

# mudcakes & ROSES

ISSUE 59. APRIL 2010

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'HAPPY BOMB' EXPLODES  
IN POPULARITY

08.

BOUNCING BACK  
FROM A STROKE

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RETIREMENT ON  
A MARAE



# Endangered species up close

50+ SINGLES TRAVELLED TO MAUD ISLAND RECENTLY. THIS IS THEIR ACCOUNT OF THE TRIP.

"Marlborough Sounds island reserves are a haven for native animals such as kiwi, takahe, saddleback, tuatara, lizards and frogs. Maud is a 'closed' island. DOC has cleared rodents and other pests as a first step in restoring natural ecosystems.

In 1974 Maud became the first island used as a sanctuary for critically endangered kakapo, who lived there until 2003, when they were removed to more southern islands.

Maud was farmed until 1978 and has been a refuge for takahe since 1984. Kakariki, the orange-fronted parakeets, were moved there in 2007. Other species include the Maud Island frog, giant weta, the giant snail and the flax weevil.

Each January a limited number of visits are permitted. With packed lunches and eager anticipation, our party of eight boarded the M.V. Toroa at Havelock at 9.00 am, having left Motueka at 7.00 am.

On landing at Maud we wiped our shoes on the "mat" provided, to avoid bringing in anything harmful, then heard a talk on the inhabitants on the island. The resident DOC staff were excited when takahe poked their orange beaks out of their hideaway – apparently we were the only group to have seen these birds, which look like overfat pukeko.

Several enthusiasts held giant weta in their hands, and the not-so-brave viewed them in plastic containers. The innovative "weta hotel" is a tree with a hole in the

back to allow the weta entry. The

front of the tree

is hinged and swings back to allow the insects to be viewed through a perspex cover.

Our final port of call was the World War 2 gun emplacement. The gun was taken from a World War 1 battleship and placed on Maud Island. It was only ever fired three times, all practice shots. Does anyone know what happened to the gun?

Maud Island is a fascinating day trip and hats off to DOC for all their hard work to protect our endangered species."

To contact the group, email Jenny,

Dining4Twelve@xtra.co.nz.



## we would love to hear from you...



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# Seniors behaving badly

A SNAPSHOT FROM ROUND THE WORLD, COURTESY OF NEWSOFTHEWEIRD.COM.

**While reporting on Britain's oldest newlyweds** (husband 94, wife 87), the Daily Telegraph also noted that in 2008, Bertie Wood and her husband, Jessie, of Falmouth had decided to end their 36-year marriage, evidently at a point where they felt they needed a fresh start. Both were 97 years old at the time. Jessie

has since died, and Bertie lives in a nursing home.

**Almost every Thursday night**, Jack Knowler, 61, and his girlfriend, Bev Rogers, enjoy themselves at Hanc's Bar in Bowmanville, Ontario, and then, knowing their limitations, leave their vehicles parked and call A

Ryde Home, a local service for the intoxicated. On a recent Thursday night, as Knowler and Rogers waited outside the bar for their ride, they were ticketed by police (at \$65 each) for being drunk in public. Said a police supervisor: "It's not a 'mixed message.' You can't be intoxicated in a public place."

**The Kirklees (West Yorkshire, England)** Environmental Health department cited farmer Ronald Norcliffe, 65, in

2008 for inadequate lighting in his barn, which inspectors said failed to meet the "psychological needs" of his one cow and her calf. In his formal appeal, heard in October 2009, Norcliffe noted (unsuccessfully) that he had a clean record as a farmer for 30 years and that in fact, he lives well without electricity in his own house. After his defeat, Norcliffe's lawyer sighed. "I still have no idea how much lighting is appropriate for a cow."

**In November, Oprah Winfrey's mother, Vernita Lee**, and the luxury fashion store Valentina announced a settlement of the latter's lawsuit over Lee's \$155,547 outstanding bill. On a previous account of \$174,285 in 2002, Lee had agreed to make periodic repayments, but the store apparently allowed her to open another account, and as the new balance swelled, Lee sued, claiming the store should not have re-extended credit to her.

**In May 1991, Maxcy Dean Filer** finally passed the California Bar exam. He had graduated from law school in 1966 but had failed the exam 47 times. He opened a practice in Compton but in 2007 he was suspended for failing to pass the California Bar's Professional Responsibility exam. He remains suspended.



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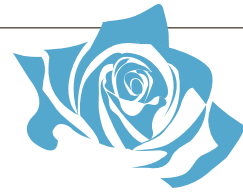
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# 'Happy bomb' explodes

NELSON/TASMAN JOINS A WORLDWIDE BOOM IN UKULELE PLAYING.



It's been dubbed a "happy bomb – you put a ukulele in a room and everyone starts smiling," says Nelson player Ron Kjestrup.

The "jumping flea" (as it translates from the Hawaiian) is sweeping the world for that reason. Type "ukulele" into Google and you can access 5.4 million sites. Groups are mushrooming everywhere.

The revival also gathered steam because the ukulele is easy to learn, making the joy of performing music open to all – as it was for our grandparents.

Wellington Ukulele Orchestra member Carmel Russell summed up the appeal: "It's just a friendly, cute little instrument."

When Mudcakes and Roses talked to a brace of Nelson-region groups, one word kept cropping up: "fun".

The Plinkers salute that spirit by nicknaming themselves "Nelson's fourth-best ukulele group". The two dozen or so members gather at the Post Boy Pub in Vanguard Street on Sundays from 4-6 pm. The atmosphere is casual, laughter punctuates the sessions, and beginners are nurtured through a large songbook ranging from two-chord numbers to solid workouts.

The Plinkers performed at the recent Relay for Life Cancer Society fundraiser. They invaded Haulashore Island in March for their first "luau", and have travelled to Collingwood.

Also doing their bit for charity, Uke Ellington meets on sporadic weeknights at the Victoria Rose pub and "anyone who turns up is instantly part of the band," says organiser Ken Richards.

The group has a songbook of more than 100 numbers, mostly old pop tunes grouped according to difficulty – the majority are in the easy bracket. Ken says up to 60 people have been fronting up for gigs, many with their ukes.

A core four members of the Nelson Jazz Club anchor the night, which doubles as a fundraiser for the Cancer Society. The songbooks are "rented" for a donation, and audience members can request tunes for \$5 a pop. Ken says one man spent \$20 – and bought a uke at the end of the evening.

"We don't profess to be the Wellington Ukulele Orchestra but I bet we have more fun than those guys."

For the next gig date, ring Ken at Nelson Music Planet, 03 545 8381.

At Soundstage on Rutherford St, clarinetist and saxophonist Simon Williams picked up the ukulele about three years ago and now teaches Thursday night classes, averaging about 30 overall, from beginners to advanced.

He also tutors Wakefield schoolchildren and a lunchtime group at Nelson College.

Simon credits the Wellington orchestra will driving the present boom. He says the uke is accessible, with one big advantage over the recorder in that people can sing at the same time.

Simon reports a huge confidence boost in people of all ages who have never sung in public before. Soundstage is in the process of putting together a performance group from its students.

The 10 or so players in the Suburban Club uke group meet on Sundays from 3.00 pm till whenever. They tackle all styles, "with lots of golden oldies". Anyone with a uke or other instrument is welcome to turn up.



Jo and Dave join the Uke Ellington group at the Vic Rose.



*The Plinkers and Soundstage players invade Haulashore Island for a luau.*



## get your feet tappin' and body movin'

If you enjoy other music or dancing, see our Events and Recreation Providers sections for Nelson Dance Along, Line Dancing, Electronic Organ and Keyboard Club, plus Clogging/Tap dancing.



The Ukes of Hazzard, aka Ron Kjestrup and Terry Telford, bill themselves as “cool hand ukes for the discerning musical enthusiast”. Ron says they have a country bent, and stray into '60s pop songs.

Overseas groups are taking the uke to the heights of classical music, he says, but the instrument also “lends itself to just enjoyable mucking around”.

The “happy bomb” tag was coined by a young student, Ron adds.

The Ukes of Hazzard “busk” at Deville Café in New Street on Saturday mornings, and are available for other functions. Phone Ron at 03 544 6099 weekdays.

He also plans a mid-winter “Ukelodion” of all the Nelson groups, involving jam sessions and workshops.

Finally, the honour of being Nelson’s first uke group belongs to the Ukulele Ladies, formed a decade ago as an offshoot of Women’s Institute. They perform country, popular or singalong numbers in rest-homes, for service groups and at private celebrations.

Spokeswoman Pauline Winter says the Ladies don’t do night-time gigs because most are in the 70-plus age group.

Her uncle taught her to play the uke when she was a child. “It was never regarded much as a musical instrument then,” but that perception has most definitely changed, she says.

The Ukulele Ladies gather on the first Monday of the month at 1.30 pm at All Saints Church in Vanguard St, and fortnightly at a member’s home for jam sessions. Phone Pauline on 03 548 4131 for details.

In Golden Bay, from 12-16 players meet every second Monday night at Patons Rock, under the talented eye of choirmaster and musician Jochen Maurer.

The group has yet to acquire a name. “We just puddle along and enjoy ourselves really,” says member Margaret Bell. For details contact her on 03 524 8146.

