

Mudcakes and Roses

Senior Generation Action and Issues
– Nelson Tasman

Issue 55 August / September 2009



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We've had some great entries and the winner for June/July was **Sheree Davidson** (right).

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My Potbellied Friend

by *Carol Don Ercolano*

I poke another chunk of wood into the mouth of my potbelly stove, my friend of thirty years. It squats, frog-like, on short but shapely legs on the green, tiled hearth.

Fatso, the model, is aptly named – I can fit five saucepans of varying size on its flat, black top.

During winter, cooking on it nightly satisfies my primitive, pioneering spirit and my Scottish blood applauds its multi-tasking as it heats the water, warms the house and dries the washing all, while it cooks our tea.

When the kids were small I kept it in all winter banked it up each night, poking it to bright in the morning.

Like homing pigeons the children would run on little bare feet to dress and undress in its warmth. Lifetimes of pets declared truce at its feet.

I've rocked a baby by its comfort eased my aches and pains warmed wild birds back to life.

And ever my delight
each crackle and sparkle
glimpsed through cracks.

Giving some good fortune back

“You’re only as old as your heart feels,” says Bob Jackson, 86.

His wife Betty, 83, was forced to acknowledge her ageing body when she took a tumble in a Nelson shopping arcade this year, breaking a leg and wrist. As she recuperated she reflected on growing old. “I decided to ignore it.”

The couple have a busy life, which involves giving their spare time as English language tutors to refugees and migrants in Nelson.

“We’ve had very fortunate lives compared with other people,” says Bob. He and Betty feel their tutoring passes on a little of that good fortune to people who haven’t had much. Some of their students, particularly Chins from Myanmar, have appalling histories of violence and intimidation.

Bob has now helped five refugees to improve their English. He has “one and two halves” on his books at the moment. Betty’s accident has forced her to take a breather from teaching.

The instruction involves a couple of hours a week, usually in the home of the student, plus considerable preparation time. Bob’s first student was a computer engineer from urban Taiwan and the lessons were about practical skills like gardening, house painting and woodwork as much as language.

“We built a computer desk together.

“He’s become a great family friend, as they do.” Bob was recently firing off diagrams to his ex-student on how to fix a roof water tank.

The Chin people, by contrast, are mostly from rural backgrounds and a very different society. Many have had traumatic experiences in their flight from Burma. One of Bob’s students was kidnapped at the age of 9 by the Burmese Army to become a child soldier. He and a friend escaped as young teenagers and lived in the jungle until captured by the opposing side – who thought they were spies. The pair were eventually handed over to the United Nations refugee agency.

A past like that leaves big scars to heal, so it is little wonder that some refugees have problems adjusting to aspects of the New Zealand way of life. Tutoring migrants in English can also be about aiding their settlement in a strange culture, a colder climate and local hazards like ploughing through the “terrible bumf that Government departments turn out”, says Bob.

Betty relishes tutoring as “something to use one’s brain on”. Bob says he has “learnt more from them than they’ve learnt from me”.

“It’s been a joy. I can recommend it to anybody with a modicum of gumption.”

Which the couple possess. They emigrated from England in the 1950s, with Bob resuming his career here as a forester. They raised a son and daughter, and when the Jacksons reached their 25th wedding anniversary they decided the milestone called for a new adventure, so they built a sailing dinghy. This led to a trailer-sailer, and when Bob retired in the Coromandel in 1982 they laid out the plans for a 32-footer – once they had built the barn to construct it in. The job took seven years. The Jacksons then sailed their pride and joy down to Nelson and a new life.

They named the boat El Kirit, roughly translated as “She Who Laughs”, because “we made such damn fools of ourselves” that the yacht was forever laughing at us, says Bob.

El Kirit was sold about five years ago when maintaining it became too much. About the same time the Jacksons also hung up their tramping boots. When they were well into their 70s they still preferred to pitch a tent and sleep

on the ground rather than use backcountry huts.

Bob says they now spend about half their time just keeping fit – and recovering from the exertion. They swim twice a week, and Betty does tai chi.

They are also involved in their church. “We take our religion much more seriously than we used to.”

Grandchildren need keeping track of too, and Bob has a huge garden to tend – he grows vegetables for their table plus plants to give away. Putting feet up is not the Jacksons’ style.

“I don’t regret my age – not at all,” Bob says. “It’s been my maxim to die working.”

Betty smiles ...

* The Nelson branch of English Language Partners (formerly ESOL Home Tutors) welcomes new recruits. Call Doug on 03 539 4848.

“You’re only as old as your heart feels.”

Bob Jackson



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“There’s so much in the news about cancer, and this can generate a lot of questions for people,” says Kelly Atkinson, manager of the Cancer Society Nelson.

The helpline nurses can also provide guidance on how to navigate the internet, along with tips on suggested websites.

For a full list of local support and information services for those who have been affected by cancer, ring the helpline or the Cancer Society Nelson on 03 546 3920.



Each room has an ensuite and wheeled armchair for trips out to the courtyard.

Patients who get the best

The photocopier salesmen were touting their wares to an administrator at the new Motueka hospital. As for pricing, “we’ve spoken to Jack,” one said.

“If you’ve talked to Jack, he’ll screw you down,” the administrator joked.

“Yes,” laughed a salesman, “he’s a legend.”

Jack Inglis feels he lost a battle with the community-owned Motueka Friendship Hospital – keeping his name out of its title. He won most of the others in driving the construction of a 47-bed facility worth \$12 million – and built for \$5 million.

Everything in the place was provided for cost, and much of it for free, says Jack. Yet little has been spared. Each patient has a room equipped with ensuite, television, DVD and broadband. Double-glazed windows look out on landscaped courtyards.

“We wanted to give the average person the luxury they wouldn’t normally see.”

Which you can’t argue with because for some patients it will be their last home.

The community has responded with humbling contributions of money and labour. Thirteen families and groups each paid \$100,000 or more for naming rights to rooms, and

another 60 or so chipped in \$10,000 each, says Jack, who is also a Tasman District Councillor.

The honour board at the entrance to the Courtney Street hospital, including trades sponsors, runs to hundreds of names.

It is the only community-owned facility of its kind in Australasia. The Friends of Motueka Hospital Trust, after nearly two decades of fundraising, has been left \$1 million overdrawn, but, Jack says, that’s all down to the final interior decoration. He is confident the debt will be cleared quickly.

The hospital has 13 rest-home beds, 12-15 for dementia patients and the rest for medical cases. Eighteen of the rooms have rails bolted into huge beams in the ceiling for patient lifting gear.

One room has a family unit attached for relatives to stay in. The aged-care wing is equipped with three motorised wheelchairs, and the dementia unit boasts a secure courtyard with a false door leading to a “bus-stop” – to satisfy those patients driven by a compulsion to escape.

The hospital even has its own hairdressing salon. Solar heating panels are on the roof and the building is fully air-conditioned.

“ We wanted to give the average person the luxury they wouldn't normally see. ”

Jack Inglis

Local contractors were used throughout its construction, and the Friendship employs 50 staff. The Nelson Marlborough District Health Board contracts the trust to run the facility.

“Government auditors say nothing in New Zealand can touch this,” says Jack. He compares the Friendship with a hospital built in Dunstan, Central Otago – 23 beds and costing \$9.5 million.

And the Motueka trust isn't finished yet. Planning is underway for another 20-bed rest-home unit, with a further 60 beds in the long-term plan. The old Motueka hospital block will become a medical centre with x-ray capability and physiotherapy. (St John ambulances have been based at the site since 2004 to complete the medical cluster.)

Jack quotes a fellow champion of the project, Nelson Pine Industries boss Murray Sturgeon, who said he could feel the heart of the community in its new hospital.

“I think he's right,” Jack adds.

He is also confident the 8000 residents of Motueka would agree.

“It's the people's hospital and they're proud of it.”



Jack Inglis with his contribution honoured on a slab of marble that was cut in the 1930s for Parliament House but fell off the railway wagon.



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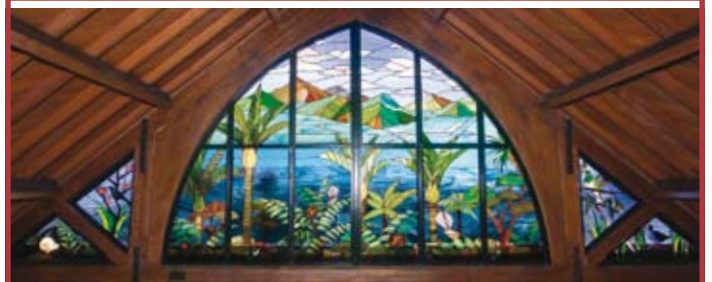
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Going flatting in retirement

“It’s what I would call flatting for the elderly ... they come and go as they please.”

Abbeyfield housekeeper Sherran Agnew keeps an eye on the Motueka house’s 10 residents, who range in age from 76 to 93. They each have their own unit with ensuite, and share a large lounge. Sherran prepares two cooked meals each day, with a self-serve breakfast.

Abbeyfield aims to provide an affordable alternative to living on your own or in a retirement home. Residents pay \$280 a week, plus their phone charges.

Floris Satherley, 91, says her husband arranged their tenure without consulting her – then died four days after they moved in.

