

Mudcakes

and



SENIOR GENERATION ACTION
AND ISSUES – NELSON TASMAN



04.
A family of 40

10.
BYO campervan
tour of Europe

20.
Mapua snapped

BYO campervan tour and a huge family

We offer you some bumper reading in this issue, as befits the time of year to put your feet up in a deckchair with a cool drink handy. Meet the Richmond couple who painstakingly rescued a VW camper from near-death, then shipped 'Mildred' halfway round the world for a dream holiday.

We visit Don and Merle Fraser, who always had an open home for the needy, in addition to their own four children. Their daughter totted up 36 live-ins over the decades, and, says

Don, the house was always filled with laughter.

We sample a year of Mapua captured in photographs by a local couple, our gardening guru passes on tips about nurturing those summer veggies, the crossword will exercise your braincells, and our usual extensive listing of events and activities opens a host of possibilities for reinventing yourself in 2013.

Enjoy, as they say in all the best restaurants... and some of the worst.

How to get your copy!

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

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

Cover photo: Kiwi campervan Mildred rests in sunflower splendour in Romania.

Heritage Week offers a rich harvest

The Harvest is the theme for this year's Heritage Week, 13-21 April 2013, with lots of free and low-cost activities to enjoy. Christopher Vine and friends launch Heritage Week with the "Vine on Vines" event at Fairfield House at 2.00 pm on 13 April. You can trample some grapes for a vintage wine, learn how to make a home brew, plus hear some grape and hop harvest anecdotes. Later you can dance the night away under a harvest moon.

During the week lunchtime speakers will cover a range of topics. At Founders Heritage Park, the Domestic Harvester tackles what to plant, and what to do

with it when it grows. At the Boathouse, Doug Higgins will share memories about the Raspberry Train and its journey to Kirkpatrick's factory. At the Women's Club, Karen Stade will speak of "Daffodils, dukes and dramas on the Church steps." At the Hardy St Sprig & Fern, Matt Lawrey and friends discuss the Golden Harvest – a variety of boutique beers will be on sale.

World Heritage Day at Elma Turner Library on 18 April celebrates Nelson's Heritage Heroes. Meet them, see what they have achieved to restore some special buildings, plus have a cuppa and free cake.



Thanks to our sponsors



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

At Melrose House, learn how to ice a harvest cake, try a harvest platter or find some vintage treasure. Take a free guided tour through Nelson Provincial Museum's regional collection. Visit Broadgreen Historic House and see "Best in Show" exhibition, which starts on 6 April, then go to nearby Isel House to see their new exhibition on James Marsden and "The Business of farming". Learn about kumara planting the traditional Maori way with Cindy Batt.

Footnote Dance will appear at the launch and then perform two nights at The Suter with a new work from their Forte Season. Street parties will be held at South St and Elliott St celebrating the special natures of these heritage precincts. New panels will be unveiled and guided walks are on offer.

Once again, the popular Lest We Forget will be at Founders Heritage Park with their award-winning interactive experiences on 20-21 April and again on Anzac Day. This year the focus is on The Blitz and the Kokoda trail.

For programme details go online at www.nelsoncitycouncil.co.nz/heritage-week-2013/ or ring Debbie Daniell-Smith on 03 546 0331.



Isel House will feature a new exhibition on James Marsden and "The Business of farming".

Heritage Week programme for Melrose House

Vintage Treasure Sale, daily, Sunday 14 April - Friday 19 April, 10.00 am to 4.30 pm in the Drawing Room. Donated goods accepted all year round. Ph 03 548 7269 for collection, or drop off at the cafe, open daily 9.00 am - 5.00 pm except public holidays.

Vintage Car Display, Sunday 14 April, 12 noon - 2.00 pm. Nelson members of the Austin Register will picnic in the Gardens, parking their beautifully presented cars for the public to admire.

Melrose House Café Jams & Preserves, available daily in the Drawing Room. Ingredients from Nelson's harvest.

Cake Icing Demonstration, Wednesday 17 April 10.30 - 11.30 am in the Parlour. Rosie of Popalicious will demonstrate her skills.

Nelson Harvest Platter, available daily from the Melrose House Cafe from 3.00 pm.

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Family with wide arms

A CHRISTIAN COUPLE CARED FOR 36 CHILDREN, PLUS FOUR OF THEIR OWN

"We always had extras," says Don Fraser. To his wife Merle, their Feilding home was "a house of fun" – frequently bulging with their four children (two adopted) and others they took in when they needed some TLC. One welfare girl came for the Christmas holidays and stayed 12 years until she left to marry.

"We'd help mums who were sick or having another baby, or solo mums needing a break," Merle explains.

Don was a pastor and counsellor. Compassion for both he and Merle did not stop at the church door. Their daughter Yvonne recently totted up that over the years they took 36 children and teens into the family fold, some for a few months, others for years. Neglected kids, abused kids, drug problems and alcoholics – "you just had to love them really," says Merle. "Most of them hadn't been loved.

One young woman age 26 had spent eight years in Lake Alice psychiatric hospital, diagnosed as one of their worst schizophrenics, and had made several attempts to commit suicide. For the first nine months with the Frasers, the troubled lady "never left my side," says Merle. In time, the young woman cut back on her prescribed drugs – and became part of the family.

She found work, established a life on her own, married and had a son. She later died while expecting her first grandchild – her torrid past had ruined her health, says Merle.

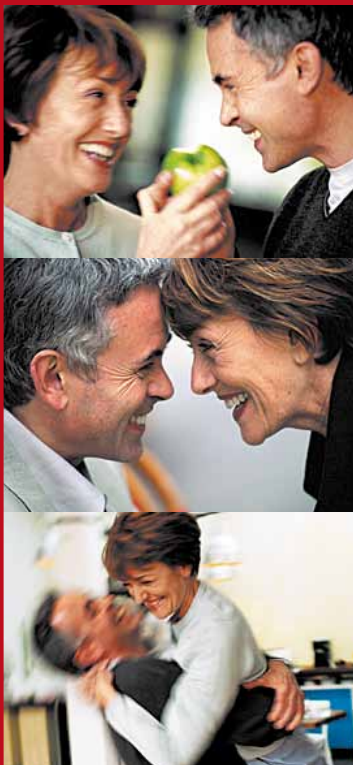
Another of their foundlings had been sexually abused by her father. Safe in the Fraser household, the teen was "adored to bits" by their own children.

"She came right. She was just the loveliest girl you'd ever meet," Merle says.

The woman became a respected employee. When she heard that her father had remarried and was expecting a daughter, the traumatic memories overwhelmed her and she drank herself to death. The Frasers arranged the funeral. They had taught the girl to be thrifty, and she left \$60,000 in superannuation and insurances – which went to her father.

Such cruel twists breed cynicism, but both Don and Merle were raised in large, caring families, and their compassion is reinforced by strong Christian faith.

"Someone has to make the best teeth"



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"We see people as always having potential... we help them to lift it out."

Their home frequently bulged with "extras", as did the extension, and sometimes the caravan in the yard, but there was always plenty of laughter, says Don.

"There had to be or I'd have gone round the bend," Merle adds.

A senior hospital psychologist once told Don that if he had him on the staff "half of these people wouldn't be here." Don says some practitioners "counsel on feelings – I counsel on the roots."

He ran seminars for counsellors nationwide and in Australia. One of their Feilding parishioners financed Don's ultimate vision – a Christian rehabilitation centre called Shiloh, where ex-prisoners, mental health patients, drug addicts and others could find the support and stability to cobble a life together.

Don officially retired 22 years ago, but continues to counsel. He and Merle moved to Richmond to live beside daughter Yvonne.

They have been married for 66 years, and it all began with a look across a church congregation in wartime Wellington. Merle, newly arrived from Gisborne, was dressed in her Civil Nursing Reserve uniform. (The paramedic corps nursed wounded soldiers. "You never forget what you saw when the ship comes in," says Merle, who went on to do her full nurse training.)

Don's eye was drawn to the young newcomer. "It was the uniform, of course, that attracted me," he says dryly.

Merle was not so smitten: "I hated him because he stared at me."

