

# mudcakes & ROSES

ISSUE 65. APRIL 2011

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SET OF WHEELS



# All their world's a stage

HUGH AND JUDITH NEILL TOP THE BILL IN AMATEUR DRAMATICS.



Oscar Wilde introduced them. The leading lights of Nelson theatre met in the cast of *The Importance of Being Earnest* in 1974. First-time actor Hugh Neill was an ex-jockey from England, Judith was a young widow who had emigrated from London.

"In those days you had to stand in front of a casting committee of old hags," Hugh snorts. "They were probably a lot younger than we are now!"

Both had family connections to their adopted home. Hugh's aunt was married to a Brightwater orchardist. Seeking to escape his strike-plagued homeland, he was smitten by the young Kiwi women living in the flat above who seemed "so fresh-faced compared with pasty English girls."

Hugh already had an adventurous CV. Fresh out of school, he worked down the mines in Outback Australia, and back home, for three years he was a jockey with the trainer of the Queen Mother's horses. However, steeplechasing returns are poor, and "I fell on my head too many times". After farmwork and 18 months as a meat-buyer, he quit his homeland.

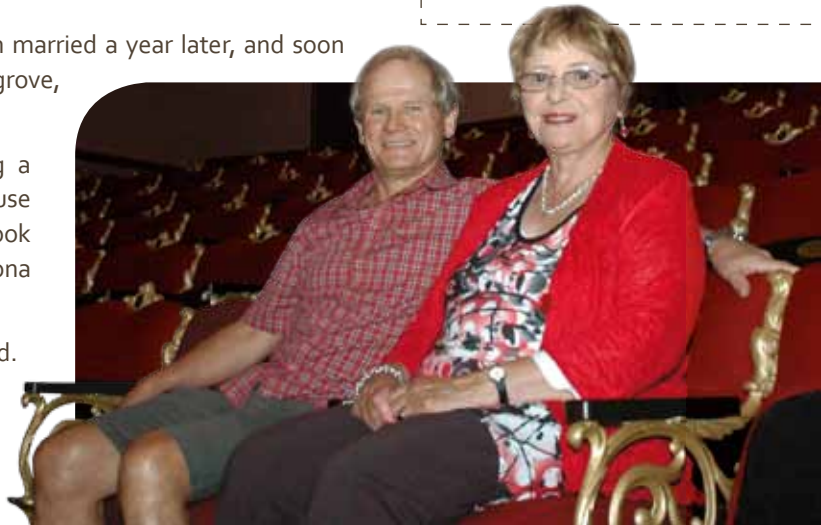
Judith had arrived in Nelson three years earlier. Her doctor husband had died suddenly, leaving her at age 35 with five children to raise. She joined a sister and brother-in-law already in Nelson. "The day after I arrived I knew I'd come home."

Destiny lay waiting in *Earnest*. She and Hugh married a year later, and soon ventured into a horse-trekking business at Belgrove, raising sheep, cattle and pigs on the side.

Hugh contracted leptospirosis, necessitating a career change. They took on *The Brown House* restaurant in Nelson. Judith was a talented cook and Hugh became the grumpy maitre 'd persona that almost preceded Basil Fawlty.

After a tough first year the restaurant flourished. They developed al fresco dining out the back, and once a month highlighted the cuisine of a single country.

When the Neills needed a breather, they leased the restaurant, shouldered backpacks



*Hugh and Judith Neill in their second home, the Theatre Royal.*

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and travelled the world on a shoestring. Apart from air tickets, \$10,000 took them through South-East Asia, Africa, Europe, Britain, Canada and the United States for a year.

Back home, they took up the restaurant again for five years. Another small eatery followed. The Hole in the Wall (later Broccoli Row) was joined by The Kitchen Dresser shop in Hardy St. The restaurant was sold after a year, and the kitchenware shop seven years later.

changed in a corridor alongside the veggie boxes.

Noises Off, Amadeus and Hay Fever were highlights. Hugh was also sidelining as Manuel in Fawlty Towers theme nights at restaurants and functions. This has expanded into This Is Your Life, Rocky Horror, murder mysteries, Austin Powers, Blackadder and 'Allo 'Allo. In the last two years he has done 80 themed shows.

(He frequently appears in drag. Should you doubt his virility, at the age of 61 he has just run his first Buller Marathon.)

Frustrated with committee decision-making, he and Judith formed Theatre Alive, producing and directing plays of their choosing. "Every play is a risk and we take the risk," says Judith.

As an actor, Hugh's "scariest" was The Daylight Atheist, Tom Scott's one-hander. "It was like taking your clothes off in a room full of strangers."

His smallest audience ever was 17 at the Royal – they sat them all in the front row. The blockbuster was the male strippers saga Ladies Night. Over a nearly three-week run the play was

seen by a third of the women in Nelson, he says. The Royal was reroofed on the profits.

One of Judith's coups was directing Steaming, set in a bath-house – no prizes for spotting the magic factor of nudity again.

With Theatre Alive the Neills cover their costs over a year. Any spare is distributed to cast and crew. Hugh also directed productions at the Playhouse café near Mapua. They have toured plays to Takaka, Blenheim and the West Coast.

The thrill of theatre, says Hugh, is in taking a "blank page", creating the energy, and on opening night, "this group is ready to explode – in a controlled way".

Judith reckons they have clocked up 200 productions. At 77 she is in no sense resting. Hugh works part-time in his own accounting business, and the Neills have a daunting schedule of four productions this year. Their latest, Brassed Off, premieres in April. Longterm, Hugh has his eye on the play that tops his wishlist, The Producers.



## Blockbuster

Name the play that was so popular, they reroofed the Theatre Royal on the proceeds. Read on...

Hugh gained his accountancy degree while "retired" Judith worked as a nanny. They were involved in productions for Nelson Repertory and Garrick Theatre. Venues included the old Theatre Royal, the Suter and the back room at Chez Eelco, where actors

## ( MATTHEWS ) Eyewear. Eyecare.

*"Although sometimes we don't like to admit we are getting older, there are some things that happen little by little in life that remind us of the fact.*

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# Elderly fall prey to financial abuse

THREE-QUARTERS OF THE ABUSERS ARE FROM THE VICTIM'S FAMILY.

Two new cases of elder abuse are reported each day – but that's just the tip of the iceberg as much of it remains hidden.

Seventy to 80 percent of elder abuse and neglect in New Zealand occurs at the hands of family members. This is one of the reasons it stays hidden – many older people won't speak out because they feel ashamed their family member is treating them so badly.

Information from Age Concern Elder Abuse and Neglect prevention services shows that psychological abuse and financial abuse are the most commonly reported forms.

Financial abuse starts out as a one-off thing but then spirals out of control until all the money is gone.

Underneath it all is a real abuse of trust, and that is often the hardest aspect for people to accept.

Some people think that because someone is old, it doesn't matter what happens to them any more, or that they are an easy target. They make decisions for the older person without even asking him or her what they want. The elderly can also be pressured into giving a loan, or selling their

house, or letting a family member move in with them for free.

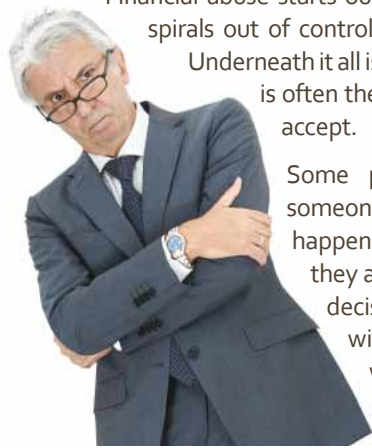
Attitudes like these show a lack of respect for the older person, for their quality of life and for their needs.

If you are worried about what's happening to you or someone you care about, please speak out and phone Sue at Age Concern on 03 544 7624.

## Protect yourself:

- Keep cheques, credit and bank cards, PIN numbers and other important documents in a safe place – don't give them to other people
- Have clear written instructions for anyone asked to assist with financial matters
- Get receipts and check bank statements
- Review Enduring Powers of Attorney and your will when necessary
- Seek independent legal advice when providing finance for a property owned by family and others.

(Source: Age Concern)



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# Gripped by the gardening bug

OUR NEW GREEN-FINGERED COLUMNIST HAS A WEAKNESS FOR STRONG GERANIUMS.



