

# mudcakes & ROSES

ISSUE 62. OCTOBER 2010

SENIOR GENERATION ACTION AND ISSUES – NELSON TASMAN

02.

POSITIVE AGEING  
FORUM UPDATE

04.

BOLD GENES HAVE  
SERVED HIM WELL

15.

FRESHEN UP THOSE  
ROAD SKILLS



# Positive Ageing Forum update

THE POSITIVE AGEING FORUM HEARS WHAT'S HAPPENING FOR THE ELDERLY.

## Official backing for Super Gold Card

The Government continues to support the Super Gold Card, Jill Harris, of the Ministry for Social Development, told the Nelson Tasman Positive Ageing Forum, held on Monday 13 September 2010.

The forum is an umbrella group for agencies dealing with the elderly.

Jill advised that discussion with councils regarding the transport aspect of the card are ongoing.

## Publications

"The Villager", an e-newsletter issued quarterly by the Department of Housing, is available for retirement village residents, owners and operators. A new brochure titled "Retirement Village Residents - Information for You" has recently been published. Jill spoke about "Your Money in Retirement" an easy-to-read guide about income, where to live, protecting assets etc.

## Richmond Community Health

The Richmond Community Health group have established that a Richmond-based health and social care network was needed. It would eventually undertake a gap analysis which would identify networking needs. Monthly meetings will start on 30 October 2010 at 12.00 noon at the Richmond Library.

Contact number: 03 544 0272.



we would  
love to hear  
from you...



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## The Victory Senior Group

The Very Reverend Charles Tyrrell provided the Forum with an overview of his new role, co-ordinating and encouraging older care programmes. Charles spoke about Britain's "Care and Repair" service for older and vulnerable people on low incomes who own their own homes, or live in rented accommodation and want to repair, improve or adapt their homes. The Forum was reminded that RSA and Grey Power hold lists of handypersons.

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## A4A (Access for All)

A4A looks at wheelchair accessibility in carparks within the Tasman District. Work on upgrading and painting parking lines blue is scheduled as carparks are upgraded. A4A is issuing letters of appreciation

to businesses that had made their premises more accessible. A list of available wheelchairs will be published and displayed at Council offices, libraries and doctor's surgeries. The issue of recycling bins on pavements is being addressed by Council staff. The next A4A meeting will be held on 5 November 2010, with the public most welcome to attend.



## Help and entertainment

Forum members are well-represented in our Recreation Providers listings.



## Physical activity and nutrition

The aim of the Older Adults Physical Activity and Nutrition Working Group is to improve participation in community activity and acknowledge the importance of nutrition. Three community seminars are planned for the Nelson, Tasman and Marlborough area.

## Older driver courses

Nelson City Council's Margaret Parfitt said that following a story in "Mudcakes and Roses", demand for the driving courses had rocketed and funding was available from Road Safe Nelson Bays. Courses would be held until the end of June 2011 and people should contact the Nelson City Council for further details. The New Zealand Transport Agency has developed a senior 70+ toolkit which is being piloted with a view to being rolled out nationally in March 2011. Margaret also mentioned "Safe with Age", which is available to people over 55 years of age. She advised that the AA is also running a free car fit as a separate package for older people.

## Social Wellbeing

Nicola Mercer from Nelson City Council advised that its "Social Wellbeing" discussion document, would be released for public consultation at the end of September or early October 2010. The document covered three areas - positive ageing, youth and housing - and was available via the website and would be forwarded to various groups direct.

**The next Positive Ageing Forum is on Monday, 6 December 2010 at 1.00 pm at Tasman District Council's Richmond office - 189 Queen Street.**

( MATTHEWS )  
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# Bold genes have served him well

FROM 'ANIMAL AUNT' TO YAK COWBOY IN TIBET, STAN GETS AROUND.

Stanley Barnes prefers his travel close to the ground, shouldering a backpack and staying with the locals.

The 81-year-old reels off a list of his luggage stickers: Europe, South Africa, Botswana, Canada, China, India, Thailand...

"I've been around a bit."

In the mid 1990s he hooked up with a niece for some later-life OE in Britain. While she worked Stan became an Animal Aunt, house and pet sitting for anything from a few days up to 10. The accommodation ranged from the Marks and Spencer chief executive's pad, to kitchens he wouldn't risk cooking in without a vigorous scrub-down.

Between jobs Stan ducked back to his niece's London flat. He was paid for his sitting services, plus a food allowance, but "you'd never make your fortune". Still, it made for an interesting lifestyle.

The pair took side-trips to Europe that included backpacking in Turkey, catching local buses up to the Black Sea and then across the top of Greece. They also saw Tibet in one of the last groups through before Chinese authorities closed it down following unrest.

Four years of living out of a suitcase were enough to propel Stan back home to Atawhai. He's given his passport a rest lately. His preferred travel mode now is with a firm called Explore, which runs "adventure" holidays for groups of 12-15 people who use local transport and quite often stay with local people.

"It's pretty basic but gee it's a lot of fun."

Stan also gets his share of amusement on the golf course. He is a powerful hitter with a reputation for taking money off his partners. "It goes around," he laughs, adding that he'd love to mark a \$5 note and track its progress through the Nelson Golf Club ranks.

On a handicap of 21, he plays with a rascally group known as the Thursday Boys. Stan says the appeal of golf is that, thanks to the handicap system, a top professional can play with any amateur, and both will have a good round.

He took up the sport in his early 60s after he "jiggered" a knee playing badminton.

Stan credits "lucky genes" for his robustness, though two decades of farming might have helped. He describes himself as newcomer to Nelson because "I've only been here since 1960." His working life also took in building (including

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## The world online

Explore your travel options through the Internet with help from SeniorNet. See our Recreation Providers listings for your local club.



*Stan Barnes heads for the Yumbulagang Temple in Tibet.*

his home and the one behind it), running the Winstones branch in Nelson, a plastics company, and manufacturing commercial fridges for shops. He sold up "the last bits and pieces" in 2001.

four or five operators within New Zealand on a set frequency.

He also offers his driving services to Presbyterian Support, giving "oldies" a trip out, and is helping to digitise photo collections for the Nelson Provincial Museum, at present the hefty catalogue donated by well-known Nelson photographer Geoffrey C. Wood.

When not on the links, Stan is a ham-radio buff. The Nelson club is growing, despite competing Internet technology, he says. Stan mostly chats to a group of

Stan and his wife Leighanne (she died in 1990) had two daughters, and he is blessed with four grand-daughters.

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# Caring for your family

PUTTING PLANS IN PLACE FOR OLD AGE IS CRUCIAL, SAYS CHARISSA MACKENZIE.



Charissa Mackenzie.

"With significant advances in healthcare and life expectancy over the past 50 years, an up-to-date will is one of the most valuable legal documents you'll have. It can help ensure the people and things that matter to you most are taken care of in the way you want after you've passed away.

"An enduring power of attorney (EPA) is just as important, and works alongside your will during your lifetime. Enduring powers of attorney legally set out who can take care of personal or financial matters if you can't. There are two types of EPA, one for your property, and one for your personal care and welfare. Both are essential," says Charissa.

If you become incapacitated without an EPA in place, your loved ones must apply to the Family Court before they can make decisions about your health and wellbeing or financial affairs. This can take extra time and money, and may not end up as you'd have wanted.

For instance, a couple appoint each other as attorneys. The husband goes into permanent care and is medically assessed as no longer able to make informed decisions. As a Property Attorney, his wife could make the decision on his behalf to sell the joint family home, if necessary. She must act in her husband's best interests, and he would co-own any assets bought with the house sale proceeds.

Appointing enduring powers of attorney is a positive step to help you stay in control, says Charissa. "When I speak with older people, I find that most don't want to be a bother, and say they'll just leave it up to their children. But things aren't that simple. Without proper instructions, it can actually make things even more difficult."

