

Mudcakes and Roses

Senior Generation Action and Issues – Nelson Tasman

Issue 46 February / March 2008



Years of service recognised pg 4

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Cover Photo: Snow and Gill Campbell. Story pg 4.

Mudcakes and Roses

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Summer events

There are lots of interesting events happening in our area over the next two months save these dates for your diary.

February 2008

- Until 3 Feb** Tapawera VAST art exhibition, Sherwood Hall, Tapawera
- Until 28 Feb** da Vinci Machines, Nelson Provincial Museum
- 2-3 Feb** Yesteryear Machinery Show, Higgins Park, Wakefield
- 3 Feb** Sarau Festival, Moutere Hills Community Centre, Tasman
Twilight Wine and Food Fest, Garin College 4-9pm
- 4 Feb** Murchison Stables Market Nelson Anniversary Action Day, Founders Park Washbourn Gardens Fair, Richmond
- 16-17 Feb** Veteran Car Rally, Sports Park, Motueka
- 16 Feb** Murchison A&P Show Summer Shakespeare, 7pm Golden Bay High School Opera in the Park, Trafalgar Park, Nelson, featuring Dame Kiri Te Kanawa. 
- 17 Feb** Brightwater Wine & Food Festival, Bryant Road, Brightwater Summer Shakespeare, 7pm Motueka High School
- 29 Feb** Last of the Summer Fare, 5.30pm – 10pm Cambridge Street, Richmond

March 2008

- 1-2 March** Seresin Estate Antique and Classic Boat Show, 8.30am – 5.30pm St Arnaud 
- 2 March** Taste Tasman, 11am – 5pm, Tasman School, Moutere

For more information on events in the region, take a look at Hummin' in Tasman (available at Council offices, libraries and shopping centres) or check out the Nelson Events calendar at www.ncc.govt.nz.

Old times brought to life in dairy exhibition

The team at Golden Bay Museum love putting on interesting exhibitions about the history of the bay, and their latest accomplishment is Moo - a celebration of the dairy farming industry in Golden Bay. Dairying in the bay today is a sophisticated multi-million dollar industry, but like the rest of New Zealand's dairying areas, for many years Golden Bay was farmed on a much less intensive scale with small farms dotting the landscape and families working together to make a living from the land.

John Arcus, Project Manager at the museum, came up with the idea for the exhibition and it was picked up with enthusiasm by local mechanic Les Clarke.

Les spent three months gathering equipment and artefacts from around the bay to portray a walk through milking shed and dairy room in the museum, complete with Fancy the Cow who seems to be a regular star at Golden Bay events.

As Jane McDonald, the Museum's archivist, described in her poem 'Mooo' Les searched the depths of old abandoned cowsheds in the bay to dig out the various pieces of equipment that are now on display in the museum. What he couldn't find, he made, with the help of local engineers and was supported in this by Fonterra which provided some funds, and ITM which donated timber for the framing.

The exhibition portrays a cow being milked in the bale, and all the associated equipment. The milking machine is a Lawrence Kennedy Gillies machine which was in common use around the country from the early 20th century. It is easy to track the route along which the milk flows, from the cow's udder through the milking cups, into a holding tank and down through the milk separator. The cream then flows over a chiller unit into a churn, and the skim milk is siphoned off and was traditionally used as pig food.

"One of the most difficult things to find were the old leather drive belts that can be twisted to shorten them as they stretch," said Les. He was lucky to find some in dairy farmer Alan Swafford's old sheds. The milk separator and walk-through door came from Bruce Packard, whose family has been dairy farming at Motupipi for six generations.

"My great, great, great grandfather bought the first dairy cows to Golden Bay," said Bruce.

The Moo exhibition is has been built to last, with the idea that it can be dismantled and travel to other museums. It will be on display at the Golden Bay Museum until 30 April 2008 and will be replaced by Portraits of Golden Bay, a collection of photos of Golden Bay personalities, opening on 14 May 2008.



Barry Rogers and Bruce Packard check the milking cups on Fancy the cow.

Snow and Gill Campbell a couple who measure up

By Caroline Moreton

Behind all community events are hard working individuals who work tirelessly to make everything run smoothly. Nelson's annual A and P show is no exception.

For 35 years Snow Campbell has given his time to managing the measuring of all horses competing in the show, with his wife Gill helping out for the last 15 years.

Their years of service to the show was finally recognised in November 2007 when the couple received a special award.

The Campbells were taken by surprise when they were asked by show manager Sue Chard to come forward at the trades barbecue at the end of the first show day to receive the Royal Agricultural Society Award of Excellence.



The Royal Agricultural Society Award of Excellence.

"This award is given by the RAS to individual associations to recognise those that have given service to that particular A and P Association," said Sue. The RAS allocates only 10 medals each year to regional associations which then choose the most suitable recipient.

"We were lucky enough receive one this year and deemed Snow and Gill as our most worthy recipients. The work they do goes on behind the scenes, but is one of the most important with regard to the equestrian section."

Snow said he was "roped in to help out with the measuring" by his sister-in-law and past President of the A and P Association, Pat Dobbin, 35 years ago. The association had been having problems with horse owners

accepting the steward's rulings, and Snow was brought in because of his years of experience handling horses, having been a breeder of many successful trotters, and also because of his impartiality. His wife Gill has the job of writing down all the measurements.

"I was happy to accept the award on behalf of the entire measuring team who all do a great job," said Snow.

Snow has an air of authority that would discourage anyone from questioning his rulings. Delving a little into his past, you can see that his adventures as a young man in the merchant navy and years as a successful business owner in Nelson have endowed him with a certain amount of steely resolve.

Snow was born in Hokitika in 1925 after his mother travelled the arduous journey from Nelson, arriving just four days before the birth of her son.

"I ran away from home the first time when I was 10, and rode my bike over Arthur's Pass to Christchurch from Hokitika."

A policeman had spotted Snow on the road and reported back to his father.

"My father had told them to leave me for a bit and see how far I would get – he was a disciplinarian and I was a little rebel!"

Police finally picked Snow up in Hagley Park and took him home.

Snow's father was a Cadillac driver for Newman's Coachlines and regularly drove wealthy European tourists down the West Coast to the glaciers to ski.

