

Mudcakes

and *Roses*

Senior Generation Action and Issues – Nelson Tasman

Issue 45 December 2007/January 2008



Trans-Mongolian railway journey
pg 10

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Cover Photo: Mongolian horsemen in the Gobi Desert. Story pg 10.

Mudcakes and Roses

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Summer Events



There's lots happening over the Christmas season - save these dates for your diary.

- 1 Dec** Takaka Market - Golden Bay
Weekly in the new library carpark
- 2 Dec** Motueka A&P Show
10am-3pm, Marchwood Park, Motueka
- 7 Dec** Our Town Motueka Starlight Parade
6pm entertainment, 8pm floats
Carols by Candlelight – Motueka
9pm, Decks Reserve
- 8 Dec** Murchison Lions Christmas Dinner
12pm, RSA Hall, Hampden St, Murchison
- 9 Dec** Murchison Stables Market
10am-2pm, Murchison
- 9 Dec-mid Mar**
Mapua Village Market (Sundays)
10am-3pm Mapua Hall
- 15 Dec** Nelson Lantern Parade
8pm, Centre of New Zealand
- 16 Dec** Carols by Candlelight – Richmond
8.30pm, Washbourn Gardens
Brightwater Carols by Glowlight
Snowdens Bush Reserve, Brightwater
- 22 Dec** Santa Parade - Takaka, Golden Bay
- 24 Dec** Carols by Candlelight - Takaka, Golden Bay
Carols by Candlelight, 8.45pm, Cathedral Steps Nelson
- 25 Dec** The Mayor's Christmas Dinner, Nelson
- 28 Dec** Richmond Market Day
9am-4pm, Queen St. Richmond

Don't be alone this Christmas

There's no need to be on your own on Christmas Day in Nelson. A very merry time can be had by all at the Mayor's Christmas Dinner at the Trafalgar Centre - an affordable alternative for people who would otherwise be alone on Christmas Day.

The 26th Mayor's Christmas dinner will take place from 11am to 1.30pm on Christmas Day, beginning with live entertainment, drinks and a sing-a-long, followed by a delicious Christmas dinner. Then Santa and his helpers will bring presents, some more entertainment and surprises!

Tickets will be on sale on Monday 4 December from Nelson City Council, Stoke Library and Tasman District Council and cost \$12.00 per person.

Birthday win for keen golfer. ■

Keen golfer Doreen Howat of Stoke had a great day on her 85th birthday. The octogenarian not only played a round of golf at her local club in Wakefield, but she won the competition of the day. Doreen, who is the club's oldest playing member, started playing nine-hole golf a decade ago, and was the oldest player then. "I hope to keep going until I am 90," she said.

Doreen loves playing at the Totaradale club and said she enjoys golf for the friendship as well as the exercise. "They really look after me, and never tell me I'm too old," she said. Doreen's neighbour, Verna Marsden, takes her to golf every Friday.

Doreen was a founding member of the Ladies Nine-hole Golf Club at Totaradale Golf Club and celebrated her birthday on Friday 26 October with a cake and a glass of wine – a surprise provided by her friends at the club.

Her fellow club members were full of praise: "What a great lady" said Caroline Malletoa, who plays regularly with Doreen. "I doubt there are many 85 year-olds out there who could win a competition like that on her birthday, and she chipped in as well."

Clubmate Anne Webb was also full of admiration: "The first time I played with Doreen I had a hard time just keeping up with her," she said.

The ladies nine-hole players meet every Friday at Totaradale Golf Club, Wakefield. New members are always welcome.



Doreen Howat celebrates in style.

Da Vinci Machines: an exhibition of genius ■

The da Vinci Machines exhibition, titled An Exhibition of Genius, is on now at the Nelson Provincial Museum until 28 February 2008. An Exhibition of Genius has been acclaimed all over the world and has come to the region with sponsorship from the Cawthron Institute and support from Tasman District Council and other organisations.

The exhibition was launched with a gala opening on Friday 16 November, and guests were able to view, and in some cases operate the machines to understand how they worked. Exhibition manager Luigi Rizzo, Dr Oliver Sutherland from the Cawthron Institute and Robin Whalley of the Tasman Bays Heritage Trust addressed the guests, and the ribbon was cut by Mayors Richard Kempthorne and Kerry Marshall.

While best known as an artist, Leonardo da Vinci was a man of infinite curiosity and invention. He drew designs for machines such as a glider, missile, armoured tank,

vertical drill and a car powered by springs, hundreds of years before their inventors were born. He had a particular interest in water and his ideas included a diving suit, water skis and flotation devices. Many of his designs were for instruments and structures that could be used in warfare. He was left-handed, and wrote from right to left, and was an accomplished artist.

The touring exhibition, created by Florentine artisans, includes more than 50 working models made to da Vinci's designs, using the materials of his time. Visitors will be able to touch and handle a range of machines including mechanical and hydraulic models, war and flight machines. The machines encompass revolutionary thinking about military, light, nautical and hydraulic machines and principles of mechanics. The exhibition is part of a four city tour of New Zealand. Entry: Adult \$12, child \$5, family \$25.



Presbyterian support Tai-Chi, classes are well attended by the over 65s.

Tai Chi: *helping you stand on your own feet*

Learning to stand on your own two feet is not something you expect to have to do later in life, but many older people find that their balance deteriorates with age and that this makes them vulnerable to falls or lack of mobility due to lost confidence.

Presbyterian Support has been running Tai Chi classes for falls prevention for older people for at least six years, with great success. They now run seven classes in Stoke, Richmond, Takaka and Motueka. The programme is supported by ACC and is open to people over 65 (or over 55 for Maori and Pacific Islanders), with the oldest current participant at 92 years.

Instructor Carol Leonard has been teaching Tai Chi for

15 years and believes strongly in the physical and mental benefits of Tai Chi. "It works both sides of the body and mind, strengthens the thighs and teaches ways of avoiding falls. You learn to slow down and stand with feet apart and bent knees, and become less likely to trip or topple over," said Carol.

Participants attend two classes a week for 20 weeks. Some people like to do two programmes to become completely comfortable with the exercises. Weekly maintenance classes are then an option for those who

need ongoing encouragement, and you can practice at home as well.

Carol's classes use a lot of breathing techniques, and work on stance and balance, and on taking slow, measured movements without rushing. "You don't need to hurry to the phone when it rings, its better to take your time than to rush and end up losing your balance," said Carol.

The programme is also very good for those with arthritis and disabilities, and there are great social benefits for those who live alone. "It sometimes takes a few weeks

“very good for those with arthritis and disabilities... great social benefits...”

for people to get their confidence,” said

Carol, “We throw a lot of information

at them in the first few weeks so we give people plenty of time to feel comfortable with it all. Once they have their confidence its great to see them really enjoying it.”

Participants can be referred by a GP or contact Presbyterian Support directly for an assessment for eligibility. For more information about the Falls Prevention classes contact the course coordinator Maxine Pool at Presbyterian Support, phone 03 547 9350.



October-November winner Penny Hall of Takaka receives her bottle of wine from Dry Crust Communications manager Mark Raffills.

Rimu Grove Winery

Creative Writers Series

Rimu Grove Winery supports the creative writers among you by sponsoring this Creative Writers Series. The winner for the December-January creative writer's competition is Peter Lord, from Motueka.

Peter will receive a bottle of wine from Rimu Grove.