These days, most retirement villages require incoming residents to have EPAs in place, and many encourage residents to make sure their will is up-to-date too.

Setting up an EPA usually only takes one or two meetings. Phone the Public Trust Customer Centre on 0800 371 471.



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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



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# The joys of belly-dancing

EXERCISE AND A SENSE OF ACHIEVEMENT FROM ARABIAN DELIGHTS.

She may be over 60 but Joan relishes her regular Tuesday night belly-dancing classes at the Victory Community Centre in Nelson.

"It is wonderful exercise", she says, "and I enjoy the company of the other women".

Joan adds that what shape or size you are is immaterial with belly-dancing, and she encourages other women to try it.

The 10 or so women in her group all participate in choreographing dances and they perform at the International Dance Festival each year at the Trafalgar Centre. They have also performed at the Suter Art Gallery and Joan has even belly-danced solo at a wedding.

She sewed her own costume and has helped others in her group to make theirs.

Joan says belly-dancing gives her a sense of satisfaction and achievement. People respond positively when she tells them of her hobby.



## Flying feet

Other forms of dance are abundant in Nelson-Tasman. See the Recreation Providers section for details.

This dance form uses all muscle groups and is easy on the joints. No partner is required.

Belly-dancing is a Middle Eastern cultural dance. In the West, the usual costume is the bedlah (Arabic for "suit"). According to Wikipedia, it owes its creation to the Victorian painters of "Orientalism" and the harem fantasy productions of vaudeville, burlesque and Hollywood at the beginning of the last century, rather than to authentic Middle Eastern dress.

*By Andrea Ann Kepes*

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# Voyages and follies of fashion

OUR LOCAL MUSEUMS EXPLORE SOME DIVERSE TOPICS OVER SPRING.

Nelson Provincial Museum traces the city's immigrant past in Port Nelson Haven Ahoy! from 4 October 2010 to April 2011. The exhibition is based around the diaries of those on board migrant ships – the real thoughts of real people on daunting voyages. They left a country where opportunities

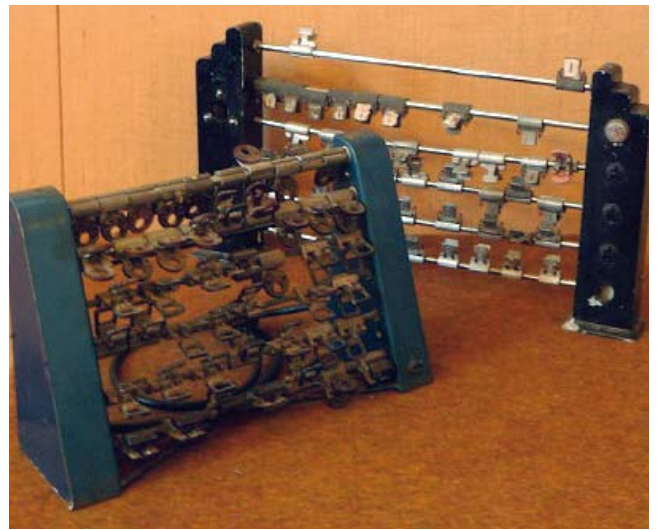
were scarce, looking for a life of promises – which would be hard-won and against huge odds.

Museum staff have created lifelike sections of a sailing ship that visitors can both explore and become part of.

Motueka District Museum's new exhibition, Past By, takes a light-hearted look at the lengths people went to in the name of fashion.

The display shows female fashion trends from the 1600s through to Edwardian times, plus a male fashion statement in the form of waistcoats. The waistcoat had a royal beginning C1660 and is still in vogue today.

How did women get those lovely permed styles before the advent of the "cold perm solution"? The museum has



*An early electric perm machine strikes fear into the heart.*

sourced an early electric perm machine that could almost be mistaken for an instrument of torture.

In the museum at Takaka, the Peace Exhibition, opening Labour Weekend, features the stories of the Golden Bay Peace Group, including their involvement in the nuclear-free movement. The exhibition runs until Easter.



## Vibrant history

Nelson-Tasman has a interesting history. Make sure you visit our local museums.

## Hot picks for Arts Festival



From Creative Director Annabel Norman.

"From Page & Blackmore Readers and Writers I would pick Blue Smoke, where Chris Bourke brings to life the times when we bought sheet music from Beggs and jived to Johnny Devlin. Janice Marriott and Virginia Pawsey will also be a good one, with their shared interest in food.

'Lily' tells the story of long-serving Dunedin ballet teacher Lily Stevens; and on the music front I'd suggest 'Beyondsemble', a band with a repertoire that includes gypsy, Latin, tango, pop, jazz, bluegrass and Celtic."

Mudcakes readers have the chance to win a double pass to one of these shows. Send an email to [festalenquiries@ncc.govt.nz](mailto:festalenquiries@ncc.govt.nz) with Mudcakes Giveaway as the subject line, and name the show you'd like to see. Drawn on 8 October 2010.

Book tickets for festival shows at Everyman in Hardy St or go to [www.nelsonartsfestival.co.nz](http://www.nelsonartsfestival.co.nz).

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# Living in eternal summer

A GROWING NUMBER OF NELSON-TASMAN RESIDENTS LIVE IN TWO HEMISPHERES.

Canadians Doug and Diana Wilkes belong to a migratory species that could be dubbed "human godwits". We asked Diana to describe the lifestyle.

"We discovered our love for New Zealand on our 25th anniversary vacation. Planning to travel to Australia, we decided to "tack on" New Zealand. We were told that 10 days was all we needed to get a taste for this little country. Ha! After this "taste" we were hooked. When semi-retirement became a reality the next year, we headed back for an exclusive tour of New Zealand. Our last place to visit was Nelson and the Tasman Bay area. It blew us away. We loved the Abel Tasman park, the wineries, the arts community, swimming at Tahunanui Beach, the abundant cafes and shops in the quaint centre of town, a friendly and welcoming church community, the aqua waters of the bay, and perfect sunshine with a sea breeze.

Once back home, we began to see that our semi-retirement, the sale of our recreation property, and the independence of our two grown children were all clearing the way for us to live part-time in New Zealand.

However, the migratory lifestyle has its challenges. The flights between Canada and New Zealand are expensive and lengthy, and maintaining and securing two homes so far apart is also a major concern. Another challenge is the visitor's visa limitations - we can only stay in New Zealand for three months at a time. But perhaps the biggest challenge we face is the emotional one. The transition of leaving one home and settling back into life in the other is often confusing and stressful.

All in all, the benefits outweigh the challenges. We love our two worlds and are so grateful for this opportunity to live in both communities.

Every year in New Zealand we discover something more wonderful about living here. On trips around the country, we are always struck by the diversity and sheer beauty of this land. What's not to love about this lifestyle?"



## Calling all "godwits"

If you migrate in the winter, we'd love to hear from you to gauge just how far our mobile residents travel. Phone our editorial crew on 03 544 4975.



Diana and Doug Wilkes in their southern home.

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# Warm welcome guaranteed

AGE CONCERN COVERS HEALTH, ADVOCACY AND COMPANIONSHIP NEEDS.

"That door is open no matter what," says Elaine Mead, activities coordinator for Age Concern. So if a bloke wants to bowl up to the knitting session on Thursdays just for a bit of company, he will be made welcome.



## Spring fever

Age Concern is indulging in a little Spring Fever on 6 October 2010. Dress up (if you wish) for afternoon tea at the old Richmond Town Hall, Cambridge Street, from 2.00 - 4.00 pm.

The Wednesday sessions take in quizzes, housie and bus outings once a month (recent trips have included Marahau, Blenheim, Teapot Valley and Cable Bay). But new manager Sue Tilby says Wednesday's trump card is the shared lunch, because "everybody loves food."

