

# Mudcakes *and* Roses

Senior Generation Action and Issues  
– Nelson Tasman

Issue 52 February / March 2009



**Hot to Trot pg 12**



**It's all at  
Victory  
pg 6**



**A passion for  
community life  
pg 8**



**Antique to  
retro  
pg 13**

# Sponsors



24 hour emergency – phone 543 8400  
Email [info@tdc.govt.nz](mailto:info@tdc.govt.nz) [www.tasman.govt.nz](http://www.tasman.govt.nz)



Age Concern,  
PO Box 431, Nelson.  
Phone 03 546 7682



Phone 03 546 7910, [www.tasmanregionalsports.org.nz](http://www.tasmanregionalsports.org.nz)

## Mudcakes and Roses

If you would a free copy of *Mudcakes and Roses* to be posted to you contact:

Tara Cater  
Community Services Secretary  
Tasman District Council  
Phone 03 543 8578

Published by Tasman District Council  
Produced by Dry Crust Communications  
Editorial Phone 03 544 4975  
Enquiries Fax 03 544 4975  
Email [barb@drycrust.com](mailto:barb@drycrust.com)  
Advertising Phone 03 544 4975  
Email [advertising@drycrust.com](mailto:advertising@drycrust.com)

# Waitangi Day celebrations

Whakatu Marae in Nelson city is working with Founders Heritage Park to put on events to celebrate Waitangi Day. The day begins at 9.00 am and everyone is welcome. The marae is holding two powhiri (welcomes) especially for visitors and those who have never been on a marae before.

There will also be a talk on the and a history of Whakatu Marae, at 99 Atawhai Drive. The first powhiri is at 10.30 am and the second at 1.00 pm.

For more information contact Carol Hippolite at Whakatu Marae Ph 03 546 9097 or visit, [www.whakatumarae.co.nz](http://www.whakatumarae.co.nz).

# Stepping out in style

Broadgreen Historic House's upcoming exhibition is a style retrospective from the 1920s to 1950s, is featuring gowns from the Broadgreen Costume Collection from the flapper days of the 1920s through to the glamorous nights of the 1950s. This is a rare opportunity to see these items, which are mainly used for research.

The exhibition opens on 28 February 2009 and runs until 15 March 2009.

## Riverside Cafe RESTAURANT

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

Open Tuesday to Sunday, 9.30am to late for fine dining,  
cafe style lunches, snacks, coffee and desserts.



This season's menu features wild meats, Riverside organic salads and cafe-baked bread.

- A quiet peaceful atmosphere
- Exhibitions of local artwork
- A country garden
- Magical copper creations

Take a stroll around the historic riverside community after your meal.

Recommended by  
**North and South** and  
**Cuisine** magazines

Owned and managed by Riverside Community.

# History brought to light by new cataloguer

Motueka's historical legacy is in good hands at the Motueka Museum, with new cataloguer Cynthia Fowler taking on the challenge of cataloguing the archives and artefacts in the museum's storerooms. Cynthia has been employed on a 12 month contract with a grant from the Lion Foundation and the New Zealand Lotteries Grants Board, to go through the artefacts in the museum and research their history. The work also involves integrating previous records so that all catalogue numbers and references use the same numbering system.

"At the moment the numbering system is a bit idiosyncratic – you never know where it is going to take you," said Pauline.

In the case of pieces that are not of local origin or interest, Cynthia will try to find a more suitable place for them to be held. They may then be offered back to the donor, or if unwanted disposed of elsewhere.

"There is a strong protocol for that and we are bound by the museum's collection policy. If we can't prove the origin is related to Motueka and districts, we will try and find out where it should be kept. We had an oil painting of Guide Rangī here which we knew was not local – we offered it to Rotorua Museum and they were delighted – that is where it should be kept."

In another case, the museum was offered a dressmaker's notebook from the Golden Bay Museum that had been kept by a local woman, and which has become part of the collection.



Archivist Cynthia Fowler at work in the records room at Motueka Museum

Some of the items in storage are of completely unknown origin and not all are in good condition. The museum has good atmospheric storage conditions, but some items have been badly stored before being deposited at the museum. Cynthia has to be careful to wear a dust mask when opening boxes of unknown origin because of mould spores.

Cynthia's research takes her back into the cloudy mists of Motueka's past, and she is never sure what she is going to find in an average day's work.

"It's a real treasure hunt," she said. "I think I might be here for a while!"

The Motueka Museum has a new exhibition running until June 2009. **Time Gentlemen Please – Bottoms Up In Motueka** is the story of some of Motueka's best known hotels.


This exhibition is about five local hotels: two in Riwaka – the Travellers Rest (now the Riwaka) and the Riwaka Inn – and three in Motueka – Hotel Motueka, Post Office and the Swan.

All of the hotels have had many owners and landlords, and some with a long association in the hotel industry. The Talbot family, for instance, were involved in hotels for more than 100 years. The exhibition highlights some of the more memorable owners, such as Fred Bowers Snr (Hotel Motueka) and Agnes McTaggart, known to many as Peggy Brame (Post Office Hotel).

The exhibition not only tells the history of the hotels, but also some of the lesser known facts of running a hotel pre-1900s. For example, the Riwaka Inn, as part of the licensing requirement, had to provide a ferry service across the Motueka River as there was no bridge. Proprietors were also required to provide stabling and fodder for travellers' horses. Many of the hotels had a number of acres of land attached which allowed the owners to raise livestock, grow vegetables and hops from which they could brew their own beer. **Museum hours are Monday to Friday 10am to 4pm.**



## When was the last time you had your eyes examined?

see. the opportunity 

Grey Power and Super Gold.

Save **15%** on frames. Plus get a second pair from **\$99.**

Some conditions apply.

Optometrists, Dispensing Opticians & Contact Lens Practitioners

NELSON. 1 Buxton Square. Tel 03 548 3249

RICHMOND. 211 Queen Street. Tel 03 544 4319

MOTUEKA. 217 High Street. Tel 03 528 8724

[www.matthews.co.nz](http://www.matthews.co.nz)

( MATTHEWS )  
Eyewear. Eyecare.





Botanist Pamela Sirett in among kanuka planted at the start of the Two Rivers Walkway in Brightwater.

## Passion for botany and conservation

Brightwater woman Pamela Sirett believes in action and getting things done. A passionate lover of botany and conservation, she has been at the forefront of improvements to and protection of the local environment since she moved to the area in the early 1990s.

The 75 year-old former nurse regularly enjoys walks on the Two Rivers Walkway which starts near her house on Waimea West Road. And so she might, as she was one of the main instigators of the walkway project.

“I’d thought about having a walkway along the two rivers since I moved here, but these things don’t happen overnight and it takes a long time for the idea to sink into everyone’s minds! You can’t rush these kinds of things through,” she explained.

Pamela said the Brightwater Community Association, of which she’s the secretary, had eventually secured funding of \$10,000 from the Canterbury Community Trust and Tasman District Council to dig out the pathway.

Completed in 2005, the walkway now provides a 7.5 kilometre stretch of path for people to enjoy along the Wai-iti River to where it meets the Wairoa River and back into Brightwater.

In November 2008 a working bee of more than 30 locals got together to plant some natives along the walkway, with Pamela rustling up the volunteer labour. “I just got on the phone to everyone I knew and about 35 people came along and got involved. There were men with big poles to dig the holes, the Scouts pulled the plants out of their root holders and then the rest of us just had to get down and get planting! We put in something like 1800 plants in one day.”

Work isn’t finished there either – two sums of money from Bowater Honda and the Tasman Educational Trust have been set aside for continuing work and to create signage.

### Community involvement

Pamela has been involved with the community association since its inception in the early 1990s, when some locals were concerned about subdivisions in the area. Without a formal voice they formed their own group and have since acted as a public forum for people to raise concerns, or to lobby for projects, such as the Two Rivers Walkway.

“We do lots of submissions on various projects and generally represent the views of residents in the same way any other community association would,” said Pamela.

But it’s her love of plants and natural heritage that is Pamela’s main enjoyment in life. “I am a fanatic when it comes to botany and conservation,” she said.

Born and raised in England, her parents were farmers who bought a nursery on retirement. Even after leaving school and training and working as a nurse, she would always return to the nursery to work whenever she could.

“I’ve just always loved plants and can remember all their names – the Latin and Greek names, and here in New Zealand, the Maori names, some of which have been Latinised.”

“I’ve just always loved plants and can remember all their names – the Latin and Greek names, and here in New Zealand, the Maori names, some of which have been Latinised.”

Pamela Sirett

Pamela moved to New Zealand some 45 years ago and she and her husband Cliff, an artist, moved to Brightwater from Auckland in the early 1990s.

In her spare time, Pamela got involved in local conservation groups, initially joining the Nelson Forest and Bird Society, having already been a member in Auckland. She was quickly approached to coordinate the Kiwi Conservation Club, which is essentially the children’s wing of Forest and Bird, and spent several enjoyable years doing that until she retired four years ago.

“I did a lot of environmental education with the kids, going on camps, outings, bush walks, teaching them what to wear when tramping, all sorts of stuff. What I like about it is that the parents are always involved, so it takes away from the coordinators having to look after the children as well as teach them, and it also teaches the parents as well. It’s a brilliant concept,” said Pamela.