Don's mother invited Merle to lunch. The youngsters began a friendship that soon deepened. When Merle became ill and returned to Gisborne to recuperate, Don went on a six-week holiday to Akaroa. Both agreed they would use the separation to test their feelings for each other, which meant no contact.

The freeze lasted a fortnight. They both wrote at the same time, their letters passing in transit. "I always hold it over her – I wrote 26 pages and she only wrote 18," Don grins.



Merle and Don Fraser lived in a full house of laughter.

The Fraser children are none the worse for being raised in such a bustling household. Yvonne, a physio at Nelson Hospital, is married to Richmond dentist Ross Ferguson. Peter has remained in Feilding and is a specialist in automotive paint, and Paul lives in Mallorca, sailing superyachts. ("He was always car sick when we went out.") Ann died at 34 of melanoma.

Don and Merle have 19 great grandchildren – plus a huge whanau of former houseguests – so the Fraser family will always be a bustling throng.



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"We fell in love, and we never fell out of love."

For their 65th anniversary, Yvonne shouted them a holiday in Akaroa, staying at the same B&B where they had honeymooned.

Both are in good health at 87 and 88. Merle says she threw away all her pills three years ago.

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Feed those summer vegetables



Philippa Foes-Lamb

Hi again. I hope you're having a wonderful start to the year and that your gardens are thriving despite what has been a pretty hot, dry summer so far.

Gorgeous summer vegetable crops are in full flight at the moment. Tomatoes will be ripening now so continue to liquid-feed them fortnightly with Tomorite. This is a fabulous food and can also be

used on capsicums, chilli, eggplant, courgette and even dahlias. Sheep manure pellets, soaked and diluted, work well too. To aid ripening, take off any leaves that are crowding the fruit.

My tomatoes are in pB40 planter bags this year and they are doing exceptionally well. I need to be diligent about watering them thoroughly each day, though, or they wilt quickly. Using Microklima frost protection around my tomatoes in the kitchen garden has worked brilliantly, protecting them from the wind. I planted 13 varieties this year, which has been a lot of fun.

If the weather is still very hot and dry, concentrate your vegetable gardening efforts on the crops that are well-established, rather than planting new crops. Vegetable

seedlings are very susceptible to transplant shock, no more so than in late summer, so it's best to wait until autumn is firmly upon us. Pull out any crops that are showing signs of bolting as this helps to conserve water for use elsewhere.

Insect pests have been more of a problem in every area of the garden this season too, particularly whitefly. These creatures can be very difficult to control but I have had success with a couple of things. Neem Oil is a natural pesticide that deters all manner of pests with its strong smell. It also kills pests over time because it affects the reproductive ability of the generation being sprayed. Follow the instructions closely and spray regularly. I've also hung yellow plastic buckets coated with Vaseline petroleum jelly in my small glasshouse. Whitefly are attracted to yellow and my bucket was smothered in them within a day or two.

Passion vine hoppers (easily recognised by their lacy brown wings and "pinging" action when you touch them) are sap-sucking insects that can do a lot of damage to all sorts of plants, not just vines. In their adult form they are almost impossible to eradicate so attack them in their nymph stage (about the size of a ladybird, pale green with a fluffy "bum"). I use the garden hose regularly as my weapon, blasting the little devils frequently, but sprays such as Neem Oil can be effective too.

If you are growing table grapes cut back any excess new growth to ensure the grape bunches are getting as much light as possible. It's also time to think about protecting the grapes from hungry birds. I use Microklima again to make "sacks" tied around several bunches at a time. I find this is more efficient than bird netting – it helps to speed up ripening and I don't trap birds.

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

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5. When you are together with other people, does background noise bother you?
6. Do you often need to turn up the volume on your TV or radio?
7. Do you find it difficult to hear the doorbell or the telephone ring?
8. Is carrying on a telephone conversation difficult?
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10. Has someone close to you mentioned that you might have a problem with your hearing?

How did you do?

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Menzshed national conference

The Waimea Menzshed will host the national conference of Menzsheds this February 15-17 at Club Waimea, across the road from its base at the A&P Showgrounds. The Richmond branch opened just over a year ago, with offshoots now in Motueka and Tapawera, plus talks underway with Nelson City about a possible shed at Founders, and good support for the concept in Golden Bay.

There are now more than 50 Sheds nationwide. Richmond spokesman Alan Kissell says the branch has about 100 paid-up Shedders.

Delegates to the national conference will be offered visits to the Nelson Centre For Fine Woodworking and the Pigeon Valley Steam and Vintage Museum, plus listen to presentations on a national constitution, safety and new tools.

A peek into men's sheds

Described as a "kitchen trail for blokes", the fundraiser Blokes In Sheds Tour on Sunday 17 March 2013 promises to keep the men entertained with visits to Waimea Menzshed, Model A cars, bottle collections, Richmond memorabilia, motorbikes, woodturners and more.

Proceeds go to the Life Education Trust Nelson Tasman. Tickets are \$15 and available from any ANZ branch after 1 March, or phone 03 544 4716.

Life Education is a charity that informs children about their health, respecting others and learning to appreciate their uniqueness.

Grey Power needs you

Nelson Grey Power is on a drive to increase membership. Branch president Neville Male says the organisation supports and promotes the welfare of all older persons, with 9200 financial members in the local chapter. You must be aged over 50 to join and Grey Power is managed by a newly elected Executive Committee of eight. "Contrary to what many people think, we are not solely a political lobby group, and in fact we show no preference to any one political party."

Neville says that as daily living becomes more difficult for many older people, they need a strong voice that will be heeded by both Government and the two Local Bodies. Membership of Nelson Grey Power costs \$15 single and \$25 double. Contact the office on 03 547 2457 or email nelsongreypower@xtra.co.nz.

Nelson Tasman Positive Aging Form

Monday 25 February 2013 at the Richmond Libraries Constance Barnicoat Room. Starts at 1.00 pm, all welcome.



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BYO campervan tour of Europe

A RICHMOND COUPLE TOOK THEIR BELOVED KOMBI HALFWAY ROUND THE WORLD

Mildred was a sorry sight when Keri and Daryl spotted her on a section at Ngakuta Bay in the Sounds. "She was sitting there looking very rusted," says Keri. Mould had also infested her joints over a two-year slumber, and, Daryl adds disdainfully, she was left-hand drive.

Old VW Kombi vans have a way of seducing people. Especially Kombi campers – not that Keri realised it was until after Mildred had joined the family. "I didn't even know it had a pop-top!"

That statement would make an aficionado gasp, but the Richmond couple can now hold their heads up with the most exacting of restorers in a project that consumed every night and weekend for the next 18 months. They stripped Mildred back to bare metal and started to rebuild.

"Nothing much held it together," says Daryl. "It basically fell to pieces as we took it apart."

The fitter and welder needed all his skills, and paired with accountant Keri's attention to detail, by 2009 the couple

had a 1977 Westfalia Kombi that was essentially showroom-new except for three parts: the steering box, gearbox and starter motor.

Daryl and Keri were also now in the VW fold. Nelson Kombi fans introduced themselves, offered help and provided vans for the couple to measure off.

Their pristine head-turner rested in the garage in 2010 while the couple headed off to Italy as a birthday treat for Keri. They missed their "baby". Wouldn't it be amazing to take Mildred on the road for a long tour, they wondered. Australia, perhaps. Heck, why not chuck in the jobs and take her around the world.

Back home, their employers had the wisdom to grant the couple six months' leave of absence, and Keri and Daryl began planning a jaunt through Europe – a mid-life BYO version of the campervan odyssey taken by tens of thousands of young Kiwis on their OE.

Keri set to work on a mammoth logistical exercise. She contacted the embassies of every one of the 27 countries they planned to visit, checking for access problems.

Shipping Mildred halfway round the world was not a simple matter of driving

to the container wharf. After a long trawl of freight companies, Keri and Daryl settled on furniture-mover Crown because they had experience in packing precious cargo.

Insurance was a catch-22. European countries demanded that Mildred be insured in her home country, but local insurers would not cover her beyond New Zealand shores. They also blanched at Mildred's age, even though the couple explained that their 40-something van was basically new. After a frustrating search, Keri finally found a company that would give them third-party and comprehensive.