Philippa Foes-Lamb

The urge to garden grabbed me in 1988 when I returned to New Zealand after travelling around the UK for seven months. I was living in a townhouse in Wellington and I suddenly had this desperate desire to create a garden. How ironic that I'd just spent seven months in a gardening mecca and hadn't visited a single garden.

Hi, I'm Philippa Foes-Lamb, the new gardening columnist for Mudcakes & Roses.

Needless to say, for more than two decades my life has been consumed by plants and every aspect of gardening. In 1993 I left my career as a personal assistant to pursue my dream of working with plants. I began working in garden centres in the Wellington area and started up a mail-order perennial nursery, couriering my treasures nationwide.

During this time I fell in love with hardy cranesbill geraniums and I have specialised in them ever since. Due to personal circumstances I put my nursery to sleep in 1999, only to reawaken it here in Nelson in 2005 (it's open by appointment). Hardy geraniums are quite different from the colourful geraniums and pelargoniums we know so well. With flowers in shades of blues, pinks and whites, most are hardy to frost and there truly is a type of hardy geranium for any garden situation, even dry shade.

We have a 2ha property in the Tasman district and this has enabled me to realise another of my dreams – creating a kitchen

garden in our paddock. There are 14 beds, each 9m long by 1m wide, where I grow raspberries, asparagus, globe artichokes, red and black currants, gooseberries and seasonal vegetables that are rotated around several of the beds. There is nothing I love more than wandering out to the garden to harvest produce for a meal. It's so satisfying. The kitchen garden is on a north-facing slope, which is a blessing in winter as the garden gets full sun from sunrise to sunset. This summer has definitely been a big challenge crop-wise. Many of my summer crops struggled with the heat and strong sunlight, and

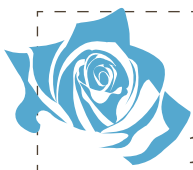
my autumn/winter crops are having difficulty becoming established.

We have also planted a lot of trees in our paddock as we really want an oasis for birds and other wildlife. Gardening organically as much as possible, we are finding the ecological balance on our property is increasing each year and this is such a joy.

I adore living in the Nelson area and for a time I was the garden writer for the Nelson Mail. I loved meeting all of the fabulous local gardeners and writing about their treasures. I also do a fortnightly gardening radio show on Fresh FM called Green Thumbs and Dirty Fingers, where I give lots of hints and tips about what to do when.

I really want this to be your gardening column. You can email me at foelamb@xtra.co.nz or write c/- Mudcakes & Roses with any garden-related questions. I have good all-round gardening knowledge, backed by research skills, and will do my best to answer your queries. I will also include gardening tips relevant for each season. Please feel free to suggest a topic you would like covered.

Until next time, happy gardening.



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# Court recording across the globe

WORKING IN RETIREMENT CAN BE INVIGORATING.

Lewis Martin works time-zone magic so that transcripts from English court cases appear on the desks of lawyers the following morning.

At his home in Annesbrook, the former public servant receives audio files via Merrill Legal. He types out the transcripts during the day, returning them as Word documents that night.

The 62-year-old would seem to have the perfect semi-retirement job. He can put in an hour before breakfast, another few hours mid-morning, head for the gym or golf

course, and finish the job off in the afternoon or evening. On the downside, some days he has no work at all.

He is paid per hour of audio, so if he can do the transcription quickly the pay is good, but if he strikes difficulty with hard-to-decipher accents, the job time can double.

Lewis heard about the transcription work while in Auckland. In 2007, after returning to his boyhood home of Nelson, he made contact with Merrill.

Touch typing is a requisite skill for the work, and in Lewis's case he was familiar with legalese through experience of the Family Court and Refugee Appeal Service during his career. He has also travelled extensively and has a good ear for language.

Transcribers deal with all levels of court, civil and criminal cases, plus coroner's inquests. Murder and rape trials can be harrowing, he says.

Lewis also works as a market researcher part-time, and is looking forward to the National Super to pad out his strands of income and finance his other passions – books and Hollywood movies.



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See our Recreation  
Providers section,  
page 20.



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# Ditching the lie-ins

PAT AND CHRIS HEAPHY BECOME IMPORTERS IN THEIR 'RETIREMENT'



When Pat and Chris Heaphy sold their well-known homecare business two years ago they looked forward to lie-ins and golf. They had farewelled 13 years of 6.00 am starts in 70-hour, seven-day weeks, managing a staff of 300 and a turnover of about \$4 million a year.

"I found that lying in wasn't all it's cracked up to be," says Chris.

Pat agrees, so in their early 60s they set out on a new career: importers of bags and scarves from South-East Asia. Now Chris doesn't have time for golf, and isn't the least bit worried.

While on holidays in Vietnam during their homecare days they "saw business opportunities". The couple now buy silk scarves and pashminas in Cambodia, Vietnam, Thailand and China.

Most of the silk and cotton bags are designed by Chris and made in a Cambodian factory that employs many staff bearing war injuries. The going pay rate is \$US2 a day, and they can live on that, says Pat.

The Heaphys have "adopted" a family in Cambodia, paying education fees. The Asian closeness within families and reverence for older people is something we have lost, Pat laments. Many older New Zealanders now receive paid home help for tasks that could easily be done by family members.

Both he and Chris travel to their suppliers twice a year. They have become expert in sorting pure silk from polyester fakes, astute bargaining, standing up to corrupt border guards seeking "duties" on goods (a six-hour standoff once on the Vietnam/Cambodia border), and negotiating bureaucracy in New Zealand.

Cambodia is very corrupt at the top, "but the people at the bottom are lovely," says Pat.

The Heaphys sell their scarves and bags at markets as far afield as Banks Peninsula, or at promotional vineyard events. (The product line has expanded to more than 50 items, including chess sets and harem pants.) Chris says the gypsy life is good fun, especially chatting with people. Pat confesses that he missed such people contact badly in the first year after they sold the homecare business.

They live on a 24ha block overlooking Bishopdale, running 150 stock, a mix of sheep and cattle. Chris tends to a large flock of duckling, bred for the table.

A former nurse, she ran what is now the Stoke Seniors group for a decade before they ventured into homecare. Pat had a management background in computers, finance and insurance. He is on a Government forum looking to improve the odds for disadvantaged children, and is president of Nelson City Brass, an amalgam of five bands. (He is learning the flugel horn.)

Four sons, a daughter and eight grandchildren provide a rich home life. Chris values the flexibility to work when they choose, keeping school holidays free to look after the young ones.

Pat adds: "I can't see me ever being the stereotypical retired person – there's too much in life to do."



Chris Heaphy with Cambodian factory manager Thanin, who has lost fingers in a landmine explosion.



## Ongoing toll

About 40,000 amputees live in Cambodia,  
Up to 6 million landmines and unexploded  
bombs may still be in the soil.

(source: Wikipedia)

# Designer on a fast set of wheels

AN MS SUFFERER REFUSES TO LET HER ILLNESS SLOW HER DOWN.



You wouldn't describe Tina Cooper's flat in Atawhai as tidy. Stacks of boxes and materials clutter the two rooms she works in, reflecting a swag of projects on the go.

She makes instruction kits for appliqué quilts, selling them to sewers via a website that she built herself from an online template. Tina designs the mostly Kiwiana themes using a computer program, as she does for another enterprise, greeting cards sold in gift shops, through the website or TradeMe.

She has illustrated a children's book, with another completed and looking for a publisher. Her design skills are also available for hire on logos, web images and other projects such as a set of child-sized cutlery stamped with a pukeko motif.

The 59-year-old has a sharp business mind. The wheelchair slows her down a little, though – multiple sclerosis took out her legs. She is grateful she still has good upper-body strength.

The disease first appeared just before her 40th birthday. In three days, a spot in her right-eye vision progressed to near-total blindness. Tina explains that her immune system is attacking her spinal cord. First major casualty is the ability to walk.

*A quilting kit incorporates a Maori motif.*

She takes painkillers for excruciating nerve pain, and steroids to keep the immune system in check. The former devout non-pill taker is now on a cocktail of drugs.

Tina mentions the stent in her heart almost as an aside. Likewise the Type 2 diabetes.

"You name it, I've got it." However, she remains positive and is determined to be self-reliant. A prime motivation for her business enterprises is to get off the Invalids Benefit.

"I'm a great believer in taking advantage of what life sends you."

Before the MS struck, she and her husband worked in food businesses. The marriage ended and Tina threw herself into polytech courses in computing, travel, art and design, gaining an Advanced Diploma in Visual Arts. She did further polytech study in online publishing, aiming to break into the select group of professional children's book illustrators.



