

# Mudcakes

and



SENIOR GENERATION ACTION  
AND ISSUES – NELSON TASMAN



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# Spring in our step

Find a warm spot in the sun and savour our October-November edition. We profile a courageous café owner who has weathered more than her fair share of heartache, a motorcyclist who doesn't want to be cured, Mapua's military couturier, and seek advice on ageing well. Plus you'll find our usual Events guide and a directory of the wealth of activities for Seniors in Nelson-Tasman.

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## A disease with no cure

MOTORCYCLIST MICHAEL DOBSON ALMOST LOST A LEG, BUT IS BACK ON HIS BIKE.

"All I had time to do was swear," says motorcyclist Michael Dobson. A four-wheel-drive had pushed its nose out suddenly from behind a bush onto the road up the Maitai Valley. Michael hit the front of it. He came to lying on the roadway and tried to straighten his body. When he looked down to check his legs he could only see one. The other foot was resting against his lower back. His femur had snapped and the knee was smashed.

Two years and 17 operations later – the longest 9 hours – surgeons managed to save the left leg but it is nearly 2cm shorter and permanently straight. Michael props it up on a highway peg

so that he rides his adventure bike like a Harley cruiser when he is out with his Nelson Ulysses Club mates.

Yes, 61-year-old Michael is back on his big trail/road hybrid machine – though his offroad riding is now more sedate. The 990cc KTM has been modified, initially with a "suicide hand shift" lever, but it has now been converted to right hand shift. He works the gears with his right foot, and the rear brake with a thumb lever on the left side of the handlebars.

A horrific crash might be a hint to find a safer pastime, but motorcycling, well, "once it gets into your blood, it's over," says Michael with a grin. He quotes long-

distance biker and economist Gareth Morgan: "It's a disease and fortunately there's no cure."

Michael had his first taste as a 15-year-old on his sister's 50cc Honda stepthru. Getting a bike licence was "ridiculously easy in those days". While at Canterbury University he bought an 650cc Ariel Huntmaster, "pretty good in a straight line ... but trying to stop the thing at high speed in a hurry was really just a declaration of intent."

He progressed to the slow trials riding, where balance is supreme, and then to trailbikes and then to motocross and enduro competition. In 1981 he had a

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trail riding accident that put him in hospital for two nights. He was visited by "my very pregnant wife and 2-year-old son, and I thought, 'Maybe I've got other responsibilities here'."

Family and business took precedence. After working in the financial services sector in Christchurch, Michael and Jan Dobson moved to Nelson in 2004 and bought Totally Boating. Soon after, he re-acquainted himself with two-wheeled thrills.

Michael is obviously aware of the risks of motorcycling – "we're all conscious of it" – and takes part in training sessions to improve his riding skills. Motorcyclists are harder to see, he admits, but some car owners "drive around half-asleep".

He enjoys the company of Ulysses colleagues, who hail from all walks. The club forges close friendships, "and even the odd marriage." Michael thanks his own wife of 37 years for "putting up with me".

He can't envisage a life without bikes. If his balance goes, he will switch to a three-wheeled trike. Motorcycling is a freedom akin to sluicing effortlessly down a ski slope, he says. When you are banking into turns, "you feel like you are flying".

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# Love, coffee and naked marsupials

THE CO-FOUNDER OF A GOLDEN BAY LANDMARK HAS LEFT THE CAFÉ SHE LOVES.

Jocelyn Rae will take her soulmate on a road trip soon, down to the high country of the South Island. Grant Fitz-William will be strapped in the seat beside her, his ashes in a large brass bullet case – fitting for a man who had been a hunter and pest controller for most of his life. “Joss” will scatter the ashes in the mountains he loved, particularly around Wanaka, Queenstown and the beech forests of the Caples Valley near Routeburn.

A stroke 2 1/2 years ago robbed Grant of his ability to speak, read or write, and paralysed the right side of his body. The hardy mountain man fought back, walking short distances along the tracks near their Naked Possum café inland from Collingwood. He and Joss set up a small gym in his tannery shed, and slowly Grant regained a little movement in his arm. Speech therapy gave him back a few essential words and short phrases such



as “I can do it”, and he could sing Happy Birthday for special customers of the café.

Lung cancer is a tougher foe. In five short months the insidious disease robbed him of his life. During all this time “I never left his side,” says Joss. She spent many weeks in hospital or treatment rooms being Grant’s “voice” to staff. They made up an

extra bed in the room for her. During his last months she nursed him at home. He died in her arms last June. “He was such a wonderful gentle spirit and an inspiration to us all throughout his ordeal.”

Grant took his last journey over the Takaka Hill for cremation, in a coffin made by Joss’s brother Andrew Dixon, and piggybacking on a beer delivery from Andrew and Jane Dixon’s Mussel Inn to Nelson. A fittingly colourful exit for a colourful character.

Jocelyn and Grant met a decade ago, at the Mussel Inn as it happens. She spotted this intriguing bloke with a small ivory deer tusk hanging from one ear, and introduced herself. They soon discovered they had both spent most of their earlier lives in the Central Otago high country. He had culled deer, goats, rabbits and possums for DOC and other government agencies. She guided horse-trekking tourists with country

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singer John Hore, packed out deer carcasses on horseback (before the crazy days of helicopter hunting), ran horse-and-gig rides at Arrowtown, grew flowers for export and co-owned a sheep and cattle station in the Dansey's Pass.

It took Grant a few years, but he eventually enticed Joss to his misty block of land at the start of the Kaituna Track. He had always tanned animal skins, and taking inspiration from their shared love of the bush and native birds, the couple set up an "eco-tannery", treating the leather naturally using the tannin from crushed bark. Possums were ravaging the rata trees. Trappers stripped carcasses of their fur, and it made sense to use the "naked" skins as well. Grant's leather was made into cushions and lampshades.

A tourism venture incorporating an eco-tannery, a possum shop, a rata nursery and a wild game café came to Joss in a "vision", she says. It even furnished the name, Naked Possum.

"We borrowed a heap of money and everyone thought we were totally mad but we had found our passion in life and nothing was going to stop us."

Joss concocted pies made with venison, wild pork, rabbit and goat. Shots of coffee became Grant's ammunition, and he was good – in 2008 the Naked Possum won a national magazine award for Best Café in the Nelson/Tasman region. "He'd only ever drunk tea before the café opened." But their ace card was the big outdoor fire. Billy tea, vegies cooked in camp ovens, Grant doing a wild game spit roast – it couldn't miss. Yarns were swapped round the fire. Grant and Joss would explain why they wanted to preserve the rata forest.

The fire smokes a bit, but all suggestions to solve the problem were rebuffed. "We wanted people to go away with the lingering smell of wood smoke so they would tell others where that evocative scent came from."

The Naked Possum is a textbook example of word-of-mouth advertising. Locals drove the gravel road with visitors. The "super-rich" flew in by chopper. Marquees on the lawn hosted weddings and other functions. The Topp Twins sang, Paul Ubana Jones played. "Nowhere" became a hot destination, and much of the appeal lay in the fact that Grant and Joss were the genuine article. "We were doing what we loved doing so we could very easily transfer that passion to other people."

During Grant's illness, both the tannery and possum shop closed. Between caring for him and running the cafe, Joss was at full stretch. The economic downturn didn't help. (The Naked Possum employs up to 10 staff in the summer.)

By the time Grant died, Joss was emotionally and physically drained. For the first few months she entertained the idea of trying to keep the vision and passion alive but without her soulmate alongside it all became too much.

Fate stepped in – Joss was approached by two young local couples keen to take over the venture. At the same time her daughter Alita encouraged her to consider a new chapter in life. About the time Grant was diagnosed with terminal cancer, Alita had conceived her first child, due this October. The circle of life continues.

Joss is moving to the beaches north of Sydney to become "Nana", recharge, and write a book on her "magical" decade with Grant as "naked possums".

"Grant was extremely proud of the iconic venture we created from nothing but a vision and a bare paddock in the middle of nowhere. He died happy in the knowledge that his legacy will live on."

## RIMU GROVE WINERY

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## Creative Writers

For our December issue we are challenging our writers to produce a really short story of 60 words max (borrowing a good idea from our friends at the G.B Weekly), based on the theme of summer. As always, the winning entry receives a bottle of Rimu Grove wine. Good luck.

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# Spring is sprung

WHAT'S HOT IN TOMATOES? PHILIPPA FOES-LAMB TELLS ALL.



*Philippa Foes-Lamb*

Hi and welcome to spring, my favourite time of year. It is so wonderful to know that the soil is warming up, ready for summer crops.

Mid-October is the time to plant tomatoes, courgettes, aubergine (eggplant), capsicum, chillies etc and all of your favourite herbs except perhaps basil, which is best planted from early November onwards (unless you have a glasshouse). You can also sow or plant brassicas (broccoli etc), silverbeet, spinach, lettuces, carrots, peas, beans and lots more.

