

Mudcakes and Roses

Senior Generation Action and Issues – Nelson Tasman

Issue 43 August, September 2007

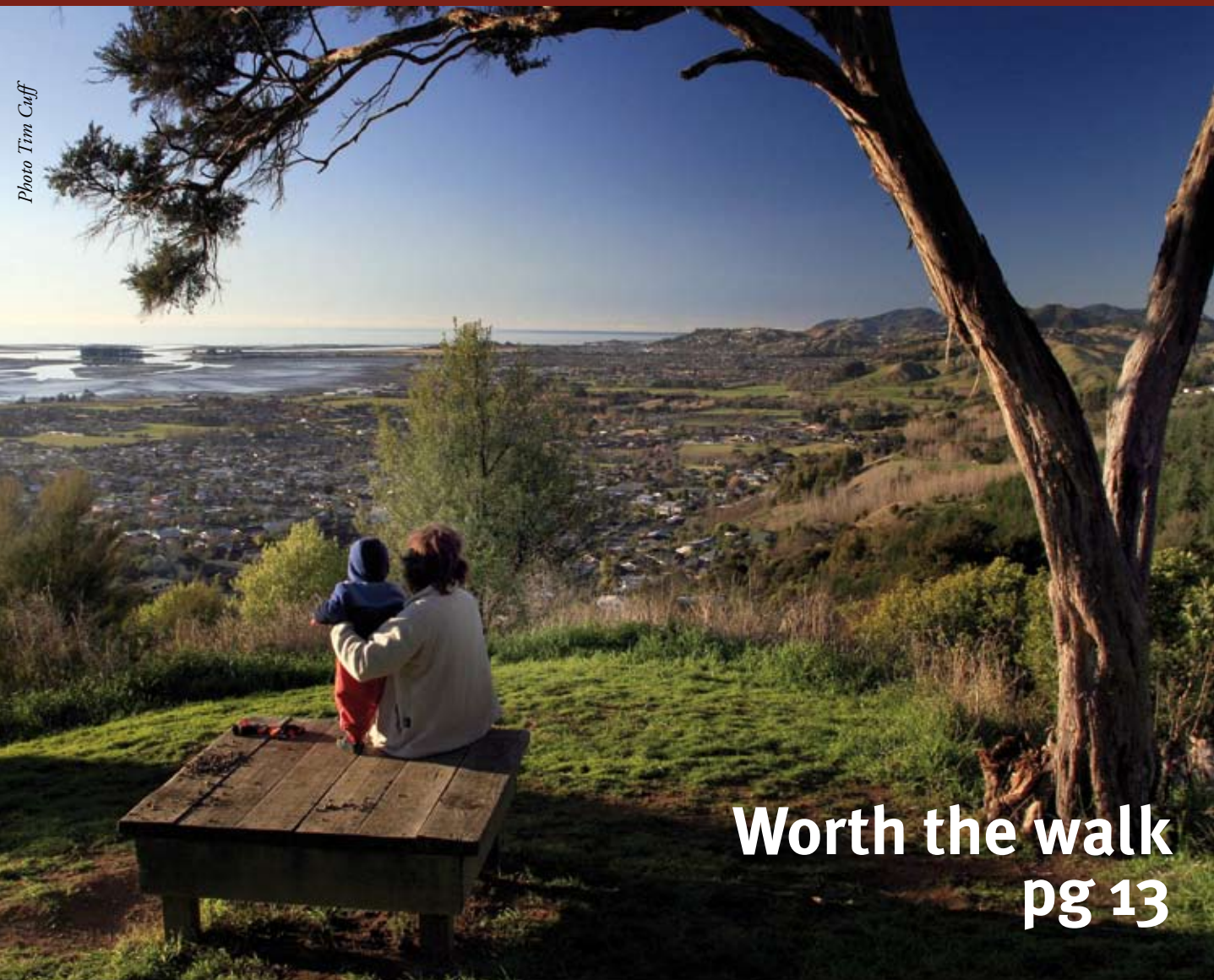


Photo Tim Cuff

**Worth the walk
pg 13**

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Cover Photo: Writer Fiona Terry and son Charlie enjoy the view from the Richmond Hills. Story Page 13. Photo by Tim Cuff.

Mudcakes and Roses

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Published by Tasman District Council
Produced by Dry Crust Communications
Enquiries Phone 03 544 4975
Fax 03 544 4951
Email roses@drycrust.com
Advertising Phone 03 544 4975
Email caro@drycrust.com

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Too good to be true? - Its probably a scam

Consumer fraud occurs when someone is tricked into parting with money in return for goods, money or services. These never eventuate, or are not worth the price. This can range from being talked into buying something over the phone or giving away your credit card details, to door to door sales and internet investment, where a letter or email asks for a “small” donation to enable the release of large sums of money.

So what do you do if you are approached by a fraudster, and how do you protect yourself from these people?

The Ministry of Consumer Affairs website www.scamwatch.org.nz is a great start. You can also report scams and ask questions by email.

The first thing to note is, if it sounds too good to be true, it probably is.

Protect your money – keep your pin numbers safe and never give them to anyone else. Your bank will never ask you for your pin number. If you get phone calls or emails asking you to verify your pin. If you are in doubt ring your bank and report the approach.

Any investment opportunities should be accompanied by an investment statement. If they are genuine they are not likely to be confidential. If the returns are higher than current market rates then the level of risk is probably unacceptable. You should get them checked out by your solicitor or a reputable investment adviser.

Phone protection – don't give out personal details to unsolicited callers. If you receive a call about an offer that seems too good to be true or asks for your credit card details just hang up.

Remember, you don't have to answer phone surveys either.

Protect your computer – keep your software and virus protection up to date. Delete unsolicited or suspicious emails and don't open attachments unless you know who they are from. Don't use internet cafes to do your personal banking. Keep your passwords safe and change them regularly and don't use numbers or names that are easy to guess.

If you think you have been approached by a fraudster, or are just unsure about something, you can contact the Citizens Advice Bureau on

0800 367222 or go to the scamwatch website.

Other good sources of advice are Age Concern (546 7682) and Grey Power (0800 473 979). Both have qualified staff who can help you in confidence.

If you think you have fallen prey to a fraudster, it is easy to feel too embarrassed to report it, but if you do you may save someone else from making the same mistake.

A portrait of Ruby Aberhart, an elderly woman with short, curly white hair and glasses. She is wearing a red and white striped turtleneck under a red zip-up jacket, and a necklace of pearls and other beads. The background is a blurred green bush.

Ruby Aberhart

Honoured for work with the elderly. ■

Ruby Aberhart of Richmond has been made a Member of the New Zealand Order of Merit, in recognition of her work with the elderly in the community.

Ruby has been involved with the Positive Aging Forum for the last six years, as a Volunteer Community Co-ordinator, and currently chairs the Nelson Tasman Senior Positive Aging Forum, working with the Senior Citizens Office of the Ministry of Social Development to improve the lives of older people in the community. She is a life member of Grey Power, and is also the Chairperson of the Nelson Marlborough District Health Board Integrated Continuum of Care Committee.

Ruby describes her younger self as a “shy country girl” who was taught by nuns and left school at 15. It wasn’t until she joined Playcentre when her youngest son was three that she began to realise that she could be a person in her own right, as well as a wife and mother of four young children.

Encouraged by her work with Playcentre, Ruby went on to take an extra-mural Diploma in Pre-School Education through Massey, which she says “acted as a seed, and showed me that I had the potential to achieve”. She became an extra mural support person for Palmerston North Teachers College and learned how to run courses and chair meetings. She achieved all this with the support of her husband, and in the meantime helped out in the orchard at Kina.