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## Online presence

You can see more of Tina's work on her website [www.bluepukeko.co.nz](http://www.bluepukeko.co.nz).

*Tina Cooper built her own website.*

She collaborated with writer/tutor Coral Atkinson on the picture-book *I Spy New Zealand History*, which was picked up by Reed Publishing, now Penguin/Puffin, for the Magic Eyes series. Tina found the financial returns dispiriting – 5 percent of the cover price – so is now looking at self-publishing.

She moved from the Kapiti Coast to Nelson to be close to her daughter and grandson.

Tina has been in the wheelchair for 18 months, and stopped driving nine months ago when "it just got a bit too dangerous". A mobility scooter and the Atawhai cycleway have been lifesavers, allowing her to get into town.

By chance she ventured into the quilting shop Creations Unlimited, and with encouragement from owner Sue Jorgensen, has developed her Kiwi quilt line. Some of Tina's quilts are hanging in the shop. Sewing quilts for sale is uneconomic, so Tina ventured into the pattern-making. Her quilts use the quick "hot-ribbon" technique where fabric is glued on with a fusible ribbon – "much easier than sewing". The main design is then painted with

Copic markers to add depth and shadows, which are then heat-set. Further embellishment is added with gems, beads, ribbons, wool and/or 3D paint. The results are unique wall hangings with "bling". A small 60x60cm quilt can be completed in two days.

Her patterns include native flora such as the Silver Fern, flax flower, pohutukawa etc, plus native orchards, garden flowers and now a Maori greenstone fishhook design. Tina also offers some designs as cushion covers, and typically, she ended up making the cushion inners as well when shop-bought foam ones tended to bunch up.

Her marketing philosophy is simple - offer good product at a good price. A Maori edition of her new Pukeko-themed manuscript is on the agenda.

When she is not working "seven days a week", Tina advocates for better facilities for the disabled – the Superloo, for instance, is the only public toilet in town that she can access with the mobility scooter.

One of the hardest parts of disability is accepting your limitations, she says. Tina has learnt to ask for help if necessary.

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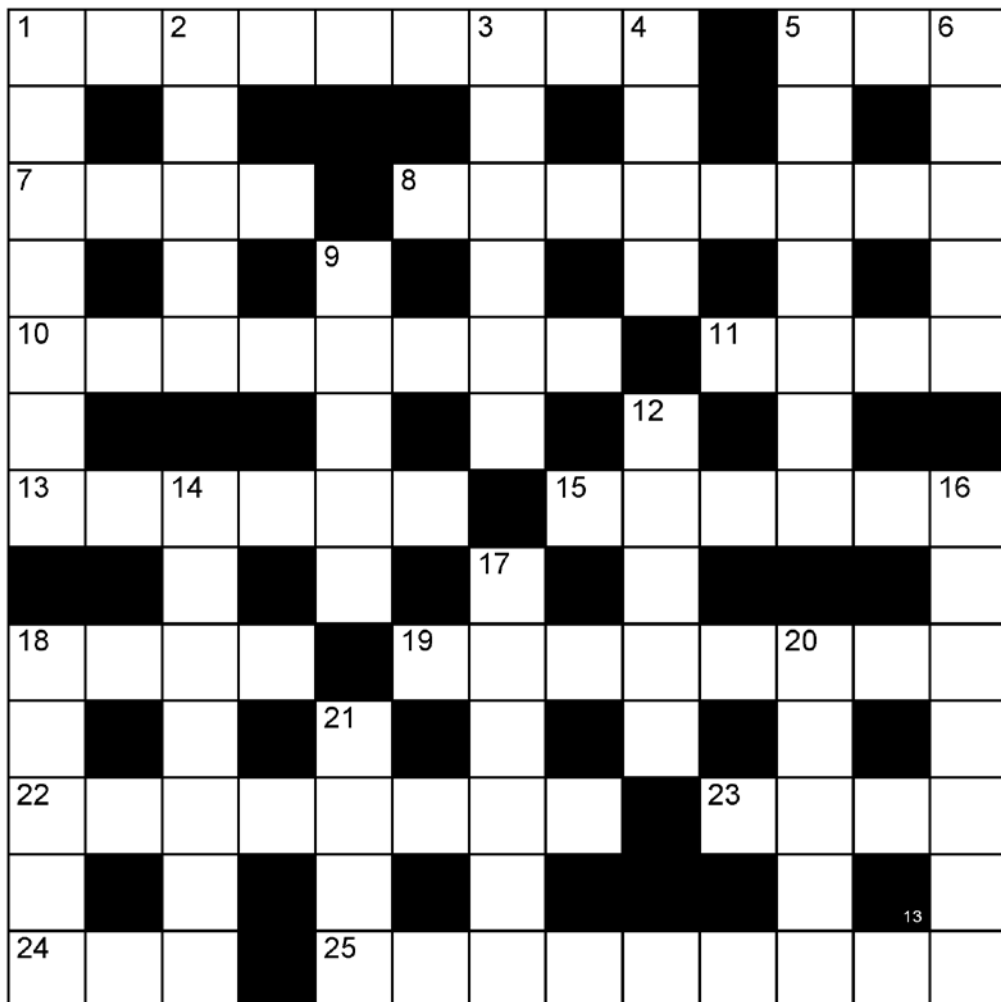


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1. Making glass better (6,7)

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## Simpler Clues

### CLUES ACROSS

1. Superior to all others (9)
5. Young bear (3)
7. Resolve knot (4)
8. Posture, position (8)
10. Tenderising, flavouring liquor for meat (8)
11. Collar-fastener (4)
13. Bar acting as button (6)
15. Accept a loan (6)
18. Cleanser (4)
19. Passageway (8)
22. Of the shepherd life (8)
23. Biting parasite (4)
24. Performed (3)
25. Main division of the Bible (9)

### CLUES DOWN

1. Fall like a stone (7)
2. Equestrian (5)
3. In a muddle (6)
4. Lose one's footing (4)
5. Part of horse's breast or ship's stern (7)
6. Mix in harmoniously (5)
9. Go fly-fishing (5)
12. Trouble oneself (5)
14. Informed on (7)
16. Secure, guarantee possession of (7)
17. Tract of wet earth (6)
18. Savoury, perceptible by taste (5)
20. Make deep research (5)
21. Propose for discussion (4)

## Harder Clues

### CLUES ACROSS

1. Of supreme use to airborne soldier, a horse! (9)
5. Junior reporter where Havana is losing a tail (3)
7. Do the opposite for a French party (4)
8. Posture it takes in duet at breaking up (8)
10. Made rain serve as a liquor to steep meat in (8)
11. A breeder may have to be put in a collar (4)
13. Fastener for leg got in a tangle (6)
15. For a while take allowance for slope of the green (6)
18. Long-running drama in a bar maybe (4)
19. Puts cord around right one or finishes with a passageway (8)
22. Poem of rural life is finished with the viva (8)
23. A jumper may be irritating to host (4)
24. Swindled one going to and fro (3)
25. Will try change of name on tank—top (9)

### CLUES DOWN

1. Plunge headlong, having encountered Victoria to begin with (7)
2. A corollary for a man on a horse (5)
3. No neat unit turns dry right away (6)
4. A journey -- over one's own feet? (4)
5. Answer the charge where sales are effected (7)
6. Smooth mixture starts leaking in a stoop (5)
9. Go fishing with an old Mercian settler (5)
12. Argument given up on the railway, causing some concern (5)
14. Informed on one being laid out on the lawn? (7)
16. Writ for arrest will arrive when in need (7)
17. Wet ground on Mars, so it may be (6)
18. Tasty pad is adjusted to it (5)
20. Dig down inside a model verandah (5)
21. This point is disputable in a historic court (4)

# Critical aid delivered in a box

A SERVICE CLUB USES ITS RESOURCES TO HELP IN TIMES OF EMERGENCY .

Rotary's ShelterBox programme has helped 800,000 natural disaster victims in more than 60 countries.



It all began about a decade ago when Tom Henderson, a Rotarian in England, was watching a television report one evening involving a disaster scene where bread for the victims was being thrown on the floor. This upset him as he felt that the aid was not being given out with proper dignity for the victims.

He decided to do something to change this, which led to what has become the largest Rotary project in the history of the organisation – all in just 10 years.

