

Mudcakes

and



SENIOR GENERATION ACTION
AND ISSUES – NELSON TASMAN



04.

Time travel in
vanished Nelson

06.

Strolling around
Monet's garden

12.

Pokies are
seductive bandits

Labels from a bygone age

Longtime Nelsonians, prepare for a mental workout. See if you can locate the former sites of businesses now passed into history. Local history buff Rob Packer also tells us of his incurable – not that he wants to be cured – desire to collect artefacts from Nelson's past.

Our gardening correspondent walks through Monet's garden during a trip to Europe, and we meet a Richmond woman whose near-blindness has not slowed her down much.

Pokie machines are the demon for three-quarters of the problem gamblers who seek help locally. Why are they so addictive?

Turn out your closets – your old stuff may be worth good money. Kiwiana is now very collectible. Find out more on the back page.

Warm up the synapses on our crossword, and the What's On and Recreation Providers listings detail a wealth of activities to shake off winter's sloth.

"What good is the warmth of summer, without the cold of winter to give it sweetness." – *John Steinbeck, Travels With Charley*

How to get your copy!

Mudcakes and Roses is no longer mailed free to readers. The magazine is still widely available, at Council offices, libraries and the Richmond Mall. You can also read it online at the Tasman District Council website, www.tasman.govt.nz/mudcakes.

Alternatively, readers can pay a \$10 annual subscription to receive Mudcakes in the mail. Contact Tara Cater at the Tasman District Council Ph. 03 543 8578.

Cutbacks decried, medical alarms cheaper

Topics from the latest meeting of the Nelson Tasman Positive Ageing Forum:

- Forum members stood for a moment's silence in memory of Bev Oakly, a founding member who passed away recently.
- Sue Bateup, of the Health Action Trust, spoke about her work with Mind Your Ageing Seminars and dealing with older people and mental health wellbeing. She mentioned Naomi Courts home and their person-centred care plans. Sue is developing a newsletter, Well-News for Workplaces.
- Jill Harris, from the Ministry of Social Development, said a "Services for Seniors" brochure is now available at www.seniors.msd.govt.nz. She advised the forum of the medical alarm suppliers who are accredited with the Ministry, and said the cost of alarms has dropped. John Harwood, of the Hearing Association, noted that a lot of medical alarms are not compatible with hearing aids.
- Forum Chair, Ruby Aberhart, advised that mobile scooters should be insured. She also said the Nutrition and Physical Activity group has been disbanded.
- Roy Reid, from Greypower, said it was concerned about cutbacks in services to the elderly. Non-government organisations played an important role in the welfare of people, for instance the Stroke Foundation, he said. It is important these NGOs are funded. A lot of cutbacks were in homecare, in some cases by 50%, and some of the assessments were done by telephone, said Roy. Peter Burton, of the District Health Board, undertook to take the concerns back to the DHB.

Thanks to our sponsors



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

Foundation aims to make a lasting difference

Nelson Bays Community Foundation is preparing to make its first distribution of grants to the community. The foundation, launched in 2010 with help from the Tindall Foundation, aims to encourage donations, endowments and bequests, investing those funds and distributing the income back into the community through grants.

Donors can choose which purpose, organisation or field of interest they wish to support.

The foundation is administered by a voluntary board of trustees made up of local businesspeople and individuals who care about Nelson and want to give something back. They receive no payment. Leaving a bequest or endowment to the foundation provides comfort in knowing the money will be handled by a professional and trusted organisation. Donations through the foundation allow charitable organisations to focus on what they do best.

The foundation will keep donors and their families informed on where and how the money has benefited others.

New Zealand now has 12 community foundations and there are about 1400 worldwide. You can reach the foundation on 0800 777 880 or email info@nbcf.org.nz for details.

(From the Nelson Bays Community Foundation)

Law service more accessible

Nelson Bays Community Law has moved to 63 Collingwood St, into a ground-floor office that is more visible and accessible for the public.

The centre provides free legal help for those who can't afford a lawyer. "We do not represent clients in court because Legal Aid is available. We fill a gap for cases where Legal Aid is not available – some examples are immigration issues or cases involving disciplinary meetings at work, and consumer and debt issues."

The centre also provides legal education and law reform services. "Everyone is welcome to obtain legal information at our office," but ongoing assistance and representation is limited to those who can't afford a lawyer. Staff at the Collingwood St office include solicitors, support staff and case workers.

You can contact the service on 03 548 1288 or stop in for a visit.

Keeping You Focused

People need good vision for a whole range of activities that we all take for granted. Sight is such a precious sense yet we hardly ever think about it. This is why 20% of people registered as blind in New Zealand are blind from preventable causes.

(MATTHEWS)
Eyewear. Eyecare.

Nelson 03 548 3249
Blenheim 03 578 5885
Richmond 03 544 4319
Motueka 03 528 8724

www.matthews.co.nz



Old Nelson frozen in time



The Tardis might transport you to another time in science fiction, but Rob Packer manages the same trick in the basement of his suburban home. The avid collector has frozen chunks of old Nelson – bottles, advertising signs, newspapers, clothes brushes, even school caps – in a private “museum”.

Rob traces his Nelson ancestry back to the arrival of the Phoebe in 1843. As a child he collected the usual stamps or shells, and in his early 20s a mate came back from the old goldmining settlement of Lyell in the Buller Gorge raving that old bottles were just lying around the place. Rob accepted an invitation to go down. He turned up treasures and ignited a lifelong passion.

The bottles led to the formation of the Nelson Bottle and Collectors Club, and inevitably the collectors were soon straying into bottle openers and brewery signs.

“I got sidetracked too.”

He certainly did. Rob is a serial collector of Nelson memorabilia: tins, containers, postcards from photographers such as Freddie Jones, Pixie Town figurines (another Jones venture), the dolphin Pelorus Jack souvenir items, “Maori” brand apple boxes from Tasman, even school prize certificates soaked from books presented at establishments long gone – Kaka, Tui.

The smells of 1960s Nelson were fascinating, he says. The jams of Kirkpatricks, lollies from the Griffins factory, the Baigents sawmill, bakeries, breweries, the freezing works at Stoke, the Nelson Tobacco Company in Halifax St ...

“Nowadays all you smell is the fumes of cars and fast food.”

nelson coachlines

GOING ABOVE AND BEYOND



Here at Nelson Coachlines we pride ourselves on our ability and size to react to our clients needs. No matter what the job, big or small, if you're after quality, value & flexibility, call us today!

- Charters & Tours • Work Functions
- Conferences • Sports groups • Transfers
- Double Decker charter • Weddings

www.nelsoncoaches.co.nz • Ph: 03 548 3256 • tomh@nelsoncoaches.co.nz

In association with Grey Power

S B L
GROUP

LEISURE TRAVEL

“A great way to socialise and see the region”

We invite you to join us at Leisure Travel where we organise fun day trips and tours. Take the opportunity to sit back, relax and enjoy the sights without the hassle of driving, as well as the chance to meet old friends and new. There is no joining fee, you simply pay for the trips you choose to attend.

Each month there are day trips visiting different locations, attractions and events. There are also tours, ranging from over-nighters, through to 10-days.

To receive our newsletters, contact Tom or Christine at Leisure Travel on PH: 03 539 0834 or Email: tomh@nelsoncoaches.co.nz

A basement bursting with memories.



