

Mudcakes *and* Roses

Senior Generation Action and Issues – Nelson Tasman

Issue 48 June / July 2008



Old tales live again pg 7

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John Harwood and John Ward receiving their life membership to the Nelson Hearing Association

Honorary life membership well deserved

Hearing Association Nelson Inc has said a big 'thank you' to long-time members John Harwood and John Ward, by making them honorary life members.

At the association's recent AGM the pair were recognised for their service to the interests and welfare of hearing-impaired people in the Nelson region.

Hearing Association Office Manager Ana Parkes said both Johns had given many voluntary hours to the Association over the years; each serving terms as President, spear-heading projects, giving educational talks to various groups, maintaining Hearing House and supporting the staff. She said without their significant involvement, along with the input from the Association's other volunteers, the organisation would not be able to operate as successfully as it does providing support services to its 600 members and the general public.

"When the committee received the nominations for life memberships, everyone was more than happy to accept them as an appropriate way to say thank you to John and John for all their efforts," Ana said.

Snap away the winter blues

If you like taking photos get snapping and enter Motueka SeniorNet's photographic competition. It is run by the Digital Interest Group which is encouraging people to improve their photography.

There are three competition sections:

- Celebrating the magic of light
- A portrait in low light
- Autumn and/or winter colours.

Photographs should have the theme 'Enjoying autumn and/or winter in Motueka.'

Entry forms are available from Westrupp Jewellers and the Motueka Library. The competition is free, and open to anyone. Entries close on 19 June 2008.

Entries will be displayed at a free exhibition at the Motueka Museum from 4 - 18 July 2008, in conjunction with the Festival of Lights.

For more information contact Shirley Frater on 03 528 7104 or email tsfrater@xtra.co.nz.

Pearly Queen raising funds for charity

The Pearly Queen of Nelson has come a long way from her birthplace, Cricklewood in North London, to Stoke, Nelson. Shirley Miles has worn the honorary title of Pearly Queen of Nelson since late 2002, and is proud to honour the obligations that go with the title. She is usually at the Saturday morning market in Montgomery Square, collecting for the Nelson Hospice.

To be a Pearly Queen or King, you have to have been born within the City of London with 100 years of London ancestry, and have the agreement of your fellow Londoners. The pearly tradition stretches back to the first Pearly King, Henry Croft who lived in Somers' Town in London in the late 19th century. History suggests that he was an orphan who lived among the London costermongers (fruit and vegetable sellers) from the age of about 13. The costermongers sewed pearl buttons on their clothing and had a strong culture of looking after each other. Henry took this lifestyle to heart and decorated his clothing with pearl buttons that had fallen off the clothes of others. In pearly tradition, the Kings do the pattern design and sewing of the pearls on to the clothes. Henry spent his life helping others who had fallen on hard times by collecting for charity and was aided by other pearlies who came from the costermonger families.

By the time he died in 1930, Henry had collected over £5000, and a statue donated by all the charities he had helped was erected in his honour. The statue now stands in the crypt of St Martin in the Fields. Since then the Pearly Kings and Queens have continued to work for charities, with some descendants of the original families still involved.

Shirley Miles' role as a Pearly Queen started when she did some research on the tradition for a presentation to her local U3A branch. She realised that she had the birthright to be a Pearly Queen, and got the blessing of other Londoners living in Stoke, as well as the Nelson Hospice Trust Chairwoman Elspeth Kennedy. Since then she has raised \$42,000 for the Hospice, and hopes to raise \$100,000 before hanging up her suit.

Shirley's outfits are decorated with 3500 buttons and pearls, all sewn on by hand. The designs on the jackets follow tradition by being significant to the Nelson area, and feature waves, anchors, the fishing and forestry industries and the cathedral clock tower.

She wears a traditional ostrich feather hat, and visitors to the market often comment on her outfit and respond well to her fundraising efforts.

Shirley and her husband John lived in England until 1957 and then spent six years in Zimbabwe before arriving in Nelson in 1962. Together they have worked tirelessly for the Hospice.

"I have had many friends who have used the Hospice. The work they do is so necessary and worthwhile. I meet so many lovely people who tell me how well their relatives have been cared for and the comfort they have received from the wonderful staff. I have to keep going as long as I can to keep it in the public eye," said Shirley.



Shirley Miles, Nelson's Pearly Queen.



The Pearly Queen of Nelson's hand sewn jacket.

Dust to dust, the sustainable way ■

At the end of our lives we don't get any choice about the timing and nature of our passing, but there are some decisions we can make before the time comes about how we would like our remains to be disposed of and the ceremonial aspects of our funeral.

Often these arrangements are dealt with by family and friends at a time when they are dealing with grief and sadness, so if we can make our wishes known well in advance it can help and give them some comfort knowing they are doing things they way you would have wanted.

There are alternatives for the disposal of remains and the service arrangements, which include a family-directed home funeral, no embalment of the body, and use of a biodegradable coffin.

There are two aspects to consider – the environmental effect of your disposal, and how well equipped your family are to manage a self-directed funeral.

Lynda Hannah, of Living Legacies informs people about the environmental impacts of their funeral arrangements and gives them as little or as much practical assistance with the process as required. "I wanted to start a business that would have a positive environmental effect, would build on my counselling training and was not currently available," said Lynda, who first became aware of natural burial services in the UK.

There are no legal requirements for a funeral service, only regulations regarding the burial or cremation of a human body. "I was shocked at my own ignorance about the process," said Lynda. "We will all have to be involved with the funeral of a loved one some time in our life and our loved ones will have to deal with our own funeral." Most people leave dealing with death until it happens but Lynda sees that making decisions beforehand and letting your family know what you want helps all parties at a sad time.

"Most people who come to me find the whole exercise brings them closer. It's a great time for family bonding and forging new links," said Lynda.

On the practical side, Living Legacies can supply fully biodegradable coffins, assist with filling in required forms, keep the body cool with dry ice so that it doesn't need embalming, and support the family through the whole time.

"Some people just come for a one hour consultation and then go off and do it all themselves; others need more help and I can be there as long as required to advise and make arrangements for them," said Lynda.

Because the coffin is biodegradable and there is usually no embalming, no toxins are released into the atmosphere on cremation, or leached into the ground after burial. She said traditional coffins generally use either MDF, which



A natural burial ground.

contains toxic glue and paint, or hardwoods such as rimu or mahogany that are not sustainable timbers. Living Legacies coffins are made in Motueka from locally-grown pine and are biodegradable and sustainable. "It's about giving people a choice," said Lynda.

Burial in a natural burial park is the ideal finale to a natural funeral process. It allows for the body to return to nature within a forest environment, planted by their loved ones, and has no headstone.

“It's about giving people a choice”

At the time of writing there are no natural burial parks in the Nelson region, but Tasman District Council is working on a policy which may allow this type of burial. It is hoped that sites can be set aside in three Tasman District cemeteries – Spring

Grove, Motueka and Rototai – where natural burial parks can be established.

Lynda has also published a handbook called 'Living Legacies, a family funeral handbook for an evergreen world', which can help to guide you through the process.

For more information visit www.livinglegacies.co.nz or phone Lynda Hannah on 03 528 5220.

How to get a good night's sleep

Anyone who has ever suffered from insomnia will tell you that a good night's sleep is not something to be taken for granted. For some, sleeplessness is a lifelong habit; for others, an occasional curse that rears its ugly head during stressful times in our lives. As we get older it is easy to get into the vicious circle of sleeplessness, especially if our physical activity is constrained by any kind of disability.