Same goes for the Easy Exercise classes on Fridays at the Richmond centre, she adds. "Informal, friendly and happy" is the style. Exercise is optional – though the routine is based on Arthritis Foundation guidelines so your body will not be punished.

Providing companionship will be her prime focus. Age Concern survives on membership fees (\$20), some government funding, and donations or bequests. From that it runs a drop-in centre, has Jim Davis on the staff as a watchdog against elder abuse, and registered nurse Kerrie Varcoe to give advice and information on health concerns.

Age Concern also has a presence in Golden Bay.

Other services include helping to fill out forms, education seminars, taxi voucher assessment, and general advocacy and support for the elderly.

Sue is keen to boost the home visitor service run by Kerrie, using volunteers. The visitors, who are police-vetted and trained, call on any elderly person for an hour a week.

"The power of volunteers and the worth of volunteers is huge," says Sue.

The office is in Oxford Street, a short walk from the Queen Street shops, and the jug is always hot.



Sue Tilby.

*"Someone has to make the best teeth"*



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# Touting with Wordsworth

TAKE THE FORM OF A WELL-KNOWN POEM OR LYRIC, AND ADAPT IT FOR ADVERTISING.

The winner is Steve Richards, who zeroed in on poor Wordsworth again:

## The Daffodils by Steve Richards

"I wandered lonely as a cloud  
Erecting hoardings here and there,  
When all at once among a crowd  
Saw Michael Hill the jeweller.  
This is my lake, these are my trees  
He shouted clad in dungarees.  
You cannot put your signage here,  
Can you not see my sponsor's tent?"

Those lorry loads of wine and beer  
Are all for my golf tournament.  
So shuffle off my putting green  
And find some other rural scene.  
In vacant and in pensive mood  
I floated o'er vale and hills,  
And left him in his solitude  
To golf among the daffodils."



RIMU GROVE WINERY

## writers series

With Christmas looming, for the next issue we ask our poets to adapt a famous song lyric or carol to the theme of Boxing Day Blues (max. 100 words). As always, the winner bags a bottle of fine Rimu Grove wine for the festive season.

### Send entries to:

Rimu Grove Creative Writers  
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Thank you to our other entries:

### Don Maclennan was in a Christmas mood

"...Bells on shop tills ring  
making pockets light  
what fun it is to have a fling  
from morning until night.

Oh, jingles sell, jingles sell  
jingles to persuade  
oh what fun it is to trade  
in town or on e-bay."

### Mary Thornton apologized to William Wordsworth in Upon Glossy Pages

"...The beauty of the model; svelte and bare  
Shoes, blouses, tops, belts, accessories vie  
With microwaves, lawnmowers; subscribe to Sky  
All bright and glossy in top-notch gear  
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Ne'er saw I, never felt, an urge so deep!"

### Carol Don Ercolano was happy to Put It On The Card

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# Animal care is about people

AN SPCA INSPECTOR SAYS TELEVISION HAS MADE HIS JOB MUCH EASIER.

Craig Crowley doesn't hesitate when asked the best part of his job. "People," he says – which is slightly surprising because he is an animal welfare inspector for the SPCA.

Good people skills are crucial when dealing with owners who may be abusing or neglecting their pets. In eight years on the job – and a quarter-century in similar work for MAF – Craig has only been threatened once.

to remove possums in office roofspace, and he often deals with birds struck by vehicles or injured in storms. Wayward ducklings are a regular callout.

Even hedgehogs in distress warrant attention. All calls are treated seriously.

Feral cats are the most dangerous animal he encounters. He has been bitten by a dog just once. Craig has the legal power to enter a property if he suspects an animal is suffering, but he must obtain a warrant to search a house or marae.

About a third of his workload is rural, and Craig covers a huge area from Maruia Springs to Golden Bay. He deals with about 35 complaints a month, involving a lot of travel time – and paperwork.

"The Nelson-Tasman area generally has a good attitude towards animals," he says. However, some old-school farming practices such as sow crates and battery hens contravene those "five freedoms", and Craig sees a problem looming with strip grazing where animals do not have access to shelter.

Craig spends a lot of time educating the public about animal welfare, talking to service clubs, schools etc. He loves taking animals to rest-homes and, for instance, watching the eyes of dementia sufferers light up when a puppy is placed in their laps.

Craig works alongside council animal control officers, the police and other welfare groups such as the Ark.

The SPCA has space for 25 dogs and 50 cats on its 2.5ha property in Bishopdale, which is also home to rabbits, guineapigs etc. A new aviary is in the works. The branch employs four full-time staff, three part-timers and has a roster of about 40 volunteers. For further information see [www.nelsonspca.org.nz](http://www.nelsonspca.org.nz) or Ph 03 547 7171.



Craig Crowley.



## Adopt a pet

The SPCA has animals waiting for new homes.

Give them a second chance. A puppy costs \$200, an adult male \$160 and a female \$180 (which covers spaying).

Cats cost \$100 and kittens \$120 (desexed, vaccinated, flea-ed and wormed).

The response he receives has also improved markedly in recent years, thanks to television. Reality TV shows give the public an insight into how badly some animals are abused.

When asked the worst part of his job, Craig's answer is the dark side of the same species: "Genuinely distasteful and cruel people."

The worst of them can face six months in jail and a \$25,000 fine – penalties about to double under new legislation. Thankfully, Craig says, 90 percent of owners will heed requests to improve their animals' living conditions.

Under the law, all animals, whether pets or farmed, are entitled to "five freedoms": food and water, shelter, exercise, the opportunity to display normal behaviour, and a rapid response to disease or injury.

With domestic animals, neglect involves things like locking a dog in a car during summer. When the temperature reaches 42 deg in the vehicle – easily done on a sunny day – that dog will die.

Craig deals with "any of God's animals", from mouse to horse. The District Health Board summoned him twice

- wheelchairs
- mobility scooters
- walkers/canes
- electric beds and hoists
  - lift assist chairs
  - bathroom solutions
  - incontinence products
  - daily living aids/products
- sales, service, rentals



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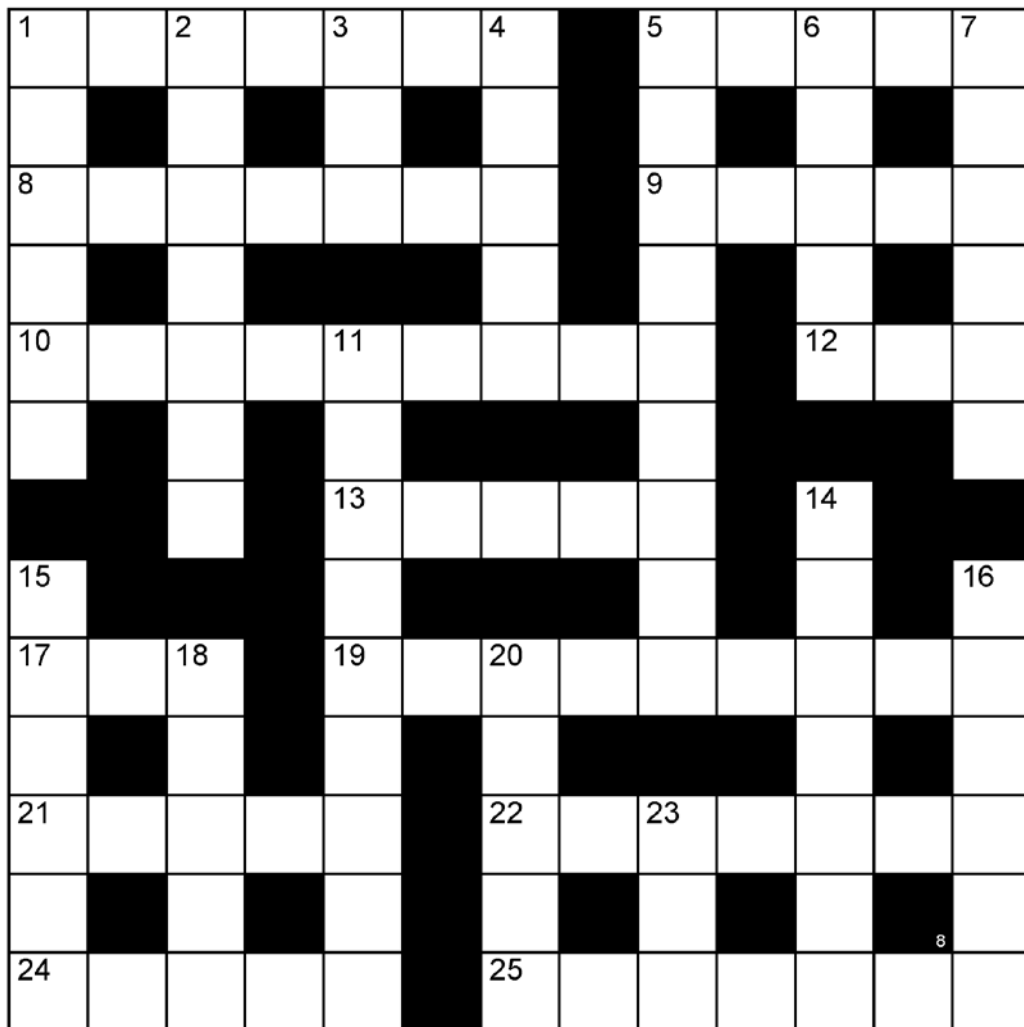
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**Across:**