I love growing tomatoes. "Tasty Tom" has to be one of the best varieties I've ever grown. It is very sturdy and a heavy cropper, producing medium-sized firm fruit with a scrumptious flavour over a long period. I also always grow "Sweet 100", a lovely cherry tomato – great for salads. "Yellow Pear" is a prolific producer too, with small pear-shaped, sunshine-yellow fruit. "Potentate" is another favourite that has been around for years, again with medium-sized fruit.

Please email me if you'd like more detailed advice on growing tomatoes (or any other crops).

Summer vegetables are gross feeders, using a lot of energy to produce their crops, so before planting I dig in plenty of fish compost, which I wouldn't garden without (from Bay Landscapes), and sheep manure pellets. If you don't have much room, summer crops (even climbing beans and courgettes) can be grown successfully in large containers. My father always grew his tomatoes in PB40 black grow bags. When planting in containers or bags, use a good potting mix and water and feed your plants regularly.

If you love flowers, now is the time to start planting summer-flowering annuals such as petunias, viscaria, salvia, lobelia and marigolds, to name just a few. Marigolds are wonderful for deterring whitefly in glasshouses and garden beds. There are so many beautiful petunias available these days – I love planting the deep blue and buttercream ones together.

All petunia varieties are perfect for hanging baskets, in containers or garden beds. They thrive in full sun and like well-drained soil that retains a little moisture. They do really well in my main garden because there is a base of Moutere clay with plenty of loam on top. The secret to getting a long show of any flower is to regularly dead-head your plants.

Spring is also the perfect time to fertilise lawns. I swear by slow-release fertiliser because it is less likely to burn tender new grass. Whichever fertiliser you choose, water it in thoroughly straight after application (or better still, apply when it's raining) as this will help prevent possible damage to new shoots.

If you have any questions or topic suggestions, email me at [foeslamb@xtra.co.nz](mailto:foeslamb@xtra.co.nz) or write to me c/- Mudcakes and Roses. My radio show, Green Thumbs & Dirty Fingers, airs each fortnight on Fresh FM on Tuesday at 10.40 am, replayed the following Saturday at 2.40 pm. Until next time, happy gardening.



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# Authentic right down to his buttons

MAPUA'S MASTER COSTUME-MAKER WILL KIT YOU OUT WITH MILITARY PRECISION.

Greg Olsen customises a World War One trench according to nationality. English troops lived in rough trenches because they were expected to push forward and not get too comfortable. German trenches, on the high ground, were equipped with stoves and even electricity.

"I like accuracy as much as I can," says the play and film costume-maker who works out of the old Station House Museum shed at Mapua.

Tiny badges on his military uniforms are authentic, he sometimes uses his "treadly" sewing machine or hand-sews garments – he is self-taught – and the 34 buttons on his Captain Cook jacket date from the 1770s and are worth a cool \$200 each to a collector.

One client, a pilot, wanted a uniform worn by Lothar von Richthofen, brother of the infamous Red Baron. Greg went to enormous trouble to get the piping and colour spot-on, and shakes his head when recalling that the client went for V-shaped buttoning, instead of the correct single row.

With such dedication behind them, Greg's outfits have been a mainstay of plays and events in the Top of the South for decades. He dresses many of the soldiers and pilots at the Omaka air show near Blenheim, kits out the Anzac displays at Founders in Nelson each year, provisions theme parties, keeps the old Mapua fire brigade clobber spick and span for its 18 members, ships costumes all over New Zealand (plus a few overseas), provided uniforms for the first rugby game re-enactment for the World Cup, and tends to be the "last-minute man" on film sets, coming up with ancient holsters, or making sure the actor is wearing a soldier's belt the right way up.

"If I put 100 percent into something and get 80 percent in performance I've done pretty well."

He can dress a company of 15 homeguard soldiers for Dad's Army dramas, rustle up a musket and make a Napoleonic hat from scratch. Footwear is the hardest item, Greg says. The old leather soles are "virtually non-existent".

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The master costume-maker was inducted into the game through his parents and an assortment of jobs that furnished him with useful skills. His father Frank Olsen took over Nelson's famous Pixie Town from originator Freddy Jones, and Greg still has a few of the mechanised figurines salvaged from the Disney-like displays that were once housed in a garage on a site that is now Montgomery carpark. Greg's mother June was a milliner – as was his grandmother.

His dad had been a prisoner of war in Italy. Greg wanted a military career himself but was rejected because childhood polio had left him with one leg shorter than the other. He worked at a variety of jobs, and went to Australia for a few years, all the while learning valuable techniques like spraypainting, cold-moulding etc. "I was always into making things."

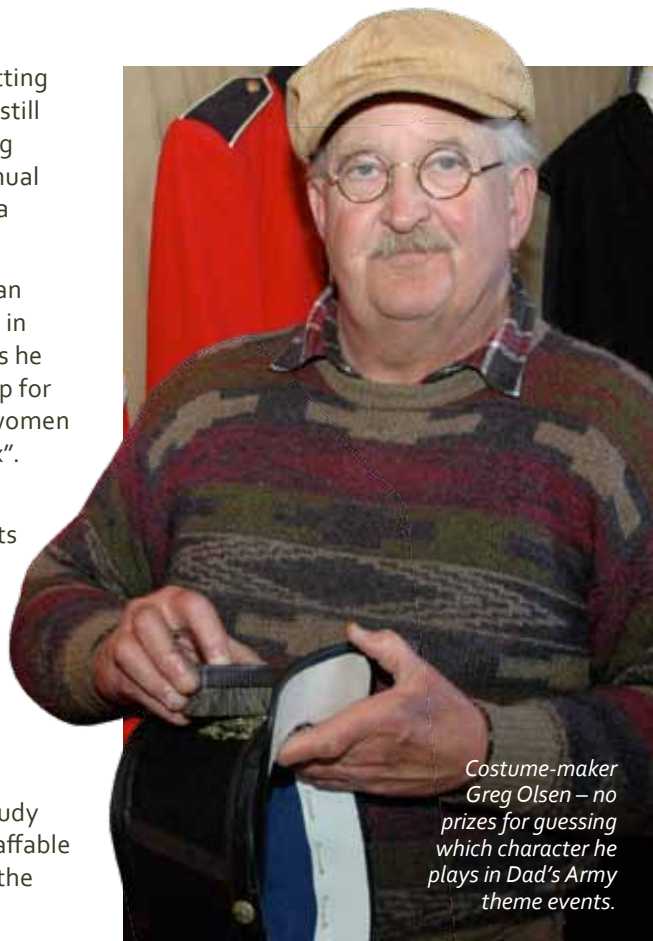
He settled in Mapua three decades ago. Greg was assistant stage manager on the World of WearableArt shows for a

while, and played a big role in setting up Nelson's Arts Festival. He can still be found lurking in costume along the Centre of NZ path for the annual Lantern Parade. Greg also holds a pyrotechnics licence.

At his workshop – appropriately an old Nissen hut – Greg is hemmed in by khaki, ammo belts and flags as he quietly sews, always ready to stop for a yarn. The avid fossicker urges women visitors to "bring your button box".

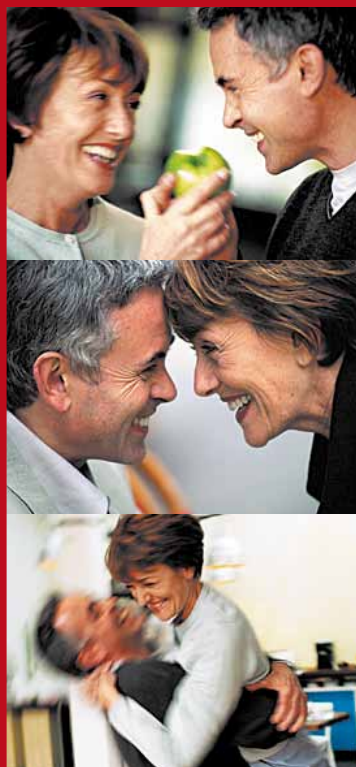
"I'm probably the world's best recycler," reshaping old garments or using their cloth. He haunts antique shops, and is frequently approached in turn by visitors keen to identify an artefact. The paid work is "feast or famine", but he loves what he does.

"Getting it right and doing the study on it is part of the fun," says the affable 61-year-old. "If I was doing it for the money it would be a joke."



Costume-maker Greg Olsen – no prizes for guessing which character he plays in Dad's Army theme events.

*"Someone has to make the best teeth"*



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# Hearing-loss ACC funding changes

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

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

The following is a summary of the main changes:

## Funding for hearing aids

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

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

## Services and Repairs

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

## Annual Hearing Test, Reviews and Appointments

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

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

## Cost

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

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

## Finding the right solution

When determining your budget, it is worth considering what you need and want your hearing solution to do for you. This could be based on your life style and expectations but also you are. It is also worth considering how much you invest in your hearing and how important it is to be able to participate fully in the world around you. There are hearing solutions for everyone, from very reliable, discreet solutions with great sound performance, to those that feature the latest technological breakthroughs with optimal functionality and the opportunity to connect fully to modern electronic technology.



