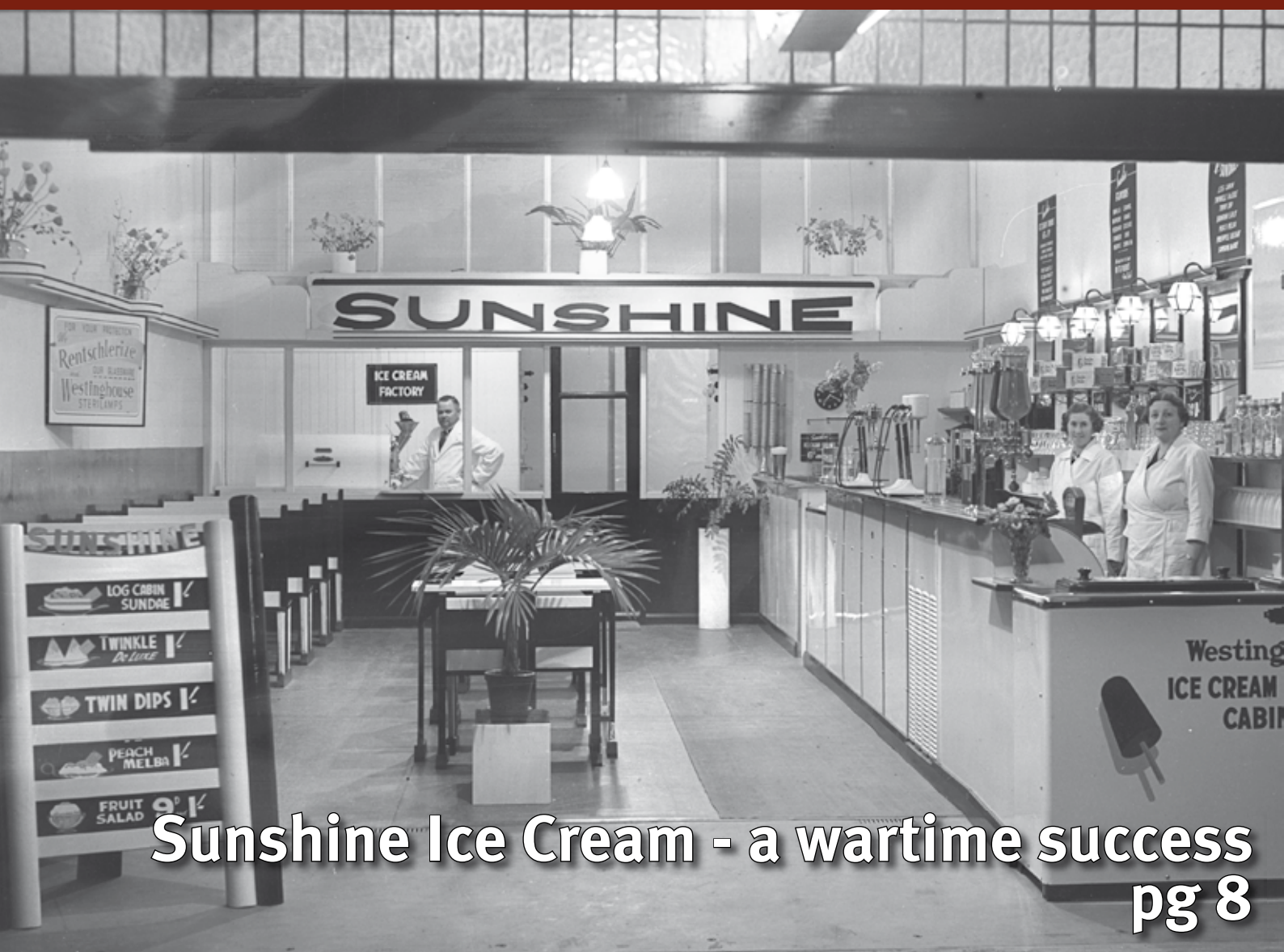


Mudcakes and Roses

Senior Generation Action and Issues – Nelson Tasman

Issue 47 April / May 2008



Sunshine Ice Cream - a wartime success
pg 8

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Published by Tasman District Council

Produced by Dry Crust Communications

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The Motueka Wharf in the Moutere Inlet on the opening day in 1916.

The history of Motueka's ports revealed

Motueka Museum is running an exhibition titled *Shifting Sands - Motueka's Port - A Moving Story*, until 30 June 2008.

The exhibition relates the story of the two old Motueka wharves, and why they have been abandoned in favour of the current site. The first wharf, used from 1842, was Manuka Bush, sited at what is now known as Rau Manuka Reserve. The wharf operated on a tidal basis, with boats coming in at high tide, waiting for the tide to go out and off-loading their cargo, and then heading out again on the full tide.

The Manuka Bush wharf was abandoned in 1856 as the area became silted up, and the second wharf at Doctor's Creek was used from then on. The second wharf was built by Charles and Joseph Parker and was the centre of seafaring in the town until 1916 when once again, shifting sands made the area unsuitable for use. The wreck of the Janie Seddon lies at the old site, on Old Wharf Road, a reminder of the area's past role in Motueka's shipping history.

The present wharf is in the Moutere Inlet, and the museum exhibition features several stories about events that have happened there. In or about 1930 the scow *Moa*, a privately owned vessel, was heading in to off-load at the port. The tide was running high and the harbour master, Percy Moffat, put out the flag instructing the vessel not to come in. The skipper of the *Moa* had goods to deliver and in total defiance of the harbour master sailed in, turned mid-channel and edged up to the wharf. He held the vessel against the wharf without stopping his engine while two crew members stepped sedately on to the wharf. They dropped their parcels, stepped back on to the scow and were away in minutes. It was a stunning display of boat handling, still remembered today by older members of the community.

Sometime before 1920 the Fruit Packers building burnt down. Among the items lost in the fire was most of the oil from a whale being rendered down behind the building by Sam Knowles, a Motueka fisherman.

The Motueka Museum is in High St Motueka. Opening hours are Monday to Friday 10am - 4pm until the end of March, then Tuesday to Friday 10am - 3pm.

Book celebrates Tasman's past

Aporo: A taste of Tasman is a new book that collects together the stories, recollections and history of the Tasman area and the people who have inhabited it for the last 100 years. The book, which was launched at this year's Taste Tasman, was published by the Tasman Area Community Association and written by Motueka author Deirdre Mackay. The cover illustration is a water colour painting of the Moutere Inlet by WJ Rush, painted in 1913.

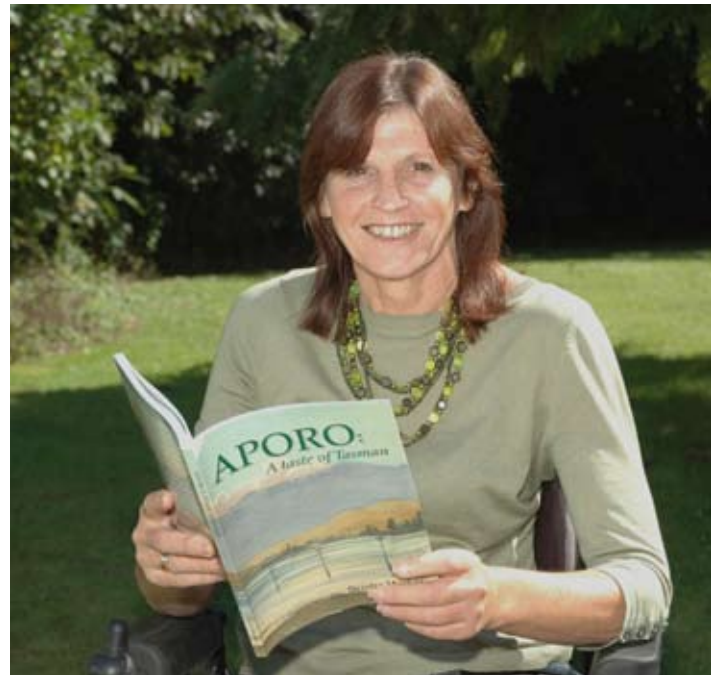
"In those days Tasman was just clay covered hills, very inhospitable," said Deirdre, whose research showed that Maori migration largely bypassed Tasman on their travels, using it as a fishing and food gathering spot on their way to more permanent settlements.

Deirdre's research involved hours of personal contact with Tasman residents old and young. She describes the importance of the apple industry to the people and places that have made Tasman what it is today. Two men, Arthur McKee and Fred Nottage, pioneered the pipfruit industry in the area, and the book tells how McKee recognised the potential of the land and bought large areas of it to subdivide for orchards, with less fertile land being planted for commercial timber production.

Aporo: A taste of Tasman also tells the very human history of the settlement – the social centres, the school, the clubs, domains and reserves. Roads and transport were always a big issue, with a bulky crops to be transported to ports and shipped overseas. The two world wars had a huge impact, with young men going off to fight overseas.