He misses the excitement of a dig in old settlement sites – now constrained by historical and OSH rules (plus his ageing body) – but finding out the story behind artefacts is also an abiding passion. “I love history and I love doing the research. To me that makes a hobby.”

He has spent countless hours leafing through old newspapers – and now owns fragile copies of the Examiner or the Motueka Star Times and the Golden Bay Times, preserved behind glass.

Collecting can become a disease, says Rob, but he is quick to emphasise that throughout his 40-year affliction, it was always “family first”.

In the early days collectors swapped their finds, “and then it became money – which is sad in a way but that’s life.”

Rob is happy to share his knowledge of old Nelson. You can contact him on 03 544 6821.

A firm grasp

Test your knowledge of old Nelson region firms. What did they make, and where were they located?

1. Kirkpatricks
2. Crouchers
3. Nelson Tobacco Company
4. Bell Bird Dairy
5. Cattell’s
6. Louisson’s
7. Wilkins & Field
8. Robert Ellis
9. Anchor Foundry
10. F.W. Holland

A firm grasp answers

1. Jam and other canned goods, corner of Vanguard and Gloucester St.
2. Bread, Queen St, Richmond.
3. Halifax St, next to the old fire station.
4. Main Rd, Stoke
5. Pharmacy, next to the old Post Office, Motueka
6. Milliner/dressmaker, Trafalgar St
7. Hardware, Hardy St (now Fashion Island)
8. Brightwater flour mill, which also generated some of Nelson’s first electricity.
9. Metalwork, Wakefield Quay.
10. Aerated waters (soft-drink), Bridge St.

Create a unique and meaningful farewell



**WAIMEA RICHMOND
FUNERAL SERVICES**

Corner Salisbury & Champion Roads,
Richmond, www.wrfs.co.nz

Ph. 03 544 4400

Strolling through Monet's garden



Philippa Foes-Lamb

Hi again. I hope you've managed to get out into your garden when the weather has allowed. We've had some fierce frosts this winter and I don't think they are over yet.

My husband and I recently spent seven fabulous weeks travelling in Italy, France and Britain. It was late spring there and oh what gardening inspiration I found. We started in Rome and travelled up the west coast of Italy into France. Having an eye for any plants, I spotted grapevines, fig trees and wild herbs such as thyme and lavender growing in the most unexpected places.

As we got closer to the French border wild red poppies began to appear – the promise of things to come. We stayed in the South of France for a week and everywhere there were fields of red poppies that took my breath away, particularly as they were one of my father's favourite flowers.

One really interesting thing was the number of pleached (strictly cut and trained) trees along the roads in villages we passed through on our way to Rouen, via central France. From there we headed down to Paris via Giverny and Monet's Garden.

After parking the car, we wandered towards the garden entrance via a road luxuriously planted on either side with tulips

and various perennials. On entering the garden I was stunned into silence by the sheer flower power before me. There were gorgeous tulips (some colours I didn't even know existed), forget-me-nots, irises in bud, wallflowers, pansies and so much more. The tulips had taken a beating from spring rains but this didn't detract from their beauty at all. We wandered around the famous lily pond and over the bridge listening to a cacophony from lots of frogs. The garden wasn't as large as I expected – it was quite simply, perfect.

Perhaps the most amazing part of our trip for me was visiting Sissinghurst Castle in Kent, UK. I have always admired Vita Sackville-West's garden writing so this garden has been on my wishlist for many years. The main entrance is directly opposite the Tower where Vita did her writing. The view of the garden "rooms" from the top of the Tower is fabulous, enticing me to descend and wander.

Vita and her husband Harold loved perennials and their garden has magnificent specimens of all my favourites, especially hardy cranesbill geraniums and woodland treasures such as trilliums, including the elusive yellow one. The Moat Walk was spectacular – the air was filled with the fragrance of deciduous yellow azaleas and white wisteria, under-planted with English bluebells.

To say Sissinghurst captivated me is an understatement. I've never been one for creating garden rooms but here each one led gently to the next and it wasn't in the least contrived. After taking lots of photographs, I went around the garden again (leaving the camera with my husband) so I could really drink the plantings in. All in all, gorgeous.

Onward to another season. If you have any questions or topic suggestions, email me at foeslamb@xtra.co.nz or write c/- Mudcakes and Roses. My radio show, Green Thumbs & Dirty Fingers, airs each fortnight on Fresh FM on Tuesday at 10.40 am, replayed the following Saturday at 2.40 pm.

Need support and professional care in your own home?



Call Nelson's qualified provider of home based support services.

Contact our branch:
Suite 3 Level 1
355 Lower Queen Street
Richmond
Ph. 0800 263 562 or 03 548 2009

Email: nelson.office@healthcarenz.co.nz
Website: www.healthcarenz.co.nz



Heirloom Perennial Nursery & Art Studio

My nursery specialises in hardy perennials, particularly gorgeous cranesbill geraniums. A selection of my mixed-media creations (unique gift tags, journal covers, decorative magnets etc), most with a botanical theme, are available for purchase from my studio. Commissions welcomed.

Open by Appointment:

Philippa Foes-Lamb,
Art for Heart's Sake
Ph: 03 544 3131 or 021 522 775
Email: foeslamb@xtra.co.nz



Let us sort out your hearing!

As many of Hearing Plus's existing clients already know senior audiologist Bernard and his audiological assistant Silvia, bring more than 40 years of professional experience to the Nelson Region.

After running their successful chain of private hearing clinics in Auckland for many years, they saw a growing need to provide higher quality, more affordable and Independent audiology services in the Nelson area. Their love for the outdoors was a major factor to leave the "rat-race" behind to enjoy a better lifestyle in the Tasman region where they acquired a beautiful

lifestyle property of about 100 acres and, in their spare time, keep rare breed sheep and pigs as well as heritage poultry and bees.

Silvia says thanks to the overwhelming support of the wonderful locals and other health professionals, they have been able to keep prices down, and are proud to offer Hearing Plus's "best price promise" and 100% money back guarantee.

"At Hearing Plus Audiology our *Independent expert advice is tailored to your individual hearing needs," says Silvia. "This means everything from our comprehensive FREE hearing assessment, FREE 7 day trial of latest hearing aid technology to Free Lifetime Aftercare and \$1000 SuperGold Card Allowance. We're committed to helping you get the best from your hearing."

As independent audiologists, Hearing Plus has no financial links with and is therefore independent of any of the hearing aid companies that supply its products. "We have no financial incentives to fit specific hearing aid brands. We fit the devices best suited to our client's needs, budget and hearing loss. As your locally owned clinic we go the extra mile," says Silvia.

Bernard and Silvia urge anyone with a concern about their hearing to seek help either by taking advantage of their free hearing test or by means of their unique ear suction service.

"We'd love to see you and look forward to hearing from you."

Latest ear suction technology



Ear wax is the body's natural defence of the ear canal. It is antibacterial and traps foreign particles in the canal before transporting them to the outer ear. However as much as it is protective, it can cause problems if it builds up.

Hear Plus Audiology uses the latest in suction technology which is a clean, quick and safe procedure, reducing typical side effects like vertigo, nausea and tympanic membrane damage, says Silvia.