As well as those organisations she is a member of the Nelson Botanical Society and chairperson of the Wakefield Bush Restoration Society, which meets once a month to carry out restoration and weeding. She is also working with well-known local conservationist Martin Conway who has a vision for a regional park in Waimea Plains. She also quite fancies the idea of creating another walkway from Wai-iti Bridge all the way along the river.

# Home-style hospitality on offer ■

Presbyterian Support Social Worker Jo Challis is excited about the potential for a new scheme for seniors she is hoping to get under way in the new year. Jo is coordinating HomeShare, a programme in the Nelson region that will allow older people to enjoy companionship and activities and a home cooked meal in a private home in their community.

The scheme will bring together hosts who will act as caregivers in their own home and up to four older people who come on a regular basis – once a week or fortnight, to enjoy company, activities and outings in an informal setting.

The host provides a home cooked meal, a caring homely environment and activities tailored to the group's interests. There is remuneration provided to the host. The service is free to the people who attend.

Jo said that she is passionate about improving quality of life for older people and offering services that help them to stay independent in their own homes.

“There are many people who are intimidated by the larger social and activity programmes. They prefer to stay at home, but may become more isolated and lonely. The HomeShare programme is designed to bring them into a social group that is tailored to their needs, low key and will keep them healthy, happy and fit. It offers friendship, a hot meal eaten in company and a way of widening their horizons.”

Jo said the scheme was especially suitable for those in isolated rural communities where it can offer an income for semi-retired active people, and a care option for those older members of society who are reluctant to go into a residential unit away from their home town.

The scheme has been operating successfully in Canterbury for about two years and Jo hopes to roll it out across the region early next year. She is currently looking for hosts in Nelson, Stoke, Richmond, Tapawera, Ruby Bay, Mapua, Brightwater and Wakefield.

Hosts are police checked and receive training in first aid and coping with dietary needs. The home is checked to make sure there are no access issues for older people. Jo said that young children are not usually a problem in the house as a lot of older people miss out on contact with younger people in their everyday lives.

“The scheme will provide friendship, companionship, care, support and confidence for the older people in the community,” said Jo.

For more information contact Jo Challis on 03 547 9350 or email [jchallis@psusi.org.nz](mailto:jchallis@psusi.org.nz).



Jo Challis of Presbyterian Support is coordinating the new HomeShare scheme in the Nelson region.

*For compassionate and professional help at a difficult time...*



Take comfort in our understanding, our guidance, our reliability, our professionalism and in the fact that we provide a complete bereavement service.



Including...

- Funeral planning • Inflation proof prepaid funeral trust fund
- Chapel facilities • Full catering facilities & services

*Shone & Shirley*  
*Funeral Directors*

Serving the Nelson & Tasman Districts Since 1862

**(03) 548 1559** or **0800 FUNERAL (0800 386 372)**  
For 24 Hour Personal Service



Office & Chapel, 103 Collingwood St, Nelson, Fax (03) 546 8241  
[www.shoneandshirley.com](http://www.shoneandshirley.com) • E-mail: [funerals@shoneandshirley.com](mailto:funerals@shoneandshirley.com)



**Keep in shape at your pace**

Experience the most fun you've ever had when exercising!  
Join us for a **BODYVIVE** class



78 Quarantine Rd  
STOKE  
Ph 547 4774

Call us for more information.



Participants enjoy a Sit and Be Fit class at the Victory Community Centre.

# Come to Victory

A raft of activities and interests aimed at people 50 and over are on offer at the Victory Community Centre in Nelson.

If you want to get fit, meet new people or share a skill, head along to the centre at the corner of Totara and Vanguard streets and join in something that suits your interests.

If it's fitness you're after, a Sit and Be Fit class is held every Tuesday from 10.00 to 10.45 am. Led by Leigh Dalzell, the \$2 seated exercise classes will start in mid-February and is a fun way to keep your heart healthy.

There is also a Support Your Walk programme where you can meet at the centre and enjoy a walk in the Victory area with the support of a leader. If you want to improve your fitness, or just get out and enjoy the fresh air while meeting some new people, this could be ideal. There are two sessions – Tuesdays from 2.00 to 3.00 pm, and Thursdays from 9.30 to 10.30 am – throughout the year (cost \$2).

Good old-fashioned fun is also on offer at Victory – housie is held on the third Wednesday of every month from 2.00 to 4.00 pm, with prizes and refreshments

on offer, as well as transport if you can't get to the centre on your own (cost \$2).

Finally, the 50+ programme also has a handcraft group that meets every Wednesday from 1.15 to 2.45 pm, when participants are invited to take along their knitting, stitching, crocheting, or other handcraft they're doing.

The Community Centre, which opened in 2007, has other activities that may also be of interest to Mudcakes and Roses readers, such as pilates, yoga and harakeke (flax weaving).

Centre co-ordinator Gareth Cashin is also organising regular storytelling cafés, held on the last Thursday of each month. These are informal get-togethers for anyone interested in the ancient craft of storytelling. Guest tellers Roger Sanders and Gareth Cashin make appearances, but the café is also about encouraging new voices to tell their stories and to share their interests, whether it's an oral tale, a song, a poem or a piece of music.

If you'd like more information on any of the activities at Victory, please contact Gareth Cashin Ph 03 546 8389, or email: [gareth@victory.school.nz](mailto:gareth@victory.school.nz).



# Rimu Grove creative writers series.

Rimu Grove Winery supports the creative writers among you by sponsoring this section of Mudcakes and Roses.

Send in your poems and short stories to us and if your work is published you will receive a bottle of Rimu Grove wine.

We've had some great entries and the winner for February/March is Christopher R Munnings of Stoke

Send your entries to:  
Rimu Grove Creative Writers  
Dry Crust Communications  
PO Box 3352  
Richmond,  
or email to [caroline@drycrust.com](mailto:caroline@drycrust.com).



RIMU GROVE WINERY  
NELSON

## Prophetic Dream *by Christopher R Munnings*

She had taken vows  
Of poverty, abstinence  
And sanctity  
He had sworn oaths  
Pledging allegiance  
To poetry  
Both recognised  
Resolute love shining through  
Individual solitude  
Prophetic light beamed  
Into two open hearts

They did not exchange words  
Or physically touch  
But their eyes knew  
Another time  
Another space  
Parallel lives enveloped them  
He set pace  
With notebook in hand  
Pen poised ready  
His head bowed  
She stood passively

Among devout companions  
Her graceful aura  
Unmistakable  
Without tears  
Gestures  
Or confirmations  
Their bodies separated  
Their souls merged  
Perhaps when older  
Perhaps never...

## The Bi-Coastal New Plymouth to Napier Tour

WITH THE NELSON TRAVEL CLUB

14 - 21 April 2009

- Dine at The Mission
- Ride the Raurimu Spiral
- See Taupo's pink terraces
- Visit Stonehenge Aotearoa

*and much, much more..*



Call now on 539 0834





Victory Community Centre's gardens.

# A passion for community life

Mudcakes and Roses writer **Caroline Budge** meets **Robina McCurdy**, Community Garden Coordinator in Victory, Nelson.

A passion for sustainable living, community development, social justice and creativity – these are just some of the key attributes of Robina McCurdy, who is bringing more than 30 years experience from all around the world to create magic in a small corner of Nelson.

Now the designer and coordinator of Victory Community Gardens, Robina, 58, has played a pivotal role in some remarkable social and environmental projects across the globe.

She has worked in squatter settlements in South Africa, an international school in Laos and co-founded the Tui Community and land trust in Golden Bay. She has trained in community development, environmental education and permaculture and is now bringing together all her experience and knowledge into the job at Victory Community Garden, which is behind the Victory Community Centre at the corner of Totara and Vanguard Streets.

“My work here combines all the things I love to do and have the skills base for,” she said.

Robina's home is at the Tui Community in Golden Bay, which she helped found in 1984, and she travels through to Victory, staying in Nelson alternate weeks while developing the gardens.

“I've worked here now for a year and when I first came the garden area was a small school playing field. I spent the first two months gathering resources, building the soil fertility, getting together tools, building a few raised bed gardens, familiarising myself with the local community and getting

people's input for the garden design. Now the garden has its own water catchment and irrigation system, propagation house, tool shed, composting systems and all the established garden beds.”

Robina's design is based around a large mandala – similar to a scalloped flower pattern – where herbs and peas are growing. On a bank at the rear of the gardens, next to the Railway Reserve, there are terraced gardens growing potatoes, pumpkins, peas, cabbages and sweet kumara.

There is also a high raised bed for children with special needs and in wheelchairs, and a gazebo for sitting and taking a break, surrounded by kiwifruit plants that will eventually give shade and fruit.

Community and children's' groups have their own spaces and beds, explained Robina. “Currently we have groups such as Gateway Trust, the school gardening club, Y-Kids, OSCAR after-school group, the special needs unit of Victory Primary School and the Hub. They all raise their own seeds and grow their own veges.

“The aim of the garden is to increase nutritional health and wellbeing, by offering people in the area the opportunity to grow and enjoy eating their own food, as well as gaining the skills to create gardens in their own home environments. Great social contacts are made in this way too.”

