

Mudcakes

and



SENIOR GENERATION ACTION
AND ISSUES – NELSON TASMAN



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Join the Club!

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Couple find a
friendlier society

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Go for Gold with the
Masters Games

Welcome to our winter edition. We hope you're keeping warm and rugging up!

We've been lucky to get the latest word on various clubs around town, from Richmond through Nelson. Make sure you see what clubs and activities are available to you.

"Misha" Marovic is back with part 2 of his story – don't miss out on the latest chapter as he makes his way around South Africa and Australia, before landing in New Zealand.

We meet Dawn and Emery Nelson-Jones who hail from the Riverside Community. Read about what brought them to this community, and what continues to attract them to this way of life.

Plus find out about the upcoming Masters games, the latest tips for your garden and a flashback to varsity fashion in days of old.

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 Fifield at the Tasman District Council Ph. 03 543 8578.

Mudcakes & Roses Noticeboard



Family Violence meeting

Safe at the Top – the Nelson Tasman International Safe Communities initiative – has identified Family Violence as one of the key community safety issues for our community.

The Safe at the Top Coalition group would like to invite you to attend a meeting, which is open to everyone working in the area of Family Violence.

The meeting will be held on 21 June 2013, from 11.00 am – 1.00 pm, at the AMI Nelson Suburbs Football Pavilion, Saxton Field. A light lunch will be provided.

Contact Barbara Graves at barbara@gravesnz.com for more information.

Nelson Bays Community Foundation Grants

The Trustees of the Nelson Bays Community Foundation (NBCF) are delighted to announce that funds are once again available for distribution to registered charities within the Nelson Tasman region.

The Nelson Bays Community Foundation is committed to supporting registered charities whose activities are focused on the Tasman District and Nelson City geographic areas and encompass the following areas: Community and social services; sport and recreation; music, art and culture or festivals and events that benefit the community. To apply for funding please visit www.nbcf.org.nz/receiving and complete the short application form by 31 July 2013.

Call for help to research regional World War I stories

People with a love of history are being encouraged to form a Volunteers Corps to undertake historical research related to the forthcoming centenary of World War I.

A Nelson Provincial Museum and Nelson Historical Society initiative, people are being invited to come forward and take part in the year leading up to the start of the centenary commemorations in 2014.

Thanks to our sponsors



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

Work to digitise the Nelson Evening Mail from 1910-1920 is underway and once complete will mean researchers will be able to utilise it and The Colonist, the region's other daily newspaper from the time of the war, through the Papers Past website, <http://paperspast.natlib.govt.nz>.

Several computers would be set up at the museum in Trafalgar Street for volunteers to use but they would also be able to undertake their research from home.

People with some spare time and an interest in helping to remind others about the importance of World War I and its centennial can contact Peter Millward on 03 548 9588 or email ceo@museumnp.org.nz

Age to Be – Positive Ageing Expo

Attendance records were smashed as over 2000 people came out to support the fifth annual Age to Be - Positive Ageing Expo.

There were 65 interactive stalls providing relevant and informative advice on a

range of health and recreational topics, with a handful of 'have a go' type activities also available to try out outside the venue.

The seminar programme proved popular, especially healthy food expert Richard Till who demonstrated some tasty and nutritional menu options on a shoestring budget.

A big thank you to Richmond's Headingly Centre for the use of their fantastic venue, and for providing yummy lunches and hot drinks throughout the day.

Hear to Help

For those with a hearing impairment, making a phone call produces its own set of challenges.

Now thanks to CapTel, the manufacturer of phones for those facing such issues, there is a free public phone available at Nelson City Council that can help.

CapTel gave the national Hearing Association a number of specialised translator phones to be installed around the country. There's one at Nelson's Hearing House, and now another for

public use is also in the Customer Service Centre at Civic House.

The special phone has a screen display that shows text of what the person at the other end is saying, as written by a live translator at the time of the conversation.

Anyone wanting to use the phone can come into Civic House and they don't need to be a member of the Hearing Association

Public Consultation – Powers of Attorney

The Wellington branch of the Office of Senior Citizens have completed a nationwide public consultation exercise surrounding a review and possible changes to the Enduring Power of Attorney Act.

A sodden and soaked Stoke region did not stop 32 people attending the Nelson seminar, where attendees were provided with relevant information on the Act and were given the opportunity to ask important questions.

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Each month there are day trips visiting different locations, attractions and events. There are also tours, ranging from overnights, through to 10-days.

To receive our newsletters, contact Tom or Christine at Leisure Travel on PH: 03 539 0834 or Email: tomh@nelsoncoaches.co.nz

JOIN THE CLUB!



Richmond Senior Citizens' Association

The Richmond Senior Citizens Association would like to extend a very warm welcome to you to come along for some company, a cuppa or just a friendly chat. We have all kinds of great activities, from Social Bowls to Craft Days! Each month we will be having a guest speaker and as soon as we get some more offers of music we will start having sessions on Wednesday around 1.00 pm.

Subscriptions are \$10 a year, with each visit costing \$2. Check out our programme below. All donations to assist in running our centre would be SO appreciated. Our light lunches on Monday and Tuesday are free and are supported by our monthly raffle. Let us know if you are coming along for lunch so we can cater for it.

Monday

10.00 am – 11.30 am. We have Tai Chi.
Stay afterwards for a light lunch.

Tuesday

10.00 am. We have Social Bowls. Bring a friend! This is also something you can do sitting down, and don't worry if you have never played – you're not alone. Come along and give it a go! Stay afterwards for a light lunch.

