

Mudcakes

and



SENIOR GENERATION ACTION
AND ISSUES – NELSON TASMAN



10.

Retro: back is the new black

04.

Keeping track of fish

20.

A sense of wonder

Fish counts and Retro mania

Prepare to meet a Nelson couple who are conducting a world-leading fish survey in the Sounds – and both are in their 80s.

Be in to win some Nelson Arts Festival tickets, and our gardening correspondent says it's time to get in those Summer veges.

Retro is hot. We consult the experts to find out why the fashions and furniture of our youth are captivating a new generation.

The annual Big Beach Cleanup is a great chance to give something back to your favourite stretch of coastline, and make new friends, says one participant. Read about her adventure last year at Cable Bay.

The Noticeboard details interesting events coming up. As usual, our crossword will test your brain, and the What's On and Recreation Providers listings should put a spring in your step.

How to get your copy!

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

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

Topics from the latest Positive Aging Forum meeting

Men's Shed

The forum congratulated Alan Kissell on the success of the Men's Shed and their recent TrustPower Community Award. Alan advised that it was a chance to meet and a place for men to share skills and work on projects. Alan also advised that retired men were working with IHC men, home school students and a group of disabled men to help them with projects. He added that the Men's Shed is situated in the AMP show grounds.

Great's and grands

Celebrate the International Day of Older Persons. Bring your grandparents, or adopt a grandparent for the afternoon! Richmond Recreation Centre & Town Hall, 9 Cambridge Street, Richmond 1 October 2012 at 1.00 pm (Meeting Room) All kinds of activities like board games,

wool crafts (knitting or crochet), story, question & answer time e.g. When you went to school when you were a child what was it like?

Afternoon tea provided and offered by children. FREE to all Greats and Grands whom would like to be adopted by a child For more information contact Mary-Ann McNatty-Shaw at Richmond Recreation Centre Ph. 03 544 3955 or 027 544 3955. Email: mary-ann.m@sporttasman.org.nz

Age Concern Nelson invite you to our afternoon tea celebration.

Richmond Recreation Centre & Town Hall, 9 Cambridge Street, Richmond Tuesday, 2 October from 1.30pm - 3.30pm You will be entertained by Andy Joseph and his wonderful singing and guitar, also by some very special little people. Delicious afternoon tea provided.

Richmond Library events

Awesome Animals Storytime Special Monday 1 October, Tuesday 2 October, Wednesday 3 October, 11.00am - 12.00 noon. Library Holiday Storytime on 1 October 2012 is an opportunity to enjoy storytime with your grandchild. Grandparents bring your grandchildren and join us at Richmond Library for a special storytime with our guest reader, Caroline Pitman. Numbers are limited to 50. Ages 4-9 (with a grown up).

Computer Training Courses of older adults Introduction to Gmail takes place on 18 October 2012 and Introduction to Facebook takes place on 31 October 2012. Find out what email and facebook are all about and you can use them to keep in touch with grandchildren. Further details will be in Tasman District Council Newline and on the Library Website next month.

Thanks to our sponsors



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

Feisty pioneer, rugby legend and fun with the Bard

With more than 70 diverse arts events, including eight international acts, this year's Nelson Arts Festival, starting 12 October, is set to be a cracker.

Director Sophie Kelly has given her top picks for the more mature festival-goer.

"We are delighted to present old favourites The Topp Twins with their all-star line-up of classic Kiwi characters.

"On the Upside Down of the World, by Auckland Theatre Company, is the extraordinary story of Ann Martin, a feisty woman well ahead of her time. The wife of New Zealand's first Chief Justice, she learnt Te Reo and established a makeshift hospital for Maori. Her unashamedly Pakeha view of the world is surprisingly liberal, heartfelt and funny.

"I would also highly recommend I, George

Nepia, a play about one of world rugby's first superstars. Celebrating the humble beginnings of this East Coast boy, the show depicts a different age in its story of a New Zealand legend," says Sophie.

"Another favourite of mine is Frequently Asked Questions, starring Michael Hurst, who cleverly segues from one Shakespearean character to another throughout this hilarious one-man show."

Sophie is backing up those picks with some free tickets for Mudcakes and Roses readers. We have double passes to I, George Nepia and Frequently Asked Questions to give away. Email your name and contact details to info@drycrust.com (subject line Arts Festival tickets), or jot them on an envelope and post to Arts Festival Giveaway, Dry Crust Communications, PO Box 3352, Richmond.

If you are handy, drop it in to 3 Wensley Rd, Richmond. You'll have to be quick – we make the draw at noon on Tuesday 9 October 2012 and will inform winners immediately. Good luck.

Meanwhile, pick up the full festival programme at Nelson City Council and Tasman District Council offices, Everyman Records, libraries and other outlets, or online at www.nelsonartsfestival.co.nz.

Book your tickets via the website, or at Everyman Records, phone 03 548 3083.



George Nepia, one of rugby's first superstars.

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World-leading fisheries research, one tide at a time

Gwen Struik and Roger Bray wanted to live off the land at their bach in Te Mako/ Duncan Bay, Marlborough Sounds, in the early 1970s. They planted vegetables, ate possum, and put a set-net out in the estuary.

But environmental scientists with PhDs to their names can't just chill out and catch a fish like the rest of us. Straight off, the couple began recording their catch numbers, weight and length of fish, and even the stomach contents. They have now sampled more than 3600 tides, never missing one unless low tide is in the middle of the night.

Some 42 years later, Gwen and Roger have what is probably the longest-running fish study, from one location, on the planet. "The only baseline right now in the world is ours," they proclaim.