**\*If we have missed your uke group – there are so many – email [bob@drycrust.com](mailto:bob@drycrust.com) and we’ll do a proper listing in the next issue of Mudcakes.**

# Sweet sounds from brassy beauties

RESONATOR GUITAR MAKER RUSS MATTSSEN MARRIES ENGINEERING AND ART.

Russ Mattsen's engineering work crosses the boundary into art. His handmade resonator guitars would bring tears of joy to any old muso's eyes. And in skilled hands, the sound is out of this world.

From his home workshop in Tahunanui, Russ crafts about four guitars a year. Half of his output goes overseas, usually to Japan, United States, Australia and Britain.

One Japanese client has bought three guitars – which start at about \$5000 each. Buyers are typically middle-aged and up, male, semi-professional musicians who have other careers to finance their passion for collecting beautiful instruments to grace their lounge walls.

Resonators were developed to give the guitar more volume. Essentially, the strings sit over a speaker cone in the body that projects the sound. The guitars are most commonly played "slide", producing their distinctive metallic tone.

Russ says there are only about half a dozen handcrafters worldwide. He builds his guitars from scratch, avoiding machinery as much as possible. His first instrument, an industrial-looking beauty in brass with rivets, took a year. He is working on his 35th, which will soak up about 150 hours.

Many of his clients request "tribute" instruments. He has just finished one to blues legend Robert Johnson. The Gibson replica, destined for Japan, is made of copper patina-ed for a darker look, acid-washed and waxed. The neck is mahogany.

"I build my instruments to last forever," says Russ. They are designed to be repairable. The necks unbolt, PVA glues can be prised apart and lacquer resprayed.

"A guy in a hundred years' time will be able to repair them easily."

The guitars are also flexible in use, adjustable for anything from the thrash of heavy metal to delicate fingerpicking.

Russ, who has an engineering background, got into his musical craft 16 years ago through taking guitar lessons from Dave Connock in Motueka, who also built instruments. Russ has been a serious fabricator for a decade, and between orders he makes decorative copper wall hangings.

Handbuilding gives him the flexibility to change the shape of a Mattsen guitar to order. Necks can even be widened to suit a client's hand size.

If the buyer favours certain strings and gauges, "I'll build towards that". Emails and drawings crisscross the globe.

Shell inlays are a delicate cutting process. Russ even makes his own shell dots for the fret, and hand-sands the imported woods such as maple or ebony.

He eventually aims to turn out six guitars a year, but has no wish to sacrifice quality for speed. Russ is also househusband to a young family, and appreciates the chance to be around when his children come home from school.

"It's a big thing for me."

He says the supportive atmosphere for the arts in Nelson makes it ideal for his sort of enterprise.



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# Back from a brain attack

A STROKE IS NOT ENOUGH TO STOP ALAN STANTON.

Alan Stanton was in Nelson Hospital with half his body paralysed when he burst into tears of gratitude: "I wasn't going to die."

The Mapua builder, then aged 62, had suffered a stroke three days beforehand. Not that he knew it initially. The "stuttering stroke", where the blood stream in the brain blocks up slowly, happened while he was working on a house. He began to feel incredibly tired, and because it was a cold, blustery day, packed in work early.

That night he fell against a wall, and he and wife Christine Bourke realised that something serious was happening. The next day he sought medical help and was referred to Nelson Hospital. Clinicians were unable to do much after an initial CAT scan. They sent him home for the weekend until the extent of damage settled.

Alan is grateful that his GP, Tim Ewer, was "on to it" and turned up at his house near Mapua with an oxygen bottle that would provide relief as half of Alan's brain started to shut down. He slept almost all weekend.

By Monday he needed the support of two people to walk back into the hospital. His speech was slurred and one side of his body was "knocked out" – he could shrug his right shoulder just a fraction.

Specialists could now tell him "this is as bad as it's going to get", and in Alan's frightened state, that constituted good news. He wept with relief.



Alan Stanton.

Mentally he was still sharp. "I didn't lose any marbles – no cognitive impairment whatsoever, for which I am extremely grateful." He could also sense sharpness in his disabled limbs, plus hot and cold, "which gives you a really good headstart on regaining function."

The long road back began on day one. Strapped to a walker, Alan was soon in the gym for physio, starting with gentle stimulus and movements to reconnect nerve pathways.

He was in hospital six weeks -- "My treatment was superb." After his release he entered nine months of therapy, including physio, acupuncture and sessions in the Ngawhatu pool. Thomas Spring treated Alan with daily sessions in the Feldenkrais mind-body technique. He has also benefited from bio-feedback brain monitoring. A Work and Income scheme, since scrapped, gave him 12 weeks of intensive workouts at a Nelson gym.

His therapy morphed into daily life, so that a task as routine as pulling his pants on in the morning becomes an opportunity to enhance his balance skills.

Being able to drive again was a huge victory. "It can be incredibly discouraging to focus on what I can't do now," so he savours small gains like being able to hold a cup of tea, and has fixed his mind on playing tennis again.

Alan's walking stick, now decorated like a slimline Christmas tree, has taken on

a life of its own as "Mr Stick" in stories for grandchildren. (Between them Christine and Alan have 11, some via previous marriages.) Alan has passed two creative writing papers at NMIT, and hopes to publish his stories one day.

Financially, they have been "blessed", managing to survive on Christine's income as a counsellor and on sickness and invalid benefits. An inheritance from Alan's father helped to pay off their mortgage. "We would have had to sell the house."

That gratitude surfaces again. "People have been marvellous to me," from friends and neighbours who helped with physical work, to family who rallied round. Christine has been "my right-hand woman" – and Mr Stick his left-hand man.

Alan paces himself carefully and needs long rests during the day. He has a positive attitude to the future that would shame most people: "I'd rather be a disappointed optimist than a pessimist and still be disappointed."

He intends to start a small Stroke-Play Group for people to exercise together to support one another in their rehabilitation. Alan can be contacted on ph 540 3299.



## need help?

Nelson Stroke Foundation receives about two new referrals every week from Nelson Hospital. The foundation supports patients, their families and caregivers. Funding comes from service contracts with the Ministry of Health, plus grants and donations. Contact Anne-Marie on 03 545 8177.



# Family focus to marae retirement

HUIA ELKINGTON ENJOYS A VIBRANT LIFE AT NELSON'S WHAKATU MARAE.

The carving in the corner of her verandah, "he's family," says Huia Elkington, who lives in one of the kaumatua units at Nelson's Whakatu Marae.

Legendary chief Te Rauparaha is one of her ancestors, and his effigy was parked with her while the new wharekai (dining room – mauriora) was being built. That feels like a decade ago and the wooden warrior now looks settled.

"The main thing for me living on the marae is the continuation of whanau," says Huia, known affectionately as "Auntie", like the other kuia. Originally from Hawkes

Bay, she was adopted into the Elkingtons and grew up on D'Urville Island. Nelson was "town" and in adulthood she lived there and in Porirua. In 1996 she moved back permanently to be near her son. (Her other two offspring are in Australia.) Two years later a vacancy came up for one of the marae's six units.

Carol Hippolite (Kaiwhakatairanga/Health Promotions & Marketing), says units – three singles and three doubles – are usually allocated from within the six iwi who make up Te Tau Ihu o te Waka/Top of the South. They are self-contained, and kaumatua have access to the marae's once-a-week medical clinic, a physio, gym, and mirimiri, or massage. Palliative care support worker Gloria Eggeling is also on hand between her calls to 20 or so clients out in the community

The kaumatua are part of the marae fabric, respected for their input into decision-making, and taking on the role of welcoming visitors with a karanga (call), or joining in the waiata (singing), whaikorero (speeches) and food preparation.

Huia jokes that with "one eye and one ear, I'm not the best of cooks". She is happy to be "official taster" on big occasions such as Waitangi Day or Matariki.

She relishes the wide social contact offered by the marae, and her role of explaining protocol or tradition to visitors and younger generations alike. Nurturing rangatahi (teenagers) is a prime focus of the facility, and at Christmas and Easter young children from the kohanga reo might visit the elders to sing songs and give small gifts.

"Everybody has a place on a marae," says Huia. (Carol adds that kaumatua and children draw back the intervening generations.)

Unit tenants also look after the vegetable garden. They play a Maori version of bingo, and go on trips to see kapa haka competitions or visit whanau in Marlborough and Motueka.

It can be a busy life, but as Huia says proudly, "kaumatua don't do anything on the marae that they don't want to do".

The compound is drug, alcohol and smoke-free, but Carol says the kaumatua can behave as they wish in their own homes. The one proviso is that they set a good example by not smoking in front of children, for instance.



*Auntie Huia Elkington has a notable ancestor guarding her unit.*



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## No place like home

Staying in your own home for as long as possible is widely regarded as the best option for seniors. A host of agencies can offer help for you to do so, ranging from a caring voice to structural alterations to the building.

Age Concern offers trained volunteers to visit for one hour a week. Elaine Mead, activities co-ordinator and client support person, says volunteers and clients are matched "pretty well 100 percent perfectly" for similar interests, cultural beliefs etc. All volunteers are trained and put through a police check.