1.00 pm – Cards. Contact Kath on Ph. 03 544 5563.

Wednesday

9.00 am – 2.00 pm. We have Quiz, Housie and much more!

Thursday

9.00 am – 12 noon – Craft and company morning. Knitting, embroidery or any type of craft you are interested in.

1.00 pm – Cards. Contact Kath on Ph. 03 544 5563.

Fridays

9.00 am – 2.00 pm. Light exercises at 10.00 am, or join us for lunch at 12.00 noon.

The first Wednesday of each month is an outing – costs will vary. Get in touch to see which exciting place we will be going to next!

People call this centre a home away from home and it has helped the isolation of many. The centre is humming along nicely and we are getting positive feedback. We hope to get funding soon for a van which will enable more in the community to come along. If you are 55 or over why not call in and check it out for yourself? Contact us on Ph. 544 5654 or after hours on 970 0023 or 027 712 5958, or pop in and see us at 62 Oxford Street, Richmond.



One of the regulars pondering over thoughts and enjoying a day out at Marahau.

Richmond Town Hall

Sport Tasman, has managed the Richmond Town Hall on behalf of Tasman District Council since 2003. Sport Tasman, Richmond provides our community with healthy, active recreational lifestyle programmes based at the Richmond Town Hall, with a focus on older adults, those new to fitness, at all ages and stages of life, including programmes for those with special requirements.

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It's never too late to join one of our Club Recreation fitness or recreational programmes – our oldest attendee is 90. Activities available include:

- Club 50 Group
- Fun Housie Group
- Motion & Mobility (for those with individual needs and stroke rehabilitation)
- Shape up for healthy hearts (Cardiac club)
- Easy-Beat aerobics
- Ease in2 Easy-Beat
- Body Devine
- Ease in2 Cycling

The historic Richmond Town Hall hosts a vast range of groups and services that cater for ages 0 to 99 year-olds. Mudcakes and Roses readers should be sure to check out Nelson Old Time Dance, Richmond Dance Group, Motueka Dance Group, Ceroc, Rock'n'Roll, Israeli Folk Dance, and coming soon, Barn Dances.

Our oldest exercise class attendee, Buster Stringer is notorious for his wit and his 'No.8 wire syndrome' attitude. He has serviced 8,664 chainsaws for the Forestry businesses of Wakefield and since having moved to Richmond in 2002, has kept active using our exercise classes, which has suited his needs perfectly. Turning 90 years old this May, Buster who is married to Marion, is kept busy with his six daughters and several grandchildren and great-grandchildren. Even with all this going on, he comes to 'Motion and Mobility' and 'Fun Housie' along with his walker without fail. He says he wants to keep his muscles and mind moving as long as he can and we love having him with us.

Club 50 Group

The brainchild of a forward thinking individual Jan Fryer, Club 50 has been around over 20 years. An over 50's group in Richmond, the club aims to get people out of the house trying a variety of social activities and having fun together, keeping them active and involved. Our group encourages everyone to enjoy life with like-minded friends. There are no subs or committees, just come along when you feel like it, when you feel like being with friends. Club 50 meets every Tuesday at 9.30 am with a welcoming face and friends who make you feel good to be alive.

Burnice Elford has been coming along to Club 50 right from the beginning. She describes growing up in Richmond as a "one horse

town but with things to offer everyone." Club 50 was a lifeline when her husband, Kevin, became housebound. It gave her "a reason to get out of her armchair - nothing comes to those that just sit indoors." She loves being involved with people, helping others and is great at encouraging her to "have sometime to yourself and enjoy others company - but sit on your hands and don't volunteer." Lucky for us Brenda is an avid Club 50 participant with a very keen mind, and she can't help but put her hand up!

If you're interested in joining us at Club 50, or in any of the Richmond Town Hall events, contact Jackie MacIntyre on 03 544 3955 or club50.rrc@sportstasman.org.nz . Everybody is welcome!



Brenda Page enjoying the festivities.

Stoke Seniors Club

Stoke Seniors Club offers a whole range of fun events & activities throughout the year. They recently celebrated St. George's Day on 23 April, with a guest appearance from her Majesty The Queen! After she had knighted a few of her subjects, everyone sat down to a speciality English two-course lunch. Anne Spear & Maureen Sidwell provided the afternoon musical entertainment with well-known English songs. At intervals, the audience was encouraged to wave their Union Jack flags as they participated in a sing-a-long. A wonderful way to wile away the afternoon! The Seniors Club celebrates St. Patrick's Day with an Irish dinner in March and also Bastille Day on 14 July with speciality French cuisine and cabaret style entertainment. We welcome all members, and would love for you to come and join us! Special Friday Monthly trips include Ruth's Movies, Girls Own, Cruisin' with Karen and Lads at Large.

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Other weekly activities include:

- Monday trips/picnics (+ once a month a big bus adventure)
 - Monday Morning - Drama Group & Art Classes
 - Monday Afternoon - Scrabble Group
 - Tuesday & Wednesday Mornings - Sit 'n 'be fit exercises to music
 - Tuesday Afternoon - Mah Jong
 - Wednesday Afternoon - 500
 - Thursday Morning - Stoke Seniors Choir and Sun City Ukulele group
- For further details & enquiries Ph. 03 547 2660 or email stokeseniors@xtra.co.nz



Colleen Flower plays her part as Queen Elizabeth at a St. George's Day celebration.

Victory Community Centre – Sit and Be Fit

Since the Victory Community Centre opened in 2007, it has run a successful Seniors Programme. Of the various courses that Victory runs, the longest running and most popular is its Sit and Be Fit course. With 30 people regularly attending, the class runs from 10.00 am to 10.45 am every Tuesday.