We have been receiving some great stories and poems, so please keep sending your entries in to us at:

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

In Vino Veritas

by Peter Lord

'A jug of wine, a loaf of bread, and thou'-
But a choosy 'Thou' may not want Muscat;
Here's how to ensure that the glass you pour
Will meet the test of the Rubaiyat.

If the table is set and the candles are lit
And you're serving a roast gigot,
There's nothing as good as a red Bordeaux,
A mellow Merlot, or else a fine Pinot.

If you're cosy in front of a roaring fire,
And the pizza needs some pizzaz,
You can't go wrong by serving Syrah
(That filled the jug), that's why it's called Shiraz.

If it's a Christmas or an Easter spread,
And you want wine with a nice bouquet,
Try a fine Cabernet or an oaked Chardonnay,
Preceded by a good Muscadet.

But if you're dining on fish or fowl,
You could try Riesling or Semillon,
And if you happen to be in New Zealand,
Nothing's better than Sauvignon Blanc!

Assuming your 'thou' likes the wine that you
served,

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Art in the countryside makes an interesting traveller's rest



The drive to the West Coast from Nelson has always been a long ramble through small country settlements with little to stop for before getting to Murchison. However, there are now two art destinations open in the Motupiko and Tapawera areas that give travellers the opportunity to get out of the car, stretch their legs and enjoy the creative spirit that so typifies our region.

Rachel Carson is heading into her third season of running Sallagh, a café and sculpture garden just a few minutes drive along the Motueka Valley Road from the Kohatu turnoff. Look out for the Paul Robinson carved bull on your right, turn left at the next driveway and follow the track down through farmland and forest to the café and gift shop situated on the site of an old barn.

The feeling of stumbling into another world becomes stronger as you take the sculpture walk around a pond, and uncover large and small timber and metal sculptures lurking in the undergrowth like some kind of prehistoric remnant of another civilisation. "People can spend five minutes or an hour taking the walk," said Rachel.

The garden features work by Rachel's husband David Carson, who started making sculptures out of saw blades and now works in timber and metal. He is best known for his large pieces of environmental sculpture,



Sallagh café and gallery, near Tapawera.

which have found homes all over the country. The café is a great place to relax by the pond and enjoy a coffee or lunch, and there are plans to serve evening meals in the future.

Visitors to Sallagh usually arrive after hearing about it by word of mouth – Rachel doesn't advertise – and there is a strong local contingent who support the café through its summer open season. The gift shop has an eclectic selection of work by local artists, as well as antiques and quirky ideas for presents.

Motupiko Studio, on State Highway 6 just south of Kohatu, is another worthwhile stop. Emma and Giles Panting live and work here; Emma as a painter and Giles as a potter.

The Pantings live in the old Motupiko Hall, which served as the local school from 1904 until the early 1940s. After that it was used as a community hall and hosted the annual raspberry dances until recent times. Giles and Emma bought the building, which had been renovated by a local builder, when they moved to Tapawera from the UK in 2006. They have landscaped the grounds and built a workshop and studio.

Giles, who learnt his skills from his potter father, sells his work in galleries throughout New Zealand. "I have been delighted at the support I have received from galleries. It's great to have been able to establish a market for some of my bigger pieces," said Giles. He makes large-scale bowls and art pieces as well as some domestic ware.

The couple have two children and have quickly become involved in the rural community, with Emma teaching part-time at the local school. "We have been welcomed with open arms by the locals. There are so many opportunities here for us and our children," said Giles. The studio is open to visitors from Thursday to Monday.



Environmental sculpture by David Carson.

Cook Strait Challenge team swims to first place

The first team to compete the ASB Aquatic Centre's Cook Strait Challenge had a combined age of 277, and left much younger teams floundering in their wake.

Team members Judith Mawkes (74), Ann Marr (66), Bob Smalley (69) and Ron Marr (68) felt very pleased with themselves for finishing the challenge first out of the 10 teams that had entered.

"It was a real team effort," said Ann, who was trying to talk her fellow swimmers into making a return trip. The 92km challenge swim translated into 3680 lengths of the pool. Aquatic Centre staff said the challenge had inspired many swimmers to increase their efforts.

The Coffee Guzzlers met at an Aqua Aerobics class at the centre and have become friends. "We usually do 50 lengths and then go to a class" said Judith, who was



The Coffee Guzzlers were the first team to complete the Cook Strait Challenge. Pictured from left, Judith Mawkes, Ann Marr, Bob Smalley and Ron Marr.

surprised how much easier it became to swim longer lengths as the challenge went on. "We've been doing over 100 lengths each regularly, sometimes five days a week".

The ASB Aquatic Centre plans to run more challenges next year.

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In Flanders Fields – 90 years on

by Caroline Moreton

October 12, 1917 is remembered by New Zealanders as a dark day for Anzac Corps in World War 1. A search of the records of the War Graves Commission shows that about 20 young men from the Nelson region lost their lives on that day, as the II Anzac Corps attempted to take Passchendaele, in Belgium. The offensive was part of the overall Third Battle of Ypres, as Field Marshall Haig attempted to push the Allied frontline out towards the Belgian Coast. This was to secure the towns of Ostend and Zeebrugge, and prevent German U boats sheltering in their harbour before launching attacks in the English Channel.

The successful taking of the Messines Ridge early in June 1917 also involved New Zealand troops. On the back of this success, Field Marshall Haig planned a further offensive towards the coast.

The Third Battle of Ypres began with the battle of Broodseinde on 4 October 1917, which resulted in great German

casualties and is remembered as a success for the New Zealand Division in World War 1. The Division took Gravenstal and Abraham's Heights, and more than 1000 prisoners.

Encouraged by success, Field Marshall Haig sought to continue the attack on the Passchendaele Ridge in worsening conditions and with increasingly tired men. Heavy rain on to ground that had been shelled mercilessly reduced it to a pock-marked quagmire, described by soldiers as a "porridge of mud". The New Zealand Engineers and the Maori Pioneer Battalion struggled to make roads for the advancing troops



Private R. H. Knapp Killed in Action, 23 June 1917. Photo reprinted courtesy of Nelson College.

over difficult terrain in appalling weather.

Troops marched four miles to start the attack on 9 October 1917. This in itself was an exhausting effort, with minimal artillery getting within range to support the infantry. The advancing troops were hampered in

their attack by wire and a flooded stream crossing, and little progress was made at high cost. Although the attack was deemed a failure, Field Marshall Haig and his senior commanders decided to attack again on the 12 October 1917, using the New Zealand division in the vanguard. Communication between the divisional commanders and the junior officers carrying out the attacks was poor, and information about conditions and preparations was second-hand and unreliable.

A march of five miles in pouring rain, along the duck boards laid across the mud to form a makeshift road, was required to make the starting point for the next attack. Conditions were appalling, with the duck boards a target for German shells, and the mud on either side an impassable bog that threatened to swallow anyone who stepped into it. Once the Kiwi troops arrived at their starting point on 11 October 1917 they had little time to prepare, leading to strong misgivings among the officers and men. The prevailing conditions meant there was not time to move enough of the heavy guns to within range to be of much use, and the attack was launched with less than half of the fire power that had been used at Broodseinde on 4 October 1917.

Added to this, the German defences of concrete pill boxes and 30 foot thick wire entanglements made the task ahead more desperate, and attempts made to cut the wire in preparation for the infantry attack failed miserably.

The opening artillery barrage, at 5.25 am on 12 October 1917, was weak and in some cases fell short, with badly placed and unstable guns firing into their own troops.

