

Mudcakes

and



SENIOR GENERATION ACTION
AND ISSUES – NELSON TASMAN



04.

Meet Camp Mother

06.

Onion on head,
mustard on feet

10.

A sea dog with wings

Brimming with winter cheer

Welcome to our winter's edition of Mudcakes and Roses, guaranteed to warm your soul. We meet Camp Mother, swap yarns with a hardy seadog, expose some urban myths, test your knowledge of antiques, tell you how to cure baldness (no guarantees), offer a few tips on growing veges, and our resident poet investigates the downside of living in an ant-hill. Plus we have our usual Events guide and a directory of the hundreds of activities available for Seniors in Nelson-Tasman.

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Mudcakes and Roses Noticeboard

EVENTS AND INFORMATION FROM AROUND OUR REGION.

Gearing up for world-champ migrants

Motueka residents are looking forward to the return of the godwits to the sandspit and estuary in September. The first of these astonishing birds arrive in early spring each year after their 11,000km non-stop flight from Alaska – the world's longest migration. They stay here during summer, then after moulting and fattening up on the worms in the estuary, they return to their breeding grounds in Alaska.

The Motueka Arts Council is holding a Welcome to the Godwits Celebration on 23-24 September at the Motueka

Memorial Hall. There will be displays and information about the birds, speakers and contributions from schools. This year also features an art competition for adults in two categories: two-dimensional and three-dimensional. There is also a photographic competition.

All the competitions have the same theme, Motueka Sandspit and Estuary.

Speakers at the event include Nicola Vallance, of Forest and Bird; Keith Woodley, manager of Miranda Shorebird Centre; and local ornithologist David Melville, who recently visited the godwits in Alaska.

Competition details and more information are available on www.motuekaonline under Coming Events.

Children's charity needs helping hands

After almost 50 years of community service, the Nelson branch committee of Save the Children New Zealand is down to five members and needs more volunteers to continue its fundraising efforts.

Each year thousands of dollars are raised in the Nelson community for programmes that benefit children and families around the world. Right now

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Mudcakes & Roses is part of the Tasman District Council's family of community recreation publications.

there is an urgent appeal for drought-stricken East Africa. Donations can be left at the shop in Halifax St, Nelson, or support our street collections.

Volunteers able to give just a few hours a month can boost fundraising efforts. If you could co-ordinate branch activities and help recruit new members, serve on the committee or just want to help at Save the Children's Annual Fair at Stoke in March, or other fundraisers, please contact the secretary, Amy Hill, on ph 03 547 6542 or e-mail amehill@xtra.co.nz.

Strokes are mostly preventable

Stroke is the third largest killer in New Zealand (about 2000 people a year). A quarter of victims are aged under 65. Even children can have strokes.

There are an estimated 45,000 stroke survivors in New Zealand, many of them disabled and needing significant daily support.

Stroke Awareness Week, 5-9 September 2011, will highlight the message that

strokes are largely preventable, High blood pressure is a major cause. One in five New Zealanders has high blood pressure, and a third of these don't know it.

Early detection and effective control of risk factors can slash your chances of having a stroke.

Mini-strokes (Transient Ischaemic Attacks or TIAs) can happen before a stroke. Recognise the signs – sudden weakness and/or numbness of face, arm and/or leg; blurred or loss of vision in one or both eyes; sudden difficulty speaking or understanding what others are saying; dizziness, loss of balance or difficulty controlling movements – and seek medical attention as soon as possible. For more information, contact the Stroke Foundation Southern Region, Nelson 03 545 8183.

Red Cross offers variety of roles

New Zealand Red Cross is part of the largest humanitarian organisation in the world, helping people overseas or in your own street.

A wide variety of volunteer opportunities are available. You can learn new skills, meet people or simply use your spare time to make a real difference to someone's life. Volunteers commonly report that they enhance the quality of their own lives into the bargain.

Volunteer positions include: Helping with fundraising, working in op-shops, delivering Meals on Wheels, lending a hand with local community services, assisting with health and transport programmes, working with Red Cross to provide disaster welfare and support, or working in an administration support role.

Amy, from Red Cross in Nelson, says they are particularly short of volunteers to deliver Meals on Wheels in Stoke or Nelson. Drivers do one day a week, taking 90 minutes at most. Petrol costs are reimbursed. Relief drivers are also needed to fill in for absent volunteers. Give Amy a call on 03 546 5012.

(MATTHEWS)

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'Outside world' holds little appeal

PERMANENT TAHUNA CAMPGROUND RESIDENTS LOVE THE COMMUNAL LIFESTYLE.

John and Helen McGrath don't live in the real world, and wouldn't have it any other way. The Tahunanui campground residents enjoy "a cross between a pensioner unit and a commune", as John terms it – all the mod cons, and a close, caring community.

"I don't know how I'd live in the outside world now," says John, who has just turned 80.

Helen, 64, is more emphatic: "The only thing that will shift me out of here will be the management or the undertaker."

Home is a 25ft Nomad caravan, with permanent annex built of coolstore-type materials – foam sandwiched between metal walls. John also has his little "fishing caravan" and Helen owns a pop-top camper. Their other 25-footer is elsewhere in the campground, occupied by a daughter. Another daughter lives in a luxury motorhome two doors away.

The McGraths have a garden, which self-confessed avid collector Helen festoons with ornaments. They cook in their caravan, have a heatpump, washing-machine – although Helen finds the campground laundry more convenient – and use

portapotties at night, with a short stroll to the camp toilets during the day.

Their caravan is also home to Helen's collection of 300-plus dolls, destroying the notion that campers are forced into a spartan lifestyle. Over four decades the couple have owned many houses, including a showhome in Motueka, but harbour no desire to go back to a mortgage and rates.

Apart from financial benefits – \$110 a week for their site, plus power – lifestyle is the big drawcard. John says neighbours will pop in with spare apples, pears, fish or scallops. When he fell ill with a bowel tumour recently, Helen was showered with support. John arrived home from the hospital to a Get Well card signed by 28 neighbours.

Helen says "close-knit" does not mean people live on your doorstep, "but they're there when you need help".

The campground is also a protected community – no boy-racers, no all-night parties, and troublemakers are soon moved on by the management. Even at the height of summer, when the camp swells to 3000 people, full security keeps

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Helen McGrath, self-confessed collector.

the neighbourhood safe. Tahuna employs 60-plus staff over summer, and has 89 sites for permanents.

Both John and Helen say manager Ann Cumpstone and her staff are very approachable. Staff and permanent residents socialise around the barbecue and compete against each other in a golf tournament. Helen says she is popularly known as Camp Mother, and Ann is Camp Leader.

John rubbishes the belief that campground residents are down-and-outs. He relishes the tale of one cheeky visitor who told a group: "I suppose you lot are waiting for the dole office to open." Seated around the table were two airline pilots and a multi-millionaire.

Almost all of the residents have jobs or are retired, say the couple. Newcomers are on probation for a month, meaning bad debtors or social misfits are quickly weeded out.

Doctors and buses close to hand, a community ranging from children to 90-year-olds – John struggles to find a downside to campground living. The planes you get used to, the "no dogs or cats" rule they can live with ... ah yes, he's found it – in a heavy downpour he can't hear the television.

Helen has the beach and Tahuna hills to walk in, and she takes a daily stroll round the camp, greeting friends and newcomers.

She helped to formulate an emergency plan for the facility in the event of Christchurch-like calamity, but points out that they are well set up with water supplies and no end of gas cookers. The 54-acre camp is a self-contained "village within a town", she says.

"It's a tremendous community," John adds, and the McGraths should know because they have "lived all over". His working life was spent in the washing-machine business. Helen would service the machines – and in her spare time she restored a Mark 1 Zephyr, including rebore. She helps her stepsons with maintenance on their cars.

Her other hobby is exquisite crochet, made as gifts – plus the dolls, of course. Many of the latter are "rescued" from the Recycling Centre down the road. The doll collection goes back three decades and includes their transport. When Helen moved into the camp she had 27 old wicker and vintage prams to shed.

John and Helen have 10 children, 21 grandchildren and three great-grandkids, many of them close to hand.

Twelve years ago the couple came up from Kaikoura for a weekend break at the Tahuna camp. They never left. It's been a long and happy weekend.



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Onion on head, mustard on feet

Old handy hints books are a mixture of the sensible and silly. We leave it to you to sort out.

Baldness

Rub the scalp morning and evening with onions, until it is red, and afterwards with honey.

Bleeding Nose

This will cease if the hands and feet are plunged into water as hot as can be borne.

Cement

Being porous, cement will absorb unpleasant odours. Paint the area with a mixture of bicarbonate of soda and water, mixed to a paste, and when dry brush it off.

Cheese

There are several ways to prevent mould forming on cheese. One is to place two pieces of lump sugar underneath the cover of the cheese dish, and another is to wrap the cheese in a cloth dampened with vinegar and place it in a covered container.