The garden was an initiative of the Nelson Marlborough District Health Board, in association with Victory Community Health Centre, and it now operates from several small funds, guaranteed only for short periods of time. This has propelled Robina's goal to have the garden fully established and producing within a year. If funding continues, once the ongoing operation of the gardens is secure, the next step would be to take this educational work out into the wider community.



## Linking people and food

The connection between community involvement and food production is nothing new to Robina, a fourth generation Kiwi who was brought up in the South Brighton area of Christchurch.

“My parents always had large gardens, but I was also brought up in close connection with my extended family, who were market gardeners in Harewood. As a child I grew up helping out with major plantings and harvests on their land, and therefore I have always had a strong association of the direct relationship between agriculture and the community.”

Yet, on first leaving secondary school, it was to teaching that Robina was attracted. She trained as a primary school teacher and, after graduation, worked in the Auckland area, although she says it wasn't really the ideal job for her:

“Working within four walls, teaching segmented subjects always frustrated me and never suited my temperament,” she laughed.

And so Robina headed overseas, travelling throughout South East Asia and working as a teacher in an international school in Laos.

“Laos in those days was quite war-torn. At that time Western



Robina McCurdy.

travellers were not allowed 10 kilometres beyond the capital, Vientiane, but I ignored that and on many weekends went out to visit the refugee villages. People there had very little, but were happy and insistent on sharing what they had. Fried rat and beetles on sticks with rice were common dishes I ate. I had to leave Vientiane very swiftly before my contract was up to avoid getting imprisoned or killed in the coup which swept up in from the rural areas around.”

Robina's exposure to different cultures and social set-ups inspired her to work in community development, and in 1976 she began work as a Youth and Education Officer in the Otago and Southland regions with CORSO – the New Zealand Council

of Relief Service Overseas. The organisation coordinates the work of many charitable organisations to help distressed areas overseas. Robina's role was to work with schools and

the wider community to educate people about the causes and solutions for poverty overseas and in New Zealand.

In 1979, she founded and participated in Harmony Roadshow, a professional

group of performing artists who shared their talents in schools and towns throughout New Zealand.

What she learned through working with CORSO led Robina towards establishing a community village, with the intention of being a living example of social justice and sustainable and ecological land use.

By 1984 the work had been done and the Tui Community was established – an international village of people living together on 130 acres at Wainui Bay, next to the Abel Tasman National Park.

“The Tui community is a residential cooperative which also has a health care product business, the Tui Balmes and Waxes. There are 40 residents living on the land, with each person or family having their own home. The management of the land, gardens and orchards are a shared responsibility and everybody is responsible for their own income. Our health care product business employs approximately half of the community in part-time employment.”

The Tui Spiritual and Educational Trust was established primarily for educational purposes, and throughout the summer and autumn runs a full programme of cultural and environmental educational activities, with a strong emphasis on youth empowerment and leadership.

“Tui has been my home base since 1984, however due to the remoteness of Golden Bay for income earning, my need to work where I can make a significant difference and support the building of community in other areas, I work away a lot,” said Robina.

## Sowing the seeds

Robina's passion for sustainable land use led her to training in permaculture and she has since travelled the world, teaching and applying these methods of sustainable land use design,

“Working within four walls, teaching segmented subjects always frustrated me and never suited my temperament.”



focused on food security, land restoration and community empowerment in households, neighbourhoods, farms, schools and eco villages in countries such as Brazil, Canada, Scotland, Australia and the United States.

However, her professional leap happened in South Africa, where she was invited to work shortly after the abolition of apartheid. It was there that she undertook the work that she says today is her proudest achievement.

“My work there was the most formative time of my career,” said Robina. “Based in rural areas near Johannesburg and in squatter settlements outside Cape Town, I trained villages and schools in permaculture and organic food production, in a hands-on way. This involved establishing school feeding schemes and training African people as teachers in these methods.

“While there I was funded by the New Zealand High Commission, and other international sources, to establish a programme called SEED – Schools Environmental Education and Development. It was about bringing permaculture into the schools’ curriculum with the purpose of transforming a school grounds into a productive learning environment, for example, with food gardens, shade trees and water systems.”

This programme, with its origins in urban squatter settlements, was so successful that it has been adopted at the national level of South African education.

After many years, under its parent organisation Abalimi Bezekhaya, it has its own organisational structure, funding sources and a raft of educators. They call Robina “Mother Seed” and she is understandably proud of her happy child! Robina is

also a founder-trustee of the Institute for Earthcare Education Aotearoa, a charitable trust that offers courses, workshops, consultancy and practical hands-on work in permaculture, community development and environmental education. In the early part of this decade she initiated and ran Planet Organic, a vocational training programme in community-scale sustainable land use design, management and facilitation, which took place in Golden Bay.

For the three years before coming to Victory, Robina built her own earth home at Tui with help from a total of 60 people from around the world apprenticing with her and her building partner.

“The earth home features four different building methods – adobe, wattle and daub, cob and light earth,” explained Robina. “Our apprentices have now learned techniques so they can build an earth home for themselves.” What was once an educational building project is now Robina’s cosy home.

Robina’s passion for permaculture and building communities is evident in everything she does. Spending time with her at the Victory Gardens, listening to her enthuse about the delight on children’s faces when they come back and see the rows upon rows of seedlings that have popped through the earth since they were last there, and also watching her engage with the community groups, it’s evident that she practices what she preaches.

If anyone would like further information on the Victory Community Gardens, they can contact Robina on 03 546 8389.

For more information on Tui Community go to: [www.tuitrust.org.nz](http://www.tuitrust.org.nz). SEED website is [www.seed.org.za](http://www.seed.org.za).



Locals work in the community gardens

*Villas from \$300,000* conditions apply

Open days from Monday to Friday 9am - 3pm.

**Call: 543 8070** for a personal guided tour

Independent villas • Serviced apartments • 24-hour rest home care  
• Dementia care • Continuing care

60 Templemore Drive, Richmond, Nelson [www.stillwatergardens.co.nz](http://www.stillwatergardens.co.nz)

**STILLWATER  
GARDENS**  
Retirement Village



Locally owned & operated

CONTINENCE 8866

The Nelson region's history is being recorded digitally on a new website featuring a collection of stories and pictures preserving history and culture online.

The Prow: ngā kōrero o te tau ihu is being launched on Sunday 15 February at Nelson's 150th anniversary celebrations at Founders' Park.

The Prow is a collaborative effort by libraries and museums across the top of the South. It is funded by the Government's Digital Strategy which aims to increase New Zealanders' skills with digital media, via the Community Partnership Fund through the Department of Internal Affairs.

The website's name reflects the Māori name for the region. The top of the South Island is the prow of Maui's waka (te tau ihu o te waka a Maui) from which he fished up the North Island.

"This waka is a container for our stories," said project manager Nicola Harwood. "There are some wonderful resources in the top of the South, from the photograph collections at the Nelson Provincial Museum and the Marlborough Museum, to collections of local history books in the libraries."

The whole project has been created locally with library and museum staff drafting bibliographies, editing and providing research materials and photographs. Research and writing

has been undertaken by local journalists, and a local web development company has created the website.

Tasman District Libraries Manager Lisa Oldham said The Prow would fill a need for local information for students as well as benefiting teachers, iwi, tourists, and local people. The website will feature stories such as the Aorere Goldfields and Maungatapu Murders.

It will list resources used in the stories and give many references for further research including newspaper articles, websites, images and books.

"It is great that we have been able to find all of the resources, skills and experience we need locally, and that we are able to use local people to present the region's stories," said Ian Littleworth, Nelson Public Libraries manager.

He said one of the most exciting aspects of the project was that people would be able to add their own stories to the website. "This project will be a starting point for a resource which will connect all kinds of local stories," he said.

"This will be a tremendous tool for all people to learn more about our heritage" said Lisa.

Check out the Prow website at [www.theprow.org.nz](http://www.theprow.org.nz)

**Healing at Home?**  
We can help you through it.



**Heaphys**  
**Home Support**

Phone 03 547 5552



**SAFE WITH AGE**

### The Older Driver Refresher Course

- Are you an older driver and would like to brush up on the Road Code to give you more confidence?
- Do you find driving in today's traffic daunting?
- Are you too nervous to venture further than your local area but would like to?
- Would you like your driving professionally assessed for a minimal fee?

If you answer yes to any of the above then a FREE Safe with Age course will give you the confidence you need.

**ENROLMENTS ARE NOW BEING TAKEN FOR THESE COURSES:**

Nelson: Monday 9 and Tuesday 10 February 2009, 1-3pm

Monday 6 and Tuesday 7 April 2009, 1-3pm

Richmond: Thursday 12 and Friday 13 March 2009, 1-3pm

To enrol or for more information phone **John Steel** on 547 4010.  
Courses will qualify you for a subsidy on a professional driving assessment to take place at your convenience.



Left to right; Floss Yates with Maximus; Gabby Ponsford with Horse; Tracey Ramsey with Midnight and Ann Nicholson with Knightsbridge Quicksilver.

# Hot to Trot

An acapella quartet with a distinctly equine flavour has launched on the Nelson music scene in the past few months.

Hot to Trot is an all-woman singing group whose emphasis is on harmonies, fun and engaging with their audience.

Using hobby horses (and one hobby dog) they perform acapella barbershop style songs with a bit of street theatre thrown in for good measure.

