

Mudcakes *and* Roses

Senior Generation Action and Issues
– Nelson Tasman

Issue 50 October / November 2008



White Lightning pg 6



Isoline
Christian
pg 4



Win Nelson Arts
Festival tickets
pg 11



Stoke
Seniors
pg 16

Sponsors



24 hour emergency – phone 543 8400
Email info@tdc.govt.nz www.tasman.govt.nz



Nelson's Quality Provider of Home Support for

• Personal care • Home help • Nursing

Most NelMar services are FREE!

Phone 03 548 2009 Nelson or 03 528 0120 Motueka



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



Phone 03 546 7910, www.tasmanregionalsports.org.nz

Mudcakes and Roses

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

Tara Cater:

Phone 03 543 8578

Community Services Secretary

Tasman District Council

Published by Tasman District Council

Produced by Dry Crust Communications

Editorial Phone 03 544 4975

Enquiries Fax 03 544 4975

Email barb@drycrust.com

Advertising Phone 03 544 4975

Email caro@drycrust.com

Apply now for a rates rebate

The Rates Rebate scheme was designed by the Government to help those on a low income to receive some assistance with paying their rates. The scheme allows eligible ratepayers to apply for a rebate of up to \$530 on their rates, within a rating year. If you are a beneficiary, superannuitant or low-income earner your eligibility will be assessed in relation to your gross income (including the income of your partner or joint homeowner), how much you pay in rates and how many, if any, dependants you have.

The rating year runs from 1 July to 30 June. For the July 2008 to June 2009 year you can apply for your rates rebate any time after 1 August 2008.

You are eligible for a rates rebate if:

- You pay rates on the address where you live.
- You were living at the address at the beginning of the rating year (1 July 2008).
- Your name is on the rates bill.

You will need:

- Details of your income.
- Your rates invoice.
- Proof of your partner/joint homeowner's income.
- Details of any gross interest or dividends you have received.
- Your metered water charges should be added to your rates to show your total rating commitment.

Please bring all this documentation with your application form to the Council to have your application assessed before the end of the rating year on 30 June 2009.

You can download a rates rebate application form from www.ratesrebates.govt.nz or pick one up from any Council office. For more information contact your Local Council.

Sign up now for Spring Strut Stride



Spring is here so it's time to strut and stride your way to fitness for the summer months. Spring Strut Stride is open now and runs until 7 November 2008.

Spring Strut Stride is a game for teams of up to 10 people. Each team sets a walking goal, for example, the length of the South Island. Each walk a member of your team does in a month adds to the total.

Just think – each time you walk to a cafe for a coffee with your friends, or each time you walk the grandchildren to the playground, you're getting closer to your goal.

To take part you need to complete a registration form (available from Council offices, libraries or the website) to receive your Spring Strut Stride kit. There are prizes for fun, odd or interesting stories about your team and for team photos.

You'll need to send in a weekly team distance update and send in your completed team chart by 14 November 2007. Information and entry forms are also available on the Way2Go website, www.way2go.org.nz.

Elder abuse – the hidden crime

Elderly people are vulnerable to all sorts of age related health and welfare issues, but abuse is one problem that is often kept hidden because the victim is ashamed or embarrassed, or thinks he or she doesn't have a way out.

Jim Davis, Elder Abuse and Neglect Prevention Coordinator for Age Concern in Nelson said abuse of the elderly, be it financial, physical, emotional or psychological, neglect, self-neglect or abandonment can make life for some older people intolerable.

“As people get older their social circle shrinks and they become isolated. They become more dependent on fewer people and the opportunity for abuse becomes greater,” said Jim. He also said that the elderly people in today's society have seen a lot of hardship during the depression and World War 2 and can see any difficulty now as just another hardship they have to get through.

“They are often very private as well, and don't like to ask for help if they think it means airing their problems in public,” said Jim.

The most common form of abuse often involves a family member who may be helping out by doing shopping for an elderly relative. The temptation to add grocery items of their own to the bill if they have a bank card and a pin number can



Jim Davis, Age Concern Nelson.

prove to be too hard to resist, and while it may start with a loaf of bread or a few tea bags, it can sometimes escalate well beyond that, Jim said.

“In this situation the victim feels powerless and worries that if they say anything they will have no one to help them with shopping or to drive them. They risk losing what can be a lifeline for them in other ways,” he said.

“They may also perceive it as wrong to blow the whistle on a family member – they are embarrassed.”

Jim said the frequency of such cases is growing as economic stress hits families, and the time constraints of having two parents working to maintain a household makes things harder. Age Concern offers a totally confidential service to anyone who thinks they may be being mistreated in any way.

“The first stage is a confidential call, if they need someone to talk to. We can give advice on what to put in place to improve the situation. That may be all that is needed. We can give support where required, and involve other agencies where appropriate. No one needs to put up with this kind of thing. Whether it is coming from a family member, paid carer or staff in a rest home, it is unacceptable.” Jim Davis at Age Concern can be contacted on 03 546 7682.

Put on your dancing shoes and support St John

The Nelson Order of St John is holding a tea dance as a fundraiser on Saturday 1 November at the Suburban Club from 2.00 pm – 5.30 pm. Tickets \$20 phone 546 9445. The order of St John aims to attend 80 percent of emergencies within 10 minutes in an urban area and within 15 minutes in rural areas.

St John also provides medical staff on the Summit Rescue Helicopter, and works in with the coastguard caring for our local fishing fleets and recreational boaties. St John does hold government contracts but still is required to raise 58 percent of its running costs locally.



When was the last time you had your eyes examined?

see. the opportunity

EYE PRO

Grey Power and Super Gold.

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

Some conditions apply.

Optometrists, Dispensing Opticians & Contact Lens Practitioners

NELSON. 1 Buxton Square. Tel 03 548 3249

RICHMOND. 211 Queen Street. Tel 03 544 4319

MOTUEKA. 217 High Street. Tel 03 528 8724

www.matthews.co.nz

(MATTHEWS)
Eyewear. Eyecare.



Isoline Christian

- a century and counting

by Caroline Moreton

Looking back over the years of a long life, Isoline Christian said that she attributes her staying power to a simple life of hard work and early nights. Comfortable now in the Wakefield Village Rest Home, Isoline (née Quinney) was born on 11 August 1908 in Glenrae, near Tapawera.

“My father and his three brothers built our house from timber they cut from the virgin bush as they cleared the land, and we had cows and sheep. I had chores to do in the morning and then I would walk the half an hour or so to school,” said Isoline.

Isoline was the second of four children, with one brother and two sisters. Isoline’s mother chose her name after reading a book about Florence Nightingale in which one of the people was called Isoline.



Isoline
Christian.

Her sister, Audrey, is 10 years younger and Isoline remembers having no idea that her mother was pregnant.

“I was sent away for a few days and when I got home there she was. I was so pleased to have her. My mother was badly affected by the flu epidemic of 1918 and never really got over that, so I ended up looking after Audrey – I used to bathe her and feed her, I really loved having her.”

Isoline remembers having to get her father to chase away the shorthorn cattle on the bridge at Glenrae so that she and her siblings could cross to get to school. She helped out with the chores, making bread, butter, stooking hay and milking the cows.

“We had kerosene lamps and cooked on a coal range – I used to have to soot the range which was a filthy job. We didn’t have much in the way of clothes, I used to get one new dress a year in the summer, and had one for school, one for best and one for working in. We did all the washing in the copper.”

The family moved to Motupiko when Isoline was 12, and she stayed to work on the farm when she left school.

“It was taken for granted that I would just carry on with the chores. There was never any choice about it, and my mother was unwell. I cooked and cleaned and kept house. There was no transport so I couldn’t go anywhere. I got fed and watered and that was about it.”

The depression years were hard for everyone, and Isoline remembers the swag men who would stop and ask for a bed and a bite to eat. “My father always put them to sleep in the loft and gave them some food. They were usually gone by the morning but I remember one that stayed around and did some work on the farm for a while.

“My father bought a car in the 1930s but I never learned to drive and never really went anywhere in it. I didn’t like it much. I do remember having to clean it though.”

Isoline married Charles Christian when she was 31.

“I thought I was going to be left on the shelf! He was a stringer on the hop farms and we met hop picking. Charlie had diphtheria when he was young and never had good health. He worked on his father’s farm and I did hop picking and raspberries.