The data charts a fishery hammered by commercial trawling of the Sounds, before foreign vessels were banned and quotas introduced. In 1971, when Gwen and Roger first staked out the 27m net, they were catching an average of two fish per tide. In 2009, the take was about a sixth of that.

Rig, kahawai, warehou, yellow-eyed mullet and snapper were plentiful in the early days. The totals for rig and snapper have been sliding ever since. In a 2006 summary of results, overall numbers had fallen 70% per tide – although species such as grey and yellow-eyed mullet have increased. Average weight per fish has also plummeted.

"If weight goes down, you're in trouble," says Roger.



A 1980 magazine depicts snapper dumped at a local tip.

Rig almost disappeared through the 1980s and '90s, because of our fondness for fish'n'chips. The bone-free fish was

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targeted by commercial operators. Likewise snapper, which at one stage comprised a third of the entire commercial catch. Gwen and Roger's snapper take peaked in early '70s and 1983-86, making up nearly half of the couple's catch, by weight. The fishing vessels pounced, and in the space of a year snapper had fallen to 13.6% of the Te Mako haul.

Every Sounds recreational fisher knows the saga. Gwen says foreign-owned vessels stretched nets across whole passages, from Maud Island to the mainland, for instance. Trawlers target fish when they are schooling – but they school to breed. Single trawlers will take a small percentage of the school, pair trawlers, with the net stretched between, will pull in more, and techniques such as passage nets or purse-seining leave little breeding stock behind.

"How stupid is that!"

Roger and Gwen decry the "boom-and-bust mentality" of the fishing industry at that time. When the snapper fishery crashed, Nelson boats headed for the Chathams to clean out the crays, says Gwen. Thankfully, we now have a fishery controlled by the quota system and exclusion of foreign vessels.

All species naturally have "mast" years where the population soars, Gwen explains. This helps them to "stay ahead" of parasites and predators. For instance, in Te Mako, they caught no flounder in their first seven years, then were hauling them in by the basketful. Flounder have now fallen off again. When one species declines, another fills the gap in the ecosystem. When rig collapsed, kahawai dominated by weight – though in a much smaller percentage. Snapper were king for nearly a decade, and now are rare.

Gwen says their Te Mako sampling has turned out to be a close reflection of what is happening in fisheries nationwide.

Roger adds that the natural tendency of species to move around must be accounted for, along with the influence of commercial fishing. The latter is unmistakable.

Gwen, in particular, has been a prominent critic of fish farming, which she prefers to call "mining" because it gives nothing back to the environment. "If you 'farm' you want to leave it at least as good as you found it."



Mussels filter out the plankton that are the basis of the food chain for all fish species, she says. Mussel farms ring the shorelines of some bays, and operators are constantly trying to encroach into areas ruled off-limits by the Marlborough District Council. All marine farms, including salmon, are "big experiments" because their operators can't know the effects on the wider environment.

"I don't think they know what they are doing."

At Te Mako, the catches are slowly improving. Barracouta is now a staple. Despite its fearsome appearance and tarring as a "bait fish", it is good eating, Roger says. In four decades of catching them, he has found worms in just one barracouta. It was the main food fish for pre-European Maori.

The honour of Roger's best meal belongs to "red snapper" – and the taste memory is all the keener because he has only ever netted one. Blue cod are just as rare, solely because the Te Mako seabed doesn't suit them.

The couple, now in their early 80s, divide their time between their Nelson home and the bach, dedicated to the survey that has now involved more than 2180 fish. Gwen is a staunch advocate for Friends of Nelson Haven and Tasman Bay. She has also been prominent in the fight against NZ King Salmon's expansion plans.

The "nuclear refugees" fled their native United States amid the Cold War. Their central Nelson property keeps them in vegetables and fruit. The house is piled high with books and academic papers. Their bodies may be slowing, but the fire to protect our marine environment burns as fiercely as ever.

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Prime time in the garden



Philippa Foes-Lamb

Hi and welcome to Spring, the most wonderful season in the garden. I love wandering around my garden each day and seeing all the new growth, especially my perennials, which are bursting through the soil. Speaking of soil, ours is more waterlogged than I've ever seen it, which has made gardening tricky.

October is the time to plant all of your favourite summer vegetable crops, including courgettes, tomatoes, capsicums, aubergines, beans and peas. Brassicas, silverbeet and lots of herbs can also be planted now. Sweet basil is best planted from November onwards.

Potatoes need to be in the ground as soon as possible, especially if you want them for Christmas. My favourite type is 'Heather', which has very pretty purple skin, a waxy texture and scrumptious flavour. No matter when I plant it, I always get a great crop.

Potatoes can be grown successfully in large pots or buckets (with drainage holes punched out), plastic planter bags or

even rubbish sacks. Put some soil in the bottom of your chosen container, place a few potatoes on top (three to the average bucket size) and cover with about 5cm of soil. As their foliage peeks up add more soil and continue until your container is full. Try not to use potting mix or compost as you may get lots of top growth and few potatoes. If using bags, roll the top of the bag down and as you add soil, roll it up. This allows the maximum amount of light to reach your potatoes.

Carrots are a rewarding, easy-care crop to grow, but there are a few things to keep in mind. Firstly, carrots detest freshly composted soil, preferring a spot that was composted last season.

Sow your carrots in deeply dug, fine soil if possible as this helps to ensure you get straight carrots. Once your seeds have germinated, thin your rows. Carrot rust fly have an incredible sense of smell and when you are thinning or harvesting your carrots they can hone in from a long distance. Planting chives next to your carrots will help deter them.