Member Gabby Ponsford told Mudcakes and Roses: “We have a lot of fun. You could describe us as intimate street theatre, with humour and interaction with our audiences. Sometimes the horses (and dog) sing and so there’s a bit of puppetry involved.

“At the moment we have a few well known older songs in our repertoire and we will be adding to that with skits and other songs. One of us is a songwriter so no doubt we will be encouraging her to come up with some originals.”

Hot to Trot consists of: Gabby Ponsford from Mapua, Floss Yates from Stoke, Ann Nicholson from Atawhai and Tracey Ramsey from Nelson. With ages ranging from their 30s to 60s, the group met through previous singing groups. Gabby and Floss were in another acapella quartet called Rags to Riches, and three of them also sang in the Nelson Sweet Adelines chorus.

“When two of Rags to Riches left Nelson for other parts of New Zealand, we grabbed Tracey and Ann because we

couldn’t live without a bit of street theatre in our lives!” laughed Gabby.

And so Hot to Trot was formed. But where did the idea for hobby horses come from?

“Well, I’m not really a horse person, I’m more into dogs, and so we have three horses and a dog, who’s called Horse. I just thought it would be fun to have the characters, and they do represent all levels of society in the horse world,” explained Gabby.

“It’s just fun – and we especially like having our photo taken!”

Gabby Ponsford

Hot to Trot’s first public outing was in the Nelson Masked Parade in October, when they came away with the Business and Community Creative Unity Award.

Gabby said their music appealed to all ages and they’re happy to do any kind of celebration, be it for Valentine’s, birthdays or weddings.

“The ideal situation to hear us would be in a small group rather than a large function as we don’t use microphones and prefer not to. With a smaller audience we can be closer to people and interact better.

“It’s just fun – and we especially like having our photo taken! We just love singing in harmonies, especially the barbershop seventh sound,” said Gabby.

If you’d like to book the quartet for a function, you can contact Gabby on 03 540 2260, or 027 448 8774. The quartet’s next public performance will be at the Antique to Retro show at Founders Park, on Saturday 7 March 2009 3.00 pm.

# Antique to Retro Show

It is often said that those with Alzheimers can remember what happened 40 or 50 years ago far more clearly than something that happened four or five minutes ago. So it's rather apt that the Nelson Alzheimers Society is to benefit from the proceeds of the SBS Antique to Retro Show where modern is out, and old is in.

The show hit the headlines in the past when a small ornament was brought in to be valued by experts and was revealed to be an extremely rare piece of Thomas Whieldon pottery made in the 1740s and worth in excess of \$200,000. The owners' reaction to the news was captured by the television cameras from TVNZ's Auction House programme and also One News. Undaunted, they re-packed the fragile piece into an ice cream container and instead of keeping it in the china cabinet at their Nelson home they now keep it safely in a bank vault.

The 2009 Antique to Retro show will be hoping to unearth other treasures when antiques experts Peter Wedde

and Hamish Walsh give valuations and appraisals at Founders Heritage Park.

In addition to the valuations there will also be dozens of antique dealers from all over New Zealand selling their wares, ranging from pottery to postcards, rococo to retro.

“Modern is out,  
and old is in.”

One of the highlights of the two-day event is the Retro Fashion Show. Maria Henare of Eclectic in Nelson draws gasps from the crowd with her collection of vintage and Retro clothes modelled on the catwalk under the shade of the giant marquee.

While the women can enjoy the fashion show, the men might like to cast their eyes over some of the rarest and oldest fishing tackle to be seen anywhere in the Southern Hemisphere.

The exhibition comes from one of the foremost collectors in Australasia and has never been shown in public before. It includes rare prototype spinning reels, split cane rods from the 1860s to 1970s, fly boxes, wallets, gaffs and nets.

Throughout the weekend there will be musical entertainment, food, vintage cars, a variety of guest speakers, archive film shows and vintage train rides.

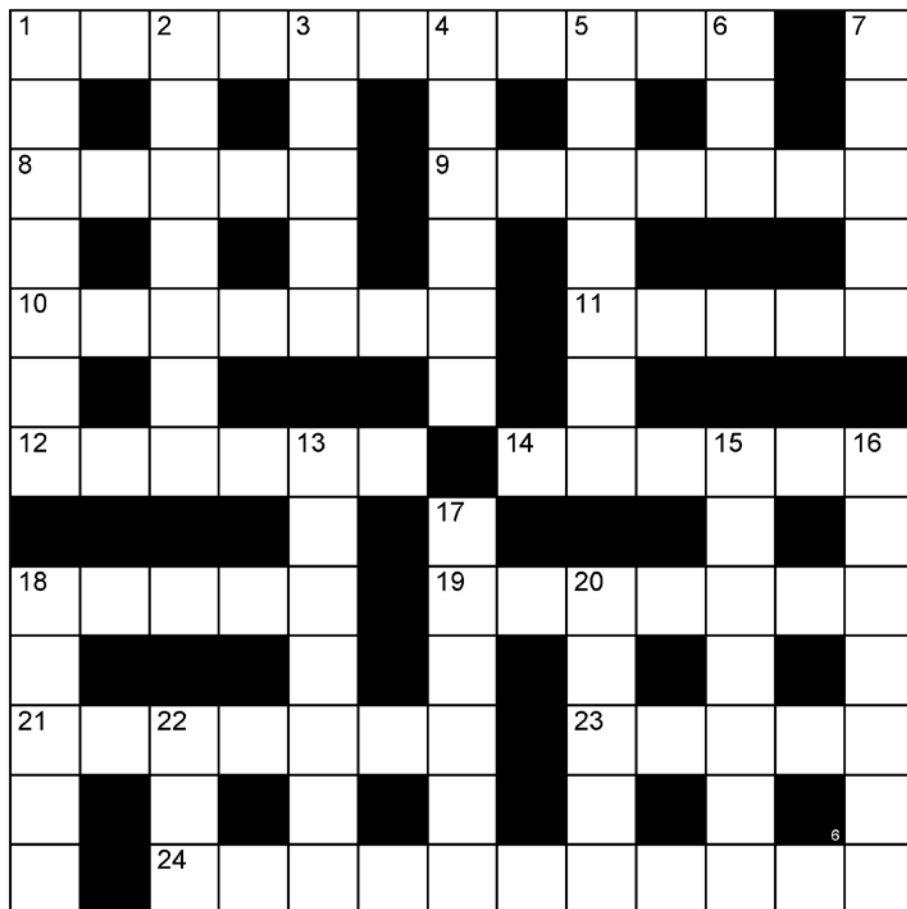
On Saturday 7 March evening you can put on your bobby-socks and gladrags to dance under the mirror ball at the Retro Disco.

The SBS Antique to Retro show is at Founders Heritage Park, Nelson on 7 and 8 March 2009, 9.00am – 4.00pm. \$5 entry. Proceeds to Nelson Alzheimers Society.

For further information email Judy Pittman at [rwpittman@xtra.co.nz](mailto:rwpittman@xtra.co.nz) or phone 03 545 2181.



# Crossword



Crossword no. 9855 Pattern 6

Answers page 17

## CRYPTIC CLUES

### CLUES ACROSS

1. The probable future outlook I have (11)
8. Musical pipes once used by writers (5)
9. One may be able to stand reading at it (7)
10. Former queen given a mound like this (7)
11. It is a sort of brown grayling (5)
12. Festival at which a tree's brought into play (6)
14. To say 'Greek cheese' will restrain one (6)
18. Dance in a brief period of complete freedom (5)
19. Car laid out for fundamental use (7)
21. Happen to have a quarrel with somebody (4,3)
23. Show one the way to be a girl scout (5)
24. Will sort out the knots, and is gentle about it (11)

### CLUES DOWN

1. It is queer to put up with a wig such as this (7)
2. Unit that turns sour, finding it so oppressive (7)
3. Took up a stance as one put the question (5)
4. It could be Nelson's regular contribution to a paper (6)
5. I'd uncle gone wrong, but wouldn't leave him out (7)
6. Mother to all women appearing the day before Christmas (3)
7. One making a gift puts first nut in the entrance (5)
13. Wholly take it to oneself to put it in legal writing (7)
15. Material for mattress-cover one is marking as correct (7)
16. Raise the siege and release one from duty (7)
17. A sea-god turned the Navy to it (6)
18. Might have tiff about your first half-century (5)
20. Doctrine could make it go mad (5)
22. Jack, the fellow who works for the stable (3)

## QUICK CLUES

### CLUES ACROSS

1. Probable or expected future (11)
8. Water-grasses (5)
9. A reading-desk (7)
10. (Latin) former (7)
11. Brown earth pigment (5)
12. A church festival (6)
14. Clap one in irons (6)
18. Throw (5)
19. Going to the root (7)
21. Leave the parade (4,3)
23. Lead, conduct (5)
24. Get out of an intricacy (11)

### CLUES DOWN

1. A wig (7)
2. Burdensome (7)
3. Took up a posture (5)
4. Regular piece in a newspaper (6)
5. Have within (7)
6. Day preceding festival (3)
7. Giver of a gift (5)
13. Totally occupy one's mind (7)
15. Making 'correct' sign (7)
16. Break the sameness of (7)
17. Son of Poseidon, minor sea-god (6)
18. Two-score and ten (5)
20. Principle, settled opinion (5)
22. Young man (3)

Two-Way crossword supplied by the Puzzle Company.  
[www.ThePuzzleCompany.co.nz](http://www.ThePuzzleCompany.co.nz) [info@ThePuzzleCompany.co.nz](mailto:info@ThePuzzleCompany.co.nz)



## Free computer use at libraries

Want to Skype your family but don't have broadband? Want some help in downloading on to a memory stick, or be shown how to make the first step in tracing your family tree?