Three years on, she has “no complaints”. She has become good friends with 93-year-old Amy Tapper – who has been at Abbeyfield since it opened more than six years ago – and gets on well with the other residents. If she needs a break Floris can go downtown.

Former Coldstream Guardsman John Shaw, 76, says Abbeyfield is warm, the food is good and Sherran looks after them all well.

“I don’t think we could ask for much more.”

Agnes Grimatt also has no complaints – “other than they feed you too much”, she jokes.

Residents are responsible for cleaning their own units and doing laundry – although home help is available. They also pitch in with setting the table or unloading the dishwasher – as in any flatting situation.

The communal lounge has a television, and Sherran says some residents have another set or a computer in their rooms. Others knit, read, play bowls and go out with senior citizens groups. They have a key to their ranchsliders if they choose to traipse home late.

“They’re a pretty good crew in here,” says Sherran.

Abbeyfield has a guest unit for use by visiting relatives. Prospective residents also move into it for a week or two to find out if they like the set-up and are compatible with the other residents.

Anyone 55 and over is eligible to join the house.

Eileen Wilkins heads the committee overseeing the day-to-day running of the house. Residents attend its meetings to air any concerns.

She says Abbeyfield residents keep their independence, “but you have companionship”. In her nearly seven years of stewardship, they have never had to ask a resident to leave – a remarkable track-record for any group of people living together.

“They strike up friendships and have support. They look after one another.”

The \$280 rent is kept low to stay within superannuation payments. Residents are not mean-tested.

Overall management committee member Pat Martin says the house was built on land donated by the RSA. They had been offered it at a good price by tobacco company WD and HO Wills. The RSA then bought an access strip to Fearon Rd.

Treasurer Judith Lucre says the committee built two houses on that strip and subdivided another two sections. These were all sold to part-finance the building of the 10-unit main complex. Two loans from the Tasman District Council are serviced from rental fees.

In return for gifting the land, the RSA is allocated five units for ex-service personnel or their widows. These units revert to general use if not needed.

Pat says the Motueka house was the second in New Zealand (after Stoke), and there is now another in Takaka. The concept is spreading worldwide – there is even an Abbeyfield in Japan.

“It amazes me that you can bring 10 people together who have never met before and they can live as a family,” he says.

For more information ring Eileen on 03 528 9139.



“They’re a pretty good crew in here.”

Sherran Agnew



Activate Old Muscles

By Professor Bevan C. Grant, Sport and Leisure Studies Dept, University of Waikato

The evidence is unequivocal – regular physical activity will improve your health and quality of life, whatever your age.

This wasn't always the case for those in later life. Many considered the post-60 years as a time to slow down. But we now know the opposite is true. As the World Health Organisation recently noted, physical inactivity is a health risk and the associated problems are accentuated with age.

However, being physically active in the later years can be a challenge. After all, the body experiences a gradual decline in functional capacity. This makes it easier to find excuses to avoid any form of exercise. But it's worth the effort to remain active because old muscles and old bones respond positively to regular – even gentle – exercise.

There is a tendency to equate regular exercise with being over-energetic. Think about the following: exercise that is work is worthless but exercise that is play will enhance your health and quality of life.

There is plenty of advice about what to do, but accept advice from friends, experts, magazines, television, radio talkback and so on with caution. Listen to your body but be willing to confront the barriers and challenges that make doing any form of physical activity a chore. Rather than consider you're over the hill, think about taking the hill by storm in a way that best suits you. The alternative is to become a spectator – but once this happens everything is downhill.

Unfortunately there is no magic recipe for what you should and shouldn't do. But one thing is certain: a sedentary lifestyle is unhealthy in the later years. There is no need to settle for accelerated ageing or an early and precipitous fall. Life is for living and the ability to move with a sense of freedom helps to make the living meaningful. Avoid letting age be an excuse.



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Booby-trapped pavements in town centre



Betty Grainger negotiates Queen Street in Richmond.

No one would consciously trip up an 83-year-old, but Betty Grainger feels she is on the receiving end of just such a mean trick. A walk downtown for the Richmond pensioner, who has limited vision, is an obstacle course of pavement advertising signs waiting to flatten her.

“They put them out a few inches, then the next day a few inches more.”

The Tasman District Council policy is for such signs to be against the kerb, with 1.5m clearway to the shop frontage. Nelson allows signs by the frontage, with a 2m clear space to the kerb. However, some business-owners want to place the plastic boards where passersby cannot fail to notice them, i.e. in the footpath traffic line. That’s when they become a booby-trap.

Betty says people with tunnel vision might miss seeing objects lower to the ground – such as the footpath signs.

Brian Say, chairperson of advocacy group the Association of Blind Citizens, says keeping footpaths clear is “a long-running battle”.

“Just the exercise of the rules would improve these things.”

However, councils are listening and acting, he says. A survey in Motueka before last Christmas found a third of retailers flouting the Tasman standards. Action from Council staff resulted in “a significant improvement”.

Nelson council parking wardens also keep an eye on path signage.

Brian says signs are meant to be plastic and bendy, but he still comes across the

old wooden A-frame models, some of them monsters.

Other urban hazards include café tables and chairs and real estate brochure stands.

Move into suburban streets and the partially sighted must contend with potholes, tree branches, overgrown hedges restricting paths, rubbish bags and recycling bins.

The problem affects the roughly 300 people who belong to the Foundation of the Blind in the Nelson region, plus many more half-blind residents who don’t bother to join.

On the 200th anniversary of the birth of Louis Braille, Betty made an

appeal for people to recognise the white cane and make allowances for the person holding it.

“We’re not asking for special privileges, just an understanding of what the cane means.”

The impaired person could walk into them, for instance. Sometimes they fail to recognise friends and acquaintances.

Brian uses a cane as much for others’ sake as his own.

“It’s a warning for everyone else that you’re not going to see them.”

“They put them out a few inches, then the next day a few inches more.”

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Brass on the beach

– the Pohara band rotunda

The old band rotunda at Pohara Beach in Golden Bay looks like a remnant from Edwardian England. It was built in 1935 by Bill Walkey for the Takaka Citizens Band which, according to Jane McDonald of the Golden Bay Museum, previously played under an ornate tent that sometimes blew down on top of the players, muffling the music.

Pohara Beach has long been a popular picnic spot for families and in the 1930s the band raised funds to build the rotunda. The band was then at its peak in terms of popularity and numbers, and played at Pohara regularly, entertaining the locals and tourists. The conductor at the time, Norman Bensemann, opened the rotunda on 3 November 1935, and unveiled a plaque commemorating the event. Mr Bensemann was also chairman of the Town Board and the local blacksmith.

Heritage Golden Bay members spent a sunny afternoon at Pohara in May 2008, and longtime band members Max Page and Brian Petterson had plenty of stories to tell. Max joined the band 74 years ago at the age of 10 and Brian joined at age 15 and has been involved for 62 years.

They remembered band president (1948-1952) Percy Woods, who was also the branch manager of Newman Brothers.

Percy used to load the bus up with band members and their instruments for the ride to Pohara. Cars would be parked on both sides of the road as the band played. That part of the beach has not changed since those days, including the concrete wall that stretches from the hall to the rotunda.

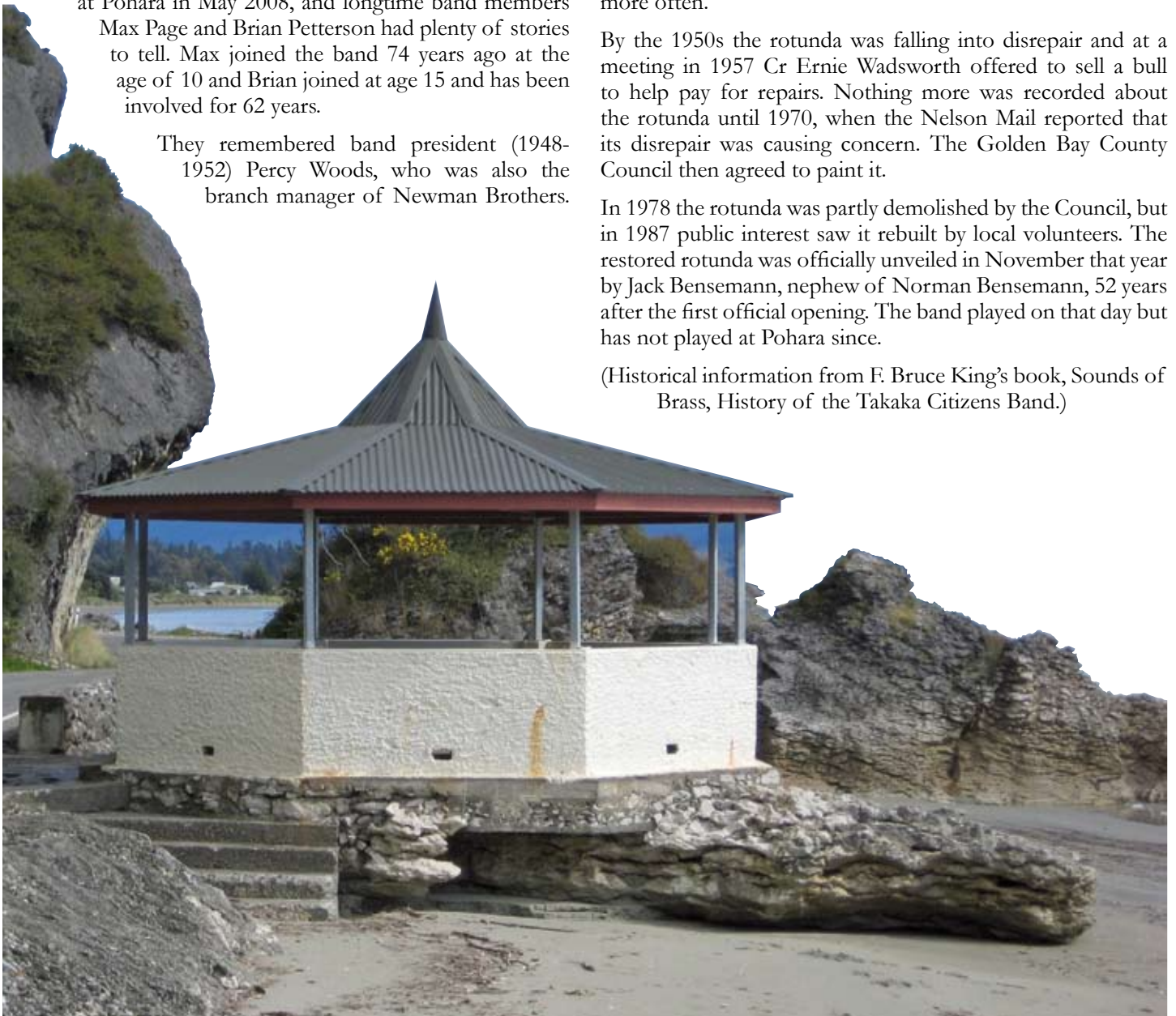
Max and Brian said concerts were also held in the evening. Many of the bandsmen were dairy farmers and it was easier for them to play at night rather than the afternoons. When the westerly gales blew, curtains were pulled on the seaward side of the rotunda to keep the sound in and to prevent music sheets from flying around.