"I used to go with him sometimes and I remember sitting in the hotel listening to the strange accents – maybe that is where I got my first interest in travelling the world," he said.

Snow also had horses in his blood – his grandfather was a blacksmith and his father at one time trained polo ponies for Lord Liverpool, New Zealand's first Governor General.

The second time Snow ran away it was to sea, to join the crew of the Kaituna as a motorman. It was 1939, Snow was 14, and World War 2 was just beginning.

"They took me on because the crewmen had been fighting and they were desperate. They asked what experience I had with motors and I told them I'd just about been born in one. The Second Engineer said, 'You're a bloody liar, but you'll do', and I was in."

Snow's visits home from then were limited to occasional trips when his ship was in port.



Snow and Gill Campbell.

His seafaring adventures took him all over the world and he spent most of the war in the Atlantic on supply ships. He worked on Merchant Convoy ships that sailed out of Mermansk in the Arctic Sea, and regularly called in to New York where he enjoyed the social niceties of ex-pat cocktail parties organised by socialite Nola Luxford of the Anzac Club. He visited bars like The Talk of The Town, and legendary boxer Jack Dempsey's Broadway Restaurant in Times Square. "I first saw TV in a bar in Times Square in 1941," said Snow.

Snow returned to New Zealand in late 1943 and decided to stay in Nelson where he met and married his first wife Zena (now deceased), who ran a beauty salon. Snow, who had already been introduced to the world of women's hairdressing by a family of French Jews in New York, decided hairdressing could be a good career opportunity. He and Zena went to London, where he trained under Alfred Morris at the London School of Hairdressing.

"Alfred wanted me to stay in London but I knew we would have a better lifestyle in New Zealand, so we returned to Nelson in 1954. I've probably frizzed up more hair than anyone else in New Zealand!"

The couple established the Salon Marie in Bridge Street, Nelson, which operated for 42 years.

During this time Snow also bred trotting horses at his property Idle Acres in Hope – including top trotters Idle Scot and Idle Pride.

"I used to get up at 4am to work with the horses and then be in at the Salon at 8am. It was hard work but great fun," said Snow.

Snow got his nickname because of his blond hair. "I always stood out in a crowd, even when I tried to hide it with my sister's beret."

Snow said his and Gill's involvement with the A and P show has been a long and rewarding one.

"We enjoy giving something back to the community, and we work with a great team."

The pair has measured everything from 80cm miniature horses to 18 hand hacks, and find the horses are usually well behaved.

"The problems start when the owners are rushing and the horses get tense. We always tell people to get there in plenty of time to give themselves and the horse time to settle down and relax. That way we get an accurate measurement and everyone is happy."

The A and P association holds four measuring days a year and the team measures up to 300 horses every year.

Snow said they hope to keep "giving back" to the community for many more years.

"I'm planning to live to 140," he said, with a twinkle in his eye, and you can just about believe he will!

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Bowls a magic sport for everyone

Have you thought of having a go at bowls? If you are looking for an outdoor activity that is accessible to people of all levels of fitness and ability, and has great social benefits, lawn bowls could fit the bill.

June Strickett has been playing at the Stoke Bowling Club on Ranui Road for about 24 years. "I was a reluctant starter but I soon became very enthusiastic about it," said June. "It's a magic game for older people as it is not as demanding as other sports, and we have a great social time as well."

Games are played between teams of three or four, pairs or singles. The Stoke club has regular programmes for new players, with casual bowls on a Tuesday morning. "New folk can come and have a go using club bowls, and get some coaching, and then join in casual games to practice," said June. There are also summer evening social bowls on a Tuesday night and triples competitions on Friday afternoons.

New members can use club gear until they have some experience, and take part in regular coaching sessions. The Stoke Bowling club is at 18 Ranui Road, Stoke,



down a long driveway opposite the Stoke Kindergarten.

The club has about 150 members of all ages, from teenagers to over 80s and runs an after school programme for secondary students. There are 14 other clubs in the region that play regular inter club competitions, with National competitions being a highlight of the year. Check the recreation providers at the back of Mudcakes and Roses for other clubs in your area.

For more information about the Stoke club call Lyndon Penketh on 03 547 4780 or June Strickett on 03 547 7803. The club also has a website at www.stokebowling.nelson.org.nz

Stories from a high country farmer

Christine Fernyhough, Auckland philanthropist, author and South Island high country farmer will be the guest speaker at Friends of Tasman Libraries Vineyard evening. This popular annual event will be held at Greenhough's vineyard in Paton Road, Hope, on Thursday 28 February at 7.30 pm.

Ms Fernyhough will talk about her book, *The Road to Castle Hill*, which was launched late last year and tells of her experiences as a high country farmer.

Tickets cost \$20 each and are available from the Richmond Library. All proceeds will go towards purchasing talking books and other items for the library.

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How to be more active in 2008

It's that time of year when hundreds of people are resolving to start a new fitness or physical activity regime. Here are some helpful tips from Way2Go to help you become more physically active in 2008:

1. Get a checkup

Talk to your doctor if you are new to exercise.

2. Know your options

Choose an activity you know you will enjoy. Do you prefer a gym workout, a group activity or is walking more your style? They all work ... if done often enough.

3. What is your style?

Are you a morning or night person? Does indoor fitness appeal to you, or would you prefer to be outdoors? Could you dedicate large blocks of time or would shorter, more frequent intervals fit your schedule? It has to fit you or it won't work long-term.

4. Be realistic with weight loss

Many people expect to lose 10kg in a week. When this doesn't happen they feel like they've failed and stop. Make the weight loss goals realistic.

5. Start slowly

Many people are eager to get started and sometimes overdo it and get sore. Record all your activities during the first week then look at when you could fit some 10 minute walks into your day.

6. Make a date

Find a buddy to exercise with. Whether it's a friend, a group, class or a personal trainer, that appointment makes you more likely to stick to it.

7. Set specific short and long-term goals

Make goals as specific as possible. For example: On Monday, Wednesday and Friday, I will do a brisk 10 minute walk in the morning and after dinner. Long-term goals are also important. Is there an activity you wish you could do but don't feel fit enough? That's a long term goal you can work towards.