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

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



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# Pearly Queen rebounds from fractures

SHIRLEY MILES' COSTUME IS A TRIBUTE IN BUTTONS TO NELSON.

A double fracture of the pelvis was just an interruption for Pearly Queen Shirley Miles in her quest to raise \$100,000 for Hospice. She took a tumble at home in April that put her in hospital for 16 days, with two months using a walking frame.

But resplendent in ostrich-feathered hat and an outfit adorned with 3600 mother-of-pearl buttons – it weighs 3kg – Shirley is now back at the Saturday Market, holding aloft her white donations bucket. She has passed the \$80,000 mark and reckons when she hits six figures in a few years' time she will retire – or maybe just ease back.

Next time you spot her, take a close look at that costume – it's a salute to Nelson. The jacket features a large Cathedral tower with "flag" (actually the Civic Award badge she received a few years ago), all fashioned from buttons. The pine tree symbol

represents forestry, and anchors on the pocket denote the busy port. Bunches of grapes on her skirt pay homage to wine-makers. On the back of the jacket, a huge sun shines out, and small fish swim near the hem, representing the fishing industry.

Such decoration is part of the Pearly Kings and Queens tradition, which Shirley learnt about while doing a U3A course on London. According to Wikipedia, "Pearlies" are an old working-class tradition of raising money for charity. The first Pearly King, Henry Croft, copied a street trader's "pearly suit" to draw attention to himself and aid his fundraising. Shirley discovered that because she was born in London with 100 years of London ancestry, she is entitled to don the Pearly garb, so her marathon fundraising effort began in 2002. Hospice is "such a worthy cause and not wholly Government funded."

A broken pelvis is not the first health setback for the 76-year-old. Six years ago she had major throat surgery to remove a tumour, sidelining her for six months.

Husband John says her two-hour stints at the market are no cakewalk. He compares it to the pressure of a stage performance. Some of the stallholders donate regularly, and Shirley gets a parade of "lovely people" who relate stories of the care their loved ones received in the Manuka St Hospice.

She never asks for money, but if someone wants to take her photo she will gently coax a contribution from them.

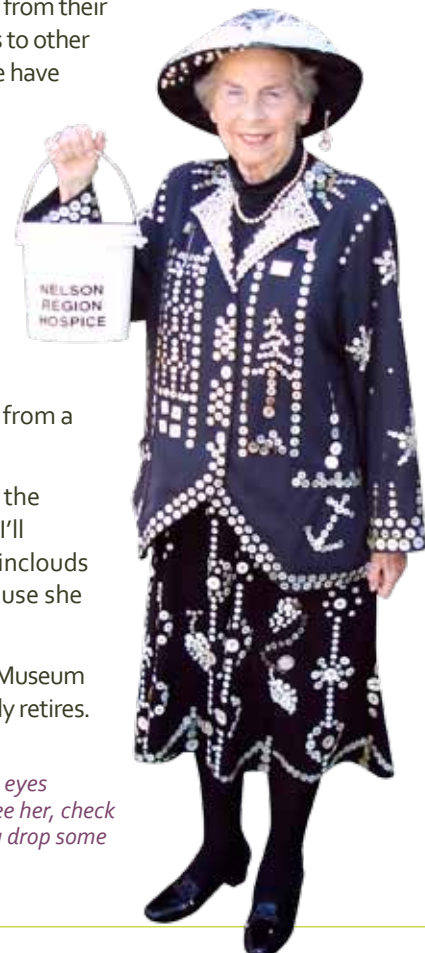
John does his bit too, running her from their Stoke home into the market, plus to other events for fundraising. The couple have clocked up nearly 9000km on Hospice business, and not once presented an invoice for petrol.

The Miles left England in 1957 for Zimbabwe, where John worked in purchasing and supply for the construction industry. After six years they came to Nelson and have lived here since, apart from a three-year stint in Tonga.

Shirley says once she gets past the magic \$100,000 in donations, "I'll choose my days, perhaps." (Rainclouds keep her at home anyway because she can't get her costume wet.)

She hopes the Nelson Provincial Museum will take the outfit when she finally retires.

*Shirley Miles, back on her feet, with eyes firmly on the prize. Next time you see her, check out that costume up close while you drop some coins in the bucket.*



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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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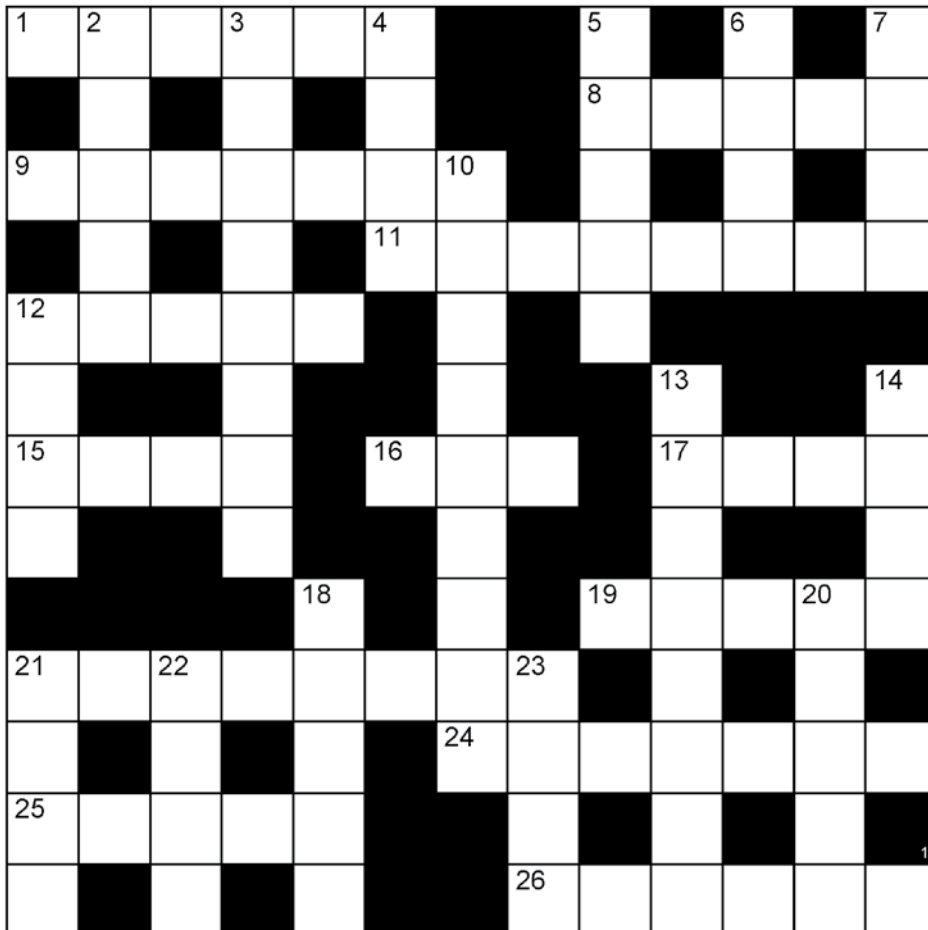
## Simpler Clues

### Clues Across

1. Most unpleasant (6)
8. Provide accommodation for (5)
9. Reply (7)
11. Free end in electric circuit (8)
12. Hirsute (5)
15. Stupor, deep sleep (4)
16. To essay (3)
17. Peruvian Indian (4)
19. Sudden convulsive movement (5)
21. Ringing, resounding (8)
24. Of clay (7)
25. Of words to be sung (5)
26. Framework for climbing (6)

### Clues Down

2. Stage work with singers and orchestra (5)
3. Inhabiting a river-bank (8)
4. A warning not to (4)
5. Cover with reproach (5)
6. Consume by fire (4)
7. Tumbled (4)
10. Resolve, decide (9)
12. Joint between knee and fetlock (4)
13. Subject to argument (8)
14. Unruffled (4)
18. Informal light meal (5)
20. Where action takes place (5)
21. Govern (4)
22. Ulcer, boil (4)
23. High in stature (4)



## Harder Clues

### Clues Across

1. Very nasty alternative to the right in being concealed (6)
8. Residence of a family in line of descent (5)
9. Give an answer or spend the change (7)
11. An ending to the trail men unravel (8)
12. Being so hirsute, it may be dangerous (5)
15. Deep sleep in cot man finishes off (4)
16. Attempt by Conservative to lose nothing (3)
17. One can turn out an Indian in Peru (4)
19. Sudden convulsion quietly occurring in mass disruption (5)
21. Ringing on an entry among the others (8)
24. By merit get the entry made of clay (7)
25. Words sung in a holy ricerare (5)
26. With which to scale a run in hose (6)

### Clues Down

2. Half the things done in the theatre are like Tosca (5)
3. Living on the river-bank, where pair are affected by rain (8)
4. Instruction not to put on tank-top (4)
5. Has upset me, the humiliation of it (5)
6. Set fire to a stream in Scotland (4)
7. It's deadly, the way one became enamoured (4)
10. Resolve to merit it in need of change (9)
12. Pawn some white Rhine wine (4)
13. Argued with Dud out of spite (8)
14. State Monsieur will not be agitated (4)
18. Light meal of nitrogen is in the bag (5)
20. Part of play observed in sound (5)
21. Regulation left in regret (4)
22. Tender Greek love-god got his come-uppance (4)
23. Lofty is in hospital, luckily (4)

Answers page 15

## The pick of the fare

The Nelson Arts Festival is on its way. We asked Festival Director Sophie Kelly to nominate some of the best shows for Mudcakes & Roses readers.

