

Mudcakes *and* Roses

Senior Generation Action and Issues
– Nelson Tasman

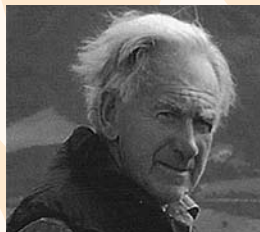
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Mudcakes and Roses

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Little Pills

by Sebastian Hales



I used to have a pink one before I had my dinner.
I knew the little pink one would help my blood get thinner
But then the doctor saw me, and this is what he said,
“You need to take a yellow one before you go to bed,
For if you take a yellow one you’ll stay asleep all night
And when the morning comes, you’ll feel just right”.

So now I took a pink one and a yellow one too
And my blood got thinner and I slept the long night through
But then around supper time I wasn’t feeling best.
The doctor said “You need something to help you to digest.
You take this little round pill at breakfast, lunch and tea,
And when you’re feeling better come back to talk to me”.

So I took a little round pill three times in the day
And I took the yellow pill at night to sleep the night away
Then I got constipated – and felt a little ill
And the doctor said, “That’s what happens with the yellow pill.
I’ll just give you this red one to take when you feel lousy.
It’ll stop your constipation, but you’ll feel a little drowsy”.

So now I take a red pill every day at noon,
And after lunch I fall asleep for all the afternoon.
I wake to take the pink pill before I have my dinner,
And then I have a round pill to make my blood get thinner
And then I have a cup of tea and wake the long night through
Because the little red pill has made me need the loo.
And the doctor comes to see me as often as he should,
And I now take a half an orange pill to thicken up the blood
And I have two little brown pills for my rheumatic pain
And a couple of green and blue pills to clarify my brain.
And now he has prescribed me one that works the best
A huge great purple square pill to counteract the rest.

I’ve got a little needle and on a rainy day
I take out my little piles of pills that I have stored away
And I make a little hole in each and string them round my head
They are my little talismans that stop me being dead
And I don’t have pills for dinner, and I go to sleep at night
And when I get up in the morning I feel just right!

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The bandsman plays on

Music is in Maurice Abraham's DNA. His dad Harry played brass and sax, mum Blanche, sisters Iris, Olga, Dawn and younger brother Cliff all played piano, older brother Leo was on trombone (he later played for the Rodger Fox Big Band), and Maurice was on cornet and sax.

The doors of their Vanguard St house would be thrown open on Sunday afternoons for a free concert for neighbours.

"He breathes, he plays," says Maurice's partner, Sue. "He'll play anywhere with anyone."

At the age of 90 Maurice, with trio the Sou'Westers, has an almost daily line-up of gigs that would knock over a 20-year-old. Rest-home concerts, anniversaries, group gatherings – sometimes more than one session a day in the busy season leading up to Christmas.

He did an 80th birthday party where a guest quipped, "You played at my 21st."

When his lips get too sore after long stints on the saxophone, Maurice will sing. Sue calls him "leaky", as in "he leaks music".

He has also been a mainstay of the Nelson brass band since flappers were kicking up their heels in the 1930s. Maurice went to his first solo competition at the age of 13, and nearly eight decades later can still win the regional champs for the masters section of players aged 50+.

In the early days he had a sideline playing sax in the Regal Dance Band (Frank Stock, Ken Sharland, Phil Stratford, Geoff Aydon and Bert McKay). The large band struggled to find dance promoters who could afford them so they ran their own dances in Stoke.

"They were never successful," says Maurice.

World War 2 broke the band up as most members enlisted in the armed forces. Maurice chose the army and his cherished saxophone, a gift from his father, went with him to Cairo in the Middle East.

He was shipped to Greece but in the clamour to get out before the advancing Nazis, the Allied troops were dumping all their equipment in the sea. Maurice's sax had to be left behind. When the troops regrouped in North Africa, a soldier from Culverden bowled up,

delved into his kitbag and produced the instrument.

(Maurice eventually gave it to his eldest son, and bought a new sax in the 1970s that he still plays.)

He fought in the front line of the desert campaign, then went into ordnance (supplies) and in the last year received an almost inevitable call-up to the 6th NZ Infantry Brigade Band.

Maurice came finally home on furlough and was allowed to stay because wife Molly was pregnant with the first of their four children.

“Men learnt how to be respectful in public, and especially in women's company.”



The saxman, aged 90, at a recent campervan rally gig.

A printing apprenticeship was too stifling after the wide expanses of the desert, so Maurice joined Nelson City Council as a meter-reader, progressing to clerk and finally paymaster until he retired at the age of 55.

The music, of course, played on with the Nelson Municipal Band – "I've always been a bandsman" – the five-piece Kiwi Dance Band and freelancing with most of the combos around the city.

"I spent a lot of time with Doug Heinz."

Maurice says the violinist and band leader – "a born entertainer" – was superb at getting a crowd on their feet, and "once you get them dancing you can play all night".

"He'd always give a bit of verbal on the microphone and that was the secret of his success."

Doug's band ventured as far as Timaru, plus West Coast gigs. Their fee and accommodation were covered by dance promoters.

Supper was a dancehall ritual, and Maurice says the Rai Valley spreads, put on by farmers' wives, were legendary.

Alcohol was banned in the dancehalls, "and I think that's a good idea". In his decades of playing the venues Maurice says he did not see a single ugly incident, and he regrets the passing of the era.

"Men learnt how to be respectful in public, and especially in women's company."

Maurice's wife Molly died in 1999. They had lost their second-born son Ian to illness as a teenager. He was a gifted trombonist who had been accepted for the Junior National Band, as was his older brother Bruce (who is now growing kiwifruit in the Bay of Plenty). Youngest son Kerry (pianist) lives in Nelson, as does daughter Amuri, who is also a former bandsperson.

Maurice now plays mostly with the Sou'Westers (Bruce Hamilton and Marshall Walters). Sue says the resthome gigs can stretch to three hours by the time Maurice finishes socialising with residents, many of whom he knows.

The Nelson City Brass Band involves a dozen performances a year, and Maurice makes a pilgrimage to the nationals whether he is competing or not.

In his spare time he has a bountiful garden to tend, helps out with swimming for arthritis sufferers at the Ngawhatu pool, is involved with Alzheimers support and is the "almoner" for the Masonic Lodge, visiting sick members in hospital, among other welfare duties.

As for suggestions of retiring from music, "This is my retirement!" says the man whose DNA must be structured like a stave rather than a double helix.

Seniors behaving badly

A snapshot from round the world, courtesy of newsoftheweird.com: ■

Elsa Seman, 71, was shot and killed in North Versailles, Pennsylvania when mistaken for a prowler. Police say Seman had gone to the home of her ex-boyfriend at night and, dressed in black, commando-style, was lying in wait in his yard with a pistol, intending to kill him. A neighbour reported a prowler, and a police officer fatally shot Seman.

The US Tax Court ruled that **William Halby, 78**, owes back taxes because he improperly tried to deduct \$300,000 over a five-year period for “medical” expenses that were merely purchases of sex toys and pornography and payments to prostitutes. Halby (a retired tax lawyer) said the activities relieved his “depression”.

Kailash Singh, 63, who lives near the holy city of Varanasi, India, told reporters he had not bathed in the last 35 years, but for a good reason: remaining water-free would improve his chances of fathering a male child. (It hasn't worked, and he has moved on to a new cause, shunning baths until India's social problems are resolved.) Singh previously owned a shop, but became a farmer because customers were reluctant to approach him.



Ella Orko, 86, was arrested in Chicago (her 61st arrest) and charged with shoplifting \$252 worth of groceries and sundries – including anti-wrinkle cream.

Police in Southern California were hunting a **well-dressed, 70ish man** who has robbed four banks. The man has shown special dexterity to pull off the robberies, since he is on oxygen and has to carry around his own tank.

James Pacenza, 60, of Montgomery, New York, who was fired by IBM for repeated visits to an Internet sex-chat room during work hours, told a federal appeals court that his “addiction” is a result of post-traumatic stress disorder from combat in Vietnam.

Silverston, Oregon Mayor Stu Rasmussen, 61, elected even though he dresses openly as a woman, drew criticism from officials of a community group when he addressed students while wearing a miniskirt and swimsuit top. Critics suggested he should dress in “professional” women's clothes when speaking to youth groups.

Truckie Phillip Mathews, 73, forgot to lower the loading arm after finishing a job in Bellevue, Iowa. As he returned to the highway, the boom snapped overhead phone and power lines for 18km until motorists finally got his attention.

A 77-year-old woman in Heaton Mersey, England, who was described by friends as an enthusiastic shopper, died of natural causes, but authorities needed five attempts to find her body under stacks of goods that had fallen on her.

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Citizens on night patrol

“We’ve made a difference,” says Richmond Community Patrol co-ordinator Mike Gill. In the two years he has been watching the streets late at night, habitual troublespots such as Waring Carpark and Washbourn Gardens have quietened down.