Cockroaches

Sprinkle equal parts of borax and sugar in corners and crevices and they will soon disappear.

Cold Feet At Bedtime

"Draw off your stockings just before undressing and rub your ankles and feet with your hands as hard as you can bear the pressure, for five or 10 minutes... It is hardly conceivable what a pleasurable glow this diffuses."

Cough Mixture (Granny's recipe)

60g honey, 60ml glycerine, 60ml lemon juice. Bring to the boil and place in a bottle. Take two teaspoonsful at a time.



Cream

Add a pinch of cream of tartar before whipping cream and it will keep longer.

Diarrhoea

A grandmother (in 1898) suggested pepper. A teaspoonful in half a cup of water, with no food taken for half an hour afterwards.

Dusters

Soak in kerosene or turpentine, wring out and dry.

Eggs

Rub eggs with fat before putting them in the water and they will cook without bursting. If an egg is already cracked, seal the crack with cellophane.

Don't store eggs in the refrigerator door – the continual vibration doesn't do them any good.

Feet – Warm

Mustard sprinkled in boots and covered with two paper socks will keep the feet warm.

Flies

For ridding the house of flies, place a piece of camphor on a red hot coal shovel and place it on a brick in the centre of the room.

To keep flies away at a picnic, put some oil of lavender on a piece of plastic foam in a screwtop jar and leave it open on the table. Take lots of sprays of mint with you and place them round the food ... Blowflies don't like turnips.

Freckles

Honey, lemon juice and eau de cologne, in equal parts, makes a beneficial lotion.

Garden Pests

Grandmother's philosophy was, "If it moves slowly, step on it. If it doesn't, leave it and it will probably kill something else."



Hair (to thicken and strengthen)

Skim the fat from the top of calves feet while boiling. Mix with a teaspoonful of rum and shake together. Apply morning and night.

(Credit: Take It On Trust, produced by the Southern Region Women's Committee of the National Trust of Australia (Tasmania) 1978, but using hints from the 1800s.)



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On a downhill run to spring

START PLANNING YOUR VEGE PLOT, SAYS OUR GARDENING EXPERT PHILIPPA FOES-LAMB.

Hi and welcome again. This is my favourite month because the shortest day has been and gone and it's all downhill until spring. The weather will continue to be erratic for some time yet, but there is so much to look forward to in the coming season.

Growing vegetables is one of my passions and this is the perfect time to plan what you are going to plant in early spring. Whether you have a small or large vege plot, it is important to rotate your crops regularly so you need to take this into account when working out your planting plan.

Crop rotation means not planting the same crops in the same spot each time as this can make them susceptible to disease, e.g. club root in brassicas such as cabbage and broccoli (misshapen roots and poor growth) or verticillium wilt in tomatoes. I have a large kitchen garden and find the best way to keep track of what is planted where and when is to draw a rough diagram and jot down each crop as it goes into the ground each season. This system works really well even if you have a small plot.

You also need to think about soil preparation for each crop. Potatoes and carrots, for example, like to be planted in soil



A kitchen garden is light work well-rewarded.

that was composted a few months ago, rather than in beautiful freshly composted soil. If planted in the latter you will get amazing "tops" and no "bottoms". Most summer crops such as tomatoes, peppers and courgettes thrive in well-composted soil. Incorporating fish compost (odourless and wonderful) and sheep manure pellets will provide wonderful food for young seedlings. Preparing your soil now means it will be in great condition at planting time. Peas, beans and brassicas will benefit from a light dressing of dolomite lime too.

Sowing tomato seeds in a warm spot (a glasshouse or cloche is perfect) this month will ensure you have lovely strong seedlings to plant around mid-September – outdoors if you are frost-free or in a glasshouse. You can also sow brassicas, silverbeet, lettuce etc for transplanting later.

Citrus trees (and daphne in particular) can be susceptible to yellowing leaves, which is caused by magnesium deficiency. You can help by mixing a solution of epsom salts at a rate of one teaspoon to 4.5 litres of water in a watering can and applying it to the ground surrounding your tree or shrub. It may take 2-3 months before you see results but it does work.

Perennials are invaluable in the garden, providing colour and interest over a long time. Planting them in late winter gives them a chance to become established before they put on their big flush of growth from spring onwards. Many gardeners feel perennials are high-maintenance and I can truly say this is not the case. My garden is full of them and I only have to do major maintenance a couple of times a year – once in spring – feeding established ones, and again in late summer/autumn when some need cutting back. If you'd like more information on perennials or you have maintenance issues, please don't hesitate to contact me.

If you have any other questions or topic suggestions, you can email me at foeslamb@xtra.co.nz or write c/- Mudcakes and Roses. Until next time, happy gardening.

On the air – Philippa's radio show, *Green Thumbs & Dirty Fingers*, is full of more gardening tips and airs each fortnight on Fresh FM on Tuesdays at 10.40 am, replayed the following Saturday at 2.40 pm.

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Urban legends always a trap

STOLEN KIDNEYS AND SECRET PIN ALERTS ARE PART OF A MODERN EPIDEMIC.

A young traveller wakes from a deep sleep to find an ugly sutured wound across his or her abdomen – and minus a kidney.

Urban legends such as this have become endemic in recent years, thanks to the internet and email. They sometimes make it into magazines and other publications, repeated as fact.

People frequently swear that such tales happened to a distant relative or friend of a friend. However, urban legends are pure fallacy.

A nationally circulated New Zealand magazine recently fell into the trap with an article on how your cellphone can be a lifesaver. The claims included:

If forced by a criminal to withdraw money from an ATM, keying in your PIN number backwards automatically alerts police.

According to myth-busting site snopes.com, this one surfaced on the Internet in 2006.

Chicago businessman Joseph Zinger patented the idea in 1998 but found little interest in the banking community. In 2004-2005, Illinois, Kansas and Georgia state legislatures included the distress signal in bills, but the clauses were either tossed out at committee stage or were watered down to make it optional.

Banks are against the measure on the basis of cost, and also because even if the victim keyed in the alert, police would not arrive until after the offender and hostage had gone, says snopes.com.

The emergency number for all mobile phones worldwide is 112.

This is only true for digital phones on a GSM network, and does not apply to all countries. Some variations of the legend claim that 112 will work even if there is no cellphone signal or will automatically divert to a satellite phone system. Can't be done, says hoax-slayer.com

Lost your car key? Unlock a "keyless entry" car by sending a signal via cellphones from a spare key at home.

Won't work, says snopes.com. Remote keyless systems use different types of signals and transmit them at different frequencies.

Battery low? Activate hidden battery power by keying in *3370#

Some brands of phone have a "half-rate Codec" which extends battery life at the expense of sound quality, but the sequence is not the one quoted. *3370# actually enhances sound quality and shortens battery life.

Disable your stolen cellphone by keying in *#06# and getting your 15-digit identification string, which the company can then use to shut off the phone.

Only works on some brands, says [snopes](http://snopes.com), and its effectiveness is limited anyway.



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Tall ship and wheelies in a tug

AN ADVENTUROUS 'OLD SALT' ALSO SAILED THE SKIES IN HIS TIGER MOTH.

A young Ken Wells, perched on a yardarm 50 metres above the deck of the tall ship Pamir, boasted to his shipmates that he could run along the narrow pole. He reached the mast just as he began to fall off.

The Richmond resident, now aged 88, has spiced his life with adventure. He is a veteran of coastal scows and tugboats. He once helped to ferry a fishing boat from Iceland to its new owner in Motueka, and in his spare time threw a Tiger Moth around the skies.

Ken gained his sealegs as a 15-year-old deckhand shipping cargo out of Hokitika. He spent about seven months in the crew of the 114m-long Pamir. The four-masted beauty had been seized by the New Zealand Government in Wellington in 1941 as a prize of war, since it was Finnish-owned and Nazi Germany occupied Finland. (The ship was returned to Finland in 1948.)

At the age of 23, Ken took command of the scow Te Aroha, plying trade routes from Nelson – Blenheim to Wellington, the West Coast, Wanganui etc with a crew of seven.

"I reckon she was the best scow in New Zealand because she was fast ... very fast."

Ken's home is furnished with photos of the vessels he sailed on. Like any "old salt" worth his salt, Ken can turn his hand to ornamental ropework, belts out a tune on a "squeezebox" accordion, and has a full locker of tasty yarns.

He crossed Cook Strait more than 5000 times on the Te Aroha alone, plus plenty of trips on other vessels.

During the war, the scow was "flat-stick" for a time running 120-ton loads of cement from Tarakohe in Golden Bay up to Wanganui, to build the runway at Ohakea air base.

Much later, Ken had a tangle with bad weather and ran out of fuel approaching Wanganui. He was prepared to try entering the port, but the Harbourmaster would have none of it. Ken knew there was a helicopter company nearby so he had a chopper pick up drums of fuel from a truck at the wharf and ferry them out to the scow. "First time it was done in New Zealand," he says, pointing proudly to a newspaper photo on his wall.