Ruby is also well known around Richmond and Motueka for her tireless work in Netball, having been involved as a coach and umpire for over 50 years. She was awarded a Queens Service Medal in 1982 for services to sport, and still goes along several times a week to co-coach and loves to be out on the courts on a Saturday morning. Ruby moved to Richmond nine years ago, but prior to that she worked as a volunteer at the Motueka Information Centre for ten years.

She describes herself as a “black and white” person, dedicated to championing the causes about which she is passionate. She is committed to her work for the elderly. “It is important to me that the elderly are independent and able to live the life they want. They need to know what is available and how to tap into the resources that are available.” The letter advising of the honour reduced Ruby to tears, and she is looking forward to the Honours Ceremony in August.

A booming baby business

By Fiona Terry

Becoming a grandmother has been a life changing experience for Jan Yeo in more than one way.

The expected arrival of her first granddaughter led her to a whole new business venture that has since seen her products dress the bottoms of babies across New Zealand and around the world.

Her company YOYO NAPPY makes cloth nappies that are not only kind on baby but also on the pocket and environment.

It all began when Jan's daughter Adrienne broke the happy news that she was expecting her first baby, Jan's first grandchild. "We've always been very conscious of the environment as a family and when Adrienne told me she intended to use cloth nappies I was thrilled," said Jan.

Adrienne ordered some varieties over the internet from the United States and whenever a new package arrived, Jan - a seamstress by trade - would look keenly at the pros and

cons of each type.

"I saw flaws in all of them and decided to make some myself," said Jan, whose four children were in nappies in the days cotton squares with pins were the best option available.

"None of the ones Adrienne had found had a gusset around the legs to keep fluids in and it was this I was keen to include in a design for my new grandchild."

I take great pride in making every nappy, lovingly, myself...

After much research Jan, whose concern for the environment is so strong she drives a battery powered car, found the perfect stretchy, waterproof, breathable fabric to make the outer shells. She then found the softest, most absorbent and hard wearing fabrics to use inside each nappy. The more she looked into it, the more she realised she had a marketable product. She

asked friends with babies to test prototypes and eventually came up with a successful design.

It was when Adrienne was six-months pregnant that Jan decided she wanted to share the design with others by selling them over the internet.

"I've always felt passionately about lessening our impact on the environment and was horrified, the more I researched, to learn the

impact that disposables have on our world," said Jan

The company name, YOYO NAPPY, is partly derived from the family surname and partly a play on the idea of the babies' nappies going up and down. She had labels printed and commissioned Adrienne, an IT consultant, to set up the company's website.

Jan then sent samples to people in the industry and the nappies quickly promoted themselves.

It was just days after the website's launch that Jan's first sale came through. By the time she welcomed granddaughter Poppy into her life in February 2006 she'd already sold 200 nappies, some as far afield as London and Moscow.

"People like the fact the size of my nappies is generous, giving more room for padding inside the nappy pocket to absorb fluids. Also, the rise is higher at the back to contain explosive poos and importantly people like the lined gusset to keep the leg area snug."

More recently Jan, who was awarded a 2006 Business and Industry Environmental award from Tasman District Council in recognition



Jan Yeo with her YOYO Nappies

of the design, manufacture and marketing of her eco friendly nappies, has added products made from organically grown bamboo to her range.

Jan's business has now become a fulltime occupation. Colourful rolls of fabric fill her lounge and when there's a large order to complete her semi industrial sewing machine chatters into the early hours.

"My house is my factory," said Jan. "I take great pride in making every nappy, lovingly, myself. My quality control is too demanding for me to get anyone outside involved in production."

Luckily her husband Lindsay has fully embraced her business venture too. "He's such a great support," said Jan, "He'll help out in whatever way I need, whether that's attaching the poppers or posting mail. It's very much something we're doing together, which is wonderful."

To find out more visit www.yoyonappy.com



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Helping refugees is rewarding work

Imagine a job so rewarding that the family you've helped gives you the privilege of naming their newborn baby.

That's exactly what happened to Linda Stern of Nelson. Linda is a volunteer with RMS Refugee Resettlement – the national agency that helps families and individuals settle into New Zealand after escaping persecution and conflict in their homelands.

"I've done all sorts of volunteer work before but nothing compares to this," said 51-year-old Linda, who prior to living in New Zealand worked as a computer programmer in New York City.

"I am now doing work that's so gratifying and rewarding because it feels like there's a real need and that it's worthwhile."

Since joining the non-profit organisation in July 2006 she has worked with a number of families and individuals.

Most of those needing help from Refugee Resettlement have fled Myanmar (previously known as Burma).

After arriving in New Zealand they spend six weeks at a reception centre in Mangere before moving out to the regions covered by the organisation. Once the volunteers in those regions know who will be arriving they form a support team of between three and seven people dedicated to the new arrivals. Each volunteer has tasks, such as organising a house for the family, furnishing it, or coordinating their medical needs once they arrive.

To give the refugees an idea of what to expect at their new homes the local volunteers write to them and send photos of themselves. They also welcome them at the airport and take them to their new house.



Sui Sung Zamar and baby Samuel.

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Sensitivity is essential as for many refugees the move is another trauma to add to their long list.

“We need to remember that these people are in shock,” said Linda, who got involved with the organisation after seeing a poster at the library which said how desperately volunteers were needed.

“They have no concept of the place they’re going to and the future is a total mystery. They need to be reassured they have been brought to safety.”

Having relocated to New Zealand with her husband 14 years ago, Linda knows how difficult it can be to move country, even without having experienced the traumas the refugees have endured. To a certain extent her experience has helped her empathise with the refugees.

“Our job is all about making the settling process easier, to make them aware there are people here who care about them,” said Linda.

Basic things like shopping can be major tasks for people who’ve been brought into an alien environment.

I’ve done all sorts of volunteer work before but nothing compares to this..

“A lot of these people have had only basic education and come from subsistence farms. Many would have needed to walk for days before reaching a village with electricity. Organising payment of rent, opening bank accounts, registering with WINZ, even things like understanding the concept of recycling and operating an ATM machine are all new concepts we can help with.”

The volunteers also help families with children find places at school. On one occasion a boy’s mother was too ill to take him for his first day, so in stepped Linda.

“I could only speak a few basic words of his language so I couldn’t introduce him to the teachers,” she recalled. “Luckily there were other children from Myanmar at his school and we bumped into one of the mums, who helped him feel calmer about the day.”

For the first two weeks the refugees have a visit from one of the volunteers every day. After that the visits become more relaxed, but still regular, with the families always knowing they can contact somebody whenever they need help. Some volunteers get more involved than others, depending on their commitments.

Although the refugees have basic English lessons during their initial six weeks in Auckland, communication is a real challenge. “We rely a lot on gestures and tone of voice to understand each other, which leads to some funny situations. Imagine trying

to explain the concept of making money through interest added at a bank,” said Linda. She also recalled the first time she had to explain to a someone that he needed to do a stool sample.

“By the end of my sign language we were all laughing so much my stomach hurt.”

It can take people a couple of weeks before they start to relax and feel comfortable in their new homes. It’s then the friendships really begin to form.

“I’ve developed a real close bond with some of the people - like the family who recently had a baby. When they asked me to name him it really did bring tears to my eyes.”

Baby Samuel’s parents joked that maybe they should call Linda “granny”.