Constable Grant Heney briefs members of Motueka Community Patrol before they go out on their beat.

Mike and 30 other volunteers patrol in pairs from 9 pm to 3 am on Friday and Saturdays. Their brief is to be an extra set of hands and eyes for police, summoning a patrol car if needed, and logging anything suspicious.

Volunteers also sit in the police station and monitor the three crime cameras in Richmond.

Patrollers are rostered on about once every six to eight weeks. Before a shift they are briefed by police on, for instance, any parties that may be happening, or details of stolen cars.

The community patrols then head out in a Tasman District Council vehicle equipped with police radio.

Mike says the golden rule is to avoid confrontation.

“Your own safety is your prime importance.”

Motueka patrol spokesman Bernard Redshaw says the 16 members of that group consider their role as “more about prevention of crime”.

When intoxicated young people pour onto the streets after the pubs close at 2.00 am, “we try to prevent them from doing silly things. Sometimes we even arrange for their parents to be called to take them home.”

Reporting of supposedly minor incidents can provide the key piece of a jigsaw. Motueka patrollers noted a car with a noisy exhaust system. When it was later stopped by police, they found evidence linking the driver to drug use and a swag of burglaries.

Patrollers can also save valuable police time. A Richmond team was once directed to check out an address in Stoke after a man in Australia phoning his mother became concerned when the line went dead. The “emergency” turned out to be a flat phone battery.

In another instance people found themselves stranded on a top-storey deck when the door to the house locked. Patrollers were able to throw up the spare key.

Mike says he started patrolling because he was fed up with lawlessness and vandalism – his own letterbox had been smashed three times.

Initially he was amazed at what goes on in Richmond after dark. Patrollers’ nightly log might include people drinking in breach of the liquor ban, broken glass, fights – “general loutish behaviour really when the young ones get tanked up”.

One patroller was dismayed at the number of “12, 13 and 14-year-old” drunk girls wandering the streets – easy prey for sexual predators.

Patrols can rove as far as Wakefield. Schools are checked regularly and business premises monitored. The vehicles carry an emergency supply kit with flashing lights, cones and torches to assist at road accidents.

Motueka patrols keep an eye on empty Kaiteriteri “baches”, check earthmoving equipment at the Ruby Bay Bypass, and even note free-campers so the council can keep tabs on the problem.

But you never know what may crop up. Bernard says his patrol was called to an accident involving an SUV that had tipped on its side – trying to avoid a wandering cattlebeast. “We chased that around most of the night.”

Mike says the service is much more professional now, and Bernard confirms that all Motueka group members have completed a two-day course for their Certificate in Community Patrolling, which covers dealing with anger, drugs and alcohol – even how to spot an illicit drugs lab – communication skills, cultural awareness and the law.

Most patrollers are first-aiders. Occupations range from a lawyer, writer, retired policeman and other retirees. Bernard is ex-army and like Mike, says he joined the patrols partly to give something back to the community.

Patrols also operate in Nelson, and there are about 110 such groups nationwide. Last year patrollers put in more than 60,000 hours and logged over 13,000 incidents.

* If you are interested in patrolling, contact your local police station for an enrolment form.

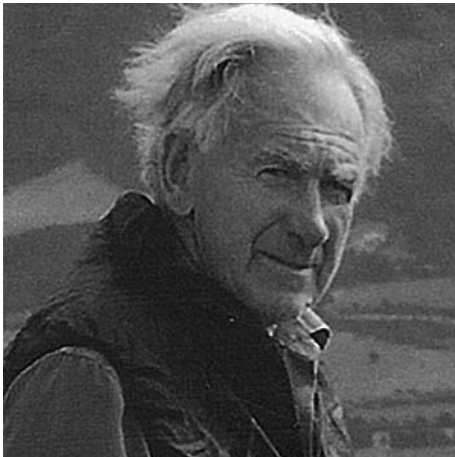


The Richmond patrol on duty.



Workmen between Eureka Bend and Stott's Corner, about 1936. (Golden Bay Museum)

Capturing history of the Hill



Cliff Turley

The sheer bulk of Takaka Hill cast its influence over a young Cliff Turley as he grew up near the Rat Trap Hotel.

Winter floodwaters would pour across the paddocks towards the pub, and the steep, soaring slopes of the Hill were unnervingly close, he says.

At the age of four Cliff moved to Hawkes Bay, returned to the Top of the South for a year at Nelson College, and then after graduating from Canterbury University he left for OE in England – a trip that became a 21-year teaching stint.

His subjects were geology and geography, and when he returned to Golden Bay

with Welsh wife Gerda, he taught mostly English at the high school.

His retirement has been productive, with his book *Rocks and Hard Places* winning the Heritage/Culture section of the 2009 Nelson Tasman Environment Awards. Judges praised “a fascinating account”.

Cliff says he didn't have a book in mind when he began doing taped interviews.

“I was simply concerned with capturing untold stories of many elderly folk who had so much to do with the road's development and the establishment of farms in a harsh, unforgiving environment.”

As the project expanded, he learnt plenty along the way, and quotes the adage that “to become a writer the first thing you must do is write a book.”

Cliff approached former Golden Bay writer Carol Dawber (now in Dunedin). Her *River Press* has published many Bay books. Over a “frantic” year, the manuscript became finished product.

He hopes the book will make people aware of Takaka Hill historical features such as tracks and huts. “These things need to be protected and maintained.”

His favourite parts of the Hill (part of the Pikikirunga Range) are “where I get some feeling for the past”, as he does walking the Bridle Track.

He savours the view from Ngarua Cave over the bay to Adele and Fisherman Islands, imagining the old sailing ships that sheltered between them and the mainland during storms.

Buoyed by a “really good reaction” to *Rocks and Hard Places*, 79-year-old Cliff is mulling over another book, with an inclination to capture the stories behind Takaka.



Emms Motors service cars return to Motueka after the 1925 Seddon Shield match at Takaka. (Motueka and District Historical Association, Fergus Holyoake Collection)



A blade shearing gang in 1912. (Motueka and District Historical Association, Fergus Holyoake Collection)



Fry's service takes Motueka band-members home after the Takaka A&P Show in 1908. (Motueka and District Historical Association, Fergus Holyoake Collection).



A severe snowstorm in July 1965 (Nelson Provincial Museum, Geoffrey C Wood collection).



Chubb Wood on his Harley Davidson near the summit in 1936.



Blocks of marble are cut at Kairuru quarry in the 1920s. Small holes were drilled and wedges inserted. (Alexander Turnbull Library, Lithgow Collection)

Snippets from the Hill

- Early Maori using the trail from Riwaka to Takaka valleys carried flax sandals that could be made quickly and would last two days of walking.
- New Zealand Company surveyor Charles Heaphy and his party were the first recorded crossing by Europeans, in Dec-Jan 1843-44.
- One overland party in 1857 took 11 hours for the ascent and three hours to come down.
- Stock were brought into Golden Bay by boat. A pioneering flock of 50 ewes were driven over the Hill in 1860.
- A bridle track was formed between 1856 and 1863. A dray, or wagon, road was popularly considered “a fairytale and a physical impossibility”, but the first wheeled vehicle reached the top in 1879.
- Yorks’ accommodation house at the foot of the Riwaka side of the Hill was denied a liquor licence but became a quality sly-grogger. When Henry York was arrested and asked by a policeman whether he made bootleg alcohol, he replied: “Of course I do – and many a whisky you’ve had with me.”
- The contracts for turning the dray road into a coach road identified 52 streams to ford.
- In 1887 Mr T.A. Field topped the Hill on a penny-farthing bicycle – which he carried or pushed for much of the journey.
- The coach road was completed in the mid-1890s. The first motor vehicle crossing was probably made in 1906. “The trip over the Hill was always an adventure; the safe arrival an achievement.”
- Traffic had to crawl over dodgy sections of the road. Legend has it that two motorcyclists worked out a routine where one would hop onto the back of slow-moving trucks and throw goods off for his mate to retrieve.
- Maintaining the road has always been a battle with snow and slips. Heavy rain in August 1990 caused more than 80 slips, washouts and blocked culverts, marooning over 5000 people for a week.
- Newmans driver Phil Craven estimated that he had driven over the Hill 10,000 times.
- Betting was rife at the Rat Trap pub. John Falconer’s grandmother pushed a wheelbarrow containing the publican up the Hill to win a wager.
- Blocks of Kairuru marble weighing 3-10 tonnes were taken by tramline to Sandy Bay, and from there by scow to Wellington for use in the Parliamentary buildings.
- Six runners have done the 15.5km Takaka Hill race in less than an hour.
- (From *Rocks and Hard Places*, by Cliff Turley, River Press)

Sea rescuers always on call



“We are a voluntary organisation – we can’t charge for what we do,” says Ian Shaw of the Nelson Coastguard.