In the flower garden, weed and feed to ensure there is plenty of nourishment available for the growing season. I swear by a combination of fish compost (Bay Landscapes) and sheep manure pellets, which I apply liberally at this time of year.

Containers look gorgeous packed with perennials and summer flowering annuals. Some of my favourite perennials for pots are sun-lovers such as hardy cranesbill geraniums, penstemons, salvias, lupins, verbenas, and shade-lovers such as heucheras and hostas. Apply liquid food to all container plants and hanging baskets every few weeks.

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

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4. When you are in a group or in a crowded restaurant, is it difficult for you to follow the conversation?
5. When you are together with other people, does background noise bother you?
6. Do you often need to turn up the volume on your TV or radio?
7. Do you find it difficult to hear the doorbell or the telephone ring?
8. Is carrying on a telephone conversation difficult?
9. Do you find it difficult to pinpoint where an object is (e.g. an alarm clock or a telephone) from the noise it makes?
10. Has someone close to you mentioned that you might have a problem with your hearing?

How did you do?

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Mudcakes & Roses Noticeboard

Diabetes sufferers pay tribute

Diabetes sufferers and their supporters will gather at the Tahunanui barbecue area on Wednesday 14 November to salute a Canadian doctor. Sir Frederick Banting, one of the main discoverers of insulin, was born on November 14, 1891.

Nelson will mark what is now International Diabetes Day with a picnic, tai chi demonstration and a chance to catch up with old friends. Call Bee for details, Ph 03 539 1663.

A tale or two, plus kai

You can hear a good tale or two at the Spinning A Yarn event at Victory Square Park on Sunday 7 October from 3.30 to 5.30 pm. Four stories collected from the community will be presented in the park, followed by soup and a roll. The cost is \$2 per adult and \$1 a child, with proceeds going to support the building of

changing rooms and toilets on the Nelson Intermediate pool side. If raining the event will be moved to the Victory Community Centre on Totara St, starting at 4.00 pm.

Contact the Victory Community Centre, Ph 03 546 8389, email VCCreception@victory.school.nz or drop into the centre on Totara St to register so organisers can sort out the food.

Good Homes checklists tested

Nelson and Blenheim have now had workshops to test the Good Homes Tools, which focus on helping older people keep up with repairs and maintenance so they can stay in their own homes and communities for longer.

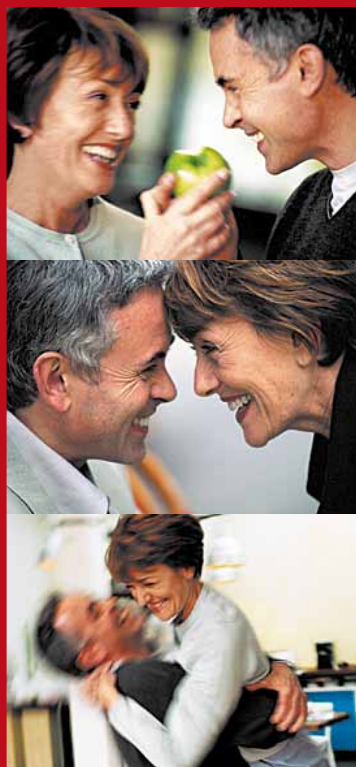
The national Good Homes research programme found that older people often put off repairs because they feel it's too hard and would cost too much. But there is a greater cost – their health suffers if the

house is cold, uncomfortable or unsafe. The programme team has produced three checklist "tools" that help people identify what work needs to be done and who is the best person to do it.

The recent Nelson Tasman workshop was well-attended by representatives from groups and organisations. "We can all do something, whether it is promoting the tools, using the tools ourselves or as part of a group of people, helping with solutions, and sharing what we have learned with others at the Nelson Tasman Positive Ageing Forum," says Bronwyn White, of Public Health.

The tools can be downloaded free from www.GoodHomes.co.nz, and hard copies are also available. Contact: Bronwyn White, Public Health Service, Nelson Marlborough DHB, 36 Franklyn St, Nelson, Ph 03 546 1265, or email bronwyn.white@nmdhb.govt.nz

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Rear, Retrotonic assistant Ann Bogdanoff ready to serve a time-warp coffee. Foreground, Anne Marie Cleaver with one of her new "old" creations. She sourced the kitten fabric from the US.

Retro: back is the new black

"People are tired of mass-produced, 'here today, gone tomorrow' stuff," says Anne Marie Cleaver, who is part of the Retro revival that includes her new shop in Motueka.

Christine Ross, co-owner of Vintage in Nelson, argues that the Retro era, from the 1950s to the '70s, had a style worth revisiting. She cites the influence of the space race, with furniture and lamps designed to resemble rockets.

Crown Lynn crockery, the Balinese woman print, graceful Scandinavian-designed furniture, Formica tables, woollen blankets, crocheted rugs, the Ralta dome hairdryer, chrome stools, 1960s picnicware – all have become desirable items again for baby boomers and their offspring.

Christine says many of her customers are Aucklanders and Wellingtonians snapping up goods that are now rare and pricey back home. (Nelsonians took better care of their furniture, she adds.)

Both women concede that nostalgia plays a big part in the Retro boom – these are the items we grew up with. That aside, Christine feels the clean lines and bright furnishings of the era had a class lacking in the 1980s-90s, for instance.

Anne Marie's huge store, Retrotonic, is a time-warp complete with two Ford Anglia cars and a caravan serving coffee from hubby William's roasting business. She buys stock from garage sales, Trade Me, estate auctions and recycling centres. It's a case of following her instincts – "I buy what I like."

Anne Marie has also gone a step further, making women's outfits using old patterns and distinctive American fabrics she imports herself. She even stocks vintage lingerie.