“I don’t have children of my own and drew a line at that one – I’m not ready to be called granny. It became the joke that they’d call me ‘aunty’ instead

and I realised that I had an amazing instant extended family right here in Nelson.”

For more information on RMS Refugee Resettlement contact the Nelson branch on 03 539 4509 or see the website www.rms.org.nz



Volunteer Linda Stern.

Nepalese sisters doing it for themselves

By Fiona Terry



Dicky Chhetri with Porters Tika, Subitri and Sunita.

Three plucky Nepalese sisters are not only challenging society's expectations of a woman's role but also helping trekkers from overseas enjoy the Himalayas.

The Chhetri sisters, who run a trekking agency in Pokhara 200km west of Kathmandu, have successfully forged careers and independence in a male dominated culture – and now they're encouraging other women to do the same.

It all started when Lucky, Nicky and Dicky Chhetri opened a guesthouse in the trekking centre of Pokhara. "We wanted to run our own business because we'd been fortunate enough to have parents who encouraged us in our education and to be independent," said 38-year-old Nicky.

"We had repeated requests from lady travellers for female guides who would accompany them trekking.

"There weren't any, so in the end our eldest sister Lucky, who loved being in the mountains, escorted a Canadian woman trekking and really enjoyed it. Lucky went on to become the first Nepalese woman to complete the Himalayan Mountain Institute training course which involved everything from trekking and rock climbing to rescues, emergencies and conservation."

According to research from a Nepal-based organisation, the household is the major work centre for women in Nepal. This includes subsistence agricultural work, home-based cottage industries as well as all unpaid domestic work. The report concluded that women's involvement in industry and business in general was very low and there was little chance of new economic opportunities.

For rural women especially it is hard to break the traditional mould.

"The majority of these women are overworked, uneducated and underprivileged," said Nicky. "They lack self-confidence and due to the attitudes of others in society they do not consider themselves to be as valuable as men.

"By offering education and skilled training with work at the end, we hope to encourage women to become self-supporting and independent. They will then encourage others and hopefully bring about a real change in the way women are treated in this country."

Nepal's culture made it difficult for the sisters to start out in business.

"We've faced challenges all the way from those who hold traditional beliefs about women and their place in society," said Nicky. "For instance we've had to deal with eviction from our premises by male landlords who've resented our success."

The sisters overcame the resentful landlord problem by commissioning their own brand new building – a specially designed 10-bedroom guesthouse which has views out across Fewa Lake on the edge of the town.

The sisters now arrange more than 120 different treks a year and at peak times have a team of 50 working with them.

According to Nicky, patience is just one of the many qualities their women staff possess.

"It takes a great deal of effort to continually prove that we can succeed, but fortunately we have each other to

keep us strong and we all agree on the way we like to work," she said.

The sisters' method of recruitment is vital to their project. "We like to train people ourselves because we want to make everything perfect," said Lucky.

"Our staff act as friend, guardian, teacher, medical adviser, cultural and environmental expert, attendant and sometimes even mother - there just wasn't a course in existence to cover all these aspects."

One customer who has appreciated the agency's service is Kiwi Jane Burke, a farmer from the Bay of Plenty.

"A friend of mine had been reading a newspaper article about world expeditions and right at the end there was a tiny paragraph about the three sisters' agency and how

it was a good idea for women thinking of going trekking on their own," said 49-year-old Jane. "She had been asking me if I'd like to go and in the end we decided to contact the Chettri sisters and they organised our trip for us. The costs worked out to be quite reasonable.

"I'd only ever left New Zealand twice before so I was quite apprehensive about what it might be like, but the sisters were fantastic from the word go. They organised everything for us, from the internal flights from Kathmandu, to our guide and porters, accommodation and food along the way."

Jane has now holidayed twice with the sisters' agency. The first time, in April 2005, was a 12-day trek to the Annapurna Base Camp. When she returned again in March this year the sisters organised an 11-day Jomsom trek. Both were around 100km in length and for both trips the sisters had arranged women porters, with Dicky as the guide.

"We were amazed when we arrived for the first of our treks and we were introduced to the porters who'd be

carrying our luggage and they were girls, no bigger than me (I'm 5ft3) and very slight build. I felt guilty to start with but Dicky told us not to as it was all part of the girls' training to be guides and that they were getting paid well for it. It was also reassuring to know that these women welcomed the opportunity to earn their own income and also to follow a career."

Jane embraced the opportunity to get to know more about women's lives in Nepal.

"Most of the other guides and porters didn't socialise with their clients once they'd arrived at their night's accommodation but we got to mix with ours. They taught us Nepalese songs and dances and we

really enjoyed their company."

Jane is sure part of the reason she felt so relaxed about the trek was because of the sisters' motto, "slowly slowly, gently gently". It was an approach she and her friend appreciated, instead of a competitive leap up the mountains. "The scenery was just stunning and we were amazed at what we managed to do each day," said mother of three Jane, who felt a huge sense of achievement during the trek. "We were totally looked after the whole time, like we were in the company of some wonderful

friends. They were very intuitive to our needs, very conscientious and extremely considerate. We only had to sneeze or our shoe laces come undone and they'd be there, wanting to check we were okay or help us."

Jane's treks were just two of the many the sisters offer. The others range from the challenging 21-day trek of the Annapurna Circuit, with accommodation in local guesthouses, to camping expeditions or gentle rural walks in the Pokhara Valley, with accommodation at the homes of local Nepalese families. "We'll happily tailor treks to individual clients," said Dicky.

Costs vary from set packages, including food and accommodation, or hire of a porter or guide separately. Male guides and porters are available for men trekking.

"We concentrate on exploring the mountains and enjoying the experience there. Our aim is to share knowledge of the flora and fauna and local village life and enhance visitors' understanding of the Himalayas. We do not bring stopwatches in our backpacks, we bring time... to stop and smell the mountain flowers and enjoy the sights and sounds of the surroundings," said Dicky.

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We like to train people ourselves because we want to make everything perfect.



Jane Burke with her porter Omkumari at the summit of Poon Hill.

Smart shopping with Nicola Galloway

If you've ever wanted to know more about what's really in the food you're eating it's time to seek the help of nutrition consultant Nicola Galloway. Nicola, a qualified chef and author on the topic, runs supermarket tours for people interested in learning more about healthy eating.

Fiona Terry joined a tour of Richmond's Fresh Choice for what turned out to be a real eye opener of a trip.

Having always considered myself to be a healthy eater I was shocked to discover things aren't always what they seem. Packaging can be deceptive and it took Nicola to point out why.

One of the first things she did was supply each of us with a handy wallet-sized guide which showed

the best way of understanding the nutrition information boxes listed on packaging.

Most of us are aware that too much salt, fat and sugar are bad for us – but knowing how much is too much is key and that's exactly what Nicola helped explain. We used the palm-sized guides to compare, under Nicola's guidance, how healthy some of the foods we regularly buy really are.

Bread held one of the biggest surprises for me. I'd been buying what I'd considered to be one of the most healthy looking loaves available. I confess my judgement had been based on packaging, but closer inspection by Nicola shocked me into realising that I'd been buying a loaf containing very high levels of salt (sodium). Same went for one of the breakfast cereals I'd regularly loaded into the trolley.



Nicola Galloway reads the fine print to see what's really in the box. (Photos by Jungle Payne)

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Some of the products we looked at contained additives, listed in numbers. I'd never known what any of these were and Nicola helped to explain them too. One that kept cropping up was Flavour 621. This turned out to be monosodium glutamate – something we all admitted we would rather avoid.