So when the boat comes to the rescue of a vessel whose motor has broken down – or more exasperatingly, just run out of fuel – all they can go is post a letter the next day asking for a donation. The response, Ian admits, is “mediocre”.

“They are very appreciative to see you and be towed home, but not everyone is forthcoming.”

Coastguard averages two rescues a month and most of the 14 Nelson members put in long hours of training in seamanship etc. Ian says volunteers usually have a boating background, although other skills are equally useful to the organisation.

The local base, at Wakefield Quay, is blessed with a tough workhorse in a 10m rescue vessel originally built for the daunting North Sea off Britain. It is the only one of its kind in New Zealand.

Nelson covers the area from Farewell Spit to D’Urville Island. It is under the direction of police, and can put up an aerial patrol using a plane from Sounds Air.

Those assisted include not just recreational boats, but also commercial vessels, and with the airport flightpath over water, “you’ve got to have these resources available,” says Ian.

Thankfully, their usual work is about averting tragedy, such as breakdown assistance, or collecting kitesurfers blown out to sea. Ian says in his 14 years with Coastguard he has only been involved in one fatal incident.

The nature of the business means foul-weather callouts.

“It does get pretty nasty out there but our boat can cope with it.”

That boat is reaching the end of its life, however, and Coastguard is launching a fundraising drive to buy an 11.5m pontoon-hulled vessel with twice the speed.

“People think we’re Government-funded, but we’re not,” Ian says. The national organisation doles out money from the Lotteries Grants Board, and other providers include foundations and trusts.

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Gentle way to see sights

by Caroline Crick

One of the well-known faces of the Nelson Saturday market is on her bike. Ceramic platter-maker Rose Griffin has sold the kiln, cleared out her stock and is now encouraging tourists to sample local delights on two wheels, through a new venture, The Gentle Cycling Company.

Rose takes her customers out into the rural heartland of the Waimea Plains or the Moutere hills, drops them off with bike, helmet, map of suggested routes to ride and places to stop, and picks them up when they've finished.

"I've spent long hours biking out here so I know it well," she says. "There are so many lovely places to stop, old buildings and churches to see, plus of course there are wineries, cafes and restaurants dotted around the region, so I've planned the routes around the best stopping places."

Bikes are chosen “for bottoms of all sizes, with comfort and ease of riding paramount.”

Rose invited me along for a ride with friends recently. It took us about 35 minutes by van to get from the company's base in Stoke to our starting place in Upper Moutere.

We set off into the countryside and stopped at the Mahana Settlers Cottage, a window on a world gone by. We ate our packed lunch outside the gallery at Woollaston Estate Vineyard, which runs contemporary art exhibitions year-round, and then enjoyed stunning views of the Tasman Bay coastline as we pedalled along.

The Chandrakirti Buddhist Centre in Sunrise Valley was a real surprise set in a gorgeous old garden, and then it was on to Upper Moutere Village, where I got a bit carried away buying local cheese and Moutere Gold preserves from the Old Post Office. We visited the pottery gallery of Owen Bartlett and Katie Gold and then wandered across the highway to the Moutere Pub pick-up point, where we enjoyed a boutique beer in the sunshine before heading back to the depot.

The whole day was a combination of off-the-beaten-track sightseeing, gentle exercise and gourmet treats. Another



Judy and Tony Elliott having a break at one of the historic churches on the Gentle Cycling Company's Brightwater route.

route, the Brightwater Twilight Ride, goes past three historic churchyards and ends up at the Sprig and Fern Pub in Brightwater. There's also the Secrets of Rabbit Island ride.

Rose caters for family groups who ride at the pace of the slowest person, couples who want to see the scenery up close, and small groups on a girls' day out or to enjoy the food and wine on offer. The rides avoid big hills – in fact some routes are completely flat – and you can always get off and walk if you feel like it.

"It's designed to be a fun day out in the country," she says. "All the routes include a country pub or cafe and the bikes have baskets on the back for your lunch. We provide the location and the picnic blanket – you just bring your sandwiches."

And beginner cyclists are in no danger of saddle-soreness. Bikes are chosen "for bottoms of all sizes, with comfort and ease of riding paramount."

Rose also offers freedom hire from the Stoke depot. The Gentle Cycling Company website is www.gentlecycling.co.nz or you can phone them on 0800 We Bike.

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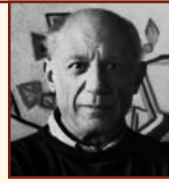
Nelson Mandela
(1918-).

Became President of South Africa at age 75. Served for five years. Won international respect for his reconciliation of whites and blacks after apartheid.



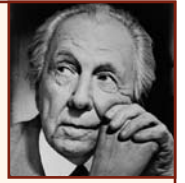
Pablo Picasso
(1881-1973).

Completed his portraits of "Sylvette" at 73, married for the second time at 77, then executed three series of drawings between 85 and 90.



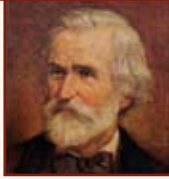
Frank Lloyd Wright
(1869-1959).

Completed designing New York's Guggenheim Museum at age 89; continued teaching until his death.



Giusseppe Verdi
(1813-1901).

At age 74 wrote Otello and at age 78 wrote Falstaff.



Pope John
XXIII
(1881-1963).

Chosen Pope at 77, then brought the Catholic Church into the 20th century.



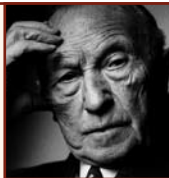
Mother Teresa
(1910-1997).

Won the Nobel Peace Prize when aged 69. At the time of her death her Missionaries of Charity ran 610 missions in 123 countries.



Konrad
Adenauer
(1876-1967).

Became the first Chancellor of the Federal Republic of Germany at age 73. Resigned 14 years later.



Arthur
Rubinstein
(1887-1982).

At age 89 gave one of his greatest performances at New York's Carnegie Hall.



Henri Matisse
(1869-1954).

In his 70s did a series of paper cutouts that are exhibited at New York's Museum of Modern Art.



Romance writer reached across globe



Nelson romance novelist Loren Teague lost a two-year battle with cancer recently. In a testament to her spirit, she completed three books after the diagnosis.

Here is Loren's story, told in her own words:

"My mother once told me I was a descendant of the Yetholm gypsies in the Scottish borders, and so I reckoned that's where my love of travelling came from. She and my father also instilled in me their love of books. Although I was brought up in Hawick, we later moved to the Black Isle in the Highlands of Scotland, where my imagination flourished as my passion for history grew.

When I reached my 20s, I travelled the world as a backpacker and stopped off

in Nelson for a while. Twenty years later I am still there.

My first article was published in The Nelson Mail in 1996 and I went on to review books for that newspaper and other writing magazines. In 1998 I could see there was huge potential for an online book review scheme in New Zealand, so in conjunction with New Zealand publishers I set up a scheme offering writing opportunities to around 30 writers, and later gifted the website to the NZ Society of Authors.

From judging writing competitions to organising publicity for other authors, I learned a lot about the book publishing industry and so I started my own manuscript assessment service, Pen and Ink, in 1999. This gave me a chance to help other writers, as I knew what it was like to write a novel and to need feedback and guidance.

My first novel was a Scottish historical romance, Highland Rebel, published by

Whiskey Creek Press in the US in 2006. My second novel, True Deception, a romantic suspense, was published in July 2008 by Robert Hale in the UK. This was followed by Ultimate Betrayal, another romantic suspense, in March 2009. Forthcoming titles for 2010 are The Italian Affair.

Over the years I have written non-fiction articles for magazines and recently launched into erotic romance, under the pen name of Gina Martinelli, with my first short story accepted by Xcite Books.

After 13 years in the writing and book industry it's been quite a journey – and in spite of the long hours and hard work at learning my craft, the low points and also the high ones, and not forgetting the many people I've met (some of them now longtime friends and colleagues), I reckon it's been worth every moment."