"Mum taught us to be frugal and reuse," says Anne Marie, who shares her second-hand passion with sister Jillian.

Her ultimate find would be a 1960s Vespa, "cheap as chips" and needing restoration. Or a Chevy, perhaps. She starts dreaming

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large – how about one of those sleek American Airstream caravans. (FYI: A Hastings company will track one down and buy it, for a finder's fee).

Christine hankers after a starburst clock, with rods fanning out from the face like rays of light. "Very hard to find."

Anne Marie says the new store, by the Clock Tower in Motueka, is drawing customers of all ages, and it has been fun watching the babyboomers take a walk down memory lane.

"Everyone has an Anglia story."

* Retrotonic is building up to a special Day of the Dead celebration on Saturday 3 November. For Mexicans, "death is portrayed with affection and even humour," says the blurb. "It is a time of joy as they celebrate that they are surrounded by those they love... living and dead." The store will serve tacos to a soundtrack of Mariachi music.



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Giving beaches a spruce-up

One Saturday each November, more than 1000 Nelson and Tasman residents muster for the Big Beach Clean-up. Ellie Watts, from Forest & Bird, mucked in at Cable Bay. Here's her account of a day of surprises, new friends and eight rubbish bags of debris.

I hoisted the F&B flag up at 10:45 am on a very empty beach, expecting to pick over a fairly clean-looking Cable Bay by myself, when three women and a not-so-golden retriever emerged from the estuary with mud clinging to shins and tail. They had several bags of rubbish, complete with a couple of dead, monofilament-tangled penguins. Sandie Dallas, Christine Gabrielle, Nicki Everton and Bobby the dog had been at it since 10 am, covering the estuary side of Pepin Island.

We spread out and picked over a well-looked-after Cable Bay, finding mostly synthetic rope, fishing line and milk bottle

rings buried beneath the stones and tangled in seaweed.

Everyone was still full of beans so we decided to drive to Maori Pa Rd and tackle Bishops Peninsula and as much of the inner estuary as we had time for. The reeds and rushes fringing the estuary and crumbling edges of the peninsula had snagged their fair share of plastic bottles and bags, fishing and mussel farm twine and rope ends.

A few recently used fire pits revealed a pile of tins and plastic bags and some maggoty sausages (which Bobby sneakily doubled back for). A huge piece of corrugated iron was hauled out of knee-deep mud and dragged back to the road. Before long our rubbish bags were bulging.

Around 2.00 pm, four mud-splattered women and one bedraggled retriever emerged from the bushes at Delaware



Ellie Watts, Sandie Dallas and Nicki Everton, with Bobby the dog, just out of the mud on Maori Pa Rd. (Photo: Christine Gabrielle)

Bay to flop on the road verge with a ute-load of rubbish. It was a great few hours of "weka-ing" around the rocks and mud, hauling rubbish and swapping stories with these wonderful women. I hadn't counted on Cable Bay's clean-up resulting in that much rubbish, or three lovely new friends.

- The Big Beach Clean-up is on Saturday 10 November this year. Visit the Department of Conservation website (www.doc.govt.nz/by-region/nelson-tasman).



Wensley House
REST HOME & RETIREMENT VILLAGE

STUDIOS AVAILABLE



OWNER OPERATED FACILITY
For independent older people who wish to have security and services available.

- 24 hour Nurse Call
- Meals provided
- Licence to occupy available
- Access to activities programme, spacious grounds, weekly shopping



Please phone Tony or Helen Coombs at Wensley House - 49 Wensley Road - Phone 544 4099



I needed help to feel confident in my home again - Access was there.

Janet



Make yourself at home with Access

Whether you require nursing services, personal care or even just a hand around the house, our fully qualified team supports you to live independently in your community.

Talk to your GP or give us a call on 0800 284 663.

Across:

1. Making glass better (6,7)

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

ALFAB

WINDOW TINTING

0800 484 697

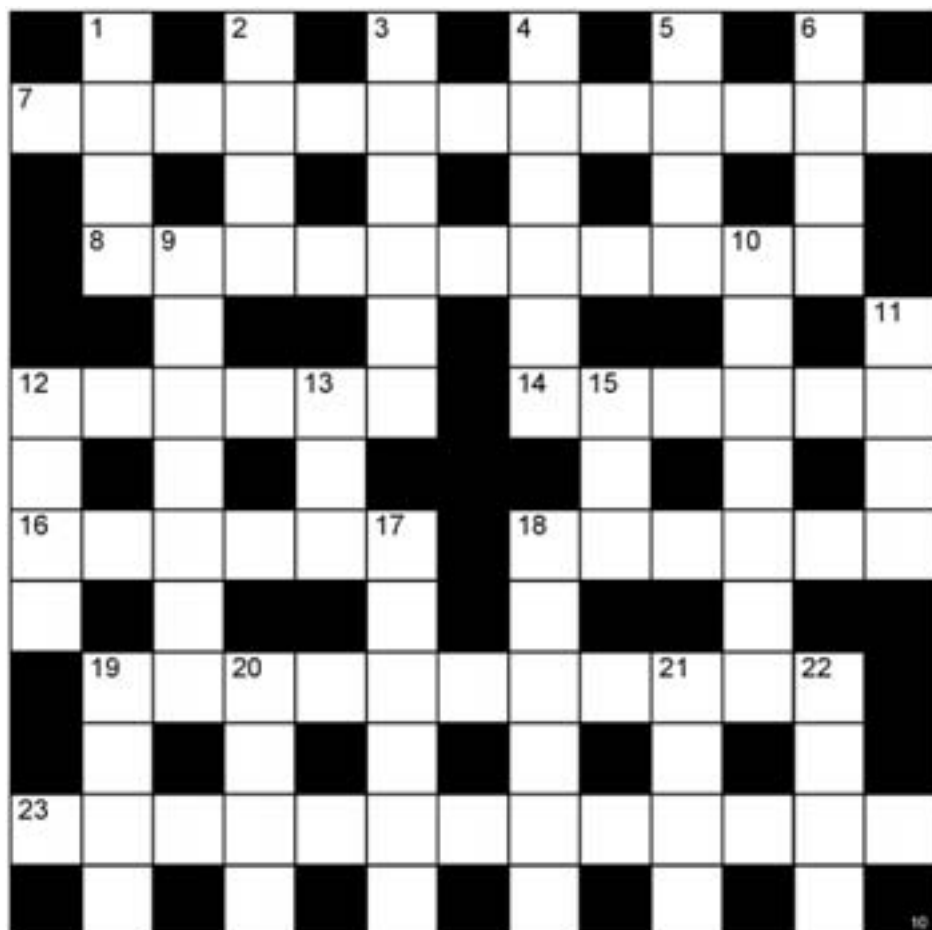
Simpler Clues

Clues Across

- 7. Cannot be tired out (13)
- 8. For ever (11)
- 12. Childishness of the elderly (6)
- 14. Tyro (6)
- 16. Took lengthy paces (6)
- 18. Outcome (6)
- 19. Receptacles for cut blooms (6,5)
- 23. Doesn't interfere (4,4,5)

Clues Down

- 1. Photo (4)
- 2. Look through narrowed eyes (4)
- 3. Harm (6)
- 4. Bird (6)
- 5. Huge (4)
- 6. Potter's material (4)
- 9. Hold captivated (7)
- 10. Time off (7)
- 11. American coin (4)
- 12. Measured amount (4)
- 13. Deity (3)
- 15. Be in debt (3)
- 17. Team (6)
- 18. Assail with abuse (6)
- 19. Went by air (4)
- 20. Drying-kiln (4)
- 21. Under-part of foot (4)
- 22. Ditty (4)



Harder Clues

Clues Across

- 7. In defeat, a point short, one gets house part without tiring (13)
- 8. For ever do one's hair neatly arranged around end of pin (11)
- 12. Foolish senility makes one go astray with the date (6)
- 14. Tyro evidently free from immorality (6)
- 16. Stepped out and used feet in the South-east (6)
- 18. Full contents in the remainder, and this is the upshot (6)
- 19. Stalks the first to be introduced to them? (6,5)
- 23. Doesn't interfere — but doesn't get oil, either (4,4,5)

Clues Down

- 1. Picture a gingerbread biscuit (4)
- 2. Member of Upper House always poetic, quietly ahead (4)
- 3. Mother the years will inflict harm on (6)
- 4. Gull — or a land-bird? (6)
- 5. Tax around the South is enormous (4)
- 6. Sort of 4 for shooting of the no-blood sport (4)
- 9. Her Latin one, abandoned somehow, will hold one spellbound (7)
- 10. At which one is taking things easy (7)
- 11. Coin would be quite proper were it half-made to begin with (4)
- 12. How much to take does vary (4)
- 13. Object of worship has put boxer up to it (3)
- 15. Circle you and I are indebted to (3)
- 17. French pupil goes North for the team (6)
- 18. To use abusive language is horrid when recommenced (6)
- 19. A dog's pendulous chop travelled in a particular way (4)
- 20. As to its adaptation, it's for drying the hops (4)
- 21. It's fishy, and that's flat, what one walks on (4)
- 22. Tuneful offering at a very cheap price? (4)

What's On



OCTOBER – NOVEMBER 2012

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

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

Motueka Social Dance Group

Dance at Mapua Hall, 7.30-11.00 pm, Saturday 20 October 2012. \$6 and a plate, children half-price. Ph Margaret 03 528 7564 or Prue 03 540 2242.

Murchison

Murchison Community Resource Centre

Murchison Daytrippers. Phone Berylla Jones 03 523 9875.

Nelson

Nelson Dance Along

Richmond Town Hall, 7.30-11 pm on alternate Saturdays. Tape music, home-made supper provided. \$3 members & \$4 non-members. Ph Rosalie Winter (03) 548 2236.

Nelson 50+ Walking Group

Drivers must notify the leader of the day of intention to walk and confirm the meeting place. (E = easy, M = medium, H = hard.)

Tuesday walks

Oct 2: Mt Robert, M/H, 9.30 am. Noel Brown 03 544 2286, Jeff Connell 03 545 9180.
Oct 16: Pelorus Trig, M, 9.30 am. Bernie Hawkey 03 545 1033, Chris Ecroyd 03 544 7038.
Oct 30: Brook Sanctuary Corkscrew Crossing, M, 9.30 am. Richard Boyden 03 544 8028, David Spencer 03 544 8144.
Nov 13: Rameka, M, 9.30 am. Noel Brown 03 548 2286, Roger Haynes 03 539 6402.
Nov 27: Roding Coppermine, M, 9.00 am. Alison Polglaze 03 544 6833, Roger Haynes 03 539 6402.

Thursdays

Oct 11: Grampians, M, 9.30 am. Annette Willisicroft 03 548 9772, Carolyn Brown 03 544 2286.
Oct 25: Mt Malita, M/H, 9.30 am. Cheryl Carnahan 03 544 7684, Lyn Guyton 03 547 2207.
Nov 8: Mt Campbell, H, 9.00 am. Carolyn Brown 03 544 2286, Jeff Connell 03 545 9180.
Nov 22: Red Hills, M, 9.30 am. Cheryl Carnahan 03 544 7684, Annette Willisicroft 03 548 9772.