The four principles that Tom developed were shelter, warmth, comfort and dignity.

"It's not a big deal; it's real simple."

Tom knew there are 32,000 Rotary clubs around the

world – more than a million people – who would help with the scheme. He began a search for a box big enough to handle relief supplies for 10 people, yet small enough to be carried by two people. He arranged for the tent and other supplies that go in the box, then took the idea to his home Rotary club, which endorsed ShelterBox, encouraging Tom to pursue it as a Rotary project.

"It gathered this momentum," he says, telling how the first donations for the programme started to arrive, and now, 10 years later, \$50 million in total has been donated, helping



800,000 people affected by earthquakes, conflict, flooding, cyclones or landslides. ShelterBox focuses on getting shelter to the most needy people in the quickest time possible.

Tom says the role of the ShelterBox programme is to get to the disaster area within 48 or 72 hours. The tents and associated supplies are meant to last for three to six months until governments can provide more permanent shelter.

ShelterBox does not get involved with providing food, sanitation and other forms of relief.

When a disaster happens, the ShelterBox programme contacts Rotarians in the affected country to obtain trustworthy information. These local Rotarians also meet the shipment of boxes at the airport and get it through customs.

A Response Team arranges for local transportation of the boxes to the disaster zone. Each box has a number that goes on the ShelterBox website so the Rotary Club, school or other organisation that donated its \$1500 cost can see where that money has gone to work.

Tom admits to having an ambitious five-year plan for the scheme, involving providing aid to 500,000 people a year.

Each ShelterBox tent can house an extend family of up to 10 people. The tents undergo rigorous testing in wind and rain tunnels and can withstand extremes of high and low temperatures.

## Donations welcome

If you wish to contribute to ShelterBox, contact your local Rotary Club.



Winter is coming. Our next challenge to our Mudcakes poets is to pen an ode to the good things about the season – and do it in the form of a well-known verse or lyric. As always, the winner receives a bottle of fine Rimu Grove wine.

## Send entries to:

Rimu Grove Creative Writers  
Dry Crust Communications  
PO Box 3352, Richmond,  
or email to [info@drycrust.com](mailto:info@drycrust.com)



# Why you ought to have a will

BY PETER RILEY, LEGAL EDUCATOR FOR NELSON BAYS COMMUNITY LAW SERVICE.



## Will & Testament

A will lets you say what will happen to your property and who will care for your dependants (if any) when you die. It could be the most important paper you ever sign. A will can relieve financial and emotional strain on your family, and help to minimise the likelihood of dispute about your estate.

Property owned jointly goes to the other owner upon death and cannot be distributed in your will.

Anyone of sound mind who is 18 years and older can make a will. Do it now, especially if you marry or enter into a civil union or de facto relationship, or when you have children. Even if you don't own major assets, you may have possessions with monetary or sentimental value, e.g. a savings account, car, furniture and household items, home entertainment system, life insurance or jewellery. You should revise your will if a relationship ends.

If you die without a will the Administration Act specifies how your property will be distributed – usually to a surviving spouse/partner and immediate family, or to near-living relatives, in set proportions. If there are no relatives, then your estate goes to the Government.

### How do I make a will?

Do-it-yourself kits can be used but do not always cover all the necessary aspects. If you have substantial property or children from more than one relationship you should get

legal advice about how to make your will. You can also go to the Public Trust (even if you have no money).

Two people must witness your signature and the witnesses cannot receive property under the will.

### Your will should include:

- An executor – a responsible person who will see that your instructions are carried out, (advisable to have a first choice and back-up as well)
- Payment of your liabilities such as mortgages, overdrafts and debts
- Provision for your dependants
- Stipulate who is to inherit your property and possessions
- Guardians of your children
- Funeral arrangements (also tell your family members and executor)
- Arrangements for a business you own
- Gifts to charities.



## Free legal advice

Community Law has offices in Nelson (241 Hardy St, ph 03 548 1288), Motueka (Community House, ph 03 528 7704) and Takaka (Heartlands, ph 03 525 6151). They also have a toll-free number, 0800 246 146.

You can cancel your will at any time (while still of sound mind) by making a new will, destroying your old one or by written declaration. You can also change your will with an amendment signed before two witnesses.

Keep your will at home (preferably in a fireproof lockbox), or at your lawyer's office or Public Trust (usually free of charge.)

Remember that the court costs if you have no will or a badly drafted will are likely to be much greater than the legal fees for preparing the document.

## Crossword Solutions

**CLUES ACROSS** - 1. Paramount 5. Cub 7. Undo 8. Attitude 10. Marinade 11. Stud 13. Toggle 15. Borrow 18. Soap 19. Corridor 22. Pastoral 23. Flea 24. Did 25. Testament

**CLUES DOWN** - 1. Plummet 2. Rider 3. Untidy 4. Trip 5. Counter 6. Blend 9. Angle 12. Worry 14. Grassed 16. Warrant 17. Morass 18. Sapid 20. Delve 21. Moot



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# Positive Ageing Forum

MINIVAN SERVICE, HOME SAFETY AIRED AT GATHERING.

The Positive Ageing Forum met again in Richmond on Monday 28 February 2011. Members stood for a minute's silence in memory of those who lost their lives in the Christchurch earthquake. Discussions included:

## Red Cross Bus Service

Nelson area Red Cross manager Fraser Benson could not be present because of the Christchurch earthquake, but Tasman District Councillor Judene Edgar reported on a meeting Fraser had attended with A4A (Access for All) talking about the Red Cross Bus Service.

The minivan is primarily about enabling people to get to medical appointments, but you can use it to attend activities at Stoke Seniors, for instance.

About 100 people a month use the service, which covers from Atawhai

to Richmond. Fifteen trained Red Cross volunteers use the one vehicle (which is not suitable for wheelchairs) and will pick up and drop off people.

Passengers are asked for a donation for the service but it is voluntary. Ring Red Cross to book (03 546 5012), allowing two to three days' notice.

## A4A

Judene Edgar said the group is working on collating an accessibility checklist for businesses – a friendly prompt to make them think about access for people with wheelchairs, double pushchairs etc.

Tasman District Council has painted blue paint around accessibility carparks, which are more visible and discourage people who shouldn't be using them. The Nelson Council will be asked to do the same. The next A4A meeting is on 6 May 2011. Contact Judene if you want to go on the mailing list.

## Home safety

Evie South (Age Concern Nelson) reported on a Richmond workshop on Home and Personal Safety for Older Persons.

Forum Chair Ruby Aberhart said Age Concern Canterbury financed the workshops. At one she attended, the information package included a smoke alarm that will last for 10 years, and organisers also said someone would come to your home and do a free safety audit.

Organisers recommended having a wind-up torch, which is also a

radio and has the ability to charge a cellphone. The [www.getthru.govt.nz](http://www.getthru.govt.nz) site recommends a headband torch as compulsory for emergency kits. The "Living Confidently" booklet distributed several years ago lists all safety contacts.

## Driving refresher course

Nicola Mercer (Nelson City Council) advised that Elder Driver Refresher Courses will be held on 21 June 2011 from 9.30 am to 11.30 am. These are free of charge. CarFit courses with an AA trainer will be held in May and June 2011. To book, phone 03 547 1217.

## Texting for the deaf

It was suggested that deaf people should have a mobile phone and use text-messaging. Disability allowances may be able to be increased to allow elderly people to get mobile phones.

## Advocacy service moves

Laschelle Walker advised that Health and Disability Advocacy has moved into the building behind Prices Pharmacy on the corner of Hardy and Collingwood Streets.



## Strategy available online

The Positive Ageing Strategy is going online. Dr David Bromell, principal advisor at the Office for Senior Citizens (Ministry of Social Development), will give a presentation in the Richmond Library at noon on Wednesday 27 April 2011 on how the organisation's new website can make a difference to the wellbeing of older New Zealanders.

The Office is detailing its own initiatives on the website. The next step will be bringing in District Health Boards and the community and voluntary sector.

David will provide a guided tour of the site. He's keen to discuss with local agencies and community representatives how best to publicise their initiatives.



# Welfare agency has a wide reach

PRESBYTERIAN SUPPORT'S BLANKET OF CARE COVERS YOUNG AND OLD.

Paul knows he should put his head down for a nap, but shopping or other chores soak up the only respite he has from 24-hour care of his wife, who suffers from dementia. Housing, feeding and toileting takes up "100 percent of my time". Sleep becomes a luxury.