Discover a whole new world of hearing

SPECIAL OFFER

TRY AGIL – RISK FREE
Save up to \$1700

Special offer from Hearing Plus Audiology – valid until 7 September 2012

- **FREE** Hearing test worth \$59
- **FREE** 7 day trial of Oticon Agil hearing aid
- **FREE** wireless accessory worth \$595 or **FREE** batteries for 5 years
- **FREE** Lifetime After-Care
- **PLUS \$1000 SuperGoldCard Allowance**

Designer hearing instruments like Agil make you feel more connected to the world than ever. You get the most discreet, automatic and high performing hearing solution you can wish for.

Don't wait any longer, bring back the sounds you love...

Oticon Agil hearing aid

- Works in harmony with your brain to let you hear voices and sounds clearly
- Has wireless technology which means that the two devices can communicate with each other acting as one unit much the same way as the brain works together with our ears
- Lets you follow conversation in noisy situations
- Have more energy to participate in the conversation as less effort goes into listening
- Stylish and comfortable – so small, no one will even notice you're wearing a hearing device.



Take this quick test and check your ability to hear properly:

1. Do people seem to mumble or speak in a softer voice than they used to?
2. Do you feel tired or irritable after a long conversation?
3. Do you sometimes miss key words in a sentence, or frequently need to ask people to repeat themselves?
4. When you are in a group or in a crowded restaurant, is it difficult for you to follow the conversation?
5. When you are together with other people, does background noise bother you?
6. Do you often need to turn up the volume on your TV or radio?
7. Do you find it difficult to hear the doorbell or the telephone ring?
8. Is carrying on a telephone conversation difficult?
9. Do you find it difficult to pinpoint where an object is (e.g. an alarm clock or a telephone) from the noise it makes?
10. Has someone close to you mentioned that you might have a problem with your hearing?

How did you do?

This hearing quiz combined with your answers will give you an indication of whether your hearing is impaired or not. If you ticked to 1 or 2 of these questions you may need to seek advice soon. If you ticked to 3 or 4 of them you should take action now! We extend, to all our clients, the Freedom to actually try-before-you-buy, enabling you to make YOUR own informed decision.

Call Hearing Plus Audiology

Ph 0800 433 788

Hearing Plus
Audiology Ltd

Washbourn Medical Centre, 12 Oxford Street, Richmond, Ph 03 543 3788
or visit us at Community hospital, Motueka. "Home Visits Available"

Every level of senior living care is right here in Nelson.

Choose from five villages throughout the Nelson/Tasman region:



Green Gables Home & Hospital

241 Bridge St, Nelson. Tel: (03) 548 3114

A well established retirement home in the heart of Nelson, where you will feel right at home. We are at the quiet end of Bridge Street, close to the Queens Gardens and the Bishop Suter Art Gallery.

RHC IL H RPC DC



Otumarama

199 Nayland Road, Stoke. Tel: (03) 547 5659

Nestled in extensive peaceful gardens, under mature trees, Otumarama is a small, intimate care facility providing quality rest home and hospital care to the Stoke area.

RHC H RPC DC



Stoke Retirement Village

188 Songer Street, Stoke. Tel: (03) 547 9703

Right in the centre of Stoke, Omaio is an established village for retirees who are looking for total independence and a homely, welcoming community.

IL



Whareama

81 Neale Ave, Stoke. Tel: (03) 547 7786

With a homelike atmosphere and gardens, Whareama is well known in the Stoke community for its fantastic, welcoming staff, and high standard of care offering rest home and hospital services.

RHC H RPC DC



Woodlands

6 Edgewood Crescent, Motueka. Tel: (03) 528 8330

Make the most of your retirement years in beautiful Motueka. Offering independent living at its best - a great village atmosphere with the added security of onsite hospital and rest home care.

RHC IL H RPC

RHC Rest Home care
IL Independent Living
H Hospital Care
DC Day care
RPC Respite and Palliative Care

 **OCEANIA**
GROUP
LIVING MADE EASY



Mudcakes & Roses Noticeboard

Write yourself into spring

If you are tired of the wet & cold winter, the Nelson Romance Writers have just the antidote, the Spring Romance Short Story Competition 2012. The theme is New Beginnings, and the story is open to unpublished writers, 18 years and over, within New Zealand. The three top stories win a basket of romantic goodies. First prize includes one year's membership of Romance Writers New Zealand.

(Prizes generously sponsored by local authors & Nelson businesses Te Mania Wines, The Body Shop, Carol Priest Natural Body Products, Creative Occasions and The Swedish Bakery.)

Deadline for entries is Monday 1 October 2012.

The entry fee is \$10 and stories are limited to 1000 words.

Entry forms available from 13 August. Contact Annika Ohlson-Smith, email allan-annika@xtra.co.nz, Ph. 03 548 5561. Also at www.cherieclare.com/blog/ or www.laverneclark.blogspot.co.nz.

Making homes safer and worry-free

The Good Homes booklet, a new checklist designed to help the elderly to stay in their houses for longer, will be discussed at a workshop at Saxton Field in August. The booklet, developed and tested over five years, takes the householder or service provider through fixtures that may need repair or could be a safety hazard. It also looks at

insulation, wheelchair access, even formulating a fire exit plan.

At the back of the booklet are suggested solutions and a rating system to prioritise the most urgent work.

Bronwyn White, of the Public Health Service, Nelson Marlborough District Health Board, is bringing together agencies such as ACC, the Police, Age Concern and Rural Women to get the booklet out into the community. The workshop will be held on Tuesday 21 August, from 10.00 am to 3.00 pm, in the AMI football rooms at Saxton Field. If you are interested in attending, phone Bronwyn on 03 546 1265 or email bronwyn.white@nmdhb.govt.nz

'Silent epidemic'

Brain injury is a silent epidemic in NZ, affecting about 90 people per day – and sadly these injuries don't heal. The victims are sometimes condemned to a hidden hell, with memory, concentration and ability to enjoy life profoundly impaired. Their families also suffer.

The Brain Injury Association provides advocacy and support for clients and families, plus runs a walking group, and regular camps and events. Last year the association set up a tandem skydive for 32 clients, as part of Brain Injury Awareness Week. Imagine how much courage it takes for a disabled, even a paraplegic person to jump out of a plane relying on supporters to catch them on the ground.

This year the Brain Injury Olympics will be held in September, with events at the 10-pin bowling centre in Richmond

The association needs support for such work. If you would like to make a one-off or regular donation contact either Russ at the office, 03 546 6656, or association chairman Philip Townshend on 03 548 2230 or 027 229 0088. All money donated will be spent in the Nelson-Tasman or Blenheim area and go directly to supporting clients.

Shedders ready to help

The Men's Shed in Richmond has a bank of very skilled tinkerers ready to take on projects. Spokesman, Alan Kissell, says they recently had a group of IHC clients in to build stage sets for the Nelson Repertory production of Three Little Pigs, held at the Theatre Royal.

Shedders have also stripped down and refurbished an offroad vehicle for a "young fella with a serious brain injury" so he can be taken for rides, says Alan. Members recently built park benches at minimal cost for the Nelson City Council.

The Men's Shed also maintains the wooden cycling track that Way2Go takes to schools to train young riders.

Alan adds that Shedders are happy to sharpen or refurbish tools for, perhaps, people who have lost their partner and are living on their own. If you have a woodworking or mechanical project, give him a call on 027 282 0185.

Driving Miss Daisy, call and ride with a friend!