You can do all of this, plus a wide range of other computer-based activities, on high-speed computers in Nelson and Tasman libraries thanks to a nationwide initiative to improving access to technology.

High speed broadband and wireless computers are now available free in libraries across the region. You can simply turn up and use them if they're available, or if you know when you're planning to come in, phone up and book a time.

The new computers were given to the libraries from Aotearoa People's Network, a central Government initiative to allow people to connect with new technology and become more confident in using computers. Ninety libraries throughout New Zealand have been recipients of computers from the scheme, with Tasman and Nelson libraries becoming partners of the network in late October 2008.

"It's just been phenomenal – way better than we could've done on our own," said Lisa Oldham, Libraries Manager for Tasman libraries. Tasman received 19 computers – 10 in Richmond, four in Motueka, three in Tapawera and two in Murchison libraries. "You can come in do your emails, Skype your relatives or friends, or browse the web, anything you like really. Importantly it's free, and for people travelling into the towns from rural areas, you can book in advance to ensure you get one when you get here.

"Public libraries have always been about getting information, connecting with the outside world and leisure time activities," she added. "We can help and advise people on things they're interested in, whether it's accessing genealogy databases, or just with general web browsing."

In Nelson, 17 computers have been installed in its three libraries – 10 in Elma Turner, five in Stoke and two in the Nightingale library at Tahunanui. Ian Littleworth, Nelson Libraries Manager, said: "All the Microsoft Office products are there, people can download on to memory stick, photo cards or CD-Rom, all the usual stuff that people want to do."

# Tasman Environment Awards

## - Friday 21 November 2008

### **The Supreme Award**

Winner: Parkes Automotive of Motueka  
(\$1000 from Landcare Research)

### **Community and Neighbourhood Group Award**

Winner: Golden Bay Streamcare Group  
(\$1000 prize from Fulton Hogan)

Highly commended: Native Bird Recovery Richmond.

Commended: Marahau/Sandy Bay Ratepayers and Residents Association.

### **Individuals and Families Award**

Winner: Albie Burgers  
(\$1000 prize from Cawthron Institute Trust Board)

Highly Commended: Margaret and Selwyn Barron

### **Commercial Award**

Winner: Parkes Automotive  
(\$1000 advertising voucher from Radio Nelson)

Highly Commended: Tasman Bay Vets  
(\$500 advertising voucher from Radio Nelson)

Commended: Waitapu Fishing Co.  
(\$500 advertising voucher from Radio Nelson)

### **Heritage/Cultural Award**

Winner: Between the Ports – Collingwood to Waitapu by Carol Dawber and Cheryl Win, commissioned by the Bainham Reunion Committee

(\$500 from Ngati Rarua Atiawa Iwi Trust)

Highly Commended: Aporo – A Taste of Tasman

Commended: Aorere Centre

### **Schools Award**

Winner: Greenwood Kindergarten  
(\$1000 from Sealord)

Highly Commended: Salisbury School

Highly Commended: Ngatimoti School

### **Rural Award**

Winner: Jerry Reuhl of Golden Bay  
(\$1000 from Nelson Pine Industries)

Highly Commended: Galeo Estates.

### **Youth Award**

Winner: Green Teens - Abby Ward, Sophie Turner and Brittany Packer (\$1000 from Nelson Aviation College)

Highly Commended: the Salisbury Enviro Group

# Isel House birthday celebrations

Celebrations to mark 160 years since the completion of the stately Isel House in Stoke are taking place throughout 2009.

Weekly musical performances, an art competition, public open days and a garden party are planned to get the public involved in enjoying the historic house, built in 1849 by English immigrant Thomas Marsden.

He had emigrated to New Zealand in 1842 with his wife Mary and moved to Isel, then a property of 930 acres, after six years in Nelson. He built the original house, gave the land for St Barnabas Church, planned the park and planted most of the older trees which are now well into their second century.

After Thomas died, his son James took over the property and had the stone front built on to the house in the 1880s.

It was a neighbour of the Marsdens, John Waring Saxton, who made detailed observations in his daily diary that are today providing valuable information on the building of the property.

Museum curator Sally Papps said they were using Saxton's diaries to pinpoint key dates about Isel House. His daily jottings, she said, revealed a lot of domestic details about the life and times of early Nelson and Stoke.

He had visited the foundations of Isel House in January of 1849 and so they will use that time in January 2009 to have a public day, round about the same time as the annual Teddy Bears' picnic, to promote the home.

Also in the summer months there will be music in the park most Sundays. "We'll be having pipe and brass bands and will be encouraging people to come along, take a picnic and enjoy the music, as well as the gardens and house." These sessions will be on between 2.00 and 3.30 pm and are free.

During the winter months the Trust is organising an art competition for anyone to enter a piece of art about Isel, past, present or future.

Sally said they were also planning a large garden party for members and invited guests in the autumn. "September 12 was the day when Saxton went back to

visit the house and the front rooms were completed – described by him as 'surely the most grand in all the colonies'.

"We'll be holding a big garden party. In the following week there will be a public day."

## Join the Trust

Sally said they hoped to use the celebrations and events to increase the membership of the Charitable Trust that manages the running of Isel House.

It took over that role in 2001 and oversaw the restoration works that took place over the following couple of years, when the property was closed to the public.

Reopened in 2003, the house had been returned to its former glory by an army of volunteers, tradespeople and enthusiasts. Exciting interior design throughout several rooms, as well as earthquake strengthening, a new roof, and a security system, gives visitors the chance to view the property in all its splendour. However Sally does warn people not to expect a replica Victorian homestead: "The restoration is in keeping with the era, but when we took our proposal for Isel to the Council we described a community exhibition space that would be a kind of hybrid art gallery and museum."

The house is open for public viewing from 11.00 am to 4.00 pm Tuesday to Sunday to the end of May. Visits are by appointment between June and September, please ring 547 5222. Entry is by donation.



*Isel House in Stoke.*



**Marsden House**  
FUNERAL SERVICES

Support & care through your grief



The uniquely designed stained glass window in the Marsden House lounge.

- Fully qualified staff
- Chapel & after service catering facilities
- Bereavement support
- Pre-paid funerals and
- Pre-arranged funerals
- Nelson's only locally owned funeral service



41 Nile Street East, Nelson  
www.marsdenhouse.co.nz

Ph 548 2770



# Sanctuary support from jeweller

Nelson jeweller Laura Richards has designed a new jewellery series to raise funds for the Brook Waimarama Sanctuary. The series features sterling silver earrings in the native leaf designs of kamahi, kawakawa, titoki, red beech and tawa, chosen to illustrate the importance of diversity in forests.

Laura said her inspiration came from a visit to the Brook to see the hand-reared kakapo chicks in July 2008.

"I was so impressed with the community interest and support for the sanctuary that I wanted to contribute something personally," she said.

Every pair of Sanctuary earrings bought from Laura generates a \$3 donation to the Brook Waimarama Sanctuary and comes with a description of the native tree chosen.

The series shows a more delicate side to Laura's jewellery skills as she veers away from her characteristic acrylic and resin styles into finer silver work. The Brook Waimarama Sanctuary is a community initiative developing a pest-free sanctuary for native

wildlife in the former water catchment at the head of the Brook Valley.

Chair David Butler said the project was all about people getting involved and taking action to reclaim their natural heritage. "It's a pleasure to have another partner and be associated with such beautiful work. The support we are receiving from local people will help us to achieve the sanctuary's vision."

Sanctuary earrings can be ordered via email at [www.lrjewellerydesign.com](http://www.lrjewellerydesign.com) or purchased directly from Laura at Nelson's Saturday market, every fortnight through to Easter 2009.

[www.lrjewellerydesign.com](http://www.lrjewellerydesign.com)  
[www.brooksanctuary.org](http://www.brooksanctuary.org)

**Contact: Laura Richards**  
**Ph 545 2600 or 027 218 5632.**

**Brook Waimarama Sanctuary – Rick Field, Coordinator Ph 546 9175 ext 683.**



Photo: The Nelson Mail

## Crossword solutions

### ACROSS

- |                |                 |
|----------------|-----------------|
| 1. Prospective | 8. Reeds        |
| 9. Lectern     | 10. Quondam     |
| 11. Umber      | 12. Easter      |
| 14. Fetter     | 18. Fling       |
| 19. Radical    | 21. Fall out    |
| 23. Guide      | 24. Disentangle |

### DOWN

- |             |             |
|-------------|-------------|
| 1. Peruque  | 2. Onerous  |
| 3. Posed    | 4. Column   |
| 5. Include  | 6. Eve      |
| 7. Donor    | 13. Engross |
| 15. Ticking | 16. Relieve |
| 17. Triton  | 18. Fifty   |
| 20. Dogma   | 22. Lad     |



## STUDIOS AVAILABLE



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

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



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

# programmes & events

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

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

## **Mudcakes and Roses**

**PO Box 3352, Richmond, Nelson**

or email [caroline@drycrust.com](mailto:caroline@drycrust.com)

or Ph 03 544 4975 Fax 544 4951

**Deadline for material for the April/May Issue is 12 March 2009.**

## **Nelson**

### **Stoke Seniors Club – Social seniors moving forward**

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

Give us a call – you never know what might be going on!  
Contact Christine, Anne or Ruth on 547 2660.