Nelson sleep specialist Donna Corry treats sleep disorders by giving people lifelong tools to regain control of sleep patterns and improve quality of life. Donna has successfully dealt with periods of stress in her own life through natural therapies, and now works with clients ranging in age from eight to 80 plus, showing them how to manage their physical environment and mental and emotional stress in a positive way to overcome sleep problems. She has previously worked in Geneva treating executives from international agencies, but is now very happy to find herself in Nelson working with local people through public presentations on a corporate and community level, and private consultation at her home.

"If you don't get enough sleep it affects your whole well-being. About 25% of my clients have a physical problem that is affecting their sleep. With the other 75% it is stress related," said Donna. She said that a lot can be achieved by setting up the right environment for sleep. "Light is a stimulant, and the light from a computer or TV can produce hormones that prevent sleep. Dimming the lights and having an hour wind down before bed can make a huge difference to your ability to fall asleep."

Donna offers private consultations that will start with looking at what issues are preventing you from sleeping – is it just your environment or are there mental or emotional problems that need to be dealt with? Donna will then offer a range of practical tools to help switch off the mind and induce healthy sleep.

She said the first four hours of sleep are when the body repairs itself, and the later hours are for mental repair. Missing out on either of these leads to a fall off in health and your ability to cope with whatever is going on in your life.

"Often I find that small changes can have a huge impact. It is easy to find yourself overwhelmed by an inability to sleep, and it can limit your enjoyment of life and your achievements."

She said that some people only need two or three consultations to get great results, others take longer.

For more information contact Donna on 03 548 0169 or email donna@sleepspecialist.co.nz.



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The Motueka 50+ group at Cook's memorial in Ship Cove.

Motueka 50+ Picton trip

Motueka's 50+ group enjoyed a five-day trip to Picton in April, where they took walks, visited the sights and enjoyed exploring the Sounds.

They enjoyed walks to the Humphries and Barnes dams, the Snout Track and a visit to the Omaka Airforce Museum, where they saw World War 1 aircraft, diaries, and memorabilia.

"The visits were thoroughly enjoyed by all," said member Gwen Brooks.

The group also drove around the Port Underwood route to Tuamarina and

were given a history lesson about the Wairau Massacre.

A highlight of the trip was a boat ride to Motuara Island. "We spent one and a half hours among wonderful birdsong at this beautiful island sanctuary, then the mailboat took us over to Ship Cove where there is a memorial to Captain Cook's visits to the area," said Gwen. The group then took walks around Resolution Bay.

"The bush in this area is extraordinarily beautiful and the rata was still flowering."

Then it was back on the mailboat for the trip to Picton, stopping at each jetty so the skipper could give the waiting dogs a biscuit.

Gwen said that the group thoroughly enjoyed their five days of recreation.

"We're a pretty active group, with 202 members, and we are out and about all the time," said Gwen.

To contact the group phone the secretary, Vivienne Pearson, on 526 6076.

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Roger Sanders in story-telling mode.

Old tales live again

Roger Sanders likes telling stories. He likes it so much that he now does it for a living, following a centuries-old tradition that has existed in global cultures since before humans discovered the quill and parchment and started writing things down.

“We all tell stories, and have stories to tell,” said Roger, “but for some of us it becomes a key form of communication, a way of relating to people and engaging with an audience.”

Roger said that while there have always been storytellers, in western society they have been marginalised as other ways of telling tales – films, novels and television – have become more popular. However, there is still a place for the 21st century storyteller, and Roger travels the country visiting schools and doing performances for young people who are enchanted by the live format.

Roger grew up in England. He came to the role of storyteller after finding that he could ‘exchange’ stories for food, accommodation and eventually money as he travelled around. “I found myself building up a circuit of places to go where I could help with seasonal activities such as picking cider apples, and then tell stories at night,” said Roger. He was a founding member of a performance-based storytelling and music group called The Firebird’s Feather which toured schools, arts festivals and village halls in South West England in the late 1990s.

“The Firebird’s Feather is an old Russian folk story where the main character finds the feather and has to decide whether to pick it up or not – as by picking it up everything changes,” he explained.

Roger came to New Zealand with his wife and family in 1998 and settled in Nelson. He now works around the top of the

South Island and the lower end of the North Island visiting schools and kindergartens. He also does percussion workshops and plays in a folk music group. He is passionate about the role of storyteller and believes in keeping the old tales alive.

“The stories don’t change; some of them are hundreds of years old. The listener’s vision of the characters might vary from how they were seen in previous times, but they are still a king, a queen, a hero, a heroine,” said Roger.

Most of his stories come from Europe, Russia and the Middle East, and he scours library sales and second-hand bookstores for source material, although some stories he has known since he was a boy. He may add his own components but stays true to the original tale. He often accompanies his performance with live music – guitar or drum, and sees music as an integral part of the storytelling process.

“Words are very specific, music is abstract. If you bring them together you get a powerful mix,” said Roger.

The only story Roger uses from the Native American or Pacific nations is about fire. “They are very similar: the Pacific version has Maui the trickster discovering fire, and the Native Americans had Mr Rabbit, who was also a tricky character – the similarities are very obvious.”

The Scandinavian countries are a great source of stories, with storytelling being one of the ways people got through the long dark winters.

Roger is hoping to do more work with older people who may enjoy sitting back and listening – especially for the sight impaired – and his percussion workshops work well for older people wanting to try something new. Roger Sanders can be contacted on 03 548 4737.



Left to Right: Anita Baldwin, Willy Rae, John Rae and Neville Baldwin at an overnight stop on a trip through the Molesworth, from Blenheim to Hanmer Springs, in early March 2008.

It's time to hit the road

Once you've reached retirement and have time to spare travelling around in a motor home can open up a whole new world of people and places. Neville and Anita Baldwin have owned their motor home for about seven years now, and it has given them the freedom to explore the South Island at their leisure from one end to the other.

"We've been down to the Caitlins and spent a lot of time in Golden Bay and regularly head off down the West Coast," said Neville.

The pair bought the motor home when they decided it was time to get out and enjoy their retirement. They also joined the New Zealand Motor Caravan Association (NZMCA) and have been active members ever since.

"We regularly go away for long weekends or up to two weeks at a time, mainly over the summer," said Neville, who is a keen whitebaiter. They usually meet up with other motor homers enroute and have regular get-togethers around the South Island with like-minded folk.

Earlier this year they were involved with organising the

NZMCA Easter Rally, which was held at Teapot Valley near Brightwater. "We had 264 vehicles registered; over half would have been from the North Island," said Neville. They had entertainment laid on each of the four nights, some of which was provided by members.

"We had a masked cabaret theme, housie, rock and roll – there was something going on all the time," said Neville. The NZMCA has about 19,000 members, with more than 900 in the Nelson/Tasman region. There are monthly rallies held around the region in favourite spots such as Mapua and Marahau, usually attended by 30 to 50 vehicles.

Neville said that more than 70 percent of the association's members are over 60. "It's a great way to get out and enjoy your retirement and meet people. We have an itinerary but not a timetable as such, and we try not to drive more than two or three hours a day," he said. Neville and Anita also produce a local travel directory for motor homers, which is updated regularly and details places of interest, campgrounds and parkover properties, which are usually privately owned areas where motor homes can park, such as RSA carparks.



Happy hour at a Nelson Tasman Motor Home Association rally at Maruia School.

Neville is the Resource Consent manager for the NZMCA and deals with consents for parking and dump stations on behalf of the association. He said that most members prefer freedom camping, but access to fresh supplies of potable water and dump stations means that they will often need to stay at camp grounds on some nights to use the facilities.

"We like the freedom to be totally independent. As long as one of you can drive and one of you can cook you're off and away – it's a great lifestyle for the retirement years," he said.