A registered nurse is also available to visit seniors in their home and discuss health worries. (Phone Kerrie Varcoe 03 544 7624).

Age Concern will co-ordinate other home-help services such as meals on wheels or housekeeping aides. It can assess seniors for the taxi fare discounts scheme if they can't drive, have limited access to buses or are restricted in their mobility. Discounts can be as much as 50 percent.

# Nomads relish a life on wheels

"HOME" IS A MOTORHOME TO A SEMI-RETIRED COUPLE.

"I've always been a nomad," says Graeme Eyles. He and wife June have translated his frame of mind in a motorhome which is just that – their home. Like thousands of other elderly New Zealanders, the couple are "grey nomads", choosing a retirement on the road.

Two years ago, living north of Wellington, the Eyles did their sums, sold the house and went shopping for a big van. June found "Kokanee" (or "salmon" – named by its former Canadian owner) in Auckland.

The couple have been parked at the Tahuna Beach Holiday Park for a year while Graeme works at VTNZ testing stations. At 73, he stays working because inspectors are in short supply and "they keep offering me good money".

Graeme's trade is auto-engineering, but he spent 23 years in the Army, including service in Vietnam, so was constantly on the move.

He worked for Andrews and Beavan, built a house (and a few boats), then they had their own auto business. Graeme also worked in warrant of fitness testing stations around Paraparaumu-Kapiti Coast. Meanwhile he faced major surgery to head off prostate cancer.

On a trip through Taupo they stopped at a campervan expo and caught the bug. The Eyles later bought a small van and attended their first rally, the NZ Motor Caravan Association's 50th jubilee bash.

They had a ball and fell in love with the lifestyle, says June. "We like the people we meet on the road."

Once uprooted for good and upgraded to Kokanee, they travelled south, spending two months working at a vineyard in Central Otago, then went to Kaka Point near



Graeme and June Eyles

Dunedin to visit Graeme's sister. They received an urgent summons from a short-staffed Blenheim VTNZ, which paid his fuel back and the rent on their Top 10 campground site while Graeme was on the payroll.

They narrowly escaped being flooded out of the riverside site, and then Graeme slipped on a shop ramp and broke his leg. While he recuperated the couple bought and renovated two rental properties in Levin.

The Eyles found their way to Nelson, with no immediate plans to leave. When Mudcakes visited the pair Graeme was building a deck from scrounged pallets, and installing a huge aerial to talk to ham-radio operators worldwide.

The gm Kokanee is a turbo-diesel equipped with Sky TV, central heating, air-conditioning and internet access. They have a small SUV as a runabout, and are also carting a scooter, two bicycles and a double kayak.

Living in a confined space requires discipline. "Everything I buy I consume," says Graeme. June says when they cleared out their house, "I was astounded by how much garage sale material we had – because that's what it's worth."

Finding things now is a breeze, and both have learned to be tidier. They have little desire to become home-owners again.

They still have a garden – herbs grown in buckets – and find ways to pursue their passions. June has a keyboard and Graeme his ukulele and violin. He connects with local music groups. Coincidentally, the campground sponsors one of his other loves, speedway.

Graeme can usually find a sympathetic engineering workshop when he has a project on the go. June was a librarian and has done historical cataloguing for the Levin library while on the move. She knits for family, traces her ancestors (her mother married in Takaka), and they play indoor bowls.

Bills are paid online. Their site at Tahuna costs \$110 a week – cheap for a seaside property. Neighbours are close and usually friendly.

The couple have recently financed their daughter into a 6m campervan, so the gypsy bug might well spread down the generations. Graeme and June also splurged out last November on their 50th wedding anniversary in Wellington, with a stretched limo taking them to dinner at a fine restaurant. Graeme says if he won Lotto he might buy a house again – but only to use as a base.



## on the road

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# Last rites for a beloved pet

DO SOMETHING A LITTLE SPECIAL TO SEND OFF YOUR COMPANION.

When a family pet dies, the traditional Kiwi practice was to bury it in the backyard. However, for some owners this is disrespectful to a beloved companion, and smaller sections are making it impracticable anyway.

Vets can dispose of animals, but they also offer access to "funeral" services such as cremation, caskets, urns, grave crosses and memorial rocks.

In Nelson, local company Pets Everafter and Christchurch firm Loving Tributes will treat your departed cat or dog with full honours. Both provide individual cremation with ashes returned, and Everafter has a private cemetery for burials.

Caskets cost from \$70 to \$443, with the cross ranging between \$49 and \$65. As with all goods and services, prices vary widely so shop around.

Cremation fees depend on the size of the animal. An urn for your pet's ashes will set you back \$70 for rimu veneer, \$95 for brass and \$190 for native wood. That includes an engraved nameplate.

Both companies offer memorial stones or rocks. These start at \$90 and top out at \$494 for an impressive boulder, with plaque and ceramic photo, for placement in the garden.

Gaelynn Beswick, of Loving Tributes, says she also does grief counselling, "though often just spending some time with people when they bring their deceased pets to me, and honouring the pet, in much the same way we would a loved human family member, helps".

Al Reid, of Pets Everafter, is a qualified funeral director and embalmer. He and wife Jo cover the Top of the South and West Coast, offering clients "a caring and dignified farewell to their friend and companion".

It is also possible to pay your respects online. Pets on the Net is an e-memorial garden "where you can publish a

special tribute in celebration of those furry friends who have crossed the rainbow bridge". Annual costs are \$9.95 (text only) to \$29.95 (300 words and three photos).

Further afield, pet remembrance is limited only by your bank balance. American company LifeGem will turn your pet's ashes into a diamond that you wear as jewellery. These start at US\$1400 (but with a minimum order of four). Depending on gold setting (ring or pendant) and carat size, individual gems run from US\$3300 to US\$25,000.

The first commercially cloned pet, a cat named Little Nicky, was produced in 2004 by Genetic Savings & Clone for a Texas woman for US\$50,000, says Wikipedia.

On May 21, 2008 BioArts International announced a commercial dog cloning service called Best Friends Again, following the reported successful cloning of a family pooch Missy. In September 2009 BioArts ended the service.

Critics cite a high failure rate of cloning.



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It's billed as a must-have guide to arts in the Nelson region, listing artists, galleries, wineries, cafes, sites and public artworks. And the Nelson Arts Guide could be yours for free.

The booklet plots a creative trail from bay to bay. You can also seek artists in a specific area, or flick through and select favourites.

Published since 1994 and regularly updated, the guide is distributed by Craig Potton Publishing,

retailing in bookstores for \$14.99 and from the website [www.craigpotton.co.nz](http://www.craigpotton.co.nz)



Mudcakes and Roses has three copies to give away. Just print your name, address and phone number on the back of an envelope, post to "Art Guide Giveaway", Dry Crust Communications, PO Box 3352, Richmond, Nelson 7050, or drop it in to the office at 3 Wensley Road, Richmond. Winners will be announced in the next edition.

**Across:**

1. Making glass better (6,7)

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

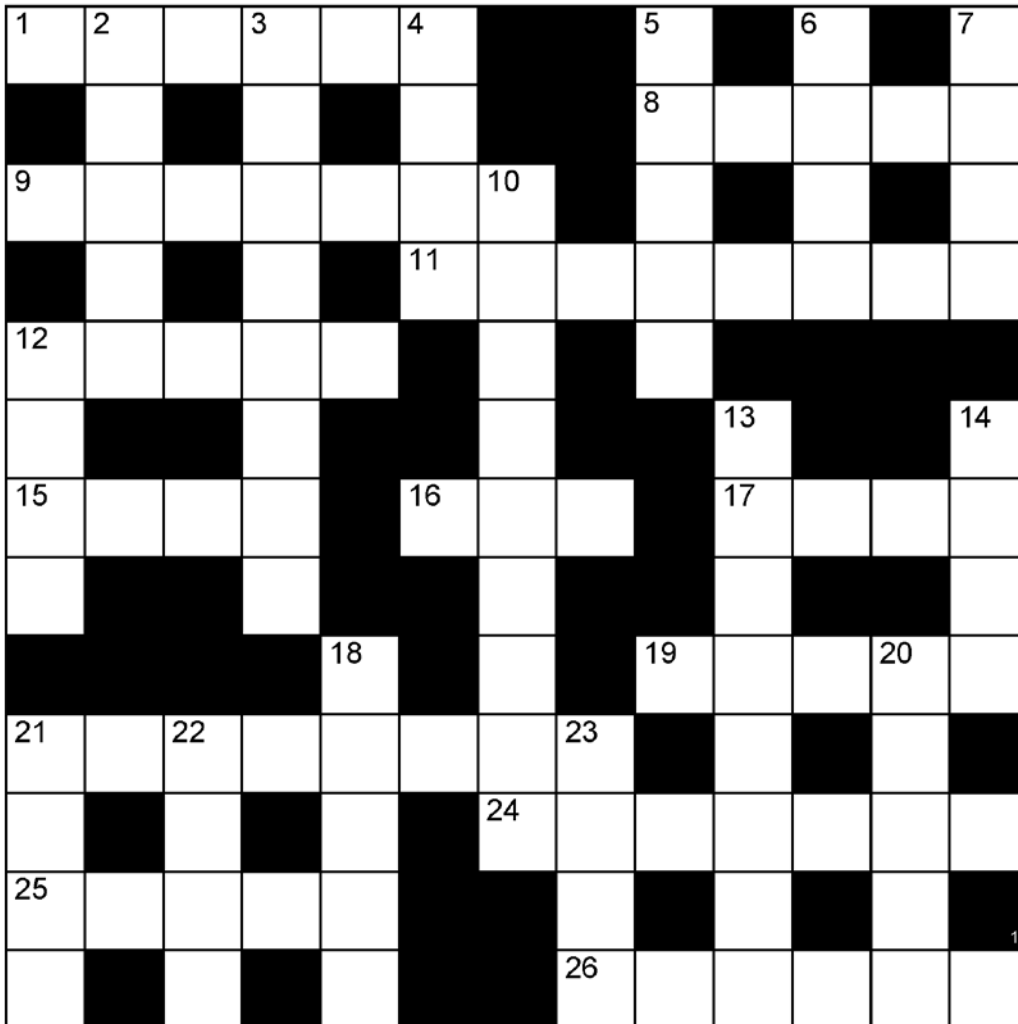
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**Simpler Clues****CLUES ACROSS**