#### **Regular activities**

Scrabble Club - Mondays 1pm

Euchre - Tuesdays 10.30am

Mah Jong- Tuesdays 1pm

500 Club- Wednesdays 1pm

Cribbage- Thursdays 1pm

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

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

**Walking group** - Tuesdays 10am from the Stoke Memorial Hall. A casual walk of about 1 hour.

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

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

**Tuesday and Thursday meals** - two course meal at midday for just \$8, all welcome. Please phone 547 2660 to book (by 9.30am the day before)

**Monthly Movie** - Third Thursday afternoon each month. Please phone 547 2660 to check what's on and starting time.

**Strengthening Exercises** - Wednesdays 11am, Stoke Memorial Hall. Slow, smooth and controlled movements, great for improving bone density and muscle strength.

**Also "Lads at Large" and "Girls Own" trips** once a month on Fridays. For further information phone Ruth or Anne on 547 2660

**Stoke Seniors Choir** Wednesdays from 11am - 12 midday at the Stoke Memorial Hall. Phone Anne on 547 2660

**Pilates for beginners** Tuesdays at 1.30pm in the Stoke Memorial Hall. Enquiries to Christine on 547 2660

### **Housie evening**

All welcome to come to Housie.

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

Great cash prizes and meat raffles. Two-line Bingo. Supper, tea/ coffee and bikkies. Contact Buddy 547 3230 or Anne 547 6987.

18 • *Mudcakes and Roses*

### **Senior adults gathering**

Victory Seniors monthly gathering - held first Tuesday of the month from 1.30pm at Victory Community Anglican Church - 238 Vanguard Street Nelson. A changing program of entertainment, speakers, film clips, games, singalongs, a time of interaction and friendship. Afternoon tea, no charge, all seniors welcome. Further information please phone Jeannette 03 548 7939.

### **Veterans' (55+) 9 hole golf days**

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

### **Motor Vehicle Assembly Plant reunion**

Nelson Motor Vehicle Assembly Plant 1965-1998  
Saturday 28 February and Sunday 1 March 2009  
For registrations contact [reunion@ihug.co.nz](mailto:reunion@ihug.co.nz)  
or phone Monica 544 7296

### **Nelson Philatelic Society**

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

### **Tahunanui Community Centre**

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

### **SeniorNet [Nelson]**

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

### **Nelson Electronic Organ and Keyboard Club**

First Tuesday of each month, \$2  
Stoke School Hall, 7.30pm. Entertainment and supper provided.  
Contact Valerie Andrews Ph 545 1288

### **Nelson Masters Swimmers**

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

### **Senior Service - Nelson Baptist Church**

The Nelson Baptist Church on Bridge Street will hold a Senior Service on Sunday 15 February 2009. This is an inter-denominational service for people from all over the district. We have hymns and songs, a short message, afternoon tea and fellowship. The service starts at 2pm and finishes about 3.30pm, with special guest Pat Heaphy. Transport can be arranged. Contact Alan Roberts, Ph 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](http://www.gsa.org.nz) or contact Graeme Valpy 547 6007 or email [nelson@gsa.org.nz](mailto: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 three-monthly get together for patients on waiting lists through to patients who had interventions several years ago, providing support through shared experience.

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

## Nelson Fifty-Plus Walking Group

We offer farm walks, mini walks and fortnightly tramps for people with a higher degree of fitness than the average walker. Drivers of all cars are asked to notify the leader of the day of their intention to walk and to confirm meeting place. Passengers are asked to contribute to the cost of petrol at 10 cents a kilometre. Come prepared for adverse weather, no smoking or dogs on walks.

Contact Noel Brown or Carolyn Brown ph 544 2286.

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

### February

- 5 Mt Arthur Gridiron, 9am, phone Noel Brown 544 2286
- 10 Penzance-Elaine Bay, 9.30am, phone Sylvia Shand 548 6500 or Elaine Dickens 548 5048
- 19 Kokoroa (swim), 9.30am, phone Noel Brown 544 2286 or Jean Griffin 545 0682
- 24 Pelorus Trig, 9.30am, phone Bernie Hawkey 545 1033

### March

- 5 Maitai Caves, 9am, phone Denis Smith, 546 4305 or Judy Jacobsen 547 3535
- 10 Oaklands, 9am, phone Cheryl Carnahan 544 7684 or Jean Griffin 545 0682
- 19 Rameka Track, 9.30am, phone Bob Dickens 548 5048 or Annette Willisroft 548 9772
- 24 Fringe Hill-Brook, 9am, phone Ron Maylor 546 5170

For Mini walkers programme please ring Juanita Friend 547 6642

## Nelson Dance Along

Every second and fourth Saturday, monthly.  
Time: 7.30 to 11pm at Richmond Town Hall  
Admission \$3.00 member, \$3.50 non-member  
Supper provided. Contact Rosalie Winter phone 548 2236

## Art Group Nelson Inc.

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

## Victory Community Centre

### Sit and Be Fit

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

### Support Your Walk

A leader led walking group  
DATE: Weekly DAYS & TIME: Tue 2.00 - 3.00pm, Thu 9.30 - 10.30am FULL COST: \$2 Koha/Donation VENUE: Victory Community Centre

### Nana Craft Sessions

Come and learn the crafts that Nanas know, including knitting, crochet and stitching.

DAY & DATES: Wed 17th Feb to 7th April TIME: 1.15 - 2.45pm  
COST: \$2 Koha/Donation AGE: 0 - 95 yrs  
VENUE: Victory Community Centre NOTE: Refreshments provided

### Housie Comes to Victory

Come and enjoy this game with members of your community. Great prizes, refreshments served and transport available if required.  
DAYS, DATES & TIME: Wed 18th Feb, 18th March & 15th April  
2.00 – 4.00pm FULL COST: \$2 AGE: 50+ years  
VENUE: Victory Community Centre

## Friends of Nelson Library

Friends of the Nelson are holding their month book sale at the library on 7 February and 7 March. Phone Barbara 545 1646 for more information.

## Golf Croquet

Croquet is fun! It's good exercise and a great way to meet people. Why not give it a try? If you are interested, contact the croquet club closest to you:

Nelson-Hinemoa: 548 3977

Richmond: 544 2052

Riwaka: 528 9704

## Arthritis New Zealand

### Nelson Bays Service Centre

*Enabling a better quality of life for those with arthritis.*

Please contact us on 546 7689 or freephone 0800 663 463. Our service centre is in the Community Groups Centre at 50 Halifax Street, Nelson – office hours Monday-Thursday, 9am-2pm. Half year subscriptions for new members are now down to \$17.50 individual, \$25.00 household, or join April to June and get extra time!

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. The next dates are:

Golden Bay – Wednesdays 18 February and 15 April. Looking ahead: we will be running a practical workshop in May, with a physiotherapist and a Green Prescription worker

Richmond – Tuesdays 3 March and 5 May

Nelson – Tuesdays 17 March and 21 April

Motueka – Thursday 19 March and 21 May

Stoke Wednesdays 4 February and 1 April

Wakefield – held according to demand; please phone if you are interested

Casual water therapy sessions at Ngawhatu Pool seven times a week, including the new time of Tuesdays from 9.30 to 10.30am. To use the Pool, you need to be a member of Arthritis New Zealand (\$35 per year) and there is a small charge per session. Please phone the office for more details.

The Living a Healthy Life course will be taking place in the old Richmond Town Hall complex, starting in mid-March, on Monday mornings. This is a six week course for people who have a chronic illness who would like to gain knowledge and skills to assist them to cope with their condition. An important concept of the course is that self-management of a chronic condition can build self confidence and independence. Please phone for more information and enrolment details. There is a charge of \$20 for the course.

Fibromyalgia Support Group. These informal morning meetings are held at 50 Halifax Street, Nelson about every six weeks. Please phone for details. We are also taking names for a possible group to meet in Richmond in the afternoons or evenings, if there is sufficient interest.

## The Nelson Savage Club Inc

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

## Stroke Club Nelson

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

## Nelson Social Dancing Club

We meet once a month on a Saturday evening at 8pm at Waimea Club, Queen Street, Richmond for a social dance with Band. Ballroom, Latin, New Vogue and Rock n Roll.

Entry members \$6, non-members \$10. Bring a plate for supper. We also have CD dances, come along and join us.

Any enquiries phone Jenny 544 9239 or Jean 546 7061. Our next dance is 14 February 2009.

## Stoke Easy Exercise

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

# Richmond

## Richmond Bowling Club

Have a go - Tuesday at 1.30pm and 6pm  
Thursday at 1.30pm  
Tuesday evenings at 6pm  
Bowls and shoes provided.  
Contact Pat Dickinson Phone 544 0129 or Club phone 544 8891

## Euchre

Every Friday afternoon 1.30pm - 4pm.  
at Richmond Bowling Club.  
Ph Monica 544 2749.