Falls prevention – be prepared

Maintaining a healthy body and mind becomes more and more important as the years roll by, and it can have a huge impact on your ability to continue living independently and enjoy a good quality of life.

There are many organisations and groups committed to enabling older people to enjoy health, happiness and a good lifestyle.

Tina Simpson is the Falls Prevention Coordinator for Nelson Nursing Services and offers falls prevention advice for people across the Nelson region.

According to ACC falls are the leading cause of injury-related hospitalisation for people aged 65 and over.

Over 65s have a one-in-three chance of falling in any given year and the increasing risk of falling as you age should not be underestimated – the impact on your health, confidence and independence can be devastating. Women are one and a half times more likely to fall than men.

Tina said that the risk of an older person falling can be assessed by three simple questions:

- 1 Have you had any slips, trips or falls in the past six months?
- 2 Do you have any health problems?
- 3 Do you take four or more prescribed medications?

If you answer yes to any of these questions then you are at risk of falling. If you answered yes to all three then you are at a high risk of falling.

A falls assessor will do more screening tests and help you with ways to reduce your likelihood of falling. These might include going to an exercise class that helps with balance and muscle strength and reviewing your medication with your doctor. ACC also recommends getting your eyesight checked and looking after your feet.

Your home environment may need to change as you get older.

You also need to make sure you have a plan for getting help if you need it. ACC provides a home safety checklist that will help you identify hazards.

ACC funds two falls prevention programmes aimed at assisting people to improve their muscle strength and balance. For more information contact Tina Simpson of Nelson Nursing Service, ph 03 547 2814.

“Falls are the leading cause of injury-related hospitalisation for people aged 65 and over”

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On the Tuesday morning we head to Charleston and experience by train the spectacular landscapes of the Nile River Canyon in the Paparoa National Park. Upon arriving in Westport (and after some lunch) we head to the Coaltown Museum for a history lesson on the Denniston Incline.

Wednesday morning we view the Incline itself before making our way back to Nelson where you will be dropped back at your home.

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A slow boat to Singapore

David and Pauline Crick have been regular visitors to New Zealand since the mid 1980s to stay with their daughter, who now lives in Nelson. They arrived for their latest visit in January 2008, and after a busy month enjoying the Nelson summer they travelled to Singapore on the ship *Saga Rose*, which cruises around the world each winter from Southampton on England's South Coast.

David said they chose the *Saga Rose* as it is smaller than most cruise ships, with accommodation for about 500, and provides an experience reminiscent of the 1960s.

“She’s been refurbished and updated many times but still has the graceful appearance and traditional ambience of that era, together with the virtues of a small ship. We liked the family atmosphere, the fact that there is no required tipping, and one dinner sitting,” said David. The ship can also access ports and berth alongside in places where larger ships have to anchor offshore, and has a traditional V-shaped keel and automatic stabilisers that inhibit rolling.

The Cricks elected to join the ship during her visit to Auckland and disembark in Singapore after a 26-night voyage via the east coast of Australia, Papua New Guinea, Indonesia, Hong Kong and Vietnam. They had heard the news reports of the 102-year old man who had arrived from England on the *Saga Rose* via the Pacific, to settle in Nelson with his wife.

“We set off on the evening of February 17th and after a day spent anchored in the Bay of Islands and visits to Paihia and Waitangi we left for Sydney,” said David. “Having read of the conditions that the Tasman Sea usually provides for an East-West crossing I was not surprised that we felt some movement. It took a while for us to get our sea legs, but it wasn’t too bad.”

After breakfast on the 22nd the Sydney Harbour heads were visible in the distance and passengers were able to enjoy the journey through the twists and turns of the channel until they



Children of ceremonial dancers outside national museum in Port Moresby, Papua New Guinea.

could see the skyscrapers, Opera House and Sydney Harbour Bridge in the distance. The ship then berthed – with some help from two tugs – on the cruise terminal between the ferries and the Harbour Bridge, immediately opposite the Opera House.



Stilt houses along the shore of Port Moresby.

“We went on tours of Sydney and found it an exciting and dynamic city, but most enjoyed the old convicts’ barracks and the boat trip around the harbour with all the yachts out on a beautiful day,” said David.

Sydney was the only place where passengers had to take passports ashore in addition to their *Saga* ID card and go through full airport-style x-ray machines for each return to the ship. In some later South East Asian ports the only check was at the entry port on the ship by *Saga*’s security staff, who were rumoured to be retired Gurkhas. Two days at sea followed travelling to the Whitsunday Islands, and the passengers settled into a routine of classes, lectures, walks round the Promenade Deck (seven circuits equals one mile) and trying to avoid gluttony and sunburn. Breakfast and lunch were usually a buffet on deck and dinners could be five courses, with one formal night a week.

February 25th saw the ship slowly cruising through the Whitsunday Islands - a beautiful archipelago of mainly uninhabited islands with golden beaches at the entrance to the Great Barrier Reef. After anchoring off Hamilton Island they were taken ashore by launch for a variety of tours including a day on the reef with opportunities for snorkelling and viewing the marine life. They later learnt as they were leaving that an 80-year old man had died snorkelling on the reef trip and his wife had to leave the ship to accompany his body home.

The following day the *Saga Rose* arrived at Cairns. They took a tour by cable car from the outskirts of the town over the rainforest and a crocodile-infested river to Kuranda, once the centre of gold mining in the area. Distracted by the tourist shops David left it too late to visit the Venom Factory, but met a man with a black-headed cobra draped around his neck.

That evening the ship departed from Australia and after a day at sea arrived in Port Moresby, Papua New Guinea. Having been warned in the pre-visit briefing that they were now

entering the third world and should not venture ashore alone without a guide and guard they were surprised to see among the grubby containers on the dock a welcoming display of colourful dancers and musicians.

A basic market with a few sparse vegetables and fish laid out on blankets on the ground under sacking canopies, and shacks on stilts along the shoreline, contrasted with the new high-rise office buildings in the city centre with international finance company billboards. David said that they were later told in a lecture that if you take the income per head in the UK as 100 percent it is 70 percent in Singapore, 40 percent in Manila and 7 percent in Port Moresby.

That evening the ship departed under a spectacular sunset, escorted by a couple of outrigger canoes, to be told that the Foreign Office had advised the next port of call, an Indonesian island called Ambon, was in turmoil and unsafe. The ship was diverted to Cebu, an island in the Philippines which delighted the Filipino crew members.

As the ship was winding its way through the islands in the Torres Strait north of Australia, the Captain announced that an elderly lady on board had suffered an aneurism. The doctor thought she needed to be in hospital so they rendezvoused with a small pilot boat from an Australian island enroute. "We watched the perilous transfer of the lady down the gangway on the side of the ship, in a wheelchair, and on to the deck of the pitching boat canted over by the crew trying to manoeuvre the patient to the stern and into the cabin," said David. The boat then sped off to a distant island and later reports suggested she was making a recovery and hoped to rejoin the ship at a later port.

Two days later, on Sunday 2nd March, they passed Banda Island and volcano near the Equator. A Crossing the Line ceremony was planned, but during the afternoon disaster struck. The engines stopped suddenly accompanied by all things electrical. This included lights below deck, air-conditioning, water, toilets and lifts. "Fortunately we were in a calm sea with little current or wind and just drifted," said David.

At teatime the Captain appeared on deck to explain that there had been a burst pipe in the engine room which had flooded the main switchboard and damaged the electrical system, which had then been shut down to avoid further risk. He assured the passengers they were in no danger and that the crew hoped to restore limited power within hours but as a precaution he had put a tug on standby. The staff then handed out a torch for each cabin so they could find their way below, and asked passengers to use the toilets in the public areas rather than in the cabins. These were then regularly flushed using buckets of water from the swimming pool.