1. Consecrated (6)
8. Mode of popular expression (5)
9. Court officer (7)
11. Long TV charity appeal (8)
12. Concerning punishment (5)
15. Flatten with revolving cylinder (4)
16. Writing fluid (3)
17. Wicked (4)
19. Colour, tint (5)
21. Teeming, productive (8)
24. Meet the requirements (7)
25. Carried on (war) (5)
26. Doghouse (6)

**CLUES DOWN**

2. Conscious of (5)
3. Trustworthy (8)
4. Handy, clever (4)
5. Donated (5)
6. Inner skin of orange (4)
7. So let it be (4)
10. Pertaining to crime (9)
12. Pig meat (4)
13. Offence against the state, tumult (8)
14. Run away from danger (4)
18. Consider, scrutinise (5)
20. A blunder (5)
21. Light yellowish brown (4)
22. Strongly counsel (4)
23. Bird that sings as it flies (4)

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

1. Holy, but might be scared to be so (6)
8. Dialect form of one do I'm making up (5)
9. Sheriff's officer may fail if going after bandleader (7)
11. Big appeal on the box to let hen out (8)
12. Very severe plane disruption (5)
15. Bread, form of which is funny with top removed (4)
16. Dark liquid drink left by medical man (3)
17. Depravity is very nasty, putting the end first (4)
19. It will slightly colour some element in geophysics (5)
21. Productive of fur, it may be almost complete (8)
24. Provide what's wanted with fist, say (7)
25. Carried on war as the West got older (5)
26. A gutter in the street may be home to a dog (6)

**CLUES DOWN**

2. Sensible to the era, was almost given up (5)
3. Label I reuse if it can be counted on (8)
4. It's handy to be fed up before end of Lent (4)
5. Such a name may be Christian (5)
6. Significant meaning may be found under the skin (4)
7. A last word in name-changing (4)
10. Sue fool in case he turns criminal (9)
12. Meat used in cookshop or kitchen (4)
13. Public tumult is done, it would appear (8)
14. Run away from the sound a parasite makes (4)
18. How to scrutinise a department of knowledge (5)
20. With chef, faggots are partly given up as a blunder (5)
21. A young deer may flatter one in a servile way (4)
22. An impulse in our general makeup (4)
23. A bit of fun with an early riser (4)

# Disable-bodied seafarers

SHEILA BUDGEN TELLS OF ASSISTING WITH SAIL-TRAINING TRIPS.

"The last five days we have had a group of teenagers with physical disabilities, from all over the country, on board – and what an inspiration they have been.

One lass in the group I was responsible for had very limited sight. She had flown to Auckland, the first time she had travelled on her own, and was very nervous.

She progressed during the trip. I spotted her sitting on deck with a grin from ear to ear, singing loudly with two other girls in the group.

I told her how impressed I was by her jump into the sea from the bowsprit with Jason, another trainee, as I had never jumped from there. Jason commented that since they were all challenging themselves, I should do the same. The following morning at swim-time I was loudly encouraged to jump, assisted by two disabled trainees. It's quite a long way down to the water and to do it with limited sight is indeed a leap of faith.

For these voyages we sail with buddies – young people who have done a 10-day voyage who come back as helpers. There were 11 buddies and 29 teenagers with disabilities such as total blindness, limited sight, amputations, spina bifida, cerebral palsy, deafness, and muscle weakness for one reason or another.

One lad brought his walking frame to help him get around the deck.

The programme is the same as for the 10-day youth development voyages – just done a little slower. All the trainees swam each day – even when missing arms or legs, some were good swimmers. Others preferred to float in buoyancy aids with their buddies. They all had the opportunity to climb the mast – for a real challenge.

Those with sight assist those with little vision, and the mobile ones help those less able. You never hear complaints about what they can't do – just enthusiasm to have a go at everything.

Back in Auckland a few tears were shed as we said our farewells. But with email, text and Facebook it's easy for them to keep in touch. I met one mother at the wharf collecting her son, who has cerebral palsy. I told her to ask him what the view was like from the top of the mast – the look on her face was priceless."



## Seagoing mate

Sheila Budgen (pictured trying out a young sailor's walker) has been a volunteer crew member for the Spirit of Adventure Trust since 1997 and done about 27 10-day voyages and more than 30 five-day sails and numerous day sails.

She set up the Spirit of Tasman Bay Trust to help young people finance their voyages, and is always on the lookout for funding. Contact her on ph/fax 03 528 8453.

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# Making the most of later years

BY MIKE MILSTEIN

If you think ageing is about surviving as long as you can until you die, that's probably what your older years will be like. If you think ageing is about living with curiosity and enthusiasm, your older years will probably be marked by growth and the opportunity to experience a full life.



## fancy a wee boogie?

Keep active with tai chi, bowls – even bellydancing. See the Recreation Providers section for group to keep you moving.

Norman Vincent Peale advised: "Change your thoughts and you change your world." I would add, change your thoughts so you become more resilient to change your world positively.

Resilience can be defined as the ability to bounce back from adversity, learn new skills, develop creative ways of coping, and become stronger. Realising the ways in which we already are resilient, and learning ways of becoming even more so can improve the quality of all our lives.

My grandfather retired in his early 60s, put a rocking chair on his front porch and rocked for 20 years, becoming more sedentary and less involved with life until he finally died. As George Bernard Shaw reminds us, "a perpetual holiday is a good working definition of hell".

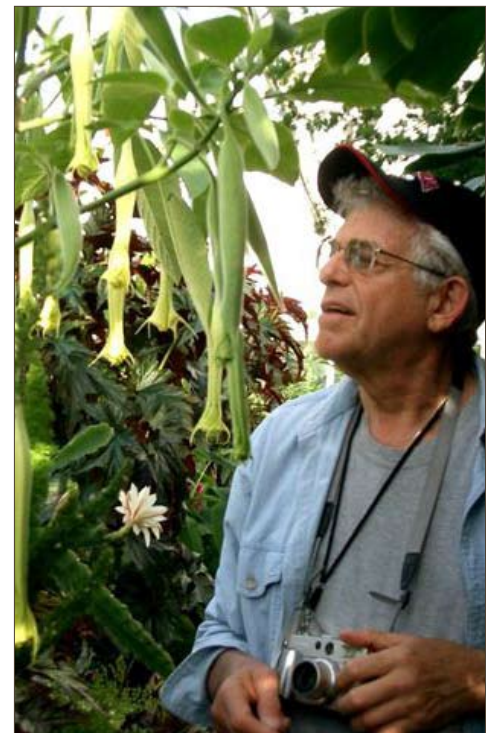
My father worked until he was 75 and spent his last 12 years providing emotional support for his siblings and his own family, travelling widely, and squeezing as much joy as he could out of life.

I wanted my retirement years to be like my father's, not my grandfather's, but I didn't want to wait as long as Dad did. I retired at 62 after working about 40 years, mostly as a professor of educational leadership, teaching mature adults who were preparing to be leaders of schools and universities. I coached them to find ways to enhance their own resilience while promoting the resilience of their students and staff members. Those who applied these principles did very well as school leaders and in their own lives.

The concept of resilience can be applied to any life stage. My book, "Resilient Aging", focuses on six foundational elements: positive connections; clear, consistent and appropriate boundaries; life-guiding skills; nurturing and support; purposes and expectations; and meaningful participation.

I believe that with understanding and practice, we can improve the odds that we will lead a meaningful life in our older years. As George Burns tells us, "you can't help getting older, but you don't have to get old."

"Resilient Aging" is available at Paper Plus, Page & Blackmore and La Creperie in Nelson.



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# Century and a half of YMCA

GENERATIONS OF YOUNG PEOPLE HAVE REAPED REWARDS.

With a philosophy of nurturing body, mind and spirit in young people, Nelson's YMCA has had its own rocky times over the last 150 years, but will celebrate the milestone in strong spirit.