“Charlie got called up for World War 2, but his health meant he was unfit to go so he stayed on the farm. We grew pumpkins and dried the seeds and sent them off to the soldiers. We were okay for meat and eggs from the farm but we only got one gallon of petrol a month per car.”

The couple had two children, and moved to a farm in Wakefield as Charlie's health grew worse.

"We couldn't stand debt so we never had anything new. When we got married we got given furniture from our parents' houses and that's what we kept. I bought my clothes from the Salvation Army. We got by, but it was always old houses and old furniture."

She also remembers making soap from the fat round a sheep's kidneys. "You boil it up with water and add caustic soda and citronella to make it smell nice. Then of course in the war we couldn't get caustic soda. I made candles as well."

Isoline said that she loved gardening and would have loved to have a nursery for plants. "I used to grow all our vegetables and loved saving seeds and working in the garden."

Charlie died when he was 62, after 36 years of marriage.

"He had arthritis in his hips and they decided to operate on him but he died on the operating table. I'm glad he went like that as he had a lot of pain in his life, it was getting too much for him." Isoline managed on her own for many years, even though she couldn't drive. "I had a lovely friend who used to pick me up and we go out on little trips, she was so nice to me."

"I used to grow all our vegetables and loved saving seeds and working in the garden."

Isoline Christian

Isoline only moved to the rest home two years ago, after breaking a hip in a fall.

She celebrated her 100th birthday with a party at her granddaughter's house nearby, and then with an official

party at the rest home, where she is the first centenarian. She is proud of the card she received from the Queen.

"I didn't want to make a fuss. Someone suggested we went up in a helicopter but I wasn't keen, but it was a perfect day."



Abbeyfield Stoke residents Maisie Ovington, Daphne McRae, Margaret Newport, Housekeeper Diane Ramsay, Joan Hudson and Bernice Cantrick in the dining room at Abbeyfield Stoke.

Abbeyfield Nelson, just like home

Writer Caroline Moreton recently paid a visit to the residents of Abbeyfield.

Abbeyfield Nelson is situated in a quiet corner of Stoke, on St Francis Way, conveniently located within walking distance of the Stoke shops. Residents here enjoy an independent life with companionship, shared meals, and a live in housekeeper. They pay a rental fee which is within the reach of those on national superannuation.

The residents in the Stoke house all have their own ensuite rooms and are responsible for looking after their own space. Lunch and dinners are served in the communal dining room, prepared by housekeeper Diane Ramsay and her team of helpers. A group of volunteers offer support on a regular basis. The 10 residents are all out and about as much as they want to be. Some have their own cars and some walk or take the bus.

Ninety year-old Maisie Ovington has been in the house for about five years, Joan Hudson for about two years, Bernice

Cantrick and Daphne McRae have arrived more recently. Margaret Newport has been a resident for about four years and still travels overseas regularly.

"We have our own nice rooms and it is good to spend time with the others when we want to," said Maisie.

As the house is not a rest home, there is no nursing care and residents have to be in good health and able to live independently. Their time is their own and apart from special meals and celebrations there are no organised activities. Some of the residents enjoy going to Stoke Social Seniors, and several of them have family and friends nearby who visit regularly.

The Abbeyfield concept began in England, where there are now more than 700 houses. The Nelson house was built in 1994 after Wakefield GP Ted Bassett went to the UK to look at housing options for older people. It was the first New Zealand Abbeyfield house to be established and is now one of 10 houses nationally, with more under development.

White Lightning

- ski racer has no plan to slow down

They may be retired, but Philippa and Garry Askew can't be accused of slowing down. The couple are among the fastest Masters skiers in the region and follow the circuit around the country.

Earlier this year Garry was honoured with the Volunteer of the Year Award 2007-2008 from Snow Sports New Zealand, in recognition of his volunteer work in the sport. The award came 10 years after he and Philippa won the Alpine Skiing Sportsperson of the Year Award for Outstanding Services to Sport in 1998.

Garry has been skiing since he was about eight years old. His mother skied on Mt Ruapehu in 1927 and he and his family spent many childhood holidays on the Mt Robert ski field.

"Before the road was put in the ski club used a small boat to cross the lake and then tramp up to the ski field, and once the road went in they used pack horses from Speargrass Station to cart the gear up to the field.

"We'd usually just go for a week in August when the weather was looking good. You just couldn't get up there every weekend like you can now," said Garry.

Garry trained as a teacher and worked as close to ski fields as he could. His first job was as a probationary assistant near Ruapehu, and he did half a season there on the ski patrol before becoming an instructor.

"It was always just weekends and holidays - I worked so I could ski," said Garry.

Philippa is from Essex in England and met Garry in the Cairngorms in Scotland where they were both working as ski instructors. Garry, his brother and a friend had gone over to work for the winter season.

"I met three Kiwi guys on Christmas Eve and one of them was Garry," said Philippa. "The rest is history!"

The pair came back to New Zealand and flatted for two years in the basement of Warwick House.

"They called it the Ski Club Flat because it just got passed from one member to the next," said Philippa.

They subsequently bought an old farm house in the Brook which was later demolished to make way for a new home where they have stayed ever since.

In 1974 Garry became the Art Education Adviser for the top of the South, covering the area from the West Coast to Marlborough, Nelson and Golden Bay.

The pair have been involved in skiing at Mt Robert and Rainbow Ski fields ever since. Garry has given many years of coaching to local ski racing squads, training youngsters who have gone on to be top competitors, including extreme skier Noddy Gowans. The couple drove the racing squads around the South Island to ski championships and a disproportionate number of skiers competing today started in St Arnaud.

Garry's job enabled them to spend the weekends racing but his status as a ski coach meant that he couldn't compete on the amateur circuit as he was deemed a professional. His first experience of Masters racing, in which he was able to race, was in Queenstown. He then came back and talked to the then manager at Rainbow, Mike Morrison, who supported the idea of holding a similar event on the home field.

The first races were held in 1991 and attracted 90 racers. The support of the Rainbow ski field and sponsors meant that the entry fees from the event could be funnelled directly into future events. The event has always been a highly social occasion and at one stage café owner Eelco Boswijk would arrive and set up tables on the slopes for lunch.

The success of the event led the Askews to form the St Arnaud Ski Racing Foundation Inc, with Jackie and Kerry Stratford and later Peter and Maureen Clinton-Baker, which aims to support and promote ski racing in the top of the South. The foundation

organises the Masters races and also races for primary and intermediate school age children. This year's event took place on 20 and 21 September, with the giant slalom on the Saturday and a slalom on the Sunday. The event is sponsored by the ski field and by other ski industry companies.



Garry Askew with his Volunteer of the Year Award from Snow Sports New Zealand.

"I aim to have people coming off the run with a smile and saying they wish they had gone faster."

Garry Askew

"I aim to have people coming off the run with a smile and saying they wish they had gone faster," said Garry.

Garry and Philippa are taking a slightly more relaxed approach to life these days, and enjoy following the South Island Masters skiing circuit, and travelling overseas. They have two daughters, one in Christchurch and the other in California where she works as a ski instructor. Garry paints as time permits and Philippa has had a long association with the Suter. They both love music and golf and are looking forward to more of the same.



Philippa and Garry Askew in racing mode.

It's easy to stay active

- tips from Way2Go

Push Play with a pedometer

October is Push Play Nation month and what better way to push play than to loan a pedometer and get walking.

Push Play is a nationwide Sport and Recreation New Zealand campaign to get more New Zealanders more active, more often. All it takes is 30 minutes a day. We all need to get active, but some of us need a bit more of a 'push' than others! That's where a pedometer can help to get you started.

Pedometers are now available on loan from the Nelson, Stoke, Richmond, Motueka and Murchison libraries. Pedometers are gadgets that count your steps and help motivate you to walk more. Call into the library and ask at the counter. \$2 loan fee for a six-week loan.

Here are some ideas to help keep active:

Lunchtime walk - Get out of the office and de-stress with a head-clearing walk. Better still, get your workmates along and start a regular group walk.

Early bird walk - Set your alarm 30 minutes earlier and go for a walk before work. It's a great way to clear your head before you start the working day

Play with the grandkids - As tempting as it is to park yourself in front of the TV after a hard day, go and kick a ball around outside for 30 minutes with the kids. You will benefit and they'll love it.