Jenny and Malcolm Reid are regulars at the Sit and Fit Classes, and have been coming to classes for the past two years. They initially began coming to classes to help Jenny who has limited mobility and could not walk, but was looking to improve fitness for her general health. Malcolm also participates, and is a great help with setting up the gear and keeping the centre staff on their toes! Malcolm says, "We love the sessions, have made great friends and enjoy the social environment - and we keep fit as well!" Jenny and Malcolm invited their friend Barbara Haycock to come and join in, and she has now been participating for three months. Barbara says, "I needed to increase my leg strength in preparation for a knee reconstruction I require, and the class has really helped."

There are two Sit and By Fit classes each week, one on Tuesday morning at the Victory Community Centre, and the other on Thursday mornings at 10.00 am at the Victory Community Anglican Church.

Other activities that are a part of the Seniors Programme include Hand Craft and Housie at the Victory Community Centre and Victory Seniors at the Victory Community Anglican Church. These are listed in the Victory on the Move Programme. Other activities open to adults include Pilates, Yoga, Zumba, Cooking, Zumba, Laughter Yoga, Salsa Dance and Afro-Cuban Drumming. The Victory Garden also needs volunteers and people who are willing to put their green (or not so green) thumb to good use!

If you would like a programme or more information, contact Victory Community Centre on 03 546 8389 or Victory Community Anglican Church on 03 548 9057.



Left to right: Sit & Be Fitters Barbara Haycock, Jenny Reid (front), Malcolm Reid, Elsa Millar Programme Volunteer - Jenny Browning & Coach - Shirley McMillan.

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Gradual loss of hearing is one of the impediments of aging but one which can be easily rectified by the right hearing professional. Since a hearing aid cannot be prescribed like eye glasses, proper hearing aid recommendation and fitting is highly dependent on the judgment and skill of the professional fitting the instruments -choosing a hearing professional is one of the most important decisions a hearing impaired person can make.

Due to overwhelming demand our Queens Birthday promotion has been extended for a further 5 days!

Locally owned, independent healthcare clinic Hearing Plus, brings more than 40 years of combined professional experience to the Nelson region through senior audiologist Bernard and his audiological assistant Silvia.

They will test your hearing, select and dispense the hearing instrument best to meet your needs, in addition to providing support, counselling and service of the hearing system. They are concerned about the person and make hearing solution recommendations to fit a client's lifestyle and personal needs. "We're committed to helping our clients get the best from their hearing device," says Silvia, "and understand that each person we meet is dealing with a unique hearing issue."

As independent audiologists, Hearing Plus has no financial links with, and is therefore independent of, any of the hearing aid companies that supply its products. "We have no financial incentives to fit specific hearing aid brands. We fit the devices best suited to our client's needs, budget and hearing loss. As a locally owned clinic serving the region we go the extra mile," says Silvia.

Bernard and Silvia urge anyone with a concern about their hearing to seek help either by taking advantage of their free hearing test and subsequent free initial seven day trial with no obligation.

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Hearing Plus senior audiologist Bernard and audiological assistant Silvia.

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On 11, 12, 13, 14, 17 June 2013 our Audiologists, will provide a FREE hearing screening and a FREE demonstration of Oticon's Alta hearing devices and connective accessories. This will enable our Audiologists to determine if the Alta hearing devices will effectively improve your hearing.

During this special 5 day event Hearing Plus Audiology will offer 6 vouchers of up to 25% OFF the suggested retail price for the 6 Trial participants.

Our goal is to increase awareness of the newest hearing technology and make it affordable to participants who want to improve their hearing.

Plus with 100% interest free 3 month financing available during this special event, no one should be denied hearing help! In addition, each participant will be allowed to try their Altas RISK FREE for an initial 7 days. If a participant decides that Altas does not improve their hearing adequately, the devices can simply be returned with no charge.

Participants who decide to keep their hearing devices will also receive FREE BATTERIES for 5 years and FREE Life-time After Care.

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Couple find a friendlier society

"Self-determination" has steered Dawn and Emery Nelson-Jones's lives, turning them away from the conventions of their homeland, America, and towards a more wholesome, more fulfilling life in New Zealand.

Now in their mid-80s, the couple live at Riverside Community in Lower Moutere, and have been New Zealand residents for more than half a century. Born in the 1920s, they were raised during the Depression, followed by World War 2, which pushed them towards pacifism. Dawn's brother was shot down over Germany while serving in the US Air Force.

Emery's father died when he was 3, so he grew up in a family of mother and three sisters. When the Army called him up in 1944, he recalled stories of pacifists being shot during World War 1. He compromised by enlisting in pilot training in the Air Force, and was mustered out when war ended in 1945.

Emery and Dawn became good friends at university, with both earning degrees in sociology and psychology. Dawn then trained as a teacher and Emery worked in a ground-breaking

rehab programme for Los Angeles gang members up to age 18. The troubled youths, housed in mountain encampments, cut fire breaks and helped to fight bushfires. Rehabilitation rates were an impressive 85 percent.

The "City of Angels" was home to about 400 brutal gangs, some with more than 100 members. Gangs were – and still are – partly a reaction to a violent, decaying culture, Emery says.

Dawn says she and Emery were increasingly uncomfortable with the statistics on "drugs, alcohol and guns".

"We didn't feel at home any more with our families and with our nation." They visited or lived in a dozen or more co-operative, Fabian socialist communities based on egalitarian, non-violent philosophies – which were viewed as Communistic by right-wing Americans.