8. Invest in your health

Do you want to spend money on joining a programme? Would you prefer to develop a programme you can do using objects or props in your home or office? Either way, the investment you make will pay off.

9. Check it out

Ask for a free trial or just watch on your first visit, so you can decide if it's for you. Talk to others who currently participate in the programme.

10. Make choices

To move forward, we need to leave some things behind. What are you willing to give up? The choice is yours!

11. Create a support network

Tell friends and family about your new goals and ask for their support. Consider scheduling telephone reminders from your support network to help keep you on track.

12. Wear the right shoes

Foot comfort and support is important for all physical activities. If you have arthritis, diabetes or orthopedic problems, you can remain physically active with the help of appropriate shoes.

13. If it hurts, don't do it

Work around pain, not through it.

14. Follow a well-rounded programme

The components of a successful workout are: Warm-up, stretch, huff and puff, resistance and cool-down. Include all five in your programme if you can.

15. Every step counts

Wear a pedometer throughout the day to count how many steps you take. Pedometers are available to hire from WAY2GO hubs or the Richmond Library.

16. Reward yourself

Once you've reached your goal, treat yourself. Make it something that feeds your spirit, not the stomach.

17. Don't quit

Like brushing your teeth, make exercise part of your daily life.



For more information about WAY2GO visit www.way2go.org.nz, email way2go@iconz.co.nz or call into the following WAY2GO Hubs:

Richmond: Tasman Recreational Resource Centre, 9 Cambridge Street, Richmond.

Victory (Nelson): Victory Community Centre, Totara Street, Nelson

Motueka: Motueka Recreation Centre, Old Wharf Road, Motueka

Moutere Hills: Moutere Hills Community Centre, Moutere Highway

Golden Bay: Golden Bay Community Centre, 88 Commercial St, Takaka.



Dianne and Harry Holmwood.

Getting steamed up in Golden Bay

Dianne and Harry Holmwood have collected vintage machinery and “interesting bits and pieces” for many years, never dreaming that their hobby would one day turn into a whole new enterprise.

Harry’s ancestors arrived in Nelson in 1877 and the family moved to the Bay in 1918. Harry was born and raised in Golden Bay. The family originally farmed at East Takaka.

Harry and Dianne have been dairy farming at Patons Rock for 30 years and sold the main farm in 2006, having subdivided off enough land for their own needs.

They built a shed with the intention of using it to house their extensive collection of machinery and memorabilia, and then decided that opening a vintage machinery and steam museum would be a great way of sharing their collection with others. They lived in the shed while their new house was being built, using a working pioneer kitchen, now part of the museum, as their own kitchen.

The couple’s pride and joy in the museum is a 1900 Fowler 5hp 3-speed traction engine, which took five years to restore.

“I always wanted a traction engine but could never afford to buy one until recently,” said Harry. The engine came from Ashburton and had been used to drive piles for bridges on the

Mount Cook road in McKenzie District. The previous owner had the machine for 40 years. “We know it was shipped from Leeds in 1900, but we’re still researching its history in New Zealand,” said Dianne.

Harry heard about the Fowler through a friend who had seen it advertised. The restoration to working order proved more extensive than they first thought. “It looked good but we’ve basically had to rebuild it from the inside out,” said Harry, who travelled down to Christchurch regularly over the last five years to work on the engine. Once the engineering work was done, the exterior was refurbished and it now looks as good as new. “I know it inside out now,” said Harry, who enjoys taking the engine to events such as the Takaka A and P show and Santa parade. “It’s the only working one in the bay so people love to see it.”

The museum also features a Tangy engine that once powered the Karamea Dairy Company, having been taken out in 1962 when electricity became available.



Harry worked when he was younger at the Takaka Dairy Factory, and got his steam ticket in 1977. He has built a massive steam boiler that provides the power to run the Tangy engine. There are vintage tractors, including a 1929 Model A, two Fordson tractors from 1919 and

1937 and a 1938 Lanz Bulldog that has to be started with a blowlamp. Harry has a waiting list of restoration candidates lines up in his paddock and sheds, enough to keep him busy for years.

Part of the museum space is given over to the pioneer kitchen, which is more Dianne's domain. Along with the vintage farm machinery, the pair have collected kitchen and domestic equipment that would have been part of any farming household in the early 20th century. Old tins, cooking equipment, books and china adorn the shelves, while cooking is done on a Stanley Pioneer coal range – still used to make scones and tea for visiting groups.

“We're still looking for exhibits for this part of the museum,” said Dianne, who regularly scours clearing sales and second hand shops for suitable items.

The Holmwoods still travel the country frequently and Dianne said they always end up buying things for the museum when they are on holiday.

“I just love nosing about to see what I can find, and people drop things in that they think are of interest,” she said.

Both Dianne and Harry see the value in preserving history for future generations, for educational purposes, and to celebrate the hard work that went in to everyday life in times past.

The Patons Rock Steam Museum is open most days over the summer months and by arrangement at other times. There are 14 steam up days a year, when the kitchen and the Tangy engine are fired up.

Harry and Dianne Holmwood can be contacted on 03 525 9943.



Dianne Holmwood in her colonial kitchen.

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Siberia, Moscow and St Petersburg

The last leg

Having told the story of her train journey from Beijing through Mongolia and Ulaanbaatar, **Bella Griffiths** tells of the final leg of her journey across some of the most forbidding landscapes in the world, through Siberia, to her final destination of St Petersburg.

The picture that I held in my mind of Siberia was one of salt mines and harsh bleak landscapes. I was pleasantly surprised that my first glimpse of the city of Irkutsk was anything but this. Modern Irkutsk (population of about 600,000) has done much to preserve the feel of 19th Century Russia with many traditional wooden buildings, all decorated with intricate carvings, surviving amidst the more modern Soviet buildings.

Founded in 1661, Irkutsk was the main Russian fort behind the Ural mountains from which the Russians hoped to colonise Siberia. From this time, Siberia was used as a penal colony and a place of exile for political

prisoners, with millions of people being deported here over the years. One could be deported for any number of offences, including vagrancy, fortune-telling, wife-beating, debts, accidentally starting a fire or drunkenness. Once sentenced to deportation the prisoners often had to walk all the way to Siberia from their home towns. This could take several years. Food was not routinely supplied and the prisoners had to beg for this themselves along the way.