The Saga Rose berthed at the Sydney Harbour Cruise Terminal.

"It being the Equator," said David, "the sun set promptly at 6pm and most of us stayed on deck with lanterns on tables while the Filipino staff set up a barbecue on deck to provide dinner." He described how after dinner a "very British" party atmosphere seemed appropriate and, although there was no ice, the free drinks helped to get the party going. "After a few rounds of Roll Out the Barrel, Pack Up Your Troubles and so on the Filipinos formed an impromptu harmony group and the evening went with a swing," said David.

A few lights came on briefly at around 10pm, with some people deciding to sleep on deck rather than swelter without air conditioning in their rooms.

“After a few rounds of Roll Out the Barrel... the evening went with a swing”

"Around midnight we were relieved to hear the engines start up and a few lights came on some decks. Our cabin was hot but we managed to get some sleep," said David. By the morning, after a few watery explosions, the toilets

flushed and water was restored. The ship then hot-footed it to Cebu with no air-conditioning and a lot of people sleeping on deck. All meals were on the open deck, produced below in the galley where temperatures apparently reached 45 degrees C.

"By the evening of the second day some air-conditioning had been restored to selected rooms so we were able to eat dinner in the dining room, but we were relieved to hear that we were all to leave the ship at Cebu and be put up in four star hotels for two days while the damage was repaired," said David.

Cebu greeted them with a colourful display but David said the memorable feature was the crowds of Filipino families eagerly anticipating the arrival of crew members and the happy faces on board ship.

Coaches arrived to ferry the passengers to two hotels on Matlan, an island opposite the city of Cebu, where Saga had hurriedly arranged for staff to be flown from the UK to supervise accommodation and entertainment. The two days were spent on free tours around Cebu and visits to the



Magellan's Cross in Cebu in the Philippines. The cross was left by Magellan in 1521 and is now encased in wood for safety.

antiquities set up by Ferdinand Magellan when he arrived after crossing the Pacific in 1521 in search of an east-west route to the Spice Islands of Indonesia. Magellan was killed there attempting to subdue a rebel chieftain on Matlan but he proved that the earth is a globe, and established the Spanish colony and the Roman Catholic religion in the Philippines.

On Saturday March 8th they returned to the ship and set sail for Ho Chi Minh City, Vietnam.

Early on March 11th the Saga Rose picked up the pilot at the entrance to Saigon River where a huge number of container ships were anchored and waiting to enter.

“The Captain had warned us that the river was shallow and not to be alarmed by sudden stops and turns to avoid sandbanks. There was mud being churned up at each bend and the hazards posed by many fishing boats, coasters and container ships we had to navigate around. The contrast between the riverside shanties partly buried in the bush and the skyscrapers of Ho Chi Minh City in the distance was very marked,” said David.

It was early afternoon when the ship finally berthed and various tours departed. The Cricks had elected to go on a city tour, which included a rickshaw ride.

“After being astonished by the vast numbers of motor scooters, some with a whole family on the back, the rickshaw ride through the centre of the city in the rush hour started with some trepidation, especially as it seemed that obeying traffic lights was optional! We were lucky that our skilled and experienced pedalling drivers meant there were no mishaps, despite a few close shaves,” said David

The following morning saw the Cricks join a tour into the countryside through paddy fields to visit a Museum where some of the tunnels used by the Viet Cong during the Vietnam war were on display.

“Most us being of an age to remember it, we were impressed by the ingenuity of the tunnels and the small size of the entrances. The museum highlighted the skills needed to survive underground,” said David.

The ship left in the afternoon to negotiate the river in daylight and on Friday 14th she berthed in Singapore. “Our small group said our farewells to the friends we had met on the ship and we were transferred to a hotel for three nights before flying back to London,” said David.

During their stay in Singapore the couple visited the Night Safari at the Singapore Zoo and the Changi Prison Museum, which reminded them of the horrors of the Japanese occupation. They then brought a smile to the faces of traders in the Chinatown market as they filled up the few remaining spaces in their already bulging suitcases.

“We were somewhat surprised to hear from our exhausted Saga representative that shortly after we left the ship, the electrical problem had reappeared and all the passengers were off-loaded again, this time for four days!” said David.

The couple said the Saga crew could not be faulted for the efforts they made to deal with the problems.

“It was 30deg when we left Singapore and the announcement by the pilot that it was 5deg at Heathrow finally made us realise that in spite of that and the enjoyment and little adventures of the trip it was good to be going home,” said David.

David and Pauline live in the village of Compton, on the edge of the South Downs in Surrey.

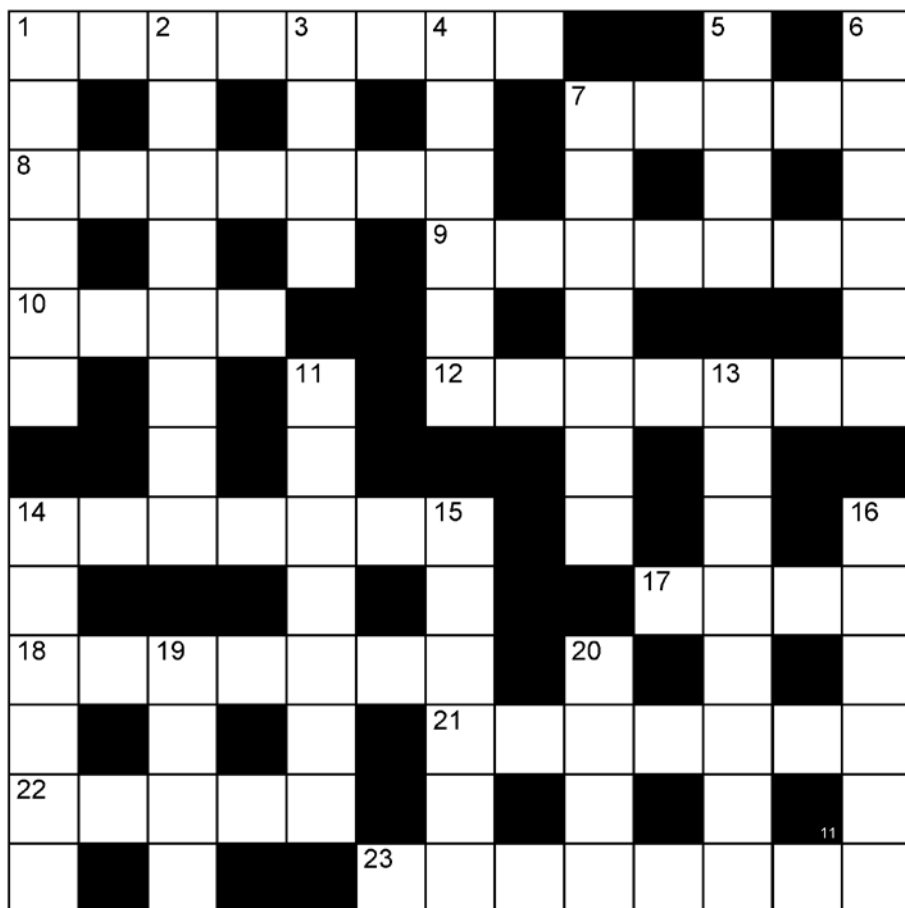
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Crossword