“The closer you can get to a natural product the better,” Nicola said, “Look for the ingredients you recognise.”

Things like the heart tick can sometimes be a useful tool in helping locate products that are low in saturated fat and salt but the advice from Nicola was not to discount the products that sit alongside them on the shelf that don't display the heart tick – they may be just as good.

“Food manufacturers pay to have the heart tick so just because something doesn't have it doesn't necessarily mean that it's not healthy, it may just mean the manufacturer hasn't felt the need to subscribe to display the logo,” said Nicola.

We were all fascinated when she explained how to help manage energy levels through the type of foods we eat. “Carbohydrates, such as grain cereals, sugars, vegetables and fruit, provide us with energy,” she said. “In a simple form, such as white bread, cakes and pasta they provide a quick burst of energy. In complex form, such as brown rice and wholegrain bread the energy release is slower and when you combine consumption of these with a protein - for example meat, cheese, beans or nuts - the energy release is extended further, giving more sustained energy levels throughout the day.”

Even in the fruit and vegetable section Nicola had some helpful tips to making sure the produce we picked was of the optimum nutritional value. “The freshest fruit and vegetables are to be found around the periphery of the supermarket,” said Nicola, “These are usually the ones kept in the chilled areas and this refrigeration helps maintain the nutrient content.”

Wherever possible try to eat in season and support local producers as it'll not only be cheaper but the food will be higher in nutrients than imported produce.

“Nature knows best what we need so eating in season really works to our advantage. Things like lettuce and cucumbers are abundant in summer when our bodies need lots

of high water content foods to help keep us cool. In winter more dense foods such as parsnips, squash and pumpkin help to bulk out our food when we need more carbohydrates to keep warm.

“Many imported fruits are picked before they're ripe, with ripening taking place while the produce is in transit. A lot of the nutrients are concentrated during ripening so this means that a diet including lots of imported ingredients and few locally grown crops isn't as healthy as it could be.”

At the end of the tour, which lasted just over an hour, we were all inspired... shopping will never be the same again!

Visit www.nicolagalloway.com



Nicola Galloway educates shoppers on a supermarket tour. (Photos by Jungle Payne)

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Dance your way to better health



If you'd like to keep fit but don't think sport's your thing, why not try swaying to some uplifting rhythms at Richmond Dance Studio.

Latin in Line dancing and Latinasize, run by Heather and Michael Emery, has become a popular way for the over 40s to get active, whatever the weather.

Every Wednesday classes specifically designed for seniors see people leaving their worries behind for a 45-minute class as they concentrate instead on the likes of the Rumba, Bossanova and Cha Cha.

"We have two classes, one in the morning for seniors, mainly over 65s, and one in the evening for the 40s plus," said Heather, who together with husband Michael has been teaching in the region since 1998.

"We write the routines to suit the age groups and because we're qualified we know the precision of the movements and how to direct people so that they don't injure themselves. The key is in the footwork – we teach that first and then work on the flair and arm movements later."

One of the advantages of the lessons is that no partner is required. Men are just as welcome as women and one thing you can be sure of is a friendly atmosphere with lots of smiles and laughter.

"We do have fun and like to think we're more of a family here," said Heather, who's been dancing since she was a teenager and has competed in Latin

American, Ballroom, New Vogue and Old Time over the years, winning a number of positions in local championships.

"I take everyone's abilities into consideration and concentrating on the steps really gets peoples' brains working. Everyone seems to love the music and if somebody's finding a particular move too difficult, I'll change it to make it easier. Some people like to come along early for the lessons so that they can discuss what we did the previous week and talk through how they've been practising at home. After the class some pupils like to go for a coffee together."

Heather, talks through the steps of a new dance and calls out the names of each move so that everyone becomes familiar with the right terminology, such as the cucaracha and hip twist chasses.

"One lady in her 80s especially enjoyed taking part in the demonstrations we would sometimes put on for other seniors clubs and organisations in the area. A lot of people have said how it's helped their health, especially loosening up painful joints.

"We cater to any ability – whether you've got two left feet or two right legs!"

To find out more about the classes at the Dance Studio in Richmond Mall ph 547 4863.



Heather Emery, front, leads a dance class at the Richmond Dance Studio.

Get a bird's-eye view of the bay By Fiona Terry

If you've ever wondered what the views are like from the Richmond Ranges, getting a bird's-eye perspective could be easier than you think.

A challenging but pleasant 30-40 minute circuit starting from Dellside Reserve on Lodestone Road, Richmond, takes you to a plateau high above the noise of civilisation, with views that stretch out across the town to Haulashore Island, Nelson, Mt Arthur Ranges and over the bay towards Abel Tasman National Park.

We set off late one afternoon to enjoy the last of the day's sunshine with our one-year-old son in a backpack carrier and our three-year-old daughter, Jazzy, trotting alongside.

The path led up away from the houses through the Dellside Reserve, one of the biggest in Tasman District. It started out fairly easy going but soon became quite steep and it wasn't long before Jazzy was finding it challenging, but she marched on determinedly. Every tree root in the path became an obstacle to jump and every flower and leaf an opportunity to stop and catch breath.

Baby Charlie clapped and joined in with the calls of "wow" each time we reached a break in the trees to catch a glimpse of the view.

We pushed on with the last of the upward sections to reach the highest point of the walk, a grassy plateau with a platform for a well deserved rest.

The views were amazing and we looked down at the planes coming in to land at Nelson Airport. It was well worth the climb.

As we took in the view we enjoyed

a quick snack and tried to pick out which of the thousands of tiny rooftops below was that of our own house. For me, being distanced from the buzz of everyday life was total therapy. I could happily have stayed much longer but the sun was getting low and little Charlie was keen to see what was around the corner.

The path from this point was well made and gravelled. As we descended, it wound in zig zags through the bush and it wasn't long before we reached Valhalla Drive.

From here the walk is more suburban than off road, which was quite a relief as we'd spent too long at the top and the light had begun to fade, with the sun setting orange behind the chimneys as they started to issue their first smoke of the evening.

A few more minutes and we were back at the entrance to the park where we'd parked the car to begin our walk. As we looked back up to try and see the route we'd followed it was hard to believe Jazzy's young legs had carried her the whole way – it's amazing what the distraction of a wonderful view can do!



Fiona Terry and daughter Jazzy explore the Richmond hills. (Photo by Tim Cuff)

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Brook Waimarama Sanctuary Trust marks significant milestone

The Brook Waimarama Sanctuary Trust is a community-based project working to create a pest-free wildlife sanctuary on the outskirts of Nelson. The project is moving ahead with the recent appointment of a full-time paid coordinator and a teaching fellowship has also been established thanks to a local donor.

The Trust held the opening of its entrance building in April. The opening was a milestone, marked by a dawn ceremony with a taonga puoro (traditional Maori instrument) played by Richard Nunns, followed by the calls of a bellbird, as the building was blessed before more than 100 supporters.

Trust Chairman David Butler said that the entrance building was a stake in the ground that signified that the concept was more than just a great idea, and that it also has a huge amount of community support. The building provides an

educational resource for visitors, and features information boards and displays created by local artists and designers, produced with funds from the Ministry of Tourism.

The key element in the next stage of development is a pest-proof fence, which has a fundraising target of \$3 million. However it is hoped that this figure will be reduced once contributions from local businesses are taken into account. Nelson City Council has approved in principle an allocation in the Long Term Council Community Plan of \$1 million over four years from 2008/9.