The organisation was founded in 1844 by young London draper George Williams and others as a way to steer apprentices from pubs, brothels and gambling houses. Associates of Williams migrated and began chapters in Auckland and Wellington in 1855.

Five years later, Nelson pioneers began YMCA devotional meetings and Bible classes. A new building was soon opened in Bridge St. It was advertised for sale in 1869.

The history of the organisation is murky for the next five decades, but a building was opened on Bridge St in 1922 and used by youngsters from sporting and church groups, scouts and guides. By 1926, rugby, hockey and basketball were on the menu. "It was really, I suppose, the birthplace of basketball in Nelson," says Brian Coulter, a former YMCA executive director.

Gymnastics would also become a strong suit, with lectures, entertainment and social functions adding to the diversity.

Galas bolstered finances, and in the 1950s the Bridge St premises were expanded. A Richmond branch opened in 1958, and Stoke the following year. Stadiums were added to both locations in 1968. (The Stoke stadium was sold in 1982.)

Gym Frolics shows were annual fundraisers. Other cash generators have included Christmas tree sales and the sponsored Walkabout from Nelson to Richmond.

By 1976 a staggering 250 volunteers were involved in running YMCA programmes.

In the 1980s Motueka had a YMCA work training scheme that included a herb farm, plus a hostel for backpackers and seasonal workers. The hostel was eventually sold, rebadged

as the Happy Apple Backpackers.

Nelson had its woes. The Bridge St premises were bulldozed in 1987. A shopping centre, jointly owned by YMCA and Diocesan Trust, was built – Dowson Shoes is now the main tenant. Rents have bolstered coffers.

A health and fitness centre opened in Halifax St in 1988, and gym classes were held at premises in Collingwood St. From 1996-99 YMCA went into recess to pay off debts. In 2003 it established its present base in the former St Lukes Church in Toi Toi St.

Over recent decades the Y has been involved in many work and education initiatives such as the OSCAR after-school programme, RYDUM minibike training and the Camp Gowan family centre and leadership training facility. The Y-Kids preschool and daycare centre opened in Victory in 2008.

"YMCA Nelson 1860-2010", by Rene Bester, is available from the YMCA Nelson, 156 Toi Toi Street, at \$14.95 each (all proceeds to YMCA Nelson.) Contact Allan: 03 545 6635, Joe 03 545 6637 or e-mail [b.m@nelsonymca.org.nz](mailto:b.m@nelsonymca.org.nz). The book is also available to view free online: [www.scribd.com/doc/20301771/YMCA-Nelson-1860-2010](http://www.scribd.com/doc/20301771/YMCA-Nelson-1860-2010)



## YMCA for the future

The organisation has influenced generations of Nelsonians, young and old. Rene Bester, who has written a history of the Y in Nelson, says its renowned "family feel" is still in good heart.

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# Stay safe on your mobility scooter

RIDERS MUST CONFORM TO LEGAL REQUIREMENTS.

Owning and riding a mobility scooter comes with responsibilities and legal safety requirements. Locally there have been injuries and fatalities involving such vehicles.



## Learn the rules

The NZ Transport Agency has put together a booklet entitled Keeping Mobile – How to use your mobility scooter or power-chair safely. A copy of this can be obtained from the agency on 0800 699 000 or by emailing [info@nzta.govt.nz](mailto:info@nzta.govt.nz).

- When on the footpath, you must not travel at a speed that endangers others.
- It is illegal for you to ride, or let any person ride, in a way that may cause you or them injury.

Nelson/Tasman district has a growing number of shared

You don't need a driver's licence for a mobility scooter and they are not required to be registered or have a warrant of fitness. However, legal requirements include:

- You must operate your mobility scooter or power-chair in a careful and considerate manner.
- You must use the footpath when one is readily accessible.

pathways. When using these or travelling along footpaths:

- Keep to the left.
- Warn when approaching others from behind (some scooters are silent and so might not be heard by those who are hard of hearing).
- Pass on the right.
- Move off a shared path if you have stopped so others can pass.

## Crossword solution

### CLUES ACROSS

1. Sacred 8. Idiom 9. Bailiff 11. Telethon  
12. Penal 15. Roll 16. Ink 17. Evil 19. Tinge  
21. Fruitful 24. Satisfy 25. Waged 26. Kennel

### CLUES DOWN

2. Aware 3. Reliable 4. Deft 5. Given 6. Pith  
7. Amen 10. Felonious 12. Pork 13. Sedition  
14. Flee 18. Study 20. Gaffe 21. Fawn  
22. Urge 23. Lark

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## NELSON TRAVEL CLUB

*"A Great way to socialise and see the region"*

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

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

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



# WHAT'S ON?



APRIL - MAY 2010

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

## Golden Bay

### SeniorNet [Golden Bay]

A range of beginner-level courses in home computing. We run a Camera Club, host a Genealogy Group, and hold several social functions each year. Classes are held in clubrooms at the Takaka Showgrounds. Kathy Baigent, Ph. 03 525 9689, or Rosemary Jorgensen Ph. 03 525 7565, or Morfydd Barker Ph. 03 525 7465.

### Wednesday Walkers

Every Wednesday. Meet at Information Centre carpark, Takaka, leaving 9.00 am. Bring morning tea, raincoat etc, light boots or walking shoes. Contacts: Bron Thorneycroft Ph. 03 525 8627, Bob Kennedy Ph. 03 525 9958 or Ian Pogson Ph. 03 525 9365.

## Motueka

### Line Dancing (Beginners)

Huia Clubrooms, High Street, Motueka, Mondays 7-9 pm. Sue Wilson Ph. 03 528 6788.

### Motueka District Museum Exhibition

To June. Pikikirunga – The Climb to the Top of Marble Mountain. The story of the Motueka side of Takaka Hill. Museum hours are Mon to Friday 10.00 am - 4.00 pm. 140 High St, Motueka Ph. 03 528 7660.

### Motueka 50+ Walking Group

Meetings on the last Thursday of each month in the Uniting Church Hall (rear of church), High St, at 9.30 am. Visitors always welcome. Contact Chairperson: David Collis Ph. 03 526 6797 or Secretary: Gabrielle Finnigan, Ph. 03 540 3400. All walks leave Decks Reserve carpark at times stated. Members who do not wish to start early on the walks can assemble at Deck's Reserve at 10.00 am to agree an alternative option. Passengers are asked to contribute to the cost of petrol.

### Walks key:

H = hard, M = medium, E = easy

**April 1:** 8 am, Peel Lake/Chaffey's Hut, Cobb Valley (E/M/H). 9.30, Two Rivers, Brightwater (E).

**April 8:** 8.30 am, Graham Valley, North Branch (M/H). 9.30, Waimea River Walkway (E).

**April 15:** 9 am, Rosedale Circuit (M). 9.30, Motueka Sandspit (E).

**April 22:** 9 am, Kaiteriteri Ridge (M/H). 9.30, Centre of NZ, Nelson (E).

**April 29:** 10 am, Meeting and Catherine Lawrence's land (E).

**May 6:** 9 am, Maitai Walkway/Tantragee Saddle (M). 9.30, Maitai Walkway (E).

**May 13:** 9 am, Punawai, 88 Valley (M). 9.30, Withells Walk, Kaiteriteri (E).

**May 20:** 8 am, Speargrass Hut (H). 9.30, Takaka Hill Walkway (E/M).

**May 27:** 10 am, Meeting and Ngarua, Takaka Hill (E).



### Motu Weka Neighbourhood Centre 60+ Social Club

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

### Motueka Recreation Centre

50+ classes are held Tuesday and Thursday mornings at 9.30 am with Anna. Cost: \$3

Badminton games 7.00 pm - 9.00 pm every Thursday evening. Court fee \$3, racquet hire \$2.

Indoor Bowls. Fridays 9.30 am - noon, \$3 per person All equipment supplied. All welcome

Sit 'n' Be Fit Classes Mondays 10.30 am - 11.30 am, \$3 per 30 minute session.

Ph. 03 528 8228

The Recreation Centre Gym is open 9.00 am - 9.00 pm Monday to Friday, 9.00 am - 4.00 pm on Saturday. Ph. 03 528 8228 or fax. 03 528 8560.

### SeniorNet [Motueka]

Computer learning for the over 55's at 42 Pah Street. We have dedicated volunteer tutors who run small classes that make your learning stress-free. We also have interest groups in Digital Photography, Genealogy and Apple Macs. Mary North Ph. 03 540 2758, or Maureen Hutton (membership secretary) Ph. 03 528 0630.

## Murchison

### Murchison Community Resource Centre

Murchison Daytrippers. Backroads to Denniston, 10 April. A four-wheel-drive trip to Denniston, weather permitting. Operatunity, 21 May. Berylla Jones Ph. 03 523 9875.

## Nelson

### Arthritis New Zealand

Nelson Bays Service Centre – enabling a better quality of life for those with arthritis. Community Groups Centre, 50 Halifax Street, Nelson Ph. 03 546 7689 or Ph. 0800 663 463. Open 9 am to 2 pm Monday to Thursday.

Clinics: A free one-hour, confidential clinic appointment with the Arthritis Educator to talk about your concerns and how to self-manage your arthritic symptoms. Please phone the Nelson Service Centre, with the exception of Golden Bay. This service is offered to non-members too. Donations welcome.