Emery quotes statistics that at the time, for every one murder in London, LA had 110.

In 1957, the couple began looking abroad for a better life. New Zealand appealed as a "little society; a manageable, believable society" where farms were still family-owned. With their first child born in early 1958, Dawn and Emery wanted to raise their own family on the land, where they could be free spirits.

(At the time NZ was 50 years behind the US in the corporatising of agriculture, says Emery. It has since caught up fast.)

A year of Immigration form-filling later, the couple were on their way south, with Riverside guaranteeing them jobs and a home. Emery and Dawn raised a family of six – four of their



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Emery and Dawn Nelson-Jones.

The 210ha Riverside Community was established by Christian Methodists in 1941, and "supports itself with a rural-based economy that combines traditional farming practices with organic gardens and orchards," says its website.

"We host regular public events including educational workshops, community lunches, cultural events and music festivals.

"We see our way of life as our main contribution to peacemaking. We demonstrate that a group of people can thrive without being focused on competition, benefiting themselves and society."

own and two adoptees. They lived in several communities, including near Morrinsville, in the Coromandel and eight years at Tui in Golden Bay. With friends, they also tried to establish one of their own in pristine native bush in the Far North, but "it was too far out" for its time, both geographically and in philosophy, says Emery.

The couple have been back at Riverside for eight years. They are "guests" rather than members, supposedly limited to two

years' stay, but given their previous residency, they enjoy special status and are now part of the fabric of the community. Dawn has grown thousands of seedlings that produce fruit and vegetables to feed residents, to sell, or to use in the popular Riverside public café. The couple also founded the jazz trio who were resident band at the café for two years.

Dawn cautions that communities are not all "lovey-dovey", since members cannot avoid bringing some of the baggage of the outside world in with them. Each person also has their own vision of how the places should be run. Riverside copes with that diversity by giving its full members voting rights on all decisions, aiming for consensus. In the event of dissent, the topic is deferred for a week or two of further discussion. If the dissenter remains steadfast, and has no supporters, he or she is asked to consider refraining from voting.

Emery and Dawn home-schooled their children, encouraging self-determination. "This encourages children to be able to grasp important conceptual ideas," says Emery. That "A-ha moment" of discovery is very satisfying for parents to observe, he adds.

Thirty years ago, the couple helped to set up the alternative Mountain Valley School at Pokororo (now closed). Mountain Valley gave children self-determination and respected their "fragility as young human beings". The pupils set their own curriculum to some extent. For instance, Emery recalls two 8-year-olds choosing to help him build a roof, learning construction methods. The pair then wrote and illustrated a small book, which they bound, "published" and exhibited.

Dawn adds that students went on to success in mainstream schools and universities, not impaired by their free-range first dozen years.

The couple rent their Riverside cottage, which is basic but has that "open-door" feeling where neighbours pop in for a chat. Community gardens provide up to 20 fruits and vegetables at any one time, says Dawn. "It's a pretty rich vista."

They shop in Motueka for other supplies, contributing to petrol costs for a ride in. Dawn and Emery gave up their driving licences some years ago and see no need for a car.

Their independent spirit remains strong. After 40 years of marriage, they both felt they wanted to rediscover their individuality, so they divorced and lived separately for a decade. Shared ideals drew them back together in an enduring tie.



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Gardening in colder climes



Philippa Foes-Lamb

Hi, winter is here which means shorter days, longer nights and lots of lovely opportunities to peruse favourite gardening books or websites for inspiration.

Frosty weather is here and if you haven't already done so it's time to protect any tender plants from frost damage. Young citrus are particularly susceptible and a few hard frosts can kill them in their first season so it's worth taking the time to ensure they are well protected.

There are two types of frost cloth available, an opaque white woven fabric and an open weave material called Microklima. The latter is the best because it lets air, light and moisture through which means it can be left on all winter whereas the former has to be put on in the evening and removed each morning. Whichever you choose to use the most important thing to prevent damage is to ensure the cloth doesn't touch your plants' foliage at any point. This can be easily done by

building a frame to sit over your plant or by putting in plenty of tall stakes and draping the cloth over them, stapling or pegging it on. If you want to protect rockery plants or succulents, use shorter stakes and do the same thing.

Tender container plants can be moved under the eaves of the house which is really good frost protection. If your containers are too large to move use the 'stake and drape' method, pushing the stakes in around the perimeter of the container.

Indoor plants can suffer from wintery conditions too. As much as we love to be warm and cosy, the air can be too hot and dry for indoor plants. Moving them away from heat sources such as oil coil or fan heaters, heat pumps and wood burners will help stop their foliage drying out and misting them works well too. It's also important to regularly check their soil isn't too wet or dry and take any indoor plants off windowsills when frost is in the air.

It's rose pruning time again so before you start check that your secateurs are sharp. If you would like some tips on rose pruning, refer to my column at this time last year. It's also available online at: <http://www.tasman.govt.nz/council/media-centre/tasman-district-council-publications/mudcakes-roses-pdfs/>.

Soil temperatures have dropped in the vegetable garden so try planting salad greens, spinach, silver beet, rainbow beet and brassicas in containers with a good quality potting mix. Placing them in a sheltered sunny spot provides the perfect winter haven.

If you have any questions or topic suggestions, I'd love it if you would email me at foeslamb@xtra.co.nz or write to me c/- Mud Cakes and Roses. My radio show, Green Thumbs & Dirty Fingers is full of more gardening tips and airs each fortnight on Fresh FM, Nelson-Tasman 104.8, Golden Bay 95.0 on Tuesday at 10.40 am, replayed the following Saturday at 2.40 pm. Happy gardening.