Apart from the one fulltime paid employee, the trust is supported entirely by its 450 members, of which about 100 are actively involved as volunteers.

“There are many ways for people to help,” said David. “They can become involved with pest eradication in the field, help to staff the entrance

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Peaceful and inspiring indoor/outdoor dining, adjoined to historic Riverside Community – enjoy a walk around after your meal.

Opening for the new season Thursday – Sunday

building, help with art work, design, administration, or join the trust and contribute financially.”

The Trust and its achievements so far have been driven by volunteers, and by contributions of money, goods and services from local businesses. The Sanctuary building is currently open on weekends from 10am – 4pm, with hours increasing later in the year. More volunteers are needed to enable a seven-day roster to be established for the summer.

The Trust is now focused on raising funds for the pest-proof fence, and once that is in place threatened native species will be introduced with help from the Department of Conservation and Operation Nest Egg. It is hoped kiwi, yellow head, kokako, kaka, tuatara and native bats will thrive there. David Butler notes that the reserve could become a major site for the endangered Okarito kiwi.

Get involved

The Trust is also seeking volunteers to undertake a garden bird survey. The idea is to record sightings of garden birds between Richmond and Nelson now, and then record the increase over the coming years as the Sanctuary starts to take effect, hopefully providing a breeding ground for native birds that will populate the surrounding areas. If you would like to be involved, contact the Trust: email info@brooksancutary.org or phone 546 9175 ext 683, or www.brooksancutary.org.



Volunteers make pest traps for the Sanctuary.

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41 Nile St East, Nelson

Abbeyfield - options for ageing

Would you like to retire into your own ensuite with meals provided, at a reasonable rental? At the same time, retain your independence?

Abbeyfield may be worth your consideration.

Abbeyfield is a voluntary society providing housing options for older people who need companionship and available housing.

It was started in England over 50 years ago by Richard Carr Gomm, who opened the first home to help the poor and lonely, in Abbeyfield Rd in London.

Abbeyfield is not a rest home, a housekeeper-cook is employed by the management committee who are volunteers.

The first Abbeyfield home in New Zealand was opened in St Francis Way, Songer St, Stoke. It was the work of Dr Ted Bassett and a steering committee, in 1994.

Homes operate in Motueka, Takaka and a new one is planned when funding is available at Mata Close, Tahunanui.

Homes are operated in other centres in New Zealand

and more are being planned.

The house at Stoke has 10 ensuite units and a communal lounge for residents.

The costs are kept to a minimum and reflect National Superannuation income. There is no means test for residency, but prospective applicants are invited to spend a week in the home before being considered for residency.

People applying need to be physically fit to look after themselves, as there are no resident caregivers. Residents may make their own arrangements for cleaning and nursing care and this is encouraged.

Companionship, independence and affordability are key concepts for Abbeyfield house.

Enquiries are welcomed by the Abbeyfield Society
Abbeyfield Society New Zealand COE mr C
Armstrong

159 Hardy St Nelson 5466459

Applications Officer, Bernice Hodgson 5476530

\$12 entry & free car rides

Every weekend of August!

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In the last issue of Mudcakes & Roses we featured the Sport Tasman Green Prescription programme – if you've been advised you need to be more active for your health but find it hard getting motivated, are not sure what would be the right thing for you, or just feel self-conscious about starting some sort of physical activity, talk to your GP or nurse now about a Green Prescription – a great way to get support, motivation and appropriate advice about how to be more active. One of the great physical activities you might then like to try is aqua fitness.

Some of the advantages of water exercises are:

- Water provides support for the body; nearly 90 percent of weight is supported. This greatly reduces the risk of any bone, joint or muscle injuries.
- Aquatic exercise can improve flexibility without causing excess pressure on joints. The effects of

gravity are reduced in the water, making it easier to move joints through a wider range of motions.

- Exercise in water can be much more comfortable than exercise based on land. This is because during the workout, water continually cools the body.

- Because you have to move your body through the water's resistance you can burn calories quickly.

Excellent aqua fitness classes are held at the ASB Aquatic Centre in Richmond, at Ngawhatu Pool and at Riverside Pool in Nelson. These classes cater for the nervous beginners and non-swimmers to those more experienced and can be undertaken in shallow or deeper water.

As a Green Prescription participant you will be eligible for some free or reduced rate classes and will be given a personal free tour of facilities and have any questions answered before you decide to take

the plunge! You will be supported and encouraged to take it at your own pace, meet some new friends and do something great for your body. You might get addicted – but you won't know until you give it a go.

Some happy Green Prescription patients comment:

"I was nervous at first, but once I got in it was great – and my blood pressure has come down."

"I've never done anything like this before but now I love it – and I can do the exercises in the water that I could never do on land."

"I didn't think I could do anything at all because of my medical problems, but here I am and I'll keep going!"

If you are interested in more details about Green Prescription pool activities, please phone Sport Tasman on 546 7910 or Freephone 0800 228 483.



programmes & events

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

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

Mudcakes and Roses

PO Box 3352, Richmond, Nelson

or email barb@drycrust.com

or fax **03 544 4951**

Stoke Seniors Club – Social seniors moving forward

Over the past year we have had a change in our membership which has seen it move to a younger more active age group. We currently have a membership of 170 and welcome new members.

There have been a rise in number of Lads and Ladies days out. Also very popular are our Monday outings where we are visiting various parks and reserves around Nelson and Tasman area.

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

Give us a call – you never know what might be going on!

Contact Christine or Derek on 03 547 2660.

Regular activities

Scrabble Club – Meets Mondays 1.00pm at for fun, friendly games

500 Club – Meets Wednesdays 1.00pm Stoke Memorial Hall. New and experienced players welcome

Euchre – Tuesday mornings 10.30 for an enjoyable relaxed game

Line dancing – Wednesday morning 10.30am gentle dances to be enjoyed

Ladies Own – Going to places of interest followed by a café lunch 3rd Friday of the month

Mahjong Club – Tuesdays 1.00pm Stoke Memorial Hall new and experienced players welcome

Tuesday – Thursday meals – 2 course meal at 12 midday for \$8, bookings required for small groups, otherwise call in

Quiz afternoon – details to be advised

Strengthening exercises – Wednesday 10.30am. great for helping maintain bone density.

Exercises – Thursday morning 11.00am gentle exercises to improve co ordination stability and movements can be done sitting or standing.

Lads at Large – Visiting and going to places of interest last Friday of the month leaving the Stoke Memorial Hall at 10.30 am

Park Explores – Enjoy a walk around the various parks and reserves in Nelson and Tasman, discover places you haven't been to before, Every Monday 10.30 am. Contact the centre for more information.

New for 2007

We have people interested in specific activities. If you have an interest in joining any of these please ring and let us know

Rumicub Club

Cribbage Club – Thursday 1.00pm

Movie group – for those you like a good movie

For more information phone Christine or Derek, phone 03 547 2660, fax 547 2680 or

email stokeseniors@xtra.co.nz

Hope-Ranzau

Womens Institute

Meets at 1.15pm the first Wednesday of each month at Holy Trinity Church Hall, Dorset Street, Richmond. Visitors always welcome.

For more information phone Brenda 03 544 5872.

Crafts caring and sharing

Mondays at the Wesley Centre, Richmond 9.45am – 11.45am. Gold coin donation, includes morning tea. For more information phone 03 544 9174 or 03 544 7458.

Housie Evening

Everyone is welcome to come to Housie and have fun.