The infantry continued to advance despite the lack of covering fire, to be met by a machine-gun barrage from the enemy defences that mowed through the advancing men in swathes. The first New Zealand troops to make it to the top of the Bellvue Spur were then met by 25 to 50 foot thick wire entanglements on the Gravenstafel Road which proved impenetrable. Soldiers who courageously tried to get through became trapped and were shot down as they hung in the wire.

“It is said that in every man's life there are certain eventful days that he will never forget....”

Rifleman Russel Knapp



Many of the ANZAC Corps killed at Passchendaele are commemorated in Tyne Cot cemetery.

Eventually survivors were forced back to their start lines.

Most of the New Zealanders who died during the first battle of Passchendaele are commemorated at Tyne Cot Cemetery. The Memorial to the Missing lists 1176 names. Included are the three Newlove brothers from Takaka, who all died within a week. Charles in the first attack on 4 October, Leslie (22) and Edwin (32) were both killed on 12 October. The postmaster had to call at their Takaka home three times to deliver telegrams telling of their deaths

Nelson College Old Boys Roll of Honour tells tales of three ex-College pupils who died on Flanders Fields during this period. Rifleman Russell Knapp died on 23 June 1917, after the first battle at Messines. One of his comrades, Lieutenant E.B. Tustin, wrote: "You have it from me that no man ever did his bit more thoroughly and carefully than did Russell Knapp right through the piece."

A letter from Rifleman Knapp, reprinted in *The Nelsonian*, gave a first-hand account of the Battle of Messines.

He said: "It is said that in every man's life there are certain eventful days that he will never forget - well if there is one day in my life that I shall never forget it is June 7th 1917." Sadly Rifleman Knapp only survived another 16 days before his death from an enemy shell.

Private Charles Ward died in a battle at La Basse Ville on 27 July when most of his platoon was wiped out. On November 24, another Nelson College boy, Donovan Oldham Hill, was killed in action.

Nelson men are well represented among the ANZAC Corps commemorated in the Flanders Fields Cemeteries. There are too many to mention in this article but they were all without a doubt brave young men who played a vital role in the Allied campaign in Flanders.

The campaign to gain Passchendaele was suspended by Field Marshall Haig on 13 October 1917, after

disastrous losses for the Allies. The Canadian Corps was brought in to take over from the exhausted and severely depleted Anzac Corps, and made a series of pushes beyond the enemy defences, finally taking the village of Passchendaele on 6 November, 1917, with further heavy losses. The Flanders campaign officially ended on 20 November 1917.

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Beijing to St Petersburg on the Trans-Mongolian Railway

by Bella Griffiths

This is the second instalment of Bella Griffiths' journey through one of the world's harshest climates.

After a 6.30am start we are finally on the train ready to begin the 7925km journey that would take us across Mongolia, Siberia and Russia to our final destination, St Petersburg. It was time to settle in, sit back and let the world go by.

Each carriage on the train was divided into compartments linked by a communal corridor with a toilet at each end. The carriages were also equipped with samovars (water heaters) that provided constant hot water – vital for the umpteen cups of coffee and tea, instant noodles and other snack meals we will need to sustain us on the trip.



Entrance to GandanHiid Monastery, Ulaanbaatar Mongolia.

Accommodation on the train was cosy, but not for the faint hearted or claustrophobic. The compartments had four berths arranged as bunks, and the bottom bunks also served as seating during the daytime and there was a little fold-down table. Storage space was limited to beneath the bottom bunks and above the compartment door. Both were hard to access - once bags had been stowed it would be a logistical nightmare to try and retrieve them. The wise among us had packed small overnight bags so the main luggage remained undisturbed until our arrival in Ulaanbaatar. There is definitely an art to this type of travel and the minimalist has the advantage.

Leaving behind the bustle of Beijing the train chugged slowly through the countryside towards the Mongolian border, passing farms, factories, small towns, mining excavations and millions (yes literally millions) of

discarded plastic bags. The plastic bags were mainly caught on the fences adjacent to the railway track, where they fluttered in the breeze forming a blot on the landscape which stretched for many a mile.

Our fellow passengers on this leg of the journey were a mix of Western tourists, Chinese business people and Mongolians returning to their homeland. A trip to the dining car was a good place to meet these other travellers and enjoy a meal or a beverage while also providing an excuse to stretch legs after the confines of the compartment. This was the shortest section of the Trans-Mongolian rail journey, with only one night on the train. Our scheduled arrival into the Mongolian capital of Ulaanbaatar was just after midday the following day.

The crossing from China into Mongolia occurred sometime around midnight – just as everyone was settling into a comfortable doze. Border crossings are long and protracted affairs and this was no exception as there were formalities from both the Chinese and Mongolian customs and immigration to be completed. An additional complication was that Mongolian trains run on Russian broad gauge tracks, and China uses standard gauge. Because of this, carriages must have their wheels changed at the border. Each carriage had to be lifted on hydraulic jacks some distance from the ground for this work to be carried out amid much banging and crashing – hardly conducive to a good night's sleep! The other complication (particularly for those with a weak bladder) was that during all these formalities the toilets on the train remain locked. The wise among us had used the facilities before all the official business got started – the not-so-wise were forced to cross their legs for several uncomfortable hours.

We woke in the morning to sand as far as the eye could see – this was Mongolia, the land of the legendary Genghis Khan and his invading hordes, and we were wending our way through the massive Gobi Desert. The Gobi desert is Asia's largest desert which, according to legend, was created when a Mongolian chief, a practitioner of black magic, was forced to leave town with the Chinese army following close on his heels. As he fled he uttered 'black words' and the land shrivelled up and died behind him, leaving nothing for the Chinese but a desolate wilderness. There are, of course, more scientific theories too.

As the Gobi desert gave way to the beginnings of the Mongolian steppe we passed our first nomad encampments, complete with traditional gers – wooden framed dwellings covered in felt that are equally good at keeping out the icy temperatures of winter as they

are the heat of high summer. Easily dismantled and transportable they are perfect for the nomad's lifestyle.

By mid-afternoon we had reached the outskirts of Ulaanbaatar – not the most scenic of capital cities, being largely a mix of Soviet style apartment blocks interspersed with the occasional ger. Although summer temperatures here are around 20deg, the city shivers in minus zero temperatures for five months of the year, often between -15deg to -30deg. As a result of these prolonged periods of intense cold, the city has an average annual temperature of -1.3deg, giving it the dubious distinction of being the world's coldest capital. Fortunately for us this is it was certainly not below freezing.

Our tour did not linger long in Ulaanbaatar – just an overnight stop to take in a cultural show which included throat singing, traditional dancing and a display by a couple of young contortionists who appeared to be made of rubber, supper at a Mongolian barbecue and a visit to the Gandan Hiid Monastery. During the 1930s the Communist government banned religious activities in Mongolia and consequently all monasteries were closed and many of the monks executed, jailed or disrobed. Gandan Hiid was the only monastery to be kept open during this time. Now it is home to more than 400 monks, while many of the other monasteries that were destroyed during the Communist period are being restored and reopened.

We also made a brief stop at Sukh Baatar Square – a large public square in front of the government building and the parliament. It was named after Sukhbaatar, the Mongolian leader and revolutionary who was instrumental in securing Mongolia's independence in 1921 and is therefore something of a local hero.

However, the highlight of our Mongolian sojourn



Yaks grazing on the Mongolian steppe.

was two nights in a traditional ger village set among spectacular rock formations and rolling hills. The only downside was that the promised Western-style toilet block was out of commission (the ground is still too frozen for the pipes to function) and our only 'facilities' were two long drops a couple of hundred metres from

the gers. However this was a small price to pay for this unique experience.