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Pizza in the snow

"Misha" Marovic jokes that Taupo should erect a statue to him for reviving a downtown street with his successful pizza restaurant. He cites Nelson's tribute to Eelco Boswijk as a precedent.

In the last Mudcakes, we left the adventurous entrepreneur amid his travels round Australia. Up in the Northern Territories, Misha was dining room manager in a mining camp of thousands. Each worker would receive a free six-pack of beer every night, which made Misha, as dispenser, a powerful man to thirsty miners gasping in the tropical heat. He had a side trade with Japanese merchant seamen in Darwin, acquiring watches and Zippo lighters by the kilo in exchange for crates of oranges or vegetables.

During a Christmas shutdown, he accompanied Kiwi mate Roger Harris to New Zealand and felt an immediate affinity with a landscape that resembled his homeland. They toured in a stylish Mercedes diesel "like big shots", and Misha met wife-to-be Dorothy in Queenstown.

After a stint in South Africa, Misha and Dorothy headed back to Australia. They soon gravitated to his "hometown", Sydney, where Misha found work with old friends in the gaming industry. One had a vacant premises and suggested he open a pizzeria.

Misha and Dorothy enlisted an Italian grandmother to perfect their dough-making skills. The Bondi Junction eatery was mostly a takeaway, with a few tables out front, but it thrived – despite the presence of a Pizza Hut across the road. Misha says the secret is good ingredients, and plenty of them – sauce, cheese, mushrooms, ham, salami, capsicum ... Punters will pay extra for quality.

The couple sold after three years and moved to the Gold Coast, repeating the successful formula with a pizzeria in Southport.

Misha and Dorothy were soon flitting across to Auckland regularly to be near her mother. The couple worked in restaurants and did catering to earn income during protracted stays. Misha opened "a little goldmine" near Devonport, and leased other premises in Mt Eden. The giddy ride came to an end with the 1987 sharemarket crash, which hammered eateries nationwide.

Now separated and emotionally exhausted, Misha sold up for what he could get. The born entrepreneur was never going to sit on his hands for long. He jumped in the car to check out Ohakune, based on a recommendation of his eldest daughter Milena. The central North Island town, near Ruapehu skifield, made his nose twitch despite a rundown



CBD. Misha leased two shops, put an archway between them, retrieved tables and chairs from the Mt Eden eatery, and made the magic happen again on sparse capital.

"I'm proud of myself. You can put \$300,000 into a restaurant and go broke. I put in \$20,000 and make a success."

Quality food is obviously the basics, but he says it is equally important to treat diners well, giving them "a good night out". The charming host would wander through in late evening with a bottle of grappa in one hand, Frangelico in the other, offering customers a free tippie "as a 'thank you' for looking after me." The gesture paid for itself many times over in repeat custom.

The Ohakune restaurant was seasonal, open from June to Christmas, so Misha began scouting again. He settled on Taupo and repeated the formula, leasing two adjoining shops in a street that was not short of empty premises. Misha's Italian Café, version 2, was soon "going like a song", with takeaways on the side. Again, the street began to revive around one bustling business.

The Taupo restaurant was sold a few years ago to a new owner and the Ohakune restaurant has also gone. Misha is retired to his Nelson home, with Dorothy, offspring and grandchildren close by. Misha now tootles around town in a collectible VW camper with his name on the numberplate, plays a lot of golf and despite his 75 years, struggles to suppress his instincts.

"I might open something here ... I'm so bored."

Misha Marovic, fresh from the skifield, shows Argentine chef Enrique how to prepare a sauce in the Ohakune restaurant.





Go for Gold with the Masters Games

If you enjoy sport and you love to socialise then the South Island Masters Games is for you!

Over 3,000 participants will visit Nelson to take part in the South Island Masters Games from 5 - 13 October 2013. This is a nine day celebration of masters sport with both fierce and friendly competition and a busy entertainment schedule.

Some of the 50 sports on offer are: bowls, golf, cycling, badminton, cribbage, euchre, poker, croquet, pool, snooker,

running and athletics, equestrian, shooting, yachting, racquet sports such as tennis and many many more. There's something for everyone!

Participants compete for medals in their own age group and don't have to qualify or belong to a club to enter. The only criteria for entry is a minimum age and for most sports that's 35+ years. Entries are accepted from any area of New Zealand or overseas, not just the South Island. Simply put, anyone can enter as long as they're old enough!

Games entry is now open. Pick up an entry book at council offices in Nelson, Tasman, Motueka and Takaka or from Sport Tasman (142 Saxton Road East, Saxton Field).

The easiest way to find out more information is on the website www.simasters.co.nz or by phoning the help line 03 923 2311.

Don't want to participate as a competitor? Join us as a VOLUNTEER. If you have some hours to spare and want to become involved in this exciting event contact Jane Miles at events@sporttasman.org.nz or phone 03 923 2317.

See you in October!