NELSON
TRAVEL CLUB

PRESENTS

The Eilerslie Flower Show Tour

10 – 13 March 2009

- 3 nights in Christchurch
- Dine at the Sign of the Takahe
- See the Festival of Flowers Floral Carpet
- Visit the Botanic and Mona Vale Gardens

Hotel, meal and
travel package
\$895.00

SBL GROUP  NELSON

Call now on 548 1539

nelson coachlines 

Community Awards recognise joint efforts ■

Tapawera couple Harry and Joan Hancock have spent the best part of their lifetimes helping out in the community, and their efforts were recognised recently when they both received Tasman District Council Community Service Awards.

Harry and Joan have lived in the Tapawera area all their married life, and have been stalwarts of the community.

They married in 1956 and ran a small mixed farm in Glenrae, which Harry described as 100 acres of gorse and blackberry when they took it over. They milked cows in a shed Harry built, and also grew potatoes. Sheep replaced the cows after a few years as, according to Harry, milking was interfering with his tramping.

“I remember getting up and milking the cows at 2am before heading up Mt Arthur for a tramp, and them milking them again when I got home at 10 o’clock at night,” said Harry.

Joan, who was raised in Stoke, adapted to the farm life quickly.

“I was a shop manager in Nelson. All my friends thought I was mad heading out to the back blocks to go farming, but I’ve loved the life,” she said. The farm is still in the family but Joan and Harry bought another piece of land 22 years ago in Tadmor, and built a log house.



Harry and Joan Hancock with their Community Service Awards.

“We’ve still got a view of the mountains from there,” said Harry. They have decided to stay put rather than move into town as they get older.

The Hancocks have been involved with the community in many ways over the years. Harry was a scout leader and has a love of mountaineering that has seen him introduce many young people to the mountains. He also gave many years of service to the Tapawera Young Farmers. His knowledge of the local mountains has been invaluable to Search and Rescue on occasions. He has been chairman of Home and School, the local library and the Tapawera Park Domain Board, and secretary of the Nelson Farm Forestry Association.

Joan is well known in the community for her annual plant auction to raise funds for Plunket, which she started 30 years ago with a friend. They usually raise more than \$1000, selling plants propagated by themselves or friends and from donations of plants from local nurseries. Joan also started the Tapawera Spinning and Craft Group in 1971, which is still going strong. Joan taught herself to spin using fleece from the farm and bought her first spinning wheel in 1966. She makes garments and cushion covers from her handspun wool. The group meets fortnightly and takes part in an annual exhibition in Tapawera. Other community organisations that have had a helping hand from Joan are the Golden Bush Girl Guides, Rural Women, and the Tapawera Boys and Girls Agricultural Club, which awarded her an outstanding service award in 2000.

Harry is still tramping at the age of 80. He tackled Mt Cook twice in his younger years, but the weather beat him both times.

“I won’t be going back up there” he said, “but I’ll keep going while my legs still work.”

He’s recently walked the Milford and Hollyford tracks and the Wangapeka is a regular jaunt for him. He goes with younger friends and loves to pass his enthusiasm on. Joan still spins and knits and works in the garden and said they both count their blessings.

Riverside Cafe

RESTAURANT

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

Open Thursday through Sunday for breakfast, café style lunches and casual gourmet dinners.



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

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

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

Recommended by
North and South and
Cuisine magazines

Owned and managed by Riverside Community.

Rimu Grove creative writers series

RIMU GROVE WINERY
NELSON

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

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

We've had some great entries and the winner for October-November is Ollie Reid, of Richmond.

Send contributions to:

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



Heritage

By Ollie Reid, Richmond

My grandfather told me when he rode the sky
And surveyed the land with his roving eye
The people walked and horses pulled heavy loads
The country was empty and there weren't any roads
All the hills and valleys were dark and bush-clad
And all were unfenced and free when he was a lad

My grandmother told me man conquered the land
Building roads and bridges both small and grand
He made farms of the plains and fertile valleys
Then found gold aplenty in the rivers and gullies
Seeing beautiful trees growing outstandingly tall
Ha 'Timber' cried he as he watched the giants fall

My father told me when he started to fly
Man invented the thing that would invade the sky
The first clumsy planes when they left the ground
Fell back again with a most horrible sound
While noisy motors had entered the scene
All leaving behind a nasty smoke screen

Mother told me they built long shiny railroads
Where huge black monsters shifted great loads
They puffed and belched out clouds of black smoke
Where even a hawk couldn't fly else he would choke
And then we could not get any sleep at night
As the monster thundered through with flashing light

Now I fly over the land looking down on the roads
Where all sorts of conveyances carry weird loads
The air is polluted with all kinds of foul fumes
Vehicles and factories belch out smoky plumes
I stay in the country to find pure clean fresh air
And follow the roadways for possum and hare

I have to be very careful where I get my fare
Because man has bough in gun, poison and snare
Our nests are threatened by pollution and fire
We birds of a feather whom humans admire
Have become meals for stoats, weasels and fitches
Who stalk us in fields and trees or in ditches

Man bought in the goats, pigs, possums and deer
Which bred quickly and soon spread everywhere
There are rabbits and hares who hide in the gorse
And the weeds man bought in would kill a horse
Now man has awoken to the plight of our future
And he wants clean air and water that's pure

He is hunting the vermin that's spoiling our lands
Destroying the ground birds and last forest stands
There is hope for the future in this millennium
We will be proud of our country under the sun
As we fly over mountains, rivers and seas
To hunt in the forests among precious new trees.

New 2008 Daihatsu Sirion Auto



\$17,990 drive away

Additional benefits

- Pre-delivery inspection completed before delivered to the dealership
- 2 year / 30,000km Scheduled Service Plan
- 3 year AA Roadservice
- 3 year / 100,000km New Vehicle Warranty

Safety with ABS brakes and dual airbags.

Comfort with high seat positions easy entry and air-conditioning.

Practical with automatic transmission, 5 doors multi-positioning seats.

Economy with the latest design fuel efficient 1300cc engine designed to run on 91 octane.

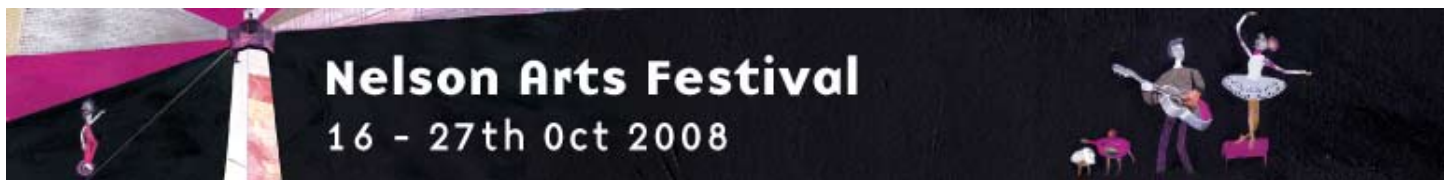
Style with the very latest design innovations where functionality and desire come together to form a compact fresh new look.

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



Bowater Toyota

Cnr Halifax and Rutherford Streets, Nelson
Phone 546 9269 • A/Hrs 547 0069



Dame Fiona Kidman.



William Yang presents China.

Nelson Arts Festival

The festival is coming, with 12 performance-packed days in October. We asked Festival Director Annabel Norman to pick out some shows she thought would appeal to Mudcakes and Roses readers. Here's her selection:

China

You've seen it on the telly during the Olympics, now see behind the scenes as Chinese-Australian William Yang takes us to his homeland. Part social documentary, part personal observation, China creates a meditative space, a journey of reflection on the meaning of culture and belonging. Yang's wryly sensitive perspective, his eye for detail, and his arresting images come together with Nicholas Ng's haunting live score for the Chinese violin and lute, in an unforgettable theatrical experience.

Founders main stage (Energy Centre) 7.00 pm, 21-23 October, \$38

St Peter's Series

St Peter's Church, Founders Heritage Park. 6.30pm, Oct 16-18 and 24-26, \$20.

A collection of early evening boutique concerts by some of Nelson's fine musicians, very affordable with the opportunity to make a night out of it with a meal at the Granary Festival Café.

The concerts include:

Cheryl Grice-Watson - inspiration from the Baroque period to the present day to create an hour of fine guitar music.

Richard Nunns - Taonga Puoro, the musical instruments of Maori.

Cairde - music from and about the Celtic people of Ireland.

Juliet Ayre and Takumi Motokawa - baroque sonatas and new works for violin, piano and percussion.