One of the highlights of the ger stopover was a visit to a nomad encampment where, through our local guide, we are able to ask the lady of the house (or should I say ger?) questions about her day-to-day routine and why she had chosen to live the way she does. Interestingly she was a retired teacher who was happy to baby-sit her grandson, and entertain groups of foreigners, while her



Turtle rock, Terelj National Park, Mongolia.

grown up children tended the herds. After sampling yak butter tea and other local delicacies we returned to our accommodation and a typical Mongolian supper. Horhog is a Mongolian hotpot made from either mutton or goat meat. The meat, along with water, potatoes and other vegetables, was placed inside a metal container with some heated stones. The container was then covered and put on a fire where it cooked for up to two hours. Once the meat and vegetables have been eaten it is usual for the hot stones to be handed round to be held by the guests – this is considered to be a remedy for stress.

It was pleasant to take some gentle walks near to the ger camp and for the more energetic there was the option to go horse-riding (a favourite Mongolian pastime). We also managed to fit in a visit to Turtle Rock (three guesses why it got this name!) and a remote monastery built on the side of a cliff.

All too soon it was time to load up the coach and head back to Ulaanbaatar in time for a quick shop for provisions before boarding the train for the next leg of our journey.

Whilst I enjoyed Ulaanbaatar I was much more taken with the wide open spaces and simple life style of the people that lived further out on the steppes. My only concern was that large chunks of the countryside are being bought up by overseas developers (the Japanese in particular) to be turned into golf courses, complete with artificial grass greens and luxury hotels.

Ensnconced on the train once more it was good to sit back and reflect on the past few days' experiences. In 36 hours time we would cross another border and be in Irkutsk, one of the largest cities in Siberia - a new set of sights, sounds, smells, and tastes awaited us!

Marawera flour mill

Story and photos by Caroline Moreton

The Nelson region is scattered with a remarkable miscellany of old buildings that have stories to tell about past inhabitants and their lives. The Marawera flour mill is one of the more unusual examples as it is surprisingly intact, with most of the machinery left as it was when it was last used, although it is no longer in working order. It was listed as a heritage building in the early 1990s and the current owners have recently been given a grant to repair the roof.

The mill is sited against the side of a hill in the Motueka Valley, just south of Tapawera. According to historical records it was officially opened in April 1871. The machinery is described by the New Zealand Archaeological Association as a “water turbine powered grinding mill manufactured in Wickham Market Suffolk by Whitmore and Sons engineers”. The mill was imported by landowner Arthur Oliver in the 1860s, and sited against the hill to make use of the flow of water channelled from a holding tank at the top of the hill to drive the turbine.

At the time the mill was opened the community was very dependent on local produce. Having a mill in the area meant that farmers could grow and mill their own wheat, although once the railway link to Richmond went through in the early 1900s dependence on the mill declined.



John Randall inspects the mill stones at Marawera.

Albert Randall took over the farm in 1926 and his son Frank continued to farm the property until 1967 when the family moved north. John Randall, Frank's son, was 21 when they left and remembers his grandfather milling wheat for the family to use and milling neighbours' flour as well. During the depression an ability to be self-sufficient was highly valued, and Albert Randall added a sawmill and blacksmith shop to the flour mill building. “He was a real do-it-yourselfer,” said John of his grandfather. “He could make anything work and was very inventive.”

The Randalls caught possums and tanned the hides, milled timber and grew tobacco to make ends meet during the depression. When national grid power came to the valley the Randalls installed an electric motor to replace the water-powered turbine.

The mill has not been used for many years but is surprisingly intact. The original stones are still there and John Randall can remember the stonemason coming from Nelson to dress the stones. The wheat was hoisted up to the top storey and poured into the grinder through a hopper, then bagged up on the ground level. The turbine was below ground level with the water pipes entering at the back of the building.

From a distance the building looks like an old barn, but close up it is a relic of the pioneer lifestyle, with old tools, dust masks and flour screens lying where they were left. One end of the building has been used as a hay barn and to store old implements, and subsequent owners have used the space as a workshop.



Marawera flour mill, near Tapawera.

Arthur Oliver was elected to the House of Representatives in 1866 and was the first clerk of the Waimea County Council. He returned to England, his place of birth, in 1878 and the farm has had a succession of owners since then, some of whom used the mill.

J Newport in his historical book *Footprints* mentions John Knyvett as the next owner, followed by A F Needham and Innes-Jones, both of whom are remembered as working the mill.

Into the blue

Masters swimming keeps you fit



If you want to keep fit by swimming, you're invited to join a group of Masters swimmers who meet at the ASB Aquatic Centre on Sunday mornings and Thursday evenings.

The group, which has been meeting since the aquatic centre opened, has programmes for beginners, intermediate and experienced swimmers.

Secretary Jacqui Willcox said the group is affiliated to the New Zealand Masters Swimming Association. Members can choose to be either a social member or an affiliated member, with affiliated members being able to compete in national competitions through the club.

"We regularly send a team to the long and short course competitions that are held around the country, but there is no pressure to compete," said Jacqui.

"Some people just like to come to improve their swimming and keep fit."

The club has recently engaged a stroke coach to assist swimmers in improving their style. Help is also available from some of the more experienced members.

"There is always someone who is prepared to give you a few pointers," said Jacqui.

Masters swimming is open to anyone over the age of 25, with national competitions being organised so that swimmers compete within their distance range, but prizes are awarded within age groups.

"We need more swimmers in the 60-plus age group. It's a great low-impact way of keeping your body fit and healthy and it's a lot of fun as well. We all swim better on a club night," said Jacqui.

The group also meets for a social evening on the last Thursday of each month.

For more information on the Richmond Masters Swimming Club call Jacqui Willcox on 03 544 7225.

Living a healthy life

Self management for chronic conditions



Living a healthy life is something we all want to do, however one in three people over the age of 40 suffer from some form of arthritis, and many others live with chronic conditions such as diabetes, depression, heart conditions, MS and fatigue.

Help is available for those who sufferer any chronic condition through a life enhancing self-management course called Living a Healthy Life.

The course was developed at Stanford University, USA, to help people living with long-term conditions, and is offered in Nelson by Arthritis New Zealand.

The programme teaches people to better manage their condition, and to achieve a better quality of life by coping with the negative mental effects of living with a chronic condition. The course uses interactive techniques such as brain storming, behaviour modelling, problem solving and action planning to set practical and achievable goals that are evaluated each week.

"We set achievable goals, which might be walking to the letter box three time a week, and evaluate progress as time goes by. If there are problems we try and work out how to deal with them and keep working towards our goal," said Karen Blade, Nelson's Arthritis Educator.

"For some people, its easier to stay home – just dealing with the basics takes all their energy. The course helps people to set mental and physical goals, and to break

cycles of behaviour that are preventing them from living a full life."

The course enables participants to take control of their mental and emotional wellbeing, increases confidence and helps them to maintain a full life despite their condition. Participants have been shown to spend less time in hospital and to require fewer visits to their GP. Their confidence increases and they have less pain, anxiety and depression. Many continue with beneficial exercise and relaxation techniques.

"Our clients often continue to meet socially once the course is finished, and we offer on going support. They can always come and talk to us," said Karen.

The course is available in Nelson through Arthritis New Zealand. The programme is delivered in six two and a half hour sessions held weekly. The next course starts in February 2008. To be eligible you need a referral from your doctor.