### C'mon Black!

Theatre Royal, Thursday 13 October & Friday 14 October 2011, 8.00 pm.

It's 1995 and middle-aged farmer Dickie Hart is on the trip of a lifetime, to the Rugby World Cup in South Africa to watch his beloved All Blacks take on allcomers. But this is a voyage of discovery as he encounters the realities of poverty, racism and the big world beyond the paddock. Playwright Roger Hall's poignant snapshot of our history, identity and maturity as a nation.

### Drowning In Veronica Lake

Suter Theatre, Thursday 20 October & Friday 21 October 2011, 7.00 pm.

Revisit the Golden Age of Hollywood in this a darkly comic tribute to one of 1940s Hollywood's most glamorous stars. At the peak of her brief career, Veronica Lake campaigned tirelessly for the US war effort, took tea with Eleanor Roosevelt, flew her own plane from coast to coast, was famously sued by her own mother and bankrupted by the IRS before a rapid descent into obscurity, alcoholism and death as a 50-year-old cocktail waitress.

"A fascinating story excellently told and well worth seeing." Dominion Post

### The Dame Alison Holst Story – A Home-Grown Cook

Granary Festival Cafe, Saturday 22 October 2011, 2.00 pm.

In the 1960s, Alison Holst changed the way women prepared food for their families with her TV show Here's How. From a modest upbringing in Dunedin to becoming one of our most endearing Kiwi icons, Dame Alison's distinctive voice is brilliantly captured on every page of A Home-Grown Cook.

### Billy T & Me

Theatre Royal, Tuesday 18 October 2011, 8.00 pm.

Peter Rowley spent five years writing and performing with the great Billy T James, and now we finally have a chance to hear his wonderful stories. This is a delightful mix of anecdote and clips from Billy's TV series.

### Granary Gigs

Every night there are shows programmed at Founders Park. The Granary Festival Cafe will stage free early evening concerts to enjoy along with a light meal and a glass of wine or beer. Check out the Oi You! street art in the Energy Centre.

All bookings at Everyman Records Ph. 03 548 3083 or [www.nelsonartsfestival.co.nz](http://www.nelsonartsfestival.co.nz)



Alex Ellis as ill-fated screen siren Veronica Lake.

## Driving Miss Daisy, call and ride with a friend!



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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

## What is it?

Our antique puzzler hails from Richmond Antiques and Curios this time. Made of wood, obviously, and matchbox-sized. Our only other clue – great for easing the pressure. Answer, page 23.



## Making your wishes known

Advance Care Planning is a process of discussion between you and those who provide care for you, such as your nurses, doctors, care home manager or family members. During this discussion you may choose to express some views, preferences and wishes about your future care.

You may want to include your priorities and preferences for the future. For example:

- How you might want any religious or spiritual beliefs you hold to be reflected in your care
- The name of a person/people you wish to act on your behalf at a later time
- Your choice about where you would like to be cared for (for example, at home, in a hospital, at a nursing home or hospice)
- Your thoughts on different treatments or types of care that you might be offered
- How you like to do things (for example, preferring a shower to a bath, or sleeping with the light on)
- Concerns or solutions about practical issues (for example, who will look after your dog if you become ill).

### Refusing specific treatment

During an Advance Care Planning discussion, you may decide to express a very specific view about a particular medical treatment which you do not want to have. This can be done by making an Advanced Directive (previously known as a Living Will).

Sometimes you may want to refuse a treatment in some circumstances but not in others. If so, you must specify all the circumstances in which you want to refuse this particular treatment.

There are rules if you wish to refuse treatment that is potentially life-sustaining (for example, ventilation). An Advance Directive to refuse this type of treatment can be either verbal or written instructions. To avoid misinterpretation or ambiguity, it is better that the directive be made in writing.

Before you make an Advance Directive to refuse treatment you should make sure you fully understand all possible future situations you might find yourself in. It is advised that you have this discussion with a healthcare professional who is fully aware of your medical history.

An Advance Directive will only be used if at some time in the future you lose the ability to make your own decisions about your treatment.

### Making an Enduring Power of Attorney

You may want to give another person legal authority to make decisions on your behalf.

There are two types of Enduring Power of Attorney (EPA): for your property and for personal care and welfare.

A property EPA means you appoint someone to manage things like your assets, bank account, paying bills and arranging financial benefits.

A personal care and welfare EPA is someone who can make the decisions about your health or personal matters. For instance, they may have to make decisions about where you will live, who you live with, or give consent to minor operations and medical treatment. They cannot deny usual treatment.

*(Source: Ministry of Health)*

## Crossword Solutions

**CLUES ACROSS** – 1. Horrid 8. House 9. Respond  
11. Terminal 12. Hairy 15. Coma 16. Try 17. Inca  
19. Spasm 21. Resonant 24. Earthen 25. Lyric 26. Ladder

**CLUES DOWN** – 2. Opera 3. Riparian 4. Don't 5. Shame  
6. Burn 7. Fell 10. Determine 12. Hock 13. Disputed  
14. Calm 18. Snack 20. Scene 21. Rule 22. Sore 23. Tall

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# The secret to ageing well

## Glenis Bell

(Health Promotion Facilitator, Nelson Bays Primary Health Organisation)



"We age from the day we are born, so we've all had plenty of experience with ageing. There is probably not much of a secret to ageing well, but being healthy and happy have got to be the key – healthy body, healthy mind and happy in family and work matters. Younger people (and there seems to be a lot of younger people these days ... or is it that I am getting older?) sometimes call us old; but I heard someone give a wonderful reply the other day: "Don't call us old ... we might be older, but not old yet" (and that came from a person in their 80+ years). Age for me is a feeling, and has nothing to do with numbers.

The loss of strength and stamina attributed to ageing is in part caused by reduced physical activity and not by age. Age is not an excuse to stop ... be active every day for healthy body and healthy mind.

Age is how we determine how valuable we are. Like a good bottle of wine, we get better with age."

## Ruby Aberhart

(Chair of the Positive Ageing Forum and champion of the underdog. Aged 80)



"Growing up in a lovely family environment, I found out how the world works. I went down many pathways with the support of a loving husband and family. I lost my husband 26 years ago

but my family has since expanded with grandchildren and great grandchildren. I am so lucky that I have around me some wonderful people who I can shoulder-tap to gain knowledge.

I am a very honest person, kept that way because of the guardian angel I picked up when I was 10, so age is really not something I think about other than how I look physically. The body has been battered by both physical and clinical illnesses, which can put a strain on one's emotions, but I see things as a challenge not a problem. I am very passionate in everything I do, and do it with my whole self (some who know me might say I can be scary).

Listen to hear what a person is actually saying. Take time and allow them to grow for themselves. We all need to know we are okay in our different ways."

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**carers. This truly is peace of mind for you and your family; meals, home maintenance, housekeeping, laundry and transport assistance is all taken care of. You can just move in and enjoy! These lovely homes are affordably priced from \$175,000\*.**

For more information about our village, a personal village tour or to join us for a delicious complimentary lunch please contact me to arrange a time that suits you. I can even assist with transport.

Kind regards,

**Debbie Edwards**, Sales Advisor  
03 538 0882

*\*Ongoing service fees apply.*



  
**Ernest Rutherford**  
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## Probus out & about

*Tour guide Lorraine Murdoch with the Probus members.*

Murray Sturgeon, managing director of Nelson Pine Industries Ltd, gave an excellent address to about 90 members of Probus Club Richmond recently, covering the early days of the plant right through to the huge complex it is today. Wood waste, offcuts, trimmings, bark etc are used to feed the boilers so nothing is wasted, resulting in huge savings in power.

Forty club-members, led by Murray Wieblitz, accepted an invitation to tour the Richmond plant and were amazed at the complexity – the automatic systems, and the large range of products made there. A pair of hi-tech robots stack and wrap MDF board ready for shipping.

NPI provides direct employment for about 210 local people involved in forestry, processing, administration and marketing. Typically, for every one job generated in this sort of production sector, another four service-related jobs are created in the community.

The company pours about \$220 million a year into the local economy for materials, labour, electricity and services. Nelson Pine Industries also provides sponsorships in arts and sports, and donates product for numerous local projects.

The Probus Club of Richmond has 129 members and offers activities such as walks, cycling, sports and visits to local industries and further afield.

*by Fred McKee*

## Daring rescue in dark waters

Our Richmond “old salt” Ken Wells had more tales to tell than we had space for in our last issue, but a couple of his mates contacted us about one we shouldn’t have culled.