Paul, a slim man in his mid-70s, has also learnt tricks to bodily lift and shift his wife. The life of a sole caregiver is one of silent heroism, and there are scores of them in every community.

On Mondays and Thursdays, the Motueka couple travel to Presbyterian Support's dementia unit in Annesbrook, where for precious hours, from 10 am to 3 pm, carers take the burden off Paul's shoulders.

"She has a good time. She doesn't seem to want to go home," he says.

In the adjoining Totara unit for the frail elderly, day visitors come up to three times a week for games, music, outings or just to sit and talk. "If they want to fall asleep after lunch they are more than welcome to," says Presbyterian Support manager Chris Walsh. Their carers, meanwhile, get a break.

The Christian social services agency also goes out into the community, with home visits from a small army of support workers (160-170 dealing with the elderly in the Nelson-Marlborough region). It could be intensive twice-daily visits seven days a week, getting clients out of bed, showered and fed, making sure they take their medication, or it might just be a few hours' housework a week. Elderly clients have the comfort of knowing the support workers come from a reputable organisation – and both parties often develop strong friendships.

Keeping people in their homes, with support from family and welfare agencies, is now the norm where possible, says Chris.

Support workers are trained to attend to individual needs, be it in using a hoist or dealing with incontinence, and all the while respecting culture and personal boundaries.



*Good voice: Day visitors enjoy a singalong in the Totara unit.*

In Marlborough, which comes under Chris's umbrella, Presbyterian Support has paired with Barnados to provide services to young people, including mentoring, school work and counselling.

In Nelson, part-time social workers are now in two kindergartens, liaising with colleagues in primary schools and colleges to provide continuity of care for at-risk children. "We keep it wrapped around them."

Presbyterian Support also runs falls prevention courses and exercise classes for the elderly in the Top of the South. Elsewhere in the country, sister organisations run resthomes and retirement villages. (Nelson exited resthomes in 2005, selling Green Gables.)

The organisation supports itself with Government funding through work contracts, plus private clients, donations from benefactors, bequests, and dipping into its own pocket.

Chris says that while it's always sad when a client dies, receiving bequests can be humbling. "It means you are doing something right and your services are appreciated."

The former Nelson campground manager compares his old job to being like a mayor of a small town (the Tahuna Beach camp has a peak population of 3000), and in a sense he now helps to provide a welfare blanket of even larger dimensions.



## Volunteers needed

Caring for the elderly can be good fun, says Chris Walsh as he issues an appeal for more volunteers to pick up clients from their homes, take them on outings and assist with day programmes. All ages welcome. Call Presbyterian Support on 03 547 9350.

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# Advice experts hear it all

FROM TRAUMATIC TO MUNDANE – IT'S ALL IN A DAY'S WORK.

"Cheryl" doesn't pretend to have all the answers, but in 10 years with Citizens Advice Bureau she has heard just about all the questions. The seasoned volunteer handles calls as sensitive as distress over a marriage break-up, or as humdrum as a home baker wanting to convert imperial to metric measurements.

"From the most banal to the most tragic, really."

Common inquiries to the free, anonymous service include consumer goods and services, immigration woes, Winz payments, tenancy problems, employment conditions – "everything in life, I guess," says the former teacher.

For a rare few callers "there's nothing to be done... they just want to tell someone about it."

Local CAB chairperson Heather Thomas terms her staff "untanglers" because clients often start in the middle of their saga, and a good listener can put things in sequence – or discover the real problem. A request for directions to the Food Bank, for instance, may indicate a need for budgeting advice, or a benefit problem.



## Queries answered

You can contact Citizens Advice on 03 548 2117, website [www.cab.org.nz](http://www.cab.org.nz), email through the website, or call in at 9 Paru Paru Rd, Nelson.

"Our role is not to fix the problem but to empower them with knowledge."

Heather stresses that volunteers don't pretend to be counsellors or lawyers. Their role is to listen, find answers or to refer people on.

She says most inquiries are consumer-related. For example, a person has an appliance that breaks down a few months after the warranty expires. They are rebuffed by the shop, but in fact are still covered by the Consumer Guarantees Act, and armed with information about the law from CAB, the customer often receives a different response from the retailer.

(CAB has a hotline to the Consumer Affairs Ministry to sort out really curly problems.)

Nelson has about 40 volunteers. One woman – "a wonderful, warm, caring person" – recently retired after 26 years. Volunteers tend to be older, which Heather says is an asset because "people who have life experience are better at doing what we do."

They receive comprehensive training, and have just expanded their computer skills as CAB moves online ([www.cab.org.nz](http://www.cab.org.nz) lists 40,000 organisations and services). Face-to-face and telephone services remain in 91 bureaux nationwide.

CAB is an independent organisation, receiving funds from the Canterbury Community Trust, Nelson City and Tasman District Councils, Lotteries, the C.O.G.S. scheme and various trust.



*CAB volunteers have the power of the internet at their fingertips.*

## Need support and professional care in your own home?



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35 Nile Street  
Ph. 0800 263 562



Email: [nelson.office@healthcarenz.co.nz](mailto:nelson.office@healthcarenz.co.nz)  
Website: [www.healthcarenz.co.nz](http://www.healthcarenz.co.nz)



# WHAT'S ON?



FEBRUARY - MARCH 2011

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

## Golden Bay

### Wednesday Walkers

Meet at Information Centre carpark, Takaka, leaving 9.00 am. Bring morning tea, raincoat etc, light boots or walking shoes. Contacts:

Debbie Rogers, Ph 03 525 9090, Lelie Sise, Ph 03 525 8898, Sonia Nalder, Ph 03 525 9765.

## Motueka

### Cycling

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



### Motueka 50+ walking group

All walks leave Deck's Reserve Carpark at times stated. Meetings held on the last Thursday of each month in the Uniting Church Hall, High St, starting at 9.30 am. Visitors welcome.

**7 April:** 8.30 am, Graham Valley, North Branch, \$5 (M/H), 9.30 am, Dellside Reserve, Hunter Ave, Richmond, \$8 (E).

**14 April:** 9.00 am, Boys Brigade Hut, Brooklyn Valley, \$3 (H). 9.30 am, Bike Track/Withells Walk, \$3 (E).

**21 April:** 9.00 am, Green Hill Lookout, Motueka Valley, \$6 (M/H). 9.30 am, Motueka Ramble, \$6 (E).

**28 April:** Meeting and Tapu Bay (E).

**5 May:** 9.00 am, Maitai Valley, over Centre of NZ, \$10 (E). 9.30 am, a shorter route, \$10 (E).

**12 May:** 9.00 am, Takaka Hill Walkway, \$5 (E and M). 9.30 am, Isele Park, Marsden Valley, \$10 (E).

**19 May:** 9.00 am, Jenkins Hill (Richmond Ranges) \$10 (H). 9.30 am, Richmond Walkabout from Jubilee Park, \$8 (E).

**28 May,** 10.00 am, Meeting and Daveys Farm, \$4 (E/M).

**Contacts:** Secretary Norah Morris, 03 528 6290, President Neil Bruce-Miller, Ph 03 543 2075, Walks coordinators Bet Glengarry, Ph 03 528 8009, and Alan Morris Ph 03 528 6290.

### Motueka Recreation Centre

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

**60+ Social Club:** cost \$6 per session. Ph 03 528 4731.

**Sit n Be Fit:** Thur 10.30 - 11.30 am. \$3.

**Sunshine Club:** Friday morning 9 am - noon. Morning tea and activities provided. Free pick-up and drop-off. \$4. Ph. Wendy 03 528 8228.

**Tai Chi:** Starts Wednesday 6 April. Registrations essential. 16-week programme, \$55. Located at Weka House (Motueka Recreation Centre). Ph. 03 528 8228.

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

### Motueka social dance group

Dances on the following dates:

**16 April:** Lower Moutere Hall, 7.30-11.00 pm. All welcome \$6 and a plate.

**30 April, 18 June:** Motueka Memorial Hall.

**20 August, 15 October, 17 December:** Lower Moutere Hall. Always a good night and good music. Contact Margaret 03 528 7567, or Prue 03 540 2242.

## Murchison

### Murchison Community Resource Centre

Murchison Daytrippers. Phone Berylla Jones 03 523 9875.