Arthritis New Zealand also offers hydro-therapy sessions at the Ngawhatu pool, seminars, talks and individual support for arthritis sufferers. The organisation relies heavily on volunteer support, and those interested in helping should contact Susan Ledingham at the Nelson office, open 9am-2pm Monday to Thursday, phone 03 546 7689 for further information.

Riders make big noise about breast cancer

Nelson motorcyclist Maxine Cook is getting on her bike to protest about the lack of Herceptin funding for women suffering from breast cancer in New Zealand.

She is planning to lead the Herceptin Riders Peaceful Protest around the North Island in early March next year, ending up at the Beehive in Wellington.



Maxine Cook with her motorcycle.

Maxine, 47, said she had never been motivated enough to publicly declare her feelings on anything before now. But the number of women dying of breast cancer in New Zealand annually has galvanised her into action.

“We lose 600 women a year to breast cancer, one third of those are HER2 positive cancers that would respond to Herceptin treatment. It’s a big issue, and should be an election issue,” said Maxine.

Current data has shown that the use of Herceptin alongside regular chemotherapy treatment can decrease the chance of HER2 positive cancers returning by 52 percent, and increase survival rates by 35 percent. Unfortunately New Zealand is not one of the 24 OECD countries that have chosen to fully fund Herceptin treatment for early stage HER2 positive breast cancer, despite evidence supporting its use.

“The lack of adequately funded treatment for breast cancer confuses and angers me to the point where I had to do something about it,” said Maxine. “I’ve been a motorcyclist for 32 years and I’ve just returned from a two month solo trip across North America where I got the idea of this protest ride.”

Setting off from Wellington on Wednesday 6 March, Maxine’s protest will take in many towns and cities around the North Island, including New Plymouth, Waitomo, Auckland, Coromandel, Tauranga, Taupo,

Gisborne and Masterton, before arriving back in Wellington after a week. The arrival date is timed to coincide with the outcome of the judicial review on the funding decision on Herceptin by Pharmac, the Government’s drug-funding agency.

She hopes to have been joined by 100 riders by the end of the ride, and many more on the day they arrive in Wellington

“We plan to make it hard for politicians to ignore the wishes of the people of New Zealand who want this treatment fully funded for our women who need and deserve it,” said Maxine.

With a background in forensic psychology and drug rehabilitation, Maxine is now putting her considerable energies into women’s health issues. She lives with her partner, several pets, two trucks, a classic car and six motorbikes.

If you’d like to find out more about the Herceptin Riders Peaceful Protest, or the issues facing women who need Herceptin treatment, visit the website at www.herceptinriders.co.nz. Petition forms can be downloaded from the site and posted back to Maxine for presentation at the Beehive.

Riverside Cafe

RESTAURANT

Inland Moutere Highway • 5 minutes from Motueka (03) 526 7447



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magazine and
Cuisine magazine

Where class and country meet...

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Specialties: vodka cured salmon, thick seafood chowder and freshly baked flat bread with olive oil and dukkah.

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

Opening for the new season Thursday – Sunday

Recipes for you

The Work and Income great little cookbook is full of ideas for healthy eating on a tight budget. The book is full of sound advice on how to choose, source and prepare simple and inexpensive meals. It was produced by Work and Income's Regional Office in Nelson, in partnership with the Nelson Marlborough and West Coast District Health Boards.

The following recipe is taken from the baking section and will be useful when you need something for those hungry grandchildren, or have friends coming for morning tea.

Sultana Loaf

1 cup hot water
3/4 cup sugar
3/4 cup sultanas
25g margarine or oil
1½ cups flour (wholemeal and/or white)
1 teaspoon mixed spice
1 teaspoon baking powder
½ teaspoon baking soda
½ teaspoon iodised salt
1 teaspoon cinnamon
Place water, sugar, sultanas, mixed fruit and margarine or oil



in a medium-sized saucepan. Bring to the boil, stirring occasionally, and then cook on a low heat (uncovered) for 5 minutes.

Take off the stove and allow to cool. Sift remaining ingredients into cooled fruit mixture. Stir only enough to blend ingredients, as over-mixing causes toughening.

Put into a cake or loaf tin. Bake at 180°C for 45-60 minutes.

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EM Bokashi: Everybody's talking about it!

Bokashi is a Japanese word for fermented organic matter. EM refers to the Effective Micro-organisms that work to ferment organic material. The EM are contained in a bran/sawdust base and sealed in a bag that you need for your composting. EM Bokashi is a simple and effective way to process your kitchen food waste into rich fertiliser.

Why use EM Bokashi?

EM Bokashi ferments food rather than decomposes it and takes place inside an airtight bucket. Therefore, it has several advantages:

- it is easy to use
- it can be stored under your sink, or in your office
- it works fast: 7–14 days, once the bucket is full
- it produces a pleasant, yeasty smell
- it doesn't attract flies
- it can process all food scraps, including meat, fish, citrus and onion
- it produces healthy soil and plants
- it reduces landfill.

What you need to get started

Food scraps, a bag of EM bran/sawdust and two buckets, one nesting inside the other. The inner bucket has drainage holes and an airtight lid. The outer bucket collects the juice.

1. Put the bucket away from direct sunlight - under the sink or in the pantry.
2. Sprinkle a handful of the EM mixture into the empty bucket.
3. Add your food scraps each day into the inner bucket, compressing them as you go.
4. When you have a 3-4 cm layer of food scraps, sprinkle on another handful of the EM mix.
5. Carry on adding layers of food and Bokashi mix until the bucket is full. (This may take a week or months, depending on the quantity of food scraps you generate and the size of your bucket.) Once they become wet, the EM in the sawdust are activated and begin to ferment the food.
6. Drain off the liquid in the outer bucket every 3-4 days to keep the system dry. Dilute the liquid and use as a plant fertiliser (See below).
7. When the bucket is full, store it away from direct sunlight and let it ferment – (for 1 week in summer and 2 weeks in winter). A second bucket set allows you to continue processing food scraps while the first set is fermenting.

The food in the bucket will not break down or decompose. Instead, you may be surprised to see the bucket is full of whole, brownish vegetables, much like pickled onions!

What to put in

Any food scraps (apart from liquids and meat bones), including cooked and uncooked meat and fish, citrus fruit, cheese, coffee grinds and tea bags.

How to use the processed food scraps

Dig the fermented food scraps into a hole or shallow trench in your garden. They break down into a great soil conditioner in a few weeks, releasing healthy EM into the soil. The food is acidic when first dug in so avoid putting it close to plant roots and young seedlings. After 7–10 days, however, it neutralises.

How to use the EM juice

Collect and dilute the juice before using it as a liquid fertiliser to water your plants. To dilute, add 1 teaspoon of juice to 5 litres of water.

Other uses

EM Bokashi has many uses, some of which are still being discovered. You may wish to try:

- sprinkling a handful of EM Bokashi bran mix on to your compost heap to activate your normal compost, or into your worm farm as a conditioner.
- pouring the liquid down drains, toilets or sinks to eliminate odours.

Detailed instructions are supplied with the bucket sets. Ask your local council for a leaflet that details local suppliers of EM Bokashi and Bucket Sets and information on the council subsidy.

To find out more about the EM Bokashi system, visit www.bokashi.co.nz or www.emnz.com.