Seafarers worked hard and played hard. Ken recalls drinking in a pub in Wellington after-hours in the 6-o'clock closing days ... and the constabulary knocked on the door. The landlady herded all the drinkers into the toilets and told them to keep quiet. "If you'd strike a match it was like a bomb going off,"



Ken Wells has a clutch of vintage accordions.

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says Ken. Police searched the pub. The drinkers, crammed together, were almost afraid to breathe. Suddenly one of them farted, and they all collapsed in gales of laughter. Luckily, the policemen had just left.

At one waterfront dive, fist fights were a routine part of the entertainment. "Right oh, boys, give them room," the publican would call as two men set to, ringed by patrons. When one combatant had been knocked senseless, the drinking resumed ... until the next bout.

After road and rail transport doomed coastal shipping, Ken spent two decades on the tugs at Port Nelson. The grunty W.H. Parr (still in service) could do "wheelies", he says. Making sure the deck was clear, he would crank her up to about 9 knots, swing the controls over hard and "she would put her shoulder in", sending seawater cascading across the decks.

"Do that again and I'm getting off," a crewman complained.

In the late 1950s, a friend offered to teach Ken to fly. His wife Alice said okay, as long as he didn't do aerobatics.

"Well, the first thing he taught me was aerobatics." Ken flew solo after four and a bit hours, and went on to compete in aerobatic events throughout the country. He owned a Tiger Moth for "20-something years," restoring and recovering it.

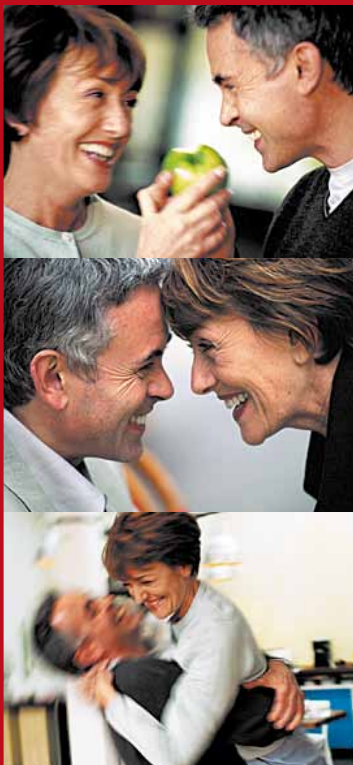
Aerobatic convention says you can't do a slow roll in a Tiger Moth, so Ken would throw one or two into his competition repertoire to prove them wrong. He once flew a borrowed Moth to Takaka, where another pilot asked to take it for a spin. With the owner's permission, the man and a passenger took off. Ken remembers a bystander's shout and turned to see the ball of flame.

"They're built to burn, Tiger Moths," especially the old models with wooden frames and doped fabric skin. During his flying days Ken saw more than a few "good fellas write themselves off".

Alice is now in a rest-home nearby. Ken pops down to see her twice a day. A surgeon has just repaired his smashed hip (from a fall) so he takes the stairs slowly, but will be back up to speed soon, he swears. When Mudcakes called, he had just pulled a batch of hot-cross buns out of the oven, and apologised for not having a jar of honey to offer from the beehive in the backyard. It's a hobby with a splash of adrenalin that would suit him. Yard-arm dancers never grow old.



"Someone has to make the best teeth"



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Scammers always on the prowl

KIWIS ARE ESTIMATED TO BE FLEECE OF NEARLY HALF A BILLION DOLLARS A YEAR.

New Zealanders lose around \$448 million a year to scammers, according to estimates based on overseas research.

The lottery or prize “win” scam is the most common reported to Scamwatch, the Ministry of Consumer Affairs website. It receives about 3500 scam reports a year, with the second most common being phishing scams (attempts to get your bank account numbers, passwords and credit card numbers).

Scammers can be based anywhere in the world as it’s easy to set up a fake email address. For example, the scammer can claim they’re in London when in fact they’re in Eastern Europe.

The ministry says a shift has been detected over the past year in how the scammers operate, with more reports of telephone scam calls. (This shift may be because people are becoming better at spotting bogus emails.)

One recent example in the Nelson region has been the computer virus scam. A foreign-sounding caller advises that your computer is infected with a virus. They may even claim to be from Microsoft or your Internet Service Provider. They’ll

request remote access to your computer, claim it’s full of viruses, and request credit card details to “fix” the problem.

A ministry survey last January showed that 17 percent of New Zealanders had received this type of phone call in the last six months. If you get such a call, hang up straight away.

Another con trick doing the rounds is an email from someone who sounds like a friend. “Hello. How are you doing? I’m sorry for not informing you about our trip to Madrid, Spain...” Unfortunately, this “friend” has been robbed at gunpoint, and “I was wondering if you can loan me some money to get the hotel bills sorted out and also get a cab to the airport. I will definitely refund it as soon as we get back. Thanks, Michelle.” Recent scam alerts from the Ministry include:



Rental property scams

Scammers put sham ads on flat-hunting websites – usually advertising a flash home with very cheap rent. These properties are either fake, or the scammers use pictures and text from recently advertised legitimate properties and fraudulently re-advertise them. If you contact them they then ask for bond and rent money to be sent to them.

Tax back scam

An email claims to be from Inland Revenue or a tax rebate company. They want your details in exchange for a tax rebate – but you’ll be asked to send money for “administration fees” or other such charges to release the funds.

Charity scam

Phonocalls claim to be from a bank and ask for money to “send children on holiday from Christchurch post-earthquake”. Sadly, natural disasters are often the trigger for fake charity scams. Only give money to charities you know and trust.

Bank scam

Fake emails arrive from “Joanne”, who claims to work at ANZ and goes on to request bank details. A similar email claimed to be from Kiwibank.

(Source: www.consumeraffairs.govt.nz)

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Across:

1. Making glass better (6,7)

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

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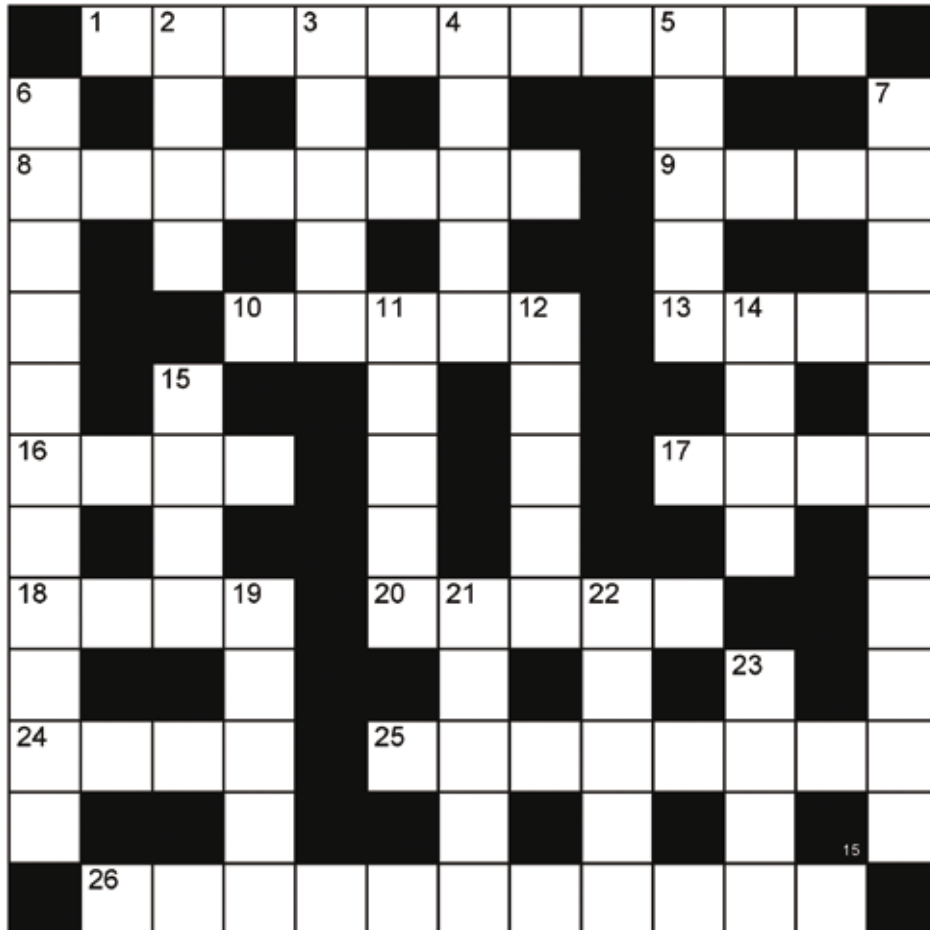
Simpler Clues