Fortunately we did not have to beg for our breakfast on our arrival and we enjoyed a pleasant meal in a local hotel before boarding a coach that would take us on to Lake Baikal where we stopped for a couple of days.

On route we paused to visit The Taltzy Museum of Wooden Architecture and Ethnography – an open-air museum of buildings and artefacts offering an insight into the way of life of both the Russian and Buryat inhabitants of this area over the centuries. The original inhabitants of this area were Eskimo - in the 9th century Mongols came from the south, inter-bred with the Eskimos and formed the Buryat people.

For lunch we tucked into a tasty local dish made from omul fish – a freshwater species only found in Lake Baikal. I was amazed to learn that Lake Baikal contains approximately a fifth of the world's fresh water and is also the deepest lake in the world – plunging in parts to a depth of 1637 metres.

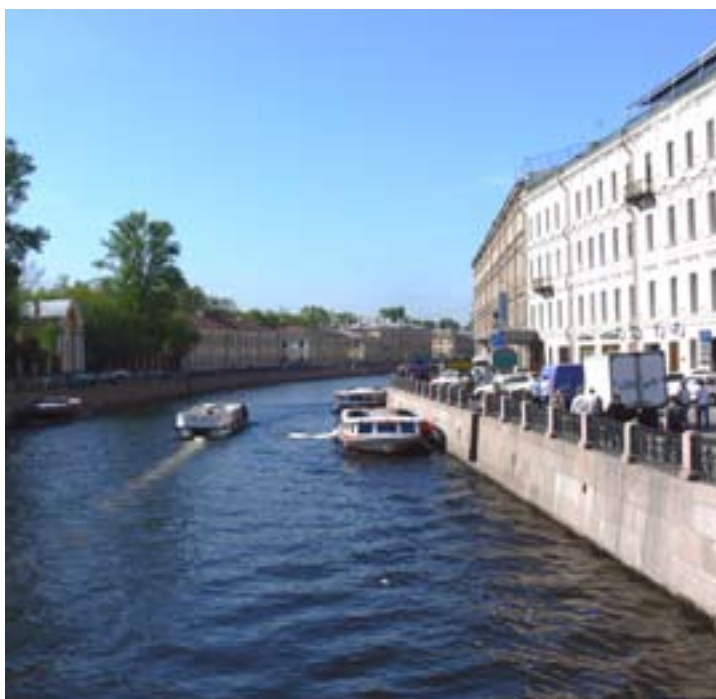
After lunch we enjoyed a boat ride on the lake which helped us to appreciate its vastness and also enabled us to view the surrounding countryside. Although there was a stiff breeze the lake was relatively calm – but in

certain conditions the waters can become quite rough and waves of up to five metres have been recorded. Lake Baikal usually freezes in January and stays frozen through to May when the ice is between 70 and 115cm thick and is strong enough to drive on. A popular local sport is ice-diving where a hole is made through the ice through which the diver enters the water.

A few of the more adventurous members of our group (myself included) sampled a Siberian sauna or “banya”. I have had many a sauna but never one where your companions beat you with

damp birch twigs (allegedly to aid circulation)! It was an interesting experience...

All too soon it was time to board the train again – this time for three days all the way through to Moscow. Three days on the train is a long time and I was glad that the previous sections had been shorter, breaking us in gently for what was to come. There were also numerous opportunities to chat with fellow travellers. There were a number of young military conscripts heading to Moscow to join their regiments; a mother with her sick son who had been travelling on the train non-stop from Vladivostok (a journey of 10 days) to seek medical assistance for him in the capital, as well as other tourists.



The Moskva River.

As we journeyed through the Ural Mountains we saw snow for the first time – much to the excitement of some of the Australian members of the group who had never witnessed this phenomenon before.

Just before cabin fever started to set in we rolled into Moscow, the capital of Russia and allegedly the world's most expensive city.

Before being dropped off at our hotel we had a quick orientation of the city, with our guide pointing out some of the major attractions we would investigate more closely during our stay, including the Kremlin, the Cathedral of Christ the Saviour, Red Square and St Basil's. In sharp contrast to the historical architecture were the billboards advertising older Western rock icons such as Aerosmith and Gary Moore performing for their Russian fans – maybe they were making up for lost time!

We had a tour of the Kremlin, which took up half a day on its own, with groups admitted on a strictly timed basis to avoid too much congestion. There was so much to see it was hard to take it all in. The armoury contained a wealth of gold and silverware and costumes that would have been worn by the Tsar and his family. I was amazed at how tiny the women would have been to have fitted into some of the garments on display. The carriages and ornate harnesses for the horses were magnificent. Some looked as if they had come straight out of a fairytale and wouldn't have looked out of place on a Hollywood movie set taking Cinderella to the ball.

A visit to Moscow would not be complete without a trip on allegedly the busiest metro in the world (an average 8 – 9 million passengers on a normal weekday). Many of Moscow's metro stations are also architectural masterpieces, heavily themed with sculptures, reliefs and mosaics.

The evening was time to explore the amazing shows on offer – the Moscow State Circus, choirs, and the ballet. Boat trips on the river, a visit to Gorky Park and shopping for souvenirs in Arbut Street took up the rest of our time. We had to race (quite literally as our coach was late picking us up to take us to the station) down the platform to board the overnight train to St Petersburg, our final destination.

The overnight train from Moscow to St Petersburg was a lot livelier than any of the other stages of the Trans Mongolian. We joined several groups of Germans, Czechs and other eastern Europeans partying in the buffet coach making a fitting finale to our epic trip from Beijing.

The night passed quickly and we barely had time to consume the contents of our complimentary breakfast boxes before it was time to leave the train for a tour of St Petersburg – the Venice of the North. Russia's most stunning city was founded in 1703 by Peter the Great and the Tsar spared no expense on the construction of lavish palaces on the banks of the many river channels cutting through the city.

The afternoon's itinerary included a tour of the Hermitage – the world's second largest museum. The Hermitage is an art lover's paradise, with pictures by famous artists at almost every turn – Da Vinci, Rembrandt, Van Gogh – the list is endless. Room after room was filled with priceless masterpieces and an afternoon was definitely not long enough to appreciate all the exhibits on display.