Rita Merriman
Games Manager

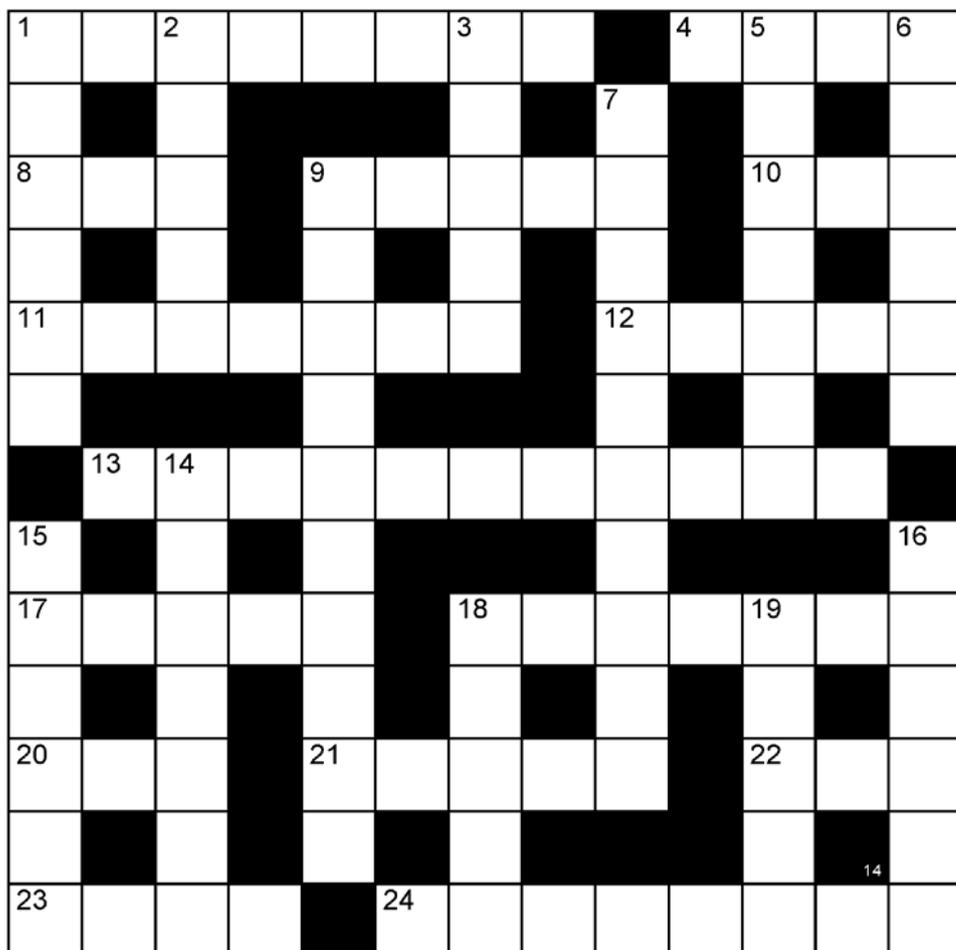


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Crossword



Answers page 19

Simpler Clues

Clues Across

1. Explanatory figures(8)
4. Sour(4)
8. Large liquid container(3)
9. Bend(5)
10. Likely(3)
11. Retainer(7)
12. Redbreast(5)
13. In addition(11)
17. Type of root vegetable(5)
18. 'Sausages'(7)
20. Meadow(3)
21. Pins down(5)
22. Driving-off peg(3)
23. Require(4)
24. Aubergine(3-5)

Clues Down

1. Contrive(6)
2. In the style of(5)
3. Excellence deserving honour(5)
5. Climb on all fours(7)
6. Adoring(6)
7. Tells off(10)
9. Talking idly(10)
14. Feeling of being slighted(7)
15. 'Hot'(6)
16. View(6)
18. Existence(5)
19. Supernumerary(5)

Harder Clues

Clues Across

1. They illustrate how a grid's made up around the forenoon(8)
4. A branch of police work that's biting(4)
8. Container that would be enormous were it to contain sulphur(3)
9. One of the bends : remedy involves Valium initially(5)
10. A pot nothing is drawn out of? Likely!(3)
11. Maid becomes watchful if old boy gets ahead of her(7)
12. Bird will take something from somebody when at home(5)
13. To advance to a greater degree, in addition(11)
17. Potato, perhaps, sounds as if it might get blown(5)
18. Old cars, a string of which might come from the butcher's(7)
20. Grassland discovered where Land's End approach starts(3)
21. Handy things to be as hard as?(5)
22. It's a peg, of course(3)
23. Requirement for putting one to bed heads off(4)
24. But it doesn't produce a vegetable with a shell!(3-5)

Clues Down

1. Contrive to distribute seed around six(6)
2. Following break-up of fat with hesitation(5)
3. To be so highly deserving makes the writer right? It follows!(5)
5. Somehow get up a form of blame when in credit(7)
6. It's silly to be so loving!(6)
7. Commercial traveller also appears in the edges one tells off(10)
9. When frightened, teeth are sounding like magpies(10)
14. Feeling of resentment makes one unfeeling when topless with fury(7)
15. Pinched Southampton water finally in the second place(6)
16. A view of carpets shaken right out(6)
18. A person to hold the bowl out in entering(5)
19. Possibly a wide crowd player(5)

What's On



JUNE – JULY 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 Crane field 03 527 8113.



Motueka Recreation Centre

Social Badminton: Mondays 9.30-10.30 am, Thursdays 6.45 pm. \$4 entry, \$2 racquet hire.

Club 50: Fun social activities, Wednesdays 9.30 am-1.30 pm. \$10 (morning tea + lunch provided).

Sit n Be Fit: Tuesdays and Thursdays 10.30-11.30 am. \$4.

Silver Sneakers Indoor Walking Group: Mondays and Fridays 9.30-10.30 am. \$4.

Move 2 Music: Low-impact aerobic class, Tuesdays and Thursdays, 9.30-10.30 am. \$4.

Fitness Centre: Open 9.00 am-8.30 pm Monday to Friday, 9.00 am-4.00 pm Saturday, Closed Sunday.