More recently the wave of change has been to wine growing and tourism, with vast amounts of apple trees ripped out. Immigrants from Europe and the United States have moved in, finding themselves attracted to the landscape and climate.

Deirdre worked on the book for two years, recording interviews with descendants of the first settlers, the oldest person being 92.



Deirdre Mackay with her recently launched book, Aporo: A taste of Tasman.

"I enjoyed that part immensely. People were very helpful and I spent a lot of time digging out documents and photos, reading war diaries and looking at the new and old influences on the area," she said.

Deirdre's own links with the area are strong – her grandfather was an orchardist in Lower Moutere and she remembers him telling her how hard it was to get bushel boxes to the wharf at Motueka, and how hard the family worked on the orchard.

Copies of Aporo: A taste of Tasman are available through bookshops. For more information contact Tony Pearson of the Tasman Area Community Association on 03 526 6076.

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Ruby Bay to LA

a little kindness goes a long way

By Caroline Moreton

Murray and Shirley Tuffery say they're not high fliers - well not yet. They have certainly tasted life in the fast lane, and at the age of 73, Murray has just bought a gyrocopter which he is about to learn to fly.

The couple describe themselves as a "pair of staid old Kiwis" who never thought about travelling the world to explore foreign lands. However a chance encounter, and the opportunity to help a young couple in need, changed their lives and gave them an opportunity to experience a different side of life.

Murray and Shirley first came to Mapua in the early 1980s. Murray had been working at Christchurch Polytechnic teaching panelbeating, but took a year off to help friends who had bought the Leisure Park in Mapua.

"They weren't very practical people, and we wanted a change of scene, so we came up to help them," said Murray.

The owners had to take some time away during a period of ill health, and Murray and Shirley managed the park over the summer in their absence.

During that time a young couple with two girls, aged about three years and 18 months, arrived in a camper van. After a couple of days the young family was in dire straits as the two little girls had contracted whooping cough. "The two girls were really sick, so they couldn't keep travelling and needed constant care," said Murray. The couple stayed with the Tufferys for a month while the girls slowly recovered from their illness. That act of kindness has never been forgotten.

The father of the two sick girls happened to be William Randolph Hearst II, grandson of William Randolph Hearst the American newspaper magnate.

The Hearst family returned to the United States once the girls were better, and invited the Tufferys to stay with them at their home in California.

Murray described the place as "very unassuming". "It was a simple house hidden away in the trees," he said.

The Tufferys spent three months staying with the family and travelling around the United States, and then William asked if they would be prepared to stay on and help looking after the children and the garden. The Tufferys enjoyed helping out, and ended up staying for three and a half years - one year in the US and two and a half years in England, living in Forest Row in Sussex.



Hearst Castle, formally named the estate La Cuesta Encantada (The Enchanted Hill).

"We saw how the other half lived and I don't think they are any happier than us ordinary people, even with all that money," said Murray.

On one occasion the February weather in England turned very cold and William said, "Its too cold for us here, we're heading somewhere warmer," and they took off to the Bahamas.

Murray and Shirley met many of William's friends and spent time at the family ranch at San Simeon between Los Angeles and San Francisco.

The ranch features a castle built at 2000 feet above sea level, allowing views of the whole property. It was originally built by the first William Randolph Hearst on land inherited from his mother Phoebe Apperson Hearst. The castle took 28 years to build and was eventually gifted to the city. It is now open to the public for viewing.

Murray said William had experienced a very different upbringing to most people. He spent many years living under an assumed name after the kidnapping of his cousin Patti Hearst. One of the places he took the Tufferys to stay at was the family property at Wintoon in California where the five houses around the shared lawn are decorated on the outside with scenes from fairytales, with rooms as big as your average Kiwi house.

The Tufferys came back to New Zealand in the mid 1980s as they felt it was time



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Shirley and Murray Tuffery with Murray's Gyrocopter.

to get their feet back on the ground. They looked at land in the Tasman area and bought an apple orchard on Pomona Road with 360 degree views of the sea and surrounding hills.

The couple have kept in touch with William and were delighted when he invited them back at Christmas a couple of years later.

“We flew to Miami first class and were met at the airport by a stretch limo and a driver called Pinkie who took us to the Silver Sands motel on the beach at Miami,” said Murray.

After a few weeks there it was off on a Learjet to Newark in Massachusetts to see other Hearst family members, and from there to San Francisco and

then home.

Since then they have been to stay with William for about six weeks every two years, with tours and trips around the sights of the United States. They confess to being happy to spend more time at their home in New Zealand now, where Murray has the sort of shed most men only dream about, and Shirley is busy sewing.

“You know its time to stop travelling when you don't get excited about getting out of the car at some of the big tourist attractions. We've seen so many wonderful places and met some amazing people through William. He has been a great friend to us,” said Murray.

Murray is getting his high flying

excitement in another way now, with the recent purchase of a gyrocopter – something he's wanted to have a go at for years. He is planning to have flying lessons once the machine is fully renovated and is looking forward to having it in the air.

“I'm 73 now, so if I want to do that I really need to get cracking,” said Murray.

He has also spent many years renovating vintage cars and old machinery from the big workshop Pomona road. Shirley has always loved sewing and dressmaking and has a wonderful studio from where she used to make ball gowns for school balls, wedding dresses and quilts.

Get into the swing with golf croquet

Golf croquet is a form of croquet that is easy to understand, interesting to play and accessible for all age groups. In the Nelson area there are golf croquet players varying in age from 13 to 85.

Golf croquet has the advantage over association croquet of being easier to learn and play. Golf croquet is the fastest-growing version of the game, and players often progress from golf croquet to association croquet once they have gained some skill and confidence.

Games take about 30 to 45 minutes, compared with association croquet which can take up to three hours. It can be played as a purely social game or at a more competitive level both locally and nationally.

Games are played as singles or doubles, so there are always either two or four people on the green at any one time. Nelson player Mike Milstein said that the game was a great way of staying mentally and physically active and keeping in touch socially.

As well as being great fun, golf croquet is also one of the few sporting activities in which women and men compete equally. It only takes 20 minutes to learn the game and get playing, so if you are interested, contact the croquet club closest to you:

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Richmond's Club 50 members enjoyed a walk from the Richmond Recreation Centre to the Alchemy Cafe on Bateup Road.

Club 50 getting people out and about

Richmond's Club 50 meets weekly at the Tasman Regional Resource Centre on Cambridge Street, Richmond, for walks, activities and recreation. Most trips start at 9.30 am on a Tuesday and involve exploring the countryside, visiting places of interest or just going out for a coffee and a chat.

Original member Joy Coutts has been involved with Club 50 since it began about 13 years ago, as a Council sponsored "have a go" group.

"We used to get up to all sorts of things," laughed Joy, "including abseiling, gold panning, kayaking and white water rafting."

Other long-time members, Lorraine McHaffie and Margaret Garside, have enjoyed the fellowship of the group and just getting out and about on a regular basis. "It's given me a great social life," said Margaret, "and all the activities help keep you fit."

On their first outing, a walk to Fossil Ridge Winery via the Alchemy Café at MacMillan's Pottery, new members Helen Edgerton and Karen Rodger said they had enjoyed the walk and the talk. Older members told their stories of past trips – the trip around Haulashore Island when some members

had a bit of fun getting on and off the boat, and a trip to a rifle range in Tapawera where they got to shoot with Russian pistols.

The group has a busy schedule planned for the next few months including walks, picnics, movies at the Tasman Recreation Resource Centre, visits to gardens and galleries. New members are welcome and Shirley Keating recounted how she joined up alone six years ago and found the group a great way to meet new people.

The programme is organised by the Tasman Recreational Resource Centre. Coordinator Paula Morris said the benefits of getting involved in a group like this were huge, both socially and health-wise.

"It's also a nice way to get to know people if you are new to the area, new to retirement or simply wanting companionship," she said.

If you would like to be involved contact Paula Morris, Ph 03 544 3955 or email tasman_resource@iconz.co.nz.

It's given me a great social life

Margaret Garside

Sunshine Ice Cream

a wartime success

Nelson has a reputation as New Zealand's sunshine city, and it was also the home for some years to the Sunshine Ice Cream Factory, owned by Ralph and Irene Thomas. Their son, Roger, now lives in Stoke and has clear memories of his parents' ice cream factory and shop.

The original Sunshine Ice Cream shop was on Trafalgar St, where Hallensteins now stands. It started as a fruit and vegetable shop but in 1936 the shop was split in half, to make space for a new milk bar in part of the premises. The milk bar was such a success that after 12 months the fruit shop was redundant and the milk bar, ice cream and confectionary shop took over the whole site.

“It was probably the biggest confectionary retailer until Woolworths came along and took away that part of the business,” said Roger.