## Grandparents raising grandchildren

Monthly meeting last Tuesday of the month at 10am.  
19 Maple Crescent, Richmond  
Social gatherings second Tuesday of the month at 10.30am.  
Ph Paula 544 5714 for details.

## Richmond Slimmers Club

Keep your weight down.  
Margaret Westley  
Phone 544 7293

## 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 541 8842

## 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 544 5872.

## Age Concern activities

62 Oxford St, Richmond  
Tuesday and Thursday 9am to 12 pm for cuppa and company  
Wednesday 9am to 3pm- various activities  
Friday 10am - Age Concern Easy Exercises  
Morning tea to follow, \$1. Wheelchair hire available  
Contact Elaine Mead, 544 7624

### Age Concern offer:

Supervisor, accredited visitor service and Richmond drop-in centre  
ph Elaine Mead 544 7624  
Prevention and early intervention of elder abuse,  
Ph Jim Davis 546 7682  
Manager, in-home support services, Kerrie Varcoe, ph 544 7624

## Club 50 Programme for February/March

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

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

**February 3** - Nelson Double Decker Experience. We will have morning tea in Anzac Park, and then walk to the bus depot. The bus leaves at 11am and does a 1hr tour around Nelson, Stoke and Tahunanui. Cost: \$5. Bring own morning tea. Meet at TRRC at 9.30am to car pool.

**February 10** - O2b Healthy – Wakatu Estate. Manufacturers of dietary supplements. We will go in 2 groups – 1 group will have morning tea at Pomeroy's while the other group will listen to Greg talk about their products and have a look around. Then swap over. Cost: money for morning tea. Meet at TRRC at 9.30am to carpool.

**February 17** - Waimarama Community Organic Gardens. These Gardens in Upper Brooke St provide a lovely setting to learn about organic gardening and worm farming. Cost: \$2. Bring morning tea. Meet at TRRC at 9.30am to carpool.

**February 24** - Nelson Community Potters, Rutherford St. This is a chance to be creative and have a go at making and painting a tile or bowl. The tiles will be fired and glazed. Cost: \$7. Bring own morning tea. Meet at TRRC at 9.30am to carpool.

**March 3** - Lee Valley Swim. This is a lovely time of the year to take a trip up the Lee Valley to a picnic area. Bring swimming togs, as the water will be lovely, and own morning tea. Meet at TRRC at 9.30am to carpool.

**March 10** - Washbourn Gardens. We will take a stroll around the gardens and begonia house and have morning tea. This will also be a time to plan for the Marahau Trip. Bring own morning tea. Meet at TRRC to walk.

**March 17** - No Club 50 this Tuesday as there is an overnight trip to Marahau planned for Sun15/Mon16. Check the newsletter for info on this or contact Jackie.

**March 24** - Faulkner Bush – Wakefield. NMIT students have worked on the track extending the boardwalk. The more energetic members can also walk up to the lookout. Bring own morning tea. Meet at TRRC at 9.30am to carpool.

**March 31** - Antiques Day. Have a hunt around the house for an interesting antique to bring along for a show and tell day. Cost: \$2. Bring morning tea to share. Meet at 9.30am at TRRC.

## Richmond Walking Group

Do you like walking but find it hard to get motivated? Then our new walking group is perfect for you! It's free and all ages and levels of fitness are catered for.

### Mondays at 10.30am

Tasman Recreational Resource Centre  
9 Cambridge St, Richmond  
Contact Jackie: Ph 544 3957 ext 4

### Pedometers from the Library

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

## Tasman Tennis Centre

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

### *"It's all about me"*

Monthly group session last Thursday of every month. Come along and meet new people and get advice from experts on how to stay healthy and keep active. Wakefield Village Hall 10am, gold coin donation.

Further details from Bee Williamson, Green Prescription phone 544 3957 ext 3

## Motueka

### Motueka Recreation Centre – where it all happens!

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

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

The Recreation Centre Gym is open from 9am till 9pm Monday to Friday, 9am till 4pm on Saturday. Help is available for beginners.

Contact the Motueka Recreation Centre on 528 8228 or fax 528 8560.

### Motueka 50+ Walking Group

All walks leave Decks Reserve car park at times stated. Meetings on the last Thursday of each month in the Uniting Church Hall (rear of church), High St, at 9.30am. Visitors always welcome. Contact Chairperson, David Collis 526 6797 or Secretary, Gabrielle 540 3400. Members who do not wish to start early on the walks can assemble at Deck's Reserve at 10am to agree an alternative option.

#### February

- 5 8.30am, Asbestos Cottage (Cobb Rd) M/H  
9.30am, Settling Ponds, E
- 12 9am, Rabbit Island, All (HW 1141, 4.4M), E
- 19 8am, Lake Rotoiti (Parachute Rock), H  
9.30am, ATNP, E
- 26 10am, Meeting + Bruce, Millers land (Dovedale)

#### March

- 5 9am, Baton Valley, Skeet Valley, M  
9.30, Riwaka River mouth (LW 1017), E
- 12 8am, Golden Bay, All E/M
- 19 8.30am, Holyoake Clearing (ATNP), H  
9.30am, Mapua Wetlands (HW 1030), E
- 26 10am, Meeting + Kina sausage sizzle
- 30 Kaikoura trip – 2 April.

### SeniorNet [Motueka]

Computer learning for the over 55s in comfortable clubrooms at 42 Pah Street. Complimentary classes offered to beginners. Our volunteers give of their time to teach you the basics through to advanced computing and make it fun. Small classes, no stress, learn at your own speed and make new friends.

If you're interested in digital photography, card making, spreadsheets, word processing, email and Internet use, genealogy, managing your computer - then JOIN NOW. We hope to offer some interesting new classes shortly.

Prospective members are welcome to attend our members' meetings held on the first Monday of every month in our clubrooms at 10am. See you there! Contact Ann Long [Membership Secretary] 03 528 8224

## Motueka District Museum Exhibition

"Time Gentlemen Please - Bottoms up in Motueka" is the story of some of Motueka's best known hotels.

The exhibition is about five local hotels - the Travellers Rest (now the Riwaka), the Riwaka Inn, Hotel Motueka, Post Office and the Swan. The exhibition runs through until June 2009. Museum hours are Mon to Fri 10am-4pm. 140 High St, Motueka phone 528 7660

## Golden Bay

### Golden Bay Museum & Gallery

Tarakohe & Golden Bay Cement Company exhibition  
Until 29 April 2009. Museum open 10am - 4pm daily (summer)  
Mon-Fri, 10am - 2pm Sat (winter)  
Phone 525 6268

### SeniorNet [Golden Bay]

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

### Workouts

Masonic Hall, Takaka  
Mondays 9.30-10.30am  
Wednesdays 9.30-10.30am  
Fridays 9-10am

On-site child care provided.

Qualified and experienced instructor.

Call 525 6110 for details

Come workout with us and get fitter faster!

Childcare kindly supported by Golden Bay Community Workers

### Guided Gym Sessions

The Muscle Farm, opposite ITM Takaka.  
Wednesdays noon to 1pm.  
Phone Georgie Stone 525 6110.

### Way2Go Drop-In Yoga

Seniors (50 +) Thursdays 2.15-3.15pm  
Catholic Hall, 94 Commercial Street, Takaka  
Ring Terry Burgess at 525 7422 or just drop in!

### Marble Mountain Country Music Club

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

### Uruwhenua Women's Institute

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

### Motupipi Indoor Bowling Club

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

# RECREATION PROVIDERS

If you are looking for further groups, check out the Found Community Database [www.found.org.nz](http://www.found.org.nz)

## **Hope**

**Hope Midweek Badminton Club**  
Carolyn Mason 541 9200

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

## **Mapua**

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

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

**Mapua Bowling Club**  
Arnie Ahnfeldt 540 3032

**Taoist Tai Chi**  
Taoist Tai Chi Society of  
New Zealand  
55 Muritai St, Tahunanui  
545 8375  
[www.taoist.org](http://www.taoist.org)

**Motueka  
Aerobics/Gym & Fitness  
Centre**  
50+ Aerobics  
Mot Rec Centre  
Brent Maru 528 8228

**Riwaka Croquet Club**  
Sally Goodall 528 8296

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

**Healthy Hearts Club**  
St Thomas Church Hall  
Cindus Colonna 543 2033

**Indoor Bowls**  
Motueka Senior Citizens  
Hall  
George Riordan 528 7960

**Line Dancing**  
Motueka Senior Citizens  
Hall  
Beryl Sturgeon 528 8265

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

**Marching**  
Motueka Veteranettes  
Marching Team  
Bev Clementson 528 9125

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

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

**Walking**  
Motueka 50 Plus Walking  
Group  
Vivienne Pearson 526 6076

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

**Nelson  
Aquatics/Swimming/  
Gym**  
Riverside Pool  
546 3221

**Trafalgar Centre Social  
Badminton Club**  
Pam Frost  
548 7153  
John Williams 548 0983

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

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

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

**Croquet**  
Nelson-Hinemoa  
Bev Worrall 548 2190

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

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

**Hatha Yoga**  
Maureen McKain 546 4670

**Hot Yoga**  
Claire 548 2298

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

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

**Marching**  
Silveraires Leisure Marching  
Diana Clark 548 9527

**Nelson Petanque Club**  
Ernst Lacher 548 3031

**Nelson Social Dancing  
Club**  
Club Waimea  
Frank Thomas 546 7061

**Over 50s Pilates**  
Body Power Pilates & Yoga  
Centre  
Sue Wilson  
029 281 3735  
Email [inbox@bodypower.co.nz](mailto:inbox@bodypower.co.nz)