Daryl worried about the gearbox, so through a VW devotee here, they arranged for a standby box in England should anything go wrong.

Europe also demanded that Mildred have a current "home" WOF. New Zealand's six-month coverage would leave the couple short after the two-month sea voyage each way.

Customs and MAF stipulated that the van be stripped bare. Daryl and Keri emptied her of crockery, clothes, bedding and bicycles, packing the lot into 10 large boxes. Mildred also had to be cleaned fastidiously. After a steam-blasting, brushes and elbow grease were brought to bear on the undercarriage. The wheels were even removed and insides cleaned.

A sparkling Mildred was eventually eased into a container, sandwiched by packing that included those 10 boxes of possessions. She sailed for a three-ship voyage via Tauranga, Singapore and England.

Their baby was on the high seas, out of their tender loving hands – and the



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Piran, a birthday treat for Keri.



container ship Rena smashed onto a Tauranga reef with perfect timing to crank up Daryl's anxiety. "I was very worried."

After two tense months, they flew out to join Mildred, who looked refreshed, if anything, from her cruise. First job was to gain a year-long British MOT to keep good faith with that WOF criteria.

Mechanically certified, squeaky clean, Mildred purred as Daryl adjusted her four rear-view mirrors – "we needed every one of them". Keri settled into the "co-pilot's seat" plus equipped with TomTom navigator, electronic monitors for battery voltage, tyre pressure etc, and the couple headed off on a 25,000km trip of a lifetime.

In the event, only a \$5 set of points let them down, and Mildred had a side-mirror smashed by an oncoming van crossing the centerline. It did not dent her charm. The little yellow van made friends wherever they went. Drivers would toot. Fellow Kiwi travellers all seemed to have a Kombi story. An elderly Romanian with little English coaxed Daryl

down a dubious sidestreet to a garage containing his own rare "splitty" VW van (two-piece windscreen – Mildred is the later "bay" model). Old-car enthusiasts of any marque handed over their contact details and invitations to stay.

"We just learned not to be in a hurry," Keri says. "If we had a dollar for every photo taken of Mildred it would have paid for the reno."

Moneywise, shipping her over "was definitely a negative, though not by much," adds Daryl, who heard of Kiwis who paid \$15,000 for four months' campervan hire in Europe.

Mildred gave them a familiar, comforting bed each night to ease the stress of travel in strange lands. Emotionally, the shared adventure made a strong bond inseparable. "We could never sell her."

Now proudly festooned with stickers, Mildred sits in the garage ready for more

fun. Is there another trip in the wind? Yes, says Daryl instantly, sporting a wide grin.

Favourite moment

We asked Keri and Daryl to sift through hundreds of memories for one magic moment on their European tour:

Keri's highlight

"My favourite day? Wow, so many spring immediately to mind. Was it the day we arrived to see Mildred safe and sound waiting for us? Or the VW show where we won a Top 10 prize? The day we drove over some Swiss alps through thick cloud to get to the top of the alp and a beautiful clear day?"

After a difficult choice, I have settled on the most obvious day to me, my birthday, June 16. We were at Camp Lucija in Seca, Slovenia, with a front-row site on the seaside looking over to Portoroz.

We are now about six weeks into our trip and have wound down into true holiday mode (meaning our clocks had been

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**WAIMEA RICHMOND
FUNERAL SERVICES**

thrown out and time was immaterial). It was what we referred to as a non-moving day (no driving), so after a leisurely lie-in we had our breakfast of fresh croissants (from the camp store) plus a lovely bottle of Champagne that we had carefully cellared from the duty-free country of Andorra, all consumed while sitting in the sun watching the boats on the sea in front of us.

After a swim, we showered and rode our bikes on the shoreline cycle/walkway to Piran, a quaint wee town with medieval architecture – loads of narrow cobblestone streets to get lost in. We wandered this maze and stumbled upon a very popular seafood restaurant – popular with the locals – and had the best fresh bouillabaisse we have ever tasted.

We spent some of the afternoon sitting under a sunshade watching the locals jump into the Gulf of Piran, with a faint view of Venice in the horizon, sipping cocktails and relaxing before biking the coastal route home to Mildred for another cooling dip in the sea.

We watched the sun set over the Adriatic Sea. What could ever top this day?"

Daryl's highlight

"Out of the six months we were away it's impossible to say which day was my best as every one was a fantastic mix of scenery, people and just driving our Kombi Mildred with my wife. Most days we picnicked for lunch, and for dinner cooked beautiful evening meals at our campsite.

So to me one of the best feelings was to get Mildred going after she died chugging slowly up a hill in the middle of Romanian roadworks. A set of points in the distributor broke and we veered into the closed-off lane, repairing the motor in 40deg-plus temperatures. As we got her going again (using some of the numerous spare parts we carried from NZ) and drove up to the crest of the hill, the tarseal machine was coming over the brow towards us. We felt very lucky we weren't half an hour later.

The feeling of achieving this repair made me confident for the rest of the trip."

(NB: About an hour after the breakdown, Mildred was nestled in the sunflower field featured in our cover photo.)



You can read more about the grand tour on Keri's blog. Go to europeinakombi.blogspot.co.nz

Local VW chapter

The friendly crew at Club V-Dub are reachable through their website, www.clubvdub.co.nz, or email admin@clubvdub.co.nz.

If you spot them on a jaunt, bowl up and say hello.



"I'd like Pavarotti and poetry"

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355 Lower Queen Street
Richmond
Ph. 0800 263 562 or 03 548 2009**



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

Across:

1. Making glass better (6,7)

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

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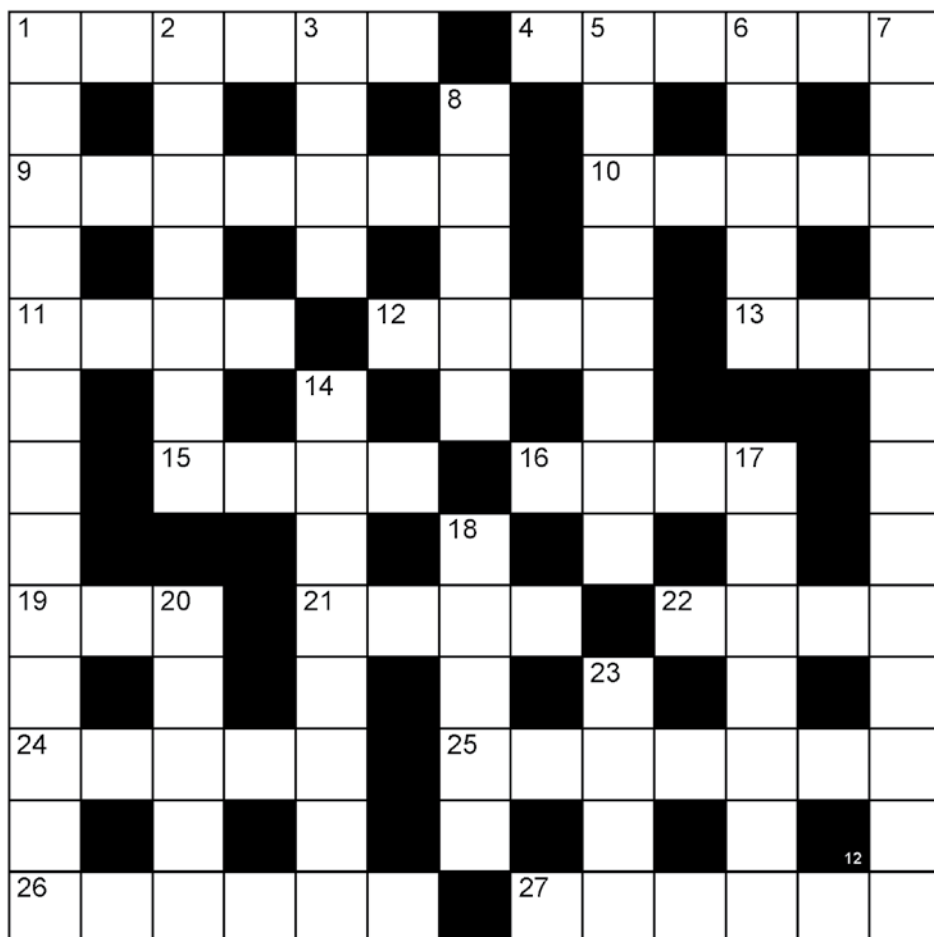
Simpler Clues