La Vida - Kate Sherwood, Margaret Jackson, Claire Corban-Banks and Helen Tippler on violins, viola and cello with chamber music from the 15th -17th centuries.

Duo Jackson - Miles playing flamenco and classical guitar and Margaret on violin with a concert of Spanish music.

On the conditions and possibilities of Helen Clark taking me as her young lover

In this clever satire, very apt for election year, Richard Meros tries to prove his amorous point: that by taking him as her Young Lover, Helen Clark will initiate a golden age of New Zealand culture and society. Suter Theatre, 16-18 October, \$30.

Woollaston Readers and Writers offers top New Zealand writers, and includes a couple of Dames you won't want to miss.

Dame Fiona Kidman's new memoir, *At the End of Darwin Road*, takes a look back through the decades that shaped our lives in the years since World War 2.

Dame Anne Salmond examines Captain Cook's three voyages to New Zealand and the Pacific in fresh detail in this examination of his own and other contemporary accounts in *The Trial of the Cannibal Dog*.

Granary Festival Café, Sunday 19 October, 3.00 pm and 4.30 pm, hear both for \$20.

Full details at www.nelsonartsfestival.co.nz, tickets at Everyman, pick up a programme at libraries, visitor centres and cafes throughout the region.



Win free tickets to the Nelson Arts Festival

Thanks to the generosity of the Arts Festival organisers, Mudcakes and Roses has two free tickets for the show China, on Wednesday 22 October at Founders to give away.

Presented by William Yang, with music by Nicholas Ng, China takes us from the streets of Beijing, where electronics super stores jostle with echoes of the Cultural Revolution and the Ming Dynasty, to the sacred mountain Huang Shan, a must-climb for every Chinese pilgrim or tourist. The images come from Yang's four trips to China, between 1989 and 2005.

To be in the draw for two tickets to this show, write your name, address and phone number on the back of a postcard or envelope and post to:

**Nelson Arts Festival Competition
Mudcakes and Roses
PO Box 3352
Richmond
Nelson 7050.**

Entries close on Friday 10 October and the winner will be contacted by phone.



SAFE WITH AGE

The Older Driver Refresher Course

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

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

Enrolments are now being taken for courses in Richmond - 13 & 14 October and Nelson - 18 & 19 November.

To reserve your place call **John Steel, facilitator**, on 547 4010.

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



I offer practical solutions in **easy to understand language** so you get the most from your computer.

Ask me about tuition, set up, consultation and trouble shooting on:

- ☞ Bookkeeping and financial management
- ☞ MS Office (Word, Excel, PowerPoint, Outlook)
- ☞ OSH policy development and review

I offer:

- ☞ Confidential service and flexible scheduling
- ☞ On your computer, at your location
- ☞ Reasonable rates
- ☞ MYOB Approved Partner

You'll be on top of your computer world, I can help!

Contact **Laura McIntyre**.
P 03 543-2269 M 021-135-1939
laura@yourcompanymatters.co.nz

Healing at Home?

We can help you through it.



Heaphys

Home Support

Phone 03 547 5552



The Ernest Rutherford Memorial is on the site of Rutherford's birthplace in Brightwater.

Rutherford remembered ■

10 December, 2008, marks 100 years since Ernest Rutherford, Nelson's most famous son, was awarded the Nobel Prize.

Rutherford's Nobel Prize in chemistry was "for his investigations into the disintegration of the elements and the chemistry of radioactive substances". He was the first New Zealander to receive a Nobel Prize.

John Campbell is a Rutherford scholar and author of *Rutherford Scientist Supreme*.

"Rutherford's work has ensured his immortality and we should be using him to stimulate the children of New Zealand. We need to tell them that he had no more opportunity than they had, yet by hard work he achieved world fame. New Zealand needs such role models if it is to prosper," he said.

Ernest Rutherford was born at Brightwater on 30 August 1871. He was the fourth child in a family of 12 children, to parents James and Martha Rutherford. His father was a Scotsman who worked as a wheelwright, engineer and flax-miller. His mother was an English-born teacher who taught at the Spring Grove School.

The family moved to Foxhill in 1876 and in 1883 to Havelock where Ernest attended Havelock School. A memorial on the main road through the town commemorates his time there. He won a scholarship to attend Nelson College from 1887-1889 where he became head boy. He attended Canterbury College in Christchurch from 1890 to 1894. He graduated in 1893 with a Master of Arts degree with double First Class Honours and returned in 1894 for a BSc in geology and

chemistry. He then applied for and won a scholarship to study anywhere in the world. Rutherford headed for Cambridge University in England, to work with JJ Thomson in the Cavendish Laboratory, and then accepted a professorship at McGill University in Montreal, Canada in 1898.

Rutherford returned to New Zealand in 1900 to marry Mary Newton, who was the daughter of his landlady in Christchurch. The couple had one daughter who sadly died of an embolism in 1930 at the age of 29, shortly after giving birth to her fourth child.

Research work at McGill on radioactivity, and his discovery that some heavy atoms spontaneously decay into slightly lighter atoms, led to Rutherford dating the age of minerals and the Earth. He was subsequently elected as a Fellow of the Royal Society.

In 1907 he accepted a chair at Manchester University and was awarded the Nobel Prize the next year. While at Manchester he made another important discovery, the nuclear model of the atom.

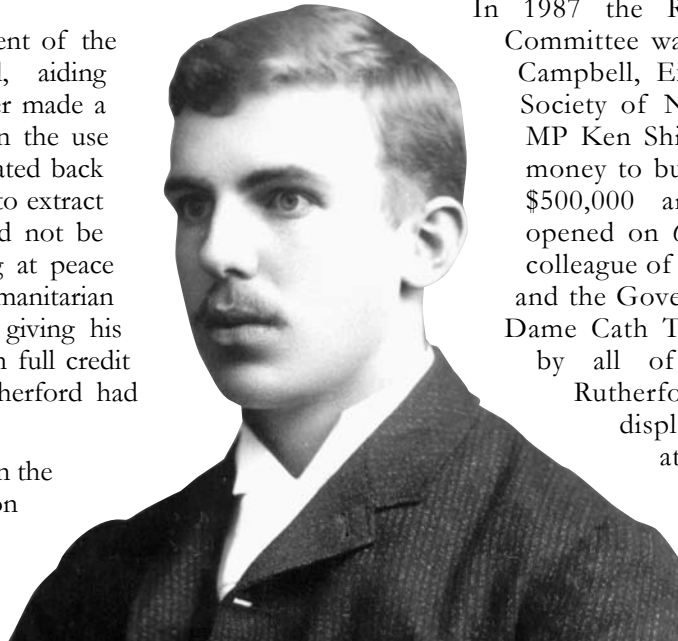
Rutherford received a knighthood in the 1914 New Year's Honours list, just before the outbreak of World War 1, and then worked for the British Admiralty Board of Invention and Research on submarine detection. Towards the end of the war, when pursuing non-war science, he made his third great discovery – the splitting of the atom.

He returned to Cambridge University in 1919 to take up the position of Director of the Cavendish Laboratory and set

about consolidating his work and setting up a research team. He made his last visit to New Zealand to visit his parents in 1925, during which he praised the work of the Cawthron Institute. He also supported the establishment of the New Zealand Department of Scientific and Industrial Research in 1926. In 1931 Rutherford received a peerage and became Ernest, Lord Rutherford of Nelson. In 1932 his team became the first in the world to use a particle accelerator to study the nucleus of atoms.

By 1933 Rutherford was President of the Academic Assistance Council, aiding displaced academics, and he later made a case for an international ban on the use of planes in warfare. He had stated back in 1916 that he hoped methods to extract the energy from an atom would not be discovered until man was living at peace with his neighbours. His humanitarian views sat with his humility in giving his co-workers in science more than full credit for their work, often after Rutherford had initiated the investigation.

Rutherford has been honoured on the stamps of six countries, and on the New Zealand \$100 note. He has had many buildings named after him – Nelson College's Rutherford House is just one of many. New Zealand



Ernest Rutherford as a young man.

Post declined to have a stamp this year to mark the first Nobel Prize awarded to a New Zealander. Rutherford's birthplace in Brightwater is commemorated with a memorial. The house he was born in was demolished in 1921, and it was not until the 1950s that a concrete slab with a brass plaque was erected to mark the spot. However, it was not well maintained and Rutherford's descendants raised concerns in 1971. The site was purchased by the then Waimea County Council.