Suppliers of Bokashi EM:

Tasman:

Michel D'Hont, Bokashi Logic at Riverside

Moutere Highway, Lower Moutere

Phone: 03 526 7033, Email: em@riverside.org.nz

Kevin Fourie, Komplete Komposting, Phone: 027 227 8374, Email: kompostkevin@slingshot.co.nz

Nelson:

Waimarama Community Organic Gardens

Brook Street, Nelson, Phone: 548 4575, Mon – Fri

Nelson Environment Centre Reuse Shop

6 Vivian Place, Stoke, Phone: 03 548 5603, open 7 days

Dougal Pollock, Phone: 03 542 4321 or 021 349 139

At the Nelson Saturday Market and other events

Waimea College celebrates 50th anniversary in style

Waimea College held its 50-year reunion on Labour Weekend, with 830 ex-pupils returning to the school for the weekend, along with partners and families. “The noise on Friday night was incredible,” said organiser Tracy Farrell.

The programme of events started with classroom tours on Thursday 18 October 2007, plus a happy birthday sing song involving other local schools at midday. The first of two Eras of Style concerts was held on the Thursday night, showcasing current students dance, drama and music skills. Visitors were able to enjoy work and memorabilia displays on the Friday and an informal get together that evening in the college hall.

The official opening and powhiri took place on the morning of Saturday 20 October, with visitors bagpipied to the stage. Speeches followed, including that of past Board of Trustees Member Courtney Lawry, read by his son Spencer as Mr Lawry passed away 4 weeks prior to the event. Foundation teacher and patron Peter Hogg also spoke.

Year nine student Nicole Clark, and foundation student Andrew Tait – the first student to enrol at the school, cut an enormous cake.

“The Foundation class of 57 was our biggest class at the reunion,” said Tracy. Morning tea was next, followed by year group photos, and the afternoon saw sport challenges, involving students, staff and some ex-pupils. A celebration dinner was held at the Trafalgar Centre on the Saturday night. The evening included items by singer-songwriter Charlotte Yates and screen-



Peter Hogg, foundation teacher speaks at the official opening of the Waimea College 50-year reunion.

writer and musician Arthur Baysting, both of whom are ex pupils. The Bourbon Street Band provided further entertainment for the evening.

Sunday saw a tree planting ceremony and the second Eras of Style concert that afternoon featuring performances by ex-pupils, including a lip-sync by the five O'Connor sisters. The weekend wound up with a morning tea on Monday morning before departure. “People didn’t want to leave,” said Tracy.

Attendees came from as far afield as America, England, Sudan, and Australia as well as from all corners of New Zealand.

“**The Foundation class of 57 was our biggest class at the re-union**”



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programmes & events

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

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

Mudcakes and Roses

PO Box 3352, Richmond, Nelson

or email caroline@drycrust.com

or fax 03 544 4951

Deadline for material for February/March

Issue is 15 January 2007

Stoke Seniors Club – Social seniors moving forward

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

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

Contact Christine or Derek on 03 547 2660.

Regular activities

Scrabble Club - Meets Mondays 1 pm at for a fun friendly game

Mahjong Club - Tuesdays 1pm. New and experienced players welcome

500 Club - Meets Wednesdays 1pm for a fun friendly game. New and experienced players welcome

Tuesday and Thursday meals - 2-course meal at 12 midday for just \$8, everyone welcome. Bookings required for small groups, otherwise just call in.

Cribbage - Thursdays at 1 pm

Monthly Movie - Tuesday afternoons. Phone to check what is on.

Line Dancing - Wednesdays at 10.30am. Gentle dancing to enjoy

Gentle exercises - Thursdays at 11am. Come and have some fun and do exercises at the same time

Strengthening exercises - Wednesdays at 10.30 am. Slow smooth and controlled movements, great for improving bone density and muscle strength

New for the summer

Walking group - Tuesdays at 10am leaving the Stoke Memorial Hall. A casual walk to various places of approximately one hour

Painting watercolours and acrylic - Mondays 10am at the Stoke Memorial Hall cost \$3

Papercraft - Thursdays 1 pm. Scrapbooking, cardmaking and more. Come and learn some new techniques and skills.

Tai Chi - for absolute beginners. Wednesdays 10 am at Stoke Memorial Hall

Housie - last Wednesday and 3rd Tuesday of the month. \$5 card - win lots of money and have some fun.

Indoor Bowls - Every Friday at 6.40pm Non-competitive and friendly at Stoke Methodist Hall in Putaitai Street - Phone Evelyn 03 547 7669 for more information

Hope-Ranzau Womens Institute

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

For more information phone Brenda 03 544 5872.

Housie Evening

Everyone is welcome to come to Housie and have fun.

Stoke Rugby Clubrooms, Neale Avenue, Stoke Wednesday nights, 7.15 pm – 9.45 pm.

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

Senior Adults Gathering

A monthly event for Senior Adults is held at Bishopdale Community Anglican Church, 238 Vanguard St, Nelson from 2pm – 4pm on the first Tuesday of each month.

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

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

Veterans' (55+) 9 hole golf days

At Greenacres Golf Club

Last Friday of every month.

Contact Dick 03 547 6071

Club 50 - Dec/ Jan

Club 50 is a social group of mature adults looking for companionship, recreation and enjoyment. We welcome new and existing members. For programme enquiries or to register, please phone Paula on 03 544 3955.

All our activities start at The Tasman Recreational Resource Centre (TRRC) which is the old Richmond Town Hall, 9 Cambridge Street, Richmond – unless otherwise stated. n.b. All outdoor activities are weather dependant but alternatives will always be available

December 2007

4 Plant swapping morning. A great way to gather some new plants, so bring along some bits from your garden and a plate to share for morning tea. Coffee and tea provided. Held at TRRC 9.30 am.

11 Wakefield Wandering. Walk to the top of the hill behind Faulkner's bush, a beautiful place for a picnic, bring along your lunch and some energy for the stroll to the lookout. Meet at TRRC 9.30 am to carpool.

18 This is our last formal meeting for the year and we will celebrate with a Christmas Lunch at TRRC. The cost is \$12.50 pp with a menu choice. Bring along a seasonal desert to share and TRRC will provide some wine and juice. We may even watch movie before lunch. Please register with Paula for this by December 4 on 544 3955.

Please note that there are no official activities for January 2008, but Club 50 members informally meet all through January at the Tasman Recreational Resource Centre at 9.30 to go out to Rabbit Island.

Motueka Recreation Centre – where it all happens!

50+ Classes are held Tuesday and Thursday mornings at 9.30am with Anna. A fun class especially programmed to suit those who are more senior. If you think this is for you, feel free to pop along and try out any one or even both classes. A great routine set to great music, low impact with less intensity but nevertheless you still go away feeling that you've had a good workout. Runs for about 1 hour. Cost: \$3

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

How about hitting the gym? The Recreation Centre Gym is open from 9.00am till 9.00pm Monday to Friday, 9.00am till 4.00pm on Saturday. Help is also available for beginners.

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

Motueka 50+ Walking Group

All walks leave Deck's Reserve car park at times stated, where transport is arranged. Meetings are held on the last Thursday of each month in the Uniting Church Hall (behind the church), High St, Beginning at 9.30 a.m. Visitors always welcome. For information phone the Chairperson, David Lucas 03 541 0023 or Secretary, Vivienne Pearson 03 526 6076.

Members who do not wish to start early on the walks for all are encouraged to assemble at Deck's Reserve at 10.00 a.m. to agree an alternative option.