To start with, Ralph Thomas had the Nelson District Agency for Tip Top Ice Cream, but in 1941 he decided he could do better himself, and built a small ice cream factory at the back of the shop. The churn that mixed the ingredients was behind a glass wall and visible to customers, which gave an added interest. Real fruit ice cream was made with pineapple pulp from Queensland that arrived in jerry cans, black passion fruit from Katikati and local Nelson berries. The refrigeration machinery was supplied by H W Clarke from



The Nelson Provincial Museum, Kingsford Collection, 154357/6

Sunshine Milk Bar on Trafalgar Street in 1941. Ralph Thomas (proprietor).

Wellington, and Roger went in 1942 to be an apprentice to Clarkes. He worked for them for six or seven years and installed about a dozen supercold ice cream plants in the Wellington region – which included the top of the south.

Sunshine Ice Cream was distributed to other outlets from the Nelson factory. By the end of 1942 business was going so well that the Thomas family leased part of a new building in Buxton Square and built a bigger factory, increasing production to supply Westport, Murchison, Wakefield and Brightwater.

There was, of course, a war on, so butter, sugar and cream – the main ingredients – were rationed. “The mix changed according to what was available,” said Roger. The butter used was unsalted, and the main ingredients were full cream milk powder, butter or cream, golden syrup and honey. Nelson Dairies

controlled the supply of cream and the manager of the time, Charlie Ruffle, sometimes had a surplus so the factory would stop whatever other mix they were doing to use up the excess while it was fresh. “Because of the uncertainty of supply we had to have double the refrigeration space so that we could cope with a sudden flush of cream,” said Roger, who installed and maintained the machinery for his father.

The ice cream making process followed a basic recipe. First the cream was pasteurised, then aged for 48 hours, then churned at 36 deg, at which stage the fruit was added. The mixture came out of the churn for two to three hours in a semi whipped state, and then went into the blast freezer for five to six hours. “The timing was critical,” said Roger, and there were usually three staff members working in the factory at any one time to keep an eye on things.

Roger continued working for H W Clarke, and remembers building a mini ice cream factory in their Wellington workshop that went with the American forces to Guadalcanal in 1943.

“We built it in a frame so it could be transported, and it was amazing how, despite the war being, on we were able to get hold of all the components with no trouble,” said Roger. Another similar machine went to New Caledonia around the same time.

Roger left W H Clarke to come home and work for his parents in 1947, assisting in the milk bar and factory and offering a refrigeration service in the district. In 1950 Roger left to pursue his own sporting goods business and his mother put the milk bar up for sale in 1952. Tip Top bought out the ice cream business in 1954 and had a factory for a while on Waimea Road, behind what is now the Night Owl dairy.

The last issue of *Mudcakes and Roses* featured *Templemore Homestead*. Owner Trevor Ivory believed he had produced the first real fruit ice cream in New Zealand. On reading that story Roger Thomas contacted *Mudcakes and Roses* with the story of his family, which clearly pre-dates Mr Ivory's endeavours.



L-R Elsie Hutson and Irene Thomas.

The Nelson Provincial Museum, Kingsford Collection, 154357/6

Nutrition and physical activity grants

The Nelson region, like the rest of New Zealand, is facing an upsurge in obesity and associated chronic diseases such as heart disease, diabetes and cancer. Maori and relatively low socio-economic groups are identified as having higher health needs. The Nelson Marlborough District Health Board (NMDHB) has commissioned the Nutrition and Physical Activity Programme to combat these issues.

There is irrefutable evidence that indicates nutrition, physical activity, obesity and chronic diseases are linked. In order to improve the current state of population health in New Zealand it is essential that future public health efforts target these areas.

The Nutrition and Physical Activity Programme aims to enhance health, by giving people the motivation and opportunity to eat better, be more active and make healthier choices. It is doing this by working with agencies and communities.

The Nutrition and Physical Activity Programme has also set up funding for community run projects with a focus on improving nutrition and/or increasing physical activity.

**Please email or post your application to: Richard Butler
Programme Manager – Nelson NMDHB
Private Bag , Nelson
Richard.butler@nmdhb.govt.nz, Ph 03 546 1317**

Community groups and organisations that meet the following criteria are eligible to apply for a NPA programme funding assistance grant:

- Be situated in and service Nelson/Marlborough.
- Are a registered education provider or a not-for-profit legal entity.
- Applications will only be considered for activities that are yet to take place or for equipment yet to be purchased.
- Higher priority will be given to those projects helping lower socio-economic communities.

Timeline and process:

- Organisations can only apply for one grant in the 2007/08 financial year (until June 2008)
- The funding is for projects that will be completed in the 2008 calendar year
- Download application forms from the NPA website - www.nutritionandphysicalactivity.org.nz. Alternately they can be emailed or posted.
- Applicants will be contacted within eight weeks of the closing dates.
- Successful applicants will invoice NMDHB for payment.

**Further information visit:
www.nutritionandphysicalactivity.org.nz**

Taonga collection arrives at new home

An extensive collection of ancient argillite tools, greenstone, bone and wood items from throughout New Zealand and other countries has been placed in the care of the Tasman Bays Heritage Trust.

The artefacts, collected by Nelson school teacher Frederick Vincent Knapp, also included pieces from Fiji, the Solomons, New Hebrides, Australia, New Guinea and other Pacific Islands, Zimbabwe and even the British Isles.

By the time of his death in 1945, Frederick Vincent Knapp had amassed a large collection of ethnic material. Knapp was one of the most prolific amateur collectors of his time in New Zealand and kept his collection in a private museum at his home on Tipahi Street, Nelson.

On his death in 1945 he bequeathed the contents of his private museum to the Cawthron Institute Trust Board.

Although the public has never seen much of this extensive collection, 55 items were loaned to the Nelson Provincial Museum in 1983 to complement its Maori History Gallery.

The remaining items were deposited with the then National Museum (Te Papa) for cataloguing and registration under the Antiquities Act.

The catalogue records 4689 items, which comprise the total Knapp Collection, thought to be New Zealand's largest private collection of taonga. The collection includes argillite tools, greenstone, bone and wood items.

With the completion of Nelson's new museum and funding received from the Ministry of Arts, Culture and Heritage for shelving, the Cawthron Institute Trust Board decided to transfer the guardianship of the collection to the Tasman Bays Heritage Trust.

"It is our intention, and that of Frederick Knapp, for this significant collection to be accessible by the public," said Chairperson Oliver Sutherland. The Tasman Bays Heritage Trust was also given copies of Knapp's notebooks, which detail many of the tools and how they were used.

The collection is now being re-catalogued and packaged so that it is up to full museum archive standards, and the Museum hopes that some of the taonga may be ready to include in an exhibition focusing on the Cawthron Collection later in 2008.



Russell Knapp talks about his grandfather Frederick Knapp, at the hand-over of his historic collection to the Tasman Bays Heritage Trust.

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Celebrating 150 years of business in Nelson

The Nelson Tasman Chamber of Commerce is celebrating its 150th anniversary this year. The milestone will be marked with two exhibitions and the launch of an updated history of the Chamber of Commerce in Nelson, based on Colin Neale's book *Meeting the Challenge*.

The Chamber was established in Nelson in 1858, with the first meeting held at the Trafalgar Hotel, on Thursday 18 February. The meeting was recorded in the newspaper *The Colonist*, and officers were appointed with Alfred Fell as Chairman, O Curtis as Deputy Chairman, G Ridings as Honourable Secretary and a committee of six members.

This event took place 16 years after the arrival of the first New Zealand Company ships in Nelson, the *Will Watch* and the *Whitby*. These ships carried an advance party of men only, and were later followed by the *Arrow*, carrying supplies, and the *Fifeshire*, which famously foundered on *Fifeshire Rock* as she set off on her return journey after delivering her passengers and cargo.

Further tragedy ensued when the ship *Lloyds* arrived and it was discovered that her passengers, all women and children coming to join the men of the first two ships, had been treated appallingly by a captain whose previous experience included doing the convict run to Australia, and 65 children had died.

The ships that brought settlers from the "Old Country" in the first years of Nelson's settlement are now the subject of a permanent memorial on Wakefield Quay, commemorating the ships and their passengers – those who made it and some who died on the journey. Many people from these ships have been cornerstone figures in the history of settlement and business in Nelson and Tasman. Names like Fell, Barnicoat and Wakefield are synonymous with Nelson today and crop up in road and town names as well as in business and personal histories.

The Nelson Chamber was established in the same year Queen Victoria issued a royal warrant that declared Nelson to be a Bishopric and a city. The Chamber's influence and stature grew and expanded with the town, which at that time had a population of about 10,000. The gold and mineral mining, fruit growing, farming, shipping, timber and tourism industries that were being born 150 years ago have shaped the town and the landscape we know today, and the Chamber of Commerce has been involved in local matters from the early days.