The concerts were eventually discontinued, mainly because increased traffic from the Tarkohe cement works made parking at Pohara dangerous, particularly for children crossing the road. Lifestyles also changed and the band played in town more often.

By the 1950s the rotunda was falling into disrepair and at a meeting in 1957 Cr Ernie Wadsworth offered to sell a bull to help pay for repairs. Nothing more was recorded about the rotunda until 1970, when the Nelson Mail reported that its disrepair was causing concern. The Golden Bay County Council then agreed to paint it.

In 1978 the rotunda was partly demolished by the Council, but in 1987 public interest saw it rebuilt by local volunteers. The restored rotunda was officially unveiled in November that year by Jack Bensemann, nephew of Norman Bensemann, 52 years after the first official opening. The band played on that day but has not played at Pohara since.

(Historical information from F. Bruce King's book, *Sounds of Brass, History of the Takaka Citizens Band.*)



Pohara band rotunda

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Diana Clark, centre, leads the Silveraires.

Leisure marching gets in the blood ■

“I was five months on crutches,” Silveraires marching team leader Diana Clark says of her hip replacement. “I even marched on crutches once.”

Two other members of the 23-strong team have had double hip operations and are back on the parade ground.

“It’s in the blood, once you’ve been a marching girl,” says Diana, who competed in her teens.

Non-competitive leisure marching for the 50-plus age group is a New Zealand phenomenon, with 112 teams nationwide. Nelson has six and Motueka two. Diana reckons that older marching teams now outnumber the youngsters nationally.

The Silveraires were formed in 1993 and Molly Balderstone was there with about 12 other women.

“I’d just come to Nelson and I was lonely ... I saw it advertised in the Leader.”

Molly says mastering the 5-minute routines, with their precision “wheels” and geometric formations, “keeps your brain ticking over”. She also says the exercise, upright posture and arm

swinging seem to have cured her asthma attacks.

The Silveraires practise every Wednesday morning at Saxton Field. They do public displays whenever asked, and travel to competitions three times a year. Coming up are the South Island champs in Gore in October, the Top of the South event at Greymouth in February and the nationals in Christchurch the following month. Fundraising through the sausage sizzles pays for travel and accommodation, so all the marchers need is money for meals.

Diana has been leisure marching for 14 years.

“They’re a lovely bunch of ladies,” she says. “You can hear by the laughter how much fun we have.”

Only three of the Silveraires had marched in their youth. They now range in age from the mid-50s to late 70s.

Diana keeps a military-style notebook of the new routine they devise each year. To make it all work, “they have to jump to my whistle – they have to know what’s coming next.”

For more information about the Silveraires, phone Diana on 03 548 9527.

Learning through sharing ■

Lois has a keen interest in current issues. Jean has just published a family story covering 80 years, Sally passes on her travel stories and Marian shares her knowledge of Celts.

They are all members of U3A, which began in France about 1975. It has spread to more than 30 countries and has several million members.

Originally named The University of the Third Age, U3A arose from the

idea that life can be divided into three periods: childhood and schooling; child rearing and work; and finally retirement. The third age allows us time to listen and learn.

U3A has no teachers and no students, there are no qualifications to join, no graduation. The annual subscription is \$15 and meetings are held during the day.

Nelson U3A started in 1991. As well as a wide variety of study groups, it has regular

meetings featuring guest speakers, morning tea and short study group presentations.

Any member can suggest a study topic. Nelson examples include: Art History, Exploring Literature, Geology, Science and Technology, Astronomy, Ancient Civilisations, Write Your Life and Classical Music Appreciation.

For details contact Fay Eade Ph 03 544 4637, or to become a member ph 03 548 7898.



Rehearsal time for Harmony Chorus members.

Singing in perfect harmony

When the four parts of a barbershop group nail a difficult chord “it’s an awesome thing”, says Nelson Bays Harmony Chorus member Jenny Edwards.

She has sung in other choirs but the intensity of barbershop singing hooked her three years ago. Sweet Adelines, the female version of the genre, counts 700 similar devotees in New Zealand – catchphrase: “a cappella with attitude” – and 30,000 singers worldwide, co-ordinated from the United States.

The Nelson chorus is about 15 years old and has climbed to 30 members over the last year or so. They sing in four vocal brackets – tenor, lead, baritone and bass – or form quartets made up of the same structure. Sweet Adelines place great store in education, and the once-a-week practice session in Nelson can mean an hour of vocal training, which also takes in facial and bodily expression – Jenny says barbershop is essentially a version of musical theatre.

The local group has a core of “really nice women – warm and supportive”. They range from teenage up, with roughly half the group 50-plus.

Despite having to bring those new members up to speed, Nelson improved

its ranking at the nationals in Auckland this year. Jenny says although winners are named at the champs, teams concentrate on bettering their scores, which are determined by international judges assessing the singing, the musical arrangement, showmanship and expression.

“ Really nice women
– warm and
supportive ”

Jenny Edwards

The full Nelson chorus bumped its total up 40 points (10 a year would be considered good) and is now aiming to break the magic 500 mark. The top New Zealand choruses are hitting 600 points and winning on the international stage. The Waikato Rivertones were the 2007 world champion mid-sized chorus.

Younger Kiwi barbershop groups, based in schools, have also succeeded overseas, though the movement is yet to gain a toehold in the Top of the South.

Jenny is singing in a quartet this year as well as the full chorus, which soaks up her free

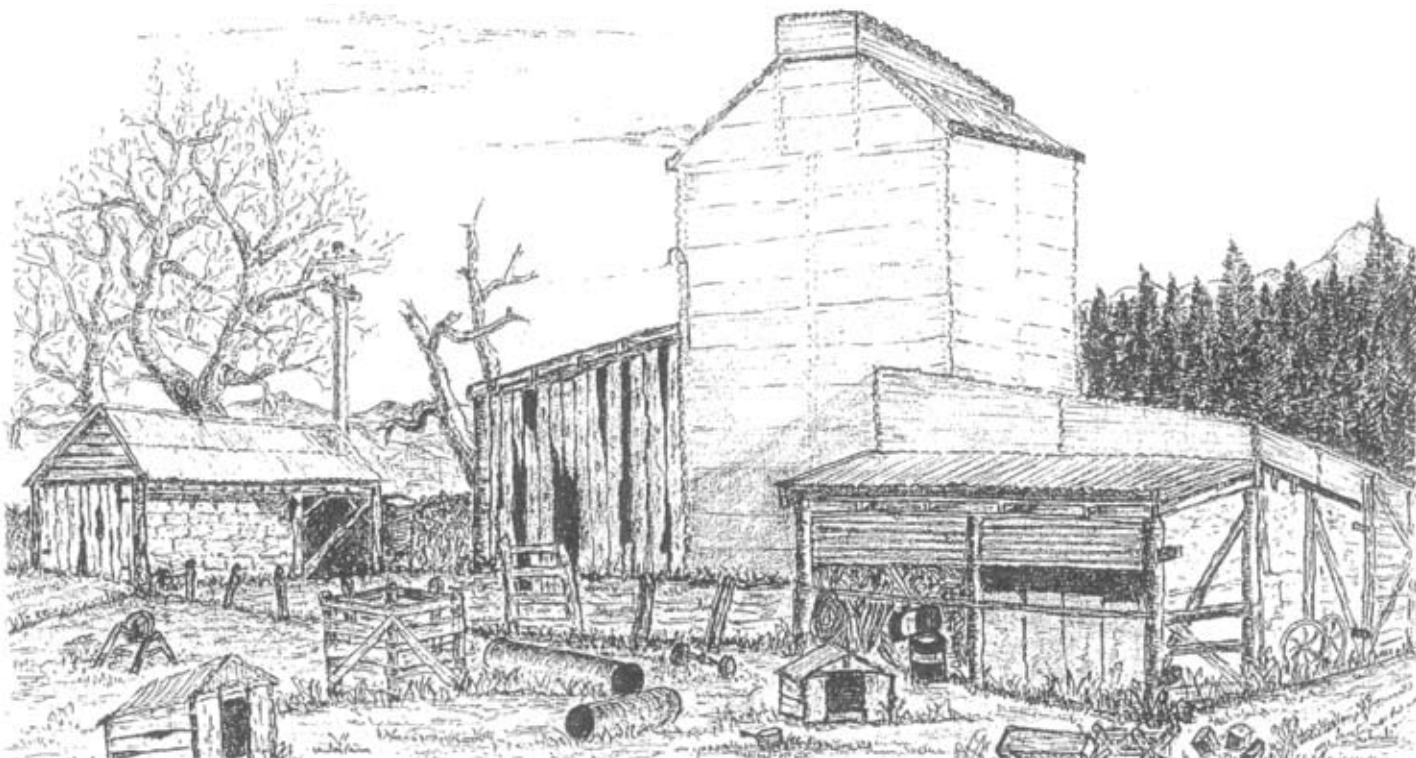
time in practice. But she’s not complaining.