Wendy, ph 03 528 8228, email wendy.b@sporttasman.org.nz

Motueka Social Dance Group

Dances at Mapua Hall, 7.30-11.00 pm.

Ph Margaret 03 528 7564 or Prue 03 540 2242.

(F) – Forestry walks may have to be cancelled due to logging, in which case an alternative walk will be arranged.



Jun 13: Teal Valley No.2, M, Ron Mayler, 03 546 5170, Roger Haynes, 03 539 6402, 9.30 am.

Jun 27: Oaklands, M, Annette Williscroft, 03 548 9772, Marilyn Davis, 03 548 2167, 9.30 am.

Miniwalks

4 June: Richmond Ramble (meet Washbourn Gdns), Jean van Ginkel, 03 544 1029, 10.00 am.

18 June: Luncheon.

Nelson Provincial Museum
For details, visit www.museumnp.org.nz

Stoke Seniors Club

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

Email: stokeseniors@xtra.co.nz

Regular activities

Drama Group – Mondays from 10.30 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. \$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 Be 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

Nelson

Nelson Dance Along

Old Time Sequence /New Vogue

Richmond Town Hall 7.30 pm to 11.00 pm

Saturday 8 June -Tape Music

Saturday 22 June - Live Music by Warren Fenmor -Cost \$6.00

Saturday 13, 27 July -Tape Music

Supper Provided. \$4.00 – Non Member, \$5.00 – Member. This is the cost when we have Tape Music

Everyone Welcome. Contact Rosalie Winter 03 548 2236

Nelson Social Dancing Club

Nelson Social Dancing Club Dance at Broadgreen Intermediate School Hall, Nayland Road, Stoke, Nelson 7:30 pm to 11:30 pm the second Saturday of each month. Ballroom, Latin, Rock 'n Roll and sequence dancing. Live music. Members \$8; non-members \$12. Please bring a supper contribution, and your own drinks (including water) and a glass. Note: NO STILLETTO HEELS PLEASE!! Enquiries phone 03 544 7408 on 0211277892.



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)

Tuesdays

June 4: Marahau Quarry, M, Noel Brown, 03 544 2286, Lyn Guyton, 03 547 2207, 9.30 am.

June 18: Luncheon.

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

JUNE – JULY 2013

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

Wednesday of the month. \$5 a card.

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

Ruth's Movies - once a month. Please ring for details

Cruisin' with Karen - Fridays

Girls Own - Fridays

Lads @ Large - Fridays

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.

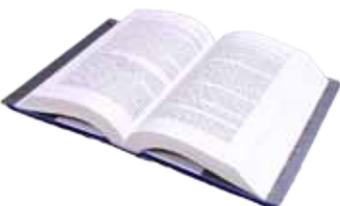
Senior Walking Group: Tuesday and Thursday 9.30-10.30 am. \$4.

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:

Ph (03) 538 0072 to book, or email 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, 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

Sport Tasman, Richmond Town Hall, 9 Cambridge St. Enquiries, ph Jackie 03 544 3955

Email: Club50.rrc@sporttasman.org.nz or website www.sporttasman.org.nz

Club 50 meets Tuesdays at 9:30 am at the hall, carpooling from

there for outings. \$4 per session. If raining please call.

4 June: Founders Book Fair. Let's browse through the piles of books and magazines they have to offer. \$2 entry.

11 June: Walk the tracks in Wakefield's Faulkner Bush, followed by coffee at the Villa Tea Rooms & Giftshop.

18 June: Funeral Care; A talk with Alistair Ferguson from Marsden House Funeral Services.

25 June: Airport walk and Speight's Ale House for Coffee.

2 July: Ruby Bay Reserve Walk at Low Tide.



9 July: Movie Time: Life of Pi. Starts 09.45 am. Please bring morning tea to share.

16 July: Pomeroy's coffee break plus Pic's Really Good Peanut Butter tour. Factory tour starts at 1100 am.

23 July: Manuka Street Hospital Guided Tour and Willow Walk to the Suter for coffee.

30 July: Club 50's Mid-Winter Luncheon at the PlayHouse Café, Mapua and Bronte Road Walk.

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).

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.



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RECREATION PROVIDERS



JUNE – JULY 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 Georgie 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 New Zealand

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. Tim Ph 03 528 6922 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.

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

Burn calories and increase muscle and energy levels in this fun, easy aerobics and circuit class. Thurs 9.15-10.15 am, Tahuna Presbyterian Church, Muritai St. \$5. Ph Angie 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

Water-based exercise. Transport available to exercise at Ngawhatu pool each Monday morning. Phone 0800 663 463 for more details. Services are now managed from Christchurch. 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 Nancy on 03 544 7408. 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.

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 9147.

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

MenzShed Waimea
A&P Showgrounds,
Richmond.
Ph 027 289 0185

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

Pilates Courses
Richmond Recreation
Centre. Positively
change your body by
learning how to tone
your stomach, improve
strength and flexibility.
Ten-week course,
Mondays 12.30-1.30 pm,
or Wednesdays 9.15-10.15
am. Sue, ph 03 538 0318
or 021 034 4109.