Chamber members were at the forefront of local enterprise, with early members setting up new businesses in the second half of the 19th century. JH Levien was an importer; Edmund Buxton was farmer and merchant, who built Broadgreen in Stoke. Hops were found to grow very well in the area and the proprietors of the Nelson Brewery (JR Dodson) and the Raglan Brewery (JA Harley) were influential Chamber members. JW Neale founded Neale and Haddow and Robert Lucas founded the Nelson Evening Mail in 1866. Thomas Cawthron was an active Chamber member from the 1880s, and the benefactor responsible for the Cawthron Institute, the cathedral steps at the top of Trafalgar Street, the chains along Rocks Road and contributed to Nelson's hospital.

The Chamber was heavily involved in local politics, with members on the first Town Board and later Nelson City Council, and in the early part of the 20th century set up rural committees to recognise the importance of primary industries



Nelson Mail

Nelson Tasman Chamber of Commerce chief executive officer Sharon McGuire, front left and president Craig Dennis, are joined by board members, and staff (from back left) Martin Hay, Chris Bowater, Sam Young, Michelle McCree, Paul Rosanowski, Gerard Praat, Tracy Williams and Trina Zimmerman, outside their new offices, at Commerce House, 63 Trafalgar Street.

to the economy of the town. Since then the Chamber has actively campaigned on many matters of importance, including roading, tourism and promotion, the development of the port, air, rail and sea transport and the fruit and forestry industries.

The Chamber's role today is one that fits with modern business practices. It advocates on behalf of its members, offers education programmes for business owners and employees, assists with networking, supports exporters and offers trade membership benefits. It also runs the highly successful business awards (The NMIT Business Awards in association with the Nelson Tasman Chamber of Commerce), which have supported and encouraged local businesses since 1989.

The Nelson Tasman Chamber of Commerce is running two exhibitions that celebrate the history of business in Nelson and Tasman.

The first, a photographic exhibition at the Nelson Provincial Museum, is *A Celebration of Business Vitality, 150 years and beyond*, and runs until April 6, 2008. The second is *The Vital Art of Business*, featuring art works selected by past Presidents of the Chamber to reflect business in Nelson over the years. This exhibition opens at The Suter on April 11 and runs until May 25 2008.

The new book, titled *Business Vitality*, celebrating 150 years of the Nelson Tasman Chamber of Commerce, will be launched at the AGM on April 4 2008.



Ron Carmody, trumpet; Elston Blain, tenor sax; Pete Bennett, drums; Les Clark, guitar, 1994

The music plays on - Elston Blain's story

Elston Blain has come to the stage in life when it is time to stop and reflect on nearly 80 years of living life to the full; to celebrate the friendships and successes, and to record his memories for family and friends to share and remember.

Elston, once a colourful character on the music scene, and remembered by many from his time as a school teacher and publican, is enjoying the quiet life at the Wood Life Care Residence. He has been encouraged by friends to write his memoirs. Miles Spence, Pam Frost, Matt Frost and Karen Price have all contributed to his book.

Elston was born in Christchurch in 1929, the youngest of five boys, into a country on the verge of depression. Elston's father, who died in 1943, was a teacher. Elston attended Richmond Primary School and then Christchurch Boys High School from 1942 to 1946, where he did well in sports and passed University Entrance. Along the way he also tried his hand at forging the headmaster's signature, but obviously wasn't that good at it as he said he "got well caned for it".

Elston followed his father's example and went to teacher training college and spent 1947 as a student teacher in the Arahura Valley, near Hokitika. He described it as one of the best years of his life, as he learnt the ropes of country life, and taught his roll of 10 children from new entrants to standard six. He then spent two years at Christchurch Training College, and some time at Canterbury University, before returning to the West Coast as a Probationary Assistant at Kumara Primary School. He spent a year there before going on to do a three-year stint as a teacher at Gown Bridge School, near Glenhope. It was here that he met and fell in love with his future wife Betty. The pair shared a musical talent.

Life at Gowan Bridge was never dull. The isolated community had its own power generation and its own way of doing things.

In 1956 Gowan School closed down and Elston transferred to Auckland Point School in Nelson where he taught for seven years. He spent another 11 years at Waimea Intermediate School, followed by one year at Nayland College as a music teacher, before retiring from the teaching profession.

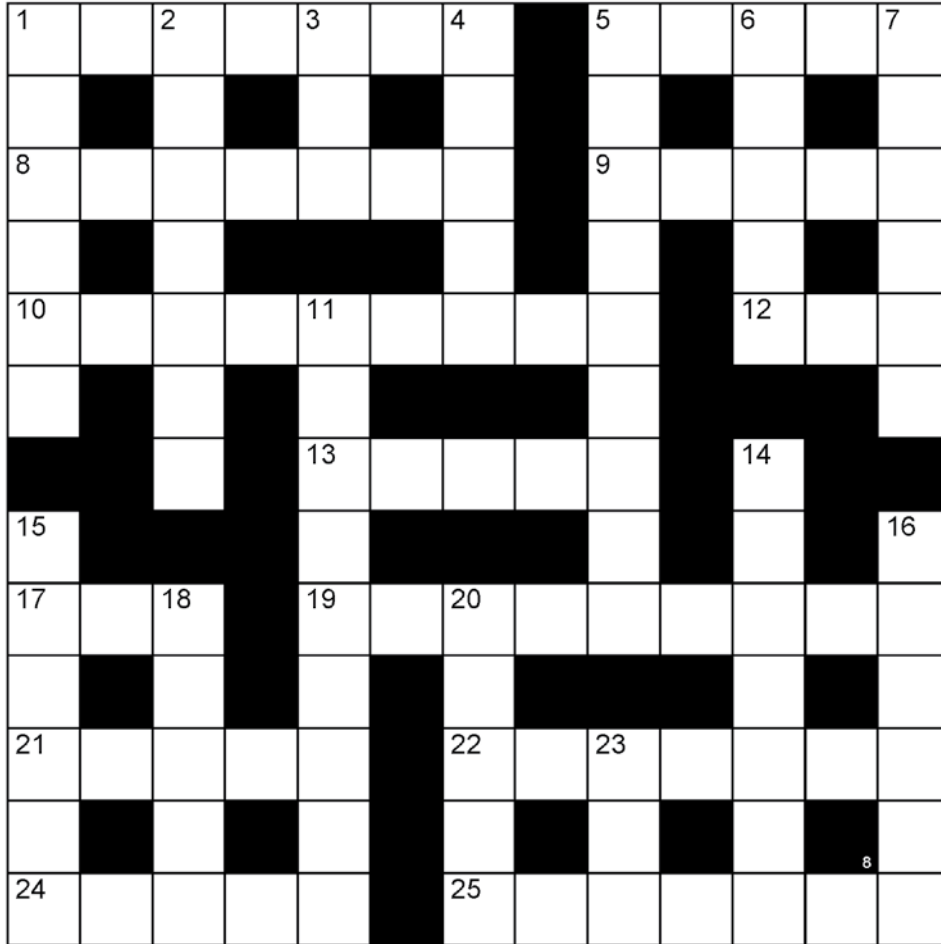
Elston and Betty decided that the hotel trade would be a good change and they bought the lease on the Hotel Motueka, which soon gained the nickname "Fawlty Towers". After 10 years Dominion Breweries put the hotel up for sale. Elston and Betty decided it was time for a change and bought a share in Motueka Taxis. Elston was by now 60 and ready for a quieter life, but Betty passed away unexpectedly from a heart attack age 55. Elston later remarried Lorraine Haddy, who died in 2001.

Elston's book is also full of memories of his life as a musician, having used music extensively in his teaching. He joined The Nelson Savage Club in 1961 and played the piano, double bass, saxophone, banjo and ukulele. Wife Betty was a talented pianist and she and Elston played together in the Betty Blain Trio, and shared a great love of jazz. Elston played in many groups, duos and bands, and enjoyed the camaraderie shared between music lovers.

The Memoirs of Elston Blain is likely to stir a few memories for those Nelsonians who remember him from his various careers, those who have played music with him and the many who have enjoyed listening to the music he has made.

Copies of the book are available from Elston, Ph 546 6078.