Crossword no. 9843 Pattern 11

CRYPTIC CLUES

CLUES ACROSS

1. Get the paper up and give one a medal (8)
7. So pro gets upset by an animal track (5)
8. Wander aimlessly about with men, dear, and get upset (7)
9. Waist-belts as used by cooks in Scotland (7)
10. Simple arithmetic revealed him to be a tragic figure (4)
12. With endless aplomb, I'd arranged a certificate of honour (7)
14. I'd gone back to the employees on the female side (7)
17. Snatch something possibly after a smash (4)
18. Make out how to riddle the cinders (7)
21. In the main, he was godly (7)
22. Part of house one quits without having begun (5)
23. Maybe Burns led to mistakes being made (8)

Answers page 15

QUICK CLUES

CLUES ACROSS

1. Paint room (8)
7. Track of hunted animal (5)
8. To wind about (7)
9. Waist-belts (7)
10. Shakespearean tragic king (4)
12. A document conferring honour (7)
14. Stick for holding bunch of flax (7)
17. Seize suddenly (4)
18. Distinguish, make out (7)
21. God of the sea (7)
22. Projecting roof edge (5)
23. Silly mistakes (8)

CLUES DOWN

1. Cheek hollow (6)
2. Miming guessing-game (8)
3. Use a bicycle (4)
4. Swollen, bombastic (6)
5. Not heated (4)
6. A toboggan run (6)
7. Scours, abrades (7)
11. Such as Mars, Venus (7)
13. Opening music to an opera (8)
14. Ducked out of the way (6)
15. Plant allied to dill (6)
16. Woman head of abbey (6)
19. To rescue (4)
20. Unlock (4)

CLUES DOWN

1. Give a hollow laugh? Smile, rather (6)
2. Case hard to work out, but it's only a game (8)
3. For which one is taken on a wild goose chase (4)
4. Pompous way to turn, almost, and dig it up (6)
5. A right-on amount of money? (4)
6. A run, from the summit to a finish (6)
7. The misadventures one only narrowly gets by (7)
11. Last pen to have written about them was Holst's (7)
13. Opening bars finished : true, as it turns out (8)
14. Avoided it, not having a dead dog around (6)
15. Feel non-u nun might produce something like dill (6)
16. Could bass be used by an ecclesiastical mother? (6)
19. Except that it is a way to put something by (4)
20. The air as it is outside is difficult to forecast (4)

Step out with a pedometer

These days libraries issue more than just books. You can now loan a pedometer from any of the Nelson or Tasman libraries, clip it onto your waist-band and count the number of steps you take each day.

It's no secret that walking is good for you and any activity is better than none. Getting active can lower your stress levels, help you sleep better and improve your mood. A pedometer is a great way to encourage you to be more active for a healthy body and healthy mind.

The Tasman District Library in Richmond has been providing Way2Go pedometers to Richmond residents for the past nine months. This has been so successful that Way2Go has now expanded this to all Nelson libraries to help local residents step their way to health.

There is a \$2 fee for the 6-week loan period and you must be a library member. The pedometers come in a pack, which includes instructions and a step log. It also includes an invite to attend "learn how to do it" pedometer sessions held at the New Hub (63 New Street) in Nelson every Friday at 12.30pm.

"There is so much you can do with a pedometer but some people get frustrated if they don't work as expected," said Glenis Bell, Way2Go Regional Adviser.

The "learn how to do it" sessions help you ease into activity using pedometers and walking.

The group sessions are a fun way to find out how using a



Stepping out in the Queen Street Mile.

pedometer can encourage you to increase your activity levels.

For further information call into your local library or phone Way2Go on 03 544 3957 ext 1.

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MOTUEKA**

Rimu Grove creative writers series.

Rimu Grove Winery supports the creative writers among you by sponsoring this series. The winner for June-July is Joan Lees, who will receive a bottle of Rimu Grove wine.

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

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

Crossword solutions

ACROSS

- | | |
|-------------|--------------|
| 1. Decorate | 7. Spoor |
| 8. Meander | 9. Girdles |
| 10. Lear | 12. Diploma |
| 14. Distaff | 17. Grab |
| 18. Discern | 21. Neptune |
| 22. Eaves | 23. Blunders |

DOWN

- | | |
|--------------|-------------|
| 1. Dimple | 2. Charades |
| 3. Ride | 4. Turgid |
| 5. Cool | 6. Cresta |
| 7. Scrapes | 11. Planets |
| 13. Overture | 14. Dodged |
| 15. Fennel | 16. Abbess |
| 19. Save | 20. Open |

FLIGHT

Joan Lees

Helicopter shudders, lifts off.
We watch its dragonfly shadow
drift like thistledown below.

Circle the lake, sun splinters
on wooded shoreline and mountains.
Wing towards the lake's head, weave through
rocky defiles to reach hidden
country beyond, wild and remote.
Snow on alpine plateaux lies deep;
beneath, in forested gorges,
silver rivers thread the shadows,
slide towards the lake, where huts cling
to ferny bank and narrow beach.
Safe havens for weary trampers.

Mountain peaks rear snowy summits
into the void. Cloud wisps obscure
their dizzy heights, their craggy steeps,
make of this land a mystery,
an unknown, untried wilderness.

Helicopter sinks down, settles
on familiar earth again.
The world's routines envelop us.



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Contact Roy Farrer today to arrange a test drive at your convenience (your place or ours).



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Phone 546 9269 • A/Hrs 547 0069

Don't play with fire

If you live in urban Nelson you are likely already aware that you can no longer use an open fire – they were banned on 1 January 2008 as part of efforts to clear the air.

Any enclosed solid fuel burner installed before the end of 2003 in Tahunanui, Bishopdale, Hospital area, Victory, Toi Toi, between the colleges, Washington Valley; or any enclosed burner installed before the end of 1995 in Stoke, Wakatu and Enner Glynn must be replaced with a clean heating alternative by 1 January 2010.

Financial help is available from Nelson City Council through their Pay as You Heat scheme. It allows you to upgrade to a clean heat source such as a heat pump, flued gas heater, pellet burner or Council-authorised



woodburner (for large rooms) and to upgrade your insulation without paying anything up front. You pay the cost back over 10 years as a targeted rate on your property – it's just added to your rates bill – and you pay no interest.

The process includes assessment and recommendation, any necessary insulation, removal of the existing enclosed burner and an administration fee. The maximum assistance for any one conversion cannot exceed \$4199 (incl GST). All work is carried out at your property by Clean Heat-Warm Homes approved contractors. If you receive the Government Rates Rebate you do not have to make any repayment of the targeted rate. The Clean Heat-Warm Homes programme covers your repayments for you.

Application forms for Pay as You Heat are available from Nelson City Council or online at www.nelsoncitycouncil.co.nz/go/airquality.aspx. For more information phone Emsol on 545 8713 or email: cleanheat@emsol.co.nz.



SAFE WITH AGE

The Older Driver Refresher Course

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

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

Hurry to enrol for the June 9/10 course. More courses will be run in July and August.

For more information and to reserve your place call **John Steel, facilitator**. Phone 547 4010

Courses will qualify you for a subsidy on a professional driving assessment to take place at your convenience.



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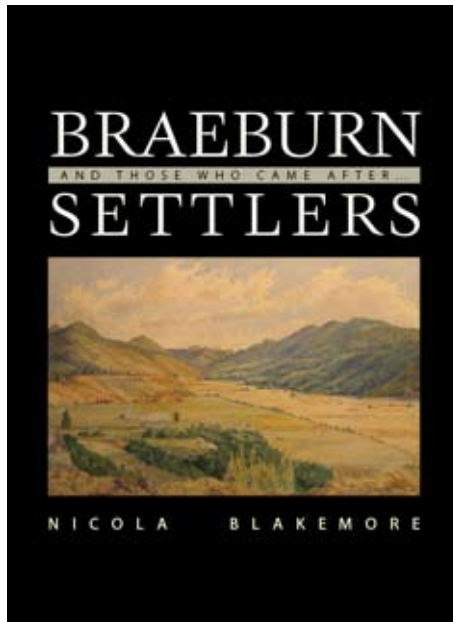
Settlers' stories collected

The Braeburn Settlers And Those Who Came After... by Nicola Blakemore

The Braeburn Run in the Tutaki Valley near Murchison was balloted out to farmers for settlement 100 years ago. At Queen's Birthday weekend the occasion's centenary was celebrated and the book of collected stories from past and present residents was launched.