Driving Miss Daisy®
We're There For You

Driving Miss Daisy is a companion driving service offering more care, support and help than a standard transport provider. Word has spread in Nelson about the fantastic Driving Miss Daisy service.

"We offer a very professional service, as well as support and care for our clients," says Nelson franchise owner Frances Kemble Welch.

"Since we launched many of our clients have quickly become friends, and we love seeing the difference we are making to our clients lives."

The Driving Miss Daisy service is perfect for:

- Senior citizens who would like to maintain their independence
- Parents who need children to be delivered to/from after school activities
- Organisations who need to deliver people to/from appointments or engagements
- People who don't drive

Bookings essential. For more information call Frances on (03) 547 2133

A clear focus on enjoying life

Kaye Halkett can be unsettling. She cycles huge distances, rows competitively, does Pilates, is looking forward to a Suter Art Gallery visit – and she’s nearly blind. Five minutes in the company of the youthful 59-year-old and you feel like you’re the one with the disability.

“Just because you are blind doesn’t mean you aren’t interested in the visual arts,” she explains. The planned guided tour through the Suter, that most visual of venues, with other Foundation of the Blind clients follows similar outings to the Nelson Provincial Museum.

Kaye has been losing her sight since she was a small child, caused by a genetic condition called Retinitis Pigmentosa, or RP. It finally forced major lifestyle changes about 15 years ago. Her night vision and most of her colour definition have

gone. Her sight has compressed to a tight tunnel that is getting tighter, and now the clarity in that central area is packing up.

Best to stick around home where it’s safe? Sorry, that’s not in her nature. Kaye’s just back from a 1200km cycle tour of Tasmania, on the back of a tandem with husband Lawrie up front. They’ve also done two South Island tours of similar length.

Oh, she adds as an afterthought, they also did the Central Otago Rail Trail. “I tend to forget about that because it was just a small one.”

Kaye rows on Sundays at the Nelson Rowing Club as part of a foursome (including one fully sighted crewmate). It’s an ideal sport for a blind person because you don’t really need to see, she points out. The Nelson four have competed in the South Island Masters and are possibly the only blind crew in the country.

Pilates, hiking, and sessions on the cycle windtrainer complete an active lifestyle.

Everyday routine is a matter of planning and clever strategy. Kaye likes things in their place, for obvious reasons. Her home is clutter-free. She has high-tech helpers such as talking books,



Lawrie and Kaye Halkett in the south-west of Tasmania. “This particular day we biked through 86km of the Franklin Gordon Wild Rivers National Park. Magnificent – no people, houses or buildings, just the occasional car.”



“I’d like Pavarotti and poetry”

At Marsden House we understand that everyone is different, and that your funeral should reflect and celebrate your uniqueness. We offer a wide range of options for you to pre-plan your funeral to be exactly how you want it.

Call us today on 03 548 2770 for a FREE information pack.



Marsden House
FUNERAL SERVICES

voice-assisted computer, and a camera to blow up printed words on a TV screen. (Her talking scales, with a rich deep voice, are "my boyfriend in the kitchen", she laughs.) But the aids can be as low-tech as a roll of duct-tape to make the handles of utensils black so they stand out on a light-coloured bench.

"I try to find a way to achieve something rather than let it be a problem."

She still sews, avoiding the "time-consuming" bits by asking someone else to thread the machine or needle.

The trick is to make everything a tactile experience.

With white cane in hand, Kaye can walk down to the shops in Richmond, avoiding the busier intersections and taking her time. Shop sandwich boards and promotion flags are "terrible things". Likewise the sale goods that creep out onto the pavement. Kaye urges shop-owners to stick to the rules.

For longer journeys, she catches the NBus to Nelson or is chauffeured by friends or family members. Movies are a treat, and she looks forward to the introduction of "audio description" at the State Cinema.

One of her three siblings also has RP, but thankfully the recessive gene skipped her and Lawrie's three children. The youngest child has just graduated, completing a full set of



university degrees among the offspring. Kaye has a teaching background and Lawrie is a senior executive in the forest and wood products industry, so education is part of the family culture.

They also share an appetite for adventure. In their younger days, she and Lawrie did a "life-changing" 21 months of VSA in Nepal, helping to reforest the Mt Everest National Park. They lived in a crude hut with no power, running water or sewerage.

Three weeks of biking round Tassie must have seemed a doddle by comparison. A bit hilly, she says, and some of the roads were narrow, but the drivers were very courteous. The old buildings charmed her, and the views – "spectacular". Take it from someone who knows what that means.

"Someone has to make the best teeth"



Nelson Denture Clinic

The Smile Designers

Specialising in:

- **BPS Dentures - latest technology injection moulded dentures. Excellent fit and extremely natural appearance**
- **Cosmetic Dentures to Support and Improve Facial Structures**
- **New Dentures**
- **Replacement Dentures**
- **Total Professional Care for Denture Patients**

Gilbert Matravers
Clinical Dental Prosthetist

Ph/Fax: 548 1478

*OUR GUARANTEE
IS IN YOUR SMILE*

*EXPERIENCE
COUNTS*

35 Waimea Road, Nelson - 0800 2 SMILE

Pokies prey on elderly

Pokie machines make life hell for 75 percent of the clients who front up to the Problem Gambling Foundation looking for help.

Nelson spokesperson, Dr Philip Townshend, says "one-armed bandits" are the major cause of gambling problems and are designed to be sneaky in disguising how much money you spend.

"With the machines displaying that one or two cent amounts are at stake, gamblers fail to recognise that the pokies turn over more than \$850 an hour – whether you are being lucky or unlucky," he says.

"On top of the financial losses they suffer, heavy gamblers are more depressed than average, more likely to visit their GP, and quality of life sours for themselves and loved ones. Gamblers lie to hide their losses – partners find the loss of trust difficult to forgive. If the gambler is lying about his or her spending, what else are they lying about?"

Philip says gambling addiction affects all ages, but he is mystified as to why few elderly people seek treatment. He concludes they either feel helpless, or have reached a point where they don't care.

"The good news is treatment works and the harm caused by pokie machines is lessening nationwide. Thanks to MRI scans,

we can now trace the so-called 'pleasure pathway' in the brain as dopamine is released. This is what creates addicts."

Problem Gambling Foundation clients are taken through an explanation of the "rush" that overrides the logical part of our brain. Philip says in the "zoned-out" state induced by fast pokie graphics and their hypnotic hum, people don't make good financial decisions.

Counselling for clients explores the underlying reasons for playing the pokies. "People don't problem-gamble when they are happy. Grief, anxiety or loneliness could be underpinning the addiction."

Clients are even taught meditative techniques to control their blood pressure, keeping the thrill in check. Philip says foundation staff do comparative readings. One client who had a blood pressure reading of 130/80 in the office rocketed up to 250/180 while playing a pokie. "I looked at it and thought, 'This woman is going to have a stroke'," he recalls.

As a last resort, a problem-gambler can ban themselves from entering pokie dens. The foundation will take their photo and email it to pubs and clubs, which face a \$10,000 fine if the ban is violated. (The gambler can be fined \$500 for a moment of weakness).

Philip says the system works well in the Top of the South – though is less effective in the anonymity of a large city.

"All clients respond well to treatment initially, and 80 percent are cured of their addiction longterm," he says.

