ Aerobics Mot Rec Centre Jody Ph 03 528 8228

Age Concern

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

Arthritis NZ

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

Gym & Fitness Centre

Studio Gym 275 Catherine Ph 03 528 4000

Healthy Hearts Club

St Thomas Church Hall Wendy Ph 03 528 6692

Indoor Bowls

Motueka Senior Citizens Hall. George Ph 03 528 7960

Line Dancing

Motueka Senior Citizens Hall. Beryl Ph 03 528 8265

Line Dancing (Beginners)

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

Marching

Motueka Veteranettes Marching Team Bev Ph 03 528 9125

Motueka and District Historical Association

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

Motueka Bowling Club

Don Ph 03 528 7208 Tony Ph 03 528 9175

Motueka District Museum

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

Motueka 50+ Walking Group

Meets last Thursday of each month in the Uniting Church Hall, High St, at 9.30 am. Heather Ph 03 528 7475 Norah Ph 03 528 6290.

Riwaka Bowling Club

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

Riwaka Croquet Club

Sally Ph 03 528 8296

Scottish Country Dancing

Valerie Ph 03 543 2989

SeniorNet [Motueka]

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

Social Recreation

Kiwi Seniors (Motueka) Vonnice Ph 03 528 7817

Upright and Able, Falls Prevention

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

U3A (University of the Third Age)

Have fun learning 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

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

Tone. Increase Muscle. Burn Fat in this Fun, Easy Aerobics & Circuit class. Thurs 9.30-10.30am, \$5, Tahunanui Presbyterian Church, Muritai Street Angie Ph. 03 547 0198.

**Aquatics/
Swimming/Gym**
Riverside Pool
Ph 03 546 3221

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

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

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

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

Cardiac Club/Gym & Fitness Centre
City Fitness Sharon Ph 03 539 0348

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

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

Marching
Silveraires Leisure Marching Diana Ph 03 548 9527

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

Nelson Caravan Club
Allan Ph 027 319 7427

Nelson Community Patrol
Suzy Ph 03 539 0409

Nelson Dance Along
Rosalie Ph 03 548 2236.

Nelson Electronic Organ and Keyboard Club
First Tuesday of each month, Stoke School Hall, 7.30 pm. \$2. Supper provided. Valerie Ph 03 540 3288.

Nelson 50+ Mini-Walks
Gwenda Ph 03 544 5307

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

Nelson Petanque Club
Wed and Sun 1.15 pm at Highland Pipe Band Hall Paru Paru Rd. Boules and tuition provided. 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.

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, Pat Fuller Ph 03 548 5514.

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

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

Richmond

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

Badminton
Richmond Morning Badminton Dawn Ph 03 544 4120

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

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

Bridge

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

Crafts Caring & Sharing

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

Croquet

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

Easy Exercise

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

Euchre

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

Hope-Ranzau Women's Institute

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

Indoor Bowls for Seniors

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

Laughter Yoga, Richmond

Nourish your wellbeing.
Marion Ph 021 145 3027

Line Dance Nelson

Alison Ph 03 546 9878

Pedometers from the Library

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

Pottery

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

At 9 Cambridge St.
Ph. 03 544 3955
www.sporttasman.org.nz
Easybeat: Mon&Fri 9.00 am.

Ease in2 Easybeat: Mon&Fri 11:15 am.
Shapeup: Mon&Fri 10:10 am.

Sit & Be Fit: Fridays 11:15 am.

Ease in2 Cycling: Social cycling, Mon&Wed 1:00 pm, \$4. Please ring that morning for meeting place.

Club50: Tues 9:30 am, Seniors, social recreation & outings. New member welcome, \$3.

Walking Group: Mon 9:30 am, no charge.

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

Richmond Slimmers Club

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

Silver & Strong

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

Sport Tasman's Club Recreation

9 Cambridge St, Richmond Ph 03 544 3955, \$4
Fitness Easybeat: Monday & Friday 9.00 am
Ease in2 Easybeat: Monday & Friday 11.15 am
Shapeup: Mon & Fri 10.10 am
Sit & Be Fit: Fridays 11.15 am
Ease in2 Cycling: Social cycling Mon & Wed 1.00 pm, \$4.
Please ring that morning for meeting place.
Club50: Tuesdays 9.30 am, Seniors, social recreation & outings. New member welcome, \$3.

Walking Group: Mondays 9.30 am, no charge.

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

Spinning, weaving

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

Social Cards

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

Tasman Tennis Centre

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

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

Stoke**Angie's AquaFitness**

Exhilarating, fun & motivating Aqua Class. Superb way to get back into activity. Comfortable no-impact environment. Be fitter/healthier/stronger. All shapes & sizes welcome.
Tues 10.45-11.45am, Thurs 6.00-7.00 pm, \$6

Ngawhatu Pool, Stoke
Angie 03 547 0198.

Angie's Silver Circuit

Seniors only. Build your strength & stability. Improve balance. Light exercise circuit. Fun, sociable atmosphere.
Fridays, 10.15-11.00 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

Country Music

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

Easy Exercise

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

Stoke Methodist

Church Lounge
Maureen Ph 03 546 4670

Hatha Yoga

Maureen Ph 03 546 4670

Hydrotherapy

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

Ngawhatu Bowling Club

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

Pottery

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

Presbyterian Support

Our Harakeke Club welcomes people who have had a diagnosis of Alzheimer's Disease or another dementia. We provide opportunities for socialising, participating in a varied activities programme, and more.
Mon-Fri, 10.00 am to 2.30 pm. Totara Club. Day programmes for older people, socialising and participating in a personalised activity programme. Both clubs also provide a two-course cooked lunch and door-

to-door transport to and from the centre.