Getting around St Petersburg was fairly easy. We used the metro most of the time as it was cheap and reliable. St Petersburg boasts some of the deepest metro lines in the world and we timed ourselves on one of the escalators going down – it took 2 minutes 40 seconds from top to bottom. The reason the engineers had to go so deep was that St Petersburg was essentially built on a swamp and they had to go down a long way to find the bedrock suitable for constructing the metro.



St Basil's Cathedral, Red Square, Moscow.

On our last day in St Petersburg we took a hydrofoil out into the Gulf of Finland to Peter the Great's Summer Palace, a resplendent building set in 1500 acres of formal gardens and parkland. Peter returned from a visit to Versailles with many ideas for his project and the French influence is quite apparent.

All too soon the day drew to an end and after a final group dinner it was time us to say our goodbyes, swap email addresses and go our separate ways. It was hard to think that we had been travelling for three weeks together – 16 people of varying ages from many different walks of life. This was a once in a lifetime experience for most of us and it was sad to see it come to an end.

Rimu Grove Winery creative writers series

Rimu Grove Winery supports the creative writers among you by sponsoring this series. The winner for February-March 2008 is Arch Barclay, who will receive a bottle of Rimu Grove wine.

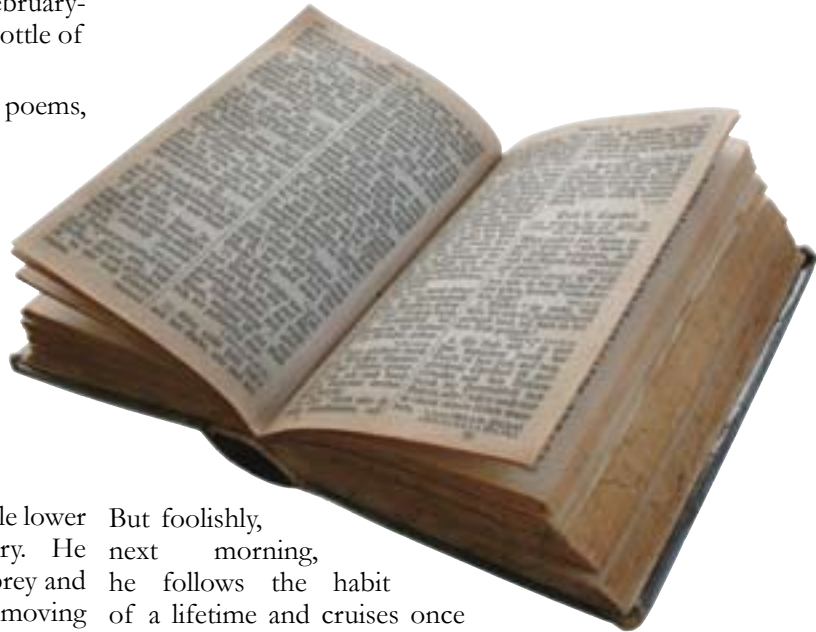
We have been receiving some great stories and poems, so please keep sending your entries to us:

Rimu Grove Creative Writer Series

Dry Crust Communications

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Cowardly Kahu

By Arch Barclay

Kahu, the harrier hawk, untroubled, cruises a little lower than usual on his daily beat of the Waimea Estuary. He surveys the mudflats below for carrion or easy prey and swings lazily toward the dry saltweed-flat on unmoving wings.

Suddenly he veers sharply, dropping towards the ground. Unthinkable, but the “king-of-the-air” is under attack.

Like a Spitfire diving out of the sun on a heavy-laden Heinkel, a spur-winged plover strafes the harrier in a blistering dive. It swings back skyward, wheels and repeats the attack. The harrier, caught unawares, wobbles in evasive defence and drops even lower.

But the plover isn't done. He swings up, perhaps 15 metres, wheels and dives again, skimming the hawk's head with his wing-spurs, driving him ever lower.

On the fourth attack Kahu surrenders and drops clumsily to the ground a few metres from the plovers' “home territory”. He stands, obviously shaken, on the open saltweed as the plover continues the assault --- up, wheel, dive ---- each time skimming the hawk's head by centimetres in a masterful display of controlled flight. With every attack the hawk cowers, raising a wing across his head in a pathetic protective gesture. He makes no effort to leave the ground.

For fully three minutes the plover repeats his attacks, thirty times in all, like an aerial pendulum hung above the predator. Only when satisfied that Kahu has the message does he stop and settle 40 metres away.

Kahu, airborne in seconds, escapes at speed. Even the master of flight knows when he's beaten.

But foolishly,
next morning,
he follows the habit
of a lifetime and cruises once
more on patrol towards the forbidden
Plover kingdom.

Mr. P, ever alert, instantly scrambles. The hawk is in his sights, and with two or three strafing runs the enemy has turned tail and winged away with no intention of suffering the ignominy of yesterday's grounding.

The plover returns to his patch and his watching brief, but marital duties still call. Within moments he is making short running bursts towards the hen sitting as if on a nest but with no eggs.

Followed by an entourage of seven starlings (no threat there), he gradually nears his mate. The hen rises, stretches, pecks around a little, and then browses the saltweed while hubby stands guard.

A check of the site shows no sign of a prepared nest, and still no eggs, yet each day her white face pokes out of the sedge in exactly the same spot.

Ten days later both plovers scramble from their saltweed landing field. In a concerted attack they turn and dive alternately. Kahu takes just enough evasive action to stay beyond reach. A dozen times they zap him before he cruises lazily away.

Suddenly in September the plovers' world is awash with a solstice king tide. They complain bitterly, agitated, bewildered, but after two days of wet feet, accept the inevitable and depart for a nesting spot drier and safer.

The internet is here to help

Even if you weren't bought up in the digital age, there's no need to feel you are being left behind. If you don't have internet access at home then your local library, internet café or SeniorNet group will be able to help.

There are a wealth of internet sites that are a valuable source of information for you – without having to leave home.

The over 55s is the fastest growing group of Internet users, and once you are familiar with the basics you can get out and explore the world from your armchair.