Mini-walks

9 Oct: Kumaras, meet Washbourn Gdns 10.00 am. Betty Thompson 03 547 5312.
23 Oct: Richmond Reservoir, meet Washbourn Gdns 10.00 am. Jean van Ginkel 03 544 1029.
6 Nov: Rabbit Island and Flat Bottom Ferry, meet Washbourn Gdns 10.00 am, Betty Wells 03 547 9262.
20 Nov: Pelorus Bridge, meet 155 Nile St 10.00 am. Janice Neame 03 547 4878.

Nelson Provincial Museum

Te Ahi Kā Roa, Te Ahi Kātoro Taranaki War 1860-2012 Our Legacy – Our Challenge. Until February 2013.
Weaving Wananga. Learn to weave kete and fishing nets from harakeke. 15 - 17 October 2012. Cost: \$150 for the three-day session.
The Seaward View. A presentation on coastal areas from Golden Bay to d'Urville Island. 7.30pm, Tuesday 20 November 2012, Masonic Hall, 107 Nile St, Nelson. RSVP to 03 548 9588 or email Sarah. Barnes@museumnp.org.nz
Plus Abel Tasman 370th Commemoration display, and Save Our Snails – Giant Land Snails of Te Tau Ihu.
For details, visit www.museumnp.org.nz

Stoke Seniors Club

Contact Christine, Anne or Ruth on Ph. 03 547 2660
Email: stokeseniors@xtra.co.nz

Regular activities

Drama Group – Mondays from 11.00 am-noon. Gold coin donation.
Scrabble Club – Mondays 1.00 pm.
Euchre – Tuesdays 10.30 am.
Mah Jong – Tuesday 1.00 pm.
500 Club – Wednesdays 1.00 pm.
Art class – Mondays 10.00 am & 1.00 pm. \$4.
Walking group – Tuesdays 10.00 am from the Stoke Memorial Hall carpark. A casual walk of about 1 hour.
Tai Chi – Tuesday 1.30 pm. \$6.
Sit and Fe Fit exercises to music – Tuesday and Wednesday at 11 am in the Stoke Memorial Hall. Gold coin donation.
The Sun City Ukés – Thursdays 10.00 am - noon. Gold coin donation.
Contact Ruth.

All the above classes meet in the Stoke Memorial Hall.

Monthly Movie – Ph. 03 547 2660 for details.
Housie – second Tuesday and last Wednesday of the month. \$5 a card.
Tuesday Morning Craft Club 10.30 am. \$2.
Social Seniors Choir – The Musical Demons meet Thursdays from 11.00 am to noon. For details, contact Anne.
Card Making – (8-week course) Thursdays at 1.15 pm. \$3 per session.

“Lads at Large” and “Girls Own” trips – once a month on Fridays. Contact Ruth or Anne.
Travel Club – Phone the office on 03 547 2660.
Monday Out & About Trips & picnics.
Thursday Out & About, 11.00 am. A van tiki-tour.
Weekly Afternoon Entertainment – contact office for details.
Also Tuesday-Thursday Meals – a two-course meal at midday for \$8 (members), \$10 (non-members). Ph. 03 547 2660 to book (preferably by 9.30 am the day before).

Saxton Seniors

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

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

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

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

Tai Chi for Health: Thursday, Beginners 10.00-11.00 am, Intermediate 11.30 am-12.30 pm. \$75 (15 sessions) or \$6 a session.

Ph (03) 538 0072 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,

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

OCTOBER – NOVEMBER 2012

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stitching. Bring lunch, share projects. Weds until 26 Sept, 12.30 to 2.45 pm, Pomeroy's coffee \$2 donation.
Sit & Be Fit: Have fun, burn calories, tone muscles, keep your heart healthy. Tuesdays 10-10.45 am until 27 Sept, \$2 per session.
Housie at Victory: Great prizes, refreshments and transport available if required. Wednesdays 2-4 pm 1 & 15 Aug, 5 & 19 Sept. \$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

A social group of mature adults looking for companionship, recreation and enjoyment. Phone 03 544 3955 or email Richmond@sporttasman.org.nz. Meet every Tuesday 9.30 am (unless otherwise stated) at the Richmond Recreation Centre,

Cambridge St. All sessions cost \$3. For trips, meet at RRC to carpool.
2 Oct: Textile artist & feltmaker Mary Andrews. Bring \$5 to cover materials. Max of 15 persons.
9 Oct: 'The Most Exotic Marigold Hotel'. Wear/bring something Indian. Tea/coffee provided but bring something to share.
16 Oct: Isel Park in Spring Bloom. Tour historic Isel House. Please bring a gold coin donation and rug. Tea/coffee provided.
23 Oct: Health Seminar – Oral Health educator Esme Palliser and hygienist Kathy Turner.
30 Oct: Tour Compass packhouse in Beach Rd. One of Nelson's biggest apple exporters. Followed by coffee at Richmond's new health centre.
6 Nov: Viewing of the Godwits, Motueka Quay. Shared morning tea. Please bring a rug.
13 Nov: The trials and tribulations of cycling 4000km in Europe. Talk by Claire Guy, NMIT lecturer.

20 Nov: Woodland Walk and Talk in Snowdowns Bush, Brightwater.
27 Nov: Eyebright Visit. Magical Christmas displays, with morning tea at the Grape Escape.
4 Dec: Christmas Lunch for Club50 at RRC. Please bring items to decorate the room and table, plus a dessert. (Volunteer decorators needed.) Wine and refreshments provided by Club 50 & RRC.