Across:

1. Making glass better (6,7)

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

ALFAB
WINDOW TINTING
0800 484 697

SIMPLER CLUES

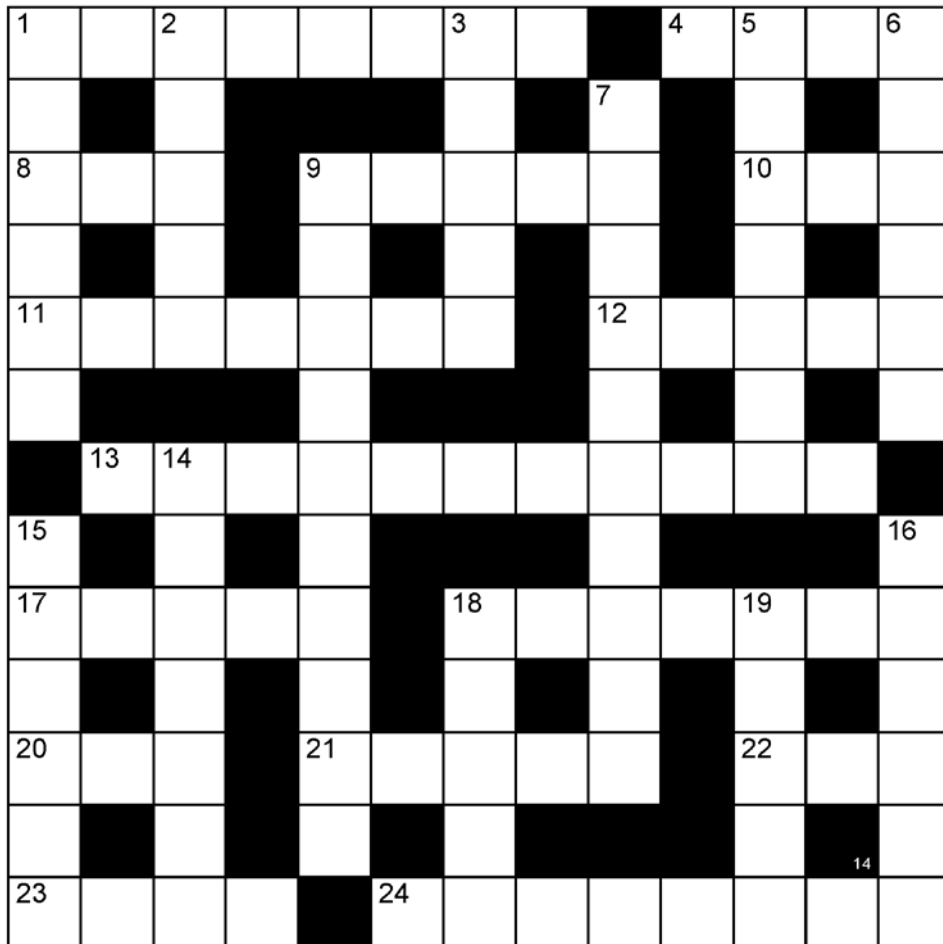
CLUES ACROSS

1. Occurrence, example (8)
4. Double-reed instrument (4)
8. Professional charge (3)
9. Stir up, awaken (5)
10. Sound of small dog (3)
11. A handcuff (7)
12. Style of Greek architecture (5)
13. Evade the truth, quibble (11)
17. Remain suspended (5)
18. The sensitive layers of eyes (7)
20. Religious sister (3)
21. Wandering pastoral tribesman (5)
22. Feline (3)
23. Wide-spouted water jug (4)
24. Woollen garments (8)

CLUES DOWN

1. Ill repute (6)
2. Shine, lustre (5)
3. Raw, unprepared (5)
5. Stabbing instrument on rifle (7)
6. Look forward to as likely (6)
7. Dried (coconut etc) (10)
9. Getting over illness (10)
14. Inflict injury in retribution (7)
15. Alter (6)
16. Leg-iron (6)
18. High-bridged (nose) (5)
19. Mother-of-pearl (5)

Crossword



Crossword no. 10290 Pattern 14

HARDER CLUES

CLUES ACROSS

1. An example of acne isn't to be treated thus (8)
4. It gives orchestra A to boo about end of prelude (4)
8. A charge one will be sensible of not finishing (3)
9. Awaken our confusion if seen to lose half (5)
10. Sound a little doglike at getting wages returned (3)
11. Handcuff can be reversed in the masculine gender (7)
12. Architectural order for one in company reorganisation (5)
13. Quibble about viper cat gives ear to (11)
17. Vacuum cleaner has nothing to lose if you hang about (5)
18. Sensitive parts of eyes trained in a tree (7)
20. Sister has nothing to speak of (3)
21. A wanderer accompanying Pithias back (5)
22. Being spiteful, she was once punishingly applied (3)
23. Jug for Western expedition leaders held by the Queen (4)
24. Woollies we rank with it somehow (8)

CLUES DOWN

1. Bad repute attaches to many, if disturbed (6)
2. Lustre he discovered in old Japanese coin (5)
3. Credit due to be changed for the unrefined (5)
5. Light bulb fitting on end of rifle (7)
6. Think it will happen, except that it will be different (6)
7. Dried to preserve cat, decides to put it out (10)
9. Getting better rice, govern its distribution (10)
14. Retribution, for instance, is at no time given up (7)
15. Loose money will not remain the same (6)
16. Shackle a non-drinker can get free from (6)
18. Such numerals are not for the unlettered (5)
19. Pearl's Mum Mona created a part (5)

A second chance for teens and canines

“I’m an animal-lover – as you can tell with 10 cats,” says Paige Turner. And she has just added her foster dog Amber to the menagerie for good.

Paige has looked after 9-year-old Amber while she went through the Ark programme, which pairs rescued dogs with at-risk young people who help to train the animals in preparation for rehousing.

Five courses have been run, involving 30 teens in total. Over eight weeks, on Monday, Wednesday and Fridays, they teach the dogs basic commands, under supervision from volunteer helpers and dog-trainer Marguerite Besier.

The aim is to boost the youths’ self-esteem, improve their social skills, ease their anxiety or depression, teach them how to resolve conflict, and give them achievable goals. Both animals and teens, in a sense, are getting a second chance.



Kane reckons adolescent Awhi is sorted.

(The Ark has taken about 20 dogs from the Tasman District Council animal shelter and also sources them from the SPCA. All dogs are screened for violent behaviours.)

Danny, 15, found his course “a lot of fun”, and he has returned to help other youths on the programme. Holly “learned heaps about animals and how they should be treated”, and Kane, 13, wanted a challenge so he chose Awhi, a large dog who had come from apartment living with no lawn.

At 12 months old, Awhi is still full of puppy exuberance. However, “pretty much everything is sorted,” says Kane proudly. Marguerite confirmed that “he’s done brilliantly”, and that Awhi is “a big marshmallow”.

Spokeswoman Karen Howieson says the Ark had a year’s funding from the Youth Development Ministry to take trainers from ages 12 to 25. They are referred by schools and agencies such as the YMCA.

The teens are tracked for a year after they go through the programme, and Karen says follow-up surveys show, for instance, that from nine former clients sampled, all thought their animal handling skills had improved, eight



Holly puts fox terrier Pippi through her paces.

reported a better attitude to themselves and others, and seven felt they improved their wellbeing.

Karen says some teens return to help with the dog daycare run by the Ark. They can maintain contact with the animal they helped to train by visiting the foster or adoptive family.

Some Ark trainees and volunteers also take NMIT courses in Companion Animal Services.

“There’s nobody else quite the same as us in Australia,” says Karen.

The Ark uses Nelson Kennel Association premises at the Richmond A&P Showgrounds and has big plans for a facility of its own, with overnight boarding for dogs to take the pressure off foster families.

Not the “cat-woman” Paige would complain. Amber was her third foster animal, and “I’ve never had such an obedient dog”. Amber sometimes accompanies Paige on her commercial cleaning rounds, and is a hit with residents of the resthome where Paige nurse-aides.

Despite Amber taking up residence, Paige insists there is always room for another foster dog in the house.

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RHC IL H RPC DC



Otumarama

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RHC H RPC DC



Omaio

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

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

IL



Whareama

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

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

RHC H RPC DC



Woodlands

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

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

RHC IL H RPC DC

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


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GROUP
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Test your knowledge of 1950s music.

1. Which song was recorded by Fats Domino and covered by Pat Boone?
2. What was Elvis's first record label?
3. Rock Around the Clock was featured in what movie?
4. What's Missing? _____Baby, Earth_____, _____on my Shoulder
5. "A-wop bop a-loo bop a-lop bam boom." Name the song.
6. When did "little Suzie" finally wake up?
7. Bobby Darin's Mack (the one with the knife) was...
8. Who asked, "Why is everybody always pickin' on me?"
9. What was Elvis's biggest hit?
10. It was what sort of purple people eater?
11. "You shake my nerves and you rattle my brain"... goes with?
12. "Why do birds sing so gay? And lovers await the break of day?"...goes with?

Answers page 17

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.

Send entries to:

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

We've had some great entries and the winner for February/March was **Jan Marsh**.

Luminous Swimming by Jan Marsh

My first memory of a swimming lesson is when I was six years old. Our teacher had us all line up along the side of the pool with our arms above our heads, hands joined as if in prayer. On her order, most dived in. Those who hesitated were pushed. I hesitated over the deep end.

Some 50 years later, the physio advises swimming. My friend, who is over 80 and still swims, is enthusiastic about the benefits. In the name of future-proofing, I turn up at the pool for a small beginners' class. It takes courage to persist in the face of spluttering panic, trying to trust the water to hold me. The coach's mantra, "relax, relax", reaches my ears but not my flailing limbs. Despite feelings of desperation, I am gripped by the process in a way that will not let me leave it.