In December 1944, Ken was crewing on the Pamir, the tall ship New Zealand sequestered during the war because it belonged to Nazi-occupied Finland. In port at Oakland, San Francisco, Ken and another crewman were returning aboard after midnight when they heard cries for help from the bay. They ran down several piers until they found the closest to the

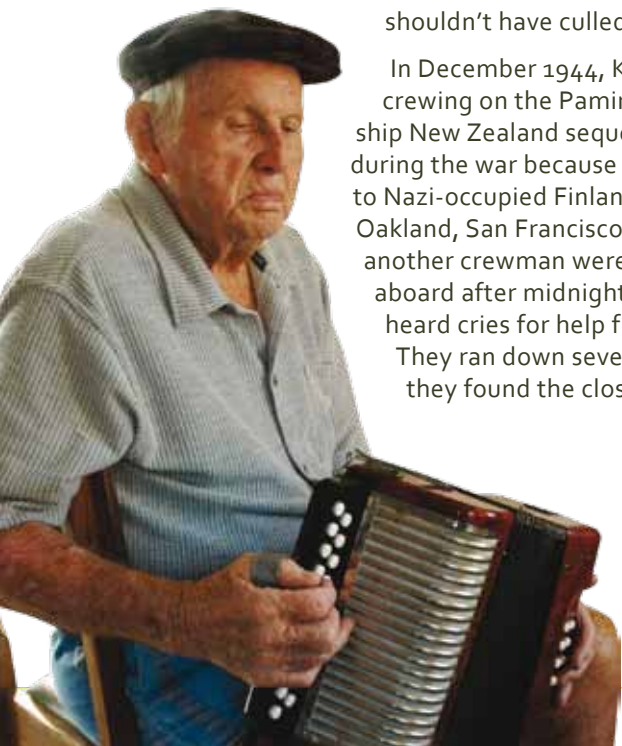
hubbub. Ken says half a dozen US Coastguardsmen were standing listening to the cries but “they didn’t want to get their uniforms wet.”

Ken partly stripped off, dived in and swam out to a youth who had fallen overboard from a ferry. Using a floating branch, he dragged the exhausted 15-year-old back towards the pier. One of the Coastguards swam out to join the rescue, and his colleagues helped to pull the teen from the water.

The next day the San Francisco Herald newspaper ran the story of the heroic Kiwi sailor.

“I never thought any more about it,” says Ken, but back in Wellington a US Government official presented him with a silver lifesaving medal, with then-Prime Minister Peter Fraser in attendance. In the 1947 New Years Honours list, Ken was awarded the British Empire Medal, presented this time by Governor-General Sir Bernard Freyberg.

Incidentally, Ken is the brother of Calvin Wells, the coastal scow captain we profiled in Mudcakes and Roses a few years ago. Salt water runs in the family veins.



*Ken Wells has a clutch of vintage accordions.*

# What's On



OCTOBER – NOVEMBER 2011

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

## Golden Bay

### Wednesday Walkers

Meet at Information Centre carpark, Takaka, leaving 9.00 am. Bring morning tea, raincoat etc, light boots or walking shoes. Contacts: Debby Ph. 03 525 9090, Lelie Ph. 03 525 8898, Sonia Ph. 03 525 9765.

### Upright and Able for Falls Prevention

Free 6-week course starting 8 September 2011. Jacinda Ph. 03 525 8770 or 03 525 9708 for more information and registration.

## Motueka

### Cycling

Thursday night social biking group meets 5.45 pm out the back of Coppins Cycles (New World carpark entrance). No fancy lycra, no expensive gear required, no fees... just turn up. Rides about 12km.

### Motueka 50+ walking group (E easy, M medium, H hard)

**6 October**, 9.00 am, Brady's Hill (Baton Rd), M, \$8. 9.30 am, Maitai, E, \$12.

**13 October**: 8.45 am, ATNP Boat Trip (Anapai or Mutton Cove to Waiharakeke), E & M, \$3. 9.30 am, Takaka Hill Walkway, E & M, \$5.

**20 October**: 8.45 am, ATNP Boat Trip (Reserve Day), E & M, \$3. 9.30 am, Canaan (walks to suit all abilities), \$8.

**27 October**: 10.00 am, Meeting and Westbank Covenant, E & M, \$2.

**3 November**: 8.00 am,

Courthouse Flat walks (all abilities), \$23. 9.30 am, Wakefield Ramble, E/M, \$11.

**10 November**: 9.00 am, Lodestone (Flora), H, \$8. 9.30 am, North branch Graham Valley (low walk only), E/M, \$5.

**17 November**: 9.00 am, Punawai (Wakefield) farm walk, M, \$14. 9.30 am, Monaco, E, \$12.

**24 November**: 10.00 am, Meeting and Riwaka Ramble, E, \$2.

All walks leave Deck's Reserve Carpark at times stated, where transport is arranged. Meetings on the last Thursday of each month in the Uniting Church Hall, High St, 9.30 am. Contacts: Secretary Norah Ph. 03 528 6290, President Heather Ph. 03 528 7475, Walks Coordinators Bet Ph. 03 528 8009 and Alan Ph. 03 528 6290. For details about Alternate walks, contact Lesley or Ray Ph. 03 527 8113. Website: [www.motueka50pluswalkers.org.nz](http://www.motueka50pluswalkers.org.nz)



### Motueka Recreation Centre

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

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

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

**Sunshine Club**: Friday morning 9.00 am – noon. Morning tea and activities provided. Free pick-up and drop-off. \$4. Ph. Wendy 03 528 8228.

**Silver Sneakers**: Indoor walking group, 9.30 – 10.30 am. \$4.

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

### Motueka social dance group

Dances at Lower Moutere Hall. Always a good night and good music. Contact Margaret Ph. 03 528 7567, or Prue Ph. 03 540 2242.

## Murchison

### Murchison Community Resource Centre

Murchison Daytrippers. Phone Berylla Jones 03 523 9875.

## Nelson

### Nelson Dance Along

Richmond Town Hall, 7.30 pm–11.00 pm, 8 and 22 October, 12 November 2011. Tape music, home-made supper provided. \$3 members & \$4 non-members.

### Pre Christmas Dance

Richmond Town Hall, 7.30–11 pm, 26 November 2011. Music by Richard Wakelin, home-made supper. Cost \$6. Rosalie Ph. 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

**4 October**: Wakefield Pig Valley, M, Noel Brown 03 544 2286, Alison Polglase 03 544 6833, 9.30 am.

**18 October**: OK Corral – Third

House, M, Denis Ph. 03 546 4305, Elaine Ph. 03 548 5048, 9.30 am.

**1 November**: Waimea Walkway – Appleby Bridge, E, Denis Ph. 03 546 4305, Lyn Ph. 03 545 2322, 9.30 am

**15 November**: Mt Arthur – Gridiron, M, Ron Ph. 03 546 5170, Roger Ph. 03 539 6402, 9.00 am

**29 November**: Ben Nevis, H, Noel Ph. 03 544 2286, Lyn Ph. 03 545 0124, 9.00 am. (F)

**6 December**: Barbeque Picnic, Rabbit Island, 10.00 am

(F – Forestry walks may have to be cancelled due to logging, in which case another walk will be arranged.)



### Thursday Walks

**13 October**: Canaan – Porters Rd, M, Cheryl Ph. 03 544 7684, Alison Ph. 03 544 6833, 9.30 am.

**27 October**: Lake Rotoiti – Lake Head Hut, M, Bernie Ph. 03 545 1033, Alison Ph. 03 544 6833, 9.00 am.

**10 November**: Wangapeka Valley, E/M, Cheryl Ph. 03 544 7684, Lyn Ph. 03 545 2322, 9.00 am.

**24 November**: Okiwi – Goat Saddle, M, Martin Ph. 03 548 6500, Judy Ph. 03 547 2885, 9.30 am

### Tuesday Mini-Walks

(All start 10 am unless otherwise stated)

**11 October**: Monaco (meet Isel Park Ridgeway end), Gay Ph. 03 547 6792.

**25 October**: McKee Domain to Kina (meet Washbourn Gardens), Sheridan & Warwick Ph. 03 548 2133.

## Nelson Nursing Service

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# If you are looking for contacts for community groups and clubs checkout the Found Community Database [www.found.org.nz](http://www.found.org.nz)

OCTOBER – NOVEMBER 2011

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

**8 November:** Appletree Bay to Marahau (meet Washbourn Gardens 9.30 am), Maureen Sharland 03 544 4921.

**22 November:** Richmond Surrounds (meet Raeward carpark), Joan Tyler 03 543 8926.

**6 December:** Combined BBQ/ Picnic, Rabbit Island.

## **Nelson Provincial Museum Exhibitions**

For more info visit [www.museumnp.org.nz](http://www.museumnp.org.nz)

## **Stoke Seniors Club**

Contact Christine, Anne or Ruth on Ph. 03 547 2660

Email: [stokeseniors@xtra.co.nz](mailto:stokeseniors@xtra.co.nz)

### **Regular activities**

**Scrabble Club:** Mondays 1.00 pm.

**Euchre:** Tuesdays 10.30 am.

**Mah Jong:** Tuesday 1.00 pm.

**500 Club:** Wednesdays 1.00 pm.

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

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



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

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

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

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

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

**Monthly Movie:** Ph. 03 547 2660 to check what's on, date and starting time.

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

**Tuesday Morning Craft Club:** 10.30 am. \$2.

**Social Seniors Choir:** The Musical Demons meet Thursdays from 11.00 am to noon. For details, contact Anne.

**Card Making:** (8-week course) Thursdays at 1.15 pm. \$3 per session.

**"Lads at Large" and "Girls Own" trips:** once a month on Fridays. Contact Ruth or Anne.

**Travel Club:** For information on trips, phone the office on Ph. 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. \$3.