December 2007

- 6** 8am Lake Sylvester M-H \$12.50
8am Chaffey's Hut E
- 13** 12pm Christmas Pot Luck Lunch
Sanctuary Pond Old Wharf Road
- 20** 9am Hobson's No 2 Takaka Hill E-M \$3.50
- 25** 12pm Christmas Lunch at Little Kaiteriteri
- 27** No Meeting

January 2008

- 3** 9am Meet at Deck's Reserve to decide on local walk
- 10** 8.30 Courthouse Flat Billy's Knob Track H \$16.50
All Blue Creek Track M
- 17** 9am Dew Lakes H \$12.00
Maitai Caves E-M
- 24** 8.30am Mount Arthur (Alpine Flowers) E-M \$8.00
- 31** 9.30am Meeting and Motueka Sandspit LT 10.15am

SeniorNet [Motueka]

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

Contact Margaret 03 528 4245.

Motueka District Museum's summer exhibition

Opens Monday 3 December:

SHIFTING SANDS

Motueka's port, a moving story.

The story of the two old wharves of Motueka and why they have been abandoned for the current site.

Manuka Bush (first wharf). Doctor's Creek (old wharf).

Moutere Inlet (present wharf)

Hours Monday to Friday 10-4

Location 140 High St, Motueka

Phone: 03 528 7660

Nelson Fifty Plus Walking Groups

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

We offer farm walks, mini walks and fortnightly tramps for people with a higher degree of fitness and stamina than the average walker. Drivers of all cars are asked to notify the leader of the day of their intention to walk and to confirm meeting place. The distance shown against each trip is the approximate road distance from Nelson to the starting point of the walk and return. Passengers are asked to contribute to the cost of petrol at 8 cents a kilometre. Come prepared for adverse weather and remember no smoking or dogs on walks please. Anyone wanting to find out more about the Nelson Fifty-Plus Walking group is welcome to call the Chairman, Noel Brown 03 544 2286 or Secretary Carolyn Brown 03 544 2286. Walk cancellations are broadcast on Classic Hits 90FM and More FM

December 13 2007

10.00 am Combined Picnic Rabbit Island

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

Nelson Dance Along

December 8th, 22nd

Time: 8pm to 11.30pm at Richmond Town Hall
Admission \$3.00 Member, \$3.50 Non Member
For any information please contact Rosalie Winter
Phone 03 548 2236

Senior Service - Nelson Baptist Church

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

In December we will have the Cathedral Choir for the Christmas service. Transport can be arranged.

For more information contact Alan Roberts, Ph 03 548 7381.

Richmond Bowling Club.

Come along Tuesday and Thursday afternoon for a "Social Roll up" -also Tuesday evenings.
"Have a Go" - Bowls and shoes available
Contact Pat Dickinson phone 03 544 0129
Cheers. Colleen.J Kempton Secretary

Senior Adults Gathering

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

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

A warm welcome is extended to all Seniors to share in friendship and activities in a safe environment. There is no charge.

Further information is available by phoning 03 546 9057.

Nelson Branch of the Government Superannuitants Association

Are you a retired State employee – public service, teaching, police, armed forces, nursing, MAF, forest service, telecom, post office – receiving an annuity as a result of your salary contributions to the GSF while employed?

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

If you require further information, visit www.gsa.org.nz or contact

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

Broadgreen House Christmas Events

Sunday 9 December 2007. 5:30-7pm. "Carols on the Green". Annual, relaxed family event on the lawn at Broadgreen Historic House, 276 Nayland Rd, Stoke. Take a picnic tea and enjoy music by Nelson City Brass Band & the Barbershop Chorus. Song sheets provided. MC Kent Robertson from Radio Nelson. Sausage sizzle & pikelets available. Phone Bev 03 547 9567

Until January 6 2008

"A Victorian Christmas" exhibition. Come and experience the opulent atmosphere of Christmas Past at Broadgreen Historic House, 276 Nayland Rd, Stoke. Open daily 10:30 am-4:30 pm. Closed Christmas day. Phone Barbara 03 545 1646.





Arthritis New Zealand Nelson Service Centre

Enabling a better quality of life for those with arthritis. Please contact us on 03 546 7689 with any queries or concerns. Our Service Centre is in the Community Groups Centre at 50 Halifax Street, Nelson – office hours Monday-Thursday, 9 am to 2 pm. Clinics – free 45 minute sessions with the Arthritis Educator, to talk over how you are managing with your arthritis and decide on a plan to help you. Membership not required. Please phone for an appointment.

Victory Community Health Centre – Mondays 17 December 2007, 21 January 2008, 18 February 2008

Motueka – Wednesday 16 January 2008

Stoke – Wednesday 5 December 2007, Thursday 7 February 2008

Richmond – Thursday 17 January 2008

Golden Bay – Wednesdays 12 December 2007, 13 February 2008

Living a Healthy Life – six week course

Are you, or people you know, living with an ongoing medical condition, such as a heart condition, cancer, diabetes, the results of a stroke, or with a physical disability?

Arthritis New Zealand is offering an internationally recognised course especially designed for people like you. There are six 2.5 hour sessions over six weeks, planned to start in mid February 2008.

There is a charge, but those attending do not need to be members. Please phone us for more information and/or to register interest.

Golden Bay Museum & Gallery

Annual Exhibition “Moo” – The history of the Dairy Industry in Golden Bay. Commercial Street, Takaka, From December 10 2007. Open 10am-4pm daily. Phone 03 525 6268

Age Concern Activities

Tuesday and Thursday 9am to 12 pm

For cuppa and company

Knitting group 10-12 am

Wednesday 9am to 2pm

Various activities are held,

Friday 10am to 11 am

Age Concern Easy Exercises with Freda Beloe

Morning tea to follow

Cost \$1.00

Please contact Elaine Mead, 03 544 7624.

Age Concern offer:

Advocacy Service – contact Elaine Mead 03 544 7624

Accredited Visitor Service – contact Catherine Findlay

03 544 7624

Prevention and early intervention of elder abuse

Contact Jim Davis 03 546 7682

62 Oxford St, Richmond

Hydrotherapy

NEW! Ten-week courses with a physiotherapist at the warm Ngawhātu Pool. All free, no membership requirement, but does need a current GP approval and a detailed questionnaire filled in.

Seminars

As we go to print, seminars on (1) Gout and (2) Pain Management (sponsored by Pfizer) are planned for early 2008.

Enquiries welcome.

Fibromyalgia Support Group meets every two to three months for an informal get-together, sometimes with a guest. Please contact the office if you would like your name added to the contact list.

RECREATION PROVIDERS

From the Found Community Database www.found.org.nz

Hope

Badminton

Rachel Waide
Hope Midweek
Badminton Club
Phone 03 547 0446

Nelson Veterans Tennis Club

Hope Courts every
Thursday from 9.30am
Phone 03 547 6916

Mapua

Aerobics & Pilates

Lynda Mabin
Low Impact Aerobics &
Pilates
Phone 03 543 2268

Indoor Bowls

Mapua Friendship Club
Mapua Public Hall
Val Roache
Phone 540 3685

Mapua Bowling Club
Nancy McIlroy
Phone 540 2834

Tai Chi

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

Motueka

Aerobics/Gym & Fitness Centre

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

Croquet

Alva Lauder
Riwaka Croquet Club
Phone 03 528 7779

Feldenkrais

Sue Field

Feldenkrais
Phone 03 546 7815

Gym & Fitness Centre

Karen Holliday
Studio Gym 275
Phone 03 528 4000

Healthy Hearts Club

St Thomas Church Hall
Cindus Colonna
Phone 03 543 2033

Indoor Bowls

George Riordan
Motueka Senior Citizens
Hall
Phone 528 7960

Line Dancing

Beryl Sturgeon
Motueka Senior Citizens
Hall
Phone 528 8265

Line Dancing – Intermediate

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

Marching

Bev Clementson
Motueka Veteranettes
Marching Team
Phone 03 528 9125

Social Recreation

Vonnie Goodall
Kiwi Seniors (Motueka)
Phone 03 528 7817

Tai Chi for Seniors

Daniel Judd
Acupuncture Motueka
Phone 03 528 6748

Tai Chi Falls Prevention (65+)