Clues Across

1. A bidding farewell (11)
8. To limit (8)
9. Wide-mouthed water jug (4)
10. Not stale (5)
13. Parcels of ground (4)
16. Young of elephant (4)
17. Unshaken (4)
18. Oblique, awry (4)
20. Put foot down hard (5)
24. Paradise garden (4)
25. Work for solo instrument and orchestra (8)
26. Photography of inner parts of body (11)

Clues Down

2. Too (4)
3. Mistaken opinion (5)
4. 'Anvil' bone of middle ear (5)
5. Perfect (5)
6. Radio personality (11)
7. Idea assumed to be true (11)
11. Projecting roof-edge (5)
12. Sesame seed, honey sweetmeat (5)
14. Medley, mixture, savoury dish (4)
15. Otherwise, besides (4)
19. Opposite of waxed (5)
21. (Leather) strap (5)
22. Finely ground coffee (5)
23. Part of foot from heel to toes (4)



Harder Clues

Clues Across

1. A farewell involving devil with the action (11)
8. The Sappers, observing exact rules, impose limits (8)
9. Jug looks fresher if top is removed (4)
10. In youthful bloom it may be cheeky (5)
13. A good deal of things that come under the hammer (4)
16. Leather may be encased in hose (4)
17. A business set-up that's not rocky (4)
18. Go obliquely south to the botanical gardens (4)
20. Get ready to post a distinguishing mark (5)
24. Perfect place put in agreed ending (4)
25. Some music concrete, perhaps, having nothing for the East (8)
26. Hardy pair go out for X-ray work (11)

Clues Down

2. In addition to a capital orchestra (4)
3. Mistake that made child who was a nuisance lose his head (5)
4. Cousin with nothing to lose but bone of middle ear maybe (5)
5. The best imaginable ladies don't finish changing (5)
6. One on the air perhaps acts in a wider field (11)
7. Supposition of prompt use in its development (11)
11. Roof edge projects if one doesn't take it without a top (5)
12. Sweetmeat one will almost divide in two, having a finish (5)
14. Savoury dish offers nothing to mix oil with (4)
15. Otherwise see about it when about fifty (4)
19. Gradually decreased, and we had to adjust to it (5)
21. Strap is thing nothing will replace one (5)
22. Fine coffee or tea after a second (5)
23. Cunning feature that may go over one's head (4)

Answers page 14

Dual Challenge For Blind Woman

BY ANDREA ANN KEPES



Pam Mahuika and Epo.

You'd think that being blind would be challenge enough for one woman to bear, but Nelson resident Pam Mahuika has to manage Type 1 insulin-dependent diabetes as well. How does she do it? By keeping a positive stance.

"I'm just getting on with life – although I do get frustrated sometimes when I drop things on the floor and have to crawl around looking for them," says Pam, who is 50.

She adds that she would rather be vision-impaired than deaf and have communication issues.

Pam faces a challenge four times a day in taking her blood-sugar level. She pricks a finger for a drop of blood to test for glucose. (A talking glucometer gives her reading). Conversely, drawing up the correct dose of insulin and injecting herself in the abdomen five times a day she "doesn't find a problem."

Exercise is important for any diabetic, which suits Pam just fine because this petite, feisty woman thrives on physical activity. She and her trusty guide dog Epo are frequently seen at Riverside Pool, where Pam ploughs through 70 lengths in an impressive one hour and 10 minutes. Meanwhile Epo, poolside, enjoys loving attention from staff and swimmers.

Walking is another passion for Pam and Epo. Pam also enjoys rowing at Nelson Rowing Club, with two other sight-impaired friends.

Pam was born with congenital cataracts in both eyes. After several childhood operations, she was left with partial vision in her right eye only. On leaving school, she worked for a few years as a telephonist at Nelson Packhouse, and even learned braille.

Then in 1999 and again in 2001, Pam underwent surgery for glaucoma (a condition where the pressure within the eye is raised) and later had corneal implants inserted. This was successful for two years before complications set in, including haemorrhaging of the eye. It took six months for the complications to subside and her vision was never as it was before.

When further surgery to insert corneal grafts was suggested, Pam declared "Enough is enough". When she regressed to light and darkness perception only, she went on the Blind Foundation waiting-list for a guide-dog.

Her mum Leonie is her main support and the pair go into town most days to do shopping and errands. "Pam is too independent for her own good," says Leonie.

A home-help support worker assists Pam twice a week. In the past, the home-helper would also colour-match Pam's outfits but she now uses a clever talking pen, which recognises pre-recorded tabs on labels. Pam also uses the pen for identifying food cans.

Other technology includes her talking cellphone and a mini-computer that holds phone lists and can record conversations. A talking laptop is next on her shopping list. She is also an avid user of talking books (now digitised).

Epo has made a world of difference to Pam's life. The labrador has a repertoire of about 200 commands and could learn even more. She can lead Pam safely to familiar shops and locations, and now travels comfortably on buses.

Pam's advice to others with disabilities is to "ask for help when you need it". She admits she was reluctant to do this at first, but doesn't hesitate now and finds that people are generally helpful.

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Crossword Solutions

CLUES ACROSS - 1. Valediction 8. Restrict 9. Ewer
10. Fresh 13. Lots 16. Calf 17. Firm 18. Skew
20. Stamp 24. Eden 25. Concerto 26. Radiography

CLUES DOWN - 2. Also 3. Error 4. Incus 5. Ideal
6. Broadcaster 7. Presumption 11. Eaves
12. Halva 14. Olio 15. Else 19. Waned 21. Thong
22. Mocha 23. Arch

Making a good life is 'E'sy

PROFESSOR BEVAN GRANT OFFERS TIPS ON DEFYING AGEIST EXPECTATIONS.

Life plays out in unusual ways. The highs and lows come and go. Sometimes the body rhythms get out of order for no apparent reason.

What unfolds over a lifetime is determined by numerous factors – some unpredictable and others of our own making. But in spite of all this, being older is no reason to assume you're doomed to decline. The following E's capture some key messages from numerous studies on what contributes to a good quality life.

Engage with others, whether it be volunteering, belonging to a group, or supporting others (e.g. neighbours, grandchildren, someone in need).

Eating a balanced diet and maintaining normal weight are crucial to good physical and mental health. If you need to

change your diet then be sensible in your approach. There are no quick fixes.

Education is about lifelong learning, not in a formal sense, and involves "playing" around with activities that stimulate the brain.

Exercise is essential for maintaining your ability to enjoy the daily activities that matter to you. A little is better than none. You're better to wear out than rust out.

Effort to do anything can be difficult at times. Lethargy is easy so keep focused on the positive things in life and this will give you energy to stay "on the go".

Expectations about what being "older" means influence the way we live our lives. If you want to "break out" and defy the ageist expectations then do so. Surprise yourself and those close to you.



Retirement Living and Care at its Best!



Above: Resident Joyce and her two daughters Lynley (left) and Heather (right).

After 65 years in the family home we are extremely happy with Mum's new beginning and beautiful journey at Ernest Rutherford Retirement Village.

Joyce's daughter Heather:

"Mums attitude has changed towards life, her health is so much better and she now has so many wonderful reasons to get up each day."

Joyce's daughter Lynley:

"This is a new life for Mum without Dad, so it's a huge relief for the family knowing during the night someone is always around should she need a little extra assistance."

Joyce:

"I feel like I'm on a cruise ship without the seasickness! Having the marvellous staff around for a bit of assistance with shopping trips and outings I now have a bounce in my step again."

Joyce, Serviced Apartment Resident

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Debbie Edwards on 03 538 0882
49 Covent Drive, Stoke



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Creative Writers

We obviously intimidated our poets with a challenge to play with Shakespeare's words in relation to the Rugby World Cup. So we'll jackpot the Rimu Grove wine for our August competition. Two bottles up for grabs. Summon up warmer weather. Your task is to celebrate a Kiwi spring, adapting a well-known poem or lyric. Good luck.

SEND ENTRIES TO:

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

What is it?

Welcome to our new series spotlighting curios from local antique and collectibles dealers. This fine piece marries old and new. Look closely and you should be able to suss it out. Answer on Back Page.

Online Photo News reaches far

A woman in Australia has tracked down her long-lost father thanks to the online version of Nelson Photo News, launched in mid-July (photonews.org.nz/nelson or use Google). The young woman, aided by a librarian, searched the web and found her Dad's name in a photo caption.

A British viewer of the website also got in touch for permission to re-use a rare image of All Black coach Ivan Vodanovich.

About 1000 people viewed the site in the week after the launch. Feedback has been very positive, say The Friends of Nelson Library.

The group's Microfilm Committee digitised copies of the magazine from the early 1960s and 1970s – a unique record of a time of rapid social and cultural change.

Founding editor and photographer Barry Simpson was able to attend the website launch despite being in poor health in recent years. For Joanna Innes-Walker, chair of the project, "my day was made when I saw Barry coming through the door."

The project team had to resolve issues such as copyright of some pictures. Contributors included later editor Peter Skinner, and professional photographers Geoffrey C. Wood, Peter Cooper and Kingsford Studios.