In time, I find I can lie calmly in the water but while my classmates kick smoothly up and down the lanes, the slightest eddy can bring me to a standstill or turn me aside like a leaf. I continue week after week, dutifully practising the drills while other swimmers go round or sometimes over me. I try not to show my frustration but there's nowhere to hide.

The breakthrough comes on a spring morning. I arrive at the pool to a different atmosphere. The sun glows through the skylights, the other swimmers seem muted, fading out to the periphery. The coach is cheerful and relaxed and he lends me a book he thinks I will find helpful.

Together we concentrate on the kick. He mimes flicking a towel and I remember how as a teenager I once spent a weekend learning to crack a stockwhip, hoping to impress someone I cared about. He varies the instructions and at the end of one lap I say, "Just there, I felt it's not about effort. Something worked."

He crouches like a runner brought to his knees at the finish line and says, "Yes! Yes!"

In my lunch break I read the book. It describes exactly my embarrassment and frustration, and gives a map for the learning process – encouragement that the journey will be worth it.

Over the weekend I suddenly picture one leg kicking. It's as if part of my brain has synapsed, like Michelangelo's God animating Adam. I can't wait to get back to the pool to try it.

At the next lesson, I kick straight through the eddy and stand up to see the coach grinning broadly, giving double thumbs up.

As I go on through the drills, the sun dapples the tiles beneath me. When I turn and look up, the webbed feet of a seagull standing on the skylight make me laugh.

I leave the pool with my togs in the bag over my shoulder. The town looks marvellously sunny and my feet are a little off the ground.



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A colourful life captured in print

Eric Gallagher survived Crete, desert warfare, three years as a POW (torpedoed and bombed by his own side) and the “Death March” across Europe as the war neared its end.



Eric Gallagher urges people to record their stories.

In five self-published books, the Nelson resident has furnished his offspring – and history – with a full record of an adventurous life. His latest, *The Bon Man Cometh*, details his career as a door-to-door salesman for the famous brushware.

“I like writing – I wrote for family and friends, I guess,” he says.

Throughout his war service he kept diaries, often hiding them. One was sewn into the lapel of his greatcoat. He was captured in North Africa when Rommel’s tanks stormed through the NZEF positions.

As an Italian cargo vessel was ferrying POWs back to Europe it was torpedoed by a British submarine. Eric says the freighter captain jumped into a lifeboat and fled. A German engineer on board took command, brought the stricken ship over a reef and beached it.

Eric’s long stretch in POW camps included 18 months of forced labour down a Polish coalmine, then the notorious four-month march away from advancing Russian forces, with the prisoners tormented by hunger, frostbite and sickness. Allied bombers struck a bridge as the prisoners crossed it.

Eric says of the 500 who left the coalmine area, about 300 survived the march. Some were hospitalised, others escaped, one was shot by a guard for breaking ranks to accept bread from a villager, and about 150 were killed or wounded in Allied bombing. Eric credits his own survival to Red Cross food parcels, good

fortune and good boots.

At the finish in Bavaria the guards simply vanished, and American troops arrived soon after.

In the last section of his book *Moments*, Eric recounts that while waiting to be repatriated from Britain, he visited a coalmine in Newcastle. One of the other mine-visitors was a young English actress in a wartime concert party. Eric cheekily admits that their romance began when a scared Doreen Worth gripped his waist as the miners’ cage rattled into the depths.

On his ship back to New Zealand, he cabled a marriage proposal. Doreen joined him a year later and they were together nearly six decades until cancer claimed her at the age of 93.

Eric found during his Bon Brush career that he was a born salesman. On some days in rural Southland he made a sale at every housecall. As for the bane of door-knockers’ lives, dogs, he is nonplussed, saying he had a few bites. His most memorable incident was walking past docile farmdogs to reach a house, and the farmer being disgusted that his dogs hadn’t attacked Eric.

He came out of retirement for a second stint at doorknocking as a market researcher, finally giving it up as he approached 90.

Eric laughs at suggestions of another book, but urges others to get into print. “There’s a lot of stuff being lost because it’s not being put down.”

Getting your story down on paper

“There’s never a better time than now to get your memoirs down. It’s often left too late,” says self-publishing “hand-holder” Karen Price.

Her Nelson company, Contexo, offers to guide people through the preparation of a manuscript, including editing, proofreading and layout, then she shops around for a printer.

Print runs range from 10 up to a thousand. The larger volumes are usually centennial histories of groups such as the Nelson Yacht Club, Nelson College for Girls (125th), and Appleby School (150th).

Within smaller limits, personal memoirs can be good sellers. Local musician Elston Blain ran to three reprints of his life story.

Costs depend on the amount of preparation required, the

format and print run. Karen says having a publication glue-bound in a professional-looking book is not much more expensive than the entry-level spiral binding used in reports etc. Black and white photos make no difference to price, but colour pushes up the bill.

Karen says she once had a sight-impaired client. Someone was arranged to tape the woman’s story and transcribe it.

You can also self-publish through a host of companies on the Internet, many of which offer step-by-step advice on preparing your manuscript.

Local printers offer a similar service. For a 60-page book with black and white photos, Copy Press quotes \$340 to format the manuscript and design the cover, then \$5.50 a book to print. So you could have 100 books done for about \$900 in total.

Biographers on call at hospice

Nelson Hospice offers a biography service to its patients. "It's quite a big job but it's probably one of the most rewarding jobs as well," says Mary Garner, manager of voluntary services."

Trained volunteers will interview patients for, say, half an hour at a time, then spend three hours transcribing. That draft goes back to the patient for checking, then it's on to the next segment of their story.

Mary says the finished stories can be as short as two pages or stretch to a substantial book. The average is about 30 A4 pages.

They could be completed in a few months – the longest took nine.

The topics are mostly life stories from birth onwards, but others might be confined to war service, for instance, or time spent overseas.

"We do it for the benefit of patients," rather than historical reasons, says Mary.

Would-be biographers commonly front up already possessing an affinity with words. They are trained in good questioning, writing techniques such as whether to use the first or third person, on dealing with sensitive topics, the use of photographs, and mastering the recording equipment. They do several test interviews of 5min each to assess their writing skills.



Volunteers also receive the basic medical training for hospice helpers because they may be in the patient's home when no one else is available.

Mary says she can always use more biographers. The next training block starts in April 2010, on Wednesday mornings. You can phone her on 546-3912 or email mary.garner@nelsonhospice.org.nz.

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Crossword solutions

ACROSS

1. Instance
4. Oboe
8. Fee
9. Rouse
10. Yap
11. Manacle
12. Ionic
13. Prevaricate
17. Hover
18. Retinae
20. Nun
21. Nomad
22. Cat
23. Ewer
24. Knitwear

DOWN

1. Infamy
2. Sheen
3. Crude
5. Bayonet
6. Expect
7. Desiccated
9. Recovering
14. Revenge
15. Change
16. Fetter
18. Roman
19. Nacre

Test your knowledge answers

1. Ain't That a Shame
2. Sun Records, then RCA
3. Blackboard Jungle
4. Angel
5. Tutti Fruitti
6. Four o'clock
7. MacHeath
8. Charlie Brown
9. Hound Dog/Don't Be Cruel. Heartbreak Hotel was his next biggest hit.
10. One eye, one horn!
11. "You broke my will, oh what a thrill. Goodness gracious, great balls of fire"
12. Why Do Fools Fall in Love

PROGRAMMES & EVENTS - FEB / MAR 10

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 info@drycrust.com
or Ph 03 544 4975 Fax 544 4951

Deadline for material for the April/May Issue is 12 March 2010.

Golden Bay

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. Kathy Baigent, Ph. 03 525 9689, or Rosemary Jorgensen Ph. 03 525 7565, or Morfydd Barker Ph. 03 525 7465

Wednesday Walkers

Every Wednesday. Meet at Information Centre carpark, Takaka, leaving 9.00 am sharp. Bring morning tea, raincoat etc, light boots or walking shoes. Contacts: Bron Thorneycroft Ph. 03 525 8627, Bob Kennedy Ph. 03 525 9958 or Ian Pogson 03 525 9365. Grade 1 easy to Grade 5 strenuous.

Motueka

Motueka Art Group

Annual.

Motueka District Museum Exhibition

To June. Pīkikirunga – The Climb to the Top of Marble Mountain. The story of the Motueka side of Takaka Hill, including geography, Maori history and the road. Museum hours are Monday to Friday 10.00 am - 4.00 pm. 140 High St, Motueka Ph. 03 528 7660

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 9.30 am. Visitors always welcome. Contact Chairperson: David Collis Ph. 03 526 6797 or Secretary: Gabrielle Finnigan, Ph. 03 540 3400. Members who do not wish to start early on the walks can assemble at Deck's Reserve at 10.00 am to agree an alternative option.