Stoke Rugby Clubrooms, Neale Avenue, Stoke

Wednesday nights, 7.15 pm – 9.45 pm.

Great cash prizes and meat raffles. Two-line Bingo. Supper, tea/coffee and bikkies. For more information contact Buddy 03 547 3230 or Anne 03 547 6987.

Senior Adults Gathering

A monthly event for Senior Adults is held at Bishopdale Community Anglican Church, 238 Vanguard St Nelson from 2.00 - 4.00pm on the first Tuesday of each month.

The afternoon provides speakers, entertainment and activities followed by afternoon tea.

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

Club 50

Aug / Sep / Oct

For all activities meet at Tasman Recreational Resource Centre (TRRC) Cambridge Street, Richmond at 9.30am unless otherwise stated. For enquiries and to register please phone Paula on 544 3955.

Carpool transport recommended costs:

\$2.00 for 0-25kms	\$3.00 for 25-50kms
\$4.00 for 50-75kms	\$5.00 for over 100kms

August 7

Walk and talk to Jubilee Park and along the Railway Reserve

August 14

Indoor activities with Glenis. Stretch and flex.

August 21

Mental health talk. Dave Hough, Health Promoter for Public Health Unit on emotional health issues.

August 28

Eating for a healthy heart. Tips and traps and understanding.

September 4

Reading food labels. Collect food labels or packets for us to study.

September 11

Learn about pedometers and how they can ease you into activity. Try one out.

September 18

Bring along a healthy pot-luck plate and then it's pamper time unwind with a movie.

September 25

Walk and talk –to McMillians Cafe and back. Rain or shine so come prepared.

Reunion

On 16th, 17th, 18th of November 2007 Whareama Rest Home will be celebrating 50 years of Care and Service to the Elderly.

Former employees and volunteers are invited to register their interest by contacting Whareama, Rest Home, 81 Neale Ave, Stoke.

Tel: 03 547 7786

Fax: 03 547 6174

Email: office@whareama.org.nz

Motueka Recreation Centre

– where it all happens!

50+ Classes are held Tuesday and Thursday mornings at 9.30am with Anna. A fun class especially programmed to suit those who are more senior. If you think this is

for you, feel free to pop along and try out any one or even both classes. A great routine set to great music, low impact with less intensity but nevertheless you still go away feeling that you've had a good workout. Runs for about 1 hour. Cost: \$3

You can also give badminton a try. Games are held at the centre from 7 till 9 every Thursday evening for players of all ages and all levels. New players are always welcome. The court fee is \$3 and if you want to hire a racquet it's only \$2.

How about hitting the gym? The Recreation Centre Gym is open from 9.00am till 9.00pm Monday to Saturday. Help is also available for beginners.

If you need more information on any of these classes please feel free to contact the Motueka Recreation Centre on (03) 528 8228 or fax (03) 528 8560.

Nelson Highland Dancing Organisation 50th Jubilee

We are hosting the New Zealand 18 and Over Dancing Championships on **Friday 19 to Monday 22 October 2007.**

A reunion will be held on the Friday evening at Nelson College Hall, Waimea Road, Nelson, followed by the official opening ceremony.

We cordially invite all people associated with the NHDO to register. Costs: adults \$25.00, under 18 years \$10.00, includes entry to the reunion evening, complimentary drink, supper and official ceremony.

Enquiries to Jim Cochrane, phone (03) 547 8129 or email: jim.cochrane@xtra.co.nz

Nelson Dance Along

July 21, August 4, September 1, 7.30pm to 11.00pm

Richmond Town Hall. Tape Music, Supper Provided

Admission: Members \$3, Non-Members \$3.50

Enquiries to: Rosalle Winter, Phone: 03 548 2236

Age Concern Activities

Tuesday and Thursday Drop In Centre, 9am-12pm for cuppa and company

Wednesday 9am-2pm, Various activities are held. For full programme please contact Elaine Mead, 03 544 7624.

Friday Age Concern Easy Exercise by Freda Beloe. 10.00am-11.00am cost \$1.00 Morning Tea afterwards

Advocacy Service: Contact Elaine Mead 03 544 7624

Accredited Visitor Service: Contact Catherine Findlay 03 544 7624

Prevention & Early Intervention of Elder Abuse: Contact Jim Davis 03 546 7682

Nelson Fifty Plus Walking Groups

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

We offer farm walks, mini walks and fortnightly tramps for people with a higher degree of fitness and stamina than the average walker. Drivers of all cars are asked to notify the leader of the day of their intention to walk and to confirm meeting place. The distance shown against each trip is the approximate road distance from Nelson to the starting point of the walk and return. Passengers are asked to contribute to the cost of petrol at 8 cents a kilometre. Come prepared for adverse weather and remember no smoking or dogs on walks please. Anyone wanting to find out more about the Nelson Fifty-Plus Walking Group is welcome to call the Chairman, Noel Brown 544 2286 or Secretary Carolyn Brown 544 2286. Walk cancellations are broadcast on Classic Hits 90FM and More FM.

August

- 9 9.00am, Abel Tasman - Yellow Point, E.
- 14 9.30am, Hackett Falls - Chrome Mines, M.
- 23 9.30am, Blue Hills Cable Bay, M.
- 28 9.00am, Green Hills Lookout Tapawera, E.

September

- 6 9.30am, Ruby Bay - Kina, E.
- 11 9.00am, Little Ben Farm, H.
- 20 9.30am, Pinchback, M.
- 25 9.30am, Whakamarina Canvastown, M.

For more information about mini walks contact Gwenda Wallace, phone 03 544 5307, or Gwen Wills, phone 03 547 3315.

Fresh Focus

We are a voluntary organisation formed in 1977 to arrange speakers on wide variety of subjects. Our talks last 45 minutes plus 15 minutes for questions. They are divided into five sessions throughout the year – three to five talks in each – avoiding the school holidays.

Mondays 10.00am

Suburban Club, Tahunanui

All welcome, no membership, admission \$2.

Flyers are distributed to local libraries.

Session 4 August 6, 13.

Session 5 September 3, 10, 17, October 8, 15

October 29 11am Peter Coubragh, who is building the Chinese Garden by the eel pond, will be showing us around. We will take our own lunch along for a picnic.

After paying expenses, any surplus funds are donated to the Hospice.

Dancing in Richmond

Dancing is a great social past time that provides plenty of benefits. People of all ages and abilities can dance, but perhaps the most significant argument in its favour is that it coordinates the brain and the body.

The differences in the various styles of dances such Standard Ballroom, Latin American, New Vogue, Rock-n-Roll, Salsa and others develops memory muscle which in turn educates the head, body, arms, legs, and feet, resulting in improved co-ordination. Regular dancing improves muscle tone, assists weight loss where required, corrects poor posture, assists breathing, and is an activity to be enjoyed individually and collectively.

Group classes are offered in ballroom, Latin American, Basic, Rock & Roll and Salsa as well as Latin-in-line and street dancing. Come and give it a go!

Richmond Dance Studio, Richmond Mall, phone 547 4863

Crafts courses in Tahunanui

Tahunanui Community Centre is holding an introductory workshop for various popular craft activities.

The two-hour session covers the basics of these fun crafts.

Our social group “Friends and Neighbours” are local residents who come along on Wednesday afternoons and will be the core participants of our session.