1. Making glass better (6,7)

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

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**Simpler Clues****CLUES ACROSS**

1. Think guilty (7)
5. A dozen dozen (5)
8. Local speech pattern (7)
9. Ingoing (5)
10. Land mass (9)
12. To swindle (3)
13. Small bag for money (5)
17. Part of circumference (3)
19. Lay waste, plunder (9)
21. Top of head (5)
22. Massacre, slaughter (7)
24. Tend the sick (5)
25. Whit, very small amount (money) (3,4)

**CLUES DOWN**

1. Entice, lead astray (6)
2. Dyed (7)
3. Day preceding festival (3)
4. Tenth, church due (5)
5. High stature, preeminence (9)
6. Relating to sight (5)
7. Proverb, saw (6)
11. Cheekiness (9)
14. A divulging of secret information (7)
15. Bird of prey (6)
16. Become less severe, soften (6)
18. Body of church singers (5)
20. Parish priest (5)
23. Unit of dosage in radiation (3)

**Harder Clues****CLUES ACROSS**

1. Think one's wrong to set cups out (7)
5. Sort of profit by squaring a dozen (5)
8. Local speech is laid-back, etc, in confusion (7)
9. Man on watch lost first list of competitors (5)
10. The mainland is happy about being at home (9)
12. In short, it is against the prisoner (3)
13. The prize for a fighter of super potential (5)
17. An octant in a circular condition (3)
19. Rescued backing and brought Gallery to ruin (9)
21. Visible part of tooth once cost five shillings (5)
22. It's roughly anger that changes to slaughter (7)
24. Shark working onward when separated (5)
25. In the US a very small amount an old penny in modern setting (3,4)

**CLUES DOWN**

1. Corrupt one due to change in half a second maybe (6)
2. Tarnished by it as end is sorted out (7)
3. The day before a woman is personified (3)
4. A tenth of it is to be found in article (5)
5. Preeminence might estrange the South (9)
6. Pub's sight-measure will cop it if it's wrong (5)
7. A saw, for argument's sake, making fifty percent (6)
11. The cheek of men Cupid turned onto Ecstasy (9)
14. Unauthorised let-out of information or let-in of water (7)
15. No calf is upset by such a bird (6)
16. In accommodation payment the French will get less severe (6)
18. Singers can grow rich, taking nothing to heart (5)
20. Lay deputy who will sing in 18 (5)
23. Irradiated measure, or a part of it (3)

# Freshen up those road skills

FREE COURSES HELP YOU TO CATCH UP WITH CHANGES TO THE ROAD CODE.

"Gosh, in my day you answered three questions and you got your licence. You rattled it off like a piece of poetry," says Kelvin Gerrish, 77.

Despite six decades behind the wheel, he looks with trepidation at the new, bulky Road Code and jokes that he probably wouldn't pass his driving licence now.

Kelvin felt it would do no harm to refresh his skills and signed up for an Older Driver course, which he found "very good". He says the main thing is to watch the road markings and get in the correct lane.

Driving instructor John Steel, who runs the two-hour courses, says the

accident statistics for older drivers are almost as bad as for teenagers, but that's not because the elderly are bad drivers.

"They are just a bit slow and somebody tries to take advantage of them."

A video shown on the course covers intersection techniques, merging in urban streets and open highways, and using your indicators at intersections (a problem area for drivers of any age).

"It's not about teaching an old dog new tricks," says John. "It's things they may have forgotten, or in some cases don't know."

The video is paused at various stages so John can emphasise points or answer questions.

Safety aspects such as degenerating eyesight and hearing are covered in the course, along with the "fragility factor", whereby normally survivable injuries can be fatal for older drivers.

John says the courses usually book out. They were discontinued earlier this year when Government funding was withdrawn, but local agency Road Safe Nelson Bays decided to find the money themselves.

The course is free, and participants are given a work-book and information booklet. They can also buy a copy of the Road Code for \$15, which is a substantial discount. John says some drivers in their 60s have taken the refresher. He himself is 70 and still working as an instructor. For further information on Older Driver Refresher Courses, contact John Steel on 03 547 4010.



## Spring is here

There are plenty of recreational activities in Nelson-Tasman to get involved in this spring. See the Recreation Providers section for details.



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# Crafts and coffee in Peru

A TRADE AID VOLUNTEER GRABS THE CHANCE TO MEET THE PRODUCERS.



*Shirley Montgomery.*

A place on the annual Trade Aid education tour is highly sought after by staff and volunteers working in the 30 stores throughout New Zealand. Our 23-day adventure began with 10 strangers meeting at the airport. We came from all over New Zealand and ranged in age from 25 to 68.

For the first 10 days we visited artisans in small rural villages producing a range of stunning crafts, from musical instruments to alpaca knitwear. Families work together, with each skilled member having their own specialist job. Then the families of the village come together to form a co-operative with elected presidents to represent them when trading their wares. Many of the presidents were women.

The home-stays were a lesson in the generosity of people less fortunate than us. Feasts were laid on, consisting of potato soups, roasted guinea pig, many variations of corn, boiled, roasted, mashed in fritters, and homemade beer. A basic diet compared to ours but all pretty good. We saw firsthand the positive impact fair-trade was having on these people. Children were going to school because their families could afford to send them and in some villages power had been installed in community meeting houses.

The second part of the trip was visiting the coffee farmers in the tropical highlands in northern Peru, the journeys to the villages being an adventure in themselves.

Trade Aid imports green coffee beans from these producers and they are sold in New Zealand to a number of roasters, including Scarborough Fair, Atomic and Sublime. We followed the journey of the coffee beans, from helping with the picking through to the sacks being loaded into containers to be sent all over the world. Nothing had prepared us for the poverty of some



*Peruvian crafts are a family affair.*

farming families. Home-staying with them was a humbling and challenging experience: no power, long-drop toilets, dirt floors, and straw mattresses to sleep on. But again the generosity of our hosts was fantastic. It was hard to believe that these communities were so poor when coffee is the second-biggest commodity sold in the world and these were the lucky ones who receive a premium price under the fair-trade system.



## Travel the craft trail

The craft part of this trip is available to the general public. Email [turismo@minkafairtrade.com](mailto:turismo@minkafairtrade.com).