Clues Across

1. Fox-hole; canoe (6)
4. Yell piercingly (6)
9. Of mid-Eastern people (7)
10. Water-vessels (5)
11. Clamorous (4)
12. Sharp particles (4)
13. Make a knot (3)
15. Aspect (4)
16. Washing medium (4)
19. Tea container (3)
21. Place to build (4)
22. Robe (4)
24. Tend horse (5)
25. French country house (7)
26. Uses bad language (6)
27. Asserts (6)

Clues Down

1. Tongues no longer spoken (4,9)
2. A bit at a time (7)
3. Free-standing piece of equipment (4)
5. Genesis (8)
6. Vote into office (5)
7. Wrongdoings (13)
8. Trap (5)
14. Very fine spider-threads (8)
17. To shield (7)
18. Adhere (5)
20. Hanging loop (5)
23. Role (4)



Harder Clues

Clues Across

1. Primitive canoe that has been mined, would you say? (6)
4. US Uncle about to give credit to the East: what a laugh! (6)
9. A number of such nights as were entertaining (7)
10. Those who wield axes lose head, but they may hold water (5)
11. Making a lot of noise it is glaringly colourful (4)
12. To clamp the teeth together may take courage (4)
13. Last of entanglement : that is something that gets knotted (3)
15. Go and seek an appearance (4)
16. Bar that will grow smaller the more it's used (4)
19. Samovar makes its appearance in tea-parlour, naturally (3)
21. Where construction is concerned, she loses her heart to it (4)
22. What's worn and cultivated, right out? (4)
24. Household officer will begin to gesticulate, given space (5)
25. Being concerned in wine-making, mistakenly teach to the French (7)
26. Says what one says is true, there being fashion in craft (6)
27. Sets forth the conditions (6)

Clues Down

1. Voices from the past? (4,9)
2. Crumpled rag with double capacity -- but not all at once (7)
3. For one thing, it is necessary to get in usurper's overthrow (4)
5. A particularly striking garment for the universe as a whole (8)
6. Chosen for office, but not yet there to pick the top off (5)
7. Some rude man is upset by such examples of bad conduct (13)
8. String stretched across drum may be an allurement (5)
14. Very thin stuff makes me -- right ass! -- go crooked (8)
17. Shield nothing, having awkwardly crept around half of it (7)
18. On which printer may compose the criticism one comes in for (5)
20. If there's a ring in what one's led by, it may hang one (5)
23. A role that won't stick together (4)

Answers page 19

What's



FEBRUARY – MARCH 2013

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

Golden Bay

Wednesday Walkers

Meet at Information Centre carpark, Takaka, leaving 9.00 am. Bring morning tea, raincoat etc, light boots or walking shoes. Contacts: Debby Rogers, 03 525 9090, Lelie Sise, 03 525 8898, Sonia Nalder, 03 525 9765.

Upright and Able for Falls Prevention

Ph. Jacinda Hohepa 03 525 8770 or 03 525 9708 for details.

Motueka

Cycling

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

Motueka 50+ walking group

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

Motueka Recreation Centre

Badminton, \$4 court fee, \$2 racquet hire.
60+ Social Club, cost \$6 per session. Ph. Wendy 03 528 8228.
Sit and Be Fit, Thur 10.30 - 11.30 am. \$4.
Sunshine Club, Friday morning 9 am - noon. Morning tea and activities provided. Free pick-up and drop-off. \$4.
Ph. Wendy 03 528 8228.
Silver Sneakers. Indoor walking group, 9.30 - 10.30 am. \$4.
Centre Gym is open 9.00 am - 9.00 pm Monday to Friday, 9.00 am - 4.00 pm on Saturday (closed Sunday). Ph. 03 528 8228 or fax 03 528 8560.

Motueka Social Dance Group
Dances at Mapua Hall, 7.30-11.00 pm. Ph Margaret 03 528 7564 or Prue 03 540 2242.

Murchison

Murchison Community Resource Centre

Sit and Be Fit, at the hospital,

Mondays at 10.30 am.
Walking for Fitness, walk the 2 Mile every day at 10.00 am (except Tuesdays 10.30 am), weather permitting. Meet at War Memorial, Waller St. No charge. Courtesy car available – phone Berylla.

Phone Berylla Jones 03 523 9875 or email berylla@ts.co.nz

Nelson

Nelson Community Potters

136 Rutherford St. Pottery classes with Ross Richards, Wednesdays 13 Feb to 17 April 2013, 7-9.00 pm for 10 weeks. \$120 non-members, \$100 members. Wheel techniques, hand-building, decorating & glazing. Bring your own clay (Mid Fire White recommended). We can supply 3kg on the night for \$10 to get you started. Please email ncpotters@gmail.com with your details to book your place.

Nelson Dance Along
Richmond Town Hall 7.30-11.00 pm, Saturdays 9, 23 February 2013, 9, 23 March. Supper provided.

\$4 members, \$5 non-members. Everyone welcome.

Rosalie Winter (03) 548 2236

Nelson 50+ Walking Group
Drivers must notify the Leader of the day their intention to walk and to confirm the meeting place.

(E = Easy, M = Medium H = Hard)

(F) Forestry walks may be cancelled due to logging. An alternative walk will be arranged.

Tuesday walks

Feb 12: Mt. Duppa, H, Bernie Hawkey, 545 1033, Jo Ecroyd, 544 7038, 9.00 am

Feb 26: Cable Bay, M, Jeannie Woodhouse, 538 0969, Lesley Gunn, 548 0366, 9.30 am

March 12: Hacket Browning Hut, M, Noel Brown, 544 2286, Jo Ecroyd, 544 7038, 9.30 am

March 26: Port Hills, M, Jeff Connell, 545 9180, Jane Stevens, 548 3402, 9.30 am

Thursday walks

Feb 7: Haulashore Island / swim, E, Annette Willisicroft, 548 9772, Ron Maylor, 546 5170, 9.30 am

Feb 21: Rainey River, M, Ron

Maylor, 546 5170, Marilyn Davis, 548 2167, 9.00 am

March 7: Mt Arthur, H, Ron Maylor, 546 5170, Annette Willisicroft, 548 9772, 8.30 am

March 21: Pelorus, Captains Creek, M/H, Cheryl Carnahan, 544 7684, Carolyn Brown, 544 2286, 9.00 am

Mini-walks

5 Feb: Jimmy Lee Creek (meet Washbourn Gdns), Gwenda Wallace, 544 5307, 10.00 am

Thurs Feb 7: Haulashore Island (optional swim), Annette Willisicroft, 548 9772,

Ron Maylor, 546 5170, 9.30 am

19 Feb: Mapua (meet Washbourn Gdns), Mary and Des Gill, 540 3373, 10.00 am

5 March: Maitai (meet 155 Nile St), Kath Shaw, 546 7382, Amrita Stiles, 922 1199, 10.00 am

19 March: Hacket Hut (meet Washbourn Gdns), Juanita Friend, 547 6642, 9.30 am

Nelson Provincial Museum
Te Ahi Kā Roa, Te Ahi Kātoro Taranaki War 1860-2012 Our Legacy – Our Challenge. Until February 2013.

Plus Abel Tasman 370th Commemoration display, and Save Our Snails – Giant Land Snails of Te Tau Ihu.

For details, visit www.museumnp.org.nz

Stoke Seniors Club

Contact Christine, Anne or Ruth on Ph. 03 547 2660

Email: stokeseniors@xtra.co.nz

Regular activities

Drama Group – Mondays from 11.00 am-noon. Gold coin donation.

Scrabble Club – Mondays 1.00 pm.

Euchre – Tuesdays 10.30 am.

Mah Jong – Tuesday 1.00 pm.

500 Club – Wednesdays 1.00 pm.

Art class – Mondays 10.00 am & 1.00 pm. \$4.

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

Tai Chi – Tuesday 1.30 pm. \$6.

Sit and Fe Fit exercises to music –

Tuesday and Wednesday at 11 am in the Stoke Memorial Hall. Gold coin donation.