May 25, 1908 saw what had been one of three large sheep runs in the Tutaki Valley - the Tutaki Run, the Matakita Run and the Braeburn Run - subdivided into 21 sections to meet the growing need for settlement in the area.

Nicola Blakemore has lived in the Tutaki Valley since 1973, when her parents bought a sheep and beef farm there. She later married a neighbour and moved to her current home in 1981. In January 2008 a chance comment from a friend about the upcoming centenary of the 1908 Braeburn farm ballot prompted her into action to organise an event to



mark this occasion.

She decided to hold a reunion and in three months collected together stories about the settlers and published them in a book. The resulting book, 'The Braeburn Settlers and those who came after', is a collection of remembrances

told by past and present residents. The oldest contributor to the book was Maud Silcock, nee Watson, whose connection with the valley goes back to 1910. The youngest was a six year old boy, telling what he likes about living there today.

Nicola's search for the people with the stories started with a property title search and the original ballot map, which gave her the ballot application numbers and a starting point for the names of the first land owners.

"From there it was into the phone book and the internet to track people down," said Nicola.

The Murchison Museum was also a source of material, and another little book called The Braeburn Settlement and Tutaki School Jubilee, written by Myles O'Connor in 1962, was a treasure trove of facts.

The book has 80 stories, lots of photos and illustrations, and is available from Nicola Blakemore on 03 523 9391.


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Closed from 8 June

Open 14 August with new menu Thursday - Sunday

programmes & events

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

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

Mudcakes and Roses

PO Box 3352, Richmond, Nelson

or email caroline@drycrust.com

or fax 03 544 4975

Deadline for material for the August/September Issue is 15 July 2008.

Stoke Seniors Club – Social seniors moving forward

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

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

Regular activities

Scrabble Club - Mondays 1pm

Euchre - Tuesdays 10.30 am

Mah Jong - Tuesdays 1pm

500 Club - Wednesdays 1pm

Cribbage - Thursdays 1pm

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

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

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

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

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

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

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

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

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

New for Winter 2008

Stoke Seniors Choir - Wednesdays from 11am - 12 midday at the Stoke Memorial Hall. Further details phone Anne on 547 2660

Hope-Ranzau Women's Institute

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

Housie evening

All welcome to come to Housie and have fun. Stoke Rugby Clubrooms, Neale Avenue, Stoke Wednesday nights, 7.15 – 9.45pm.

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

Senior adults gathering

A monthly event for senior adults is held at Bishopdale Community Anglican Church, 238 Vanguard St, Nelson from 2pm – 4pm on the first Tuesday of each month. The afternoon provides speakers, entertainment and activities followed by afternoon tea.

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

Veterans' (55+) 9 hole golf days

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

Golden Bay Museum & Gallery

Moooo - the history of the dairy industry in Golden Bay, extended until July 16 by popular request.

Portraits of Golden Bay – photographic exhibition about Golden Bay personalities, by Barry Cashman, from July 16 to August 30 2008

The Peace Movement in GB May 27 to August 29 2008
Tarakohe & Golden Bay Cement Company exhibition from September 24 2008

The Museum is open 10am - 4pm daily. Phone 525 6268

Club 50 – June /July

Club 50 is a social group of mature adults looking for companionship, recreation and enjoyment. We welcome new and existing members. Contact Jackie on 544 3955 for more information, or email trrc@nel.sporttasman.org.nz
All our activities start at The Tasman Recreational Resource Centre (TRRC), the old Richmond Town Hall, 9 Cambridge

Street, Richmond – unless otherwise stated. All outdoor activities are weather dependent but alternatives will always be available

June 3

Hackett Walk. Keen walkers can go as far as the hut, approx 45min, or take a shorter walk to the new swing bridge. Wear good walking shoes and warm top. Bring water bottle, snack and lunch. Meet at TRRC at 9.30 to carpool.

June 10

Woodturning. Walk through Washbourn Gardens to Hunter Ave, 20mins, to Ron and Lyn Lindsay's home. View craftwork and see a woodturning demo. Bring morning tea to have in the gardens on the way back. Meet at TRRC at 9.30 to walk or drive.

June 17

Yoga. Ann will take us through a Yoga session that will be manageable for everyone, followed by relaxation techniques. Wear comfortable clothing and bring a blanket. Bring a small plate for morning tea. Meet at 9.30 at TRRC in the meeting room.

June 24

ASB Aquatic Centre. Mid winter swim. Cherie will show us around and we can hop in the wave pool for a splash, then relax in the spa pools. It's okay to wear shorts and T-shirt (not loose), if you don't have togs. Cost: \$4. Bring morning tea for after the swim. Meet at TRRC at 9.30 to carpool.

July 1

Indoor Bowls. After the success of Outdoor Bowls we will now try our hand at Indoor Bowls. Mats, balls and instruction will be provided. Bring small plate for morning tea. Meet at TRRC at 9.30 in the meeting room.

July 8

Pool and Darts at the Suburban Club. I'm sure there will be some good players amongst us. Cost: \$4 includes morning tea. Meet at TRRC at 9.30 to carpool.

July 15

Ngarua Caves. It's worth the cost, and the drive up Takaka Hill for a guided tour of the caves. Bring morning tea and lunch, or buy it there. Cost: \$12, plus a donation to your driver of \$8. Meet at TRRC at 9.30 to carpool.

July 22

Upper Moutere. Visit potters Katie Gold & Owen Bartlett and then over the road to Gourmet Preserves in the old Post Office, followed by coffee at the café next door. Meet at TRRC at 9.30 to carpool.

July 29

Rabbit Island. Walk along the beach or on the track depending on the weather. Bring morning tea. Meet at TRRC at 9.30 to carpool.

Richmond Bowling Club.

Tuesday and Thursday afternoon 'Social roll-up'
Tuesday evenings 'Have a go'.

Bowls and shoes available.

Contact Pat Dickinson phone 544 0129

Motueka Recreation Centre – where it all happens!

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

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

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

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

Motueka 50+ Walking Group

All walks leave Deck's Reserve car park at times stated, where transport is arranged. Meetings are held on the last Thursday of each month in the Uniting Church Hall (rear of church), High St, at 9.30am. Visitors always welcome. Contact Chairperson, David Collis 526 6797 or Secretary, Vivienne Pearson 526 6076. Members who do not wish to start early on the walks can assemble at Deck's Reserve at 10am to agree an alternative option.

June

- 5 8.30am Kill Devil Track H \$8
10am Pomona Road E \$3
- 12 9am Greenhill Lookout M-H \$6
10am Monaco E \$10
- 19 9am Cable Bay H \$12
10am Motueka Walkway E
- 21 11.30am potluck lunch – bowling club rooms \$2
- 26 9.30 Meeting and Withells Walkway (swim) E-M \$3

July

- 3 9am Wakefield walk (new) E-M \$8
- 10 9am Rabbit Island E-M \$7
- 17 9am Henderson's farm walk M-H \$3.50
10am Baigent's loop E \$3
- 24 9am Rosedale E-M \$4.50
- 31 9.30am Meeting & Split Apple Rock E-M \$3.50

Tahunanui Community Centre

Wednesday afternoons social group "Friends and neighbours" for local residents

61 Muritai Street, Tahunanui, ph 548 6036

SeniorNet [Motueka]

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

SeniorNet [Nelson]

Computer instruction for people aged 55 and over in small groups with computers and teaching materials provided. Held in the Clubrooms at Pioneer Park, Hastings Street, Nelson. Visit our website www.tasman.net/seniornet or contact Murray on 548 1170 to find out what is going on.