Richmond Senior Citizens Assn

Oxford St rooms.
Tuesday afternoon, cards.
Wednesday 9.00 am to 2.00 pm, quiz, housie and activities.
Thursday afternoon, cards.
Friday 9.00 am to noon, light exercises and morning tea.
An outing on the last Wednesday in the month.
Ph Elaine Mead 03 544 5654

Richmond Waimea Community Whanau Group

Community groups, services or organization representatives

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

Upright and Able for Falls Prevention

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

Wakefield

Way2Go activities

Pilates – Village Hall Mondays at 7.00 pm.
Active Seniors Class – Village Hall Tuesdays at 11.00 am.
Sit and Be Fit Classes – Village Hall, Thursdays at 10.00 am.

Retirement Living and Care at its Best!



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

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

Joyce's daughter Heather:

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

Joyce's daughter Lynley:

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

Joyce:

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

Joyce, Serviced Apartment Resident

Brand New Apartments

Available now are beautiful brand new Independent and Serviced Apartments. Our Independent Apartments are affordably priced from just \$259,000* and Serviced Apartments, where a little extra assistance is always close at hand priced from \$159,000*. Be in quick as only a few remain!

Ask me about our friendly terms.

**Ongoing service fees apply.*



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

RECREATION PROVIDERS



OCTOBER – NOVEMBER 2012

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, ph Doris or Keryn, 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)

Aileen Ph 03 525 7345

Upright and Able for Falls Prevention

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

Uruwhenua

Women's Institute

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

Wednesday Walkers

Bron Ph 03 525 8627
Bob Ph 03 525 9958

Workouts

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

Hope

Hope Midweek Badminton Club

Carolyn Ph 03 541 9200

Nelson Veterans Tennis Club

Hope Courts every Thursday Ph 03 547 6916

Mapua

Indoor Bowls

Mapua Friendship Club
Mapua Public Hall
Valerie Ph 03 540 3685

Low-Impact Aerobics and Pilates

Wakefield, Upper Moutere and Mapua
Lynda Ph 03 543 2268

Mapua Bowling Club

Dave Ph 03 540 2934

SeniorNet (Motueka)

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

Taoist Tai Chi

55 Muritai St, Tahunanui
Ph 03 545 8375

Motueka

Aerobics/Gym and Fitness Centre

50+ Aerobics
Mot Rec Centre
Jody Ph 03 528 8228

Age Concern

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

Arthritis NZ

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

Gym & Fitness Centre

Studio Gym 275
Catherine Ph 03 528 4000

Healthy Hearts Club

St Thomas Church Hall
Wendy Ph 03 528 6692

Indoor Bowls

Motueka Senior Citizens Hall. George Ph 03 528 7960

Line Dancing

Motueka Senior Citizens Hall. Beryl Ph 03 528 8265

Line Dancing (Beginners)

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

Marching

Motueka Veteranettes
Marching Team
Bev Ph 03 528 9125

Motueka and District Historical Association

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

Motueka Bowling Club

Don Ph 03 528 7208
Tony Ph 03 528 9175

Motueka District Museum

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

Motueka 50+ Walking Group

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

Riwaka Bowling Club

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

Riwaka Croquet Club

Sally Ph 03 528 8296

Scottish Country Dancing

Valerie Ph 03 543 2989

SeniorNet [Motueka]

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

Social Recreation

Kiwi Seniors (Motueka)
Vonnice Ph 03 528 7817

Upright and Able, Falls Prevention

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

U3A (University of the Third Age)

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

Yoga

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

Murchison

Age Concern

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

Murchison Community Resource Centre

Thursdays: Pilates, 5.15-6.15 pm, 2 Aug to 20 Sept. Suitable for all fitness levels. \$60 for 8 weeks or \$10 a session, MESI Building. Chells Circuits, 6.30-7.30 pm, 2 Aug to 20 Sept. Bring a mat if you have one. \$60 for 8 weeks or \$10 a session. Rec Centre Gym. Friday: Sit and Be Fit, 10.00 am. \$2 a session, Rec Centre. Every day: Walking for fitness. 10.00 am, but 10.30 Tuesdays, at the War Memorial. Weather permitting. No charge. Call Berylla 03 523 9875 or email berylla@ts.co.nz for bookings & details.

Nelson

Age Concern

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

Angie's Active Circuit

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

Aquatics/Swimming/Gym

Riverside Pool
Ph 03 546 3221

Art Group Nelson

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

Arthritis New Zealand

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

Belly Dancing

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

Bodyvive (Low-impact)

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

Cardiac Club/Gym & Fitness Centre

City Fitness Sharon Ph 03 539 0348

Cardiac Support Group

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

Diabetes NZ Nelson

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

Dining4Twelve

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

Golf Croquet

Nelson-Hinemoa Bev Ph 03 548 2190

Government Superannuitants' Association

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

Grandparents Raising Grandchildren

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

Gym

Contours Health & Fitness Ph 03 544 0496

Hatha Yoga

Maureen Ph 03 546 4670

Hearing Association Nelson

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

Hot Yoga

Claire Ph 03 548 2298

Housie Evening

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

Marching

Silveraires Leisure Marching Diana Ph 03 548 9527

Marybank Garden Club

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

Nelson Caravan Club

Allan Ph 027 319 7427

Nelson Community Patrol

Suzy Ph 03 539 0409

Nelson Dance Along

Rosalie Ph 03 548 2236.