Passengers are asked to contribute to the cost of petrol.

Motu Weka Neighbourhood Centre 60+ Social Club

Every Tuesday 9.30 am - 1.30 pm during school term. Provided: morning tea, lunch, a planned outing or activity and transport to and from venue. Cost: \$10 per session Contact: Office Ph. 03 528 8801 and a/h Sylvia Ph. 03 528 7237

Motueka Recreation Centre

50+ classes are held Tuesday and Thursday mornings at 9.30 am 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 7.00 pm - 9.00 pm every Thursday evening for players of all ages and levels. New players welcome. Court fee \$3, racquet hire \$2.

Indoor Bowls. Fridays 9.30 am – noon, \$3 per person All equipment supplied. All welcome

Sit 'n' Be Fit Classes Mondays 10.30 am - 11.30 am, \$3 per session Join Jody for a 30 minute seated gentle exercise class. Ph. 03 528 8228.

The Recreation Centre Gym is open 9.00 am - 9.00 pm Monday to Friday, 9.00 am - 4.00 pm on Saturday. Contact the Motueka Recreation Centre on Ph. 03 528 8228 or fax 03 528 8560.

SeniorNet [Motueka]

Computer learning for the over 55's at 42 Pah Street. Free classes offered to beginners. Our volunteer tutors teach you the basics through to advanced computing. Small classes, no stress, learn at your own speed and make new friends. Members' meetings are held on the first Monday of the month in our clubrooms at 10.00 am. We have recently welcomed AppleMac users, who meet on the last Friday of the month at 2.30 pm. Courses are also on offer. Contact Ann Long (Membership Secretary) Ph. 03 528 8224.

Nelson

Arthritis New Zealand

Nelson Bays Service Centre – enabling a better quality of life for those with arthritis.

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

Open 9 am to 2 pm Monday to Thursday.

Clinics: A free one-hour, confidential clinic appointment with the Arthritis Educator to talk about your concerns and how to self-manage your arthritic symptoms. Please phone the Nelson Service Centre, with the exception of Golden Bay. This service is offered to non-members too. Donations welcome.

Heartlands Golden Bay Service Centre
Phone for an appointment 03 525 6151.

Wednesday 17 March.

Nelson Bays Service Centre Clinic
50 Halifax Street, Nelson.

Wednesday 3 February, Tuesday 9 March.

Richmond Queen Street Pharmacy

Tuesday 9 February.

Motueka Bay Pharmacy

Thursday 18 February.

We also have exercise groups information and a comprehensive range of information on arthritis.

We need more volunteers for two or three hours a week, in the office and the Hospital Pool. Please contact Deirdre at the Service Centre if you would like to help.

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 the next meeting please contact Averil at the Heart Foundation, Ph. 03 545 7112 or email: averilw@nhf.org.nz.

Diabetes NZ Nelson Diabetes Awareness Day

Free Education Courses For People Who Have Type 2 Diabetes: Three courses are presented annually. The next two, which are six-week courses, are in February and May 2010. Ph. 03 545 0106 for more information.

Diabetes Information Centre:

50 Halifax Street, Nelson, Ph. 03 546 6142. Hours: Monday, Wednesday, Friday 11.00 am - 2.00 pm, staffed by volunteers.

We stock a wide selection of jams, sauces, recipe books etc.

Pamphlets explaining diabetes are also available.

The Society newsletter Challenge is issued quarterly and is free to all members. Membership \$22.50 annually, open to all interested persons.

Festival of Opportunities

The 19th edition of the Nelson festival will feature information and experiences to benefit health and wellbeing – physical, emotional and spiritual. Opportunities 2010 offers workshops, full or mini-sessions of healing, and the chance to talk to health practitioners about their products and services.

This year's line-up includes homeopathy, herbal remedies, vitamins and minerals, aromatherapy, meditation, yoga, holistic pulsing, reiki, EFT (Emotional Freedom Techniques), crystals, therapeutic and relaxing massage, NLP (Neuro-Linguistic Programming), stress release, astrology, palmistry, tarot, natural cosmetics and arts and crafts.

The festival is at Founders Park on Saturday 6 and Sunday 7 March, from 10.00 am to 6.00 pm. Entry \$10 adult, weekend pass \$16, child gold coin.

Hearing Association Nelson

Hearing Association Nelson offers support and education to anyone affected by a hearing loss. We also have two social groups, offering support, friendship and fun. The Getting Together group meets on the second Tuesday every month at 7.15 pm for activities and companionship. Contact us at Hearing House, 354 Trafalgar Square, Nelson, Ph/fax 03 548 3270 or email hearingnelson@xtra.co.nz

Government Superannuitants Association

Are you a retired State employee 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. Visit www.gsa.org.nz or contact Graeme Valpy Ph. 03 547 6007 or email nelson@gsa.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.

February 9: Yellow Point, Abel Tasman (swim). Easy. Contact Tom Aitchison 547 5443 or Elaine Dickens 548 5048.

February 23: Courthouse Flat, Wangapeka. Medium. Contact Jim Mayer 548 5591 or Lyn Callister 545 2322.

March 9: Tunnel Creek, Spooners. Medium. Ph John Munting 548 7726 or Judy Jacobsen 547 3535.

March 23: Mt Arthur. Hard. Ph Ron Maylor 546 5170 or Alison Polglase 544 6833.

Nelson Provincial Museum Exhibitions

For info visit www.museumnp.org.nz

Nelson Dance Along

Contact Rosalie Winter Ph. 03 548 2236.

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 Ph. 03 547 2660

Email: stokeseniors@xtra.co.nz

Regular activities

Scrabble Club – Mondays 1.00 pm (Stoke Seniors Hall)

Euchre – Tuesdays 10.30 am

Mah Jong – Tuesday 1.00 pm (Stoke Seniors Hall)

500 Club – Wednesdays 1.00 pm. Come along for a fun friendly game. New and experienced players welcome to all games.

Art class – Mondays 10.00 am & 1.00 pm at the Stoke Memorial Hall. Cost \$4

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

Tai Chi – Beginners class on Wednesday at 10.00 am

Gentle exercises – Thursday 11.30 am

Pilates – Beginners class on Wednesday at 10.30 am. Cost \$5

All the above classes meet in the Stoke Memorial Hall

Monthly Movie – third Thursday afternoon of each month.

Ph. 03 547 2660 to check what's on and starting time

Housie – second Tuesday and last Wednesday of the month. \$5 a card, win cash prizes and have some fun!

Social Seniors Choir (“The Musical Demons”) – meets on Thursdays from 11.00 am to noon in the Stoke Memorial Hall. For further details contact Anne

Card Making – (8 week course) Thursdays at 1.15 pm in the Stoke Memorial Hall. Cost: \$3 per session

“Lads at Large” and “Girls Own” trips – once a month on Fridays. For details contact Ruth or Anne

Travel Club – for information about special trips please contact the office on Ph. 03 547 2660 or e-mail stokeseniors@xtra.co.nz

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

Stroke Foundation Caregivers Support Group

The Stroke Foundation in Nelson provides a monthly meeting for stroke caregivers, spouse, partner and families who are caring for a loved one. We meet the first Monday of every month, at the Strawbridge Cafe Stoke Mall, at 1.30 pm - 3.00 pm. Information, Education, Help and Support are available and education on Understanding and Preventing Stroke.

Inquiries to Anne-Marie on Ph. 03 545 8177 or 027 216 0675.

Summer in Nelson

Until 27 Feb

Produced by the Nelson City Council as a celebration for locals and an added attraction for visitors. Summer in Nelson booklets are available at libraries, visitor centres and council offices. More info at www.nelsonfestivals.co.nz.

Buskers and Street Theatre Series

3-7 February, Top of Trafalgar Street

From the streets, squares and hidden corners of the world come the wildest and weirdest of the busking kingdom. Don't forget some cash for the performers.

Nelson Opera in the Park

Presented by BioPaints and supported by the Nelson City Council Free event, Sat 13 Feb, 7.30-10 pm

Gates open at 5.30 pm at Tahunanui Field

A night of fabulous music with a spectacular fireworks finale. Line-up includes Simon O'Neill, Whirimako Black and Anna Leese. The

event is free but you'll need a ticket to enter the secure area. Pick up at council offices, libraries, Everyman Records and BioPaints.

The South Canterbury Finance Nelson Trolley Derby

Free event, Sat 27 Feb, 10 am – 4 pm. Rain day Sun 28 Feb
Collingwood Street

Make your own wacky racer, dress up to match and cruise away with the trophy for Style Meister Of The Hill, or concentrate on top speed to be Monarch Of The Hill. Trolley design guide, rules and online registration at www.derby.co.nz.

U3A

U3A Nelson will hold its AGM on Wednesday 24 February, 10.00 am at Aloha Lodge, Tahunanui. Members and visitors welcome. Ph Caryll 547 6359 or Jean 544 4688.