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

Contact Ruth.

All the above classes meet in the Stoke Memorial Hall.

Monthly Movie – Ph. 03 547 2660 for details.

Housie – second Tuesday and last Wednesday of the month. \$5 a card.

Tuesday Morning Craft Club 10.30 am. \$2.

Social Seniors Choir – The Musical Demons meet Thursdays from 11.00 am to noon. For details, contact Anne.

Card Making – (8-week course) Thursdays at 1.15 pm. \$3 per session.

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

Travel Club – Phone the office on 03 547 2660.

Monday Out & About Trips & picnics.

Thursday Out & About, 11.00 am. A van tiki-tour.

Weekly Afternoon Entertainment – contact office for details.

Also Tuesday-Thursday Meals – a two-course meal at midday for \$8 (members), \$10 (non-members). Ph. 03 547 2660 to book (preferably by 9.30 am the day before).

Saxton Seniors

Classes are designed to improve flexibility, strength, balance and general wellbeing.

Senior Walking Group: Tuesday and Thursday 9.30-10.30 am. \$4.

Senior Circuit: Tuesday 10.45 am after walking group, \$4. A low-impact all-over workout using resistance bands and light weights. An indoor, all-weather activity, followed by a cup of tea.

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

Tai Chi for Health: 12-week course starts Thursday 7 Feb. Beginners 10.00-11.00 am, Intermediate 11.30 am-12.30 pm. \$60 (12 sessions) or \$6 a session. Ph (03) 538 0072 to book, or email

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

FEBRUARY – MARCH 2013

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

saxtonstadium@xtra.co.nz

Tahunanui Community Centre

Board not Bored: Chess, backgammon, cards, or bring your own. Cuppa & company. Thursdays 1.30 pm.

Arty Crafties: Bring your craft or hobby along. Mondays 1.30 pm.

Movie Mates & DVD Divas: Watch classic movies the old way with intermission and ice-creams. Cuppa to follow. Tuesdays 1.30 pm. \$3.

Local Vocals: Singing for everyone. No audition, no pressure. Wednesdays 7.00 pm. Ph TCC for details, 03 548 6036.

Ironing Maidens: Bring your iron and ironing pile. We've got the boards, the tea and scones. Every Friday at 1.00 pm.

Zumba: Suitable for beginners and more experienced. Mondays 5.15 pm and Thursdays 5.45 pm. Contact Jo for details, Ph. 03 548 6036.

Victory Community Centre

Totara St, Nelson

Nana Craft: Knitting, crochet,

stitching. Bring lunch, share projects. Wednesdays. Pomeroy's coffee \$2 donation.

Sit & Be Fit: Have fun, burn calories, tone muscles, keep your heart healthy. Tuesdays 10-10.45 am, \$2 per session.

Housie at Victory: Great prizes, refreshments and transport available if required. Wednesdays 2-4 pm. \$2.

Laughter Yoga: The body's natural antidote to stress. Bring yoga mat or towel. Wednesdays 5.30-6.30 pm. \$2.

Richmond

Club 50

(All \$3. For trips, meet at Town Hall, Richmond, to carpool)

5 February: Meet the Bees of Aniseed Valley with Nick from Blue Sky Bees. (This will swap dates with the museum if it is raining as bees are grumpy in the wet).

12 February: Visit to Nelson Provincial Museum.

19 February: Kahurangi Estate

Boutique Vineyard, and enjoy a gourmet pizza with friends.

26 February: Health Seminar on 'Nutrition for the Older Person', with a focus on bone health and meals for 1-2 persons. Speaker Tonia Talbot a dietician from Nelson Bays Primary Health. In the meeting room at RRC.

5 March: Beautiful Kaiteriteri Beach for swimming, lazing, mini-golf.

12 March: Walk along Nelson's Maitai riverside, stopping for a cuppa at a local cafe.

19 March: New date for a talk on television 'Going Digital' – which happens on 28 April 2013. In the meeting room at RRC.

Richmond Senior Citizens Assn

Oxford St rooms.

Tuesday afternoon, cards.

Wednesday 9.00 am to 2.00 pm, quiz, housie and activities.

Thursday afternoon, cards.

Friday 9.00 am to noon, light exercises and morning tea.

An outing on the last Wednesday in the month.

Ph Elaine Mead 03 544 5654

Richmond Waimea Community Whanau Group

Community groups, services or organization representatives come together to share information. (Just turn up.) Meets the first Tuesday of each month, noon-1.00 pm, Senior Citizens Rooms 62 Oxford St, Richmond. Guest speaker at most meetings. BYO lunch (tea & coffee provided).

Upright and Able for Falls Prevention

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

Wakefield

Way2Go activities

Pilates – Village Hall Mondays at 7.00 pm.

Active Seniors Class – Village Hall Tuesdays at 11.00 am.

Sit and Be Fit Classes – Village Hall, Thursdays at 10.00 am.

Retirement Living and Care at its Best!



Above: Resident Joyce and her two daughters Lynley (left) and Heather (right).

After 65 years in the family home we are extremely happy with Mum's new beginning and beautiful journey at Ernest Rutherford Retirement Village.

Joyce's daughter Heather:

"Mums attitude has changed towards life, her health is so much better and she now has so many wonderful reasons to get up each day."

Joyce's daughter Lynley:

"This is a new life for Mum without Dad, so it's a huge relief for the family knowing during the night someone is always around should she need a little extra assistance."

Joyce:

"I feel like I'm on a cruise ship without the seasickness! Having the marvellous staff around for a bit of assistance with shopping trips and outings I now have a bounce in my step again."

Joyce, Serviced Apartment Resident

Brand New Apartments

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*Ongoing service fees apply.



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

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FEBRUARY – MARCH 2013

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

Golden Bay

Age Concern

Offering support services, information and advocacy to older people in the Bay. Our services include Elder Abuse & Neglect advice and support, and an accredited visitor service. Phone the office, 62 Oxford Street, Richmond, on 03 544 7624

Astanga Yoga

GB Community Centre, Tuesdays 5.45 pm, Doris or Keryn Ph 03 525 9525. Thursdays 9.00 am, ph Michelle or Pam 03 525 9033.

Belly Dancing

Senior Citizens Hall, Mondays 5.00-6.00 pm. Leena 03 525 9393

Drop-in Yoga

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

Genealogical Group

Sally Ph. 03 525 8086

Gentle Exercise Classes

(through Golden Bay Physio Clinic) Held at Golden Bay Community Hospital, Mondays 10.00 – 11.00 am. No charge. Erica Ph. 03 525 9708

Sit and Be Fit

Golden Bay Community Centre, Tuesdays 10:30-11:30 am. \$2 donation. Jacinda Ph 03 525 8770

Golden Bay Contract Bridge Club

Leigh Ph 03 525 9744

Golden Bay Garden Club

Diane Ph 03 525 6121

Golden Bay Patchwork and Quilters Guild

Liza Ph 03 524 8487

Guided Gym Session

Wednesday 12.00 – 1.00 George Ph 03 525 6110

Indoor Bowls/Cards

Senior Citizens Club rooms. Mary Ph 03 525 8445

Mah Jong

Ethel Ph 03 525 8615

Marble Mountain

Country Music Club 2nd and 4th Sunday of each month at the Senior Citizens Club rooms. Nancy Ph 03 525 9491

Motupipi Indoor Bowling Club

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

Pohara Bowling Club

Jennifer Ph 03 525 9621

Probus

Jan Ph 03 525 9224

Purahaoi Table Tennis

Rene Ph 03 525 7127

SeniorNet [Golden Bay]

Beginner courses in home computing, based in clubrooms at the Takaka Showgrounds. Rosemary Ph 03 525 7565

Tai Chi for Arthritis

Ann Ph 03 525 8437

Takaka Golf Club

Ph 03 525 9054

Takaka Golf Club

Ladies Section G. Turley Ph 03 525 9122

Takaka Spinning Group

Jan Ph 03 525 9374

Takaka Table Tennis

Rene Ph 03 525 7127

University of the Third Age (U3A)