You can shop, book a holiday, find recipes, read news

from your home town and from distant cities, play the stock market and bank online.

There is also the facility to chat with interest groups and share knowledge, information and concerns you may have with like-minded people.

SeniorNet is a national organisation that caters for the over 55s. SeniorNet Motueka Secretary Ann Long said the group is about people helping each other as well as keeping in touch with family and friends through email, and exploring interests online.

The club holds regular daytime classes and short courses for specific interests – such as making cards, and sending emails with animations and music attached. There are specific groups that cater for those interested in digital photography and genealogy.

“We aim to alleviate loneliness, help people keep abreast of technology and keep their brains active in a warm friendly club environment,” said Ann.

To contact Motueka SeniorNet ph 03 528 8224.

For those who live in Nelson, SeniorNet Nelson has club rooms at Pioneer Park, Hastings Street, Nelson. Contact Murray on 03 548 1170.



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**Please contact Leonie or Jared on
03 548 3290 for a full tour itinerary or to book.
Single supplements available.**

Thoughts on living and dying

This is the fifth and final column in a series supplied by Nelson resident, retired psychotherapist **Jay Noah Shapiro**. Here he talks about fears surrounding living, and not dying.



What if I don't die, just keep getting older?

Now, there's another annoying issue I'd like to share with you... It is a living, not a dying, issue. It is an issue around determining the line between ageing gracefully and disgracefully!

Caught out

Back in 1988 I attended a conference in Suva. On an afternoon of free time I went into the bush with two couples. All of us were in our 60s. We came upon a quiet pool in the river. A rope hung suspended from a branch, beyond my reach from the bank, but, unable to resist, I launched myself into thin air, managing to grasp the rope with only one hand, resulting in a horrendous tearing of my muscle in my right forearm. My cry of pain lasted all the way down, prompting George to say, irritably: "For God's sake, Jay, why don't you act your age?"

I sat on the bank, nursing my arm, watching John and his wife making their way gingerly down the path that led to the river, each step carefully placed, as if a false move could destroy them ... and I pondered, 'how would I act if I acted my age?' Is there a book I could read, find the right table, run my finger across until I hit 61, and ha, this is what I should act like!

Different angle, same problem

Once upon a time there was a little Japanese man who, twice daily, ran up a mountain to meditate. Years passed until the day came when he sat down and wrote: "There comes a time to view the mountain."

My problem - and perhaps yours - is when is that time, and how do you recognise it?

Continuing

In 1991, I went to Hawaii to spend three months studying a 5000 year old spiritual discipline and its manifestation known as Hawaiian Bodywork. On our arrival, us disciples were greeted with: "I will be watching you to see where you place limitations on your life ... and I will be there to push you beyond them..." by Kahuna (High Priest) Abraham Kuwai.

When is the time to view the mountain from the bottom? When are we prematurely placing restrictive limitations on our lives? When are we simply driven by the fear, 'Safety First'? When are we being appropriately sensible?

My thoughts froth and bubble

So where are we? As usual it boils down to individual choice. I have no argument with that - it couldn't be any other way. We walk our path alone; no one can join us on that path. They can stand by, send you love, listen to you, whether you're being rational or not (and who's to judge?)

The right thing to write at this time

First, by W.O. Abbott:

"For years I never knew whether twilight was the ending of the day or the beginning of the night.

And then, suddenly one day, I understood that this didn't matter at all.

For time is but a full circle, and there can be no beginning and no ending.

And this is how I came to know that birth and death are one.

And it is neither the coming nor the going that is of consequence.

What is of consequence is the beauty that one gathers in the interval."

A trip to my wishing well

What would I wish, from all these meanderings? I would wish that we would be more encouraged to talk about issues important to us, intimate issues, like ageing, living, dying, our fears, our joys, whatever else we keep locked up deep within us until it's too late, to the detriment of our bodies and souls.



Templemore Homestead a restoration project ■

To most people in the Nelson Region the name Templemore is synonymous with berry fruit. The old house at the front of the berry gardens is Templemore Homestead.

The homestead was in a sad state of repair when in 1970 Trevor Ivory “bought it on the cheap”.

“It was a decrepit pile with dead sheep in the kitchen and gorse knocking on the window,” he said.

Trevor bought it on the cheap, with the intention of levelling the house and starting again. That plan changed and today he is glad he didn’t let the bulldozers in, although it was a close thing.

“They were ready to go when I just decided that maybe it would be better to look at it a bit more closely.”

Today the house is a testament to the loving attention given to it, with the exterior restoration carried out according to a picture painted of it by original owner Mrs McMurtry.

The house was built about 1907 by the McMurtry family who bought the land from Holdaways. Trevor said the land was originally planted in apples and pears, and there was a small dairy farm, although at one stage fruit wines made on the property were believed to be more profitable than dairy farming.

The McMurtrys left Templemore about 1951 and the property was sold to local land agent Colin Warren, who leased both the house and the land for cropping barley and grazing.

By the time Trevor bought the house it was seriously in need of attention. The property was at that stage owned by a consortium which had hoped to develop it, but plans were put on hold when one member of the group was killed in a shooting accident at the Nelson Lakes.

“It was 27 acres of gorse and dead sheep,” said Trevor, who remembers putting a bulldozer around the house to flatten the lawn. “We nearly killed the black walnut tree – the roots went right under the house. Somehow it survived and it’s still going strong.” The garden also contains a heritage oak tree planted during World War 1, and is now lovingly cared for by Trevor’s wife.

The history of Templemore is entwined with the history of fruit growing on the Waimea Plains, and many locals will remember the arrival of “pick your own” gardens at Templemore. Trevor said he was instrumental in bringing the first mechanical boysenberry picker to New Zealand, and at one stage employed more than 100 staff on the property, picking in the summer and pruning in the winter. He also produced the first real fruit ice-cream in the area after importing a machine from the United States.



Templemore Homestead on Salisbury Road, Richmond.

In 1990 he undertook the damming of Reservoir Creek to make the irrigation pond that is now Templemore Pond. Before the dam was built the creek used to flood regularly around the house. “The creek level would rise before your eyes,” said Trevor.