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:** Fridays, Beginners 10.00 – 11.00 am, Graduation 11.15 am–12.15 pm. \$55 (16 sessions) or \$5 a session. Ph: 03 538 0072, email [saxtonstadium@xtra.co.nz](mailto:saxtonstadium@xtra.co.nz)

**Suter Art Gallery exhibitions** Something Old, New, Borrowed and Blue. Recent Suter acquisitions, historic works, plus works from a significant private collection. To 4 September.

## **Upright and Able for Falls Prevention**

Free 6-week course for those over 65 with a fear of falling. Next course starts Tuesday 25 October. Cherie Ph. 03 539 1812 or email Cherie. [Thomas@nbpho.org.nz](mailto:Thomas@nbpho.org.nz) for more information and registration.

## **Richmond**

### **Club 50**

A social group of mature adults looking for companionship, recreation and enjoyment. Ph. 03 544 3955 or email [Richmond@sportstasman.org.nz](mailto:Richmond@sportstasman.org.nz). Meet every Tuesday 9.30 am (unless otherwise stated), Richmond Recreation Centre & Town Hall, Cambridge St. Cost \$3. Carpooling available.

## **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 am to noon, light exercises and morning tea.

An outing on the last Wednesday in the month.

Elaine Ph. 03 544 5654



## **Tai Chi for Health**

Beginners: 16 sessions of Modified Tai Chi to improve health and helps reduce falls. Friday classes 11.15 am to 12.15 pm. Graduation (next step after the 16 week sessions): Friday classes 12.15–1.15 pm.

Both courses cost \$5 casual or \$65 with purchase of concession card. Richmond Recreation Centre & Town Hall, Cambridge St. Ph. 03 544 3955 or email: [richmond@sportstasman.org.nz](mailto:richmond@sportstasman.org.nz)

## **Upright and Able for Falls Prevention**

Free 6-week course for those over 65 with a fear of falling. Next course starts Wednesday 14 September. Cherie Ph. 03 539 1812 or email [Thomas@nbpho.org.nz](mailto:Thomas@nbpho.org.nz) for more information and registration.

## **Wakefield**

### **Way2Go activities**

**Pilates:** Village Hall Mondays at 7.00 pm.

**Active Seniors Class:** Village Hall Tuesdays at 11.00 am.

**Sit and Be Fit Classes:** Village Hall Thursdays at 10.00 am.



**"I'd like Pavarotti and poetry"**

At Marsden House we understand that everyone is different, and that your funeral should reflect and celebrate your uniqueness. We offer a wide range of options for you to pre-plan your funeral to be exactly how you want it.

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FUNERAL SERVICES

# RECREATION PROVIDERS



OCTOBER – NOVEMBER 2011

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

## Golden Bay

### Age Concern

Offering support services, information and advocacy to older people in the Bay. Our services include Elder Abuse & Neglect advice and support, and an accredited visitor service. Phone the office, 62 Oxford Street, Richmond, on 03 544 7624.

### Drop-in Yoga

\$8 per class at the Catholic Hall, 94 Commercial St, Takaka Terry Ph. 03 525 7422.

### Genealogical Group

Sally Ph. 03 525 8086

### Gentle Exercise Classes

(through Golden Bay Physio Clinic) Held at Golden Bay Community Hospital, Mondays 10.00 – 11.00 am. No charge. Erica Ph. 03 525 9708

### Sit and Be Fit

Golden Bay Community Centre, Tuesdays 10:30-11:30 am. \$2 donation. Jacinda Ph 03 525 8770

### Golden Bay Contract Bridge Club

Leigh Ph 03 525 9744

### Golden Bay Garden Club

Diane Ph 03 525 6121

### Golden Bay Patchwork and Quilters Guild

Liza Ph 03 524 8487

### Guided Gym Session

Wednesday 12.00 – 1.00 Georgie Ph 03 525 6110

### Indoor Bowls/Cards

Senior Citizens Club rooms. Mary Ph 03 525 8445

### Mah Jong

Ethel Ph 03 525 8615

### Marble Mountain Country Music Club

2nd and 4th Sunday of each month at the Senior Citizens Club rooms. Nancy Ph 03 525 9491

### Motupipi Indoor Bowling Club

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

### Nordic Walking

Michelle Ph 03 528 0252

### Pohara Bowling Club

Jennifer Ph 03 525 9621

### Probus

Jan Ph 03 525 9197

### Purahaoi 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

Arnie Ph 03 540 3032

### Nordic Walking

Michelle Ph 03 528 0252

### SeniorNet (Motueka)

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

### Taoist Tai Chi

55 Muritai St, Tahunanui Ph 03 545 8375

## Motueka

### Aerobics/Gym and Fitness Centre

50+ Aerobics Mot Rec Centre Jody Ph 03 528 8228

### Age Concern

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

### Arthritis NZ

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

### Gym & Fitness Centre

Studio Gym 275 Catherine Ph 03 528 4000

### Healthy Hearts Club

St Thomas Church Hall Wendy Ph 03 528 6692

### Indoor Bowls

Motueka Senior Citizens Hall. George Ph 03 528 7960

### Line Dancing

Motueka Senior Citizens Hall. Beryl Ph 03 528 8265

### Line Dancing (Beginners)

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

### Marching

Motueka Veteranettes Marching Team Bev Ph 03 528 9125

### Motueka and District Historical Association.

Meets fourth Saturday of the month, April to November, Community House, Decks Reserve, 1.30 pm. Coralie Ph 03 528 8241 or Patsy Ph 03 528 6416

### Motueka Bowling Club

Don Ph 03 528 7208

Tony Ph 03 528 9175

### Motueka District Museum

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

### Motueka 50+ Walking Group

Meets last Thursday of each month in the Uniting Church Hall, High St, at 9.30 am.

Heather Ph 03 528 7475

Norah Ph 03 528 6290.

### Nordic Walking

Michelle Ph 03 528 0252

### Riwaka Bowling Club

School Rd, Riwaka

Kathy Ph 03 528 4604

Pat Ph 03 528 8347

### Riwaka Croquet Club

Sally Ph 03 528 8296

### Scottish Country Dancing

Valerie Ph 03 543 2989

### SeniorNet [Motueka]

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

### Social Recreation

Kiwi Seniors (Motueka)

Vonnie Ph 03 528 7817

### Upright and Able, Falls Prevention

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

### U3A (University of the Third Age)

Have fun learning co-operatively. Variety of

courses available.

Malcolm Ph 03 528 7484

Sandra Ph 03 528 4616

### Yoga

Dru Yoga class at Moutere Hills Community Centre, Thursday 9.30-11.00 am and 6.00-7.30 pm. Riverside Community, Tuesdays 6.00-7.30 pm. Casual \$12.

Sue Ph 03 543 2125

## Murchison

### Age Concern

Offering support services, information and advocacy to older people in Murchison. Our services include Elder Abuse & Neglect advice and support, and an accredited visitor service. Phone the office, 62 Oxford St, Richmond, on 03 544 7624.

### Murchison Community Resource Centre

Monday: Sit & Be Fit 10.45-11.30 am. \$2 a session. Tuesday: Zumba 5.45-6.45 pm. \$2 a session. Wednesday: Tai Chi 11 am. Good for body-mind balance, bone health, fitness, falls prevention and relaxation. \$2 a session. Walking Group 1.30pm. Thursday: Pilates Levels 1-3, 5.15-6.15 pm. \$5 a session or \$40 a term. Zumba 7-8.00 pm. Berylla Ph 03 523 9875

### Nordic Walking

Jacqui Ph 03 544 1645

## Nelson

### Age Concern

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

**Angie's AquaFitness**

Want to be active & healthier? Start to get fit for summer. Wear togs or shorts & T-shirt.

Tues 10.45-11.45 am,  
Thursday 6-7 pm,  
Ngawhatu Pool, Stoke.  
\$6. Ph Angie 03 547 0198

**Angie's Active Circuit**

Want to be active, stronger & fitter? Qualified instructor. Suitable for all abilities.