SeniorNet (Golden Bay)

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

Motueka District Museum's summer exhibition

SHIFTING SANDS

Until 27 June 2008

Motueka's port, a moving story - the story of the two old wharves of Motueka and why they have been abandoned for the current site. Manuka Bush (first wharf), Doctor's Creek (old wharf), Moutere Inlet (present wharf).

Hours Monday to Friday 10am-4pm

140 High St, Motueka. Phone: 528 7660

Nelson Dance Along

Every second and fourth Saturday, monthly
Time: 8pm to 11.30pm at Richmond Town Hall
Admission \$3.00 Member, \$3.50 Non Member
Supper provided. Contact Rosalie Winter
Phone 548 2236

Senior Adults Gathering

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

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

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

Nelson Fifty-Plus Walking Group

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

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

welcome to call the Chairman, Noel Brown or Secretary Carolyn Brown ph 544 2286.

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

June

- 3 Mount Jones 9am
- 10 Centre of New Zealand 10am*
- 12 Jenkins Hill 9am
- 17 Teal Valley 9am
- 24 Marina Walk 10am*
- 26 Highfields 88 Valley 9.30am

July

- 1 Combined luncheon 10.30am

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

Senior Service - Nelson Baptist Church

The Nelson Baptist Church on Bridge Street will hold a Senior Service on the second Sunday of June, August, October and December 2008. This is an inter-denominational service for people from all churches and from all over the district. We have the good old hymns and songs, a short message, afternoon tea and good fellowship. The service starts at 2pm with an organ recital, and normally finishes about 3.30pm with the tea. Transport can be arranged.
Contact Alan Roberts, Ph 548 7381.

Nelson Branch of the Government Superannuitants Association

Are you a retired State employee – public service, teaching, police, armed forces, nursing, MAF, forest service, Telecom, Post Office – receiving an annuity as a result of your salary contributions to the GSF while employed? The Nelson Branch of the GSA produces three Newsletters a year, holds three social functions a year, and there are two national newsletters a year.

If you require further information, visit www.gsa.org.nz or contact Graeme Valpy 547 6007 or email nelson@gsa.org.nz

Cardiac Support Group

The Heart Foundation and Cardiac Liaison Nurses from Nelson Hospital provide information and support to people affected by Cardiovascular Disease.

We hold a three-monthly get together for patients on waiting lists through to patients who had interventions several years ago, providing support through shared experience.

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

Tasman Visual Arts Group

We meet on the last Wednesday of the month at Richmond bowling clubrooms. Regular guest speakers, new members welcome.
Contact Gary Gibbens ph 541 8842

Age Concern activities

62 Oxford St, Richmond
Tuesday and Thursday 9am to 12 pm for cuppa and company. Knitting group 10am to 12pm.
Wednesday 9am to 2pm- various activities .
Friday 10 to 11am - Age Concern Easy Exercises with Freda Beloe, morning tea to follow, \$1.
Contact Elaine Mead, 544 7624.
Age Concern offer:
Advocacy Service – contact Elaine Mead 544 7624
Accredited Visitor Service – contact Catherine Findlay 544 7624
Prevention and early intervention of elder abuse. Contact Jim Davis 546 7682

Arthritis New Zealand Nelson service centre

Enabling a better quality of life for those with arthritis. Please contact us on 546 7689 or freephone 0800 663 463. Our service centre is in the Community Groups Centre at 50 Halifax Street, Nelson – office hours Monday-Thursday, 9am to 2pm.

Clinics – free 45 minute sessions with the Arthritis Educator to talk over how you are managing with your arthritis and decide on a plan to help you. Membership not required. Please phone for an appointment.

Victory Monday 16 June and 21 July
Motueka Thursday 17 July
Stoke Tuesday 4 June
Richmond Thursday 10 July
Golden Bay Thursday 12 June

Hydrotherapy

Our ten week courses with a physiotherapist in the warm Ngawhatu Pool have been very popular, with four courses running over the period December to June. We are now waiting for confirmation of further funding and hope to run a new series of courses, starting in July. There will be no charge and membership of Arthritis New Zealand is no required, but you need GP approval and there will probably be a pre-assessment process with the physiotherapist. Please phone to have your name put on the waiting list.

Casual sessions at Ngawhatu Pool run six times a week. You need to be a member of Arthritis New Zealand (\$35 per year) and there is a small charge per session. Please phone the office for more details.

Seminar in Motueka

This will on Maintaining your Independence with Arthritis and is on Wednesday 18 June in the morning. No charge, please phone to register and for more details.

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

Art Group Nelson Inc.

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

Friends of Nelson Library

Friends of the Nelson Library are organising a series of Sunday events over the next few months. Elma Turner Library, 1.30 – 3.30pm, all welcome, \$2 entry, members no charge. Phone Barbara 545 1646 for more information.

Sunday 15 June 2008, 1.30pm. Laughter is the best medicine: Come along with your favourite humorous reading and share the laughs! Free to all.
Sunday 6 June 2008, 1.30pm Barney Brewster from Brewster's Rare Books will be doing book valuations at a cost of \$3 per book, limit of three books.
Sunday 3 August 1.30pm Armchair OE – Antartica with Maggie Atkinson, \$2.00 non members.

Golf Croquet

Croquet is fun! It's good exercise and a great way to meet people. It's also one of the few sporting activities in which women can play on a par with men. Why not give it a try? If you are interested, contact the croquet club closest to you:

Nelson-Hinemoa: 548 3977
Richmond: 544 2052
Riwaka: 528 9704

Grandparents raising grandchildren

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

Richmond Slimmers Club

Keep your weight down.
Margaret Westley
Phone 544 7293

Nelson Electronic Organ and Keyboard Club

1st Tuesday of each month, \$2.00
Stoke School Hall, 7.30pm
Entertainment and supper provided
Contact Valerie Andrews Ph 545 1288

Nelson Masters Swimmers

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

Sit and Be Fit

Mondays 10.30 am
Oakwoods Village Main Lounge, Queen St, Richmond
Tuesdays 10 am
Victory Community Centre, Totara St, Nelson
Phone Leigh on 548 1689 for more info.