In addition to competitions, the Nelson chorus also hire themselves out for functions, to fundraise for their travel costs. They recently performed at a 90th birthday party and as the life of the “birthday girl” was recounted, the chorus sang a song from each era.

They are working on a sequel to the theatrical show performed at the Nelson School of Music in collaboration with male barbershop singers. The repertoire of songs is woven into a narrative, which this time will extend the story of the same characters.

Jenny gives a nod to musical director Janet Rowland, a founding member of the chorus who has had a lot of experience in musical theatre (her mother Joyce Rowland, who died recently, was highly acclaimed in the local theatrical scene.)

Nelson Bays Harmony Chorus rehearses each Thursday evening 7-10pm at Club Waimea in Richmond. Carpooling is available from Motueka/Mapua, Wakefield and Atawhai. Interested singers are welcome to come along to a rehearsal. Enquiries to Jenny Edwards on 03 547 4354 (home) or 03 543 9222 (work).



An old tobacco kiln at Pokororo.

The fine art of doodling



John Robertson

John Robertson had to get golf out of the way before he could take up sketching. He had retired to Motueka when arthritis forced him off the greens, so he took up his pencil.

“I always wanted to draw but I never had time.”

A talent for doodling is in the family – renowned newspaper cartoonist Sid Scales was John’s brother-in-law.

Since John took up the calling he has captured the churches and old buildings of the Nelson-Tasman region in delicate graphite shadings and lines.

His drawings have adorned Christmas cards and other fundraisers for organisations such as the Arthritis Foundation or Red Cross. He has also sold prints.

The 83-year-old has now given up sketching, but the unit he shares with wife Thelma in Oakwoods, Richmond, is decorated with examples of his craft. The drawings also keep popping up in the wider community.

John was born in Dunedin in 1926. He and Thelma met as 17-year-olds but did not marry until a decade later. John worked as a warehouseman and commercial traveller before settling into a retail business selling women’s apparel.

He took early retirement at 57 and the couple hitched up a caravan and slowly made their way north, checking out towns to live in. Fond memories of holidays in the Nelson region won out, and they settled on Motueka.

John’s pencil began to capture the local landmarks: the old wharf; a derelict tobacco kiln at Ngatimoti; the former manse there – now filled with haybales.



St Peters, Motueka.

With three of their four offspring in Australia, the Robertsons sold up and crossed the Tasman. In his decade there John sketched scenes from the town of Kiama in coastal New South Wales.

He also entered an ABC radio national poetry competition, collecting second prize. (That poem and his sketch of a barbed-wire post on Takaka Hill appeared in the December-January edition of *Mudcakes and Roses*.) The Robertsons returned to Nelson four years ago. The arthritis has since put paid to his artistic career. He was never tempted to stray into painting – or even use colour in his sketches.

“I didn’t have to rub out and get rid of washes and colours. That appealed to me – possibly because I’m impatient.”

He might finish a picture in half a day, or potter away at it for months. Some never came right and he abandoned them.

Brother-in-law Sid gave him tips on technique, and John also credits Australian sketcher Cedric Emanuel as his inspiration. He has never had a formal lesson.

“We used to be married”



Noeline Fowler watched husband Bruce go downhill rapidly with Alzheimers Disease.

Many elderly men might dream of living in a harem of four women. But this dream was part of Bruce Fowler’s nightmare. The woman who cooked for him, and the one who cleaned, and the others ... they were all his wife, Noeline. He just couldn’t remember who she was from one hour to the next.

Noeline initially noticed her husband, at age 79, was becoming forgetful and dogmatic. In January last year he showed her a 20c piece and asked her what it was. This from a fiercely intelligent man, a former radio technician who shunned fiction books because he loved to soak up hard facts.

Bruce had a routine blood test scheduled for a few days later, so Noeline asked their GP to assess his mental state. The doctor confirmed the very early stages of Alzheimers Disease, and said to check back in six months.

Noeline joined classes for carers run by the Alzheimers Society, but “I was still telling myself it doesn’t apply to me yet”.

Soon after that Bruce began asking, “Where is Noeline?”

“He acquired a harem but lost his wife.”

Bruce threatened to go to the police in Wakefield to report Noeline missing, so she had to tell them of his deteriorating state. Despite that, she and friends were still laughing off the

eccentricities because “95 percent of the time he was pretty normal”.

“Most times I’d laugh because otherwise I’d cry.”

Bruce was going downhill rapidly. Just six weeks after that first GP visit he was back. A subsequent scan revealed a tumour in the back of his skull.

Noeline, meanwhile, was finding comfort in the monthly social meeting for carers. “You didn’t have to explain yourself. Everyone knew where you were coming from.”

At one gathering a Search and Rescue volunteer explained how dementia sufferers often wander off – sparking major searches. Carers were advised to sew a radio-wave tracking unit into the lining of a favourite jacket, or secrete it in the sufferer’s handbag.

Bruce was soon to underscore the reason for such advice. One morning he muttered about driving himself to Christchurch for tests, then drove off to refuel the car. Noeline rang the local garage, telling the attendant to gently quiz Bruce about where he was going. He rebuffed the question and left. Noeline rang the police.

Five long hours later the Wakefield postie, who had been alerted that Bruce was missing (thanks to the small town grapevine), spotted him at nearby Faulkners Bush sunning himself, oblivious to the panic he had sparked.

“I hope I never have to go through a day like that again,” says Noeline.

The strain was telling. She was exhausted and started developing her own health problems. Her doctor forbade her from accompanying Bruce to Christchurch for surgery to remove the tumour.

The specialist had said the operation wouldn’t help the dementia, but would aid Bruce physically. He would be up and about in 10 days.

They flew him back in the air ambulance. “He was just a mess” – couldn’t speak, couldn’t walk, totally incontinent.

Bruce was placed in a geriatric hospital but he took out his frustration on staff, becoming aggressive and noisy. Noeline says he was tied to a chair to stop his attempts to walk – it must have been torment for an ex-tramper who “loved his mountains”.

Bruce was transferred to Alexandra Hospital in Richmond, where on arrival two nurses immediately took an arm each and encouraged him to leave his wheelchair.

Two months later he was walking unaided and feeding himself. The staff always made sure he was well dressed, with hair brushed.

“I can’t speak highly enough of that hospital.”

But there were initial problems with sorting Bruce’s medication and he was understandably depressed about his condition. Noeline would often find him in tears.

“ I can’t speak highly enough of that hospital. ”

Noeline Fowler

After checking out long-term care, she settled on Tasman Park Rest Home in Stoke because among other attributes, it has a good walking area.

Bruce is settling in well. Noeline arrived recently to find him standing at a table and reading the newspaper – even if only a full-page ad. He recognises her as someone meaningful in his life, but can't always work out how and where.

As for Noeline, she had to adjust to seeing the husband she knew fade away over the last year and a half.

“When he lost me I really felt lost, and that took quite a lot of getting around.”

She recently asked him, “Do you know who I am?”

“No.”

“We used to be married,” she explained, and the use of the past tense shocked her. “I immediately followed it up with, ‘I’m your wife.’”

Bruce's future remains uncertain. Noeline is learning to live alone, with help from good neighbours and friends. She is also grateful to the Alzheimers Society and especially the support and guidance of fieldworker Heather Lackner.

Help is out there...

Dementia affects more than 40,000 people in New Zealand – and that number is likely to double by 2026.

Alzheimer's Disease accounts for 50-60 percent of dementia. The Nelson branch of the Alzheimer's Society has 280 people with dementia on its books, and provides support to about 350 carers. The society employs six mainly part-time staff and has 40 volunteers.