As we headed home we all knew our lives had been touched by our encounters with the wonderful people of Peru. We were privileged to be welcomed into their homes, to play with their children, listen to their stories and share a meal.

- If your organisation or group would enjoy having someone to speak about Trade Aid and Fair-trade, please Ph 03548 1563 and ask for Margaret or Shirley, or email [nelson@tradeaid.org.nz](mailto:nelson@tradeaid.org.nz).

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# A walk in the park - Dellside

FRED MCKEE TAKES US THROUGH A POPULAR TRACK IN RICHMOND.

A quarter-century ago it was mainly gorse. Today Dellside is a popular walk and fitness track boasting mature trees such as poplars, redwoods, oaks, gums, macrocarpas and many natives.

Birdlife is also returning to the area thanks to volunteers who are trapping predators.

There are entries to Dellside at the top of Lodestone Drive near the dam, at the end of Barrington Place and at Easby Park.

About 25 years ago Connell Wagner Rankin & Hill Ltd produced a detailed study of an area of around 25ha that later became Dellside. It was rubbish country – mostly gorse, manuka, kanuka, barberry, wild tobacco trees, old

mans beard and passionfruit, with patches of native bush in the gullies.

The wildlife then was rabbits, hares, pheasants and the occasional adventurous walker.

As a result of this study the whole area was transformed with tree-planting (some to prevent erosion) and today most of the trees are mature and attractive.

Dellside is a credit to the Reserves staff of the Tasman District Council, and has become a valuable asset to the people of Richmond.

A gazebo has been supplied by Richmond Rotary, and local Soroptomists sponsored seats and a table.



## Take a walk

If you fancy company on your walks, Golden Bay, Motueka and Nelson have excellent groups for seniors. See the What's On listings for their schedules and contact numbers.

## Crossword Solutions

### CLUES ACROSS

1. Apple 4. Garnish  
8. Appetiser 9. Cut  
10. Singers 12. Stir

14. Sticker 17. Tall  
18. Stilton 20. Ska  
21. Contralto  
23. Dessert 24. Eases

### CLUES DOWN

1. Anaesthetised  
2. Piping 3. Entreaty  
4. Gas 5. Rare 6. Incite

7. Heterogeneous  
11. Sacks 13. Pedigree  
15. Always 16. Stilts  
19. Ache 22. Net

# WHAT'S ON?



OCTOBER - NOVEMBER 2010

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

## Golden Bay

### Golden Bay Museum

From Labour Weekend, the Peace Exhibition, detailing the Golden Bay Peace Group, including their involvement in the nuclear-free movement.

### Nordic Walking

Ph Michelle 03 528 0252.

### Quilting

The Golden Bay Patchwork and Quilters Guild are holding their annual exhibition in the Collingwood Memorial Hall over Labour weekend, 23 - 25 October (Sat 10.00 am - 8.30 pm; Sun/Mon 10.00 am - 4.00 pm) \$2 entry. There will be a sales table and Dave and Margaret Prebble from the Bernina shop in Nelson will give demonstrations. Dave will also be available to help with sewing machine maintenance (it doesn't have to be a Bernina). Exhibition stays open later on the Saturday night as Fizzigig are doing their annual fireworks display in Collingwood Haven.



### Upright and Able

Free six week falls prevention course for anyone over 65 who has recently had a fall or feels they are at risk of falling.

Course starts 14 October 2010, 10.00 am, Senior Citizens Hall, Takaka. Enrolments essential. Jacinda Hohepa Ph 03 525 9708.

### 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 Ph 03 525 9365.

## Marlborough

### Marlborough 4 Fun

Senior citizens' concert, Tuesday-Wednesday 9-10 November, 1.30 pm at the Wesley Centre in Blenheim. Featuring Paul Fletcher. Admission is by gold coin donation.

## Motueka

### Motueka Art Group

Annual Art Exhibition 3 - 28 January 2011. Chanel Arts Centre, 10.00 am - 4.00 pm daily. Free admission.



### Motueka Recreation Centre

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

**Badminton:** 7.00 - 9.00 pm every Thursday evening for players of all ages and levels. Court fee \$3, racquet hire \$3.

**60+ Social Club:** every Tuesday 9.30 am - 1.30 pm at Weka House, Old Wharf Road. Morning tea and lunch provided. A planned outing or activity and transport. \$12.50 per session. Contact the office Ph 03 528 4731 or a/h Sylvia Ph 03 528 7237.

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

**Sit 'n' Be Fit:** Tuesdays 10.30 - 11.30 am. \$3 per session.

**Centre Gym:** open 9.00 am - 9.00 pm Monday to Friday, 9.00 am - 4.00 pm on Saturday and Sunday. Ph 03 528 8228 or Fax 03 528 8560.

### Nordic Walking

Michelle Ph 03 528 0252.

## Murchison

### Murchison Community Resource Centre

Murchison Daytrippers. Berylla Jones Ph 03 523 9875.

## Nelson

### Nelson Dance Along

9 and 23 October, 30 October (with live music by Richard Wakelin), 13 November. Richmond Town Hall, 7.30 pm - 11.00 pm. Supper provided. All welcome. Cost \$3 members, \$4 non-members. Rosalie Winter Ph 03 548 2236.

### Nelson 50+ Walking Group

Farm walks, mini-walks and fortnightly tramps. Car drivers are asked to notify the day-leader if they are going to walk. Passengers contribute 10c a kilometre. Come prepared for bad weather. No smoking or dogs on walks.

**14 October:** Opouri Saddle - Editor Hill (M/H). 9.30 am. Bernie Hawkey Ph 03 545 1033, Tom Aitchinson Ph 03 547 5443.

**28 October:** Maitai Tantragee (E). 9.30 am. Ph Annette Williscroft Ph 03 548 9772, Val Latimer Ph 03 548 1711.

**11 November:** Mt Robert Prospect Ridge (H). 9.30 am. Ron Maylor Ph 03 546 5170, Chas Gray Ph 03 548 5163.

**25 November:** Roding Copper Mine (M). 9.00 am. Carolyn Brown Ph 03 544 2286, David Burt Ph 03 544 0277.

**7 December:** Picnic/BBQ, Rabbit Island. 10.30 am.



### Mini-walkers

**12 October:** Pelorous. Meet at 155 Nile St, 9.30 am. Jan King Ph 03 545 2546.

**26 October:** Grampians. Meet at Fairfield Park, 10.00 am. Betty Loose Ph 03 548 0679 or Ph 03 544 1029.

**9 November:** Rotoiti to Buller River source. Meet Washbourn Gardens, 9.30 am. Ann and David Day Ph 03 544 8556.

**9 November:** Kumeras, Saltwater Baths. Meet Washbourn Gardens, 10.00 am. Ph Marg Westersen 03 546 9392.

**23 November:** Coronation Forest. Meet Washbourn Gardens 10.00 am. Rosemary Price Ph 03 547 9000.

**7 December:** BBQ picnic, Rabbit Island. Meet 10.30 am.

### Nelson Provincial Museum Exhibitions

Port Nelson Haven Ahoy! A story of early colonial migration. Starts 4 October. For more info visit [www.museumnp.org.nz](http://www.museumnp.org.nz).



### Nordic Walking

Jacqui Ph 03 544 1645.

### Presbyterian Support

Free six week falls prevention course for anyone over 65, who has recently had a fall or feels they are at risk of falling. Courses held in Nelson, Stoke, Richmond and Motueka. Enrolments essential.

Cherie Thomas Ph 03 547 9350 ext 712. 16 week modified Tai Chi course. Cost \$48.

### Quilting

Festival of Quilts, 1 - 3 October, Nelson College for Girls assembly hall. Traditional and contemporary quilts and wallhangings, including Member's Challenge - 52 individual interpretations of playing cards to make up a deck.