### 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.

Please contact Averil at the Heart Foundation, Ph. 03 545 7112 or email: [averilw@nhf.org.nz](mailto:averilw@nhf.org.nz).

### Diabetes NZ Nelson

Diabetes Information Centre: 50 Halifax Street, Nelson, Ph. 03 546 6142. Hours: Monday, Wednesday, Friday 1.00 am - 2.00 pm, staffed by volunteers. We stock a wide selection of jams, sauces, recipe books etc. Pamphlets explaining diabetes are also available. Membership \$22.50 annually.

### Government Superannuitants Association

Are you a retired State employee receiving an annuity as a result of your salary contributions to the GSF while employed? For the Nelson branch of the GSA, contact Graeme Valpy Ph. 03 547 6007 or email [nelson@gsa.org.nz](mailto:nelson@gsa.org.nz)

### Hearing Association Nelson

Support and education to anyone affected by hearing loss. Two social groups offer friendship and fun – euchre card group meets Thursdays at 1.15 pm and our monthly social is from 10 am-noon. Guest speakers are: 7 April, John Steel, "Tips for the Older Driver"; 5 May, Philip Cropp, "Keeping Bees & Honey"; and 2 June, Lynette Salisbury, "Personal Home". Contact us at Hearing House, 354 Trafalgar Sq, Nelson, Ph/fax. 03 548 3270 or email [hearingnelson@xtra.co.nz](mailto:hearingnelson@xtra.co.nz)



**Nelson Community Patrol**

Information evening, Nelson City Council Chamber, 28 April 2010, from 7.30 pm. Seeking volunteers to patrol Nelson and Stoke streets, helping to keep our community safe. Suzy Ph. 03 539 0409, email [suzannerobinson@xtra.co.nz](mailto:suzannerobinson@xtra.co.nz)

**Nelson Fifty-Plus Walking Group**

We offer farm walks, mini-walks and fortnightly tramps. 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 10 cents a kilometre. Come prepared for bad weather. No smoking or dogs on walks.

April 6: Mt Jones. Medium-Hard. Noel Brown Ph. 03 544 2286 or Chas Gray Ph. 03 548 5163.

April 20: Third House, Windy Point. Medium. Bernie Hawkey Ph. 03 545 1033 or Bob Dickens Ph. 03 548 5048.

May 4: Mt Campbell. Hard. Ph Cheryl Carnahan 03 544 7684 or Lyn Callister 03 545 2322.

May 18: Peppin Island. Medium. David Burt Ph. 544 0277 or Richard Boyden Ph. 03 544 8028.

**Nelson Provincial Museum Exhibitions**

Early Chinese immigrants and war stories from Crete. [www.museumnp.org.nz](http://www.museumnp.org.nz)

**Nelson Dance Along**

24 April, 8 May, 22 May. Richmond Town Hall, 7.30-11 pm. \$3 members, \$3.50 non-members. Homemade supper provided. 29 May dance being held in the Florence Street Hall, same time. All welcome. Rosalie Winter Ph. 03 548 2236.

**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 (Stoke Seniors Hall)

**Euchre** – Tuesdays 10.30 am

**Mah Jong** – Tuesday 1.00 pm (Stoke Seniors Hall)

**500 Club** – Wednesdays 1.00 pm. Come along for a fun

friendly game.

**Art class** – Mondays 10.00 am & 1.00 pm at the Stoke Memorial Hall. Cost \$4



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

**Tai Chi** – Beginners class on Wednesday at 10.00 am

**Gentle exercises** – Thursday 11.30 am

**Pilates** – Beginners class on Wednesday at 10.30 am. Cost \$5

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

**Monthly Movie** – third Thursday afternoon of each month Ph. 03 547 2660 to check what's on.

**Sit and Be Fit** – Wednesdays at 11 am in the Stoke Memorial Hall. Cost: \$3

**Housie** – second Tuesday and last Wednesday of the month. \$5 a card, win cash prizes and have some fun!

**Social Seniors Choir** ("The Musical Demons") – meets on Thursdays from 11.00 am to noon in the Stoke Memorial Hall. For details contact Anne

**Card Making** – (8 week course) Thursdays at 1.15 pm in the Stoke Memorial Hall. Cost: \$3 per session

**"Lads at Large" and "Girls Own" trips** – once a month on Fridays. For details contact Ruth or Anne

**Travel Club** – for information about special trips please contact the office on Ph. 03 547 2660 or e-mail [stokeseniors@xtra.co.nz](mailto:stokeseniors@xtra.co.nz)

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

**Stroke Foundation Caregivers Support Group**

The Stroke Foundation in Nelson provides a monthly meeting for stroke caregivers, spouse, partner and families who are caring for a loved one. We meet the first Monday of every month, at the Strawbridge Cafe Stoke Mall, at 1.30 pm - 3.00 pm. Information, Education, Help and Support are available and education on Understanding and Preventing Stroke.

Inquiries to Anne-Marie on Ph. 03 545 8177 or 027 216 0675.

**The New Hub**

**Circuit Training** – every Thursday 10-11 am. All ages and levels of fitness welcome. Ideal for older people, people with disabilities or injuries or just people wanting to get back into exercise in a gentle way. Cost \$3. The New Hub is in New St. Cost \$3. Ph. 03 545 9147.

**U3A**

Ph. Caryll 547 6359 or Jean 03 544 4688.

**Richmond****Age Concern activities**

62 Oxford St, Richmond Wednesday 9.00 am to 2.00 pm - various activities

Thursday 9.00 am to midday - knitting and companionship group – pop in for a cuppa.

Friday 9.00 am – Noon -- Age Concern Easy Exercises.

Morning tea to follow, \$1. Wheelchair hire available. Contact Elaine Mead, Ph. 03 544 7624

Age Concern offers: Client Support and Activities: Elaine Mead, Activities Coordinator, Ph. 03 544 7624

Prevention of elder abuse: Jim Davis, Ph. 03 544 7624

In-home Support Services: Kerrie Varcoe, Ph. 03 544 7624

**Club 50**

Club 50 is a social group of mature adults looking for companionship, recreation and enjoyment. We welcome new members. Contact Jackie on Ph. 03 544 3955 or email [trrc@nel.sporttasman.org.nz](mailto:trrc@nel.sporttasman.org.nz). All activities start at 9.30 am at the Tasman Recreational

Resource Centre (TRRC), 9 Cambridge Street, Richmond – unless otherwise stated. Outdoor activities are weather-dependent but alternatives will always be available.

April 6 – Rabbit Island Walk. Bring warm jacket just in case, and own morning tea. Cost \$2. Meet at TRRC to carpool.

April 13 – McCashin's Brewery, Stoke. Featuring a talk about the beverages they produce, and there will be free tastings. Followed by morning tea at Squires in Stoke. Cost: buying morning tea and any beverages purchased. Meet at TRRC.

April 20 – Sleep physiologist Glenda Barnes will talk about sleep apnoea and insomnia. Cost \$2. Bring something towards a shared morning tea.

April 27 – Isel Park walk and morning tea. Cost: \$2. Meet at TRRC.

May 4 – Board and card games (bring a game along). Cost \$2, and please bring a small plate for a shared morning tea. TRRC meeting room.

May 11 – Ten-pin bowling. Cost \$7 plus the purchase of a cuppa there (you are welcome to bring your own snacks). Meet at TRRC to either walk or drive to Beach Road.

May 18 – Golden Hills Rd Walk: We will start from the little church on Waimea West Rd, and return there for morning tea under the trees. Cost \$2. Meet at TRRC to carpool.

May 25 – Book Club Day. You may like to give a review of your favourite book. Bring any books or puzzles you would like to swap, sell or lend. Bring morning tea to share. Cost \$2. Meeting room at TRRC.

**Pigeon Valley Steam Museum**

April 4 – On Steam

May 2 – Military Action Day. Vehicles, bren carriers, re-enactments, World War 2 soldiers' camp, noise and smoke.