The society has had two large donations this year: an anonymous gift of \$15,000, and \$10,000 in proceeds from the Antiques to Retro event held at Founders in early March. However, operations manager Belinda Roselli says they face a constant battle for funds.

“The two generous donations have enabled the society to continue providing services at current levels,” she says, “but with no guaranteed financial support from any source, it is struggle to keep our costs covered.”

When someone develops dementia it is a very difficult time for families and they need assistance, says Belinda.

“People may be referred to us by a number of services and our two fieldworkers can then offer home visits and ongoing support by way of education programmes, support groups and respite care.

“Our primary role is to support all those affected by dementia. It can be a frightening time for someone who has received a diagnosis.”

Although funding is a problem for the society, people are never turned away. For more information, call the office on 03 546 7702.

Wind-storm a reminder to be prepared

Just over a year ago a wind-storm flattened trees across the district, cut power and left many Nelson residents without water for days.

With winter upon us, having a few items on hand is a sensible safeguard in case similar bad weather or other disasters take out electricity and other essential services.

Nelson City and Tasman District Councils have a joint emergency plan and trained staff to co-ordinate a civil defence response. Both councils operate a 24-hour phone service – just call your normal council number to be connected. If you have an emergency you should, of course, always dial 111.

There are lots of resources to help you prepare for an emergency. Free copies of the Nelson/Tasman Emergency Guide are available at your nearest council office. Information is also available on the websites www.tasman.govt.nz or www.nelsoncitycouncil.co.nz, or the Civil Defence site www.getthru.govt.nz.



Ferocious weather can strike at any time.

Civil Defence recommends you have an emergency kit containing:

- Torch with spare batteries (keep a torch by your bed).
- Radio with spare batteries (check all batteries every three months).
- First-aid kit and essential medicines.
- Blankets or sleeping bags.
- Toilet paper and large rubbish bags for your emergency toilet.
- Food and water for at least three days.
- Non-perishable food (canned or dried).
- Bottled water – at least three litres per person each day for drinking. It's also useful to plan how to get water for washing and cooking.
- A primus or gas barbecue to cook on.
- Check/replace food and water every 12 months.

You should also make a plan with family or friends about where you will go if you need to evacuate your home.



Competition could be fierce for that special item.



Elizabeth Johnston, of Labels, checks out the "shwaps".

First in, best dressed with shwapping

Retail therapy may be a distant memory for those of us affected by a shrinking job market or fixed incomes in retirement. But necessity is, as always, the mother of invention. Out of the ashes of the fondly remembered shopping spree has risen new hope in the form of "shwapping".

It's the Noughties version of the 1970s white elephant stand for fashion freaks and normal people who just like having new clothes but can't really afford them. But don't make the mistake of thinking this is a jumble sale with a fancy label. It is simply a way of redistributing one's fashion assets without spending a cent or dumping stuff in landfill, but you do have to be quick and know what you want.

Nelson Tasman Ecofest organiser Jo Reilly is championing the big shwap at the 2009 event, to be held at the Trafalgar Centre in Nelson on 15 and 16 August 2009.

"This is guilt-free shopping," says Jo. "It's going to be a cross between shopping and swapping, and it's got a green tick from Ecofest."

Shwappers can bring along up to 10 clean, freshly washed and pressed items in good condition ("On hangers please," says Jo), and will receive a ticket for each item that can then be shwapped for new stuff.

Those without tickets, or maybe just not enough tickets, can make a donation for a piece of clothing.

"It's going to be a cross between shopping and swapping, and it's got a green tick from Ecofest."

Anything that doesn't quite make the grade will go into opshop bins so it pays to bring along stuff you'd be happy to take home yourself.

Jo says that as well as helping to ensure that Nelsonians are well-dressed despite global financial uncertainty, the shwap ticks several boxes in the Ecofest philosophy as it encourages people to recycle, reuse and generally spread the sustainability message around.

"If someone's wearing it then it's not going mouldy in the closet because it's too small, big or the wrong colour, and those are resources that are being spread about. What goes around comes around – we're just oiling the wheels a bit here," says Jo.

Ecofest's big shwap is being coordinated by Nelson fashion resale store Labels, with owner Christine Johnston acting as shwap-meister on the day.

"We'll be encouraging good manners and no biting, kicking or scratching," says Christine. "But I've got a feeling it's going to be the quick or the dead, so it will pay to get there early."

The shwap will be held from 2.00 pm to 4.00 pm on both days of Ecofest. For more information about how to take part contact Christine at Labels Resale and Designer Clothing, ph 03 546 6556.

Ecofest is a joint project by Nelson City Council and Tasman District Council. For info about other interesting happenings over the Ecofest weekend visit www.ecofestnelsontasman.co.nz.

It's easy being green

The Nelson region showcases its green wares again when Ecofest takes over the Trafalgar Centre on August 15-16.

Since it started in 2001, Ecofest has become one of the biggest events of its kind in New Zealand.

This year's line-up includes:

- Building advice
- Water-saving solutions
- "How to" workshops
- Natural health and beauty products
- Solar options
- Hybrid cars
- Gardening ideas
- Organic food stalls

The popular eco-homes bus tours and business tour are also on again.

The average home spends about \$100 a year on stand-by power for appliances – one of many such eye-opening facts to learn at the expo.

Chefs will entertain and educate using the vast range of organic foods available in the region. Brunch, comfort food for the winter, tasty lunches and desserts will all be on offer. All demonstrators will provide recipes for the meals they produce.

The food area will also have wine, beer and beverage stands. The Organic Cuisine Café will serve a special brand of Ecofest organic tea.

You can download organic recipes from the Ecofest website (www.ecofestnelsontasman.co.nz), including Spinach and Lemon Risotto, Berry Glazed Roulade and Manhattan Seafood Chowder. Here's an offering from local chef Nicola Galloway:



Crumble Stuffed Baked Pears

Apples and pears are abundant during the winter months. They can be eaten raw or stewed to serve on cereal or as a simple dessert. Apples and pears contain a soluble fibre called pectin. In the body soluble fibre combines with stomach juices to produce a gel-like substance that is soothing on the digestive system. It also binds with toxins and excess cholesterol to help in eliminating them from the body.

Serves 6

Ingredients:

- 6 medium pears – comice or bosc
- 1/2 cup pitted dates, roughly chopped
- 50g cold butter, cubed
- 1/2 cup rolled oats
- 1/3 cup hazelnuts or walnuts, chopped
- 1/2 teaspoon cinnamon
- pinch of freshly grated nutmeg
- natural yoghurt for serving

Method:

Preheat oven to 200C

1. Wash the pears and cut off the tops 1-2cm below the stalks. The narrower tops will cook too fast if left on – and it also gives you something to nibble on while cooking. Use an apple corer to remove enough of the core to produce a 1.5cm wide hole. Run a knife around the belly of the pears so the flesh can breathe while cooking and prevent the skin from bursting.

2. In a food processor pulse together the dates and butter (if you don't have a food processor chop together on a chopping board) until roughly combined. Add the rolled oats, hazelnuts, cinnamon and nutmeg. Pulse to create a lumpy texture that holds together. Pack this mixture tightly into the pear cavities.

3. Place the pears in a baking dish so they are sitting upright. Bake for 30-45 minutes until the flesh is soft. Note: the cooking time will vary depending on the variety of pear used. Serve with yoghurt.



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Please phone Tony or Helen Coombs at
Wensley House - 49 Wensley Road - Phone 544 4099

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 info@drycrust.com

or Ph 03 544 4975 Fax 544 4951

Deadline for material for the October/November Issue is 14 September 2009.

Nelson

Art Group Nelson Inc.

Open to all who wish to paint or draw, from absolute beginners to experienced artists. Monthly meetings with a guest speaker are on the first Wednesday of each month (evenings) and open painting mornings on the second Wednesday. Tutorial days are held in the last week of each month. All welcome. Ph Judy 03 548 1170.

Arthritis New Zealand

Nelson Bays Service Centre: Enabling a better quality of life for those with arthritis.

Contact us on 03 546 7689 or freephone 0800 663 463, or at the Community Groups Centre at 50 Halifax Street, Nelson.

Hours Monday - Thursday, 9 am - 2 pm. Membership \$35.00 individual, \$50.00 household.

Clinics – free 45-minute sessions with the Arthritis Educator to talk over how you are managing with your arthritis and decide on a plan to help you. Membership not required, donations are welcome. Please phone the Service Centre for an appointment (except for Golden Bay). The next date is: Stoke Hurst & Taylor Pharmacy – Wednesday 5 August.

Casual water therapy sessions at Ngawhatu Pool seven times a week, including the new time of Tuesdays from 9.30 - 10.30 am. You need to be a member of Arthritis New Zealand and a small charge per session applies. Phone the office for more details.

Fibromyalgia Support Group. We need people to help run informal support sessions. The Nelson group needs a new volunteer coordinator if meetings are to continue in 2009. Richmond group meets in the afternoon or evening. Phone the Service Centre for details.

Cardiac Support Group

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

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

A guest speaker covers issues of interest and concern. The group is for anyone with, or at risk of, heart disease, and their families. For details and an invitation to the next meeting please contact Averil at the Heart Foundation, ph 03 545 7112 or email: averilw@nhf.org.nz.

Creative Felt Making

Colleen Plank will be tutoring two workshops. The first will focus on sumptuous felt fabrics and the second on felt accessories – both workshops will include dye techniques.