**Stoke Seniors Club**

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

**Regular activities**

**Scrabble Club:** Mondays 1.00 pm, Stoke Seniors Hall.

**Euchre:** Tuesdays 10.30 am.

**Mah Jong:** Tuesday 1.00 pm, Stoke Memorial Hall.



**500 Club:** Wednesdays 1.00 pm.

**Art class:** Mondays 10.00 am and 1.00 pm. \$4. Memorial Hall.

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

**Tai Chi:** Tuesday 1.30 pm. \$3.

**Pilates:** Wednesday at 1.30 pm. \$2.

**All the above classes meet in the Stoke Memorial Hall**

**Monthly Movie:**

Ph 03 547 2660 to check what's on.

**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 Ph 03 547 2660.

**Monday Out and About:** Trips and Picnics.

**Weekly Afternoon**

**Entertainment:** contact office for programme details.

**Tuesday-Thursday Meals:** a two course meal at midday for \$8 non-members, \$6 members. Ph 03 547 2660 to book preferably by 9.30 am the day before.

**Suter Art Gallery**

To 17 October, West East. Orientalism (Western interpretations of Eastern art and culture).

To 7 November, Don Binney: Drawing the Waitakere Coast. A suite of 24 coloured pencil drawings.

To 17 October, Chartaphilia. Works on paper from The Suter's collection.

## Richmond

**Club 50**

A social group of mature adults looking for companionship, recreation and enjoyment. Contact Jacqui on Ph 03 544 3955 or email trrc@nel.sportasman.org.nz. All activities start at the Richmond Recreation Centre, 9 Cambridge Street unless otherwise stated.

**Tasman Blue Beats**

Leisure Marching Day, Hope Domain, Sunday 3 October, starting 10.30 am. Teams from Marlborough, Hokitika, Richmond, Nelson and Motueka, who are building for the South Island event being held on 16 October in Blenheim.

**Pigeon Valley Steam Museum**

Steam Day, Sunday 3 October. Steam logging and woodchopping with world champ Jason Wynyard Saturday -Sunday, 6 - 7 November.

## Wakefield

**Way2Go activities**

**Pilates:** Village Hall, Mondays at 7.00 pm from 9 August.

**Active Seniors Class:** Village Hall, Tuesdays at 11.00 am from 10 August.

**Sit and Be Fit Classes:** Village Hall, Thursdays at 10.00 am from 12 August.

**Live Well Stay Well:** Seniors get-together and information morning, includes morning tea. Tuesday 7 September, Village Hall at 9.45 am.



# Access

## Make yourself at home with Access

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# recreation PROVIDERS



OCTOBER - NOVEMBER 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  
Terry Ph 03 525 7422.

### Genealogical Group

Sally Gaffney  
Ph 03 525 8086

### Gentle Exercise

Golden Bay Physio Clinic  
Sit and Be Fit Tuesday classes. Community Centre. Gold coin donation. Jacinda  
Ph 03 525 9708

### 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 noon  
Georgie Ph 03 525 6110

### Indoor Bowls/Cards

Senior Citizens Club  
Rooms. Mary Couper  
Ph 03 525 8445

### Mah Jong

Ethel Ph 03 525 8615

### Marble Mountain Country Music Club

2nd and 4th Sunday of each month. Senior Citizens Clubrooms.  
Nancy Ph 03 525 9491

### Motupipi Indoor Bowling Club

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

### Nordic Walking

Michelle Ph 03 528 0252

### Pohara Bowling Club

Jennifer Ph 03 525 9621

### Probus

Jan Ph 03 525 9197  
Robin Ph 03 525 9359

### Puramahoi Table Tennis

Rene Ph 03 525 7127

### SeniorNet [Golden Bay]

Beginner courses in home computing. Clubrooms, Takaka Showgrounds.  
Ken Ph 03 524 8249  
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 Active Falls Prevention (65+)

Presbyterian Support  
Cherie Ph 03 547 9350  
ext 712

### 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  
Childcare provided.  
Ph 03 525 6110

## Hope

### Hope Midweek Badminton Club

Carolyn Ph 03 541 9200

### Nelson Veterans Tennis Club

Hope Courts every  
Thursday Ph 03 547 6916

## Mapua

### Indoor Bowls

Mapua Friendship Club  
Mapua Public Hall  
Valerie Ph 03 540 3685

### Low-Impact Aerobics and Pilates

Wakefield, Upper Moutere and Mapua  
Lynda Ph 03 543 2268

### Mapua Bowling Club

Arnie Ph 03 540 3032

### Nordic Walking

Michelle Ph 03 528 0252

### Taoist Tai Chi

55 Muritai St, Tahunanui  
Ph 03 545 8375

## Motueka

### Aerobics/Gym and Fitness Centre

50+ Aerobics  
Mot Rec Centre  
Jody Ph 03 528 8228

### Arthritis NZ

Immersion Therapy  
10.30 am, Mondays  
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  
Mondays 7.00 - 9.00 pm.  
Sue Ph 03 528 6788

### Marching

Motueka Veteranettes  
Marching Team  
Bev Clementson  
Ph 03 528 9125

### Motueka and District Historical Association

Meets 4th Saturday of the month, April to November, Community House, Decks Reserve, 1.30 pm. Coralie  
Ph 03 528 8241, email  
tw-cr.smith@xtra.co.nz

### Motueka Bowling Club

Don Ph 03 528 7208

Pat Ph 03 528 9129

### Motueka District Museum

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

### Motueka 50+ Walking Group

Meets last Thursday of each month in the Uniting Church Hall, High Street, at 9.30 am.  
Neil Ph 03 543 2075  
Norah Ph 03 528 6290

### Nordic Walking

Michelle Ph 03 528 0252

### Riwaka Bowling Club

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

### Riwaka Croquet Club

Sally Ph 03 528 8296

### Scottish Country Dancing

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

### SeniorNet [Motueka]

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

### Social Recreation

Kiwi Seniors (Motueka)  
Vonnie Ph 03 528 7817

### Upright and Able-Falls Prevention (65+)

Presbyterian Support  
Cherie Ph 03 547 9350  
ext 712

### University of the Third Age (U3A)

Free courses.  
Malcolm Ph 528 7484  
Duncan Ph 528 4951.

### Yoga

Dru Yoga class at Moutere Hills Community Centre, Thursday 9.30-11 am and 6.00 - 7.30 pm. Riverside Community, Tuesdays 6-7.30 pm. Casual \$12. Sue  
Ph 03 543 2152

## Murchison

### Murchison Community Resource Centre

#### Monday

Sit & Be Fit 10.45-11.30 am. \$2

#### Tuesday

Zumba 5.45 - 6.45 pm  
Join the party. \$2

#### Wednesday

Tai Chi 11.00 am  
Good for body-mind balance, bone health, fitness, falls prevention, relaxation and more. \$2  
Walking Group 1.30pm

#### Thursday

Pilates Levels 1-3, 5.15 - 6:15 pm. Bring a mat if you have one. \$5 a session or \$40 a term.  
Zumba 7.00 - 8.00 pm  
Berylla Ph 03 523 9875

**Nordic Walking**

Jacqui Ph 03 544 1645

**Nelson****Age Concern**

Elaine Mead, Client Support and Activities Coordinator, available Tuesday-Friday 9.00 am to 2.00 pm. Ph 544 7624. For Kerrie Varcoe, registered nurse, Ph 03 544 7624. Jim Davis, Elder Abuse and Neglect Prevention, Ph 03 544 7624.