The machines themselves have been reined in. Pokie takings spiked in 1998 when they were equipped with dollar note feeders that would take any denomination. Large jackpots added to the woes. In 2004, those feeders were restricted to \$20 notes or less, and jackpots were reduced. Pokie use is now going down, as is the amount people spend, from \$1.2 billion in 2004 to \$850 million now.

The Nelson branch of the Problem Gambling Foundation has produced a DVD on pokie addiction – which features an 86-year-old. If you would like a copy or want a sympathetic ear to hear your concerns, give the office a ring on 03 548 2230, email phil.townshend@pgfnz.org.nz or call in at 50 Halifax St, Nelson.





Wensley House
REST HOME & RETIREMENT VILLAGE

STUDIOS AVAILABLE



A photograph of a large, modern, single-story building with a white facade and large windows, surrounded by green lawns and trees. The building is identified as Wensley House.

OWNER OPERATED FACILITY

For independent older people who wish to have security and services available.

- 24 hour Nurse Call
- Meals provided
- Licence to occupy available
- Access to activities programme, spacious grounds, weekly shopping



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

Across:

1. Making glass better (6,7)

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

ALFAB

WINDOW TINTING

0800 484 697

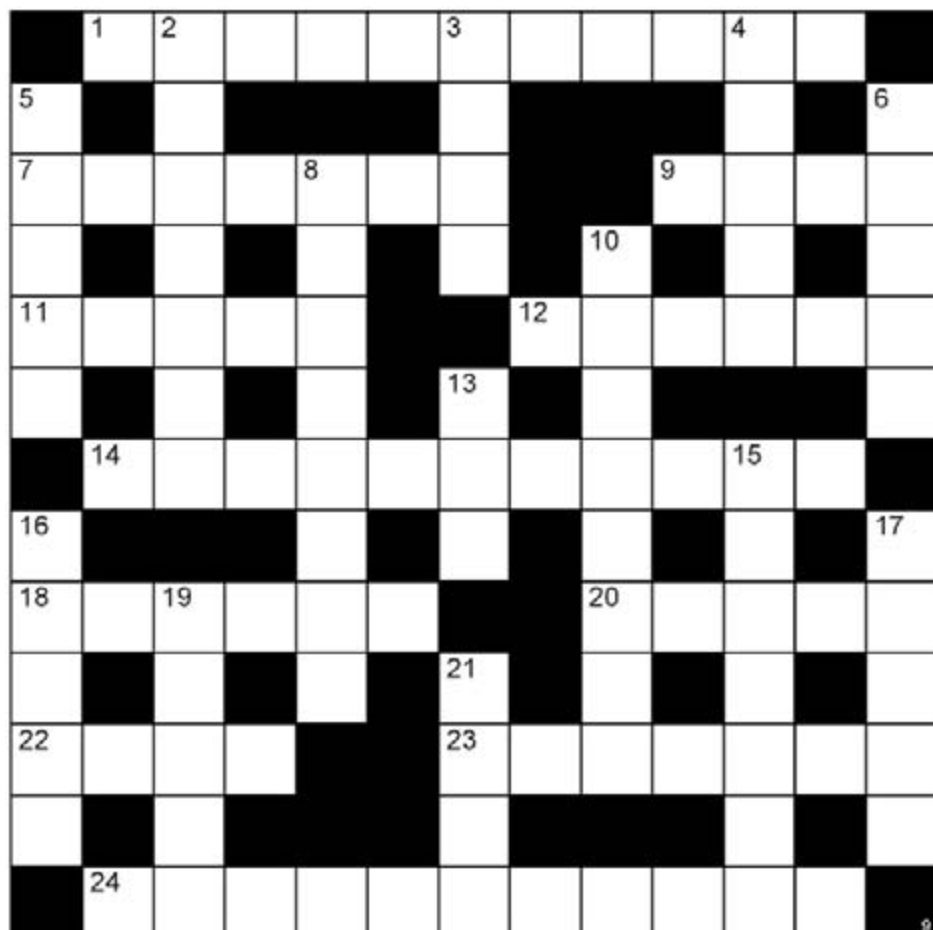
Simpler Clues

Clues Across

1. Picture-taking (11)
7. Kneading therapy (7)
9. Measure (4)
11. Tripod (5)
12. Way of doing (6)
14. Brought to common point at the heart (11)
18. Wise counsellor (6)
20. Indentation (5)
22. Uncommon (4)
23. Puts up with (7)
24. Without pity or let-up (11)

Clues Down

2. Kidnap victim (7)
3. Merriment (4)
4. Hump-back (5)
5. Divert (5)
6. Screened; underhand (5)
8. Trial hearing (8)
10. Made pattern (8)
13. Lever (3)
15. Forces payment (7)
16. Burning sensation (5)
17. Board game (5)
19. Norwegian (5)
21. Professional charges (4)



Harder Clues

Clues Across

1. Engaged in which people may have taking ways (11)
7. A rub for a fool in a different sort of game (7)
9. Work way slowly forward in entering certain chasms (4)
11. Accommodation for crowd one is able to put up with (5)
12. Way one came across a carrier of bricks (6)
14. Not being dispersed, bit of money realised to be lacking point (11)
18. He may guide thinking people to the height (6)
20. An indentation returning the world of fashion to the church (5)
22. Raw red ends off what's not readily obtainable (4)
23. Lasts, certain somehow of following the conclusion (7)
24. Re-engaged on code, not so much is without let-up (11)

Clues Down

2. One held that the entertainer must get older (7)
3. Joy in parts sung (4)
4. It's intuition that makes one draw up one's shoulders (5)
5. In order to divert one, before noon acquire the habit (5)
6. Protected from the sun on the wrong side of the law? (5)
8. A hearing for such as might be part-employed (8)
10. Drew patterns to put one's name on, indeed (8)
13. Pressure unit for the fish where drinking's concerned (3)
15. Gets money the hard way? (7)
16. Feel pained to be so well turned out (5)
17. For the most part a lady of title may finish with a mate (5)
19. Scandinavian gold discovered in three directions (5)
21. Professionals may live on them loudly and understand upturn (4)

Answers page 20

What's



AUGUST – SEPTEMBER 2012

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, 03 525 9090, Lellie Sise, 03 525 8898, Sonia Nalder, 03 525 9765.

Upright and Able for Falls Prevention

Ph. Jacinda Hohepa 03 525 8770 or 03 525 9708 for more information and registration.

Motueka

Cycling

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

Motueka 50+ walking group

All walks leave Deck's Reserve carpark, where transport is arranged. To see the walks schedule, go to www.motueka50pluswalkers.org.nz. Meetings on the last Thursday of each month in the Uniting Church Hall, High St, 9.30 am. Contacts: Secretary Norah Morris, 03 528 6290, President Kevin Piper 03 544 8378. For details about Alternate walks, contact Lesley or Ray Cranefield 03 527 8113.

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 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 is 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 Mapua Hall, 7.30-11.00 pm, Saturday 18 August and Saturday 20 October 2012. \$6 and a plate, children half-price. Ph Margaret 03 528 7564 or Prue 03 540 2242.

Murchison

Murchison Community Resource Centre

Murchison Daytrippers. Phone Berylla Jones 03 523 9875.

Nelson

Nelson Dance Along

Richmond Town Hall, 7.30-11 pm on alternate Saturdays. Tape music, home-made supper provided. \$3 members & \$4 non-members. Ph Rosalie Winter (03) 548-2236.