## Nelson

### Hearing Association

Struggling with tinnitus? Suspect you have a hearing loss? On Wednesday 13 April at 5.15 pm, LIFE Unlimited hearing therapist Kim Howell will give a talk at Hearing House, 354 Trafalgar Square, Nelson. All welcome. Gold coin donation. Doors open 4.30 pm, tea & coffee provided. Ph 03 548 3270.



### Nelson Dance Along

Richmond Town Hall on Saturday 9 and 23 April, 14 and 28 May 2011, 7.30-11 pm. Homemade supper provided. Cost \$3 members, \$4 non-members. Ph Rosalie Winter 03 548 2236.

### Nelson 50+ Walking Group

Farm walks, mini-walks and fortnightly tramps. Drivers must notify the leader of the day of intention to walk and confirm the meeting place. (E = easy, M = medium, H = hard.)



### Tuesday walks (All 9.30 am.)

**5 April:** Richmond Hill, Champion Rd, M, Alison Polglase Ph 03 544 6833, Gowan Simpson Ph 03 541 8639.

**19 April** Pelorus Trig, M, Bernie Hawkey Ph 03 545 1033, David Burt Ph 03 544 0277.

**3 May:** Kairuru farm, Takaka Hill, M, Alison Polglase Ph 03 544 6833, Chas Gray Ph 03 548 5163, 9.30 am.

**17 May:** Ruby Bay, Kina Peninsula, M, Tom Aitchison Ph 03 547 5443, Lyn Callister Ph 03 545 2322, 9.30 am.

**31 May:** Mount Duppa, H, Bob Dickens Ph 03 548 5048, 9.00 am.

### Thursday walks

**14 April:** Parachute Rock, H, Carolyn Brown Ph 03 544 2286, Glenda Gray Ph 03 548 5163, 9.00 am.

**28 April:** Trafalgar Ctr, Maitai Walkway, E, Judy Burke Ph 03 547 2885, Annette Willisroft Ph 03 548 9772, 9.30 am.

**12 May:** Rush Pools/Dew Lakes, H, Lynne Callister Ph 03 545 2322, Cheryl Carnahan Ph 03 544 7684, 9.00 am.

**26 May:** Marahau Quarry, E, Marilyn Ph 03 548 2167, Chas Gray Ph 03 548 5163, 9.00 am.

### Tuesday Mini-Walks

**12 April:** Harris' Hill, (meet 155 Nile St), Jenny Beckers Ph 03 542 3136, 10.00 am.

**26 April:** Oaklands (meet Saxton Field carpark), Betty Edridge Ph 03 547 9955, 10.00 am.

**10 May:** Malvern Hills (meet Botanical Gardens), Betty Loose Ph 03 548 0679, 10.00 am.

**24 May:** Marsden Valley/ Panorama Dr (meet Panorama Dr), Judy Redai Ph 03 547 5866, 10.00 am.

### Nelson Provincial Museum Exhibitions

Port Nelson Haven Ahoy! A story of early colonial migration.

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

### Presbyterian Support

Free 6-week falls prevention course for anyone over 65 who has recently had a fall or feels they are at risk of falling. Courses held in Nelson, Stoke, Richmond and Motueka. Enrolments essential. Cherie Thomas Ph 03 547 9350 ext 712 16-week modified Tai Chi course. Cost \$48.

### Stoke Seniors Club

Contact Christine, Anne or Ruth on Ph 03 547 2660  
Email: [stokeseniors@xtra.co.nz](mailto:stokeseniors@xtra.co.nz).

### Regular activities

**Scrabble Club:** Mondays 1.00 pm.

**Euchre:** Tuesdays 10.30 am.

**Mah Jong:** Tuesday 1.00 pm.

**500 Club:** Wednesdays 1.00 pm.

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

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

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

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

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

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

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



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

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

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

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

**Travel Club:** For information on trips, phone the office on Ph 03 547 2660.

**Monday Out & About Trips & Picnics.**



**Weekly Afternoon**

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

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

**Saxton Senior days**

Classes are designed to improve flexibility, strength, balance and general wellbeing.

**Senior Walking Group:** Tuesday and Thursday 9.30 - 10.30 am. \$3.

An indoor all-weather activity, followed by a cup of tea.

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

**Tai Chi:** Tuesday and Thursday 11.00 - noon. \$55 (16 sessions). Ph 03 538 0072, email saxtonstadium@xtra.co.nz

**Suter Art Gallery exhibitions**

**Cedric Savage Golden (Bay) Years.** Exhibition of paintings from his time at Motupipi. Ends 17 April 2011.

**The Innocent Glaze,** installation by Darryl Frost, Tasman-based ceramicist. Ends 17 April.

Megan Hansen-Knarhoi, art installation **Jesus Spells** based on unpopular themes, including her own favourite nasty word, "craft". Ends 17 April.

**Autumn Exhibition: Nelson Suter Art Society.** A selection of recent work by society members plus guests: painter Jane Mitchell, glass artist Fran Anderton and photographer Sally Mason. 21 April – 8 May.



**Domestic Disturbance,** features an uncanny table setting by ceramic artist Caroline Earley. 14 May – 19 June.

**Richmond**

**Club 50**

A social group of mature adults looking for companionship, recreation and enjoyment. Contact Jacqui on Ph 03 544 3955 or email trrc@nel.sporttasman.org.nz. Meet at 9.30 am, Richmond Recreation Centre, 9 Cambridge Street (unless otherwise stated) to carpool if needed.

**5 April:** Richmond Recycling Centre: Stop off at McCafe on the way back.

**12 April:** Emergency Preparation: The basics of being ready for disaster. Bring morning tea to share. Cost: \$2.

**19 April:** Melrose House: Heritage Week treat. A special exhibition of table settings, morning tea in the café and stroll through the gardens.

**26 April:** Rough Island Walk and BBQ: \$2.

**3 May:** Petanque at Hope: \$2. Bring morning tea.

**10 May:** Orphanage Creek Walk and Underpass: Bring own morning tea. \$2.

**17 May:** Vintage Cars: Ray Win and his museum in Tahunanui. Bring own morning tea. Gold coin donation.

**24 May:** Personality Test: Very interesting and a lot of fun. \$2. Bring morning tea to share.

**31 May:** Movie: Mao's Last Dancer, followed by a pot-luck lunch. \$2 and a contribution towards lunch. Meet at 9.30.



**Wakefield**

**Way2Go activities:**

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

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

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



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## Golden Bay

### Age Concern

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

### Drop-in Yoga

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

### Genealogical Group

Sally Ph 03 525 8086.

### Gentle Exercise Classes

(through Golden Bay Physio Clinic) Held at Golden Bay Community Hospital, Mondays 10-11 am. No charge. Erica Ph 03 525 9708.

### Sit and Be Fit

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

### Golden Bay Contract Bridge Club

Leigh Ph 03 525 9744.

### Golden Bay Garden Club

Diane Ph 03 525 6121.

### Golden Bay Patchwork and Quilters Guild

Liza Ph 03 524 8487.

### Guided Gym Session

Wednesday 12 -1 Georgie Ph 03 525 6110.

### Indoor Bowls/Cards

Senior Citizens Club Rooms. Mary Couper Ph 03 525 8445.

### Mah Jong

Ethel Ph 03 525 8615.

### Marble Mountain Country Music Club

2nd and 4th Sunday of each month 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.

### Nordic Walking

Michelle Ph 03 528 0252.

### Pohara Bowling Club

Jennifer Ph 03 525 9621.

### Probus

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

### Puramahoi Table Tennis

Rene Ph 03 525 7127.

### SeniorNet [Golden Bay]

Beginner courses in home computing. Based in clubrooms at the Takaka Showgrounds. Ken Ph 03 524 8249 Rosemary Ph 03 525 7565

### Tai Chi for Arthritis

Ann Ph 03 525 8437.

### Takaka Golf Club

Ph 03 525 9054.

### Takaka Golf Club Ladies Section

G. Turley Ph 03 525 9122.

### Takaka Spinning Group

Jan Ph 03 525 9374.

### Takaka Table Tennis

Rene Ph 03 525 7127.

### University of the Third Age (U3A)

Aileen Ph 03 525 7345.

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

Presbyterian Support Cherie Ph 03 547 9350 ext 712.

### Urwhenua Women's Institute

2nd Tuesday each month at the Anglican Church Hall, 1.30 pm Nancy Ph 03 525 9491.

### Wednesday Walkers

Bron Ph 03 525 8627 Bob Ph 03 525 9958.