**Aquatics/Swimming/ Gym**

Riverside Pool  
Ph 03 546 3221

**Art Group Nelson**

Meets 1st Wednesday of each month.  
Judy Ph 03 548 1170

**Arthritis New Zealand**

Community Groups Centre, 50 Halifax Street  
Open 9.00 am to 2.00 pm Monday to Thursday  
Ph 03 546 7689 or 0800 663 463

**Belly Dancing**

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

**Bodyvive (Low-impact)**

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

**Cardiac Club/Gym & Fitness Centre**

Victory Community Centre. Devine Fitness  
Sharon Ph 03 539 0348

**Cardiac Support Group**

Information and support to people affected by Cardiovascular Disease. Contact Averil at the Heart Foundation  
Ph 03 545 7112 or email averilw@nhf.org.nz

**Diabetes NZ Nelson Information centre**

50 Halifax Street, Hours: Monday, Wednesday, Friday 11.00 am - 2.00 pm.  
Ph 03 546 6142

**Dining4 Twelve**

Convivial gatherings for

50+ singles.  
Contact Jenny  
Dining4.Twelve@xtra.co.nz

**Easybeat 50+ Aerobics**

Leigh Ph 03 548 1689 or 021 547 811

**Golf Croquet**

Nelson-Hinemoa  
Bev Ph 03 548 2190

**Government Superannuitants' Association**

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

**Gym**

Contours Health & Fitness Ph 03 544 0496

**Hatha Yoga**

Maureen Ph 03 546 4670

**Hot Yoga**

Claire Ph 03 548 2298

**Hearing Association Nelson**

Euchre card group meets Thursdays at 1.15 pm. Monthly social is 10 am-noon. Hearing House, 354 Trafalgar Sq.  
Ph 03 548 3270 Email hearingnelson@xtra.co.nz

**Housie Evening**

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

**Leisure Line Dancing**

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

**Marching**

Silveraires Leisure Marching  
Diana Ph 03 548 9527

**Nelson Caravan Club**

Allan Ph 027 319 7427

**Nelson Community Patrol**

Suzy Ph 03 539 0409  
Email suzannerobinson@xtra.co.nz

**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  
Andrews Ph 03 540 3288

**Nelson 50+ Mini-Walks**

Gwenda Ph 03 544 5307

**Nelson Male Voice Choir**

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

**Nelson Masters Swimmers**

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

**Nelson Petanque Club**

Wed and Sun 1.15 pm at Highland Pipe Band Hall Paru Paru Road. Boules and tuition provided to newcomers. Adrienne  
Ph 03 545 0070

**Nelson Philatelic Society**

Stamp collectors meet second Tuesday of the month, 7.30 pm, Stoke School  
Ph 03 547 7516 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 7.30pm. \$2. Joyce 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, 8.00 pm, at Club Waimea, Queen Street, Richmond. Members \$6, non-members \$10.  
Alan Ph 03 547 9085 to confirm

**Nordic Walking**

Jacqui Ph 03 544 1645

**Over 50s Pilates**

Body Power Pilates & Yoga Centre. Sue Wilson  
Ph 029 281 3735 Email inbox@bodypower.co.nz

**Over 50s Yoga**

Body Power Pilates & Yoga Centre.  
Margot Ph 029 281 3735

**Presbyterian Support**

Falls Prevention classes for over 65s are free. A 16-week course of modified Tai Chi costs \$48. Classes in Nelson, Stoke, Richmond, Motueka and Takaka.  
Cherie Ph 547 9350 ext 712

**Probus, Stoke-Tahunanui ladies branch**

Meets third Wednesday each month.

Doreen Ph 03 547 7883

**SeniorNet [Nelson]**

Computer instruction for people aged 55+. Clubrooms at Pioneer Park, Hastings Street, Nelson. Murray  
Ph 03 548 1170  
Email contact@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 Ph 03 548 7381

**Sit and Be Fit**

A 35min class to music. Victory Community Centre, Totara St, Nelson, Tuesdays 10.00 am  
Leigh Ph 03 548 1689

**Stroke Club Nelson**

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

**Stroke Foundation Caregivers Support Group**

Meets first Monday of the month, at the Strawbridge Café, Stoke Mall, from 1.30 - 3.00 pm.  
Anne-Marie  
Ph 03 545 8177 or 027 216 0675

**Support Works**

Assesses the needs and co-ordinates services for people affected by disability. For a free assessment  
Ph 03 546-3980 or freephone 0800 244 300  
Email www.nmdhb.govt.nz/SupportWorks.aspx

**Suter Art Gallery**

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

**Table Tennis**

Nelson Table Tennis Club  
Phil Ph 03 546 6256

**Tahunanui Bowling Club**

Murray Ph 03 547 6921

**Tahunanui Community Centre**

Friends and neighbours  
Wednesday afternoons.

**Up Cycle**

Improve your riding skills.

**Garden Group**

Monthly meeting  
Wednesday 7.00 pm.

**Walking Group**

Wednesdays 10.00 am. Meet at 61 Muritai Street, 1hr walk.  
Ph 03 548 6036

**Tai Chi with Gretchen**

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

**Taoist Tai Chi Society of NZ**

55 Muritai St, Tahunanui  
Ph 03 545 8375

**The New Hub**

Circuit Training every Thursday 10.00 - 11.00 am. All ages and levels of fitness welcome. \$3. New St venue.  
Ph 03 545 9147

**U3A**

Caryll Ph 03 547 6359 or Jean Ph 03 544 4688

**Ukulele with Gretchen**

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

**Veterans' (55+) 9 hole golf days**

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

**Victory Senior Support**

Meet every Tuesday at 1.30 pm at Anglican Church, 238 Vanguard Street, Nelson, for entertainment, games and guest speakers. Shirley or Diane on Ph 03 546 9057, Tuesday to Friday, 9.30 am to noon

**Walking**

Nelson 50+ Walking Group. Noel Ph 03 544 2286

**Yoga**

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

**Zenda Middle Eastern Dance**

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

## Richmond

**Age Concern**

62 Oxford St, Richmond Wednesday activities. Thursday knitting and companionship group. Friday Easy Exercises. Morning tea to follow, \$1. Wheelchair hire available.

**Age Concern offers**

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

**Badminton**

Richmond Morning Badminton Dawn Ph 03 544 4120

**Body Power Pilates & Yoga Centre**

Richmond Town Hall Sue Ph 029 281 3735

**Bodyvive (Low-impact)**

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

**Bridge**

Richmond Bridge Club 348 Queen St (opposite Club Waimea) Monday and Thursday afternoons, Wednesday and Friday evenings. Madge Ph 03 544 8971

**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 Ph 03 547 5424

**Easybeat 50+ Aerobics**

Leigh 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 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 Ph 03 544 8383

**Line Dance Nelson**

Alison Ph 03 546 9878

**Nordic Walking**

Jacqui Ph 03 544 1645

**Pedometers from the Library**

Step counters at Nelson City or Tasman District libraries. \$2 for a 6-week loan

**Richmond Bowling Club**

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

**Richmond Indoor Bowls**

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

**Richmond Recreation Centre**

Town Hall, 9 Cambridge Street

**Social Recreation group CLUB50**

Weekly outings \$2, meet at RRC 9.30 am.

**Easybeat Aerobics**

Fun, low-impact, \$4 per class, 9-10 am, Mondays & Fridays.

**Richmond Walking Group**

Meet Mondays 9.30 am. Free.

**Sit and Be Fit**

Fun, seated exercise, \$3, Fridays 10.00 - 11.00 am.

**Shape-up Circuit**

Great option for older adults. \$3.