Nelson 50+ Walking Group

Drivers must notify the leader of the day of intention to walk and confirm the meeting place. (E = easy, M = medium, H = hard. F = Forestry walks, which may have to be cancelled due to logging, in which case an alternative walk will be arranged.)

Tuesday walks

7 Aug: Airport – Monaco, E, Ph Denis Smith, 03 546 4305 or

Adriana de Ridder, 03 548 6937, 9.30 am
21 Aug: Coronation Forest or Spooners Rd (F), M, Denis Smith, 03 546 4305 or Cheryl Carnahan, 03 544 7684, 9.30 am.
4 Sept: Garden Valley, M, Alison Polglaze, 03 544 6833 or Gowan Simpson, 03 541 8639, 9.30 am.
18 Sept: Pinchback, M, Ron Maylor, 03 546 5170 or Lyn Guyton, 03 547 2207, 9.30 am.

Thursdays

2 Aug: Argillite Quarry (F), M, Bernie Hawkey 03 545 1033, Adriana de Ridder 03 548 6937, 9.30 am
16 Aug: Brooklyn Valley Dam, M, Ron Maylor, 03 546 5170, Marilyn Davis, 03 548 2167, 9.30 am.
30 Aug: Waimea Walkway, E, Richard Boyden, 03 544 8028, David Burt, 03 544 0277, 9.30 am.
13 Sept: Teal Valley (F), M, Jeff Simpson 03 541 8639, Marilyn Davis 03 548 2167, 9.30 am
27 Sept: Takaka Hill Walkway, M, Carolyn Brown 03 544 2286, David Burt 03 544 0277, 9.30 am.

Fifty-Plus mini-walks

14 Aug: Rabbit Island, meet Washbourn Gdns. Ph Jean Griffin 03 547 2525, 10.00 am.
28 Aug: Grampians, meet Fairfield House, Bob Dickens 03 548 5048, 10.00 am.
11 Sept: Mapua, meet Washbourn Gdns, Mary and Des Gill 03 540 3373, 10.00 am.
25 Sept: Whispering Falls, meet Washbourn Gdns, Jackie Shields 03 548 1131, Beryl Scott 03 544 5652, 10.00 am.

Nelson Provincial Museum

For info on exhibitions, visit www.museumnp.org.nz

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 & 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. \$6.
Sit and be Fit exercises to music – Tuesday and Wednesday at 11 am in the Stoke Memorial Hall. Gold coin donation.

The Sun City Ukes – Thursdays 10.00 am - noon. Gold coin donation.

Contact Ruth.

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 & Picnics.

Thursday Out & About, 11 am. A van tiki-tour around Nelson region.

Weekly Afternoon Entertainment – contact office for programme details.

Also Tuesday-Thursday Meals – a two-course meal at midday for \$8 (members), \$10 (non-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. \$4.
Senior Circuit: Tuesday 10.45 am after walking group, \$4. A low-impact all-over workout using resistance bands and light weights.

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

Tai Chi for Health: Thursday, Beginners 10.00-11.00 am, Intermediate 11.30 am-12.30 pm. \$75 (15 sessions) or \$6 a session. Starts June 6th 2012.

Ph 03 538 0072 or email saxtonstadium@xtra.co.nz

Tahunanui Community Centre

Board not Bored
Chess, backgammon, cards, lots to choose from or bring your own. Cuppa & company.

smythes LAWYERS

10% off Legal Services
for SuperGold card holders

Stop worrying! Our team can help you deal with your worries about money, family, losing control of your life. . .

300 Trafalgar Street, Nelson
Tel 03 546 8750. enquiries@smytheslaw.co.nz
www.smytheslaw.co.nz



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

AUGUST – SEPTEMBER 2012

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

Thursdays 1.30 pm.
Arty Crafties
Bring your craft or hobby along and spend time on it in the company of others. Mondays 1.30 pm.
Movie Mates & DVDivas
Watch classic movies and favourite DVDs the old-fashioned way with intermission and ice-creams. Comfy seats and a cup of tea to follow. Every Tuesday 1.30 pm. \$3.
Local Vocals
Singing for everyone. No audition, no pressure, no experience needed. Wednesdays 7pm. Ph TCC for details, 03 548 6036.
Ironing Maidens
Ironing's more fun when you do it with someone else. Bring your iron and ironing pile, we've got the boards, the tea and scones. Every Friday at 1.00 pm.
Zumba
Suitable for beginners and more experienced. Mondays 5.15 pm and Thursdays 5.45 pm. Contact Jo at TCC for details, 03 548 6036.

Victory Community Centre

Totara St, Nelson
Nana Craft: Share crafts that Nanas know: knitting, crochet, stitching. Bring lunch, share projects. Weds until 26 Sept, 12.30 to 2.45

pm, Pomeroy's coffee \$2 donation.
Sit & Be Fit: Have fun, exercise sitting down, burn calories, tone muscles, keep your heart healthy. Tuesdays 10-10.45 am until 27 Sept, \$2 per session
Housie at Victory: Old-fashioned fun with members of your community. Great prizes, refreshments and transport available if required. Wednesdays 2-4 pm 1 & 15 Aug, 5 & 19 Sept. \$2.
LaughterYoga: The body's natural antidote to stress. Simple yet powerful exercise, combining yogic breathing. Bring yoga mat or towel. Wednesdays 5.30-6.30 pm. \$2.

Richmond

Club 50

A social group of mature adults looking for companionship, recreation and enjoyment. Phone 03 544 3955 or email Richmond@sporttasman.org.nz. Meet every Tuesday 10.00 am (unless otherwise stated) at the Richmond Recreation Centre & Town Hall, Cambridge St. Carpooling available.
7 Aug: Health Seminar "All you want to know about having an anaesthetic". Anaesthetist Joe

Macintyre has the answers. Discussion at the end. \$3.
14 Aug: Dress Circle Walk. Fairfield Park, Warwick House and finally Melrose House for coffee and cake. \$3.
21 Aug: Movie Madness – The Most Exotic Marigold Hotel.
28 Aug: Art Workshop with Pammie Moonlight. Cost of materials and mounted canvas \$15. Session cost \$3.00.
4 Sept: Walk on Wakefield Quay. Coffee stop at the Boathouse.
11 Sept: Early Spring Lunch at 'Petit Fleur', Seifried Estate, with Motueka Club 50. Cost for lunch \$15.
18 Sept: Sharing those Holiday Snaps. Meeting Room.
25 Sept: Airport Walk. Please bring your own morning tea.

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.
Ph Elaine Mead 03 544 5654

Richmond Waimea Community Whanau Group

Where representatives of community groups, services or organisations come together to share information. (Membership is simply by attending.) Meets the first Tuesday of each month, noon-1.00 pm, Senior Citizens Rooms 62 Oxford St, Richmond (opposite the Age Concern Office). Guest speaker at most meetings. BYO lunch (tea & coffee provided).

Upright and Able for Falls Prevention

Free 6-week course for those over 65 with a fear of falling. Ph. Cherie Thomas 03 539 1812 or email Cherie.Thomas@nbpho.org.nz for more information and registration.

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.

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:

"Mum's 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

Brand New Apartments

Available now are beautiful brand new Independent and Serviced Apartments. Our Independent Apartments are affordably priced from just \$259,000* and Serviced Apartments, where a little extra assistance is always close at hand priced from \$159,000*. Be in quick as only a few remain!