Photo News was a franchise originated by Logan Print in Gisborne. Nine regional versions were produced throughout the country, and Nelson is the first to digitise. The project was aided by a \$10,000 grant from Digital NZ.



*Tui Crysell graces the cover in 1960.
(Nelson Photo News. Vol. 2, Dec. 1960.
[Nelson, NZ]: Logan Publishing).*



“Bunch of friends” celebrate milestone

50+ WALKING GROUP VETERANS ARE HALE AND HARDY.

The ten original seat-builders back on Fringe Hill.

Peggy Straight and Edna McNabb hail from a generation where you walked because few people had cars, so it's no surprise that they took to the Nelson 50+ walking group. Betty Edridge is a city girl, but no less keen.

Did we say “50+”? Rack that up a few decades. The trio belong to the Veterans group, with most members aged over 80. Quite a few of them joined the drive to the top of Fringe Hill in Nelson recently to celebrate 20 years since the group built a seat at the site. Guest speaker was 94-year-old Geoff Gilbert, whose idea it was to build the seat. (Then Waimea College woodwork teacher Wilson Hawke pre-cut and prepared the structure.)

Geoff says going back up was “absolutely wonderful ... I never thought I'd sit on the seat again.” (He gave up tramping at age 90 because of failing eyesight.)

In all, 10 of the original seat-builders were at the re-dedication.

The 50+ group is unusual in that it has little structure and members pay no subscriptions. A walks schedule is about as formal as it gets. For many members the outing is the highlight of their week, says Edna.

And it has been for 34 years. More than 500 people have passed through in that time, says member Bob Dickens. The lack of joining fees gets around health

and safety stipulations where if a fee is charged the group leader becomes responsible “for anyone who falls over,” he explains. So officially they are “a bunch of friends out for a walk” – not untrue.

Other subsections of the group include mini-walks, medium-paced and serious trampers. They all have an annual dinner and picnic. In the past small groups of members have travelled to Hanmer Springs, Kaikoura, Reefton and Collingwood, venturing out from there on day walks. Peggy has organised nine trips, some with considerable musters. (Betty recalls one Nelson day-tramp where 74 walkers turned out).

It's winter...
time to be merry, time to enjoy
all that the season has to offer,
family get-togethers or just
relishing mugs of hot chocolate.



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What's *On*



AUGUST - SEPTEMBER 2011

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

Golden Bay

Wednesday Walkers

Meet at Information Centre carpark, Takaka, leaving 9.00 am. Bring morning tea, raincoat etc, light boots or walking shoes. Contacts: Debby Rogers Ph 03 525 9090
Lelie Sise Ph 03 525 8898
Sonia Nalder Ph 03 525 9765.

Tramline, \$3. 9.30 am, Richmond West Rail Reserve, E, \$8.

18 August: 9.00 am, Richmond Hill (500m climb), H, \$8. 9.30 am: Riwaka Ramble (new), E, \$2.



Motueka

Cycling

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

Motueka 50+ walking group (E easy, M medium, H hard)

4 August: 9.30 am, Brook Sanctuary (Nelson) - for all, E/M, \$12.

11 August: 9.00 am, Marahau

25 August: 10.00 am, Meeting & Dicker Ridge (new), E, \$2.

All walks leave Deck's Reserve Carpark at times stated, where transport is arranged. Meetings on the last Thursday of each month in the Uniting Church Hall, High St, 9.30 am. Contacts: Secretary Norah Morris, Ph 03 528 6290, President Heather Archer Ph 03 528 7475, Walks Coordinators Bet Glengarry Ph 03 528 8009 and Alan Morris Ph 03 528 6290. For

details about Alternate walks, contact Lesley or Ray Crane field Ph 03 527 8113. Website: www.motueka50pluswalkers.org.nz/

Motueka Recreation Centre

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

60+ Social Club: cost \$6 per session. Ph. Wendy 03 528 8228.

Sit n Be Fit: Thur 10.30 – 11.30 am. \$4.

Sunshine Club: Friday morning 9.00 am - noon. Morning tea and activities provided. Free pick-up and drop-off.

\$4. Ph. Wendy 03 528 8228.

Silver Sneakers: Indoor walking group, 9.30 - 10.30 am. \$4.

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

Motueka social dance group

Dances at Lower Moutere Hall. Always a good night and good music. Contact Margaret Ph 03 528 7567, or Prue Ph 03 540 2242.

Frost Ph 03 545 0124, 9.00 am. (F) **23 August:** Kaiteriteri - Stephens Bay, M, Bob Dickens Ph 03 548 5048, Judy Burke Ph 03 547 2885, 9.30 am.

6 September: Brewerton Rd Korere, M, Lynn Callister Ph 03 545 2322, Adriana de Ridder Ph 03 538 0271, 9.00 am. (F)

20 September: Holyoake Clearing, H, Bernie Hawky 03 545 1033, Lyn Frost, Ph 03 545 0124, 9.00 am.

(F – Forestry walks may have to be cancelled due to logging, in which case another walk will be arranged.)



Thursday Walks

4 August: Involution Trail - Barnicoat, M, Carolyn Brown Ph 03 544 2286, Annette Williscroft Ph 03 548 9772, 9.30 am.

18 August: Grampians - Kahikatea, M, Annette Williscroft Ph 03 548 9772, 9.30 am.

1 September: Richmond Hills - Champion Rd, M, Alison Polglase Ph 03 544 6833, Adriana de Ridder, Ph 03 538 0271, 9.30 am.

15 September: Malvern Hills - Founders, E, Adriana de Ridder Ph 03 538 0271, Elaine Dickens Ph 03 548 5048, 9.30 am.

29 September: Todd Valley, M, Jeff and Gowan Simpson Ph 03 541 8639, 9.00 am.

Tuesday Mini-Walks

(All start 10 am unless otherwise stated)

3 August: Richmond Walkabout (meet Washbourn Gardens), Jean van Ginkel 03 544 1029.

16 August: Port Hills Walk, (meet Trafalgar Ctr), Gwen Wells Ph 03 547 3315.


30 August: Kumeras, (meet Washbourn Gardens), Janice Neame Ph 03 547 4878.

13 September: Airport Circuit, (meet Honest Lawyer), Alison Kelso Ph 03 548 3434.

27 September: Ngawhatu (meet Saxton Field carpark), Gwenda Wallace Ph 03 544 5307.

Nelson Provincial Museum Exhibitions

For more info visit www.museumnp.org.nz



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Murchison

Murchison Community Resource Centre

Murchison Daytrippers. Berylla Jones Ph 03 523 9875.

Nelson

Nelson Dance Along

Richmond Town Hall on Saturdays. Homemade supper provided. Cost \$3 members, \$4 non-members. Rosalie Winter Ph 03 548 2236.



Nelson 50+ Walking Group

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

Tuesday Walks

9 August: Mt Takariki Havelock, H, Alison Polglase 03 544 6833, Lyn

If you are looking for contacts for community groups and clubs checkout the Found Community Database www.found.org.nz

AUGUST - SEPTEMBER 2011

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

Presbyterian Support

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

Stoke Seniors Club

Contact Christine, Anne or Ruth on Ph 03 547 2660
Email stokeseniors@xtra.co.nz

Regular activities

Scrabble Club: Mondays 1.00 pm.

Euchre: Tuesdays 10.30 am.

Mah Jong: Tuesday 1.00 pm.

500 Club: Wednesdays 1.00 pm.

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

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

Tai Chi: Tuesday 1.30 pm. \$3.

Pilates: Wednesday at 1.30 pm. \$2.

All the above classes meet in the Stoke Memorial Hall.

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

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

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

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



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

"Lads at Large" and "Girls Own" trips: once a month on Fridays. Contact Ruth or Anne.
Travel Club – For information on trips, phone the office on 03 547 2660.

Monday Out & About Trips and Picnics.

Weekly Afternoon Entertainment: contact office

for programme details.

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

Saxton Seniors

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

Senior Walking Group: Tuesday and Thursday 9.30 - 10.30 am. \$3. An indoor all-weather activity, followed by a cup of tea.

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

Tai Chi for Health: Fridays, Beginners 10.00 - 11.00 am, Graduation 11.15 am-12.15 pm. \$55 (16 sessions) or \$5 a session. Ph 03 538 0072, email saxtonstadium@xtra.co.nz

Suter Art Gallery exhibitions

Something Old, New, Borrowed and Blue. Recent Suter acquisitions, historic works, plus works from a significant private collection. To 4 September.

Richmond

Club 50

A social group of mature adults looking for companionship, recreation and enjoyment. Phone 03 544 3955 or email Richmond@sportstasman.org.nz. Meet every Tuesday 9.30 am (unless otherwise stated), Richmond Recreation Centre & Town Hall, Cambridge St. Cost \$3. Carpooling available.

2 August: Airport walk: About 1.5 hours, but shorter option available. Bring own morning tea.

9 August: Jester House Café: Feed tame eels, play a game of life-size chess or walk around the beautiful gardens while enjoying a cuppa.