(All programmes have trained instructors) Mary-Ann Ph 03 544 3955 Email trrc@nel.sporttasman.org.nz

**Richmond Slimmers Club**

Margaret Ph 03 544 7293

**Upright and Able, Falls Prevention (65+)**

Presbyterian Support Cherie Ph 03 547 9350 ext 712

**Tasman Tennis Centre**

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

available. Ngaire Ph 0272 79 99 38 or the centre Ph 03 544 6083

**Tasman Visual Arts Group**

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

**Tai Chi with Gretchen**

Richmond Town Hall and Oakwoods. Gretchen Ph 03 548 8707

**Ukulele**

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

**Yoga**

DruYoga class at Richmond Recreation Centre, Monday 10.30 am - noon. Casual \$12. Sue Ph 03 543 2152

## Stoke

**Clogging/Tap Dancing**

Nelson Sun City Cloggers Georgina Ph 03 545 1037

**Easybeat 50+ Aerobics**

Leigh 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 Ph 03 546 4670

**Hatha Yoga**

Maureen Ph 03 546 4670

**Hydrotherapy**

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

**Introductory Pilates**

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

**Ngawhatu Bowling Club**

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

**Nordic Walking**

Jacqui Ph 03 544 1645

**Safety & Confidence**

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

**Stoke Bowling Club**

Lyndon Ph 03 547 4780

**Stoke Social Seniors Pilates**

Wednesdays 1.30 pm

**Tai Chi**

Tuesdays 1.30 pm

**Sit and Be Fit**

Stoke Memorial Hall Contact Christine Ph 03 547 2660

**Tuesday Walking Group**

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

**Table Tennis Nelson**

Bryan Ph 03 547 7530

**Upright and Able, Falls Prevention (65+)**

Presbyterian Support Cherie Ph 03 547 9350 ext 712

## Tapawera

**Visual Art Society**

Kaye Ph 03 522 4368

**Walking**

Rural Ramblers Una Ph 03 522 4083

## Wakefield

**Easy Exercise**

Arthritis NZ, Nelson Nancye Ph 03 541 9040

**Live Well, Stay Well Activity Group**

In conjunction with Way2Go. Greg Ph 03 541 9320 Email greg@tekman.co.nz

**Wakefield Senior Citizens**

Meet 1st Wednesday of month, 2.00 pm, Wakefield Village Hall. Melba Ph 03 541 8464

# Armistice Day to be marked

THE END OF THE FIRST WORLD WAR WILL BE HONOURED IN RICHMOND.

At the 11th hour of the 11th day of November, the crowd gathered in the Richmond Town Hall will fall silent for a minute to mark the end of the First World War and remember those who died in the fighting.



## World War One

Claimed 15 million lives between 1914-18 – and left weakened populations susceptible to the subsequent Spanish Flu outbreak, which killed 30-40 million people worldwide.



Moutere schools still hold a sports day on the nearest Saturday to Armistice Day, with the coveted Peace Shield up for grabs in a running race.

The Armistice Day service will be a first on the designated day for Richmond. In the past services have been held in various churches on the nearest Sunday. Terry Richardson, president of the Richmond Waimea Returned and Services Association, says it was decided to hold a specific event because next year the numbers line up, with commemorations taking place at the 11th hour on the 11th day of the 11th month, 2011.

At this year's civic service, RSA member and former Army officer Rick Williams will background the history of Armistice Day. The Rev Paul Tregurtha is set to officiate, the Tasman Mayor will take the reading, and a brass band from the Nelson region will play. After the flag lowering, wreaths will be laid.

The ceremony starts at 10.45 am and is open to the public. Schools in the region have been invited to send students.

Armistice Day, which is a public holiday in some countries, marks the end of hostilities on the Western Front. In Britain, it is the equivalent of our Anzac Day. At the 11th hour, everything stops – people, traffic, broadcasts – for two minutes.

"In London it's the most eerie feeling you can possibly experience," says Rick Williams.

The day was well observed in the past in New Zealand. Terry Richardson says when he was a schoolkid the ceremony was "very moving".



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# Mudcakes & Roses notice board

NOTICES FROM AROUND THE REGION. THERE IS A LOT GOING ON, GET AMONGST IT.

## Lend a hand to new arrivals

Refugee Services, Nelson, always receives a great response from local folk who are keen to help our ethnic communities. They support the resettlement of 60 refugees into Nelson each year, as part of the national quota of 750, agreed between New Zealand and the UN. If you are interested in other cultures and can commit to helping a family for six months, please call Dawn (03 539 4509) or Gabrielle (03 548 4978) to register your interest and request an information pack.

## Get out and enjoy spring

Celebrate spring and support fundraising for two of our grand old houses in two events that are not just for garden lovers but for everyone.

Isel in Bloom, Isel House and Park, Sunday 10 October 2010, 11.00 am - 3.00 pm.

Enjoy the spring blooms and explore the charming historic house. Isel in Bloom features stalls for bargain-hunters and a range of entertainment on the lawn in front of the house.

Broadgreen Rose Day, Broadgreen Historic House, Sunday 28 November 2010, 11.00 am - 3.00 pm. The Samuel's Rose Garden will be in full bloom and looking amazing. There will be plenty for children to enjoy as well as stalls and entertainment for the grown-ups.

## Recognising strokes

Acting fast is a life-saver with strokes. If treatment begins within four and a half hours of the onset of a stroke, it means less damage to the brain and more chance of a better recovery, says Anne-Marie Fowke-Stayner, Field Officer for the Stroke Foundation in Nelson.

At least one in three people can't recognise the signs of a stroke, says Anne-Marie. Use the foundation's FAST guide to recognise symptoms:

- **Face** – has it drooped?
- **Arm** – is one arm weaker?
- **Speech** – is it slurred, jumbled?
- **Time** – time to act fast.

Many stroke survivors go on to lead happy, fulfilling lives.

For more information, help and support, contact Anne-Marie on (03) 545 8183 or 027 216 0675. The foundation office is at Community Groups House, 50 Halifax Street, Nelson.

## A hall with a rich past

The Richmond Town Hall, pictured in 1981, has had many lives since being built as a YMCA War Memorial in 1922. It became Council Chambers several years later, and the main hall was added in 1938. It is now a busy recreation centre. Facility manager Mary-Ann McNatty-Shaw is compiling a history of the Cambridge Street hall.

If you have stories about the building, photos or fond recollections, you can contact Mary-Ann at 03 544 3955 or email [trrc@nel.sporttasman.org.nz](mailto:trrc@nel.sporttasman.org.nz). The sent in information will be compiled into a history board for the hall.



Richmond Town Hall 1981.

## Diabetes in spotlight

'The Healthy Choice is Yours' is the theme of Diabetes Awareness Week, from 16-23 November. On Thursday 18 November, Diabetes Nelson will hold events from 4.00 - 8.00 pm at Victory Community Centre, featuring diabetic educators, films on healthy living and displays of healthy foods. On the Friday there will be street stalls by Farmers in Trafalgar Street and at Stoke New World. Fundraising sausage sizzles maestro Peter Ransfield will donate proceeds to Diabetes NZ Nelson.

The Diabetes Information Centre is open Monday/Wednesday and Friday from 11.00 am - 2.00 pm at 50 Halifax St. To register for a six-week course, "Living with Diabetes", contact Margaret 03 545 0106 or Michael 03 571 6163. For more information, contact Alison 03 548 7757.

# The Geriatric Garden

A POEM BY MONA RANDALL

Come, wander with me in my garden  
which gives me great comfort each day  
this pathway leads past the Nostalgia  
to beds of Dementia gay

I'll pick you some scarlet Alzheimers  
with maybe Forgetfulness blue  
as well as a few little Asthmas  
to add an alternative hue

And now to complete your own posy  
I'll add some Sciatica sprigs  
with trimmings of climbing Fibrosis  
and fragrant Incontinence twigs

My favourite bloom is Arthritis  
which grows in profusion just here  
while this Hypertension's so pungent  
it keeps all your sinuses clear

And don't you just love that Angina  
beside the Glaucoma so bright!  
the Flatulence perfume's exquisite  
and often much stronger at night

There's nothing to  
equal a garden  
for bringing one  
pleasure and peace  
where one can grow  
pretty Offensive  
while slowly one's  
marbles decrease



Mona Randall.