Courses coming up:

Meals for One

Terracotta Pot Painting

Contact: Tahunanui Community Centre, 61 Muritai Street, Tahunanui Ph: 548 6036

Richmond Waimea

Toy Library

Gladstone Road, Richmond

(Jubilee Park behind the Badminton Hall)

Toys for Newborn to Age 5

Casual membership for grandparents available

Opening Hours:

Tuesday and Saturday 9.30am – 11.30am

Thursday 6.30pm – 8.00pm

Phone Sue 544 6609 or Jan 544 0452

Healthy Hearts Club

If you have concerns about your cardiac health, this group is for you!

The Healthy Hearts Club meets every Thursday morning from 9.30 till 10.30 at St Thomas’s Church Hall, Motueka. The cost is just \$4 a session and it includes gentle exercise and advice on healthy living from a number of interesting guest speakers.

For more information of the Healthy Hearts Club in Motueka, contact Cindus Colonna on 543 2033.

Senior Net Motueka

Computer learning for the over 55s in a no pressure, friendly environment held in our well-appointed clubrooms at 42 Pah Street. Join now and take advantage of being part of a happy, sociable club with competent volunteers dedicated to teaching you the rudiments of your computer through to advanced classes. Plus enjoy photography and outings in the field with the digital camera group and explore your family tree with the genealogy group.

Contact Margaret 03 528 4245.

Motueka Senior Citizens Association Inc

New members are welcome and you can come along a couple of times before you decide about joining.

Subscriptions are \$10 per annum. Associate members from 50 years of age. Activities are held weekly and monthly.

Weekly

Bowls – Monday, Wednesday and Saturday at 1.00pm

Line Dancing – Tuesday 9.30 – 10.30am.

Cards and Rummikub – Thursday at 1.00pm.

Weekly activities cost \$1 which includes tea and biscuits.

Monthly

Activity Afternoon – 2nd Friday in month at 1.30pm. 50 cent raffle. \$1 admission includes cuppa.

Housie Afternoon – 3rd Friday in month at 1.30pm. 50 cent raffle. \$1 admission includes cuppa.

Social Afternoon – 4th Friday in month at 2.00pm. \$1 entry fee, 50 cent raffle. Entertainment by various groups.

Birthday Social – 4th Friday in August at 2.00pm. \$1 entry fee, 50 cent raffle. Afternoon tea and entertainment organised by Rotary.

Christmas Party in December – Free Entry, \$1 raffle. afternoon tea and entertainment organised by Lions.

All events are held at the Senior Citizens Rooms behind the Motueka Library in Pah Street.

For more information contact:

George Riordan, phone 528 7960

Secretary – Reg Manson, phone 528 8207

Indoor Bowls

Every Friday at 6.40pm

Non-competitive and friendly at Stoke Methodist Hall in Putaitai Street

Ph Evelyn 547 7669 for more information.

Motueka 50+ Walking Group

All walks leave Decks Reserve Carpark at times stated, where transport is arranged. Meetings are held on the last Thursday of each month in the Uniting Church Hall (behind the church), High Street, beginning at 9.30am. Visitors always welcome.

For information phone the Chairperson, Colin Hooker 528 8240 or Secretary, Vivienne Pearson 526 6076.

Members who do not wish to start early on the walks for all are encouraged to assemble at Decks Reserve at 10.00am to agree an alternative option.

August

- 2 9.00am, Highfield, H, \$10.
10.00am, Wakefield Ramble, E-M, \$8.
- 9 9.00am, North Branch Graham Valley, M-H, \$6.
10.00am, Kina Reserve, E, \$3.
- 16 9.00am, Railway Reserve, M, \$8.
10.00am, Motueka Inlet Walkway, E.
- 23 9.00am, The Blue Hills, M-H, \$14.
10.00am, Bronte Road, E-M, \$4.
- 30 9.30am, Meeting and Lunch.

September

- 6 9.00am, Takaka Walkway, M-H, \$5.
10.00am, Riwaka Ramble, E, \$5.
- 13 9.00am, The Grampians from Victory Square, E-M, \$10
10.00am, The Grampians from Fairfield House, E-M, \$10
- 20 9.00am, Wainui Hut, M-H, \$6.
All, Canaan Down, E
- 27 9.30, Meeting and Lillian's Garden (Plant Stall).

Senior Service - Nelson Baptist Church

The Nelson Baptist Church on Bridge Street, holds a Senior Service on the second Sunday of each month. This is an inter-denominational service for people from all churches and from all over the district. We have the good old hymns and songs, a short message, afternoon tea and good fellowship. The service starts at 2.00pm with an organ recital, and normally finishes about 3.30pm with the tea.

In August we will have Allan Moore and Robin Field, in September we will have the Nelson Male Voice Choir, October Bishop Richard Ellina and his wife will be singing and the Bishop speaking, and in December we hope to have the Cathedral Choir for the Christmas service. Transport can be arranged.

For more information contact Alan Roberts, Ph 548 7381.

Recreation Providers

Active Opportunities

Sport Tasman promotes active healthy lifestyles. Get your 30 minutes (or more) of daily exercise by participating in some of the activities listed. Most activities listed are low impact-moderate or 50+ specific. Many providers have other sessions available.



Sport Tasman



Hope

Badminton

Rachel Waide
Hope Midweek
Badminton Club
Phone 03 547 0446

Nelson Veterans Tennis Club

Hope Courts every
Thursday from 9.30am
Phone 03 547 6916

Mapua

Aerobics & Pilates

Lynda Mabin
Low Impact Aerobics &
Pilates
Phone 03 543 2268

Indoor Bowls

Mapua Friendship Club
Mapua Public Hall
Val Roache
Phone 540 3685

Mapua Bowling Club
Nancy McIlroy
Phone 540 2834

Tai Chi

Christine Weir
Taoist Tai Chi Society of
New Zealand
Phone 03 543 2204

Motueka

Aerobics/Gym & Fitness Centre

Brent Maru
Mot Rec Centre
50+ Aerobics
Phone 03 528 8228

Croquet

Alva Lauder
Riwaka Croquet Club
Phone 03 528 7779

Feldenkrais

Sue Field
Feldenkrais
Phone 03 546 7815

Gym & Fitness Centre

Karen Holliday
Studio Gym 275
Phone 03 528 4000

Healthy Hearts Club

St Thomas Church Hall
Cindus Colonna
Phone 03 543 2033

Indoor Bowls

George Riordan
Motueka Senior Citizens
Hall
Phone 528 7960

Line Dancing

Beryl Sturgeon
Motueka Senior Citizens
Hall
Phone 528 8265

Line Dancing – Intermediate

St Andrews Church Hall
Phone 03 528 7337 or
03 526 6246

Marching

Bev Clementson
Motueka Veteranettes
Marching Team
Phone 03 528 9125

Social Recreation

Atawhai Pickett
Motu Weka
Neighbourhood Centre
Phone 03 528 7270

Social Recreation

Rosemary Devine
Kiwi Seniors (Motueka)
Phone 03 526 7735

Tai Chi for Seniors

Daniel Judd
Acupuncture Motueka
Phone 03 528 6748

Tai Chi Falls Prevention (65+)

Presbyterian Support
Maxine Poole
Phone 03 547 9350 ext 712

Walking

Vivienne Pearson
Motueka 50 Plus Walking
Group
Phone 03 526 6076

Nelson

Aerobics/Pilates/Gym & Fitness

Debby Callaghan
BJs Health & Fitness
Centre
Phone 03 548 7812

Aquatics/Swimming

Riverside Pool
Phone 03 546 3221

Badminton

Pam Frost
Phone 03 548 7153
John Williams
Phone 548 0983
Trafalgar Centre Social
Badminton Club
Phone 03 548 9738

Belly Dancing

Contact Sabina Gilberg
Phone 03 546 8511
Victory Community
Centre, behind Victory
School.