Ph Sasha Spargo 03 547 9350

Safety & Confidence

Kidpower, Teenpower, Fullpower Trust
Cornelia Ph 03 543 2669

Saxtons Sit and Be Fit

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

Stoke Bowling Club

Lyndon Ph 03 547 4780

Stoke Combined Probus 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 11.00 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.

Ukulele Fun

Stoke Memorial Hall, Thurs 10.30 am - noon. All levels welcome. Bring your uke and a sense of humour. Gold coin donation. Ph 03 547 2660.

Upright and Able, Falls Prevention

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

Volunteer reaps as he gives

By Andrea Ann Kepes

Longtime SPCA volunteer Ron Guyton relishes his Saturday morning stints at the animal shelter.

"I get a terrible lot out of it and it's no effort at all," says the sprightly 84-year-old, who has been doing this work for the past seven years. (He also lends a hand on public holidays).

Volunteer Awareness Week, from 17-23 June, has a theme this year of "Building communities through volunteering". So what does a SPCA volunteer do?

Ron works with the outdoors animals, feeding them and cleaning their cages. There is a veritable zoo at the SPCA and he lists his charges as a llama, alpaca, goat, steer, heifer, sheep, ducks, goose and pig. Ron confesses to having a particularly soft-spot for Hazel the goat and Snoopy the pig. At the end of each shift, he likes to check out the cattery and help where he can.

"I've always liked animals – they are very forgiving," says Ron. "When an elderly person has died, you can often see the cat fretting – they grieve just like we do. "Sometimes there'll be a cat that has been neglected or ill-treated and by the next Saturday, I can see a vast improvement, with the animal's trust coming back."

Ron admires the permanent staff at the SPCA, as well as the volunteers, all of whom are very dedicated, he says. A former trumper, he still walks long distances despite a couple of knee replacements.

Ron, who lives close by in Beatson Rd and walks to his Saturday morning duties, has no plans to give up his valuable role.

If you would like to volunteer at the SPCA, call 03 547-7171. For other volunteer work call the Volunteer Centre on 03 546 7681.




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So, if you need home-based healthcare and support, talk to your GP or call **0800 AT HOME (0800 284 663)** and make yourself at home with us.

• Care and support for independent living

Wreck and ruin

Two grand old ladies lie abandoned on the foreshore of Tasman Bay

Minelayer

What's left of the old steamer Janie Seddon rests in the tide near the old stone wharf on Motueka Quay. She was one of two submarine minelaying vessels brought out from England in 1903, and was based in Wellington. (Her twin, the Lady Roberts, worked in Auckland.)

Talleys Fisheries bought the Janie Seddon in about 1936 as their first big trawler. She was requisitioned back by the Navy during World War 2, serving as a Port Examination Vessel in Wellington.

The Janie Seddon played a role in firing one of the first shots by British forces in the war. On 3 September 1939 she

ordered the liner City of Delhi to stop. When it didn't, the Fort Dorset shore gun battery fired a warning round across the liner's bows. It hove to immediately. The captain of the City of Delhi was later fined heavily and ordered to pay for the artillery shell – £40.

The Janie Seddon went back fishing post-war but was unsuited to the task – too big (27.4m) for the fish-rich coastal waters of Tasman Bay, and restricted by the size of her coal bunker to five days' steaming.

The Janie Seddon was laid up at Motueka Wharf in 1950, beached on the mud in 1955, stripped of everything useful and left to rot.



Submarine

Hoddy Peninsula recluse Peter Mackey joked that he would take his dogs to Antarctica in the 12-man submarine he was building on the foreshore at Mahana. Incredibly, the big ferro-cement craft was intended to dive as deep as 200m. After spending about two years and \$12,000 on his sub, Peter abandoned it, complaining about thefts of tools and supplies. He (and four dogs) retreated to his caravan in the Rocky River Valley, off Motueka Valley, and he died about five years ago.

Mapua ferry operator John Ward, who was living in Hoddy Rd at the time and

is a marine engineer by trade, says Peter may have been an amateur, but the plans for the submarine were sound and his workmanship "wasn't half-pie stuff". However, Yorkshire-born Peter told journalist Don Grady a decade ago that the submarine was "the biggest mistake of my life."

The latticed hull of steel reinforcing rods is the size of a whale and lies rusting on the foreshore. The sub never received its concrete coat. Some plywood bulkheads remain, and a ply housing for the propeller shaft.



Crossword Solutions

CLUES ACROSS – 1. Minutes

5. Whist 8. Learner 9. Igloo
10. Champagne 12. Wig 13. Rebel
17. Tor 19. Fireguard 21. Easel
22. Assails 24. Mango 25. Milkman

CLUES DOWN – 1. Malice

2. Niagara 3. Tan 4. Shrug
5. White flag 6. In-law 7. Though
11. Portfolio 14. Cranium
15. Stream 16. Odds on 18. Risen
20. Realm 23. Sol

Looper Caterpillar

BY MONA RANDALL

Holey leaves at dawn reveal
greedy insect's had a meal.
Lift a leaf and tucked behind
you invariably find
looney Looper's here for lunch
eyeing up more leaves to crunch

Lissome lively nimble critter
definitely not a quitter
his voracious appetite
stems from one indulgent bite
no conception when to stop
scoffing your tomato crop

Look at that! He starts again!
Loves his food but lacks a brain
Could you ever be the killer
of this useless caterpillar?
Thumb and finger leave no doubt
he's no longer dining out



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