In 1987 the Rutherford Birthplace Project Committee was formed, with members John Campbell, Executive Officer of the Royal Society of New Zealand, Ross Moore and MP Ken Shirley. They offered to raise the money to build a memorial. The work cost \$500,000 and the resulting memorial was opened on 6 December 1991 by a former colleague of Rutherford, Sir Mark Oliphant, and the Governor-General of New Zealand, Dame Cath Tizard, at a ceremony attended by all of Rutherford's grandchildren. Rutherford's life and work is told in 14 display panels and six sound stations at the memorial.

Source: John Campbell, www.rutherford.org.nz and Rutherford Scientist Supreme, AAS Publications, 1999.

Rutherford Centenary Events

John Campbell is this year's James Jenkins Memorial Lecturer for the Nelson Historical Society. The lecture, "Rutherford - His Path to the Nobel Prize" will be held on Monday 13 October 2008 at 7.45 pm at the Rutherford Hotel, Nelson. Door charge \$2.

Dr Campbell is also this year's Cawthron Lecturer and will premier his three-part documentary on Rutherford on Friday 21 November 2008 at the School of Music.

The Nelson Provincial Museum plans an exhibition of Rutherford from 10-30 November 2008.

Rutherford memorial at Foxhill



Marsden House
FUNERAL SERVICES

Support & care through your grief



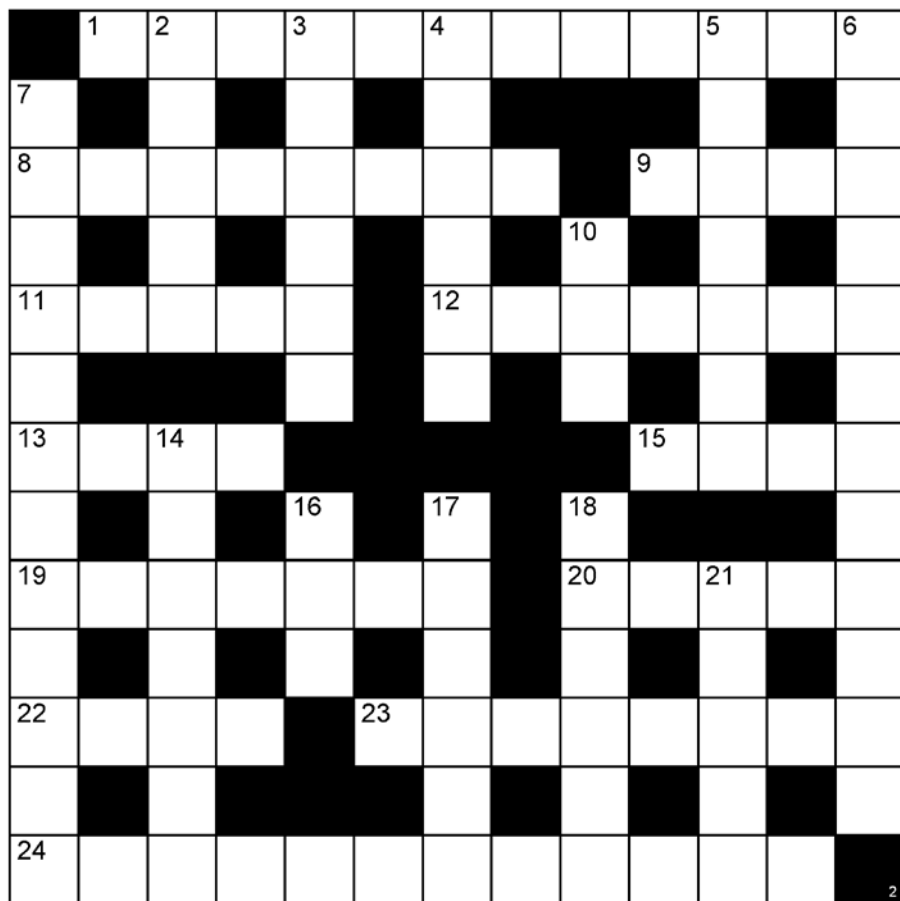
The uniquely designed stained glass window in the Marsden House lounge.

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

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

Ph 548 2770

Crossword



Crossword no. 9850 Pattern 2

Answers page 16

CRYPTIC CLUES

CLUES ACROSS

1. My star : she is a cause of general emotional outbreak (4,8)
8. May be loved, going out abroad with the French (8)
9. Ejected spittle in a petty quarrel (4)
11. Room beneath the room for cat it replaces (5)
12. Obsolete tour now to be arranged (7)
13. Put it out that it's back on the hour (4)
15. It isn't so much a bit of a blessing (4)
19. Admitted the pound we had in change (5,2)
20. Force ten will try to take it by assault (5)
22. Be guided to a target in the mother-country (4)
23. Greek capitalist has given inn a heat to sort out (8)
24. Is exposing one to scandal by making concessions (12)

CLUES DOWN

2. It is roughly around (5)
3. It stiffens the laundry, so much formality (6)
4. Saffron may make it cowardly (6)
5. Censure one over pre-arrangement (7)
6. This means not to be upset by one's being amazed (12)
7. Disastrous way a feline gets past choir (12)
10. Letter from Greece, and when it's expected to come (3)
14. Smallest quantity in a note, rum right away (7)
16. Put on a direct debit (3)
17. Spit must turn up somehow (6)
18. Flowers can be braided in a tress (6)
21. Vegetable put on when no one turns up (5)

QUICK CLUES

CLUES ACROSS

1. General outbreak of emotional instability (4,8)
8. Very lovable (8)
9. Spawn of shellfish (4)
11. Room beneath the roof (5)
12. Obsolete, overused (7)
13. See how long it takes (4)
15. Smaller amount (4)
19. Confessed (5,2)
20. Violent weather (5)
22. Domicile (4)
23. Of Greek capital (8)
24. Making mutual concessions (12)

CLUES DOWN

2. On the opposite tack (5)
3. Carbohydrate (6)
4. Primrose-coloured (6)
5. Rebuke, censure (7)
6. Amazement (12)
7. Causing sudden calamity (12)
10. Greek long 'e' (3)
14. Smallest amount (7)
16. Go on to say (3)
17. Matter spat out (6)
18. Michaelmas daisies (6)
21. Pungent bulb (5)

Stroke Foundation and Lions get together for Stroke Awareness

The Stroke Foundation of New Zealand and Lions International have teamed up to try and keep New Zealanders in better health by increasing awareness of blood pressure.

Together they are urging New Zealanders to have a blood pressure check and not become victims of New Zealand's second largest killer. Stroke Awareness Week, from 8-14 September 2008, had a specific focus on knowing and controlling blood pressure as the best way of preventing stroke and living a healthier life. Teams were out in Richmond and Nelson offering free checks to anyone that wanted one, and encouraging those with high readings to visit their doctor.

The teams took blood pressure readings from about 300 people over the two weekends.

Apart from having high blood pressure, the risk factors for stroke are smoking, high cholesterol, lack of exercise, being overweight, diabetes, excess alcohol use, too much salt in the diet, or having had a previous stroke. The likelihood of stroke also increases with age. You can lower your risk by knowing your blood pressure and having it checked regularly, being careful about your diet and getting regular physical activity. Your doctor is the first port of call if you suspect you have high blood pressure and can prescribe medication to manage it.

Recognising that someone has had a stroke can be hard. If someone cannot smile, raise both arms, speak a simple sentence or loses track of time, get them to hospital fast. For more information contact the Stroke Foundation on 0800 78 7653 or visit www.stroke.org.nz.



Keith Chaplin, Lions Foundation Volunteer, takes Phyllis Gittins' blood pressure at the Richmond Mall.

First hand experience

MSC Cruises Mediterranean

Savour the melting pot of cultures, breathtaking sights, superb climate and fascinating destinations.

Talk to us
about early
bird discounts
for 2009

 **TRAVEL SMART**
Taking you further

253 Trafalgar Street, Nelson.

Phone: 03 546 9229 or 0800 622 000 Email: julia@tsnelson.co.nz



From left: Les and Fay Cropp, Sid Gay, Ollie Reid and Alistar Berryman play Euchre.



From left: Dorothy Goodyer, Rhona Smith, Sheila Waterworth and Lisl Scarlett ready for lunch after playing Rumikub.