16 August: Exchange Day at RRC: Books, plants, recipes, craft ideas, magazines. Bring morning tea to share.

23 August: Mini-Golf: Action Entertainment centre. \$5 for mini-golf or ten-pin bowling as well for \$10. (Both for \$14). Cuppa at the café.

30 August: Centre of NZ walk: Enjoy the view while having our morning tea. Bring own morning tea.

6 September: ASB Aquatic Centre swim: Plus relax in the hot pools

and/or saunas. Shorts and t-shirt okay if you have no togs. Cost \$5.10 and bring morning tea.

13 September: Housie at RRC. Bring morning tea for a shared lunch.

20 September: Gardens of the World walk: Bring a shared morning tea (finger food).



Richmond Senior Citizens Assn

Oxford St rooms.

Tuesday afternoon, cards.

Wednesday 9.00 am to 2.00 pm, quiz, housie and various activities. Thursday afternoon, cards. Friday 9.00 am to noon, light exercises and morning tea.

An outing on the last Wednesday in the month. Elaine Mead
Ph 03 544 5654.

Tai Chi for Health

Beginners: 16 sessions of Modified Tai Chi to improve health and helps reduce falls.

Friday classes 11.15 am to 12.15 pm.

Graduation (next step after the 16 week sessions):

Friday classes 12.15-1.15 pm.

Both courses cost \$5 casual or \$65 with purchase of concession card.

Richmond Recreation Centre

& Town Hall, Cambridge St.

Phone 03 544 3955 or email:

richmond@sportstasman.org.nz

Wakefield

Way2Go activities

Pilates: Village Hall

Mondays at 7.00 pm.

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

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



Access

Make yourself at home with Access

If you ever find it a challenge coping on your own, it's reassuring to know that someone is here to offer you a hand. With home-based healthcare and support from Access, you can enjoy the assistance you need to maintain your independence.

A full range of services provided in your home

Whether you require nursing services, personal care or even just a hand around the house, our fully-qualified team supports you to live independently in your community. More importantly, we deliver this support with the level of care and respect you'd expect from one of New Zealand's leading healthcare organisations.

So, if you need home-based healthcare and support, talk to your GP or call **0800 AT HOME (0800 284 663) and make yourself at home with us.**

• Care and support for independent living

RECREATION PROVIDERS



AUGUST - SEPTEMBER 2011

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

Golden Bay

Age Concern

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

Drop-in Yoga

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

Genealogical Group

Sally Ph. 03 525 8086

Gentle Exercise Classes

(through Golden Bay Physio Clinic) Held at Golden Bay Community Hospital, Mondays 10.00-11.00 am. No charge. Erica Ph. 03 525 9708

Sit and Be Fit

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

Golden Bay Contract Bridge Club

Leigh Ph 03 525 9744

Golden Bay Garden Club

Diane Ph 03 525 6121

Golden Bay Patchwork and Quilters Guild

Liza Ph 03 524 8487

Guided Gym Session

Wednesday 12 -1 Georgeie Ph 03 525 6110

Indoor Bowls/Cards

Senior Citizens Club rooms. Mary Ph 03 525 8445

Mah Jong

Ethel Ph 03 525 8615

Marble Mountain Country Music Club

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

Motupipi Indoor Bowling Club

Thursday nights, 7:30 pm

at the Motupipi Hall. Supper and games for \$1. Nancy Ph 03 525 9491

Nordic Walking

Michelle Ph 03 528 0252

Pohara Bowling Club

Jennifer Ph 03 525 9621

Probus

Jan Ph 03 525 9197

Puramahoi Table Tennis

Rene Ph 03 525 7127

SeniorNet [Golden Bay]

Beginner courses in home computing, based in clubrooms at the Takaka Showgrounds. Rosemary Ph 03 525 7565

Tai Chi for Arthritis

Ann Ph 03 525 8437

Takaka Golf Club

Ph 03 525 9054

Takaka Golf Club Ladies Section

G. Turley Ph 03 525 9122

Takaka Spinning Group

Jan Ph 03 525 9374

Takaka Table Tennis

Rene Ph 03 525 7127

University of the Third Age (U3A)

Aileen Ph 03 525 7345

Upright and Active Falls Prevention (65+)

Presbyterian Support Cherie Ph 03 547 9350 ext 712

Uruwhenua Women's Institute

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

Wednesday Walkers

Bron Ph 03 525 8627 Bob Ph 03 525 9958

Workouts

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

Hope

Hope Midweek Badminton Club

Carolyn Ph 03 541 9200

Nelson Veterans Tennis Club

Hope Courts every Thursday Ph 03 547 6916

Mapua

Indoor Bowls

Mapua Friendship Club Mapua Public Hall Valerie Ph 03 540 3685

Low-Impact Aerobics and Pilates

Wakefield, Upper Moutere and Mapua Lynda Ph 03 543 2268

Mapua Bowling Club

Arnie Ph 03 540 3032

Nordic Walking

Michelle Ph 03 528 0252

SeniorNet (Motueka)

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

Taoist Tai Chi

55 Muritai St, Tahunanui Ph 03 545 8375

Motueka

Aerobics/Gym and Fitness Centre

50+ Aerobics Mot Rec Centre Jody Ph 03 528 8228

Age Concern

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

Arthritis NZ

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

Gym & Fitness Centre

Studio Gym 275 Catherine Ph 03 528 4000

Healthy Hearts Club

St Thomas Church Hall Wendy Ph 03 528 6692

Indoor Bowls

Motueka Senior Citizens Hall. George Ph 03 528 7960

Line Dancing

Motueka Senior Citizens Hall. Beryl Ph 03 528 8265

Line Dancing (Beginners)

Huia Clubrooms, High St. Mondays 7.00-9.00 pm. Sue Ph 03 528 6788.

Marching

Motueka Veteranettes Marching Team Bev Ph 03 528 9125

Motueka and District

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

Motueka Bowling Club

Don Ph 03 528 7208 Tony Ph 03 528 9175

Motueka District Museum

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

Motueka 50+ Walking Group

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

Nordic Walking

Michelle Ph 03 528 0252

Riwaka Bowling Club

School Rd, Riwaka Kathy Ph 03 528 4604 Pat Ph 03 528 8347

Riwaka Croquet Club

Sally Ph 03 528 8296

Scottish Country Dancing

Valerie Ph 03 543 2989

SeniorNet [Motueka]

Computer learning for

the over 55s at 42 Pah St. Mary Ph 03 540 2758 Maureen Ph 03 528 0630

Social Recreation

Kiwi Seniors (Motueka) Vonnie Ph 03 528 7817

Upright and Able, Falls Prevention (65+)

Presbyterian Support Cherie Ph 03 547 9350 ext 712

U3A (University of the Third Age)

Have fun learning co-operatively. Variety of courses available. Malcolm Ph 03 528 7484 Sandra Ph 03 528 4616

Yoga

Dru Yoga class at Moutere Hills Community Centre, Thursday 9.30-11.00 am and 6.00-7.30 pm. Riverside Community, Tuesdays 6.00-7.30 pm. Casual \$12. Sue Ph 03 543 2125

Murchison

Age Concern

Offering support services, information and advocacy to older people in Murchison. Our services include Elder Abuse & Neglect advice and support, and an accredited visitor service. Phone the office, 62 Oxford St, Richmond, on 03 544 7624.

Murchison Community Resource Centre

Monday: Sit & Be Fit 10.45-11.30 am. \$2 a session. Tuesday: Zumba 5.45-6.45 pm. \$2 a session. Wednesday: Tai Chi 11 am. Good for body-mind balance, bone health, fitness, falls prevention and relaxation. \$2 a session. Walking Group 1.30pm. Thursday: Pilates Levels 1-3, 5.15-6.15 pm. \$5 a session or \$40 a term. Zumba 7-8.00 pm. Berylla Ph 03 523 9875

Nordic Walking

Jacqui Ph 03 544 1645

Nelson

Age Concern

Support services, information and advocacy to older people. Our services include Elder Abuse & Neglect advice and support, and an accredited visitor service for older people. We also distribute the Total Mobility Taxi Voucher scheme for Nelson & Richmond. Our office is at 62 Oxford St, Richmond. Ph 03 544 7624.

Aquatics/Swimming/Gym

Riverside Pool
Ph 03 546 3221

Art Group Nelson Meets first Wednesday of the month. All welcome. Judy Ph 03 548 1170.

Arthritis New Zealand

Community Groups Centre, 50 Halifax St, Nelson. Ph 03 546 7689 or 0800 663 463.

Open 9.00 am - 2.00 pm Monday to Thursday. Clinics: A free one-hour, confidential appointment with the Arthritis Educator.

We need more volunteers in the office and Hospital Pool. Phone Deirdre at the Service Centre.

Belly Dancing

Victory Community Centre. Tuesday from 6.00 pm.