Ask me about our friendly terms.

**Ongoing service fees apply.*



**For more information please phone
Debbie Edwards on 03 538 0882
49 Covent Drive, Stoke**

RECREATION PROVIDERS



AUGUST – SEPTEMBER 2012

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 12.00 – 1.00 Georgie 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

Pohara Bowling Club

Jennifer Ph 03 525 9621

Probus

Jan Ph 03 525 9224

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 Able for Falls Prevention

Free 6-week courses for those over 65 with a fear of falling. Ring Jacinda Hohepa on 03 525 8770 or 03 525 9708 for more information.

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

Dave Ph 03 540 2934

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 5003

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. Kevin Ph 03 544 8378 Norah Ph 03 528 6290.

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) Vonnice Ph 03 528 7817

Upright and Able, Falls Prevention

Cherie Ph 03 539 1812 to register for the next free 6-week course.

U3A (University of the Third Age)

Have fun learning co-operatively. Variety of courses available. Cushla Ph 03 528 6548

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

Thursdays: Pilates, 5.15-6.15 pm, 2 Aug to 20 Sept. Suitable for all fitness levels. \$60 for 8 weeks or \$10 a session, MESI Building. Chells Circuits, 6.30-7.30 pm, 2 Aug to 20 Sept. Bring a mat if you have one. \$60 for 8 weeks or \$10 a session. Rec Centre Gym. Friday: Sit and Be Fit, 10.00 am. \$2 a session, Rec Centre. Every day: Walking for fitness. 10.00 am, but 10.30 Tuesdays, at the War Memorial. Weather permitting. No charge. Call Berylla 03 523 9875 or email berylla@ts.co.nz for bookings & details.

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.

Angie's Active Circuit

Easy Aerobics & Circuit class. Thurs 9.30-10.30

am, \$5, Tahunanui Presbyterian Church, Muritai Street
Angie Ph. 03 547 0198.

Aquatics/Swimming/Gym
Riverside Pool
Ph 03 546 3221

Art Group Nelson
Meets first Wednesday of the month. All welcome.
Philippa Ph 03 546 7337.

Arthritis New Zealand
Services are now managed from Christchurch, 0800 663 463. Clinics available from Nelson Bays Primary Health, Ph 03 539 1170.

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

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

Cardiac Club/Gym & Fitness Centre
City 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 Ph. 03 545 7112

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. Ph 03 545 6118.

Gym
Contours Health & Fitness Ph 03 544 0496

Hatha Yoga
Maureen Ph 03 546 4670

Hearing Association Nelson
Card Group Mondays from 1.15. Talks, Dangerous Decibels and sound system demonstrations to social groups on the topic of understanding hearing loss. Ph 03 548 3270

Hot Yoga
Claire Ph 03 548 2298

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

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 Petanque Club
Wed and Sun 1.15 pm at Highland Pipe Band Hall Paru Paru Rd. Boules and tuition provided. Noeline Ph 03 546 8699.

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 Philipa or Ernie Ph 03 547 7022

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

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

Nelson Social Dancing Club
Live band on the second Saturday of each month, 7.30-11.30 pm, at Broadgreen Intermediate School Hall. Members \$8, non-members \$12. Ph Jenny Ph 03 521 1923 to confirm.

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

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, Ph 03 548 9401 and we will ring you back.

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. Ph Kate, 03 547 5066, or the Stadium, 03 547 9479.

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
Classes starting Thursday 9 February, 9.30 - 11.00 am, Wednesday 15 February, 6.00 - 7.00 pm, Saturday 25 February, 9.00 - 10.30 am, 55 Muritai St, Tahunanui. Ph 03 545 8375 and leave a message. Be part of a large, exciting club. Suitable for all ages, and first class is free.

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 Lois 544 2440
email membership@u3anelson.org.nz

Ukulele with Gretchen
Wednesday mornings
Trafalgar St

(Age Concern) Hall
Ph 03 548 8707

Upright and Able for Falls Prevention
Free 6-week course for those over 65 with a fear of falling.
Ph 03 539 1812 or email

Cherie.Thomas@nbpho.org.nz for more information and registration.

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
Stretch, breathe, laugh, relax.
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. Shirley Ph. 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
DruYoga 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 Monday evenings or Tuesday afternoons
All enquires to Shirley Ph. 03 544 6734.
Richmond Bridge Club, 348 Lower Queen St.

Crafts Caring & Sharing

Each Monday until the end of September. 9.30 am – noon at the Wesley Centre, Richmond, opposite Council. Gold coin donation includes morning tea. Everyone welcome. Pauline 03 544 9174 or Emily 03 544 5423.

Croquet

We welcome new members to Golf croquet in Richmond, Thurs & Sundays at 1.00 pm. Ph Sheryl 03 541 0623.
Association croquet, Wed & Sat 10.00 am. Ph Betty 03 544 7268. Club lawns opp. new health centre, Lower Queen St.

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
Mary-Anne Ph 03 544 2596

Laughter Yoga, Richmond

Nourish your wellbeing.
Marion Ph 021 145 3027

Line Dance Nelson

Alison Ph 03 546 9878

Pedometers from the Library

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

Pottery

Tutored classes at Craft Potters, Ranzau Rd, Hope. Any or no experience. \$100/term, firing and glazes free.
Ph 03 544 5172 or email craftpotters@ts.co.nz

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 Recreation Centre & Town Hall

At 9 Cambridge St.
Ph. 03 544 3955
www.sporttasma.org.nz
Easybeat: Mon&Fri 9.00 am.

Ease in2 Easybeat: Mon&Fri 11:15 am.
Shapeup: Mon&Fri 10:10 am.

Sit & Be Fit: Fridays 11:15 am.

Ease in2 Cycling: Social cycling, Mon&Wed 1:00 pm, \$4. Please ring that morning for meeting place.

Club50: Tues 9:30 am, Seniors, social recreation & outings. New member welcome, \$3.

Walking Group: Mon 9:30 am, no charge.

Fun Housie with prizes: Designed for those with special requirements.
Fridays, 2.00-4.00 pm, \$3.

Richmond Slimmers Club

Meets every Wednesday at the Richmond Town Hall. Fun club. \$2 a meeting. Ph . Margaret Ph 03 544 7293

Silver & Strong

Seated or standing light exercise circuit that helps you with your everyday life. Builds strength, stability and coordination.
Mondays 10.30-11.15 am. \$4 (includes a cuppa).
Richmond Social Seniors, Age Concern building, Oxford St, Richmond.
Angela 03 547 0198

Sport Tasman's Club Recreation

9 Cambridge St, Richmond
Ph 03 544 3955,
\$4 Fitness

Easybeat: Monday & Friday 9.00 am

Ease in2 Easybeat: Monday & Friday 11.15 am
Shapeup: Mon & Fri 10.10 am

Sit & Be Fit: Fridays 11.15 am

Ease in2 Cycling: Social cycling Mon & Wed 1.00 pm, \$4.

Please ring that morning for meeting place.

Club50: Tuesdays 9.30 am, Seniors, social recreation & outings. New member welcome, \$3.

Walking Group: Mondays 9.30 am, no charge.

Fun Housie with prizes. Designed for those with special requirements.
Fridays, 2.00-4.00 pm, \$3.