Moiria Ph 03 525 7202

Upright and Able for Falls Prevention

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

Uruwhenua

Women's Institute

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

Wednesday Walkers

Bron Ph 03 525 8627 Bob Ph 03 525 9958

Workouts

Masonic Hall Takaka, Mondays 9.30-10.30 am Wednesdays 9.30 -10.30 am, Fridays 9.00-10.00 am Ph 03 525 6110

Hope

Hope Midweek Badminton Club

Carolyn Ph 03 541 9200

Nelson Veterans Tennis Club

Hope Courts every Thursday Ph 03 547 6916

Mapua

Indoor Bowls

Mapua Friendship Club Mapua Public Hall Valerie Ph 03 540 3685

Low-Impact Aerobics and Pilates

Wakefield, Upper Moutere and Mapua Lynda Ph 03 543 2268

Mapua Bowling Club

Dave Ph 03 540 2934

SeniorNet (Motueka)

Computer learning for the over 55s at 42 Pah St. Mary Ph 03 540 2758 Maureen Ph 03 528 0630

Taoist Tai Chi

55 Muritai St, Tahunanui Ph 03 545 8375

Motueka

Aerobics/Gym and Fitness Centre

50+ Aerobics Mot Rec Centre Jody Ph 03 528 8228

Age Concern

Support services, information and advocacy to older people in Motueka. Our services include Elder Abuse & Neglect advice and support, and an accredited visitor service for older people. Office: 62 Oxford St, Richmond. Ph 03 544 7624.

Arthritis NZ

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

Gym & Fitness Centre

Studio Gym 275 Catherine Ph 03 528 4000

Healthy Hearts Club

St Thomas Church Hall Wendy Ph 03 528 6692

Indoor Bowls

Motueka Senior Citizens Hall. George Ph 03 528 7960

Line Dancing

Motueka Senior Citizens Hall. Beryl Ph 03 528 8265

Line Dancing (Beginners)

Huia Clubrooms, High St. Mondays 7.00-9.00 pm. Sue Ph 03 528 6788.

Marching

Motueka Veteranettes Marching Team Bev Ph 03 528 9125

Motueka and District Historical Association

Meets fourth Saturday of the month, April to November, Community House, Decks Reserve, 1.30 pm. Coralie Ph 03 528 8241 or Patsy Ph 03 528 5003

Motueka Bowling Club

Don Ph 03 528 7208 Tony Ph 03 528 9175

Motueka District Museum

Mon to Friday 10.00 am - 4.00 pm. 140 High St. Ph 03 528 7660

Motueka 50+ Walking Group

Meets last Thursday of each month in the Uniting Church Hall, High St, at 9.30 am. Kevin Ph 03 544 8378 Norah Ph 03 528 6290.

Riwaka Bowling Club

School Rd, Riwaka Kathy Ph 03 528 4604 Pat Ph 03 528 8347

Riwaka Croquet Club

Sally Ph 03 528 8296

Scottish Country Dancing

Valerie Ph 03 543 2989

SeniorNet [Motueka]

Computer learning for the over 55s at 42 Pah St. Wendy 03 528 7105, Helen 03 528 6305

Social Recreation

Kiwi Seniors (Motueka) Vonnice Ph 03 528 7817

Upright and Able, Falls Prevention

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

U3A (University of the Third Age)

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

Yoga

DruYoga class at Moutere Hills Community Centre, Thursday 9.30-11.00 am and 6.00-7.30 pm. Riverside Community, Tuesdays 6.00-7.30 pm. Casual \$12. Sue Ph 03 543 2125

Murchison

Age Concern

Offering support services, information and advocacy to older people in Murchison. Our services include Elder Abuse & Neglect advice and support, and an accredited visitor service. Phone the office, 62 Oxford St, Richmond, on 03 544 7624.

Murchison Community Resource Centre

Thursdays: Pilates, 5.15-6:15 pm, 2 Aug to 20 Sept. Suitable for all fitness levels. \$60 for 8 weeks or \$10 a session, MESI Building. Chells Circuits, 6.30-7.30 pm, 2 Aug to 20 Sept. Bring a mat if you have one. \$60 for 8 weeks or \$10 a session. Rec Centre Gym. Friday: Sit and Be Fit, 10.00 am. \$2 a session, Rec Centre. Every day: Walking for fitness. 10.00 am, but 10.30 Tuesdays, at the War Memorial. Weather permitting. No charge. Call Berylla 03 523 9875 or email berylla@ts.co.nz for bookings & details.

Nelson

Age Concern

Support services, information and advocacy to older people. Services include Elder Abuse & Neglect advice and support, and an accredited visitor service for older people. We also distribute the Total MobilityTaxi Voucher scheme for Nelson & Richmond. Our office is at 62 Oxford St, Richmond. Ph 03 544 7624.

Angie's Active Circuit

Easy Aerobics & Circuit class. Thurs 9.30-10.30 am, \$5, Tahunanui Presbyterian Church, Muritai Street Angie Ph. 03 547 0198.

Aquatics/Swimming/Gym

Riverside Pool Ph 03 546 3221

Art Group Nelson

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

Arthritis New Zealand

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

Belly Dancing

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

Bodyvive (Low-impact)

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

Cardiac Club/Gym & Fitness Centre

City Fitness Sharon Ph 03 539 0348

Cardiac Support Group

Information and support to people affected by Cardiovascular Disease. We hold a three-monthly get together for former patients and those on waiting lists. Contact Averil Ph. 03 545 7112

Diabetes NZ Nelson

Information centre 50 Halifax St, Nelson, Ph 03 546 6142. Hours: Monday, Wednesday, Friday 11.00 am - 2.00 pm. We stock jams, sauces, recipe books etc.

Dining4Twelve

Convivial gatherings for 50+ singles. No fees, no pressure. Contact Jenny Dining4Twelve@xtra.co.nz

Golf Croquet

Nelson-Hinemoa Bev Ph 03 548 2190

Government Superannuitants' Association

Graeme Ph 03 547 6007 email nelson@gsa.org.nz

Grandparents Raising Grandchildren

Meets last Tuesday of the month at 10.00 am. Presbyterian Church Sunday School rooms, Muritai St, Tahunanui. Social gatherings second Tuesday of the month at 10.30 am. Ph 03 545 6118.

Gym

Contours Health & Fitness Ph 03 544 0496

Hatha Yoga

Maureen Ph 03 546 4670

Hearing Association Nelson

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

Hot Yoga

Claire Ph 03 548 2298

Housie Evening

Stoke Rugby Clubrooms, Neale Ave, Stoke. Wednesday nights, 7.15 - 9.45 pm. Buddy Ph 03 547 3230 John Ph 03 547 1689

Marching

Silveraires Leisure Marching Diana Ph 03 548 9527

Marybank Garden Club

Meets on the 1st Tuesday of each month (except Dec/Jan) at 7.30 pm. in the Highland Pipe Band Hall, Paru Paru Rd, Nelson.

Nelson Caravan Club

Allan Ph 027 319 7427

Nelson Community Patrol

Suzy Ph 03 539 0409

Nelson Dance Along

Rosalie Ph 03 548 2236.

Nelson Electronic Organ and Keyboard Club

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

Nelson 50+ Mini-Walks

Gwenda Ph 03 544 5307

Nelson Male Voice Choir

Rehearsals: School of Music, Monday evenings. John Ph 03 547 5181 or Ernie Ph 03 548 7291

Nelson Petanque Club

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

Nelson Philatelic Society

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

Nelson Savage Club

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

Nelson Scrabble Club

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

Nelson Senior Citizens

Social Indoor Bowling Club. Valda Ph 03 544 1487

Nelson Social Dancing Club

Live band on the second Saturday of each month,

7.30-11.30 pm, at Broadgreen Intermediate School Hall. Members \$8, non-members \$12. Ph Jenny 03 521 1823 to confirm.

Over 50s Pilates and Yoga

Body Power. Sue Ph 029 281 3735 for pilates, or Margot Ph 029 281 3735 for yoga.

Pottery

Craft Potters Nelson run tutored weekly pottery class for members and non-members at their Hope premises (202 Ranzau Rd). Everything provided – you only need to buy clay. Uta Ph 03 541 8953

Probus, Stoke-Tahunanui ladies branch

Meets third Wednesday each month. Pauline Ph 03 547 5238.