Workshop 1

Saturday and Sunday 1 & 2 August and 5 & 6 August
10 am until 3.30 pm

Workshop 2

Wednesday 5, 12, 19 and 26 August

9 am until 3 pm. Nelson Marlborough Institute of Technology
Nelson Campus H115. Fees per course are \$130.60

For information on how to enrol please contact NMIT, 322 Hardy Street, Nelson. Phone: 03 546 2484 or email: Janeen.Batchelor@nmit.ac.nz

Friends of Nelson Library

Friends of the Nelson Library Sunday public talks, 1:30 pm,
Activities Room, Elma Turner Library. Entry \$2 pp.

Golf Croquet

Croquet is fun! It's good exercise and a great way to meet people. If you are interested, contact the croquet club closest to you:

Nelson-Hinemoa: 03 548 3977

Richmond: 03 544 2052, Riwaka: 03 528 9704

Hearing Association Nelson

Hearing Association Nelson offers a wide range of support & education to anyone affected by a hearing loss. We also have two social groups, offering support, friendship & fun. Social Group meets on the first Thursday every month, 10.00 am – noon, guest speakers and morning tea. Getting Together meets on the second Tuesday every month, 7.15 pm for activities & companionship.

Contact us at Hearing House, 354 Trafalgar Square, Nelson,
phone/fax 03 548 3270 or email hearingnelson@xtra.co.nz

Housie Evening

All welcome to come to Housie. Stoke Rugby Clubrooms, Neale Avenue, Stoke. Wednesday nights, 7.15 pm – 9.45 pm.
Contact Buddy 03 547 3230 or Anne 03 547 6987.

Nelson Branch of the Government Superannuitants Association

Are you a retired State employee receiving an annuity as a result of your salary contributions to the GSF while employed?

The Nelson Branch of the GSA produces three newsletters a year, holds three social functions a year, and there are two national newsletters a year.

If you require further information,

visit www.gsa.org.nz or contact

Graeme Valpy 03 547 6007 or email nelson@gsa.org.nz

Nelson Cake Decorators and Sugar Artists

Invite you to a demonstration by a visiting overseas sugar artist,
– Debbie Brown. Friday 21 August 2009

Time: 7.15 pm to 9.15 pm at Stoke Memorial Hall Supper Room
Admission \$35.00

Contact either Lyn 03 541 8283 or Bev 03 544 1469

Nelson Dance Along

Every second and fourth Saturday, monthly.

Next dance: 8 August 2009

Time: 8 - 11.30 pm at Richmond Town Hall

Admission \$3.00 member, \$3.50 non-member

Supper provided. Contact Rosalie Winter

Phone 03 548 2236

Nelson Electronic Organ and Keyboard Club

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

Nelson Fifty-Plus Walking Group

We offer farm walks, mini walks and fortnightly tramps for people with a higher degree of fitness than the average walker. Drivers of all cars are asked to notify the leader of the day of their intention to walk and to confirm meeting place. Passengers are asked to contribute to the cost of petrol at 8 cents a kilometre. Come prepared for adverse weather. No smoking or dogs on walks. Contact Noel Brown or Carolyn Brown ph 03 544 2286.

11 Aug Chrome Hills; 25 Aug Richmond Hills; 8 Sep Collins Valley and 22 Sep Bridge Valley

6 Aug Rai Valley; 20 Aug Holyoake Clearing; 3 Sep Teapot Valley and 17 Sep Kaiteriteri/Stephens Bay

For Mini walkers programme please ring Juanita Friend 03 547 6642.

5 Aug Grossi Point; 18 Aug Richmond Ramble; 1 Sep Twin Rivers; 15 Sep Ruby Bay and 29 Sep Stephens Bay

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

Nelson Masters Swimmers

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

Nelson Philatelic Society

Local stamp collectors club. Every second Tuesday of the month 7.30 pm. Stoke School. Visitors welcome. Contact 03 547 7516 or 03 548 6269

Nelson Provincial Museum Exhibitions

Until 18 September 2009.
NZ Fossils – Dead Precious, and Ferdinand von Hochstetter – the father of New Zealand geology.
For more info visit www.museumnp.org.nz

Nelson Scrabble Club

Play recreational or competitive scrabble in friendly, convivial surroundings. Every Wednesday 7 pm at the Nelson Suburban Club, 168 Tahunanui Drive. Contact: Steve 03 544 0475.

Nelson Social Dancing Club

We meet once a month on a Saturday evening at 8 pm at Waimea Club, Queen Street, Richmond for a social dance with Band. Ballroom, Latin, New Vogue and Rock n Roll.
Entry members \$6, non-members \$10.
We also have CD dances, come along and join us.
Any enquiries phone Jenny 03 544 9239 or Jean 03 546 7061.

Senior Adults Gathering

Victory Seniors monthly gathering - held first Tuesday of the month from 1.30 pm at Victory Community Anglican Church - 238 Vanguard Street Nelson. Afternoon tea, no charge, all seniors welcome. Further information please phone Jeannette 03 548 7939.

SeniorNet [Nelson]

Computer instruction for people aged 55 and over. Held in Clubrooms at Pioneer Park, Hastings Street, Nelson. Visit website www.tasman.net/seniornet or contact Murray on 03 548 1170 to find out what is going on.

Stroke Club Nelson

Social activities for people who have had strokes and their carers. We meet at St. Francis Hall, Songer Street, Stoke. For further information ph. Irene 03 544 8665

Senior Service - Nelson Baptist Church

The Nelson Baptist Church on Bridge Street holds a Senior Service on the second Sunday of the month. This is an inter-denominational service for people from all over the district. We have hymns and songs, a short message, afternoon tea and fellowship. The service starts at 2 pm and finishes about 3.30 pm. Transport can be arranged. Contact Alan Roberts, Ph 03 548 7381.

Sit and Be Fit

The most fun exercises you can do in a chair! A 35 minute class to music – you'll love it. Victory Community Centre, Totara St, Nelson, Tuesdays 10 am
Phone Leigh on 03 548 1689 for more info.

Stoke Easy Exercise

Sit and be Fit for Men and Women. Every Tuesday 10 am, Stoke Methodist Church Lounge. Ph Maureen McKain 03 546 4670.

Stoke Seniors Club

– Social seniors moving forward

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

Give us a call – you never know what might be going on!
Contact Christine, Anne or Ruth on 03 547 2660
Email: stokeseniors@xtra.co.nz

Regular activities

Scrabble Club – Mondays 1 pm

Euchre – Tuesdays 10.30 am

Mah Jong – Tuesday 1 pm

500 Club – Wednesdays 1 pm. Come along for a fun friendly game. New and experienced players welcome to all games.

Art class – Mondays 10 am and 1 pm at the Stoke Memorial Hall. Cost \$3

Walking group – Tuesdays 10 am from the Stoke Memorial Hall Car Park. A casual walk of about 1 hour.

Tai Chi – Beginners and improvers, Tuesday at 1.30 pm. Beginners' class on Wednesday at 10.30 am

Gentle exercises – Wednesday 11.30 am

Pilates – Beginners' class on Tuesday at 1.30 pm

All the above classes meet in the Stoke Memorial Hall.

Monthly Movie – third Thursday afternoon of each month. Please ph. 03 547 2660 to check what's on & starting time

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

Social Seniors choir – meets on Wednesdays from 11-12 midday in the Stoke Memorial Hall. For further details ph. Anne on 03 547 2660

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

“Lads at Large” and “Girls Own” trips – once a month on Fridays. For details ph. Ruth or Anne on 03 547 2660

Travel Club – for information about special trips please contact the office on 03 547 2660 or e-mail at stokeseniors@xtra.co.nz

Also Tuesday – Thursday meals – 2 course meal at midday for \$8 (non-members), \$6 (members). Please ph. 03 547 2660 to book (by 9.30 am the day before).

Tahunanui Community Centre

For information on all programmes phone the Community Centre, 61 Muritai Street, Tahunanui, on 03 548 6036
Wednesday afternoons
Social group "Friends and neighbours" for local residents

Walking Group

Wednesdays 10 am. Meet at the Community Centre and walk for approx 1hr

Have a go at Belly Dancing

Anyone interested phone 03 548 6036 for more info

Garden Group

Monthly meeting sharing skills and experience following on from Organic gardening/compost workshops
Wednesday evening 7 - 8.30 pm monthly

Up Cycle

Group to help you enjoy and improve your bike riding skills. Phone the centre for more details.

The Nelson Savage Club Inc

A Club for entertainers. Variety Concert on the second Wednesday of each month April through to October. We meet at the Presbyterian Church Hall, Muritai St. Tahunanui at 8 pm. \$2 entry. Best to phone first. Joyce 03 548 1224 or Ernie or Philpa 03 547 7022.

Veterans' (55+) 9 hole golf days

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

Richmond

Age Concern activities

62 Oxford St, Richmond

Wednesday 9 am to 1 pm- various activities

Thursday 10 am to midday – knitting and companionship group

Friday 10 am - Age Concern Easy Exercises

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

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

Prevention and early intervention of elder abuse

Ph Jim Davis 03 544 7624

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

Knitting Group

Thursday 9.30 am to noon. The knitters knit squares to be made into blankets to be sent overseas. Donations of 8ply wool or garments to be re-knitted gratefully received. New knitters always welcome.