Stoke Seniors

– a good place to be

Stoke Seniors Club is the place to go for companionship, games, laughter and a nice lunch. The club meets at the Stoke Memorial Hall Monday to Thursday from 10.00 am.

Seniors come from all over Nelson, Stoke and Richmond to the club, and some come two or three days a week. Doreen Howat, Jo Morris and June Blakemore regularly go to Tai Chi and then call in to the club to meet friends and have lunch. Mavis Wood, Teresa Houven, Betty Turley and Brian Kelliher make up a four to play Euchre, and Dorothy Goodyer, Rhona Smith, Sheila Waterworth and Lisl Scarlett like to play Rumikub together.

The club has regular games – Scrabble, Euchre, Mah Jong, 500 and Cribbage, plus Tai Chi, a walking group, a monthly movie and regular trips out. Hot lunches are on offer for a small fee on Tuesdays and Thursdays. There is usually a trip out on Mondays and once a month on Friday. Transport can be arranged and being a member costs only \$12 a year.

Vonda Baigent has been going to the club regularly for 11 years, and said “the best things about it is the company, the nice food, not having to cook and the entertainment”.

To find out more contact Anne Spear at Stoke Social Seniors, ph 547 2660



Britta Ching and Doreen Howat at Stoke Social Seniors.



Frank Creighton and Roy Deans enjoy a game of Euchre.



From left: Mavis Wood, Teresa Houven, Betty Turley and Brian Kelliher play Euchre together most weeks.



From left: Bill Rollo, Betty Da Malmanche, Vonda Baigent.



From left: Albert Whitehouse, Ettie Gray, Anne Martin, Patricia Wycliff, Mavis Alexander and volunteer Hilary Black playing scrabble.



Jo Morris and June Blakemore after their Tai Chi session.

Green Prescription changed my life! ■

Kay McVeigh was on hormone replacement therapy, a smoker with a family history of heart disease and overweight. She felt bloated, tired, lacking energy and had no motivation to make changes in her life.

With the help of her practice nurse at the Tahuna Medical Centre, Kay got her first Green Prescription for safe physical activity opportunities to help improve her health and wellbeing. She was given a support person who helped her to work out a plan for walking and aqua fitness sessions; she gave up junk food and started eating more healthy meals, more vegetables and fruit, and drinking more water. The regular phone calls from the Green Prescription team gave Kay encouragement, motivation, and support for making her lifestyle changes.

Kay joined a ladies' gym group where she made new friends that helped her confidence and self-esteem. "Week by week I continued to lose weight, I was healthier and happier and 12 months on, I feel like a new woman!"



A fit and healthy Kay McVeigh.

Kay has lost 13kg and says she could not have achieved her goals without the help of Green Prescription.

For further information on how a Green Prescription could help you, talk to your health professional, phone 0800 ACTIVE (228 483) or contact your local Tasman Regional Sports Trust office.

Crossword solutions

ACROSS

- | | |
|------------------|------------------|
| 1. Mass hysteria | 8. Adorable |
| 9. Spat | 11. Attic |
| 12. Outworn | 13. Time |
| 15. Less | 19. Owned up |
| 20. Storm | 22. Home |
| 23. Athenian | 24. Compromising |

DOWN

- | | |
|-----------------|-----------------|
| 2. About | 3. Starch |
| 4. Yellow | 5. Reprove |
| 6. Astonishment | 7. Catastrophic |
| 10. Eta | 14. Minimum |
| 16. Add | 17. Sputum |
| 18. Asters | 21. Onion |

The Legend Returns to Nelson ■

Actor Helen Moulder, well known to Nelson audiences for past performances such as Miss Havisham, which toured in 2007, is back in Nelson as the fading opera diva Cynthia Fortitude in *The Legend Returns*. Her long suffering accompanist Gertrude Rallentando is played by Rose Beauchamp. The play premiered at Circa in 1998 and has toured New Zealand, as well as having been broadcast on Radio New Zealand many times.

In *The Legend Returns*, Cynthia and her expressively silent accompanist Gertrude devote their lives to "taking our concerts of serious music to all corners of the globe... mainly third world countries". They meander their way through snippets of arias, anthems to virgins and premiere their first and unfinished opera, titled Stan, full of gods, goddesses, atomic particles, cloned sheep and pine forests, with shades of Monty Python, Dame Edna Everidge and Hinge and Bracket.

Helen describes the character of Cynthia as "a work in progress" and is planning two more shows around her.

A Vote For Cynthia, which is about Cynthia standing for Prime Minister should be in Nelson next year, and Cynthia Fortitude's Farewell is still being developed.



Rose Beauchamp and Helen Moulder in The Legend Returns.

The Legend Returns:

Thursday 2 October 7.30 pm
Hope Community Church.
Book at Tasman District Library,
Queen Street, Richmond

Saturday 4 October 7.30 pm
Fairfield House
Bookings ph 03 548 3640

Tuesday 7 October 8.00 pm
The Playhouse Takaka
Bookings ph 03 525 626

Friday 9 and Saturday 10 October,
7.30 pm
St Andrew's Church,
High St, Motueka,
Book at Buddens Bookshop

Saturday 11 October 6.30 pm
The Playhouse Café,
Westdale Road
Bookings ph 03 540 2985.

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 Ph 03 544 4975 Fax 544 4951

Deadline for material for the October/November Issue is 12 September 2008.

Nelson

Stoke Seniors Club – Social seniors moving forward

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

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

Regular activities

Scrabble Club - Mondays 1pm

Euchre - Tuesdays 10.30am

Mah Jong- Tuesdays 1pm

500 Club- Wednesdays 1pm

Cribbage- Thursdays 1pm

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

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

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

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

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

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

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

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

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

New for Winter 2008

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

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

Card Making Classes Thursday 1.15 pm in the Stoke Memorial Hall

Housie evening

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

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

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. We have speakers, entertainment and activities followed by afternoon tea.

Come along and share in friendship and activities in a safe environment, no charge. Phone 546 9057 for more information.

Veterans' (55+) 9 hole golf days

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

Motor Vehicle Assembly Plant reunion

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

Tahunanui Community Centre

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

SeniorNet [Nelson]

Computer instruction for people aged 55 and over. Held in Clubrooms at Pioneer Park, Hastings Street, Nelson. Visit website www.tasman.net/seniornet or contact Murray on 548 1170.

Nelson Electronic Organ and Keyboard Club

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

Nelson Masters Swimmers

Every Monday and Wednesday from 7.30pm - 8.30pm
Riverside Pool, \$3. Adults 20 years and over.

Contact Don Pepperell Ph 548 4432

Senior Service - Nelson Baptist Church

Senior Service will be from 2pm - 3.30pm on the second Sunday of October and December 2008. This is an inter-denominational service for people from all over the district. We have hymns and songs, a short message, afternoon tea and fellowship. 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.

Visit www.gsa.org.nz or contact Graeme Valpy 547 6007 or email nelson@gsa.org.nz

Golf Croquet

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

Nelson-Hinemoa: 548 3977

Richmond: 544 2052

Riwaka: 528 9704

Nelson Fifty-Plus Walking Group

We offer farm walks, mini walks and fortnightly tramps for people with a higher degree of fitness than the average walker. Drivers of all cars are asked to notify the leader of the day of their intention to walk and to confirm meeting place. Passengers are asked to contribute to the cost of petrol at 8 cents a kilometre. Come prepared for adverse weather, no smoking or dogs on walks. Contact Noel or Carolyn Brown ph 544 2286.

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

October

- 2 Mount Duppa H 9am
- 7 Canaan – Wainui Hut M 9.30am
- 14 Old Codgers Track Brook Valley & Sanctuary 10am*
- 16 Brewerton Rd, Korere M 9am
- 21 Barnicoat M 10am
- 28 Cable Bay 10am*
- 30 Rush Pools, Dew Lakes H 9am

November

- 4 Mt Arthur H 9am
- 11 Harvey's Farm 10am*
- 13 Opouri Saddle M 9am
- 18 Roding copper mine- smelter M 9am
- 25 Jimmy Lee Creek Circuit 10am*
- 27 Ben Nevis M 9am

December

- 2 Wakefield Domain picnic/barbecue 10.30am

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

Art Group Nelson Inc.

Open to all who wish to paint or draw, from beginners to experienced artists. Monthly meetings with guest speaker on first Wednesday of each month 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.