RECREATION PROVIDERS

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

Hope

Badminton

Carolyn Mason
Hope Midweek Badminton Club
Phone 541 9200

Nelson Veterans Tennis Club

Hope Courts every Thursday from 9.30am
Phone 547 6916

Mapua

Aerobics & Pilates

Lynda Mabin
Low Impact Aerobics & Pilates
Phone 543 2268

Indoor Bowls

Mapua Friendship Club
Mapua Public Hall
Val Roache
Phone 540 3685

Mapua Bowling Club

Nancy McIlroy
Phone 540 2834

Tai Chi

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

Motueka

Aerobics/Gym & Fitness Centre

Brent Maru
Mot Rec Centre
50+ Aerobics
Phone 528 8228

Croquet

Sally Goodall
Riwaka Croquet Club
Phone 528 8296

Feldenkrais

Sue Field
Feldenkrais
Phone 546 7815

Gym & Fitness

Centre
Karen Holliday
Studio Gym 275
Phone 528 4000

Healthy Hearts Club

St Thomas Church Hall
Cindus Colonna
Phone 543 2033

Indoor Bowls

George Riordan
Motueka Senior Citizens Hall
Phone 528 7960

Line Dancing

Beryl Sturgeon
Motueka Senior Citizens Hall
Phone 528 8265

Line Dancing – Intermediate

St Andrews Church Hall
Phone 528 7337 or
03 526 6246

Marching

Bev Clementson
Motueka Veteranettes
Marching Team
Phone 528 9125

Social Recreation

Vonnie Goodall
Kiwi Seniors (Motueka)
Phone 528 7817

Tai Chi for Seniors

Daniel Judd
Acupuncture Motueka
Phone 528 6748

Tai Chi Falls Prevention

(65+)
Presbyterian Support
Maxine Poole
Phone 547 9350
ext 712

Walking

Vivienne Pearson
Motueka 50 Plus Walking Group
Phone 526 6076

Nelson

Aerobics/Pilates/Gym & Fitness

Debby Callaghan
Bjs Health & Fitness
Phone 548 7812

Aquatics/Swimming

Riverside Pool
Phone 546 3221

Badminton

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

Belly Dancing

Contact Sabina Gilberg
Phone 546 8511

Victory Community Centre, behind Victory School.

Cardiac Club/Gym & Fitness Centre
Sharon Standish-White
Devine Fitness
Phone 539 0348

Croquet

Nelson-Hinemoa:
Sue Bowater
Phone 548 7971

Easybeat 50+ Aerobics

Leigh Dalzell
EasyBeat Aerobics
Phone 548 1689 or
021 547 811

Easy Exercise

Sheila Alley
Arthritis New Zealand,
Nelson
Phone 548 3490

Feldenkrais

Sue Field
Feldenkrais
Phone 546 7815

Hatha Yoga

Maureen McKain
Phone 546 4670

Hot Yoga

Contact Claire
Phone 548 2298

Indoor Bowling

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

Leisure Line Dancing

Annette Lines
Phone 546 8777

Line Dancing

Alison Myers
Line Dance Nelson
Phone 546 9878

Nelson Petanque Club

Ernst Lacher
Phone 548 3031

Nelson Social Dancing Club

Club Waimea
Frank Thomas
Phone 546 7061

Over 50s Pilates

Brigitta Haas
Bodypower Pilates & Yoga Centre
Phone 029 281 3735

Seniors Yoga

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

Table Tennis

Ian Beattie
Nelson Table Tennis Club
Phone 546 7507

Tahunanui Bowling Club

Margaret Sly
Phone 547 3089

Taoist Tai Chi

Taoist Tai Chi Society of
New Zealand
55 Muntai st, Tahunanui
Phone 545 8375

Tai Chi Falls Prevention

(65+)
Presbyterian Support
Maxine Poole
Phone 547 9350 ext 712

Walking

Noel Brown
Nelson 50+ Walking Group
Phone 544 2286

Walking

Gwenda Wallace
Nelson 50+ Mini Walks
Phone 544 5307

Over 50s Yoga

Margot Hannigan
Bodypower Pilates & Yoga
Centre
Phone 029 281 3735

Yoga

Rosie Holland
Bodyflex
Phone 548 7384

Richmond**Aerobics/Pilates/Gym & Fitness**

Debby Callaghan
City Fitness
Phone 548 7812

Badminton

Chris Wearing
Richmond Morning
Badminton
Phone 544 5217

Crafts, Caring and Sharing

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

Croquet

Eleanor Hannay
Richmond Croquet Club
Phone 547 5424

Easy Exercise

Freda Beloe
Phone 544 8569

Easybeat 50+ Aerobics

Leigh Dalzell
EasyBeat Aerobics
Phone 548 1689 or
021 547 811

Feldenkrais

Sue Field
Feldenkrais
Phone 546 7815

Indoor Bowls for Seniors

Phyllis Haines
Phone 544 8383

Latin In-line Dance

Richmond Dance Studio
Partner not required!
Heather
Phone 547 4863

Line Dancing

Alison Myers
Line Dance Nelson
Phone 546 9878

Pilates

Sue Wilson
Bodypower Pilates & Yoga
Centre
Phone 029 281 3735

Richmond Bowling Club

Pat Dickinson
Phone 544 0129

Social Recreation

Club 50
Paula Morris
Phone 544 3955

Tai Chi Falls Prevention

(65+)
Presbyterian Support
Maxine Poole
Phone 547 9350 ext 712

Yoga

Rosie Holland
Bodyflex
Phone 548 7384

Stoke**Bowls**

Stoke Bowling Club
Lyndon Penketh
547 4780

Clogging/Tap Dancing

Georgina Higgs
Nelson Sun City Cloggers
Phone 545 1037

Easy Exercise

Maureen McKain
Ph 546 4670

Arthritis New Zealand, Nelson

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

Hatha Yoga

Maureen McKain
International Yoga Teachers
Assn
Phone 546 4670

Hydrotherapy

Thelma Creighton
Phone 547 6384

Marching

Diana Clark
Silveraires Leisure Marching
Phone 548 9527

Safety & Confidence

Cornelia Baumgartner
Kidpower, Teenpower,
Fullpower Trust
Phone 543 2669

Stoke Social Seniors

'Girl's Own' and 'Lads at
Large' trips
Phone Anne or Geoff
On 547 2660

Stoke Social Seniors

Walking Group
Meets Tuesdays 10am at
centre
Ph: 547 2660

Stoke Social Seniors

Tai Chi
Wednesdays 10am Stoke
Memorial Hall
Ph: 547 2660

Senior Strengthening

Exercises
Wednesdays 11am Stoke
Memorial Hall
Phone Christine on 547
2660

Table Tennis

Bryan Keane
Table Tennis Nelson
Phone 547 7530

Tai Chi Falls Prevention

(65+)
Presbyterian Support
Maxine Poole
Phone 547 9350 ext 712

Takaka

Gentle Exercise
Golden Bay Physio Clinic
Phone 525 9708

Indoor Bowls/Cards

Mary Couper
Phone 03 525 8445
Senior Citizens Club rooms

Tai Chi Falls Prevention

(65+)
Presbyterian Support
Maxine Poole
Phone 547 9350 ext 712

Tai Chi for Arthritis

Ann Marshall
Phone 525 8437

Walking

Dick Wenzell
Wednesday Walkers
Phone 525 9606

Tapawera**Walking**

Una Foulsham
Rural Ramblers
Phone 522 4083

Wakefield**Easy Exercise**

Ngairie Lockhead
Arthritis New Zealand,
Nelson
Phone 541 8321

Independent Theatre opens its doors

Nelson's theatre scene stands to get a great boost from a new venue right in the town centre. The 120-seat Independent Theatre held its official opening on April Fool's Day, 2008, in its Selwyn Street premises.

Artistic Director Grae Burton led the proceedings with a 10 hour sponsored readathon. The official opening, held in the evening, was well attended, with invited guests and theatre members getting together to celebrate the event.

Mr Burton welcomed everyone and thanked the sponsors and volunteers who had made it possible to open the theatre. Nelson City Councillor Aldo Miccio spoke to the gathered crowd and Nelson's Mayoress Colleen Marshall cut the ribbon to officially open the new theatre. A short monologue read by Sally Burton in the new auditorium was followed by a video speech by MP Nick Smith. The evening closed with music from local musicians.



Colleen Marshall.



Keith Aldren, Shirley Miles and John Miles.



Margaret Belton, Colleen Burton, Eelco Boswijk and Janet Coote.

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Jill Beech MNZAS
Audiologist
Member of the
NZ Audiological Society