Presbyterian Support
Maxine Poole

Phone 03 547 9350
ext 712

Walking

Vivienne Pearson
Motueka 50 Plus Walking
Group
Phone 03 526 6076

Nelson

Aerobics/Pilates/Gym & Fitness

Debby Callaghan
BJs Health & Fitness
Centre
Phone 03 548 7812

Aquatics/Swimming

Riverside Pool
Phone 03 546 3221

Badminton

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

Belly Dancing

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

Cardiac Club/Gym & Fitness Centre

Sharon Standish-White
Devine Fitness
Phone 03 539 0348

Croquet

Nelson-Hinemoa:
Sue Bowater
Phone 03 548 7971

Easybeat 50+ Aerobics

Leigh Dalzell
EasyBeat Aerobics
Phone 03 548 1689 or

021 547 811

Easy Exercise

Sheila Alley
Arthritis New Zealand,
Nelson
Phone 03 548 3490

Feldenkrais

Sue Field
Feldenkrais
Phone 03 546 7815

Hatha Yoga

Maureen McKain
International Yoga
Teachers Assn
Phone 03 546 4670

Hot Yoga

Contact Claire
Phone 03 548 2298

Indoor Bowling

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

Leisure Line Dancing

Annette Lines
Phone 03 546 8777

Line Dancing

Alison Myers
Line Dance Nelson
Phone 03 546 9878

Nelson Petanque Club

Ernst Lacher
Phone 03 548 3031

Nelson Social Dancing Club

Club Waimea
Frank Thomas
Phone 03 546 7061

Over 50s Pilates

Brigitta Haas
Bodypower Pilates &
Yoga Centre

Phone 029 281 3735

Seniors Yoga

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

Table Tennis

Ian Beattie
Nelson Table Tennis Club
Phone 03 546 7507

Tahunanui Bowling Club

Margaret Sly
Phone 03 547 3089

Taoist Tai Chi

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

Tai Chi Falls Prevention (65+)

Presbyterian Support
Maxine Poole
Phone 03 547 9350 ext
712

Walking

Noel Brown
Nelson 50+ Walking
Group
Phone 03 544 2286

Walking

Gwenda Wallace
Nelson 50+ Mini Walks
Phone 03 544 5307

Over 50s Yoga

Margot Hannigan
Bodypower Pilates &
Yoga Centre
Phone 029 281 3735

Yoga

Rosie Holland
Bodyflex
Phone 03 548 7384

Richmond

Aerobics/Pilates/Gym & Fitness

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

Badminton

Chris Wearing
Richmond Morning

Badminton
Phone 03 544 5217

Crafts, Caring and Sharing

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

Croquet

Eleanor Hannay
Richmond Croquet Club
Phone 03 547 5424

Easy Exercise

Freda Beloe
Phone 03 544 8569

Easybeat 50+ Aerobics

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

Feldenkrais

Sue Field
Feldenkrais
Phone 03 546 7815

Indoor Bowls for Seniors

Phyllis Haines
Phone 03 544 8383

Latin In-line Dance

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

Line Dancing

Alison Myers
Line Dance Nelson
Phone 03 546 9878

Pilates

Sue Wilson
Bodypower Pilates &
Yoga Centre
Phone 029 281 3735

Richmond Bowling Club

Pat Dickinson
Phone 03 544 0129

Social Recreation

Club 50
Paula Morris
Phone 03 544 3955

Tai Chi Falls Prevention (65+)

Presbyterian Support
Maxine Poole
Phone 03 547 9350
ext 712

Yoga

Rosie Holland
Bodyflex
Phone 03 548 7384

Stoke

Bowls

June Strickett
Stoke Bowling Club
03 547 7803

Clogging/Tap Dancing

Georgina Higgs
Nelson Sun City Cloggers
Phone 03 545 1037

Easy Exercise

Maureen McKain
Ph 03 546 4670
Arthritis New Zealand,
Nelson

Easybeat 50+ Aerobics

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

Hatha Yoga

Maureen McKain
International Yoga
Teachers Assn
Phone 03 546 4670

Hydrotherapy

Thelma Creighton
Phone 03 547 6384

Marching

Diana Clark

Silveraires Leisure Marching

Phone 03 548 9527

Safety & Confidence

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

Stoke Seniors

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

Strengthening/Sit Exercises

Social Seniors
Phone 547 2660

Table Tennis

Bryan Keane
Table Tennis Nelson
Phone 03 547 7530

Tai Chi Falls Prevention (65+)

Presbyterian Support
Maxine Poole
Phone 03 547 9350 ext
712

Walk & Talk

Tues 10am
Ph 03 547 2660

Takaka

Gentle Exercise

Golden Bay Physio Clinic
Phone 03 525 9708

Indoor Bowls/Cards

Mary Couper
Phone 03 525 8445
Senior Citizens Club
rooms

Tai Chi Falls Prevention (65+)

Presbyterian Support
Maxine Poole
Phone 03 547 9350 ext
712

Tai Chi for Arthritis

Ann Marshall
Phone 03 525 8437

Walking

Dick Wenzell
Wednesday Walkers
Phone 03 525 9606

Tapawera

Walking

Una Foulsham
Rural Ramblers
Phone 03 522 4083

Wakefield

Easy Exercise

Ngairie Lockhead
Arthritis New Zealand,
Nelson
Phone 03 541 8321

Reflections on living and dying

This is the third article in a series supplied by Nelson resident, retired psychotherapist, Jay Noah Shapiro

Nostalgia and frustration

When I was a teenager we spent our summers in a cabin on a beautiful lake. One of my greatest joys (besides not having my father around all week) was to walk four miles into town with my mother, every Wednesday evening, each of us barefoot, only the moon to light our way. Our invariable routine was to see the seven o'clock film, out by nine for ice cream sodas at the old fashioned drug store, then four miles home under a star dusted black sky. Fifty years later, on a reluctant trip to New York, I decided to return to the scene of the crime, to walk the walk, swim the lake one more time.....

I boarded a bus for the two hour journey, and was dropped at the oh-so-familiar crossroads, the same little town to my right, the lake I had swum so many times four miles to my left. As I prepared to take that next step into my past I was overwhelmed by an onrush of rage..... because my mother was no longer alive - how could I make peace with never again walking in the soft dark with my mother, barefoot, in love with the night, excited, Secure



But as we were saying

Well, if we're all suffering from that terminal disease called living, how do we solve this dilemma?

There are hundreds of belief systems, most pointing to some form of existence beyond this sphere. When

the dust settles, the most we can say is that the truth, as we'd like it to be, is beyond our ken. At best, we can only speculate, though some of us with greater conviction than others. This would appear to leave us a single choice - to live the life we (think we) have to the utmost.

From the wonderful 14th Century Persian poet, Hafiz:

“You have been invited to meet

The Friend.

No one can resist a Divine Invitation.

That narrows down all our choices

To just two.

We can come to God

Dressed for dancing

Or be carried on a stretcher

To God's Ward.”

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