SeniorNet [Nelson]

Computer instruction for people aged 50+. Clubrooms at Pioneer Park, Hastings St, Ph 03 548 9401 and we will ring you back.

Senior Service - Nelson Baptist Church

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

Sit and Be Fit

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

Smart Hearts

For people with or at risk of heart issues. Affiliated to Heart Foundation NZ. Activity, information and support, with a cuppa too. Tahunanui Presbyterian Church, Muritai St. Starts Mondays 10.30 am. \$5. Angie 03 547 0198

Stroke Club Nelson

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

Stroke Foundation Caregivers Support Group

Meets once a month. Anne-Marie Ph 03 545 8183.

Support Works

Assesses the needs and co-ordinates services for people affected by disability. For a free assessment, Ph 03 546 3980 or freephone 0800 244 300.

Suter Art Gallery

Exhibitions, floortalks, lectures and films. See www.thesuter.org.nz for details. 208 Bridge Street, Nelson.

Table Tennis

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

Tahunanui Bowling Club

Welcomes summer and winter bowlers. Barbara Ph 03 547 5071.

Tahunanui Community Centre

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

Tai Chi with Gretchen

Trafalgar St (Age Concern) Hall Gretchen Ph 03 548 8707

Taoist Tai Chi Internal Arts for Health

Classes 9.30 - 11.00 am, Wednesday 6.00 - 7.00 pm, Saturday 9.00 - 10.30 am, new Beginners Class Tuesday 1.00 - 2.30 pm, at 55 Muritai St, Tahunanui. Ph 03 545 8375 and leave a message. Help yourself to better health. Suitable for all ages, and first class is free.

The New Hub

Circuit Training every Thursday 10.00 - 11.00 am. All ages and levels of fitness welcome. \$3. New St venue. Ph 03 545 9447.

U3A

Ph Lois 544 2440 email membership@u3anelson.org.nz

Ukulele with Gretchen

Wednesday mornings Trafalgar St (Age Concern) Hall Ph 03 548 8707

Upright and Able for Falls Prevention

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

Veterans' (55+) 9 hole golf days

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

Ph 03 544 6441

Victory Laughter Yoga Club

Stretch, breathe, laugh, relax. Gareth Ph 03 546 8389

Victory Senior Support

Meet every Tuesday at 1.30 pm at Anglican Church, 238 Vanguard St, Nelson, for entertainment, games and guest speakers. Shirley Ph. 03 546 9057, Tuesday to Friday, 9.30 am to noon. Also Victory Sit and Be Fit. New class, Thursdays 10.00-10.45 am, 238 Vanguard St. Ph. Shirley 03 546 9057 or 03 547 1433.

Walking

Nelson 50+ Walking Group Noel Ph 03 544 2286

Yoga

Dru Yoga class at Muritai Centre, Tahunanui School, Monday 6.30 - 8.00 pm. Casual \$12. Sue Ph 03 543 2152

Zenda Middle Eastern Dance

St John's Church Hall, Hardy St Gretchen Ph 03 548 8707

Richmond

Age Concern

Support services, information and advocacy to older people in the community. Our services include Elder Abuse & Neglect advice and support, and an accredited visitor service for older people. We also distribute the Total Mobility Taxi Voucher scheme for Nelson & Richmond. Our office is at 62 Oxford St, Richmond. Ph 03 544 7624.

Badminton

Richmond Morning Badminton Dawn Ph 03 544 4120

Body Power Pilates & Yoga Centre

Richmond Town Hall Sue Ph 029 281 3735

Bodyvive (Low-impact)

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

Bridge

Lessons Monday evenings or Tuesday afternoons All enquires to Shirley Ph. 03 544 6734. Richmond Bridge Club, 348 Lower Queen St.

Croquet

We welcome new members to Golf croquet in Richmond, Thurs & Sundays at 1.00 pm.

Ph Sheryl 03 541 0623.
Association croquet, Wed & Sat 10.00 am. Ph Betty 03 544 7268. Club lawns opp. new health centre, Lower Queen St.

Easy Exercise

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

Euchre

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

Hope-Ranzau Women's Institute

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

Indoor Bowls for Seniors

Church of Christ Hall. Cnr Croucher & D'arcy Sts.
Tuesday 1.00 - 3.00 pm
Mary-Anne Ph 03 544 2596

Laughter Yoga, Richmond

Nourish your wellbeing.
Marion Ph 021 145 3027

Line Dance Nelson

Alison Ph 03 546 9878

Men's Shed

A&P Showgrounds, Richmond. Ph 027 289 0185

Pedometers from the Library

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

Pottery

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

Richmond Bowling Club

Have a go, Tuesday 1.00 pm, Thursday at 1.00 pm and 5.45 pm. Bowls and shoes provided.
Richard Ph 03 544 7076 or club Ph 03 544 8891

Richmond Indoor Bowls

Mondays 1.30-3.30 pm Richmond School hall, Oxford St. A friendly session. All welcome.
Heather Ph 03 544 6704 or Gwen Ph 03 544 7953

Richmond Physiotherapy

Weekly classes in their spacious, sunny gym. Exercise For the Older Adult: A well-balanced, physiotherapist-led mix of strengthening, balance and cardio exercises. Monday 10.30-11.30 am, \$8. Knee Class: Physiotherapist-led exercises to strengthen

the lower limbs. Suitable for those with achy or arthritic knees wanting to keep or improve their strength to remain active Thursday 10.00 – 11.00 am, \$10.

Richmond Recreation Centre & Town Hall

At 9 Cambridge St.
Ph. 03 544 3955 Website: www.sporttasman.org.nz or www.way2go.org.nz
Body Define Circuit, Weds 11.15 am. Gym-style circuit class. \$4. Suitable for all levels of fitness, and children's play area available. \$4

FITNESS

Easybeat: Mon & Fri 9.00 am. Ease In2 Easybeat: Mon & Fri 11.15 am. Shapeup 4 Healthy Hearts: (Heart Foundation affiliation programme), Mon & Fri 10.10 am.

Club 50: Tues 9.30 am, seniors, social recreation & outings. New members welcome. \$3. Fun Housie: With prizes. Designed for all ages and those with special requirements. Fridays 2-4.00 pm. \$3. Ease In2 Cycling: Easy social cycling. Wed 1-3.00 pm. \$4. Enjoy the sights of Richmond/Nelson on your bike.

Richmond

Slimmers Club

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

Silver & Strong

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

Sport Tasman's Club Recreation

9 Cambridge St, Richmond Ph 03 544 3955, \$4 Fitness
Easybeat: Monday & Friday 9.00 am
Ease in2 Easybeat: Monday & Friday 11.15 am
Shapeup: Mon & Fri 10.10 am
Sit & Be Fit: Fridays 11.15 am
Ease in2 Cycling: Social cycling Mon & Wed 1.00 pm, \$4.
Please ring that morning for meeting place.
Club50: Tuesdays 9.30 am, Seniors, social recreation & outings. New member welcome, \$3.
Walking Group: Mondays 9.30 am, no charge.

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

Social Cards

Senior Citizens Rooms, Oxford St. Tuesdays 500, Thursdays 500, Rummy Cub and Scrabble. 1.30-4.30 pm. \$1. Kath Ph 03 544 5563

Spinning, weaving

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

Tasman Tennis Club

Social tennis Tuesday mornings 9.30 am, beside the Badminton Hall, Gladstone Rd. Coaching sessions available. Kolie Ph 0278 293 366 or the centre Ph 03 544 6083

Tasman Visual Arts Group

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

Tai Chi with Gretchen

Richmond Town Hall and Oakwoods.
Gretchen Ph 03 548 8707

Ukulele

Fridays afternoons, Oakwoods, lower Queen St.
Gretchen Ph 03 548 8707

Upright and Able, Falls Prevention

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

Yoga

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

Stoke

Angie's AquaFitness

Exhilarating, fun and motivating aqua class. Get back into activity in a warm-water pool. All abilities, shapes and sizes welcome. Tuesdays, 10.45-11.45 am, Thursdays 6-7 pm. \$6. Ngawhatu Pool, Stoke. New Aqua Therapy session for hips, knees, ankles, shoulders and back issues. Six-week course starts Thursday 20 Sept. Angela Ph 03 547 0198

Angie's Silver Circuit

Seniors only. Build your strength & stability. Light exercise circuit helping with your everyday life. Fridays, 10.15-11.00 am, \$4. Stoke Seniors, behind Memorial Hall. 548 Main Rd, Stoke. Turn-up or call Angie on 03 547 0198.