# recreation PROVIDERS



APRIL - MAY 2010

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

## Golden Bay

### Drop In Yoga

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

### Genealogical Group

Cherill Cooper  
Ph. 03 525 8832

### Gentle Exercise

Golden Bay Physio Clinic  
Ph. 03 525 9708

### Golden Bay Contract Bridge Club

Leigh Gamby  
Ph. 03 525 9744

### Golden Bay Garden Club

Diane McIntosh  
Ph. 03 525 6121

### Golden Bay Mohua Tecorians

Sally Douglas  
Ph. 03 525 9569

### Golden Bay Patchwork and Quilters Guild

Liza Eastman  
Ph. 03 524 8487

### Guided Gym Session

Wednesday 12 - 1  
Georgie Stone  
Ph. 03 525 6110

### Indoor Bowls/Cards

Senior Citizens Club Rooms  
Mary Couper  
Ph. 03 525 8445

### Marble Mountain Country Music Club

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

### Motupipi Indoor Bowling Club

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

### Pohara Bowling Club

Jennifer Westrupp  
Ph. 03 525 9621

### Probus

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

### Puramahoi Table Tennis

Betty Wilson  
Ph. 03 525 9526

### Upright and Active Falls Prevention (65+)

Presbyterian Support  
Cherie Thomas  
Ph. 03 547 9350 ext 712

### Tai Chi for Arthritis

Ann Marshall  
Ph. 03 525 8437

### Takaka Golf Club

Ph. 03 525 9054

### Takaka Golf Club Ladies Section

G. Turley Ph. 03 525 9122

### Takaka Spinning Group

Jan Weston  
Ph. 03 525 9374

### Takaka Table Tennis

Rene Ph. 03 525 7127

### University of the Third Age (U3A)

Aileen Hunt  
Ph. 03 525 7345

### Uruwhenua Women's Institute

2nd Tuesday each

month at the Anglican Church Hall, 1.30 pm  
Nancy Ph. 03 525 9491

### Wednesday Walkers

Bron Thorneycroft  
Ph. 03 525 8627  
Bob Kennedy  
Ph. 03 525 9958

### Workouts

Masonic Hall Takaka,  
Mondays 9.30-10.30 am  
Wednesdays 9.30 -10.30 am,  
Fridays 9.00-10.00 am  
Childcare provided.  
Ph. 03 525 6110 for details.



## Hope

### Hope Midweek Badminton Club

Carolyn Mason  
Ph. 03 541 9200

### Nelson Veterans Tennis Club

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

## Mapua

### Indoor Bowls

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

### Low-Impact Aerobics and Pilates

Wakefield, Upper Moutere and Mapua  
Lynda Mabin  
Ph. 03 543 2268

### Mapua Bowling Club

Arnie Ahnfeldt  
Ph. 03 540 3032

### Taoist Tai Chi

55 Muritai St, Tahunanui  
Ph. 03 545 8375  
www.taoist.org

## Motueka

### Aerobics/Gym and Fitness Centre

50+ Aerobics  
Mot Rec Centre  
Brent Maru  
Ph. 03 528 8228

### Arthritis NZ

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

### Gym & Fitness Centre

Studio Gym 275  
Catherine Walsh  
Ph. 03 528 4000

### Healthy Hearts Club

St Thomas Church Hall  
Wendy Brown  
Ph. 03 528 6692

### Indoor Bowls

Motueka Senior Citizens Hall. George Riordan  
Ph. 03 528 7960

### Line Dancing

Motueka Senior Citizens Hall  
Beryl Sturgeon  
Ph. 03 528 8265

### Marching

Motueka Veteranettes Marching Team  
Bev Clementson  
Ph. 03 528 9125

### Motueka Bowling Club

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

### Riwaka Bowling Club

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

### Riwaka Croquet Club

Sally Goodall  
Ph. 03 528 8296

### Social Recreation

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

### Upright and Active Falls Prevention (65+)

Presbyterian Support  
Cherie Thomas  
Ph. 03 547 9350 ext 712

### University of the Third Age (U3A) Motueka

Conducts courses free of charge.  
Ph Malcolm 03 528 7484  
or Duncan 03 528 4951.

### Walking

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

## Murchison

### Murchison Community Resource Centre

Mondays: Sit and be Fit, Fairly Fit, Aqua aerobics  
Wednesdays: Tai Chi for Falls Prevention, Wednesday Walkers  
Thursday: Social Tennis  
Berylla Jones  
Ph. 03 523 9875

## Nelson

### Age Concern

Elaine Mead, Client Support and Activities Coordinator, is available Tuesday-Friday 9.00 am to 2.00 pm.  
Ph. 03 544 7624.  
For Kerrie Varcoe,



### Mah Jong

Ethel Smith  
Ph. 03 525 8615

registered nurse,  
Ph. 03 544 7624.  
Jim Davis, Elder Abuse  
and Neglect Prevention,  
Ph. 03 544 7624.  
Manager Jim Maguire,  
Ph. 03 544 7624.  
Address: 62 Oxford  
Street, Richmond.  
For help with taxi  
assessments, call the  
office.

#### **Aquatics/Swimming/ Gym**

Riverside Pool  
Ph. 03 546 3221

#### **Art Group Nelson**

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

Judy Ph. 03 548 1170

#### **Belly Dancing**

Victory Community  
Centre

Tuesday from 6.00 pm  
Sabina Gilberg  
Ph. 03 546 8511

#### **Bodyvive (Low Impact)**

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

#### **Cardiac Club/Gym & Fitness Centre**

Victory Community  
Centre, behind Victory  
School.

Devine Fitness  
Sharon Standish-White  
Ph. 03 539 0348

#### **Dining4Twelve**

Convivial gatherings for  
50+ singles.  
April – Camping at  
Easter

Bike ride and BBQ at  
Rabbit Island  
May – Ten-pin bowling  
and pot-luck dinner  
Contact Jenny  
Dining4Twelve@xtra.  
co.nz

#### **Easybeat 50+ Aerobics**

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

#### **Golf Croquet**

Nelson-Hinemoa  
Bev Worrall  
Ph. 03 548 2190

#### **Hatha Yoga**

Maureen McKain  
Ph. 03 546 4670

#### **Hot Yoga**

Claire Ph. 03 548 2298

#### **Housie Evening**

Stoke Rugby Clubrooms,  
Neale Avenue, Stoke.  
Wednesday nights,  
7.15 pm – 9.45 pm.  
Buddy Ph. 03 547 3230 or  
Anne Ph. 03 547 6987

#### **Leisure Line Dancing**

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

#### **Marching**

Silveraires Leisure  
Marching  
Diana Clark  
Ph. 03 548 9527

#### **Nelson Caravan Club Inc**

Allan Ph. 027 319 7427

#### **Nelson Electronic Organ and Keyboard Club**

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

#### **Nelson 50+ Mini Walks**

Gwenda Wallace  
Ph. 03 544 5307

#### **Nelson Male Voice Choir**

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

#### **Nelson Masters Swimmers**

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



#### **Nelson Petanque Club**

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

#### **Nelson Philatelic Society**

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

#### **Nelson Savage Club**

A Club for entertainers.  
Variety Concert on the  
second Wednesday  
of each month April  
through to October.  
Presbyterian Church  
Hall, Muritai St.  
Tahunanui at 7.30pm. \$2  
entry. 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 Ingram  
Ph. 03 544 1487

#### **Nelson Social Dancing Club**

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

#### **Over 50s Pilates**

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

#### **Over 50s Yoga**

Body Power Pilates &  
Yoga Centre.  
Margot Hannigan  
Ph. 029 281 3735  
Email:  
inbox@bodypower.  
co.nz

#### **Presbyterian Support**

Falls Prevention classes  
for over 65s are free  
of charge. A 16-week  
course of modified  
Tai Chi costs \$48 on  
enrolment.  
Classes will be held  
in Nelson, Stoke,  
Richmond, Motueka  
and Takaka. A falls class  
will begin the week of 8  
February 2010, with the  
16-week course starting  
the week beginning  
March 22. Contact  
Maxine Poole,  
Ph. 03 547 9350 ext 712.

#### **SeniorNet [Nelson]**

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



#### **Senior Service - Nelson Baptist Church**

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

#### **Sit and Be Fit**

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

#### **Stroke Club Nelson**

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

#### **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. Or have your  
doctor, social worker,

family member, friend  
etc contact Support  
Works on your behalf.  
For details, go to  
www.nmdhb.govt.  
nz/SupportWorks.aspx.

#### **Table Tennis**

Nelson Table Tennis Club  
Phil Hamblin  
Ph. 03 546 6256

#### **Tahunanui Bowling Club**

Murray Canning  
Ph. 03 547 6921

#### **Tahunanui Community Centre**

"Friends and  
neighbours" social group  
meets Wednesday  
afternoons.  
Up Cycle: Improve your  
bike-riding skills.  
Garden Group: Monthly  
meeting on Wednesday  
evening  
7.00 pm - 8.30 pm  
monthly.  
Walking Group:  
Wednesdays 10 am.  
Meet at the Community  
Centre and walk for  
approx 1hr.  
Community Centre,  
61 Muritai Street,  
Tahunanui,  
Ph. 03 548 6036

#### **Upright and Active Falls Prevention (65+)**

Presbyterian Support  
Cherie Thomas  
Ph. 03 547 9350 ext 712

#### **Tai Chi with Gretchen**

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

#### **Taoist Tai Chi Society of NZ**

55 Muritai St, Tahunanui  
Ph. 03 545 8375  
www.taoist.org

#### **Ukulele with Gretchen**

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

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

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

**Victory Senior Support**

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

**Walking**

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

**Zenda Middle Eastern Dance**

Classes held at St John's Church Hall, Hardy St  
Beginners to performance level  
Gretchen Howard,  
Ph. 03 548 8707

## Richmond

**Badminton**

Richmond Morning Badminton  
Dawn Wakelin  
Ph. 03 544 4120

**Body Power Pilates & Yoga Centre**

Richmond Town Hall  
Sue Wilson  
Ph. 029 281 3735, Email: [inbox@bodypower.co.nz](mailto:inbox@bodypower.co.nz)