Bodyvive (Low-impact)

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

Cardiac Club/Gym & Fitness Centre

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

Cardiac Support Group

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

Diabetes NZ Nelson

Information centre 50

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

Dining4Twelve

Convivial gatherings for 50+ singles. No fees, no pressure. Contact Jenny Dining4Twelve@xtra.co.nz

Golf Croquet

Nelson-Hinemoa Bev Ph 03 548 2190

Government Superannuitants' Association

Graeme Ph 03 547 6007 email nelson@gsa.org.nz

Grandparents Raising Grandchildren

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

Gym

Contours Health & Fitness Ph 03 544 0496

Hatha Yoga

Maureen Ph 03 546 4670

Hot Yoga

Claire Ph 03 548 2298

Hearing Association Nelson

Are you hard of hearing, or living/working with someone hard of hearing? Independent advice – free workshops & talks at your place or Hearing House, business or community, on Understanding Hearing Loss, communication strategies, hearing aids and financial assistance. Ph 03 548 3270. Card Group meets every Monday, 1.15 - 4.00 pm, Hearing House, 354 Trafalgar Square, Nelson. Ph 03 548 3270.

Housie Evening

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

Leisure Line Dancing

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

Marching

Silveraires Leisure Marching Diana Ph 03 548 9527

Marybank Garden Club

Meets on the 1st Tuesday of each month (except Dec/Jan) at 7.30 pm. in the Highland Pipe Band Hall, Paru Paru Rd, Nelson.

Nelson Caravan Club

Allan Ph 027 319 7427

Nelson Community Patrol

Suzy Ph 03 539 0409

Nelson Dance Along

Rosalie Ph 03 548 2236.

Nelson Electronic Organ and Keyboard Club

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

Nelson 50+ Mini-Walks

Gwenda Ph 03 544 5307

Nelson Male Voice Choir

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

Nelson Masters Swimmers

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

Nelson Petanque Club

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

Nelson Philatelic Society

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

Nelson Savage Club

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

Nelson Scrabble Club

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

Nelson Senior Citizens Social Indoor Bowling Club. Valda Ph 03 544 1487

Nelson Social Dancing Club

Live band on the second Saturday of each month, 8.00 pm, at Club Waimea, Queen St, Richmond. Members \$8, non-members \$12. Alan Ph 03 547 9085 to confirm.

Nordic Walking

Jacqui Ph 03 544 1645

Over 50s Pilates and Yoga

Body Power. Sue Ph 029 281 3735 for pilates, or Margot Ph 029 281 3735 for yoga.

Pottery

Craft Potters Nelson run tutored weekly pottery class for members and non-members at their Hope premises (202 Ranzau Rd). Everything provided – you only need to buy clay. Uta Ph 03 541 8953

Presbyterian Support

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

Probus, Stoke-Tahunanui ladies branch

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

SeniorNet [Nelson]

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

Senior Service - Nelson Baptist Church

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

Sit and Be Fit

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

Stroke Club Nelson

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

Stroke Foundation Caregivers Support Group

Meets once a month. Anne-Marie Ph 03 545 8183.

Support Works

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

Suter Art Gallery

Exhibitions, floortalks, lectures and films. See www.thesuter.org.nz for details. 208 Bridge Street, Nelson.

Table Tennis

Nelson Table Tennis Club Phil Ph 03 546 6256

Tahunanui Bowling Club

Murray Ph 03 547 6921

Tahunanui Community Centre

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

Tai Chi with Gretchen

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

Taoist Tai Chi Internal Arts for Health

New Beginner class starting 3 August, 6-7.30 pm, 55 Muritai St, Tahunanui (First class free). Ph 03 545 8375 and leave a message. Reduce stress, improve flexibility, mobility and balance.

The New Hub

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

U3A

Ph Caryll 547 6359 or Jean 544 4688.

Ukulele with Gretchen

Wednesday mornings Trafalgar St (Age Concern) Hall Ph 03 548 8707

Veterans' (55+) 9 hole golf days

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

Victory Laughter Yoga Club

Gareth Ph 03 546 8389

Victory Senior Support

Meet every Tuesday at 1.30 pm at Anglican Church, 238 Vanguard St, Nelson, for entertainment, games and guest speakers. Ph. Shirley on 03 546 9057, Tuesday to Friday, 9.30 am to noon. Also Victory Sit and Be Fit. New class, Thursdays 10.00-10.45 am, 238 Vanguard St. Ph. Shirley 03 546 9057 or 03 547 1433.

Walking

Nelson 50+ Walking Group Noel Ph 03 544 2286

Yoga

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

Zenda Middle Eastern Dance

St John's Church Hall, Hardy St Gretchen Ph 03 548 8707

Richmond

Age Concern

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

Badminton

Richmond Morning Badminton Dawn Ph 03 544 4120

Body Power Pilates & Yoga Centre

Richmond Town Hall Sue Ph 029 281 3735

Bodyvive (Low-impact)

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

Bridge

Lessons starting in June. Afternoon or evening, Tuesdays. Richmond Bridge Club, 348 Lower Queen St (opposite Club Waimea). Eleanor Ph 03 544 0710 or Shirley Ph 03 544 6734

Crafts, Caring and Sharing

Wesley Centre, until last Monday in September, 9.30 am to noon. Gold coin donation incl morning tea. Pauline Ph 03 544 9174 or Emily 03 544 5423

Croquet

Richmond Croquet Club Eleanor Ph 03 547 5424

Easybeat 50+ Aerobics

Leigh Ph 03 548 1689 or Ph 021 547 811

Easy Exercise

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

Euchre

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

Hope-Ranzau Women's Institute

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

Indoor Bowls for Seniors

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

Laughter Yoga, Richmond

Marion Ph 021 145 3027

Line Dance Nelson

Alison Ph 03 546 9878

Nordic Walking

Jacqui Ph 03 544 1645

Pedometers from the Library

From Nelson City or Tasman District libraries. \$2 for 6-week loan.

Pottery

Classes start again 3 August, 10.00 am, at Craft Potters, Ranzau Road, Hope. Any or no experience. \$100/term, buy clay but firing and glazes free. Ph 03 544 5172 or 03 541 8953.

Richmond Bowling Club

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

Richmond Indoor Bowls

Mondays 1.30-3.30 pm Richmond School hall, Oxford St. A friendly session. All welcome. Heather Ph 03 544 6704 or Gwen Ph 03 544 7953

Richmond Laughter Yoga

Marion Ph 021 145 3027

Richmond Recreation Centre

(Town Hall, 9 Cambridge St) Social Recreation group CLUB50, Weekly outings \$2, meet at RRC 9.30 am.

Easybeat Aerobics: Fun, low-impact, \$4 per class, 9-10 am, Mondays & Fridays. Richmond Walking Group: Meet Mondays 9.30 am. Free.

Sit and Be Fit: Fun, seated exercise, \$3, Fridays 10-11 am. Shape-up Circuit: Great option for older adults. \$3. (All programmes have trained instructors) Mary-Ann Ph 03 544 3955

Richmond Slimmers Club

Margaret Ph 03 544 7293

Spinning, weaving

Richmond spinners, felters, weavers and knitters welcome new members.

Venue: Birch Hall, Richmond Racecourse. Time: 9.30 am. Spinners etc 2nd & 4th Thursday of month. Weavers 3rd Thursday of month.

Evening meeting 2nd Monday of month at 7.00 pm, for those who can't make morning meetings. Diane Ph 03 546 517 or June Ph 03 545 6466

Social Cards

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

Tasman Tennis Centre

Social tennis Tuesday mornings 9.30 am, beside the Badminton Hall, Gladstone Rd. Coaching sessions available. Ngaire Ph 0272 79 99 38

or the centre Ph 03 544 6083

Tasman Visual Arts Group

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

Tai Chi with Gretchen

Richmond Town Hall and Oakwoods. Gretchen Ph 03 548 8707

Ukulele

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

Upright and Able, Falls Prevention (65+)

Presbyterian Support Cherie Ph 03 547 9350 ext 712

Yoga

Dru Yoga class at Richmond Recreation Centre, Monday 10.30 am - noon. Casual \$12. Sue Ph 03 543 2125

Stoke

Angie's AquaFitness

Perfect exercise for the Big & Beautiful. Wear shorts & T-shirt if you prefer. Tuesdays, 10.45-11.45 am, \$6. Ngawhatu Pool, Stoke Angela Ph 03 547 0198

Clogging/Tap Dancing

Nelson Sun City Cloggers. Georgina Ph 03 545 1037

Easy Exercise

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

Hatha Yoga

Maureen Ph 03 546 4670

Hydrotherapy

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

Introductory Pilates

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

Ngawhatu Bowling Club

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

Nordic Walking

Jacqui Ph 03 544 1645

Pottery

Nelson Community Potters, 132 Rutherford St. Social group on Thursday mornings or Twilight Pottery on Monday evenings, 7-9 pm. Free to members & \$7 for casual (new members welcome). Contact Sue 03 548 5741 or Megan 03 547 5252.