When Trevor bought the house he didn’t know it had a name. He had an inkling that it was somehow connected with the name Templemore after hearing of an apple grader made in the area that was known as the Templemore Apple Grader – made by the McMurtry family. It turned out the name he chose was the house’s original name.

Since then he has had many visitors from Templemore in Ireland and the connection is well established.

The house has been slightly modernised but still retains the character of its origins. The original verandahs that had been closed in have been restored, and what was once a lean-to and killing shed at the back have been renovated to form a kitchen. The main living rooms still have the original high ceilings and the wide hallway has beautiful arts and crafts style door frames.

“The kids used to ride their ponies in through the back door and out the front door through the hall,” remembered Trevor.

The hall is carpeted now and there is no sign of ponies’ hoof prints, but it is obvious that this has been a much loved family home. The servants quarters are gone, and the original number of 14 rooms and five fireplaces is somewhat reduced.

Today the house stands in beautiful grounds maintained by Diane, with the black walnut tree resplendent by the house. Most of the land has been subdivided now and new residential developments surround the homestead.

Taste Tasman food, art and fashion for all

Taste Tasman is on again on 2 March 2008, from 11am to 5pm at Tasman School, on the coastal highway between Mapua and Motueka. Building on the format from the successful 2006 event, the day will feature a mix of great entertainment for all ages, market stalls, music, wine, food and fashion.

Organiser Saree Dickson said there would be a community art project to make a mosaic sign for the Tasman area, plus children's entertainment and a wine and food-matching tent.

An art auction to be held on the day will include works by Jane Evans and Marion Towns, as well as some interesting recycled pieces by artists including Darryl Frost, Tim Wraight, Steve Fullmer & Andrew Brydon. Garments that have featured in the World of WearableArt show will also be on display as well as cars from the classic car museum. A fashion show will feature local designers.

For local history fans, Tasman Area Community Association's newly published local history *Aporo: A taste of Tasman* will be launched, with writer Deirdre Mackay on hand to sign copies.

This bi-annual event is a celebration of the flavours of Tasman's art, produce and people, and is also a fundraiser for the local Community Association and Tasman Primary School.



Crowds enjoying a day out at Taste Tasman 2006.

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Rural website supports local communities

Losing work on the computer due to a scheduled power cut of which they were not aware was one of the events that Kathy Craw and Gay Hamilton see as a starting point for their rural website www.heartland.co.nz.

“I went out to the power contractor who had just cut the lines outside the house and asked him what was going on. He said it was notified in the Nelson Mail. We live in Tadmor and had no way of knowing as we didn’t get the paper,” said Kathy.

There were other little things that happened, like searching for an item in the Buy Sell and Swap paper and getting there too late, and then finding the neighbour had the same item in his barn. They started to think that a community website that shared knowledge, events, contacts and classifieds would be a good way to support their rural community and to use modern technology to strengthen local networks. They also saw it as a good way to support the local school, which is a natural hub for all things happening in their community of Tapawera.

The site has been running for three years now as a trial in communities in Tasman District for Collingwood, Takaka, Riwaka, Motueka, Tapawera, Murchison, Moutere and Waimea. A total of 325 online communities are set up nationally although not all are operational yet.

“We talked to lots of people in rural areas and found out that 84 percent of them had regular access to the internet, and that rural people were heavily reliant on it for daily information,” said Kathy.

Currently the site has events, classifieds, business listings, weather, notices and property listings for each community, with plans to include a discussion forum for



Kathy Craw and Gay Hamilton established Heartland website.

local issues, information feeds from service companies and an events page with photos of recent local events. The ideas are growing as more people log on, and surprisingly 60 percent of hits are from overseas, with at least one family from the UK moving to a rural lifestyle in New Zealand after discovering their new community on Heartland. Visit www.heartland.co.nz.

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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 4975

**Deadline for material for the April/May Issue
is 12 March 2008.**

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 - Mondays 1 pm

Mahjong Club - Tuesdays 1pm.

500 Club - Wednesdays 1pm

Cribbage - Thursdays 1 pm

Come along for a fun friendly game. New and experienced players welcome to all games clubs.

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

Monthly Movie - Tuesday pm. Phone for details.

Line Dancing - Wednesdays 10.30am.

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

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

New for the summer

Walking group - Tuesdays 10am, from the Stoke Memorial Hall. A casual walk of about one hour.

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

Papercraft - Thursdays 1 pm. Scrapbooking, card making and more.

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 fun.

Indoor Bowls - Every Friday at 6.30pm
Non-competitive and friendly at Stoke Methodist Hall in Putaitai Street - Phone Evelyn 03 547 7669 for more information

Hope-Ranzau Women's Institute

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

Housie Evening

All 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 03 546 9057 for more information.

Veterans' (55+) 9 hole golf days

At Greenacres Golf Club, last Friday of every month. Contact Dick 03 547 6071

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

Club 50 - Feb/ Mar

Club 50 is a social group of mature adults looking for companionship, recreation and enjoyment. We welcome new and existing members. Contact Paula on 03 544 3955 for more information.

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

February 5 Provincial Museum - we'll take a look at the da Vinci exhibition and then on to Miyazu Gardens. Bring morning tea and lunch. Meet at TRRC 9.30am to carpool.

February 12 Walk to Fossil Ridge Winery in Hart Road. - only a 2km walk and there are footpaths all the way. Bring morning tea and lunch for a picnic in the gardens. Wine tasting (optional) will cost \$5pp. Meet at TRRC 9.30am to walk.

February 19 Cable Bay. Bring togs and lunch. Have a coffee at the new cafe and then go for a swim or a walk, followed by a picnic on the beach. Meet at TRRC 9.30am to carpool.

February 26 Visit to Nahalah Gardens in Wakefield. Explore the gardens and enjoy a Silk Paper Card making workshop. Cost \$5pp for a cup of tea and workshop. Meet at TRRC 9.30am to carpool.

March 4 Boulder Bank Walk. Bring your morning tea and lunch and explore this natural wonder. Meet at TRRC 9.30am to carpool.

March 11 Rabbit Island Picnic lunch and swim. Bring togs, morning tea and lunch, or if you don't want to swim you can stroll along the beach. Meet at TRRC 9.30am to carpool.