**Bodyvive (Low Impact)**

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

**Crafts, Caring and Sharing**

Wesley Centre  
Mondays 9.45am - 11.45 am  
Ph. 03 544 7458 or  
Ph. 03 544 9174

**Croquet**

Richmond Croquet Club  
Eleanor Hannay  
Ph. 03 547 5424

**Easybeat 50+ Aerobics**

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

**Easy Exercise**

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

**Euchre**

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

**Grandparents Raising Grandchildren**

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

**Hope-Ranzau Women's Institute**

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

**Indoor Bowls for Seniors**

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

**Knitting Group**

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

**Line Dance Nelson**

Alison Myers  
Ph. 03 546 9878

**Pedometers from the Library**

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

**Richmond Bowling Club**

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

**Richmond Slimmers Club**

Margaret Westley  
Ph. 03 544 7293

**Richmond Walking Group**

No charge, and all ages and fitness levels catered for. Mondays at 9.30 am  
Tasman Recreational Resource Centre, 9 Cambridge St, Richmond  
Jackie  
Ph. 03 544 3957 ext 4

**Shape-Up Circuit Workout**

Fun, simple and effective exercises for all ages and abilities. Friendly, qualified instructor. \$3 a workout.  
Monday 11.30 am - 1 pm  
Friday 10.30 am - noon  
Tasman Recreational Resource Centre  
9 Cambridge Street, Richmond  
Mary-Ann McNatty-Shaw  
Ph. 03 544 3955  
[trrc@nel.sporttasman.org.nz](mailto:trrc@nel.sporttasman.org.nz)

**Social Recreation**

Club 50  
Jackie Hardy  
Ph. 03 544 3955  
[trrc@nel.sporttasman.org.nz](mailto:trrc@nel.sporttasman.org.nz)

**Upright and Active Falls Prevention (65+)**

Presbyterian Support  
Cherie Thomas  
Ph. 03 547 9350 ext 712

**Tasman Recreational Resource Centre**

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

**Tasman Tennis Centre**

Social tennis Tuesday mornings 9.30 am  
Coaching sessions available with TennisNZ club coach.  
Ngaira Calder  
Ph. 027 279 9938 or  
Tasman Tennis Centre  
Ph. 03 544 6083

**Tasman Visual Arts Group**

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

**Tai Chi with Gretchen**

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

**Ukulele**

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

## Stoke

**Clogging/Tap Dancing**

Nelson Sun City  
Cloggers  
Georgina Higgs  
Ph. 03 545 1037

**Easybeat 50+ Aerobics**

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

**Easy Exercise**

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

**Hatha Yoga**

International Yoga Teachers Assn  
Maureen McKain  
Ph. 03 546 4670

**Hydrotherapy**

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

**Introductory Pilates**

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

**Ngawhatu Bowling Club**

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

**Safety & Confidence**

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

**Stoke Bowling Club**

Lyndon Penketh  
Ph. 03 547 4780

**Stoke Social Seniors**

'Girl's Own' and 'Lads at Large' trips  
Anne or Ruth  
Ph. 03 547 2660  
Tai Chi  
Stoke Memorial Hall  
Tuesday 1.30 pm  
Wednesday 10.30 am  
Walking Group  
Meets Tuesdays 10.00 am

**Table Tennis Nelson**

Bryan Keane  
Ph. 03 547 7530

**Upright and Active Falls Prevention (65+)**

Presbyterian Support  
Cherie Thomas  
Ph. 03 547 9350 ext 712

## Tapawera

**Visual Art Society Tapawera**

Kaye Register  
Ph. 03 522 4368

**Walking**

Rural Ramblers  
Una Foulsham  
Ph. 03 522 4083

## Wakefield

**Easy Exercise**

Arthritis NZ, Nelson  
Nancye Wearing  
Ph. 03 541 9040

**Wakefield Senior Citizens**

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

# Rimu Grove writers series

Rimu Grove Winery supports the creative writers among you by sponsoring this section of Mudcakes and Roses.

Send in your poems and short stories to us and if your work is published you will receive a bottle of Rimu Grove wine.

## A Dying Country Service

The smell was overpowering. It was the heavy yet fresh perfume of a florist shop. The bunches of paper-whites and bacon-and-eggs narcissi, stocks, and posies of daphne and violets all combined to stun my senses. It was also the smell of death. The wreaths, bunches and arrangements practically covered the coffin, and as I paused to say my farewell, I rebelled at that smell. It was confusing my memory banks. To me, Gran was a "fresh hot scones with melting butter" person, and all the other warm and tantalising aromas of her kitchen baking.

She had gone back to the church in her 70s and the congregation welcomed her. It gave her another reason and outlet for her baking, with regular morning teas after the fortnightly service, and Youth Group suppers. So the little country church was now crowded with not only her extended family and farming neighbours, but parishioners, past shearers, the stock agents who knew to call about mid-morning, local people in need and those whose lives she had touched.

I could not handle the overwhelming floral scents, and moved outside to the overflow seats under a grey, sombre sky, where we listened to eulogies, sang her favourite hymns, prayed to our god, and mind-wandered through funeral service thoughts about a special lady.

She was a local girl with a large family of brothers, whose mother had recruited her to the kitchen as soon as she could stand on a chair to stir a bowl. And the kitchen was always a good place to be with its warming wood-fired range and the constant bustle around the big table, which was the centre of farm and family. But Gran did her apprenticeship on the newfangled electric stove, bought with the proceeds of the 1950 wool boom. The role of farm women was to look after the menfolk, and her place was at that stove. Although she had to take her turn at pies and

stews, it was baking that fascinated and continually challenged her. She won the premier chocolate cake class at the A&P Show for two years running, and only moved on to the pavlova class when the vicar's wife got huffy about being beaten by a 15-year-old.

The whole family loved her dearly. She spread her love to children and later to her grandchildren. She was part of our families and our hearts. At Christmas-time when the festivities rotated around her brothers' families, she always brought the traditional pudding, laced with brandy

and pre-decimal sixpences that she later exchanged for her spendable dollars. When my parents were killed in a car crash, she became my family rock. She was an ever-present comfort and guide as I grew up. And she always had young children around her telling them stories of their parents' youth.

She wasn't always Gran. Her real name was Griselda after her grandmother in the old country, but this became "Grizzleguts" in brothers' mouths and she demanded a new one. So she became Bella – the name of her father's favourite horse that had just died. He wanted to keep the memory alive. Such stories are an integral part of family memories.

Throughout her married life she had stood resolutely by her husband Grandad Jimmy, although sometimes cowering as he practised on her the annual walnut tree beating to enhance the crop. She always used a whole half walnut on each afghan biscuit. Her baking speciality was afghans with a unique chocolate topping that exactly balanced the slight walnut tang. In later years when arthritic hands could no longer crack the nuts, she moved on to crunchy, buttery anzac biscuits.

After Grandad died, there was some serenity and peace in her last 20 years. And more time to care for those around her, with her special baking gifts. Belgian biscuits and butterfly cakes, cheese scones and breakfast bread rolls, peanut brownies and ginger kisses all marched from her oven to table and tins for enjoyment by many mouths. Those were the Gran smells.

In the last few months as cancer sucked her life away, she spent more and more time at the sitting-room window looking out at a nearby patch of totara and kahikatea trees. A pair of kereru were nesting in one tree and gave her great pleasure with their heavy-winged and purposeful comings and goings. And she could watch the farming life around her house. She had many memories to comfort her in the afternoon sun.

And I had many memories to comfort me. They were more than shortbread and raspberry shortcake. There was the time I helped to pull her car from the ditch when she forgot to put on the handbrake, and we told Grandad that it was my fault. Her secret gift of badly needed money when I got married. And she made the wedding cake too. She taught me about catching eels with knotted baling twine. And the quick way to knot a threaded needle.

Suddenly, above us a low-flying pigeon made its characteristic swoop noise as it headed for a yew tree. It brought knowing gasps, and seemed an omen to some. Gran would have laughed at any symbolism as she was a realist. A tough old bird herself at 92.

I will so miss her. Goodbye Gran.



Send  
entries to:

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

Give your  
**COMMUNITY VOLUNTEERS**  
the recognition they deserve



**Nominate them for the**



**COMMUNITY AWARDS**  
POWERING VOLUNTEERS

**FOR MORE INFORMATION:**

Call TrustPower Community Relations 0800 87 11 11  
Visit the TrustPower Website [www.trustpower.co.nz](http://www.trustpower.co.nz)  
Collect a Nomination Form from your local Council or Service Centre

Txt 'TRUST' to 244



TrustPower Nelson Tasman  
Community Awards

**NOMINATIONS CLOSE**  
**28 MAY 2010**

Complete this Nomination Form be in to  
**WIN a \$100 TrustPower Power Voucher\***

Nominated group or organisation

Contact Person

Tel

Postal Address

Nominated by

Tel

Postal Address

Send this form to Rach Large at the Nelson City Council, PO Box 645, Nelson. If you have any questions about the nomination process please call Pip Tschudin on 0800 87 11 11. The winner of the \$100 TrustPower Power Voucher will be drawn at the TrustPower Community Awards on 5 July 2010.

\* Person must be present at the awards night

# HEARING PROFESSIONALS

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Your local hearing specialists



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