Pottery
Tutored classes at Craft
Potters, 202 Ranzau Rd,
Hope. Wednesdays 10.00
am to noon. Any or no
experience. Ph 03 541 8953

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 Joggers
Do you want to walk
faster and eventually
become a jogger? Entry-
level group focusing on
the social and enjoyment
aspects of jogging rather
than the speed and
competitiveness.
Contact Sarah @ Sport
Tasman on 03 923 2313

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

Easybeat: Mon & Fri 9.00
am. Ease In2 Easybeat:
Mon & Fri 11.15 am.
NEW Cardiac Club,
Shapeup 4 Healthy
Hearts: (Heart Foundation
affiliation programme),
Mon & Fri 10.10 –
11.10 am. \$4.
Club 50: Tues 9.30 am.
A fun social recreation
& activities group. All
welcome.
Motion & Mobility: Fri at
11.15 am. \$4.
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. \$3 a
meeting. Ph . Eileen
Ph 03 544 6392

Richmond Walking Group
Weekly walks around the
Richmond area.
Entry-level group
focusing on the social
and enjoyment aspects
of walking rather
than the speed and
competitiveness.
Contact Sarah @ Sport
Tasman 03 923 2313

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 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
Get back into activity in
a warm-water pool. All
abilities, shapes and sizes
welcome. Tuesdays, 10.45
am-11.45 am, Thursdays
6.00 pm -7.00 pm. \$6.
Ngawhatu Pool, Stoke.

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 New
Zealand, 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
Probus 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
Ph 03 541 9200

Wakefield

Easy Exercise
Arthritis New Zealand,
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.

Walking
Rural Ramblers
Ph 03 541 9200

FOSSIL RIDGE
BOUTIQUE WINES

Creative Writers

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. Congratulations to **Joy Helleur** of Nelson, who takes the prize for June-July.

Aragon By Joy Helleur

Once we had a beautiful white swan
His name was said to be Aragon
He'd glide along in his stately way
Or stretch his wings in dazzling display

People would come from near and far
To sit and admire him, he was a star
The ducks all around him he would ignore
They knew their place, treated him with awe

If they invaded his favourite place
He'd swim towards them face to face
Off they would go but when he retired
They'd come right back, their worry expired

Somebody said that he behaved badly
They were believed so it happened quite sadly
They sent him away to a farm down south
We who loved him were down in the mouth

Next we heard that he had died
What a shame for he lived here with pride
Why did they not just let him be
Giving pleasure and living free

SEND ENTRIES TO: Fossil Ridge Creative Writers, Mudcakes and Roses, Tasman District Council, Private Bag 4, Richmond 7050.

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



Crossword Solutions

CLUES ACROSS

1. Communist 5. Paw 7. Arno 8. Firewood
10. Football 11. Span 13. Dashed 15. Scarab
18. Slab 19. Reticent 22. Romantic 23. Race
24. Fur 25. Broad bean

CLUES DOWN

1. Chaffed 2. Mango 3. Icicle 4. Tree
5. Prosper 6. Widen 9. Abbey 12. Acrid
14. Stammer 16. Between 17. Merino 18. Serif
20. Evade 21. Snob

University fashions of 1963

As students settle in to another year, we found these practical tips from an old issue of *Stitch* magazine – perfect for the clothes-conscious Kiwi girl on a shoestring budget.

“It’s a myth that students are a scruffy, shabbily-dressed and bedraggled lot. A quick look through university confirms that, with few exceptions, they don’t affect eccentric clothes and hairstyles either.

The same intelligence that they devote to their studies is brought to bear on their appearance. And with incomes of next-to-nothing a week, none of this attention is superfluous.

Thousands of students have made ‘do-it-yourself’ their golden rule. Among them is Janice Anderson of Christchurch. By knitting and sewing in spare moments during her four years at university she has emerged not only with an MA but with a wardrobe any girl would be proud of.

Janice says that while varsity tradition is for casual work clothes, the authorities lay down one or two laws as well, making sure informality doesn’t reach extremes. For instance, there is a ban on girls wearing trousers to lectures or tutorials at Canterbury, and an edict that boys must wear ties. Small things like this are no curb to students’ individuality, but only those of the ‘lunatic fringe’ express themselves with sartorial oddities ...”

Janice says skirts and jerseys, blouses and cardigans are the basis for a student wardrobe, keeping close to one or two colour schemes.

“Slacks are warm and useful too, but only for study or informal dates, she warned ... Winter means coats, and hooded duffle coats win the student stakes by a long head.

“As with any group of girls there are fashion crazes. A couple of years ago it

was for coloured stockings. ‘But these are definitely out now, except for black ones,’ said the expert.” Stockings being expensive, “the odd runner in one’s nylons is not a mortal sin at varsity.”

“... If you don’t want to be taken for a fresher, you just don’t wear a blazer or a scarf. ‘Scarves, of course, have to be at least six feet long, and one foot wide, but if they are 10 feet long and hand-knitted, they are considered much superior,’ said Janice...

‘For party dates one or two special dresses will be adequate. Even at the most formal and exclusive function of the year, the Graduation Ball, a short evening gown is permissible.’”

Footnote: Do you know Janice Anderson? Her fashion choices have been rendered quaint by time – as they all are – but she sounds like a resourceful woman. We’d like to know how her life panned out.

Want to wear shorts again?

Suffering from unsightly, aching, varicose veins?



**Endovenous Laser Treatment
Walk In, Walk Out Treatment**

CALL FOR YOUR **FREE**, NO OBLIGATION
DOCTOR'S ASSESSMENT AND SCAN



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COSMETIC, MEDICAL & VEIN CLINIC

VISIT US FOR
**SKIN CANCER CHECKS
BIOPSIES & SURGERY**

Dr David Orsbourn
MBChB, Dip Obs, FRANZCP
Fellow of the Australasian College of Aesthetic Medicine
Member of Skin Cancer College of Australasia



7 Buxton Square, Nelson : 03 548 8216 : www.enhanceskin.co.nz