**Seniors Yoga**  
Body Power Pilates & Yoga  
Centre  
Sue Wilson 029 281 3735  
Email [inbox@bodypower.co.nz](mailto:inbox@bodypower.co.nz)

**Table Tennis**  
Nelson Table Tennis Club  
Phil Hamblin 546 6256

**Tahunanui Bowling Club**  
Murray Canning 547 6921

**Taoist Tai Chi Society of  
New Zealand**  
55 Muritai St, Tahunanui  
545 8375  
[www.taoist.org](http://www.taoist.org)

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

**Walking**  
Nelson 50+ Walking Group  
Noel Brown 544 2286

**Nelson 50+ Mini Walks**  
Gwenda Wallace 544 5307

**Over 50s Yoga**  
Body Power Pilates & Yoga  
Centre  
Margot Hannigan  
029 281 3735  
Email [inbox@bodypower.co.nz](mailto:inbox@bodypower.co.nz)

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

## **Richmond**

### **Badminton**

Richmond Morning  
Badminton  
Dawn Wakelin 544 4120

### **Bodyvive (Low Impact)**

CityFitness Quarantine Rd,  
Nelson  
Monday, Tuesday and  
Thursday 10.20am  
Debbie Callaghan 547 4774

### **Crafts, Caring and Sharing**

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

### **Croquet**

Richmond Croquet Club  
Eleanor Hannay 547 5424

### **Tasman Recreational**

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

### **Easy Exercise**

Wednesday General  
Knowledge Quiz  
Wednesday Luncheon  
Thursday Knitting Group  
Freda Beloe 544 8569

### **Easybeat 50+ Aerobics**

Leigh Dalzell  
548 1689 or 021 547 811

### **Indoor Bowls for Seniors**

Church of Christ Hall  
Cnr Croucher & D'Arcy Sts  
Tuesday 1pm-3pm  
Phyllis Haines 544 8383

### **Latin In-line Dance**

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

### **Line Dance Nelson**

Alison Myers 546 9878

### **Body Power Pilates & Yoga Centre**

Richmond Town Hall  
Sue Wilson 029 281 3735  
inbox@bodypower.co.nz

### **Richmond Bowling Club**

Pat Dickinson 544 0129

### **Social Recreation**

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

### **Tai Chi Falls Prevention (65+)**

Presbyterian Support  
Maxine Poole 547 9350 ext  
712

## **Stoke**

### **Stoke Bowling Club**

Lyndon Penketh 547 4780

### **Clogging/ Tap Dancing**

Nelson Sun City Cloggers  
Georgina Higgs 545 1037

### **Easy Exercise**

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

### **Easybeat 50+ Aerobics**

Leigh Dalzell  
548 1689 or 021 547 811

### **Hatha Yoga**

International Yoga Teachers  
Assn  
Maureen McKain 546 4670

### **Hydrotherapy**

Ngawhatu Therapeutic Pool  
Day and evening sessions  
Thelma Creighton 547 6384

### **Introductory Pilates**

Stoke Memorial Hall  
Tuesday 1.30pm  
Christine 547 2660

### **Safety & Confidence**

Kidpower, Teenpower,  
Fullpower Trust  
Cornelia Baumgartner  
543 2669

### **Stoke Social Seniors**

'Girl's Own' and 'Lads at  
Large' trips  
Anne or Ruth 547 2660

### **Stoke Social Seniors Walking Group**

Meets Tuesdays 10am at  
centre  
547 2660

### **Stoke Social Seniors Tai Chi**

Stoke Memorial Hall  
Wednesdays 10am  
547 2660

### **Senior Strengthening Exercises**

Stoke Memorial Hall  
Wednesday 11am  
Christine 547 2660

### **Table Tennis Nelson**

Bryan Keane 547 7530

### **Tai Chi Falls Prevention (65+)**

Presbyterian Support  
Maxine Poole 547 9350 ext  
712

## **Golden Bay**

### **Gentle Exercise**

Golden Bay Physio Clinic  
525 9708

### **Indoor Bowls/Cards**

Senior Citizens Club Rooms  
Mary Couper 525 8445

### **Tai Chi Falls Prevention (65+)**

Presbyterian Support  
Maxine Poole  
547 9350 ext 712

### **Tai Chi for Arthritis**

Ann Marshall 525 8437

### **Wednesday Walkers**

Jane Baird 525 9061  
Angela O'Brien 525 8685

### **Puramahoi Table Tennis**

Betty Wilson 525 9526

### **Pohara Bowling Club**

Jennifer Westrupp 525 9621

### **Takaka Golf Club**

525 9054

### **Takaka Golf Club Ladies Section**

G Turley 525 9122

### **Golden Bay Patchwork & Quilters Guild**

Liza Eastman 524 8487

### **Takaka Spinning Group**

Jan Weston 525 9374

### **Probus**

Jan Sawers 525 9197  
Robin Manson 525 9359

### **University of the Third Age (U3A)**

David Morgan 524 8331

### **Genealogical Group**

Cherill Cooper 525 8832

### **Golden Bay Contract Bridge Club**

Leigh Gamby 525 9744

### **Golden Bay Garden Club**

Julie Langford 525 8089

### **Golden Bay Mohua Tecorians**

Sally Douglas 525 9569

### **Mah Jong**

Ethel Smith 525 8615

### **Guided Gym Session**

Wednesday 12 -1pm  
Georgie Stone 525 6110

### **Drop In Yoga**

Seniors Thursday  
2.15-3.15pm  
Terry Burgess 525 7422

### **Takaka Table Tennis**

Rene 525 7127

## **Tapawera**

### **Walking**

Rural Ramblers  
Una Foulsham 522 4083

### **Visual Art Society**

Tapawera  
Kaye Register 522 4368.

## **Wakefield**

### **Easy Exercise**

Arthritis New Zealand,  
Nelson  
Nancye Wearing 541 9040

### **Wakefield Senior Citizens**

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

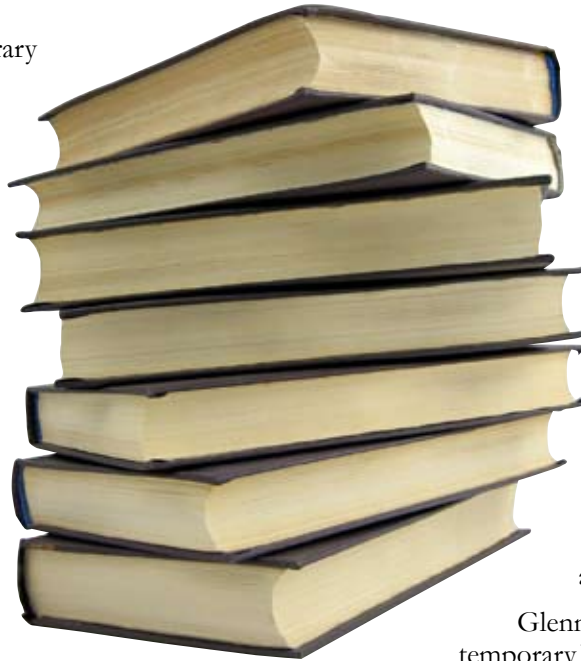
# Books at home

If you are housebound, or know someone who is, there's no need to be without books, DVDs or CDs from the library.

Both Nelson and Tasman library services offer a home delivery service to users in their areas.

All you have to do is contact the libraries and give them a list of what you wish to take out, or you can specify your interests and staff will make a selection for you.

Ian Littleworth, Manager at Nelson Public Libraries, said their home delivery service was popular. "People can ring in and tell us what it is they want – large print, talking books, CDs, or their interests, whether it's crime, romance and so on. We then put together a selection for them based on the criteria they give," he explained. The service is available at the Elma Turner, Nightingale and Stoke libraries.



In Tasman, Glennis Coote, Customer Services Librarian, explained that their housebound service was available from Richmond, Motueka, Takaka and Murchison libraries. Anyone interested in using it can simply call the nearest branch and join the service.

The Tasman service also offers its clients books in any format – large print and talking books are very popular – CDs, DVDs and tapes. Again, they can put together a selection of appropriate books based on the profile that has been set up.

Both services use volunteers to drop off and pick up the books, but if you have a friend or relative who can do it for you, that can also be arranged.

Glennis said they also offered the service on a temporary basis for someone who was housebound for a short time, for example after an operation.

## HEARING PROFESSIONALS

*Nelson Marlborough*

Your local hearing specialists

See us for all your hearing care needs

24 Nile Street, Nelson • 54 Scott Street, Blenheim  
with visiting clinics in Takaka, Motueka and Kaikoura

Freephone

**0800 54 24 54**

Jill Beech MNZAS  
Audiologist  
Member of the  
NZ Audiological Society