March 18 Grape Escape and Eyebright visit. Both of these places are full of beautiful things. Bring some money for morning tea. Meet at TRRC 9.30am to carpool.

March 25 Exchange Day. Books, plants recipes, craft ideas, magazines, anything you like really, bring it along to swap, sell or purchase. Bring morning tea to share. At TRRC 9.30am.

Richmond Bowling Club.

Tuesday and Thursday afternoon "Social Roll up".
Tuesday evenings "Have a Go".
Bowls and shoes available
Contact Pat Dickinson phone 03 544 0129

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

The Recreation Centre Gym is open from 9am till 9pm Monday to Friday, 9am till 4pm 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 (rear of church), High St, at 9.30am. Visitors always welcome. For information contact 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 can assemble at Deck's Reserve at 10am to agree an alternative option.

February 2008

7 9am Rameka Track E-M \$6
9am Spooners Tunnel \$10
14 9am Abel Tasman National Park E-M \$4
21 9am Browning and Hackett Huts M \$10
All Whispering Falls (Swim) E
28 9.30am Meeting and West Bank Covenant E-M \$2

March 2008

6 8am Bus trip to Duncan Bay M-H \$18
10am Rabbit Island E \$7
13 9am Waitui Gorge M-H \$8
10am Aranui Park and Wetlands E \$4
20 8.30am Gridiron M \$8
10am Split Apple Rock E \$3.50
27 9.30am AGM Meeting and Braeburn E-M \$2

Tahunanui Community Centre

Wednesday afternoons social group "Friends and neighbours" for local residents
61 Muritai Street Tahunanui, ph 03 548 6036

SeniorNet [Motueka]

Computer learning for the over 55s in a no-pressure, friendly environment held in our well-equipped clubrooms at 42 Pah Street. Come and be part of a happy, sociable club with competent volunteers who can teach you the basics of your computer through to advanced classes. Enjoy photography and outings in the field with the digital camera group and explore your family tree with the genealogy group. Contact Ann Long 03 528 8224

SeniorNet [Nelson]

Computer instruction for people 55 and over in small groups with computers and teaching materials provided. Held in the Clubrooms at Pioneer Park, Hastings Street, Nelson. Come along to our Open Day on Saturday 9 February 2008, 10am to find out what courses are available, or visit our website www.tasman.net/seniornet. Contact Murray on 03 548 1170

Motueka District Museum's summer exhibition

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
140 High St, Motueka. Phone: 03 528 7660

Nelson Dance Along

February 9 and 23
March 8 and 22
Time: 8pm to 11.30pm at Richmond Town Hall
Admission \$3.00 Member, \$3.50 Non Member
Supper provided. Contact Rosalie Winter
Phone 03 548 2236

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. Contact 03 546 9057.

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 89.8FM and More FM.

February

- 5 Airport Walk* 10am
- 7 Stephens Bay Little Kaiteriteri M 9.30am
- 12 Garden Valley M 9.30am
- 19 Two Rivers* 10am
- 21 Captains Creek Pelorus M 9am
- 26 Abel Tasman Observation Point E 9am

March

- 4 Ruby Bay to Mapua* 10am
- 6 Old Coach Road M 9am
- 11 Sharlands/Pukatea E 9am
- 18 Richmond & surrounds* 10am
- 20 Lodestone Mt. Arthur H 9am
- 25 Whakamarina Canvas Town M 9.30

*Mini walks – for more information contact Gwenda Wallace 03 544 5307 or Gwen Wills 03 547 3315

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. Transport can be arranged. Contact Alan Roberts, Ph 03 548 7381.

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

Cardiac Support Group

The Heart Foundation and Cardiac Liaison Nurses from Nelson Hospital provide information and support to people affected by Cardiovascular Disease. We hold a 3 monthly get together for patients on waiting lists through to patients who had interventions several years ago, providing support through shared experience.

A guest speaker covers issues of interest and concern. The group is for anyone with, or at risk of, heart disease and their families. For details and an invitation to the March 5 meeting please contact Averil at the Heart Foundation, ph 03 545 7112 or email: averilw@nhf.org.nz

Tasman Visual Arts Group

We meet on the last Wednesday of the month at Richmond bowling clubrooms. Regular guest speakers. New members welcome

Contact Gary Gibbens ph 03 541 8842

Display of work

Gallery 203, Trafalgar St
28 January – 16 February 2008

Age Concern Activities

62 Oxford St, Richmond

Tuesday and Thursday 9am to 12 pm for cuppa and company. Knitting group 10 to 12 pm

Wednesday 9am to 2pm- various activities

Friday 10am to 11 am -Age Concern Easy Exercises with Freda Beloe, morning tea to follow, \$1.00

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

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 – Monday 18 February and 17 March 2008

Motueka – Wednesday 19 March 2008

Stoke –Thursday 7 February 2008

Richmond – Thursday 13 March 2008

Golden Bay – Wednesday 20 February

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 a course especially designed for people like you. There are six 2.5 hour weekly sessions, starting mid February. Please phone us for more information and/or to register interest.

Hydrotherapy

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

Seminars

Seminars on Gout and Pain management are planned for Mid 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.

Art Group Nelson Inc

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

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
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
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**

Stoke Bowling Club
Lyndon Penketh
03 547 4780

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

Mooo a poem by Jane McDonald

We're going to do a new display
On dairying said John
So casually he mentioned it
To Les who came along
Then before we knew it
Les had the bit between his teeth
And nothing that was not nailed down
Appeared - beyond belief!
The bit we need to make the thing
That goes on under here
Just cant be found tho' Les did look
Can't find it anywhere.

So off he went to Northovers
To make the thing himself
To Packards where he got the door
And tins from off the shelf
The borer had taken residence
In the handle up above
So the ITM lads made a new one

It fits just like a glove
A workbench for the dairy
With a stainless steel top
Call Barry who is on the go
And doesn't know when to stop
So thanks to the museum team
Of helpers once again
Thanks to those so willing
To donate or just to lend
So Moooving on, its milking time
Get on but never fear
It won't be long before John
Has another good idea!

*Golden Bay Museum's
Mooo Exhibition has many
authentic details, with Fancy
the cow waiting to be milked.*



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