Appleby School Reunion

Appleby School, Richmond, Nelson is holding a school reunion, from 11 to 13 September 2009. All past pupils, staff members, board members and interested parties are invited to attend. To register email reunion@appleby.school.nz, or contact Appleby School, RD1, Richmond, 7081 or phone 03 544 2898. More details are available on the website www.appleby.school.nz.

Club 50

Club 50 is a social group of mature adults looking for companionship, recreation and enjoyment. We welcome new members. Contact Jackie on 03 544 3955 or email trrc@nel.sporttasman.org.nz.

Aug 4	9.30 am	Hand Massage	\$2.00
Aug 11	9.30 am	Wakapuaka Cemetery Walk	
Aug 18	9.30 am	Tree Planting at Sandeman Reserve	
Aug 25	9.30 am	Nelson Honey, Motupiko	
Sep 1	9.30 am	Support Works, NMDHB	
Sep 8	9.30 am	Orphanage Creek Walk	
Sep 15	9.30 am	State Cinema Movies	\$8.00
Sep 22	9.30 am	Modified Pilates	
Sep 29	9.30 am	Doll Collection	

All activities start at The Tasman Recreational Resource Centre (TRRC), 9 Cambridge Street, Richmond – unless otherwise stated. Outdoor activities are weather dependent but alternatives will always be available

Euchre

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

Grandparents Raising Grandchildren

Monthly meeting last Tuesday of the month at 10 am. Venue: Presbyterian Church Sunday School Rooms, Muritai Street
Social gatherings second Tuesday of the month at 10.30 am. Ph Paula 03 544 5714 for details.

Hope-Ranzau Women's Institute

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

"It's all about me"

Monthly group session last Thursday of every month. Come and meet new people and get advice from experts on how to stay healthy and keep active. Wakefield Village Hall 10 am, gold coin donation. Phone Bee Williamson, Green Prescription 03 544 3957 ext 3

Pedometers from the Library

Pedometers are step counters that show how far you walk each day. These are now available on loan from any of the Nelson City or Tasman District Libraries. \$2 fee for a 6-week loan
Visit your local library and ask at the counter

Richmond Bowling Club

Have a go - Tuesday at 1.00 pm
Thursday at 1.00 pm and 5.45 pm
Bowls and shoes provided.
Contact Pat Dickinson Phone 03 544 0129 or Club phone 03 544 8891

Richmond Slimmers Club

Keep your weight down. Margaret Westley, phone 03 544 7293

Richmond Walking Group

Do you like walking but find it hard to get motivated? Then our new walking group is perfect for you! It's free and all ages and levels of fitness are catered for. Mondays at 10.30 am
Tasman Recreational Resource Centre, 9 Cambridge St, Richmond
Contact Jackie: Ph 03 544 3957 ext 4

Tasman Tennis Centre

Social Tennis Tuesday mornings 9.30 am
Coaching sessions available with TennisNZ club coach.
Ph Ngaire Calder on 0272 79 99 38 or Tasman Tennis Centre on
03 544 6083

Tasman Visual Arts Group

We meet on the last Wednesday of the month at Richmond
bowling clubrooms. Regular guest speakers, new members
welcome. Contact Gary Gibbens ph 03 541 8842

Motueka

Motueka Arts' Council Winter Workshop Series

August and September 2009

Highlights are writer Gerard Hindmarsh's workshop "Giving Your
Writing Guts" and drama sessions with facilitator Paul Maunder,
for teachers and for students aged 11 to 18 years.

Other topics available are:

Painting with water colours, Felting, Terracotta Garden Art,
Basketmaking, Ukulele, Plaster of Paris, Drawing with pastels, and
Jewellery making. Contact Jane Wells on 03 528 4995

Motueka Bowling Club Inc

Winter Bowls – Come and play on our astrograss green over
winter. Phone Don 03 528 7208 or Pat 03 528 9129.

Motueka District Museum Exhibition

"Time Gentlemen Please - Bottoms up in Motueka" – the story of
some of Motueka's best known hotels. The exhibition is about five
local hotels - the Travellers Rest (now the Riwaka), the Riwaka Inn,
Hotel Motueka, Post Office and the Swan. Museum hours are Mon
to Fri 10 am - 3 pm. 140 High St, Motueka Phone: 03 528 7660

Motueka 50+ Walking Group

All walks leave Decks Reserve car park at times stated. Meetings on
the last Thursday of each month in the Uniting Church Hall (rear
of church), High St, at 9.30 am. Visitors always welcome. Contact
Chairperson, David Collis 03 526 6797 or Secretary Gabrielle
Finnigan, ph. 03 540 3400.

Members who do not wish to start early on the walks can assemble
at Deck's Reserve at 10 am to agree an alternative option.

Motueka Old Time Dance

Lower Moutere Hall, Saturday 22 August 7.30 pm
Tickets \$6.00 per person includes supper.
Always a good night. Everyone welcome. Ph 03 528 7564 or 03
540 2242.

Motu Weka Neighbourhood Centre 60+ Social Club

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

Motueka Recreation Centre

50+ classes are held Tuesday and Thursday mornings at 9.30 am
with Anna. A fun class to suit seniors. Feel free to try out any
classes. A great routine set to music, low impact with low intensity.
Runs for about 1 hour. Cost: \$3

Badminton games 7 - 9 pm every Thursday evening for players
of all ages and levels. New players welcome.
Court fee \$3, racquet hire \$2.

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

Sit 'n' Be Fit Classes Mondays 10.30 - 11.30 am, \$3 per session
Join Jody for a 30minute seated gentle exercise class.
Phone: 03 528 8228

The Recreation Centre Gym is open 9 am - 9 pm Monday to
Friday, 9 am - 4 pm on Saturday. Contact the Motueka Recreation
Centre on 03 528 8228 or fax 03 528 8560.

SeniorNet [Motueka]

Computer learning for the over 55's in comfortable clubrooms
at 42 Pah Street. Complimentary classes offered to beginners.
Learn the basics through to advanced computing. Small classes, no
stress, learn at your own speed and make new friends. Classes in
digital photography, card making, spreadsheets, word processing,
email and Internet use, genealogy, managing your computer. New
members are welcome to attend our meetings on the first Monday
of every month at 10 am. Contact Ann Long 03 528 8224

Golden Bay

Drop In Yoga

New Winter Schedule: Tuesday 1 - 2.30 pm Yoga for All; Thursday
1 - 2 pm Power Yoga and Thursday 2.15 - 3.15 pm R&R Yoga.
\$8 per class at the Catholic Hall, 94 Commercial Street, Takaka.
Phone Terry 03 525 7422 or just drop in.

Marble Mountain Country Music Club

2nd and 4th Sunday of each month at the Senior Citizens
Clubrooms. Start time over winter is 2 pm. Welcome to all listeners,
singers or musicians. Phone Nancy 03 525 9491.

Motupipi Indoor Bowling Club

Thursday nights, 7.30 pm at the Motupipi Hall.
Beginners and interested players are made welcome.
Supper and games for \$1. Phone Nancy 03 525 9491

SeniorNet [Golden Bay]

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

Uruwhenua Women's Institute

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

Winter Workouts

Masonic Hall Takaka, Mondays 9.30-10.30 am
Wednesdays 9.30-10.30 am, Fridays 9-10 am
On-site child care provided. Call 03 525 6110 for details.

RECREATION PROVIDERS

If you are looking for further groups, check out the Found Community Database www.found.org.nz

Hope

Hope Midweek Badminton Club
Carolyn Mason 03 541 9200

Nelson Veterans Tennis Club
Hope Courts every Thursday
Summer from 9.30 am
Winter from 10 am
03 547 6916

Mapua

Indoor Bowls
Mapua Friendship Club
Mapua Public Hall
Valerie Roache 03 540 3685

Low Impact Aerobics and Pilates
Wakefield, Upper Moutere and Mapua
Lynda Mabin 03 543 2268

Mapua Bowling Club
Arnie Ahnfeldt 03 540 3032

Taoist Tai Chi
Taoist Tai Chi Society of New Zealand
55 Muritai St, Tahunanui
03 545 8375
www.taoist.org

Motueka

Aerobics/Gym and Fitness Centre
50+ Aerobics
Mot Rec Centre
Brent Maru 03 528 8228

Arthritis New Zealand
Immersion Therapy session
10.30 am, Mondays at
Ngawhatu Pool
Bus leaves Motueka
at 9.30 am
Susan Ledingham
0800 663 463

Gym & Fitness Centre
Studio Gym 275
Catherine Walsh 03 528 4000

Healthy Hearts Club
St Thomas Church Hall
Wendy Brown 03 528 6692

Indoor Bowls
Motueka Senior Citizens Hall
George Riordan 03 528 7960

Line Dancing
Motueka Senior Citizens Hall
Beryl Sturgeon 03 528 8265

Line Dancing – Intermediate
St Andrews Church Hall
03 528 7337 or 03 526 6246

Marching
Motueka Veteranettes
Marching Team
Bev Clementson
03 528 9125

Riwaka Bowling Club
School Road, Riwaka
Kathy Brewer 03 528 4604
Pat Newport 03 528 8347