Village Cafe Crossword



Crossword no. 9839

QUICK CLUES

ACROSS

1. A transgression (7)
5. Narrow, rocky valley (5)
8. A marine captain (7)
9. Wandering tribesman (5)
10. Short-lived (9)
12. Colour (3)
13. A self-evident truth (5)
17. Help (3)
19. Security company issues against loan (9)
21. Crouch in fear (5)
22. Cast a spell on (7)
24. Wood-nymph (5)
25. Impetuous, headstrong person (7)

CLUES DOWN

1. Pearl producer (7)
2. Giddy-minded (7)
3. A short sleep (3)
4. Mistake (5)
5. Man of breeding (9)
6. Fluid; vaccine (5)
7. Concealed (6)
11. Wandered aimlessly (9)
14. Bravery (7)
15. Rank (as butter) (6)
16. Examined critically and passed (6)
18. Property a woman brings to marriage (5)
20. Tree of the Betula genus (5)
23. Sever (3)

CRYPTIC CLUES

ACROSS

1. It's a crime : take it as an affront (7)
5. Haul back to church by the narrow ravine (5)
8. Butterfly with its place on the bridge? (7)
9. Pythias' friend returned, a wanderer (5)
10. Fleeting view of the lee her map afforded (9)
12. A tint and the cry of the chase (3)
13. Assumption of a mix that may have nothing in it (5)
17. Succour is offered by a topless servant (3)
19. A company's security may need brute to arrange it (9)
21. The company we get is right to shrink in fear (5)
22. Then, can it be made to captivate one? (7)
24. A teetotal advertisement for a nymph in the wood (5)
25. Being rash, he had to get sorted out (7)

DOWN

1. A sort of grey-pink mushroom (7)
2. A flirtatious journey by air to capital of Yemen (7)
3. The raised surface is offered as a racing certainty (3)
4. The lesser rorqual shows there to have been a mistake (5)
5. A person of breeding might lament gen being distributed (9)
6. Fluid an elderly MP has to hold (5)
7. Did wrong, when bird was about, to have kept it secret (6)
11. Wandered about in Eden, dream having been broken (9)
14. Bottle of rouge : a top claret, perhaps (7)
15. Rank that managed the detective branch (6)
16. An animal surgeon Edward passed as being sound (6)
18. A girl's marriage portion will serve, twisted though it is (5)
20. Put ashore, one is told, and find a tree (5)
23. Divide the pack and make it short (3)

Answers page 15

Rimu Grove Winery creative writers series

Rimu Grove Winery supports the creative writers among you by sponsoring this series. The winner for April-May 2008 is Carol Ercolano, who will receive a bottle of Rimu Grove wine.

We have been receiving some great stories and poems, so please keep sending your entries to us:

Rimu Grove Creative Writers Series
Dry Crust Communications
PO Box 3352 Richmond
or email to caroline@drycrust.com.

Of Godwits and Mountains

By Carol Ercolano

I turn from my computer screen
and contemplate through window glass
the Haven spread below
An impish tide in leaving
scribbles patterns in the sand

There at water's edge I see
godwits, godwits by the hundred
They freckle the pale, thin skin of blue
and, undisturbed by child or dog
feed and wheel and feed again

Beyond them in the deepening west
marble mountains steeped in story
stand solid, stolid, always there
They'll rim this view for those who come
long after I am gone

But godwits? I look back to them
these wandering birds that visit
Limosa lapponica – their Latin name
has a frivolous air
Yet, we can rely on them too

Every September, from cooling tundra
they beat on the breast of a storm
Fly thousands of ks in a fist of days
in servitude to an intuition
to feed and wheel and feed again

And on some sudden day in March
fly back to another summer



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The Age2Be Expo



It's all about positive ageing

Find out about the organisations and agencies that offer services, assistance, volunteering, learning, hobbies, sport and recreation in the Nelson/Tasman area.

**Annesbrook Church
Community Centre**

Saxton Road, Stoke
Saturday 5 April
11 am - 4 pm

Free entry
(Donations towards event costs accepted)

Footpaths are for people

a message from the visually impaired people of Tasman

The Nelson Tasman region has more than 600 residents who are registered as blind or visually impaired. There are countless more with some level of visual impairment who are not registered as such.

Many of the things sighted people take for granted are a serious hazard for people who can't see well. The Association for the Blind Citizens of New Zealand (ABCNZ) is working to highlight issues for visually impaired people and an issue under the spotlight at present is hazards on the footpath.

Hazards can be caused by overhanging vegetation, recycling bins left on footpaths and cars parked on the pavement forcing pedestrians on to the road.

The Nelson association representative Brian Say said roses and other thorny bushes can be a real problem if they are obstructing the footpath, and that being forced on to the road by a parked car means that a pedestrian with less than normal sight is at risk of walking into oncoming traffic.

"A lot of older people are sight impaired, and they may also have less than perfect hearing. It's a double risk if they have to move off the footpath for any reason," he said.

These obstacles can also cause problems for people using wheelchairs and mobility scooters.

The association is asking people to be aware of the hazards they may be unwittingly creating to pedestrians who have difficulty seeing, or are not as mobile as an average able-bodied person.

For more information about Nelson branch of the Royal NZ Foundation for the Blind, and the work of ABCNZ, contact Roy Myers Ph 547 6616.



Brian Say, the Association for the Blind Citizens of New Zealand Nelson representative, is working to raise public awareness about obstacles on footpaths.

Expo offers positive ageing tips

The Age to Be – Positive Ageing Expo is the place to go for information about all the opportunities and services to make ageing a positive experience.

The Expo will focus on community groups, help agencies, local and central government, as well as local interest, training, recreation and hobby groups.

Groups will have stall displays and there will be entertainment on the day. Feedback will also be sought to give you a chance to have input into the review of the Nelson Tasman Positive Ageing Policy.

Come along and find out what is on offer. Among the diverse range of services and activities, there's bound to be something to suit everyone.

The expo is at Annesbrook Church Community Centre, in Saxton Road, Stoke, on Saturday 5 April 2008. The event starts at 11am and runs until 4pm. Entry to the expo is free and tea, coffee and biscuits will also be provided free.

For more information contact Mike Tasman-Jones, Ph 543 8403.

Crossword solutions

ACROSS

- | | |
|---------------|-----------|
| 1. Offence | 5. Gulch |
| 8. Skipper | 9. Nomad |
| 10. Ephemeral | 12. Hue |
| 13. Axiom | 17. Aid |
| 19. Debenture | 21. Cower |
| 22. Enchant | 24. Dryad |
| 25. Hothead. | |

DOWN

- | | | |
|-------------|------------|---------------|
| 1. Oyster | 2. Flighty | |
| 3. Nap | 4. Error | 5. Gentleman |
| 6. Lymph | 7. Hidden | 11. Meandered |
| 14. Courage | 15. Rancid | |
| 16. Vetted | 18. Dowry | |
| 20. Beech | 23. Cut. | |

Nelson ARK Trust teams up troubled teens and homeless animals

The Nelson Ark Trust has been in the construction phase since 2002 according to founding trustee Susan Murray-Rifici. The trust has big plans bring homeless animals, troubled teens and older people who may be lonely or isolated together. The aim will be to retrain the animals, mainly dogs, so they can go to new homes. The Ark concept uses the physical, emotional and social benefits of human-animal relationships

After a long period of work on the part of Susan, Karen Howieson (also a founding trustee) and nine other trustees, the project looks like it has found a site from which to operate.

In February 2008 Tasman District Council agreed to lease Nelson Ark space in Sandeman Reserve, off Lower Queen Street, Richmond. The trust is now fundraising towards a target of \$200,000 to build an office and classroom, along with the first animal facilities.

The local project was inspired by a programme designed in Ontario, Canada, by the SPCA. The YAPP programme (Youth Animal Pilot Project) started in 1999 to give young violent offenders the challenge of training difficult dogs so the dogs could be given another chance. The Nelson programme, APART (Animals, People and Rehabilitation Training), will also bring in older people who still want to make a contribution to their community.

“Joining these three groups in a caring endeavour helps each of them to find a purpose. The programme gives youth an opportunity to participate in positive, rewarding experiences where respect for themselves, other people and animals is reinforced. Older people can help by being there to offer comfort and companionship to the young people and animals involved in the project,” said Mrs Murray-Rifici. She said training dogs taught people the value of patience, discipline and hard work. Young people are exposed to cooperative and considerate ways of dealing with problems. These, hopefully, lead on to coping strategies in their own lives.

This programme has been designed around needs identified in the Tasman Regional Community Profile, in particular relating to the high number of students leaving school without qualifications, and violence in the home.

“We have spoken to community groups and there are many retired people who have a lot to contribute. It is increasingly recognised that keeping active and maintaining connections within the community is an important part of staying healthy into later life,” said Karen Howieson.

The trust has been looking for land for a long time, and now that problem is resolved the trustees can get the next stage under way and plan for the animal shelters and other buildings. The first major fundraising effort in the “Launch the Ark” campaign is a dinner concert with The Beat Girls at the Nelson School of Music on Saturday 19 April 2008.

A gourmet buffet is planned, featuring Indian, Mexican, Thai and Italian food.

For ticket information, or to find out how to get involved with the trust, contact: Susan Murray-Rifici Ph 546-6871 or Karen Howieson Ph 03 544-4703.



Art & About NZ




Allow yourself to be transported to one of our region's beautiful locations, then with the guidance of an experienced local artist, create your own artwork to take home!

To book, freephone: **0800 881 754**
or email: **info@artandabout.co.nz**

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Ph 548 2770

Discover your creative side with Art and About

If you've ever fancied getting out and painting, but didn't want to go it alone, Nelson couple Catherine and David Kent have come up with the opportunity for you.