Richmond

Age Concern activities

62 Oxford St, Richmond

Wednesday 9.00 am to 1.00 pm - various activities

Thursday 10.00 am to midday - knitting and companionship group

Friday 10.00 am - Age Concern Easy Exercises

Morning tea to follow, \$1. Wheelchair hire available

Contact Elaine Mead, Ph. 03 544 7624

Age Concern offers: Client Support and Activities

Ph Elaine Mead Activities Coordinator Ph. 03 544 7624

Prevention of elder abuse

Jim Davis Ph. 03 544 7624

In-home Support Services, Kerrie Varcoe Ph. 03 544 7624

Club 50

Club 50 is a social group of mature adults looking for companionship, recreation and enjoyment. We welcome new members. Contact Jackie on Ph. 03 544 3955 or email trrc@nel.sportasman.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 2: Games Morning. Cost \$2. Please bring morning tea to share. Meet at 9.30 in the meeting room.

February 9: Aniseed Valley swim and picnic. Cost \$2. Meet at 9.30 to carpool.

February 16: Sarnai Alpacas, Redwood Valley. Bring own morning tea. Cost \$2. Meet at 9.30.

February 23: Mapua Wetlands. A volunteer will talk about the project. Cost \$2. Bring morning tea. Meet at 9.30.

March 2: Housie Morning. Bring shared morning tea. Cost \$3. Meet at 9.30 in the meeting room.

Fri 5 March to Sun 7 March: Weekend in Okiwi Bay. Please see newsletter or contact Jacqui for details.

March 9: Miniatures. Guest speaker Margaret will bring along pieces and talk about how she makes them. Cost \$2. Shared morning tea. Meet at 9.30.

March 16: Maitai Walk, Stage 3. A very pleasant walking track. Bring own morning tea. Meet at 9.30 to carpool.

March 23: Cathedral Visit. Guided tour will be followed by a drink from the Coffee Cart at the bottom of the Steps. Cost \$2. Meet at 9.30 to carpool.

March 30: Physiotherapy. Physio Jacqui Sinclair will discuss improving posture and taking preventive measures. Cost \$2. Bring morning tea to share. At 9.30 in the meeting room.

RECREATION PROVIDERS

If you are looking for further groups, check out the Found Community Database www.found.org.nz or hard copies are available at the Tasman District Council offices.

Golden Bay Drop In Yoga

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

Genealogical Group

Cherill Cooper
Ph. 03 525 8832

Gentle Exercise

Golden Bay Physio Clinic
Ph. 03 525 9708

Golden Bay Contract Bridge Club

Leigh Gamby
Ph. 03 525 9744

Golden Bay Garden Club

Diane McIntosh
Ph. 03 525 6121

Golden Bay Mohua Tecorians

Sally Douglas
Ph. 03 525 9569

Golden Bay Patchwork and Quilters Guild

Liza Eastman
Ph. 03 524 8487

Guided Gym Session

Wednesday 12 -1
Georgie Stone
Ph. 03 525 6110

Indoor Bowls/Cards

Senior Citizens Club Rooms
Mary Couper
Ph. 03 525 8445

Mah Jong

Ethel Smith Ph. 03 525 8615

Marble Mountain Country Music Club

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

Motupipi Indoor Bowling Club

Thursday nights, 7.30 pm at the Motupipi Hall.
Supper and games for \$1.
Nancy Ph. 03 525 9491

Pohara Bowling Club

Jennifer Westrupp
Ph. 03 525 9621

Probuss

Jan Sawers Ph. 03 525 9197
Robin Manson
Ph. 03 525 9359

Puramahoi Table Tennis

Betty Wilson
Ph. 03 525 9526

RECREATION PROVIDERS CONTINUED

Tai Chi Falls Prevention (65+)

Presbyterian Support
Maxine Poole
Ph. 03 547 9350 ext 712

Tai Chi for Arthritis

Ann Marshall
Ph. 03 525 8437

Takaka Golf Club

Ph. 03 525 9054

Takaka Golf Club Ladies Section

G. Turley Ph. 03 525 9122

Takaka Spinning Group

Jan Weston Ph. 03 525 9374

Takaka Table Tennis

Rene Ph. 03 525 7127

University of the Third Age (U3A)

Aileen Hunt Ph. 03 525 7345

Uruwhenua Women's Institute

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

Wednesday Walkers

Bron Thorncroft
Ph. 03 525 8627
Bob Kennedy
Ph. 03 525 9958

Workouts

Masonic Hall Takaka,
Mondays 9.30 am - 10.30 am
Wednesdays 9.30 am - 10.30 am,
Fridays 9.00 am - 10.00 am.
Childcare provided.
Ph. 03 525 6110 for details.

Hope

Hope Midweek Badminton Club

Carolyn Mason
Ph. 03 541 9200

Nelson Veterans Tennis Club

Hope Courts every Thursday
Summer from 9.30 am
Winter from 10.00 am
Ph. 03 547 6916

Mapua

Indoor Bowls

Mapua Friendship Club
Mapua Public Hall
Ph Valerie Roache 03 540 3685

Low-Impact Aerobics and Pilates

Wakefield, Upper Moutere and Mapua
Ph Lynda Mabin 03 543 2268

Mapua Bowling Club

Arnie Ahnfeldt
Ph. 03 540 3032

Taoist Tai Chi

55 Muritai St, Tahunanui
Ph. 03 545 8375
www.taoist.org

Motueka

Aerobics/Gym and Fitness Centre

50+ Aerobics
Mot Rec Centre
Brent Maru Ph. 03 528 8228

Arthritis NZ

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

Gym & Fitness Centre

Studio Gym 275
Catherine Walsh
Ph. 03 528 4000

Healthy Hearts Club

St Thomas Church Hall
Wendy Brown
Ph. 03 528 6692

Indoor Bowls

Motueka Senior Citizens Hall
George Riordan
Ph. 03 528 7960

Line Dancing

Motueka Senior Citizens Hall
Beryl Sturgeon
Ph. 03 528 8265

Marching

Motueka Veteranettes
Marching Team
Bev Clementson
Ph. 03 528 9125

Motueka Bowling Club

Don Ph. 03 528 7208 or
Pat Ph. 03 528 9129

Riwaka Bowling Club

School Road, Riwaka
Kathy Brewer
Ph. 03 528 4604
Pat Newport
Ph. 03 528 8347

Riwaka Croquet Club

Sally Goodall Ph. 03 528 8296

Social Recreation

Kiwi Seniors (Motueka)
Vonnie Goodall
Ph. 03 528 7817

Tai Chi Falls Prevention (65+)

Presbyterian Support
Maxine Poole
Ph. 03 547 9350 ext 712

University of the Third Age

(U3A) Motueka
Conducts courses free of charge.
Ph Malcolm 528-7484 or
Duncan 528-4951.

Walking

Motueka 50 Plus Walking Group
Gabrielle Finnigan
Ph. 03 540 3400.

Nelson

Age Concern

Elaine Mead, Client Support and Activities Coordinator, is available Tuesday-Friday 9 am to 2 pm. Call 544 7624. For Kerrie Varcoe, registered nurse, ph 544 7624. Jim Davis, Elder Abuse and Neglect Prevention, ph 544 7624.

Manager Jim Maguire, ph 544 7624.
Address: 62 Oxford Street, Richmond.
For help with taxi assessments, call the office.

Aquatics/Swimming/Gym

Riverside Pool
Ph. 03 546 3221

Art Group Nelson

Meets first Wednesday of each month. Open painting mornings on the second Wednesday. Tutorial days in the last week of each month. All welcome.
Judith Ph. 03 548 1170.