## Workouts

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

## Hope

### Hope Midweek Badminton Club

Carolyn Ph 03 541 9200.

### Nelson Veterans Tennis Club

Hope Courts every Thursday Ph 03 547 6916 .

## Mapua

### Indoor Bowls

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

### Low-Impact Aerobics and Pilates

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

### Mapua Bowling Club

Arnie Ph 03 540 3032.

### Nordic Walking

Michelle Ph 03 528 0252.

### Taoist Tai Chi

55 Muritai St, Tahunanui Ph 03 545 8375.

## Motueka

### Age Concern

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

### Aerobics/Gym and Fitness Centre

50+ Aerobics. Mot Rec Centre . Jody Ph 03 528 8228.

## Arthritis NZ

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

## Gym & Fitness Centre

Studio Gym 275 Catherine Ph 03 528 4000.

## Healthy Hearts Club

St Thomas Church Hall Wendy Ph 03 528 6692.

## Indoor Bowls

Motueka Senior Citizens Hall George Ph 03 528 7960.

## Line Dancing

Motueka Senior Citizens Hall Beryl Ph 03 528 8265.

## Line Dancing (Beginners)

Huia Clubrooms, High Street. Mondays 7-9.00 pm. Sue Ph 03 528 6788.

## Marching

Motueka Veteranettes Marching Team Bev Ph 03 528 9125.

## Motueka and District Historical Association

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

## Motueka Bowling Club

Don Ph 03 528 7208 Tony Ph 03 528 9175

## Motueka District Museum

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

## Motueka 50+ Walking Group

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

## Nordic Walking

Michelle Ph 03 528 0252.

## Riwaka Bowling Club

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

## Riwaka Croquet Club

Sally Ph 03 528 8296.

## Scottish Country Dancing

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

## SeniorNet [Motueka]

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

## Social Recreation Kiwi Seniors (Motueka)

Vonnie Ph 03 528 7817.

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

Presbyterian Support Cherie Ph 03 547 9350 ext 712.

## University of the Third Age (U3A)

Free courses. Malcolm Ph 03 528 7484 Duncan 03 528 4951.

## Yoga

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

## Murchison

### Age Concern

Offering support services, information and advocacy to older people in Murchison. Our services include Elder Abuse & Neglect advice and support, and an accredited visitor service. Office, 62 Oxford Street, Richmond Ph 03 544 7624.



### **Murchison Community Resource Centre:**

Monday: Sit & Be Fit 10.45-11.30 am. \$2 a session.

Tuesday: Zumba 5.45-6.45 pm. \$2 a session.

Wednesday: Tai Chi 11 am. Good for body-mind balance, bone health, fitness, falls prevention, relaxation and more. \$2 a session.

Walking Group 1.30pm

Thursday: Pilates Levels 1-3, 5.15-6.15 pm. Bring a mat if you have one. \$5 a session or \$40 a term.

Zumba 7-8.00 pm  
Berylla Ph 03 523 9875.

### **Nordic Walking**

Jacqui Ph. 03 544 1645

## **Nelson**

### **Age Concern**

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

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

Riverside Pool  
Ph 03 546 3221.

### **Art Group Nelson**

Meets first Wednesday of each month. All welcome.

Judy Ph 03 548 1170.

### **Arthritis New Zealand**

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

Clinics: A free one-hour, confidential appointment with the Arthritis Educator. We need more volunteers in the office and Hospital Pool.

Phone Deirdre at the Service Centre.

### **Belly Dancing**

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

### **Bodyvive (Low-impact)**

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

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

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

### **Cardiac Support Group**

Information and support to people affected by Cardiovascular Disease. We hold a three-monthly get together for former patients and those on waiting lists. Contact Averil at the Heart Foundation,  
Ph 03 545 7112.

### **Diabetes NZ Nelson**

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

### **Dining4Twelve**

Convivial gatherings for 50+ singles.  
Contact Jenny  
Dining4Twelve@xtra.co.nz

### **Golf Croquet**

Nelson-Hinemoa  
Bev Ph 03 548 2190.

### **Government Superannuitants' Association**

Graeme Ph 03 547 6007.

### **Grandparents Raising Grandchildren**

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

### **Gym**

Contours Health & Fitness Ph 03 544 0496.

### **Hatha Yoga**

Maureen Ph 03 546 4670.

### **Hot Yoga**

Claire Ph 03 548 2298.

### **Hearing Association Nelson**

Euchre card group meets Thursdays at 1.15 pm and our monthly social is 10 am-noon. Hearing House, 354 Trafalgar Sq, Nelson.  
Ph 03 548 3270.

### **Housie Evening**

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

### **Leisure Line Dancing**

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

### **Marching**

Silveraires Leisure Marching  
Diana Ph 03 548 9527.

### **Nelson Caravan Club**

Allan Ph 027 319 7427.

### **Nelson Community Patrol**

Suzy Ph 03 539 0409.

### **Nelson Dance Along**

Rosalie Ph 03 548 2236.

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

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

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

Gwenda Ph 03 544 5307.

### **Nelson Male Voice Choir**

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

### **Nelson Masters Swimmers**

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

### **Nelson Petanque Club**

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

### **Nelson Philatelic Society**

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

### **Nelson Savage Club**

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

### **Nelson Scrabble Club**

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

### **Nelson Senior Citizens Social Indoor Bowling Club**

Valda Ph 03 544 1487.

### **Nelson Social Dancing Club**

Live band on the second Saturday of each month, 8.00 pm, at Club Waimea, Queen Street, Richmond. Members \$6, non-members \$10.  
Alan Ph 03 547 9085.

### **Nordic Walking**

Jacqui Ph 03 544 1645.

### **Over 50s Pilates Body Power Pilates & Yoga Centre**

Sue Ph 029 281 3735.

### **Over 50s Yoga**

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

### **Presbyterian Support**

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

### **Probus, Stoke-Tahunanui ladies branch**

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

### **SeniorNet [Nelson]**

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

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

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

### **Sit and Be Fit**

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

### **Stroke Club Nelson**

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

### **Stroke Foundation Caregivers Support Group**

Meets once a month. For details call Anne-Marie Ph 03 545 8183 or 027 216 0675.

### **Support Works**

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

### **Suter Art Gallery**

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

### **Table Tennis**

Nelson Table Tennis Club  
Phil Ph 03 546 6256.

### **Tahunanui Bowling Club**

Murray Ph 03 547 6921.

### **Tahunanui Community Centre**

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

### **Tai Chi with Gretchen**

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

**Taoist Tai Chi Society of NZ**  
55 Muritai St, Tahunanui  
Ph 03 545 8375.

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

**U3A**  
Caryll Ph 03 547 6359  
or Jean Ph 03 544 4688.

**Ukulele with Gretchen**  
Wednesday mornings  
Trafalgar St (Age Concern) Hall  
Ph 03 548 8707.

**Veterans' (55+) 9 hole golf days**  
Greenacres Golf Club, last Monday of every month. Dick Ph 03 547 6071 or Club Professional Ph 03 544 6441.

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

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

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

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

## Richmond

**Age Concern**  
We offer support services, information and advocacy to older people in the community. Our services include Elder Abuse & Neglect advice and support, and an accredited visitor service for older people. We also distribute the Total Mobility Taxi Voucher scheme for Nelson &

Richmond. Our office is at 62 Oxford Street, Richmond.  
Ph 03 544 7624.

**Badminton**  
Richmond Morning Badminton  
Dawn Ph 03 544 4120

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

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

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

**Crafts, Caring and Sharing**  
Wesley Centre  
Mondays 9.45-11.45 am  
Ph 03 544 7458.

**Croquet**  
Richmond Croquet Club  
Eleanor Ph 03 547 5424.

**Easybeat 50+ Aerobics**  
Leigh Ph 03 548 1689

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

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

**Hope-Ranzau Women's Institute**  
1.15 pm on the first Wednesday of each month at Holy Trinity Church Hall, Dorset Street, Richmond. Visitors welcome.  
Brenda Ph 03 544 5872.