Catherine is a painter, sculptor and art teacher. She discovered after talking with her students that a lot of them wanted to get out and paint in the outdoors, but didn't have the equipment, transport or confidence to do so. Catherine and David started working on the idea of running painting tours last year, and finally got their first outings under way early in 2008.

Art and About runs full or half day tours for groups up to 12 people. They provide everything needed for the day – transport, art materials in a range of media, paper, easels, chairs, even lunch and snacks. They take groups to selected locations around the area and set everyone up to enjoy a day of sketching and painting the view. Catherine starts the day by giving a half hour introductory talk on how to use the materials provided in the toolbox, and is available through the day to help and advise as needed. Dave describes himself as the Operations Manager – doing the driving, setting up equipment and generally making sure everyone is catered for and comfortable.

The tours are designed for anyone who wants to have a go. "We wanted to take out people who have no art background and give them the chance to experience the pleasures of painting in the outdoors," said Catherine. Because everything is laid on, Art and About is a chance to try out your art skills without having to invest in equipment first. The locations are all tried



Aspiring artists enjoy the great outdoors.

and tested so there is no time wasted in looking for sites, and there is a wet weather option if required.

"We cater for all ages and levels of skills. More experienced painters can go off and do their own thing, while we are there to help anyone that wants assistance," said Catherine.

The couple hope to attract a wide range of people to their tours, from retired folk, tourists, art groups and interest groups that want to try something different. For more information contact Art and About on 0800 881 754.

Public Trust certainty *in uncertain times*

PERSONAL ASSIST is a unique service provided by Public Trust for anyone who would like help with their financial or property affairs.

You might find it helpful if you don't want to rely on family and friends for support, or you or your loved one is going into rest home care and you need professional advice and support.

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magazine and
Cuisine magazine

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programmes & events

This section lists programmes and events on in the Nelson Tasman region.

If you would like to publicise your event or activity, send your details to:

Mudcakes and Roses

PO Box 3352, Richmond, Nelson

or email caroline@drycrust.com

or fax 03 544 4975

**Deadline for material for the June/July Issue
is 15 May 2008.**

Stoke Seniors Club – Social seniors moving forward

As a club we are committed to providing a programme that will meet the many leisure and recreational needs of seniors in the Nelson Tasman district.

Give us a call – you never know what might be going on! Contact Christine, Anne or Geoff on 547 2660.

Regular activities

Scrabble Club - Mondays 1pm

Euchre – Tuesdays 10.30am

Mah-jong Club - Tuesdays 1pm

500 Club - Wednesdays 1pm

Cribbage - Thursdays 1pm

Come along for a fun friendly game. New and experienced players welcome to all games clubs.

Tuesday and Thursday meals - two course meal at midday for just \$8, all welcome. Please phone to book on 547 2660

Monthly movie – Third Thursday pm each month. Phone to check what is on.

Strengthening exercises - Wednesdays 11am, Stoke Memorial Hall. Slow smooth and controlled movements, great for improving bone density and muscle strength.

New for 2008

Walking group - Tuesdays 10am from the Stoke Memorial Hall. A casual walk of about one hour.

Painting watercolours and acrylic - Mondays 10am and 1pm at the Stoke Memorial Hall, cost \$3.

Papercraft - Thursdays 1pm. Scrapbooking, card making and more.

Creative writing class - further enquires phone Geoff on 547 2660.

Tai Chi - for absolute beginners. Wednesdays 10am at Stoke Memorial Hall

Housie - last Wednesday and 3rd Tuesday of the month.

\$5 card - win lots of money and have fun.

Indoor bowls

Every Friday at 6.30pm

Non-competitive and friendly at Stoke Methodist Hall in Putaitai Street - Phone Evelyn 547 7669 for more information.

Hope-Ranzau Women's Institute

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

Housie evening

All welcome to come to Housie and have fun. Stoke Rugby Clubrooms, Neale Avenue, Stoke Wednesday nights, 7.15 – 9.45pm.

Great cash prizes and meat raffles. Two-line Bingo. Supper, tea/coffee and bikkies. For more information contact Buddy 547 3230 or Anne 547 6987.

Senior adults gathering

A monthly event for senior adults is held at Bishopdale Community Anglican Church, 238 Vanguard St, Nelson from 2pm – 4pm on the first Tuesday of each month. The afternoon provides speakers, entertainment and activities followed by afternoon tea.

A warm welcome is extended to all seniors to share in friendship and activities in a safe environment. There is no charge. Phone 546 9057 for more information.

Veterans' (55+) nine hole golf days

At Greenacres Golf Club, last Friday of every month. Contact Dick 547 6071.

Golden Bay Museum & Gallery

Annual Exhibition – Moo – The history of the Dairy Industry in Golden Bay. Commercial Street, Takaka, until 30 April 2008.

Portraits of Golden Bay – photographic exhibition about Golden Bay personalities. From 14 May 2008.

The Museum is open 10am - 4pm daily. Phone 525 6268.

Club 50 - April/May

Club 50 is a social group for adults looking for companionship, recreation and enjoyment. We welcome new and existing members. Contact Paula on 544 3955 for more information.

All our activities start at the Tasman Recreational Resource Centre (TRRC), the old Richmond Town Hall, 9 Cambridge Street, Richmond – unless otherwise stated. All outdoor activities are weather dependent, but alternatives will always be available

April 1 - Broadgreen House. Visit the historic house and gardens while the roses are still in flower. Bring morning tea to share, we can sit outside. Cost: \$3, meet at TRRC at 9.30am to carpool.

April 8 - Richmond Bowling Club. If you are an old hand at bowls then you will enjoy the challenge of a game. If you haven't played it will be fun having a go. Cost: \$2.50 includes cup of tea and biscuits. Meet at TRRC at 9.30am to walk or carpool.

April 15 - Hackett Walk. Walk as far as the hut, approx 45min, or take a shorter walk. Wear good walking shoes and bring a jacket, a water bottle for the walk, and lunch. Meet at TRRC at 9.30am to carpool.

April 22 - Craft Day. Bring along a craft or hobby that you would like to share with us. If it's too big, then bring part of it or some photos. We can all get ideas and inspiration from each other. Meet at TRRC at 9.30am in the meeting room.

April 29 - Ascot Gallery. Park at the Beach Café in Tahunanui. We will walk (1km) to Ascot Gallery to view Lynn's encaustic artwork. She will demonstrate this ancient art and explain how it is done. Then back to the Beach Café for morning tea or lunch. Meet at TRRC at 9.30am to carpool.

May 6 - Nelson Badminton Club. The club will supply rackets and shuttlecocks for us. Members will join us to help first timers to have a go. Cost: \$2.50 includes tea and coffee. Meet at TRRC at 9.30am to walk to club.

May 13 - Washbourn Gardens. We will walk to Washbourn Gardens for a game of Croquet or Petanque. Then back to TRRC for morning tea. Meet at TRRC at 9.30am.

May 20 - Redwood Cellars and Stoneridge Maze. Visit the winery on the Moutere Highway to hear how the wines and vinegars are made and try some samples. On to the maze and then BYO food – the café will not be open. Cost: gold coin donation for maze. Meet at TRRC 9.30am to carpool.

May 27 - Board games and cards. Games morning - Scrabble, 500, Bridge, or any other games you think of. Bring a healthy plate for shared morning tea. Meet at TRRC at 9.30am in the meeting room.

Richmond Bowling Club

Tuesday and Thursday afternoon social roll-up
Tuesday evenings Have a Go.
Bowls and shoes available.
Contact Pat Dickinson phone 544 0129.

Motueka Recreation Centre – where it all happens!

50+ classes are held on Tuesday and Thursday mornings at 9.30am with Anna. A fun class especially for older people. Feel free to pop along and try out our classes. A great routine set to great music, low impact with low intensity but leaves you feeling that you've had a good workout. Runs for about 1 hour. Cost: \$3.
Badminton games are held at the centre from 7pm till 9pm every Thursday for players of all ages and all levels. New players are always welcome. The court fee is \$3 and if you want to hire a racquet it's \$2.
The Recreation Centre Gym is open from 9am till 9pm Monday to Friday, 9am till 4pm on Saturday. Help is also available for beginners.
If you need more information on any of these classes please feel free to contact the Motueka Recreation Centre on 03 528 8228 or fax 03 528 8560.

Motueka 50+ Walking Group

All walks leave Decks Reserve car park at times stated, where transport is arranged. Meetings are held on the last Thursday of each month in the Uniting Church Hall (rear of church), High St, at 9.30am. Visitors always welcome. For information contact Chairperson, David Lucas 541 0023 or Secretary, Vivienne Pearson 526 6076. Members who do not wish to start early on the walks can assemble at Decks Reserve at 10am to agree an alternative option.