Belly Dancing

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

Bodyvive (Low Impact)

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

Cardiac Club/Gym & Fitness Centre

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

Dining4Twelve

Convivial gatherings for 50+ singles. Contact Jenny
Dining4Twelve@xtra.co.nz

Easybeat 50+ Aerobics

EasyBeat Aerobics
Leigh Dalzell Ph. 03 548 1689
or 021 547 811

Golf Croquet

Nelson-Hinemoa
Bev Worrall Ph. 03 548 2190

Hatha Yoga

Maureen McKain
Ph. 03 546 4670

Hot Yoga

Claire Ph. 03 548 2298

Housie Evening

Stoke Rugby Clubrooms, Neale Avenue, Stoke.
Wednesday nights, 7.15 pm - 9.45 pm.
Buddy Ph. 03 547 3230 or
Anne Ph. 03 547 6987

Leisure Line Dancing

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

RECREATION PROVIDERS CONTINUED

Marching

Silveraires Leisure Marching
Diana Clark Ph. 03 548 9527

Nelson Caravan Club Inc

Allan Ph. 027 319 7427

Nelson Electronic Organ and Keyboard Club

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

Nelson 50+ Mini Walks

Gwenda Wallace
Ph. 03 544 5307

Nelson Mail Voice Choir

Rehearsals: School of Music,
Monday evenings.
Ian Lyttle Ph. 03 545 1948
or Andrew Scott
Ph. 03 548 5658

Nelson Masters Swimmers

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

Nelson Petanque Club

Wed and Sun 1.15 pm at
Highland Pipe Band Hall
Paru Paru Road
Equipment provided.
Gillian Ph. 03 546 8111 or
Ernst Ph. 03 548 3031

Nelson Philatelic Society

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

Nelson Savage Club

A Club for entertainers.
Variety Concert on the
second Wednesday of
each month April through
to October. Presbyterian
Church Hall, Muritai St.
Tahunanui at 7.30 pm. \$2
entry. Ph Joyce 03 548 1224
or Philipa or Ernie
03 547 7022

Nelson Scrabble Club

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

Nelson Senior Citizens

Social Indoor Bowling Club
Valda Ingram
Ph. 03 544 1487

Nelson Social

Dancing Club
Second Saturday in the
month 8.00 pm at Waimea
Club, Queen Street,
Richmond. Latin, New
Vogue and Rock n Roll.
Entry members \$6, non-
members \$10. Ph Jean or
Frank, 03 546 7061, to
confirm.

Over 50s Pilates

Body Power Pilates & Yoga
Centre
Sue Wilson Ph. 029 281 3735
E: inbox@bodypower.co.nz

Over 50s Yoga

Body Power Pilates & Yoga
Centre.
Margot Hannigan
Ph. 029 281 3735
E: inbox@bodypower.co.nz

Presbyterian Support

Falls Prevention classes
for over 65s are free of
charge. A 16-week course of
modified Tai Chi costs \$48
on enrolment.
Classes will be held in
Nelson, Stoke, Richmond,
Motueka and Takaka. A falls
class will begin the week of
8 February 2010, with the
16-week course starting the
week beginning March 22.
Contact Maxine Poole,
547 9350 ext 712.

SeniorNet [Nelson]

Computer instruction for
people aged 55 and over.
Clubrooms at Pioneer Park,
Hastings Street, Nelson.
Murray Ph. 03 548 1170
www.tasman.net/seniornet

Senior Service - Nelson Baptist Church

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

Sit and Be Fit

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

Stroke Club Nelson

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

Support Works

Assesses the needs and co-
ordinates services for people
affected by disability. For
a free assessment, phone
03 546-3980 or freephone
0800 244 300. Or have
your doctor, social worker,
family member, friend etc
contact Support Works on
your behalf. For details,
go to [www.nmdhb.govt.
nz/SupportWorks.aspx](http://www.nmdhb.govt.nz/SupportWorks.aspx).

Table Tennis

Nelson Table Tennis Club
Phil Hamblin Ph. 03 546 6256

Tahunanui Bowling Club

Murray Canning
Ph. 03 547 6921

Tahunanui Community Centre

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

Tai Chi Falls Prevention (65+)

Presbyterian Support
Maxine Poole
Ph. 03 547 9350 ext 712

Taoist Tai Chi Society of NZ

55 Muritai St, Tahunanui
Ph. 03 545 8375
www.taoist.org

Walking

Nelson 50+ Walking Group
Noel Brown Ph. 03 544 2286

Veterans' (55+) 9 hole golf days

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

Victory Senior Support

Victory Seniors meet
every Tuesday at 1.30 pm
at Victory Community
Anglican Church, 238
Vanguard Street, Nelson, for
entertainment, games and
guest speakers. Ph. Shirley
or Diane on 546 9057,
Tuesday to Friday, between
9.30 am and noon.

Richmond

Badminton

Richmond Morning
Badminton
Dawn Wakelin
Ph. 03 544 4120

Body Power Pilates & Yoga Centre

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

Bodyvive (Low Impact)

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

Crafts, Caring and Sharing

Wesley Centre
Mondays 9.45 am - 11.45
am
Ph. 03 544 7458 or
Ph. 03 544 9174

Croquet

Richmond Croquet Club
Eleanor Hannay
Ph. 03 547 5424

Easybeat 50+ Aerobics

Leigh Dalzell
Ph. 03 548 1689 or
Ph. 021 547 811

Easy Exercise

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

Euchre

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

Grandparents Raising Grandchildren

Meets last Tuesday of
the month at 10.00 am.
Presbyterian Church Sunday
School Rooms, Muritai
Street. Social gatherings
second Tuesday of the
month at 10.30 am.
Paula Ph. 03 544 5714.

Hope-Ranzau Women's Institute

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

Indoor Bowls for Seniors

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

"It's all about me"

Group session last Thursday
of every month. Meet new
people and learn how to
stay healthy and keep active.
Wakefield Village Hall 10.00
am, gold coin donation.
Bee Williamson, Green
Prescription
Ph. 03 544 3957 ext 3

Knitting Group

Age Concern Richmond
Thursday 9.30 am - Noon.
Members knit squares to be
sent overseas. Donations
of 8ply wool or re-usable
garments gratefully received.
Ph. 03 544 7624

Line Dance Nelson

Alison Myers Ph. 03 546 9878

Pedometers from the Library

Step counters are available
from any Nelson City or
Tasman District library. \$2
for a 6-week loan. Ask at the
counter.

Richmond Bowling Club

Have a go, Tuesday 1.00 pm,
Thursday at 1.00 pm and
5.45 pm. Bowls and shoes
provided. Pat Dickinson Ph.
03 544 0129 or club phone
03 544 8891

Richmond Slimmers Club

Margaret Westley
Ph. 03 544 7293

Richmond Walking Group

No charge, and all ages and
fitness levels catered for.
Mondays at 9.30 am
Tasman Recreational
Resource Centre, 9
Cambridge St, Richmond
Jackie Ph. 03 544 3957 ext 4

Social Recreation

Club 50
Jackie Hardy Ph. 03 544 3955
trrc@nel.sporttasman.org.nz

Tai Chi Falls Prevention (65+)

Presbyterian Support
Maxine Poole
Ph. 03 547 9350 ext 712

Tasman Recreational

Resource Centre
(Richmond Town Hall)
Fun, easy exercise options
for older adults
Mary-Ann McNatty
Ph. 03 544 3955
trrc@nel.sporttasman.org.nz

Tasman Tennis Centre

Social tennis Tuesday
mornings 9.30 am
Coaching sessions available
with TennisNZ club coach.
Ngairie Calder
Ph. 0272 79 99 38 or
Tasman Tennis Centre
Ph. 03 544 6083

Tasman Visual Arts Group

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

Stoke

Clogging/ Tap Dancing

Nelson Sun City Cloggers
Georgina Higgs
Ph. 03 545 1037

Easybeat 50+ Aerobics

Leigh Dalzell
Ph. 03 548 1689 or
Ph. 021 547 811

Easy Exercise

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

Hatha Yoga

International Yoga
Teachers Assn
Maureen McKain
Ph. 03 546 4670

Hydrotherapy

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

Introductory Pilates

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

Ngawhatu Bowling Club

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

Safety & Confidence

Kidpower, Teenpower,
Fullpower Trust
Cornelia Baumgartner
Ph. 03 543 2669

Stoke Bowling Club

Lyndon Penketh
Ph. 03 547 4780

Stoke Social Seniors

'Girl's Own' and 'Lads at
Large' trips
Anne or Ruth Ph. 03 547 2660
Tai Chi
Stoke Memorial Hall
Tuesday 1.30 pm
Wednesday 10.30 am
Walking Group
Meets Tuesdays 10.00 am

Table Tennis Nelson

Bryan Keane Ph. 03 547 7530

Tai Chi Falls Prevention (65+)

Presbyterian Support
Maxine Poole
Ph. 03 547 9350 ext 712

Tapawera

Visual Art Society

Tapawera
Kaye Register
Ph. 03 522 4368.

Walking

Rural Ramblers
Una Foulsham
Ph. 03 522 4083

Wakefield

Easy Exercise

Arthritis NZ, Nelson
Nancye Wearing
Ph. 03 541 9040

Wakefield Senior Citizens

Meet: 1st Wed of Month at
2.00 pm, Wakefield Village
Hall.
Melba Green
Ph. 03 541 8464

'Prospectors' strike gold in Reefton

Richmond Probus Club members and partners struck gold on a recent trip to Reefton. The 44-strong party dressed up like real miners – hard hats, hi-viz vests and goggles – for a conducted tour of the open-cast Oceana Gold site. Oceana extracts thousands

of ounces of gold a year from hard quartz rock and rails it to Macraes Gold near Dunedin for further processing.

The Probus group overnighted in Reefton and enjoyed plenty of West Coast hospitality.



A tour guide (left) explains the extent of the open-cast mine to Probus member Maarten van Geldemalsen.



The huge grinding plant processes quartz rock.

HEARING PROFESSIONALS

Nelson Marlborough

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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