Safety & Confidence

Kidpower, Teenpower, Fullpower Trust Cornelia Ph 03 543 2669

Saxtons Sit and Be Fit

Mondays at 10.00 am, Saxton Stadium. \$3 Leigh Ph 03 548 1689 or 021 547 811.

Stoke Bowling Club

Lyndon Ph 03 547 4780

Stoke Combined Probuss Club

Meets every 4th Tuesday 10.00 am at Nick Smith's Rooms, Waimea Rd. Sue Ph 03 548 6062. Stoke Social Seniors Pilates: Wednesdays 1.30 pm Tai Chi: Tuesdays 1.30 pm Sit and Be Fit: Stoke Memorial Hall Christine Ph 03 547 2660

Tuesday Walking Group

Departs 10.00 am from Stoke Seniors Hall. Ph 03 547 2660

Table Tennis Nelson

Bryan Ph 03 547 7530

Upright and Able, Falls Prevention (65+)

Presbyterian Support Cherie Ph 03 547 9350 ext 712

Tapawera

Visual Art Society Kaye Ph 03 522 4368.

Walking

Rural Ramblers Una Ph 03 522 4083

Wakefield

Easy Exercise

Arthritis NZ, Nelson Nancye Ph 03 541 9040

Live Well, Stay Well Activity Group

Greg Ph 03 541 9320

Silverthreads Fun Afternoon

Meetings at 1:30 pm, Wakefield Village Hall Heather Ph 03 541 9214.

Feast of rugby on offer



Nelson and Trafalgar Park will be host to three matches for RWC 2011

- Tuesday 20 September 2011, Italy v Russia
- Tuesday 27 September 2011, Italy v USA
- Saturday 1 October, Australia v Russia.

For more information on the complete match schedule, visit the Official Rugby World Cup 2011, New Zealand website.

Fanzones

Nelson Tasman region will host two Fanzones for RWC 2011 fans to watch the semi-finals and the final. Fanzones are an exciting way for people to get a unique experience of the tournament, before, during and after the match. You will be able to meet friends and fellow fans and celebrate the tournament in a festive atmosphere.

Nelson Fanzone – In Nelson, fans will find plenty of activity in the city's heart at the top of Trafalgar Street where the Fanzone will be cradled by food, drink, and lots of activity. Semi finals 15 and 16 October 2011. The final 23 October 2011.

Motueka Fanzone – The Tasman Fanzone is at the Motueka Recreation Centre. Backed by the Tasman District Council and Sport Tasman, the free Fanzone will be open for the semifinals and the final.

You can watch the matches on a large 8x4m screen, with digital surround sound, plus enjoy live performances, beverages and food. There will be a supervised fun area for the kids. The entertainment begins well before kick-off.

Richmond Festival

Tasman will host a three-day celebration of cultural diversity as the Richmond Festival on September 25-27 welcomes the United States rugby team, plus fans from far and wide, during the Rugby World Cup 2011.

Tasman 7s Invitational – Kicking off the Festival is a sevens tournament featuring more than 600 local and international players spread over 44 teams. They square off in three grades: Legends, High School and Open.

The event takes place at Jubilee Park, Richmond, on Sunday 25 September, 8.00 am - 10.00 pm.

Complementing the on-field rugby action will be an evening of entertainment, featuring prizegivings, presentations, live music, cultural events and exhibitions. A traditional Kiwi BBQ, local wines and craft beers will be available.

Stars 'n' Stripes Block Party – The big shindig in Sundial Square on Monday 26 September, noon-10.00 pm, is set to paint Richmond red, white and blue, starting with a

lunchtime main street parade, followed by an afternoon of kids' entertainment at the Richmond Mall and evening of street party festivities in the Square.

All-Star Tailgate Party – The final day of the Richmond Festival gears up towards the USA vs Italy match at Trafalgar Park in Nelson (USA-themed team buses will transport fans to and from the big game). The A&P Showgrounds in Richmond will host an American Tailgate Party on Tuesday 27 September, from 2.00 - 7.00 pm.

The free family event promises classic Kiwi games combined with "tailgate" traditions. Live music, performances and an opportunity to sample our regional cuisine, beverages and hospitality round of the festival finale. Tickets can be bought from the Richmond Mall.

Ant-ics

BY MONA RANDALL

Annie the ant, had a poser – a riddle
Quite often at night, when she needed a piddle
She couldn't escape without waking the rest –
The regular army of ants in the nest

The ant-hill was massive, quite 10 storeys high
No toilets provided, no chamberpots nigh
Ants aren't at all vocal, they touch to converse
So her friend ant E. Dote, signalled "We're not diverse –
An army of ants has, a communal mind
We all think together, we're one of a kind
So next time you wake with that terrible urge
More worried because you are right on the verge
Just incite the whole legion to instantly wake
And head for the outdoors to take a wee break."

It worked the next night, they abandoned their shelter
And ants by the million poured down helter-skelter
But while they were occupied, spread out for miles
A bevy of ladybirds out on the tiles
Slipped quietly into the vacant retreat
And soon fell asleep looking utterly sweet...
So the ants learnt a lesson, all chilled and forlorn
To keep their legs crossed and just suffer 'til dawn.

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



Gnomes, gnomes on the range

COLLINGWOOD GETS READY TO GO BATTY FOR A WEEKEND.

Garden ornaments are about to start their annual migration to Collingwood for the Gnome Away From Home weekend, August 26-28. Mudcakes and Roses has an exclusive interview with one of the kingpins of the event, "Greyeme".

Mudcakes: More than 100 gnomes last year. Are you expecting as many this time?

Greyeme: ...

Mudcakes: Ah, sorry – yes, the figures are commercially sensitive, of course. So the fun kicks off with a quiz night at the pub on Friday.

Greyeme: ...

Mudcakes: Was that a nod? Good. And on Saturday the humans can take part in a running race with their gnomes. Or there's gnome bungy, gnome-pin bowling and gnome tossing.

Greyeme: ...

Mudcakes: Don't worry – they use special fabric gnomes. No gnomes are harmed in the running of this event. It gets a tick from the Gnome Humane Society. On the Saturday they're also screening the movie Gnomeo and Juliet.

Greyeme: ...

Mudcakes: Yes, it always chokes me up too. You can't beat the classics. On Saturday night the gnomes and owners will be out on the town, and the craziness wraps up on Sunday, with a last chance to take a half-price Farewell Spit tour for "gnome associates". That offer runs all weekend, I understand.

Greyeme: ...

Mudcakes: Uh huh. Nice outfit, by the way. Okay, so there's a big raffle – \$3000 worth of activities and accommodation in Golden Bay, which you can enjoy over several visits. And the proceeds go to the Summit Rescue Helicopter, who serve the Bay so well.

Greyeme: ...

Mudcakes: Yeah, leaves us speechless too. Great cause. Tickets for that raffle will be available in Nelson and Richmond. The "gnome-friendly" businesses in the Bay really get behind this thing. Te Anaroa Caves will do you a deal, and Anatoki Salmon are coming to the party too. Organiser Paddy Gillooly says businesses are "falling over themselves" to support the event. It's gone viral, as the kids say. Red hats appear on the bollards at Collingwood, and we hear there's a Gnomibia in the nature park near the rest home. Can you confirm that?

Greyeme: ...

Mudcakes: You aren't the most forthcoming of spokesmen, I have to say.

Greyeme: ...

Mudcakes: Not one of those "too vain and distracted for silence," as TS Eliot put it.

Greyeme: ...

Mudcakes: Mmm, perhaps that was a bit pretentious, I agree. Any last comments, then?

Greyeme:

Mudcakes: Okay. Good luck. A healthy dose of silliness might be just the medicine to brighten up the middle of winter. Thank you for your time.

Greyeme: ...



Spokesman Greyeme plays his cards close to his chest – underneath the beard.

What is it? (From Page 16)

Clock/radios are nothing new – but a grandfather clock/radio is a rare find, says Bob Souch, of Soucheby's Antiques in Richmond. This 1930s model was made by Pilot Electric Manufacturing Co of Brooklyn NY (founded 1922 and acquired by Emerson Radio in 1965). The unit still works well, Bob says. It's the first he's seen in New Zealand.

What would Bob like to find? An unsigned work of art, he says. Some years ago Bob picked up a landscape painting for a song at auction. The work had been owned by Sir Robert Heaton Rhodes (1861-1956), Canterbury politician and lawyer. He didn't like it so he gave it to a friend, who gave it to another, and eventually it landed up at the auctioneers, and hence to Bob's hands. Quite by chance, two Christies experts touring NZ recognised the brushstrokes of English landscape painter Thomas Daniell (1749-1840). The Christies pair took the painting – which was still in its original frame – back to England for auction, and the proceeds were enough for Bob to buy land in Richmond and open his shop. The money was nice, he admits, but the thrill of discovery and uncovering the work's history were just as good.