April

- 3 8.30am Lake Sylvester H \$12
10am Appleby Walkway E \$6
- 10 9am Rameka Track E-M \$6
9am Brown Acre H \$3
- 17 10am Kumeras E
- 24 9.30am Meeting and Blackbird Valley E-M \$5

May

- 1 9am Maitai Valley and Tantragee Saddle E-M \$10
Maitai Valley E \$5
- 8 9am Kairuru M-H \$3.50
10am Old Coach Road (Woollaston) E \$5
- 15 9am Brady's Hill H \$6
10am Hoddy Road and olive grove E \$3
- 22 9am Peppin Island M-H \$14
10am Permin Road E \$3
- 29 9.30am Meeting & Davey's farm E-M \$4

Tahunanui Community Centre

Wednesday afternoons social group Friends and Neighbours for local residents, 61 Muritai Street, Tahunanui, ph 548 6036.

SeniorNet [Motueka]

Computer learning for over 55s in a no-pressure, friendly environment in our well-equipped clubrooms at 42 Pah Street. Come and be part of a happy, sociable club with competent volunteers who can teach you the basics of your computer through to advanced classes. Enjoy photography and outings in the field with the digital camera group and explore your family tree with the genealogy group. Contact Ann Long 528 8224.

SeniorNet [Nelson]

Computer instruction for people aged 55 and over in small groups with computers and teaching materials provided. Held in the Clubrooms at Pioneer Park, Hastings Street, Nelson. Visit our website www.tasman.net/seniornet or contact Murray on 548 1170 to find out what is going on.

Motueka District Museum's summer exhibition

Shifting Sands

Motueka's port, a moving story - the story of the two old wharves of Motueka and why they have been abandoned for the current site. Manuka Bush (first wharf). Doctor's Creek (old wharf). Moutere Inlet (present wharf)
Hours Monday to Friday 10am-4pm
140 High St, Motueka. Phone 528 7660.

Nelson Dance Along

Every second and fourth Saturday, monthly
Time: 8pm to 11.30pm at Richmond Town Hall
Admission \$3.00 Member, \$3.50 Non Member
Supper provided. Contact Rosalie Winter
Phone 548 2236.

Free half-day Elder Abuse Seminar

Tuesday 13 May 2008 9am-12.30pm
Victory Community Centre
Register at Age Concern 546 7682
or ageconcern.nelson2@clear.net.nz.

Nelson Fifty-Plus Walking Group

We welcome you to the Fifty-Plus Walking Group and trust that you enjoy the activity and fellowship we share together.

We offer farm walks, mini walks and fortnightly tramps for people with a higher degree of fitness and stamina than the average walker. Drivers of all cars are asked to notify the leader of the day of their intention to walk and to confirm meeting place. Passengers are asked to contribute to the cost of petrol at eight cents a kilometre. Come prepared for adverse weather and remember no smoking or dogs on walks please. Anyone wanting to find out more about the Nelson Fifty-Plus Walking Group is welcome to call the Chairman, Noel Brown or Secretary Carolyn Brown ph 544 2286.

Walk cancellations are broadcast on Classic Hits 89.8FM and More FM.

April

- 1 Motueka Coast Walk 10am*
- 3 Todd Valley M 9am
- 8 Teapot Valley M 9.30am
- 15 Peppin Island 10am*
- 17 Opouri Saddle M 9am
- 22 Red Hills St Arnaud M 9am
- 29 Port Hills 10am*

May

- 1 Duckpond Whangamoia M 9am
- 6 Marahau Quarry E 9am
- 13 Dun Mountain Walk 10am*
- 15 Boulder Bank – Glen E 9am
- 20 Tantragee-Maitai E 9am
- 27 Maitai Walk 10am*
- 29 Mt Malita H 9am

*Mini walks – for more information contact Gwenda Wallace 03 544 5307 or Gwen Wills 03 547 3315.

Senior Service - Nelson Baptist Church

The Nelson Baptist Church on Bridge Street will hold a Senior Service on the second Sunday of April, June, August, October and December 2008. This is an inter-denominational service for people from all churches and from all over the district. We have the good old hymns and songs, a short message, afternoon tea and good fellowship. The service starts at 2pm with an organ recital, and normally finishes about 3.30pm with the tea. Transport can be arranged.

Contact Alan Roberts, Ph 548 7381.

Art Group Nelson Inc

Open to all who wish to paint or draw, from absolute beginners to experienced artists. Monthly meetings with a guest speaker are held on the first Wednesday of each month (evenings) and open painting mornings on the second Wednesday. Tutorial days are held in the last week of each month. All welcome. Ph July 548 1170.

Nelson Branch of the Government Superannuitants Association

Are you a retired State employee – public service, teaching, police, armed forces, nursing, MAF, forest service, Telecom, Post Office – receiving an annuity as a result of your salary contributions to the GSF while employed? The Nelson Branch of the GSA produces three Newsletters a year, holds three social functions a year, and there are two national newsletters a year. If you require further information, visit www.gsa.org.nz or contact Graeme Valpy 547 6007 or email nelson@gsa.org.nz.

Cardiac Support Group

The Heart Foundation and Cardiac Liaison Nurses from Nelson Hospital provide information and support to people affected by Cardiovascular Disease.

We hold a three-monthly get together for patients on waiting lists through to patients who had interventions several years ago, providing support through shared experience.

A guest speaker covers issues of interest and concern. The group is for anyone with, or at risk of, heart disease and their families. For details and an invitation to next meeting please contact Averil at the Heart Foundation, ph 545 7112 or email: averilw@nhf.org.nz.

Tasman Visual Arts Group

We meet on the last Wednesday of the month at Richmond bowling clubrooms. Regular guest speakers, new members welcome. Contact Gary Gibbens ph 541 8842.

Age Concern Activities

62 Oxford St, Richmond
Tuesday and Thursday 9am to 12 pm for cuppa and company. Knitting group 10am to 12pm.
Wednesday 9am to 2pm- various activities .
Friday 10 to 11am - Age Concern Easy Exercises with Freda Beloe, morning tea to follow, \$1.
Contact Elaine Mead, 544 7624.
Age Concern offer:
Advocacy Service – contact Elaine Mead 544 7624.
Accredited Visitor Service – contact Catherine Findlay 544 7624.

Prevention and early intervention of elder abuse. Contact Jim Davis 546 7682.

Golf Croquet

Croquet is fun! It's good exercise and a great way to meet people. It's also one of the few sporting activities in which women can play on a par with men. Why not give it a try? If you are interested, contact the croquet club closest to you: Nelson-Hinemoa: 548 3977
Richmond: 544 2052
Riwaka: 528 9704

Arthritis New Zealand

Enabling a better quality of life for those with arthritis. Please contact us on 546 7689 or freephone 0800 663 463. Our service centre is in the Community Groups Centre at 50 Halifax Street, Nelson – office hours Monday-Thursday, 9am to 2pm.
Clinics – free 45 minute sessions with the Arthritis Educator to talk over how you are managing with your arthritis and decide on a plan to help you. Membership not required. Please phone for an appointment.

Victory Community Health Centre – Monday 21 April, 19 May

Motueka – Thursday 15 May

Stoke – Wednesday 2 April

Richmond – Thursday 8 May

Golden Bay – Thursday 17 April

Wakefield – Thursday 10 April

Living a Healthy Life – Are you or people you know living with an ongoing medical condition such as a heart condition, cancer, diabetes, the results of a stroke, or with a physical disability? Arthritis New Zealand is offering a course especially designed for people like you. We offer a six week course in 2.5 hour weekly sessions, starting Tuesday 29 April, 10am – 12.30pm

Please phone us for more information and/or to register interest.

Hydrotherapy

NEW! Ten-week courses with a physiotherapist at the warm Ngawhatu Pool. All free, no membership requirement, but does need a current GP approval and a detailed questionnaire filled in.

Seminars

Pain management Wednesday 16 April 7 - 9pm, Nelson City Church of Christ, 173 Rutherford St. Nelson. Speaker, Dr Graham Evans, Specialist Anaesthetist, and Elaine Shields, Physiotherapist. Please phone to register.

Fibromyalgia

Support Group meets every two to three months for an informal get-together, sometimes with a guest. Please contact the office if you would like your name added to the contact list. Next meeting Tuesday 15 April 10am – 12pm, 50 Halifax St, Nelson. Speaker Aramoana Rowan, Physiotherapist.

Friends of Nelson Library

Friends of the Nelson Library are organising a series of Sunday events over the next few months. Elma Turner Library, 1.30 - 3.30pm, all welcome, \$2 entry, members no charge. Phone Barbara 545 1646 for more information.

Sunday 6 April 2008 Your story in print: So you've written a story? Now what? A guide to short-run book printing. Speaker: Dave MacManus from The Copy Press.
Sunday 4 May 2008 May madness: Christopher Vine talks about Edward Lear.
Sunday 6 July 2008 Laughter is the best medicine: Come a long with your favourite humorous reading and share the laughs!