Tues 9.15-10.15 am,  
Nelson Bays Church, cnr Quarantine/Waimea Rd. \$5. Thursdays 9.30-10.30 am, Tahunanui Presbyterian Church, Muritai St. \$5.  
Ph Angie 03 547 0198

**Aquatics/  
Swimming/Gym**

Riverside Pool  
Ph 03 546 3221

**Art Group Nelson**

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

**Arthritis New Zealand**

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

**Belly Dancing**

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

**Bodyvive (Low-impact)**

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

**Cardiac Club/Gym & Fitness Centre**

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

**Cardiac Support Group**

Information and support to people affected by Cardiovascular Disease. We hold a three-monthly get together for former patients and those on waiting lists. Contact Averil Ph. 03 545 7122

**Diabetes NZ Nelson**

Information centre 50 Halifax St, Nelson, Ph 03 546 6142. Hours: Monday, Wednesday, Friday 11.00 am - 2.00 pm. We stock jams, sauces, recipe books etc.

**Dining4Twelve**

Convivial gatherings for 50+ singles. No fees, no pressure. Contact Jenny Dining4Twelve@xtra.co.nz

**Golf Croquet**

Nelson-Hinemoa  
Bev Ph 03 548 2190

**Government Superannuitants' Association**

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

**Grandparents Raising Grandchildren**

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

**Gym**

Contours Health & Fitness Ph 03 544 0496

**Hatha Yoga**

Maureen Ph 03 546 4670

**Hearing Association Nelson**

Card Group Mondays from 1.15. Talks, Dangerous Decibels and sound system demonstrations to social groups on the topic of understanding hearing loss. Ph 03 548 3270

**Hot Yoga**

Claire Ph 03 548 2298

**Housie Evening**

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

**Leisure Line Dancing**

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

**Marching**

Silveraires Leisure Marching  
Diana Ph 03 548 9527

**Marybank Garden Club**

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

**Nelson Caravan Club**

Allan Ph 027 319 7427

**Nelson Community Patrol**

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 Masters Swimmers**

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

**Nelson Petanque Club**

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

**Nelson Philatelic Society**

Stamp collectors meet second Tuesday of the month, 7.30 pm, Stoke School. Ph 03 547 7516 or 03 548 6269

**Nelson Savage Club**

A club for entertainers. Variety Concert on the second Wednesday of each month. Presbyterian Church Hall, Muritai St, Tahunanui at 7.30 pm. \$2. Joyce Ph 03 548 1224 or Philipa or Ernie Ph 03 547 7022

**Nelson Scrabble Club**

Meets every Wednesday 7.00 pm at the Nelson Suburban Club, 168 Tahunanui Drive. Steve Ph 03 544 0475.

**Nelson Senior Citizens**

Social Indoor Bowling Club. Valda Ph 03 544 1487

**Nelson Social Dancing Club**

Live band on the second Saturday of each month, 7.30-11.30 pm, at Broadgreen Intermediate School Hall. Members \$8, non-members \$12. Alan Ph 03 547 9085 to confirm.

**Nordic Walking**

Jacqui Ph 03 544 1645

**Over 50s Pilates and Yoga**

Body Power. Sue Ph 029 281 3735 for pilates, or Margot Ph 029 281 3735 for yoga.

**Pottery**

Craft Potters Nelson run tutored weekly pottery class for members and non-members at their Hope premises (202 Ranzau Rd). Everything provided - you only need to buy clay.  
Uta Ph 03 541 8953

**Probus, Stoke-Tahunanui ladies branch**

Meets third Wednesday each month.  
Pauline Ph 03 547 5238.

**SeniorNet [Nelson]**

Computer instruction for people aged 55+. Clubrooms at Pioneer Park, Hastings St, Murray Ph 03 548 1170.

**Senior Service - Nelson Baptist Church**

Inter-denominational service on second Sunday of the month, 2.00 - 3.30 pm. Transport available.  
Alan Ph 03 548 7381

**Sit and Be Fit**

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

**Stroke Club Nelson**

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

**Stroke Foundation Caregivers Support Group**

Meets once a month. Anne-Marie Ph 03 545 8183.

**Support Works**

Assesses the needs and co-ordinates services for people affected by disability. For a free assessment, Ph 03 546 3980 or freephone 0800 244 300.

**Suter Art Gallery**

Exhibitions, floortalks, lectures and films. See [www.thesuter.org.nz](http://www.thesuter.org.nz) for details. 208 Bridge Street, Nelson.

**Table Tennis**

Nelson Table Tennis Club. Phil, Ph 03 546 6256

**Tahunanui Bowling Club**

Murray Ph 03 547 6921

**Tahunanui Community Centre**

"Friends and neighbours" social group meets Wednesday afternoons. Up Cycle: Improve your bike-riding skills. Garden Group: Monthly meeting on a Wednesday evening 7.00 - 8.30 pm. Walking Group: Wednesdays 10 am. Meet at the Community Centre, 61 Muritai 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**

New Beginner class starting 30 September, 9.30-11 am & 3 October

6.00-7.30 pm, 55 Muritai St, Tahunanui. Ph 03 545 8375 and leave a message. Be part of a large, exciting club. Suitable for all ages, and first class is free.

**The New Hub**

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

**U3A**

Ph Caryll 547 6359 or Jean 544 4688.

**Ukulele with Gretchen**

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

**Upright and Able for Falls Prevention**

Free 6-week course for those over 65 with a fear of falling. Cherie 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. Ph. Shirley on 03 546 9057, Tuesday to Friday, 9.30 am to noon. Also Victory Sit and Be Fit. New class, Thursdays 10.00-10.45 am, 238 Vanguard St. Ph. Shirley 03 546 9057 or 03 547 1433.

**Walking**

Nelson 50+ Walking Group  
Noel Ph 03 544 2286

**Yoga**

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

**Zenda Middle Eastern Dance**

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

## Richmond

### Age Concern

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

### Badminton

Richmond Morning Badminton  
Dawn Ph 03 544 4120

### Body Power Pilates & Yoga Centre

Richmond Town Hall  
Sue Ph 029 281 3735

### Bodyvive (Low-impact)

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

### Bridge

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

### Croquet

Richmond Croquet Club  
Eleanor Ph 03 547 5424

### Easy Exercise

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

### Euchre

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

### Hope-Ranzau Women's Institute

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

### Indoor Bowls for Seniors

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

### Laughter Yoga, Richmond

Nourish your wellbeing.  
Marion Ph 021 145 3027

### Line Dance Nelson

Alison Ph 03 546 9878

### Nordic Walking

Jacqui Ph 03 544 1645

### Pedometers from the Library

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

### Pottery

Classes start again 3 August, 10.00 am, at Craft Potters, Ranzau Road, Hope. Any or no experience. \$100/term, buy clay but firing and glazes free. Ph 03 544 5172 or 03 541 8953.

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

### Sport Tasman's Club Recreation Programmes & Seminars

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

Walking Group: Free (volunteer-led). This social group meets before 9.30 am on Mondays. (If the time doesn't suit, please contact us). Easy Beat Exercise: (Aerobics) Every Monday & Friday 9.00-10.00 am. \$4.

Sit and be Fit: Every Friday 9.15-10.15am. New instructor and fully revamped easy exercise programme with a difference. It's fun and social. \$4 (Level 1). Shape-up Group Fitness: Every Monday and Friday 10.10-11.10 am. \$4.

### Tai Chi for Health

beginners: Friday 11.15 am to 12.15 pm. \$5 casual. Tai Chi Graduation (Next step from beginners) 12.15-1.15 pm. \$5 casual. All programmes have experienced instructors.

Save on all programmes (excludes Tai Chi & Club50) with our new Club Recreation concession card. Buy your 10-session card and get one activity free (9 paid + 1 free) for \$36 (no expiry date).

### Richmond Slimmers Club

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

### Spinning, weaving

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

Diane Ph 03 546 517 or June Ph 03 545 6466

### Social Cards

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

### Tasman Tennis Centre

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

Perfect exercise for the Big & Beautiful. Wear shorts & T-shirt if you prefer. Tuesdays, 10.45-11.45 am, \$6. Ngawhatu Pool, Stoke  
Angela Ph 03 547 0198

### Clogging/Tap Dancing

Nelson Sun City Cloggers.  
Georgina Ph 03 545 1037

### Easy Exercise

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

### Stoke Methodist Church Lounge

Maureen Ph 03 546 4670

### Hatha Yoga

Maureen Ph 03 546 4670

### Hydrotherapy

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

### Introductory Pilates

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

### Ngawhatu Bowling Club

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

### Nordic Walking

Jacqui Ph 03 544 1645

### Pottery

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

### Presbyterian Support

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

participating in a personalised activity programme. Both clubs also provide a two-course cooked lunch and door-to-door transport to and from the centre.  
Ph Sasha Spargo 03 547 9350

### Safety & Confidence

Kidpower, Teenpower, Fullpower Trust  
Cornelia Ph 03 543 2669

### Saxtons Sit and Be Fit

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

### Stoke Bowling Club

Lyndon Ph 03 547 4780

### Stoke Combined 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 1.30 pm  
Tai Chi: Tuesdays 1.30 pm  
Sit and Be Fit: Stoke Memorial Hall  
Christine Ph 03 547 2660

### Tuesday Walking Group

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

### Table Tennis Nelson

Bryan Ph 03 547 7530

### Upright and Able, Falls Prevention

Free 6-week courses for those over 65 with a fear of falling Ph. Cherie Thomas 03 539 1812 or email Cherie. Thomas@nbpho.org.nz for more information and registration.