Sit and Be Fit

The most fun exercises you can do in a chair! A 35 minute class to music – you'll love it.

Victory Community Centre, Totara St, Nelson
Tuesdays 10am, Phone Leigh on 548 1689 for more info.

Friends of Nelson Library

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

Arthritis New Zealand Nelson Bays Service Centre

Enabling a better quality of life for those with arthritis.

Please contact us on 546 7689 or freephone 0800 663 463. Our service centre is in the Community Groups Centre at 50 Halifax Street, Nelson – office hours Monday-Thursday, 9am-2pm

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.

Richmond Thursday 13 November

Victory Monday 20 October, 17 November, 8 December

Motueka Thursday 20 November

Stoke Wednesday 3 December

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

Fibromyalgia Support Group. Next meeting is being planned for Tuesday 25 November.

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

The Nelson Savage Club Inc

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

Stroke Club Nelson

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

Nelson Quilters' Guild's Quilt Show

Nelson Quilters' Guild celebrates its biennial show and exhibition A Festival of Quilts.

Nelson College for Girls Assembly Hall.

3,4 October 10am - 5pm

5 October 10am - 4pm

Entry: Adults \$4

Child under 12 \$

Child under 5 Free

Contacts: Marj Toker 548 8016 or Lyn Trollove 544 7063

Nelson Cake Decorators and Sugar Artists Open Days

Saturday 4 October 10am - 3pm. Broadgreen Centre. Public welcome to the demonstrations by a visiting demonstrator. 21 - 26 October, 11am - 3pm daily. Display and demonstrations at Isel House during Nelson's Art Festival.

The Broadgreen Society

Ruby Roseday November 16.

To celebrate this historic house being open to the public for 40 years we invite couples celebrating their Ruby Anniversary in 2008 to contact the Society Secretary on 547 9567 before November 1.

Nelson Historical Society

The 2008 James Jenkins lecture entitled Rutherford - His Path to the Nobel Prize will be delivered by Dr John Campbell on Monday 13 October 2008 at 7.45 pm at the Waimea Room, Rutherford Hotel, Nile Street West, Nelson.

Door charge \$2. Supper and refreshments will be available after the lecture.

Richmond

Nelson Dance Along

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

Richmond Bowling Club

Have a go - Tuesday and Thursday afternoon roll-ups at 1.30pm
Tuesday evenings at 6pm
Bowls and shoes provided.
Contact Pat Dickinson Phone 544 0129.

Euchre

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

Grandparents raising grandchildren

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

Richmond Slimmers Club

Margaret Westley ph 544 7293

Tasman Visual Arts Group

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

Hope-Ranzau Women's Institute

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

Age Concern activities

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

Age Concern offer:

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

Club 50 Programme for August /September

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

All activities start at The Tasman Recreational Resource Centre (TRRC), 9 Cambridge Street, Richmond at 9.30am. Outdoor activities are weather dependent but alternatives will be available.

7 October - Stoke Seniors visit, with morning tea and a friendly game of Housie. Cost: \$2.

14 October - Nelson Pine Industry tour & Waimea Inlet walk. Maximum 18. Wear closed in footwear. Bring morning tea.

21 October - Blokes barbecue at Rabbit Island. Find a man for the morning. He can be a husband, father, son, boyfriend, neighbour. Bring something for the barbecue.

28 October - Upper Moutere. Visit potters Katie Gold & Owen Bartlett and Gourmet Preserves.

4 November - Biking at Rabbit Island. Anne Fitzsimon from NCC Upcycle will be there to assist. There will be spare bikes. Bring morning tea. \$2.

11 November - Christmas craft day Bring morning tea to share. Cost: \$3.

18 November - Community Volunteering. We will be given an area to care for in a Public Reserve in Richmond. Bring sturdy footwear, gloves and if possible tools and morning tea.

25 November - Waimarama Community Organic Gardens. Learn about organic gardening. Bring morning tea. Cost \$3.

Richmond Walking Group

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

Monday's at 10.30am
Tasman Recreational Resource Centre
9 Cambridge St, Richmond
Contact Jackie: Ph 544 3957 ext 4

Pedometers from the Library

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

Tasman Tennis Centre

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

ASB Aquatic Centre

October Aquafest

Attend six aquafitness classes in the month of October and go in the draw to win a pair of swimming togs, 1lb of whitebait or a \$150 Smiths Shoes voucher
Contact Aquatics Coordinator Cherie Thomas on 543 9755.

Nelson Social Dancing Club

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

Entry members \$6, non-members \$10. Bring a plate for supper. We also have CD dances, come along and join us. Any enquiries phone Jenny 544 9239

Dates for our dances for 2008 are as follows:

11 October – Band Ching Ching
25 October - CD Dance
8 November Band Connexions
22 November CD Dance
13 December Band Ezibeat (Christmas Dance)
27 Dec CD Dance

Motueka

Motueka Recreation Centre

50+ classes Tuesday and Thursday mornings at 9.30am. A great routine set to music, low impact with low intensity. Cost \$3

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

The Recreation Centre Gym is open from 9am till 9pm Monday to Friday, 9am till 4pm on Saturday.
Phone 528 8228 or fax 528 8560.

Motueka 50+ Walking Group

All walks leave Decks Reserve carpark at times stated. Meetings on the last Thursday of each month in the Uniting Church Hall, High St, at 9.30am. Contact Chairperson, David Collis 526 6797 or Secretary, Vivienne Pearson 526 6076.

October

- 2 9am Eve's Valley (Brightwater) E \$6
10am Richmond walk (new) E \$7
- 9 9.30am Hobson's No 2 (Takaka Hill) E/M \$3.50
- 16 8.30am Blue Hills (Cable Bay Rd, Hira) M/H \$14
10am Riwaka River Mouth E \$1.50
- 23 8.20am Abel Tasman boat trip E to H \$45
8.40 Various walks or stay on board
- 30 9.30am Meeting at 10am + Rosedale

November

- 6 9.30am Canaan (Takaka Hill)
a) Mt Evans via Moa Park M/H \$6.00
b) Farm walks, Harwood's Hole etc E/M
- 13 9am Old Coach Road via Harley Road (Moutere)
E/M \$2.50
- 20 9am Lodestone (Flora) H \$8
10am Viv Whittaker's garden Orinoco (entry \$3) E/M
- 27 9.30am Meeting at 10am + Tasman Bay Roses

SeniorNet [Motueka]

Computer learning for over 55s in our clubrooms at 42 Pah Street. Learn the basics of your computer through to advanced skills. Enjoy digital photography and explore your family tree with the genealogy group. Contact Ann Long 528 8224

Motueka District Museum Exhibition

What's in a name: Our Streets

How some of our streets were named – the people they were named after, and how they contributed to their town.

Meet some fascinating characters such as Gerard Huffam and Henry Tarrant. Gerard, along with his father and three brothers spent many years at Bark Bay, making a living fishing, boat building, timber milling among other enterprises. Henry Tarrant is remembered for plotting the Takaka Hill road, Motueka side.

Until 21 November 2008.

Open Tuesday to Friday 10am – 3pm
140 High St, Motueka Phone: 528 7660

Golden Bay

Golden Bay Museum & Gallery

Tarakohe & Golden Bay Cement Company exhibition
Until 29 April 2009

The Museum is open 10am - 4pm Daily (Summer Hours)
Mon-Fri, 10am - 2pm Sat (Winter Hours)
Phone 525 6268

SeniorNet [Golden Bay]

SeniorNet Golden Bay provides a range of beginner-level courses in home computing in clubrooms at the Takaka Showgrounds. Ph Kathy Baigent, 525 9689, or Rosemary Jorgensen 525 7565, or Morfydd Barker 525 7465

Winter Workouts

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

On site childcare provided. Qualified and experienced instructor. Call 525 6110 for details. Come workout with us and get fitter faster! Childcare kindly supported by Golden Bay Community Workers

Marble Mountain Country Music Club

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

Uruwhenua Women's Institute

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

Motupipi Indoor Bowling Club

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

RECREATION PROVIDERS

If you are looking for further groups, check out the Found Community Database www.found.org.nz

Hope

Hope Midweek Badminton Club
Carolyn Mason 541 9200

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

Mapua

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

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

Mapua Bowling Club
Arnie Ahnfeldt 540 3032

Taoist Tai Chi
Taoist Tai Chi Society of
New Zealand
55 Muritai St, Tahunanui
545 8375
www.taoist.org