RECREATION PROVIDERS

From the Found Community Database www.found.org.nz

Hope

Badminton

Carolyn Mason
Hope Midweek Badminton Club
Phone 541 9200

Nelson Veterans Tennis Club

Hope Courts every Thursday from 9.30am
Phone 547 6916

Mapua

Aerobics & Pilates
Lynda Mabin
Low Impact Aerobics & Pilates
Phone 543 2268

Indoor Bowls

Mapua Friendship Club
Mapua Public Hall
Val Roache
Phone 540 3685

Mapua Bowling Club

Nancy McIlroy
Phone 540 2834

Tai Chi

Christine Weir
Taoist Tai Chi Society of New Zealand
Phone 543 2204

Motueka

Aerobics/Gym & Fitness Centre

Brent Maru
Mot Rec Centre
50+ Aerobics
Phone 528 8228

Croquet

Alva Lauder
Riwaka Croquet Club
Phone 528 7779

Feldenkrais

Sue Field
Feldenkrais
Phone 546 7815

Gym & Fitness Centre

Karen Holliday
Studio Gym 275
Phone 528 4000

Healthy Hearts Club

St Thomas Church Hall
Cindus Colonna
Phone 543 2033

Indoor Bowls

George Riordan
Motueka Senior Citizens Hall
Phone 528 7960

Line Dancing

Beryl Sturgeon
Motueka Senior Citizens Hall
Phone 528 8265

Line Dancing – Intermediate

St Andrews Church Hall
Phone 528 7337 or
526 6246

Marching

Bev Clementson
Motueka Veteranettes
Marching Team
Phone 528 9125

Social Recreation

Vonnie Goodall
Kiwi Seniors (Motueka)
Phone 528 7817

Tai Chi for Seniors

Daniel Judd
Acupuncture Motueka
Phone 528 6748

Tai Chi Falls

Prevention (65+)

Presbyterian Support
Maxine Poole
Phone 547 9350
ext 712

Walking

Vivienne Pearson
Motueka 50 Plus Walking Group
Phone 526 6076

Nelson

Aerobics/Pilates/Gym & Fitness

Debby Callaghan
BJs Health & Fitness
Phone 548 7812

Aquatics/Swimming

Riverside Pool
Phone 546 3221

Badminton

Pam Frost
Phone 548 7153
John Williams
Phone 548 0983
Trafalgar Centre Social
Badminton Club
Phone 548 9738

Belly Dancing

Contact Sabina Gilberg
Phone 546 8511

Victory Community Centre,

behind Victory School.
Cardiac Club/Gym & Fitness Centre
Sharon Standish-White
Devine Fitness
Phone 539 0348

Croquet

Nelson-Hinemoa:
Sue Bowater
Phone 548 7971
Easybeat 50+ Aerobics
Leigh Dalzell
EasyBeat Aerobics
Phone 548 1689 or
021 547 811

Easy Exercise

Sheila Alley
Arthritis New Zealand, Nelson
Phone 548 3490

Feldenkrais

Sue Field
Feldenkrais
Phone 546 7815

Hatha Yoga

Maureen McKain
Phone 546 4670

Hot Yoga

Contact Claire
Phone 548 2298

Indoor Bowling

Nelson Senior Citizens
Social Indoor Bowling Club
Joyce Rowland
Phone 548 1769

Leisure Line Dancing

Annette Lines
Phone 546 8777

Line Dancing

Alison Myers
Line Dance Nelson
Phone 546 9878

Nelson Petanque Club

Ernst Lacher
Phone 548 3031

Nelson Social Dancing Club

Club Waimea
Frank Thomas
Phone 546 7061

Over 50s Pilates

Brigitta Haas
Bodypower Pilates & Yoga
Centre
Phone 029 281 3735

Seniors Yoga

Nathalie Chalker
Body power Pilates & Yoga
Centre
Phone: 545 9074

Table Tennis

Ian Beattie
Nelson Table Tennis Club
Phone 546 7507

Tahunanui Bowling Club

Margaret Sly
Phone 547 3089

Taoist Tai Chi

Maggi Kerr Andrew
Taoist Tai Chi Society of
New Zealand
Phone 545 8375

Tai Chi Falls

Prevention (65+)
Presbyterian Support
Maxine Poole
Phone 547 9350 ext 712

Walking

Noel Brown
Nelson 50+ Walking Group
Phone 544 2286

Walking

Gwenda Wallace
Nelson 50+ Mini Walks
Phone 544 5307

Over 50s Yoga

Margot Hannigan
Bodypower Pilates & Yoga
Centre
Phone 029 281 3735

Yoga

Rosie Holland
Bodyflex
Phone 548 7384

Richmond

**Aerobics/Pilates/Gym
& Fitness**
Debby Callaghan
BJ's Health & Fitness Centre
Phone 548 7812

Badminton

Chris Wearing
Richmond Morning
Badminton
Phone 544 5217

**Crafts, Caring and Sharing
Wesley Centre**

Phone 544 7458 or
544 9174
Mondays 9.45 – 11.45 am

Croquet

Eleanor Hannay
Richmond Croquet Club
Phone 547 5424

Easy Exercise

Freda Beloe
Phone 544 8569
Easybeat 50+ Aerobics
Leigh Dalzell
EasyBeat Aerobics
Phone 548 1689 or
021 547 811

Feldenkrais

Sue Field
Feldenkrais
Phone 546 7815

Indoor Bowls for Seniors

Phyllis Haines
Phone 544 8383

Latin In-line Dance

Richmond Dance Studio
Partner not required!
Heather
Phone 547 4863

Line Dancing

Alison Myers
Line Dance Nelson
Phone 546 9878

Pilates

Sue Wilson
Bodypower Pilates & Yoga
Centre
Phone 029 281 3735

Richmond Bowling Club

Pat Dickinson
Phone 544 0129

Social Recreation

Club 50
Paula Morris
Phone 544 3955

Tai Chi Falls

Prevention (65+)
Presbyterian Support
Maxine Poole
Phone 547 9350 ext 712

Yoga

Rosie Holland
Bodyflex
Phone 548 7384

Stoke

Bowls
Stoke Bowling Club
Lyndon Penketh
547 4780

Clogging/ Tap Dancing

Georgina Higgs
Nelson Sun City Cloggers
Phone 545 1037

Easy Exercise

Maureen McKain
Ph 546 4670

Arthritis New Zealand,

Nelson
Easybeat 50+ Aerobics
Leigh Dalzell
EasyBeat Aerobics
Phone 548 1689 or
021 547 811

Hatha Yoga

Maureen McKain
International Yoga Teachers
Assn
Phone 546 4670

Hydrotherapy

Thelma Creighton
Phone 547 6384

Marching

Diana Clark
Silveraires Leisure Marching
Phone 548 9527

Safety & Confidence

Cornelia Baumgartner
Kidpower, Teenpower,
Fullpower Trust
Phone 543 2669

Stoke Social Seniors

'Girl's Own' and 'Lads at
Large' trips
Christine Borlase
Phone 547 2660

Table Tennis

Bryan Keane
Table Tennis Nelson
Phone 547 7530

Tai Chi Falls

Prevention (65+)
Presbyterian Support
Maxine Poole
Phone 547 9350 ext 712

Walk & Talk

Tues 10am
Ph 547 2660

Takaka

Gentle Exercise
Golden Bay Physio Clinic
Phone 525 9708

Indoor Bowls/Cards

Mary Couper
Phone 525 8445
Senior Citizens Club rooms

Tai Chi Falls

Prevention (65+)
Presbyterian Support
Maxine Poole
Phone 547 9350 ext 712

Tai Chi for Arthritis

Ann Marshall
Phone 525 8437

Walking

Dick Wenzell
Wednesday Walkers
Phone 525 9606

Tapawera

Walking
Una Foulsham
Rural Ramblers
Phone 522 4083

Wakefield

Easy Exercise
Ngairie Lockhead
Arthritis New Zealand,
Nelson
Phone 541 8321

Recipes for you

The Work and Income Great Little Cookbook is full of ideas for healthy eating on a tight budget. The book has sound advice on how to choose, source and prepare simple and inexpensive meals. It was produced by Work and Income's Regional Office in Nelson, in partnership with the Nelson Marlborough and West Coast District Health Boards.

The following recipes are for a light lunch or supper – share with friends and family without breaking the budget!



Vegetable Fritters

2 eggs
½ cup self-raising flour
¼ cup to ½ cup low-fat milk
2 cups grated zucchini (see variations)
oil for frying

Beat the eggs and half of the milk. Stir in the flour and zucchini. Add more milk if you need to make a soft batter. If the mixture is too runny, add a little flour.

Heat some oil to cover the bottom of a frying pan. Place a spoonful of mixture in the frying pan for each fritter. When the mixture bubbles on top, turn over with a fish slice or tongs. Cook on the other side until golden brown.

Variations:

- 2 cups grated potato or kumara
- 1 425g can of whole kernel corn, drained

Optional extras:

- 1 teaspoon of curry powder
- ½ cup tasty cheese

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