## Tapawera

### Visual Art Society

Kaye Ph 03 522 4368.

### Walking

Rural Ramblers  
Una Ph 03 522 4083

## Wakefield

### Easy Exercise

Arthritis NZ, Nelson  
Nancye Ph 03 541 9040

### Live Well, Stay Well Activity Group

Greg Ph 03 541 9320

### Silverthreads Fun Afternoon

Meetings at 1:30 pm, Wakefield Village Hall  
Heather Ph 03 541 9214.

## What is it? (from P15)

Our curio is a Codd bottle opener. In the past fizzy drinks were sealed in the bottle by a glass marble that was forced by the pressure against the bottle mouth. The Codd opener would depress the marble, sinking it and allowing the drink to flow.

Our thanks to Richmond Antiques. Co-owners Maria and Rob say they would love to find pre-1950s postcards, New Zealand or overseas, "and don't worry if they're written on ... anything with a historical context." Maria adds that they have a good stock of Nelson Photo News, for those whose appetite has been whetted by the online version.



## Mudcakes & Roses Noticeboard

### Mapua art on show

Enjoy arts and crafts and a sunny stroll to the Mapua Wharf at the Mapua Show & Art Trail on the weekend of 12-13 November 2011. Local artists will be on hand at the historic Mapua Hall to answer questions about the wide range of works on display, including tile mosaics, fused glass, jewellery, quilting, watercolour and oil paintings. Entry is by gold-coin donation.

### Nelson Tasman Positive Ageing Forum

Next meeting, Monday 21 November, Richmond Library, Constance Barnicoat Room. Please note change of venue due to national election polling booth requirements.

### Vine prunings become art

A giant rugby ball is part of New Zealand's first grapevine sculpture exhibition, a collaboration between Te Mania wines and Arts Council Nelson. Top artists such as Michael MacMillan, Marilyn Andrews and David Carson have twisted, bent, curved and braided vine canes and other offcuts into sculptures, including a 5m Canadian canoe and a rugby jersey made from plastic netting. Lloyd Harwood, of the Arts Council, says the event "is a wonderful initiative to bring artists and the public together in a fun creative collaboration".

The sculptures are for sale and on display until Christmas at the Te Mania cellar door in McShane Rd, Richmond. Visitors

can vote for their favourite piece and the winning artist will receive \$500 worth of Te Mania wine.

### Calling all nature-lovers...

Forest & Bird South Island will hold a gathering on the weekend of 14-16 October 2011 at the Rotoiti Lodge, St Arnaud. All interested people welcome. The theme is Pests and Weeds, with associated speakers, discussions and field trips – plus the usual good food and friendly F&B ambience.

Please register your interest with [d.martin@forestandbird.org.nz](mailto:d.martin@forestandbird.org.nz) or leave a message on 03 989 3355.

### 'Reformation' for churches

When is a church not a church? The Motueka District Museum's new exhibition, *Converted*, looks at the transformation of three buildings in Motueka district: the Presbyterian Church Riwaka, the Catholic Church of St Peter Chanel, and the Methodist Church (now a restaurant). *Converted* runs until 2 December 2011.

### Drinking and the elderly

Older People and Alcohol Abuse will be addressed in a forum in Nelson on the morning of 10 November 2011. Keynote speaker is Dr Lee Nixon, addiction medicine specialist with the Nelson Marlborough District Health Board. Other speakers are David Houghton, suicide prevention coordinator with the Nelson PHO, Sue Tilby and Jess Breeze of Age Concern, and Charissa McKenzie

from the Public Trust. The forum is limited to the first 30 people to register. Phone 03 544 7624 or email [Jess Breeze](mailto:Jess.Breeze@ageconcern.richmond@paradise.net.nz) [ageconcern.richmond@paradise.net.nz](mailto:ageconcern.richmond@paradise.net.nz).



### Right-to-vote campaigners hailed

September 19 marked the anniversary of women gaining the right to vote in New Zealand, and to celebrate the occasion the Nelson branch of the National Council of Women arranged a "Blast from the Past", says local president Gay Northcott. From left, 1890s suffragists Amy Daldy (Liz Richards), Margaret Sievwright (Alison Heslop), Kate Sheppard (Robin Hall) and Annie Snackenber (Beth Ensor) told their stories of the harrowing and successful campaign for Women's Suffrage in 1893.

Those same women went on to establish the National Council of Women, which fought for equal pay, equal sharing of matrimonial property, women on juries, adequate old-age pensions and women in Parliament etc.

# 'I just want to be like everyone else'

A year ago we profiled two dyslexics who beat their demon – at ages 56 and 64. The story has a sequel...

Raewyn ran her own hairdressing salon. Later on, she did all the accounting "correct to the last cent" for her husband's business, which had a staff of five. She raised a family, helped the kids with their homework as much as she was able, and passed her driver's licence.

Yet she couldn't read or write.

"You learn to bluff your way," says the Nelson 59-year-old.

It's been a lifelong haul. After struggling through primary school, she was finally identified as dyslexic at high school – which did nothing about it. Her mother tried everything she could, including sending Raewyn to a literacy tutor, but the improvements were minor.

So Raewyn learned to cope. While doing her hairdressing apprenticeship, one of her fellow trainees was hopeless with numbers. Raewyn would step in to help her at the till, and her colleague repaid the favour by writing down phoned bookings.

To get her driver's licence Raewyn learnt the Road Code by rote, with assistance from her husband and father-in-law. Fronting up for her test, "It was the first time I had to face somebody and say, I would like to sit it but I have trouble reading." The licensing agency staff found her a sympathetic examiner – who had a child of his own with reading difficulties – and Raewyn scored 100 percent.

(She gave up her Cutting Bar business to spend more time with her Dad. "I had this gut feeling he wouldn't be around for long." Two months later he died suddenly.)

Raewyn challenges our Mudcakes readers: "Look at all the things in your life and imagine not being able to read or write.

"You carry on and do things, but sometimes it just comes round and bites you on the bum."

In June last year, Raewyn's husband read aloud the Mudcakes and Roses article on Adult Learning Support students Wayne and Kevin, saying, "You might be interested in this." The timing was right. After half a century of struggle, Raewyn turned to face her foe. She rang the ALS number – and promptly hung up. She rang again.

"I was a nervous wreck and blubbing on the phone."

Raewyn fights back tears as she recalls climbing the ALS stairs for the first time.

A year on, with computer reading programs, one-to-one tuition and the support of tutors and fellow students under her belt, "I have just read my fourth book in all my life".

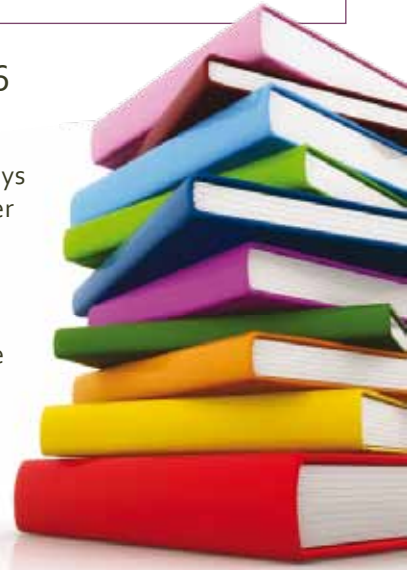
As for the future, "I just want to be like everyone else," reading the labels on goods at the supermarket, filling out forms, texting friends and family. Most of all, Raewyn is determined to read to her grandchildren. Her husband had to do it for their

own two children, but Raewyn says she tried to make up for it in other ways – and she is proud of how they have turned out.

Her advice to others struggling with reading and writing: "You've got to take that step" – and yes, she knows how terrifying it is.

Raewyn beams as she recalls the thrill of meeting Kevin, the learner whose courage inspired her to pick up the phone.

\* **Adult Learning Support is in Montgomery Square, Nelson Ph. 03 548 3041.**



## Willie the Weta

BY MONA RANDALL

In spring Willie Weta, who's not very handsome,  
took captive his neighbour and held her to ransom  
Pinned down, Henrietta called loudly to others  
Her cries of distress were soon heard by her brothers  
The youngest and fittest moved swiftly to get her  
and after a tussle released Henrietta  
The males then indulged in a punishing wrangle –  
antennae, spiked legs in a terrible tangle

Inextricably locked, neither one could break free  
Thus the tight ball of fighters fell out of the tree  
Into damp forest litter, and there hibernated  
While two seasons passed and most weta had mated

But not Henrietta, with young ones in tow!  
Her crooning woke Willie asleep down below  
Breaking free from the unwelcome grip of the brother,  
he crawled up the tree and beheld the young mother  
"My one love," he cried, "let's forget the vendetta  
You've always looked great, as my bride you'll look better  
As parent and mate I'll love you and no other  
and we'll stick together – but not like your brother!"

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