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

Riwaka Croquet Club
Sally Goodall 528 8296

Gym & Fitness Centre
Studio Gym 275
Catherine Walsh 528 4000

Healthy Hearts Club
St Thomas Church Hall
Cindus Colonna 543 2033

Indoor Bowls
Motueka Senior Citizens
Hall
George Riordan 528 7960

Line Dancing
Motueka Senior Citizens
Hall
Beryl Sturgeon 528 8265

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

Marching
Motueka Veteranettes
Marching Team
Bev Clementson 528 9125

Social Recreation
Kiwi Seniors (Motueka)
Vonnice Goodall 528 7817

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

Walking
Motueka 50 Plus Walking
Group
Vivienne Pearson 526 6076

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

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

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

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

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

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

Croquet
Nelson-Hinemoa
Bev Worrall 548 2190

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

Easy Exercise
Arthritis New Zealand,
Nelson
Sheila Alley 548 3490

Hatha Yoga
Maureen McKain 546 4670

Hot Yoga
Claire 548 2298

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

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

Marching
Silveraires Leisure Marching
Diana Clark 548 9527

Nelson Petanque Club
Ernst Lacher 548 3031

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

Over 50s Pilates
Body Power Pilates & Yoga
Centre
Sue Wilson
029 281 3735
Email inbox@bodypower.co.nz

Seniors Yoga
Body Power Pilates & Yoga
Centre
Sue Wilson 029 281 3735
Email inbox@bodypower.co.nz

Table Tennis
Nelson Table Tennis Club
Phil Hamblin 546 6256

Tahunanui Bowling Club
Murray Canning 547 6921

**Taoist Tai Chi Society of
New Zealand**
55 Muritai St, Tahunanui
545 8375
www.taoist.org

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

Walking
Nelson 50+ Walking Group
Noel Brown 544 2286

Nelson 50+ Mini Walks
Gwenda Wallace 544 5307

Over 50s Yoga
Body Power Pilates & Yoga
Centre
Margot Hannigan
029 281 3735
Email inbox@bodypower.co.nz

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

Richmond

Badminton

Richmond Morning
Badminton
Dawn Wakelin 544 4120

Bodyvive (Low Impact)

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

Crafts, Caring and Sharing Wesley Centre

Mondays 9.45 –
11.45 am
544 7458 or 544 9174

Croquet

Richmond Croquet Club
Eleanor Hannay 547 5424

Tasman Recreational

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

Easy Exercise

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

Easybeat 50+ Aerobics

Leigh Dalzell
548 1689 or 021 547 811

Indoor Bowls for Seniors

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

Latin In-line Dance

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

Line Dance Nelson

Alison Myers 546 9878

Body Power Pilates & Yoga Centre

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

Richmond Bowling Club

Pat Dickinson 544 0129

Social Recreation Club 50

Jackie Hardy 544 3955
E: trrc@nel.sporttasman.
org.nz

Tai Chi Falls Prevention (65+)

Presbyterian Support
Maxine Poole 547 9350 ext
712

Stoke

Stoke Bowling Club

Lyndon Penketh 547 4780

Clogging/ Tap Dancing

Nelson Sun City Cloggers
Georgina Higgs 545 1037

Easy Exercise

Arthritis New Zealand,
Nelson
Maureen McKain 546 4670



Easybeat 50+ Aerobics

Leigh Dalzell
548 1689 or 021 547 811

Hatha Yoga

International Yoga Teachers
Assn
Maureen McKain 546 4670

Hydrotherapy

Ngawhatu Therapeutic Pool
Day and evening sessions
Thelma Creighton 547 6384

Introductory Pilates

Stoke Memorial Hall
Tuesday 1.30pm
Christine 547 2660

Safety & Confidence

Kidpower, Teenpower,
Fullpower Trust
Cornelia Baumgartner 543
2669

Stoke Social Seniors

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

Stoke Social Seniors Walking Group

Meets Tuesdays 10am at
centre
547 2660

Stoke Social Seniors Tai Chi

Stoke Memorial Hall
Wednesdays 10 am
547 2660

Senior Strengthening

Exercises
Stoke Memorial Hall
Wednesday 11am
Christine 547 2660

Table Tennis Nelson

Bryan Keane 547 7530

Tai Chi Falls Prevention (65+)

Presbyterian Support
Maxine Poole 547 9350 ext
712

Golden Bay

Gentle Exercise

Golden Bay Physio Clinic
525 9708

Indoor Bowls/Cards

Senior Citizens Club Rooms
Mary Couper 525 8445

Tai Chi Falls Prevention (65+)

Presbyterian Support
Maxine Poole
547 9350 ext 712

Tai Chi for Arthritis

Ann Marshall 525 8437

Wednesday Walkers

Jane Baird 525 9061
Angela O'Brien 525 8685

Puramahoi Table Tennis

Betty Wilson 525 9526

Pohara Bowling Club

Jennifer Westrupp 525 9621

Takaka Golf Club

525 9054

Takaka Golf Club Ladies Section

G. Turley 525 9122

Golden Bay Patchwork & Quilters Guild

Liza Eastman 524 8487

Takaka Spinning Group

Jan Weston 525 9374

Probus

Jan Sawers 525 9197
Robin Manson 525 9359

University of the Third Age (U3A)

David Morgan 524 8331

Genealogical Group

Cherill Cooper 525 8832

Golden Bay Contract Bridge Club

Leigh Gamby 525 9744

Golden Bay Garden Club

Julie Langford 525 8089

Golden Bay Mohua

Tecorians
Sally Douglas 525 9569

Mah Jong

Ethel Smith 525 8615

Guided Gym Session

Wednesday 12 -1
Georgie Stone 525 6110

Drop In Yoga

Terry Burgess 525 7422

Takaka Table Tennis

Rene 525 7127

Tapawera

Walking

Rural Ramblers
Una Foulsham 522 4083

Visual Art Society

Tapawera
Kaye Register 522 4368.

Wakefield

Easy Exercise

Arthritis New Zealand,
Nelson
Nancye Wearing 541 9040

Wakefield Senior Citizens

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

Traditional to contemporary

- Nelson Embroiderers Guild Exhibition

Donna Kennedy, President of the Nelson Embroiderers Guild, is excited about the range and quality of embroidery work that will be on display during October at the guild's first exhibition for six years.

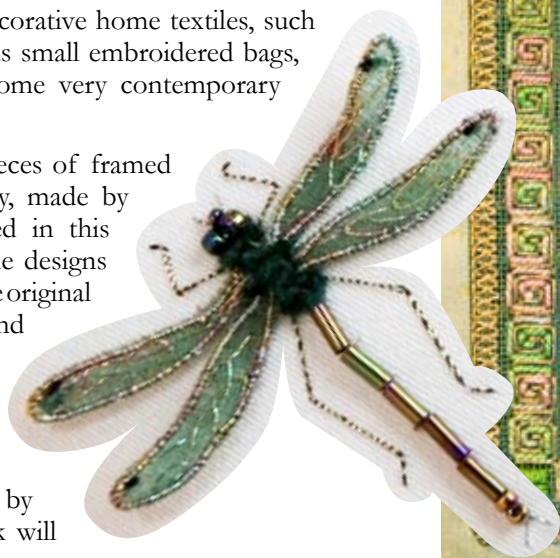
"We will have traditional work such as drawn and pulled thread work and hardanger, pieces based on traditional Elizabethan designs, and then some very modern pieces – with original design and non-traditional materials," said Donna.

The works encompass decorative home textiles, such as table runners, as well as small embroidered bags, framed art works, and some very contemporary three-dimensional works.

Of special interest are pieces of framed Japanese style embroidery, made by local embroiderers trained in this very specialised work. The designs are worked according to the original designer's specifications, and include gold leaf applied to the fabric.

Donna expects the exhibition will show about 150 pieces made by guild members. The work will

be on display at the Nelson Provincial Museum, from 3 – 10 October 2008. For more information about the exhibition or the Embroiderers Guild contact Donna on 546 5469. The Guild meets twice monthly and holds regular workshops.



HEARING PROFESSIONALS

Nelson Marlborough

Your local hearing specialists

See us for all your hearing care needs

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

Freephone

0800 54 24 54

Jill Beech MNZAS
Audiologist
Member of the
NZ Audiological Society