Aqua-therapy

New sessions for hip, knee, ankle, shoulder, back issues. Exercise professionals with you in the warm water. Ngawhatu pool. Bookings essential. Angie Baker 03 547 0198 or 021 330 905.

Clogging/Tap Dancing

Nelson Sun City Cloggers. Georgina Ph 03 545 1037

Country Music

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

Easy Exercise

Sit & Be Fit for Men & Women. Arthritis NZ Every Tuesday 10.00 am

Stoke Methodist

Church Lounge
Maureen Ph 03 546 4670

Hatha Yoga

Maureen Ph 03 546 4670

Hydrotherapy

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

Ngawhatu Bowling Club

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

Pottery

Nelson Community Potters, 132 Rutherford St. Social group on Thursday mornings or Twilight Pottery on Monday evenings, 7-9 pm. Free to members & \$7 for casual (new members welcome). Contact Sue 03 548 5741 or Megan 03 547 5252.

Presbyterian Support

Our Harakeke Club welcomes people who have had a diagnosis of Alzheimer's Disease or another dementia. We provide opportunities for socialising, participating in a varied activities programme, and more. Mon-Fri, 10.00 am to 3.00 pm. Tue-Fri 10.00 am - 3.00 pm Totara Club. Day programmes for older people, socialising and participating in a

personalised activity programme. Both clubs also provide a two-course cooked lunch and door-to-door transport to and from the centre.
Ph Sasha Spargo 03 547 9350

Safety & Confidence

Kidpower, Teenpower, Fullpower Trust
Cornelia Ph 03 543 2669

Saxtons Sit and Be Fit

Mondays at 10.00 am, Saxton Stadium. \$3
Leigh Ph 03 548 1689 or 021 547 811.

Stoke Bowling Club

Allen Ph 03 547 1411

Stoke Combined Probuc Club

Meets every 4th Tuesday 10.00 am at Nick Smith's Rooms, Waimea Rd. Sue Ph 03 548 6062.

Stoke Social Seniors

Pilates: Wednesdays 1.30 pm. Tai Chi: Tuesdays 1.30 pm. Sit and Be Fit: Tuesdays and Wednesdays at 11.00 am, Stoke Memorial Hall
Christine Ph 03 547 2660

Tuesday Walking Group

Departs 10.00 am from Stoke Seniors Hall.
Ph 03 547 2660

Table Tennis Nelson

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

Ukulele Fun

Stoke Memorial Hall, Thurs 10.00 am – noon. Bring your uke. Gold coin donation. Ph 03 547 2660.

Upright and Able, Falls Prevention

Free 6-week courses for those over 65 with a fear of falling. Ph. Cherie Thomas 03 539 1812.

Tapawera

Visual Art Society

Kaye Ph 03 522 4368.

Walking

Rural Ramblers
Una Ph 03 522 4083

Wakefield

Easy Exercise

Arthritis NZ, Nelson
Nancye Ph 03 541 9040

Live Well, Stay Well Activity Group

Greg Ph 03 541 9320

Silverthreads Fun Afternoon

Meetings at 1:30 pm, Wakefield Village Hall
Heather Ph 03 541 9214.

FOSSIL RIDGE BOUTIQUE WINES

Our literary section salutes the short-story writers and poets in the Nelson-Tasman region. Fossil Ridge winery awards a bottle of fine wine to the winner each month.

Creative Writers

SEND ENTRIES TO:

Fossil Ridge Creative Writers,
Dry Crust Communications,
PO Box 3352, Richmond, or email
info@drycrust.com.

Congratulations to poet Philip Lister, who takes the prize for February-March.

FOSSIL RIDGE BOUTIQUE WINES

Wine Tasting in attractive surroundings. Café Lunches in Summer, bookings welcome.



www.fossilridge.co.nz

72 Hart Rd, Richmond 11am – 4.30pm Wed – Sun SUMMER
Phone/Fax 03 544 9463 12noon – 3.00pm Wed – Fri WINTER
wine@fossilridge.co.nz Closed Monday and Tuesday



No Answer

By Philip Lister

The cloudscape of the sky astounds me every day, and if you want to ask me why, this is what I'll say:

"The sky is much too grand for you and me to grasp, but if you truly understand how Nature sees her task, you'll know that you should wonder, and never have to ask."

"Age to Be" positive ageing expo

The Age to Be Positive Aging Expo promises a busy and interesting day on Friday 5 April 2013. Along with 60 stallholders, there will be seminars, demonstrations and a chance to have a go at activities and games, as well as taking quick health checks.

The Men's will give wood turning, carving and DIY demonstrations, you can have a go at tai chi or hop on a bike to sample the Great Taste Tasman Trail.

Gardening tips are on offer, and the Age Concern Nelson seminar "Talking about the tricky stuff" will delve into wills, Enduring Power of Attorney and planning for funerals.

The Expo, at the Headingly Centre, in Headingly Lane, will also feature CarFit

checks. These offer older drivers a free check on how well they personally "fit" their vehicle, ensuring maximum comfort and safety. The CarFit check takes about 20 minutes. Phone Transport and Road Safety Co-ordinator Margaret Parfitt on 03 546 0390 to make a booking.

A host of Government and community organisations will also showcase their services.

The Expo, from 10.00 am to 3.00 pm, is aimed at older adults and their families. Admission is free, with complimentary tea, coffee and biscuits provided. Lunch will be available for purchase.

If you are driving, Headingly Lane is off Lower Queen St past the A&P

Showgrounds, or you can catch the NBus to Richmond's Sundial Square and link with free shuttle buses running to the Expo half-hourly from 10.30 am.

The Age to Be Positive Aging Expo is led by the Tasman District Council in partnership with Age Concern, Ministry of Social Development, Nelson City Council, Nelson Bays Primary Health, and Grey Power, with generous support from the stallholders.

For further information or if you want to book a stall contact Tasman District Council, Community Recreation Advisor, Mike Tasman-Jones, on 03 543 8403 or email mike.tasman-jones@tasman.govt.nz

Crossword Solutions

CLUES ACROSS

1. Dugout 4. Scream 9. Arabian
10. Ewers 11. Loud 12. Grit 13. Tie
15. Look 16. Soap 19. Urn 21. Site
22. Gown 24. Groom 25. Chateau
26. Swears 27. States

CLUES DOWN

1. Dead languages 2. Gradual 3. Unit
5. Creation 6. Elect 7. Misdemeanours
8. Snare 14. Gossamer 17. Protect
18. Stick 20. Noose 23. Part

A year in Mapua, snapped

Walking the dogs spawned a daily photographic record of life in picturesque Mapua over a whole year. Residents Neil and Jane Smith set themselves a "mental exercise" of taking a photograph each day, with an "absolute rule" of posting it online before midnight. When the visual diary ended on September 9, 2012, the website <http://portraitmapua.wordpress.com> had drawn 7875 views, with 268 on the busiest day, April 10. The diary records an ever-changing harbour, dramatic skylines, events, colourful characters

and funky fixtures. Mostly the snapping was combined with walking Monty the labrador and Napoleon the golden retriever, but the Smiths also receive requests to photograph specific events.

Neil says he got the idea for the project from a similar venture in the United States. Their online log has generated hundreds of feedback comments. The most popular pictures are of animals, he says.

The couple run a photography/design business (Chocolate Dog) from home.

Their photo diary, and the pressure of producing a memorable image each day, was 90 percent enjoyable, Neil says. He and Jane are considering compiling the finished record into a couple of books and placing them at the Jellyfish café/bar and Hamish's icecream parlour, at Mapua wharf.

The expat Britons – who initially settled in Christchurch and moved north just before the earthquakes – are thrilled with their adopted country and Mapua.



Driving Miss Daisy, call and ride with a friend!



Driving Miss Daisy®
We're There For You

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

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

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

The Driving Miss Daisy service is perfect for:

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

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