Riwaka Croquet Club
Sally Goodall 03 528 8296

Social Recreation
Kiwi Seniors (Motueka)
Vonnie Goodall 03 528 7817

Tai Chi Falls Prevention (65+)
Presbyterian Support
Maxine Poole
03 547 9350 ext 712

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

Nelson Aquatics/Swimming/Gym
Riverside Pool
03 546 3221

Belly Dancing
Victory Community Centre
Tuesday from 6 pm
Sabina Gilberg 03 546 8511

Bodyvive (Low Impact)
CityFitness Quarantine Rd, Nelson
Monday, Tuesday and Thursday 10.20 am
Debby Callaghan
03 547 4774

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

Croquet
Nelson-Hinemoa
Bev Worrall 03 548 2190

Easybeat 50+ Aerobics
EasyBeat Aerobics
Leigh Dalzell 03 548 1689 or
021 547 811

Easy Exercise
Arthritis New Zealand, Nelson
Sheila Alley 03 548 3490

Hatha Yoga
Maureen McKain
03 546 4670

Hot Yoga
Claire 03 548 2298

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

Leisure Line Dancing
Stoke Scout Hall, Songer St
Annette Lines 03 546 8777

Marching
Silveraires Leisure Marching
Diana Clark 03 548 9527

Nelson 50+ Mini Walks
Gwenda Wallace
03 544 5307

Nelson Petanque Club
Ernst Lacher 03 548 3031

Nelson Social Dancing Club
Club Waimea
Frank Thomas 03 546 7061

Over 50s Pilates
Body Power Pilates & Yoga Centre
Sue Wilson
029 281 3735
Email
inbox@bodypower.co.nz

Over 50s Yoga
Body Power Pilates & Yoga Centre
Margot Hannigan
029 281 3735
Email
inbox@bodypower.co.nz

Petanque with the Nelson Club,
Wed/Sun 1.15 pm at the Maitai club Kinzett Tce off Haven end of Trafalgar St Boules provided.
Gillian 03 546 8111

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

Table Tennis
Nelson Table Tennis Club
Phil Hamblin 03 546 6256

Tahunanui Bowling Club
Murray Canning 03 547 6921

Tai Chi Falls Prevention (65+)
Presbyterian Support
Maxine Poole
03 547 9350 ext 712

Taoist Tai Chi Society of New Zealand
55 Muritai St, Tahunanui
03 545 8375
www.taoist.org

Walking
Nelson 50+ Walking Group
Noel Brown 03 544 2286

Richmond

Badminton
Richmond Morning
Badminton
Dawn Wakelin 03 544 4120

Ballroom and New Vogue
Tues 7.30-8.30 pm
New vogue only
Wed 7.30-8.30 pm
Phone Michael & Heather
03 547-4863.

Body Power Pilates & Yoga Centre
Richmond Town Hall
Sue Wilson 029 281 3735
E: inbox@bodypower.co.nz

Bodyvive (Low Impact)
CityFitness Quarantine Rd,
Nelson
Monday, Tuesday and
Thursday 10.20 am
Debby Callaghan
03 547 4774

Crafts, Caring and Sharing
Wesley Centre
Mondays 9.45 – 11.45 am
03 544 7458 or 03 544 9174

Croquet
Richmond Croquet Club
Eleanor Hannay 03 547 5424

Easybeat 50+ Aerobics
Leigh Dalzell
03 548 1689 or 021 547 811

Easy Exercise
Senior Citizens Hall
Friday 10 - 11 am
Morning tea to follow
Elaine Mead 03 544 7624

Indoor Bowls for Seniors
Church of Christ Hall
Cnr Croucher & D'arcy Sts
Tuesday 1 - 3 pm
Phyllis Haines 03 544 8383

Latin In-line Dance
Richmond Dance Studio
Partner not required!
Wednesday and Friday
9.30 - 10.15 am
Heather 03 547 4863

Latin-in-line Male and Female.
Tues.6.00-6.45 pm
Wed & Fri 9.30-10.15 am.
Phone Heather 03 547 4863

Line Dance Nelson
Alison Myers 03 546 9878

Richmond Bowling Club
Tuesday 1.00 pm
Thursday 1.00 pm and
5.45 pm
Pat Dickinson 03 544 0129

Social Recreation
Club 50
Jackie Hardy 03 544 3955
trrc@nel.sporttasman.org.nz

Tai Chi Falls Prevention (65+)
Presbyterian Support
Maxine Poole
03 547 9350 ext 712

Tasman Recreational
Resource Centre
(Richmond Town Hall)
Fun, easy exercise options
for older adults
Mary-Ann McNatty
03 544 3955
trrc@nel.sporttasman.org.nz

Stoke
Clogging/ Tap Dancing
Nelson Sun City Cloggers
Georgina Higgs 03 545 1037

Easy Exercise
Sit & Be Fit for Men &
Women
Arthritis New Zealand
Every Tuesday 10 am
Stoke Methodist Church
Lounge
Maureen McKain
03 546 4670

Easybeat 50+ Aerobics
Leigh Dalzell
03 548 1689 or 021 547 811

Hatha Yoga
International Yoga
Teachers Assn
Maureen McKain
03 546 4670

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

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

Safety & Confidence
Kidpower, Teenpower,
Fullpower Trust
Cornelia Baumgartner
03 543 2669

Stoke Bowling Club
Lyndon Penketh
03 547 4780

Stoke Social Seniors
'Girl's Own' and 'Lads at
Large' trips
Anne or Ruth 03 547 2660

Stoke Social Seniors Walking Group
Meets Tuesdays 10 am
Stoke Memorial Hall
03 547 2660

Stoke Social Seniors Tai Chi
Stoke Memorial Hall
Tuesday 1.30 pm
Wednesday 10.30 am
03 547 2660

Table Tennis Nelson
Bryan Keane 03 547 7530

Tai Chi Falls Prevention (65+)
Presbyterian Support
Maxine Poole
03 547 9350 ext 712

Golden Bay
Drop In Yoga
Terry Burgess 03 525 7422

Genealogical Group
Cherill Cooper 03 525 8832

Gentle Exercise
Golden Bay Physio Clinic
03 525 9708

Golden Bay Contract Bridge Club
Leigh Gamby 03 525 9744

Golden Bay Garden Club
Diane McIntosh 03 525 6121

Golden Bay Mohua
Tecorians
Sally Douglas 03 525 9569

Golden Bay Patchwork and Quilters Guild
Liza Eastman 03 524 8487

Guided Gym Session
Wednesday 12 -1
Georgie Stone 03 525 6110

Indoor Bowls/Cards
Senior Citizens Club Rooms
Mary Couper 03 525 8445

Mah Jong
Ethel Smith 03 525 8615

Puramahoi Table Tennis
Betty Wilson 03 525 9526

Pohara Bowling Club
Jennifer Westrupp
03 525 9621

Probuss
Jan Sawers 03 525 9197
Robin Manson 03 525 9359

Tai Chi Falls Prevention (65+)
Presbyterian Support
Maxine Poole
03 547 9350 ext 712

Tai Chi for Arthritis
Ann Marshall 03 525 8437

Takaka Golf Club
03 525 9054

Takaka Golf Club Ladies Section
G. Turley 03 525 9122

Takaka Spinning Group
Jan Weston 03 525 9374

Takaka Table Tennis
Rene 03 525 7127

University of the Third Age (U3A)
Aileen Hunt 03 525 7345

Wednesday Walkers
Bron Thorneycroft
03 525 8627
Bob Kennedy 03 525 9958

Tapawera
Visual Art Society
Tapawera
Kaye Register 03 522 4368.

Walking
Rural Ramblers
Una Foulsham 03 522 4083

Wakefield
Easy Exercise
Arthritis New Zealand,
Nelson
Nancye Wearing
03 541 9040

Wakefield Senior Citizens
Meet: 1st Wed of Month
2 pm
Wakefield Village Hall
Melba Green 03 541 8464.

'I gave my mobility scooter back'

The pain of osteoarthritis combined with breathing difficulties due to emphysema were making 70-year-old Sarah feel there wasn't much point in getting out of bed each morning. She needed to use a mobility scooter to walk her dog, and had gained weight over the past year after a leg operation.

An outgoing person, Sarah felt isolated from the world around her.

After getting a Green Prescription from her arthritis nurse, Sarah began meeting support person Jackie Hardy at the women's weekly group at a Richmond gym.

Having never been in a gym before, Sarah was nervous about the equipment and about walking in not knowing anyone.

Jackie phoned each month to support and encourage her. Sarah's confidence grew, her mood lifted

and she looked forward to chatting to the other ladies while doing the circuit exercises. As her general fitness improved she used the scooter less and less – until the day she said, "Take it back. I don't need it anymore."

Starting with a goal of just 15 minutes' walking each day, Sarah slowly built up to 30 minutes and can now walk for up to an hour. The osteoarthritis pain has lessened with regular physical activity, her breathing is better and her energy levels are up – she feels more positive and happier than she has for a long time.

Sarah feels she has got her life back. She and her new partner are frequently out enjoying regular walks.

Contact: Leigh Dalzell, Green Prescription Area Manager, ph 03 544 3957 ext 4.



Sarah, aged 70, is back on her feet.

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Jill Beech MNZAS
Audiologist
Member of the
NZ Audiological Society