Spinning, weaving

Richmond Spinning & Weaving Group meets every 2nd & 4th Thursday of the month, at Birch Hall, Richmond Showgrounds, 9.30 am. New members & learners welcome.
Mary Ph 03 547 2611.

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 available.
Ngair 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

Free 6-week course for those over 65 with a fear of falling. Ph. Cherie Thomas 03 539 1812 or email Cherie.Thomas@nbpho.org.nz for more information and registration.

Yoga

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

Stoke**Angie's AquaFitness**

Exhilarating, fun and motivating aqua class. Get back into activity in a warm-water pool. All abilities, shapes and sizes welcome. Tuesdays, 10.45-11.45 am, Thursdays 6-7 pm. \$6 Ngawhatu Pool, Stoke Angela Ph 03 547 0198

Angie's Silver Circuit

Seniors only. Build your strength & stability. Improve balance. Light exercise circuit. Fun, sociable atmosphere.
Fridays, 10.15-11.00 am, \$4. Stoke Seniors, behind Memorial Hall. Main Rd, Stoke. Turn-up or call Angie on 03 547 0198.

Clogging/Tap Dancing

Nelson Sun City Cloggers. Georgina Ph 03 545 1037

Country Music

Stoke Old-Time Country Music Club meets every 2nd Sunday at the Stoke School Hall, 6.30. Lovely music and we won't burst your eardrums. \$2.
R Knight 03 542 3527

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

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.

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.

Presbyterian Support

Our Harakeke Club welcomes people who have had a diagnosis of Alzheimer's Disease or another dementia. We provide opportunities for socialising, participating in a varied activities programme, and more.
Mon-Fri, 10.00 am to 3.00 pm. Tue-Fri 10.00 am - 3.00 pm Totara Club. Day programmes for older people, socialising and participating in a personalised activity programme. Both clubs also provide a two-course cooked lunch and door-to-door transport to and from the centre.

Ph Sasha Spargo 03 547 9350

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 Probus 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 11.00 am
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

Nelson Table Tennis Club.
Ph Kate, 03 547 5066, or the Stadium, 03 547 9479.

Ukulele Fun

Stoke Memorial Hall, Thurs 10.00 am - noon. All levels welcome. Bring your uke and a sense of humour. Gold coin donation. Ph 03 547 2660.

Upright and Able, Falls Prevention

Free 6-week courses for those over 65 with a fear of falling. Ph. Cherie Thomas 03 539 1812 or Cherie.Thomas@nbpho.org.nz for more information and registration.

Tapawera

Visual Art Society
Kay 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.

Our Rimu Grove-sponsored literary section salutes the short-story writers and poets in our region. We award a bottle of wine to the best contribution.

Nelson poet Judith Paviell lived in the moment to win this month's Rimu Grove poetry prize, a bottle of fine wine.

Midas Moment

by Judith Paviell

The colour of glory is gold, no doubt
as the sun rides over the ridge
and highlights two kowhai over the stream
framed by my morning window
against a forget-me-not sky.

The loaded old trees stand patient,
limbs seething with silvereyes
and sparrows and each twig touched
frees incidental confetti to drift
unfettered to its fate.

Plump bumblebees hover high, intent,
silhouetted against the glow.
The bossy wind will push in soon
meantime, I think this is called
living in the moment.

Runner-up Edith Shaw ponders one of the dangers of ageing, loneliness.

The Property Up The Hill

by Edith Shaw

The steep winding road is like my life
Bumpy and eroded at the edges
In the garden old man's beard threatens
It is like loneliness
It smothers everything in its path
The plants are crying out for help
Kereru and tui visit
The house and the owner need help
Living alone we kid ourselves that we enjoy solitude
But as we grow older
Our friend, like the plants in the garden, die
And loneliness creeps in.



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



Your safe and trusted local community taxi.
We have five mobility taxi's in our fleet.

Anywhere Anytime call a Blue Bubble Cab

**Ph. 03 548 8225
0800 108 855**



I needed help to
feel confident in
my home again
- Access was
there.

Janet



Make yourself at home with Access

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.

Talk to your GP or give us a call on
0800 284 663.

Kiwiana, now hot property



Clean out your cupboards – that old plastic tiki or stag scene wall lamp could be worth money. Kiwiana is becoming a hot item with collectors. Trade Me lists 1100 entries, ranging from a native timbers ashtray at \$5 reserve to a Crown Lynn “Three Faces of Eve” lamp that will set you back more than \$1000.

Even folk art of questionable merit is collectible. When we checked, a classic seashell-covered box, its weighty bed of putty, had a \$35 reserve, and a pokerwork picture of birds was up for \$90.

Here’s a sample of the fare (with indicative price):

- School-related milk bottle tops (\$12)
- Maori doll (\$60+)
- Resin tiki (\$20)
- Cook Strait ferries postcard (\$4)
- Christchurch snowglobe (\$20)
- Beauty and the Beast cookbook (\$15)
- Aunt Daisy Cookbook (\$25)
- Mitre Peak fire-screen (\$200+)
- Air NZ tiki swizzle sticks (\$10 for a bunch)
- Teal airline bag (\$50)
- 1940s-60s tourism posters and guides (various)
- Springbok Tour protest poster (\$6.50)
- Christchurch Commonwealth Games 1974 booklet and programme (\$25)
- All Black memorabilia (by the truckload)
- Greenstone fishhooks (ditto).

Statins and diabetes

You may have read reports in the papers recently, or heard discussions on the radio that statin drugs have been linked to the development of type 2 diabetes.

Statins are drugs that can lower your cholesterol levels. They work by blocking a substance your body needs to make cholesterol. Statins may also help your body reabsorb cholesterol that has built up in plaques on your artery walls, preventing further blockage in your blood vessels and heart attacks.

Do statins really cause type 2 diabetes?
Local cardiologist Dr Nick Fisher says

there appears to be a slightly increased rate of diabetes in those patients who take statins in high dosages. It is not known if the statins are causing diabetes or if the blame lies in the lifestyle that led to high cholesterol in the first place. “Unequivocally, however, the benefit of taking statins far outweighs the risk of diabetes developing. If seatbelts caused a rash in one or two cases, would you stop wearing yours?”

Talk to your doctor or pharmacist for the best advice.

(From Nelson Bays Primary Health)

Crossword Solutions

CLUES ACROSS – 1. Photography
7. Massage 9. Inch 11. Stand
12. Method 14. Centralised
18. Mentor 20. Notch 22. Rare
23. Endures 24. Remorseless

CLUES DOWN – 2. Hostage
3. Glee 4. Hunch 5. Amuse
6. Shady 8. Audition 10. Designed
13. Bar 15. Extorts 16. Smart
17. Chess 19. Nurse 21. Fees



Nelson Nursing Service is proud to be the ONLY Nelson-owned and operated Home Support and Community Nursing Service in the region. Our services are flexible and can be provided either in your own home or at our purpose-built clinic.

BEST SERVICE • BEST PEOPLE • BEST OUTCOMES



469 Main Road Stoke • Tel: 03 547 2814 • www.healthcarenelson.co.nz

- 24 hour nursing in the home, including home support and personal care. On-call Registered Nurse available at all times.
- Rehabilitation self-management support.
- Wound assessment and management, including ulcer dressings and compression bandaging.
- Measure and supply of compression hosiery.
- Incontinence Products and Advice.
- Toenail clipping service.