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

**Line Dance Nelson**  
Alison Ph 03 546 9878.

**Nordic Walking**  
Jacqui Ph 03 544 1645.

**Pedometers from the Library**  
Step counters at Nelson City or Tasman District libraries. \$2 for a 6-week loan.

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

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

**Richmond Recreation Centre**  
(Town Hall, 9 Cambridge Street) Social Recreation group CLUB50  
Weekly outings \$2, meet at RRC 9.30 am.  
Easybeat Aerobics: Fun, low-impact, \$4 per class, 9-10 am, Mondays & Fridays.  
Richmond Walking Group: Meet Mondays 9.30 am. Free.  
Sit and Be Fit: Fun, seated exercise, \$3, Fridays 10-11 am.  
Shape-up Circuit: Great option for older adults. \$3. (All programmes have trained instructors)  
Contact: Mary-Ann Ph 03 544 3955.

**Richmond Slimmers Club**  
Margaret Ph 03 544 7293.

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

**Tasman Tennis Centre**  
Social tennis Tuesday mornings 9.30 am, beside the Badminton Hall, Gladstone Rd. Coaching sessions available.  
Ngaire Ph 0272 79 99 38 or the centre Ph 03 544 6083.

**Tasman Visual Arts Group**  
Last Wednesday of the month Richmond

Bowling Clubrooms. New members welcome.  
Gary Ph 03 541 8842.

**Tai Chi with Gretchen**  
Richmond Town Hall and Oakwoods.  
Gretchen Ph 03 548 8707.

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

**Upright and Able, Falls Prevention (65+)**  
Presbyterian Support  
Cherie Ph. 03 547 9350 ext 712.

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

## Stoke

**Clogging/Tap Dancing**  
Nelson Sun City  
Cloggers  
Georgina Ph 03 545 1037.

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

**Hatha Yoga**  
Maureen Ph 03 546 4670.

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

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

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

**Nordic Walking**  
Jacqui Ph 03 544 1645.

**Pottery**  
Nelson Community Potters, 132 Rutherford St. Come along to a social group on Thursday mornings or Twilight Pottery on Monday

evenings, 7-9 pm. Free to members & \$7 for casual (new members always welcome).  
Contact Sue 03 548 5741 or Megan 03 547 5252 for more information.

**Safety & Confidence**  
Kidpower, Teenpower, Fullpower Trust  
Cornelia Ph 03 543 2669.

**Stoke Bowling Club**  
Lyndon Ph 03 547 4780.

**Stoke Social Seniors Pilates**  
Wednesdays 1.30 pm  
Tai Chi, Tuesdays 1.30 pm  
Sit and Be Fit  
Stoke Memorial Hall  
Contact Christine Ph 03 547 2660.

**Tuesday Walking Group**  
Departs 10.00 am from Stoke Seniors Hall.  
Ph 03 547 2660.

**Table Tennis Nelson**  
Bryan Ph 03 547 7530.

**Upright and Able, Falls Prevention (65+)**  
Presbyterian Support  
Cherie Ph 03 547 9350 ext 712.

## Tapawera

**Visual Art Society**  
Kaye Ph 03 522 4368.

**Walking**  
Rural Ramblers  
Una Ph 03 522 4083.

## Wakefield

**Easy Exercise**  
Arthritis NZ, Nelson  
Nancye Ph 03 541 9040.

**Live Well, Stay Well Activity Group**  
In conjunction with Way2Go  
Greg Ph 03 541 9320.

**Wakefield Senior Citizens**  
Meet: 1st Wed of month at 2.00 pm, Wakefield Village Hall.  
Melba Ph 03 541 8464.



# Staying safe on the roads

AGEING DRIVERS SHOULD FOLLOW A FEW SIMPLE PRECAUTIONS.

Continuing to drive as we get older is important because it helps people to stay active in their communities and access essential services. However, older drivers need to be aware of particular driving risks.

## Start thinking with the following safety tips:

- Keep fit to drive
- Scan ahead and check your mirrors for hazards
- Use your judgment as conditions change
- Know the road code and be alert
- Drive cautiously – keep safe following distances
- Indicate at least 3 seconds before turning
- Don't drive when you are tired
- Plan routes and rest stops, and share driving
- Keep grandchildren safe – fit approved child-restraints correctly
- Regular eye check-ups are important.

**The good news is, older drivers are low-risk compared with other age-groups, especially young drivers. This is because they usually:**

- Wear seatbelts
- Don't drink and drive
- Don't speed
- Obey road rules and demonstrate courtesy to other road users
- Drive fewer kilometres.

**Problems commonly experienced by older drivers include:**

- Changes in their eyesight
- Health issues
- Side-effects from medications
- Uncertainty on busy roads or intersections
- General decline in physical strength.

Because of their physical frailty, an older person is more likely to suffer injury or even death in even a relatively low-speed vehicle crash, at an intersection, for instance.

*(From the AA. These tips are available as a bookmark from AA centres.)*



## Hone those skills

Refresher courses for older drivers are available in Nelson-Tasman. The next will be held in MP Nick Smith's rooms, Waimea Rd, on Tuesday 21 June, 9.30-11.30 am. To book your place on the course, phone Peter Remington on 03 547 1217.



## Earwax A common cause of deafness

Hardened earwax can become embedded in the ear, causing pain, balance problems, increased tinnitus and can interfere with hearing.

We use the latest in suction technology which is a clean, quick and safe procedure, reducing typical side effects like vertigo, nausea and tympanic membrane damage.

**\$10 Discount** VALID UNTIL 29 APRIL 2011  
On suction wax removal with this coupon.



**Hearing Plus Ltd**  
Washbourn Medical Centre  
12 Oxford St, Richmond  
**PH: 0800 433 788**  
Ph: (03) 543 3788



# Mudcakes & Roses Noticeboard

EVENTS AND INFORMATION FROM AROUND OUR REGION.

## Shake-up for television transmission

Television is going digital, with the old analogue television network ceasing in Nelson/Tasman during April 2013. About seven out of 10 households already have digital television – if you have Sky or Freeview you already are digital. Those still watching the analogue signal will need a set-top box and satellite dish (or UHF aerial for some locations). **You do not need a new television.**

The good news is, help is available to get you through the switchover. Guy Burns, Community Advisor, is on call to Nelson/Tasman residents. You can phone Guy on 021 262 4645, or email [guy.burns@goingdigital.co.nz](mailto:guy.burns@goingdigital.co.nz). There is also phone support: 0800 838 800 and a website for further information: [www.goingdigital.co.nz](http://www.goingdigital.co.nz)

## A workout for the 'mind muscle'

Motueka U3A is getting more muscular! We're talking about mind muscle building. University of the Third Age is a "Do-It-Yourself University", says the group. People of different disciplines and varying knowledge come together to share their thoughts and expertise.

"When you are in your third age, whether you realise it or not, you have gained a great deal of knowledge, as have all your contemporaries. This is what you and they have to share at U3A." And it's free – or very nearly. The \$5 a year is not a membership fee but just to cover the cost of sending out a few programmes or syllabuses.

Courses include the popular Geology with its field trips. Then there is Astronomy (unfortunately field trips are a bit impractical) and a discussion group who try to answer Gauguin's questions "Where do we come from?" "Who are we?" and "Where are we going?". Plus there's Poetry, Classical Music, Art, China in transition, Film Appreciation, Shaping the Modern Mind etc.

More people means more courses. "This is the way that U3A works because we self-generate the knowledge by using our own membership." If you are interested in joining Motueka U3A, phone Malcolm Garrett 03 528 7484.

## Blanket-maker needs wool

Peggy square maker June Drummond is running out of wool. The Stoke 82-year-old crochets squares that are made into blankets destined for children in Russia, but she needs more of the raw material.

June says failing eyesight means she can't unpick garments anymore. If you have a leftover stock of double-ply knitting wool, give her a call on 03 547 7631.



## Did he know?

BY MONA RANDALL

Did he know  
when he introduced this horror to Enzed  
did he know?  
DIDYMO?

Did he know  
when he brought it to the Buller on The Coast  
did he boast?  
did he say, Guys! look what I've got  
ROCK SNOT!

Did he know  
when he spiked the braided beauty  
of The South's unique Oreti?  
did he say to our Prime Minister  
Helen, I've brought something sinister  
DIDYMO!  
did he know?

Did he recognise the whine  
of the angler's far-flung line  
while the fisher shouted Yuk!  
what the dickens is this muck?  
there's no trout tonight for dinner  
you can see them getting thinner!  
DIDYMO!  
did he know?

Did he bring it by mistake  
to yet another lovely lake?  
will we ever know for sure?  
will we ever find a cure?  
if we catch the so-and-so  
will we ever really know  
did he know?  
DIDYMO!



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