Cardiac Club/Gym & Fitness Centre

Sharon Standish-White
Devine Fitness
Phone 03 539 0348

Croquet

Nelson-Hinemoa:
Sue Bowater
Phone 03 548 7971

Easybeat 50+ Aerobics

Leigh Dalzell
EasyBeat Aerobics

Phone 03 548 1689 or
021 547 811

Easy Exercise

Sheila Alley
Arthritis New Zealand,
Nelson
Phone 03 548 3490

Feldenkrais

Sue Field
Feldenkrais
Phone 03 546 7815

Hatha Yoga

Maureen McKain
International Yoga Teachers
Assn
Phone 03 546 4670

Hot Yoga

Contact Claire
Phone 03 548 2298

Indoor Bowling

Nelson Senior Citizens
Social Indoor Bowling
Club
Joyce Rowland
Phone 03 548 1769

Leisure Line Dancing

Annette Lines
Phone 03 546 8777

Line Dancing

Alison Myers
Line Dance Nelson
Phone 03 546 9878

Nelson Petanque Club

Ernst Lacher
Phone 03 548 3031

Nelson Social Dancing Club

Club Waimea
Frank Thomas
Phone 03 546 7061

Over 50s Pilates

Brigitta Haas
Bodypower Pilates & Yoga
Centre
Phone 029 281 3735

Seniors Yoga

Nathalie Chalker
Body power Pilates & Yoga
Centre
Phone: 03 545 9074

Table Tennis

Ian Beattie
Nelson Table Tennis Club
Phone 03 546 7507

Tahunanui Bowling Club

Margaret Sly
Phone 03 547 3089

Taoist Tai Chi

Maggi Kerr Andrew
Taoist Tai Chi Society of
New Zealand
Phone 03 545 8375

Tai Chi Falls Prevention (65+)

Presbyterian Support
Maxine Poole
Phone 03 547 9350 ext 712

Walking

Noel Brown
Nelson 50+ Walking
Group
Phone 03 544 2286

Walking

Gwenda Wallace
Nelson 50+ Mini Walks
Phone 03 544 5307

Over 50s Yoga

Margot Hannigan
Bodypower Pilates & Yoga
Centre
Phone 029 281 3735

Yoga

Rosie Holland
Bodyflex
Phone 03 548 7384

Richmond

Aerobics/Pilates/Gym & Fitness

Debby Callaghan
BJ's Health & Fitness
Centre
Phone 03 548 7812

Badminton

Chris Wearing
Richmond Morning
Badminton
Phone 03 544 5217

Crafts, Caring and Sharing

Wesley Centre
Phone 03 544 7458 or
03 544 9174
Mondays 9.45 –
11.45 am

Croquet

Eleanor Hannay
Richmond Croquet Club
Phone 03 547 5424

Easy Exercise

Freda Beloe
Phone 03 544 8569

Easybeat 50+ Aerobics

Leigh Dalzell
EasyBeat Aerobics
Phone 03 548 1689 or
021 547 811

Feldenkrais

Sue Field
Feldenkrais
Phone 03 546 7815

Indoor Bowls for Seniors

Phyllis Haines
Phone 03 544 8383

Latin In-line Dance

Richmond Dance Studio
Partner not required!
Heather
Phone 03 547 4863

Line Dancing

Alison Myers
Line Dance Nelson
Phone 03 546 9878

Pilates

Sue Wilson
Bodypower Pilates & Yoga
Centre
Phone 029 281 3735

Richmond Bowling Club

Pat Dickinson
Phone 03 544 0129

Social Recreation

Club 50
Paula Morris
Phone 03 544 3955

Tai Chi Falls Prevention

(65+)
Presbyterian Support
Maxine Poole
Phone 03 547 9350 ext 712

Yoga

Rosie Holland
Bodyflex
Phone 03 548 7384

Stoke

Bowls

June Strickett
Stoke Bowling Club
03 547 7803

Clogging/Tap Dancing

Georgina Higgs
Nelson Sun City Cloggers
Phone 03 545 1037

Easy Exercise

Maureen McKain
Ph 03 546 4670
Arthritis New Zealand,
Nelson

Easybeat 50+ Aerobics

Leigh Dalzell
EasyBeat Aerobics
Phone 03 548 1689 or
021 547 811

Hatha Yoga

Maureen McKain
International Yoga Teachers
Assn
Phone 03 546 4670

Hydrotherapy

Thelma Creighton
Phone 03 547 6384

Israeli Folk Dancing

Phone 03 547 2660

Marching

Diana Clark

Silveraires Leisure

Marching
Phone 03 548 9527

Safety & Confidence

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

Stoke Seniors

Line Dancing & Men at
Large
Christine Borlase
Phone 03 547 2660

Strengthening/Sit Exercises

Social Seniors
Phone 547 2660

Table Tennis

Bryan Keane
Table Tennis Nelson
Phone 03 547 7530

Tai Chi Falls Prevention (65+)

Presbyterian Support
Maxine Poole
Phone 03 547 9350 ext 712

Takaka

Easy Exercise

Bev Harrison
Arthritis New Zealand,
Nelson
Phone 03 525 9708

Indoor Bowls/Cards

Mary Couper
Phone 03 525 8445
Senior Citizens Club rooms

Tai Chi Falls Prevention (65+)

Presbyterian Support
Maxine Poole
Phone 03 547 9350 ext 712

Tai Chi for Arthritis

Ann Marshall
Phone 03 525 8437

Walking

Dick Wenzell
Wednesday Walkers
Phone 03 525 9606

Tapawera

Walking

Una Foulsham
Rural Ramblers
Phone 03 522 4083

Wakefield

Easy Exercise

Ngaire Lockhead
Arthritis New Zealand,
Nelson
Phone 03 541 8321

To add or change
details please phone

Sport Tasman

on

546 3332

For more

information on
active opportunities

– times, venues,
costs etc phone

the contact number

listed above or the

Active Info Line on

0800 228 483

Dame Kiri to perform in Nelson

Dame Kiri te Kanawa has been confirmed to perform at next year's Sealord Opera in the Park. It will be the event's 10th anniversary which will feature a star-studded line-up and a shift to Trafalgar Park. The event will also mark the 150th anniversary of Nelson being made a city by Queen Victoria.

Musical Director Peter Rainey said he was thrilled to have signed a contract with Dame Kiri's management, securing her first ever appearance in Nelson.

"Dame Kiri is without doubt one of the greatest voices the world has ever known and it is a major coup for us to stage this landmark performance in Nelson," he said. "I can't think of a more significant artist that has ever performed in this city."

Dame Kiri performs in nearly 40 concerts each year. In the 12 months

prior to the Nelson concert she will have performed in Japan, Korea, the UK, Brazil, Turkey, Jersey, Canada, Hungary and China. She flies to Nelson direct from a tour of the United States.

"I'm really looking forward to performing at the concert and to visiting special parts of the region while I am there," Dame Kiri said.

Dame Kiri will be supported by the Vector Wellington Orchestra under the baton of Marc Taddei.

Tickets will go on sale later this year at a similar price to past shows. There will also be a patrons' area with seating that will be pitched for opera lovers, corporate groups and individuals whose support will keep the general tickets affordable. Full details on ticket prices and seating options will be available in August at www.nelsonfestivals.co.nz



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