Nelson Electronic Organ and Keyboard Club

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

Nelson 50+ Mini-Walks

Gwenda Ph 03 544 5307

Nelson Male Voice Choir

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

Nelson Petanque Club

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

Nelson Philatelic Society

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

Nelson Savage Club

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

Nelson Scrabble Club

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

Nelson Senior Citizens

Social Indoor Bowling Club. Valda Ph 03 544 1487

Nelson Social Dancing Club

Live band on the second Saturday of each month,

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

Over 50s Pilates and Yoga

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

Pottery

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

Probus, Stoke-Tahunanui ladies branch

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

SeniorNet [Nelson]

Computer instruction for people aged 55+. Clubrooms at Pioneer Park, Hastings St, Ph 03 548 9401 and we will ring you back.

Senior Service - Nelson Baptist Church

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

Sit and Be Fit

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

Smart Hearts

Your community support and exercise club. For people with or at risk of heart issues. Affiliated to Heart Foundation NZ. Activity, information and support with a cuppa too. Tahuna Presbyterian Church, Muritai St. Starts Mon 8 October 10.30 am. Cost \$5. Angie 03 547 0198

Stroke Club Nelson Social activities

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

Stroke Foundation Caregivers Support Group

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

Support Works

Assesses the needs and co-ordinates services for people affected by disability. For a free assessment,

Ph 03 546 3980 or freephone 0800 244 300.

Suter Art Gallery

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

Table Tennis

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

Tahunanui Bowling Club

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

Tahunanui Community Centre

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

Tai Chi with Gretchen

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

Taoist Tai Chi Internal Arts for Health

Classes starting Thursday 9 February, 9.30 - 11.00 am, Wednesday 15 February, 6.00 - 7.00 pm, Saturday 25 February, 9.00 - 10.30 am, 55 Muritai St, Tahunanui. Ph 03 545 8375 and leave a message. Be part of a large, exciting club. 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

DruYoga 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.

Crafts Caring & Sharing

Each Monday until the end of September. 9.30 am – noon at the Wesley Centre, Richmond, opposite Council. Gold coin donation includes morning tea. Pauline 03 544 9174 or Emily 03 544 5423.

Croquet

We welcome new members to Golf croquet in Richmond, Thurs & Sundays at 1.00 pm. Ph Sheryl 03 541 0623. Association croquet, Wed & Sat 10.00 am. Ph Betty 03 544 7268. Club lawns opp. new health centre, Lower Queen St.

Easy Exercise

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

Euchre

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

Hope-Ranzau Women's Institute

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

Indoor Bowls for Seniors

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

Laughter Yoga, Richmond

Nourish your wellbeing. Marion Ph 021 145 3027

Line Dance Nelson

Alison Ph 03 546 9878

Pedometers from the Library

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

Pottery

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

Richmond Bowling Club

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

Richmond Indoor Bowls

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

Richmond Physiotherapy

Weekly classes in their

spacious, sunny gym. Exercise For the Older Adult: A well-balanced, physiotherapist-led mix of strengthening, balance and cardio exercises.

Monday 10.30-11.30 am, \$8. Knee Class: Physiotherapist-led exercises to strengthen the lower limbs. Suitable for those with achy or arthritic knees wanting to keep or improve their strength to remain active Thursday 10.00-11.00 am, \$10

Richmond Recreation Centre & Town Hall

At 9 Cambridge St. Ph. 03 544 3955 www.sporttasman.org.nz Easybeat: Mon&Fri 9.00 am. Ease in2 Easybeat: Mon&Fri 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: Tues 9:30 am, Seniors, social recreation & outings. New member welcome, \$3. Walking Group: Mon 9:30 am, no charge. Fun Housie with prizes: Designed for those with special requirements. Fridays, 2.00-4.00 pm, \$3.

Richmond Slimmers Club

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

Silver & Strong

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

Sport Tasman's Club Recreation

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

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

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

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

Tasman Tennis Club

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

Tasman Visual Arts Group

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

Tai Chi with Gretchen

Richmond Town Hall and Oakwoods. Gretchen Ph 03 548 8707

Ukulele

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

Upright and Able, Falls Prevention

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

Yoga

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

Stoke**Angie's AquaFitness**

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

Angie's Silver Circuit

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

Aqua-therapy

For hip, knee, ankle, shoulder, back issues. Exercise professionals with you in the warm water. Ngawhatu pool, 6-week course starts Thurs 1 Nov 2012. 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. R Knight 03 542 3527

Easy Exercise

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

Stoke Methodist

Church Lounge Maureen Ph 03 546 4670

Hatha Yoga

Maureen Ph 03 546 4670

Hydrotherapy

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

Ngawhatu Bowling Club

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

Pottery

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

Presbyterian Support

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

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

Safety & Confidence

Kidpower, Teenpower, Fullpower Trust Cornelia Ph 03 543 2669

Saxtons Sit and Be Fit

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

Stoke Bowling Club

Lyndon Ph 03 547 4780

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 11.00 am Tai Chi: Tuesdays 1.30 pm Sit and Be Fit: 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. All levels welcome. Bring your uke and a sense of humour. 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 for more information and registration.

Tapawera

Visual Art Society Kaye Ph 03 522 4368.

Walking

Rural Ramblers Una Ph 03 522 4083

Wakefield

Easy Exercise Arthritis NZ, Nelson Nancye Ph 03 541 9040

Live Well, Stay Well Activity Group

Greg Ph 03 541 9320

Silverthreads Fun Afternoon

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

Our Rimu Grove-sponsored literary section salutes the short-story writers and poets in our region. We award a bottle of wine to the best contribution.

Telephone Call By A.E. Spear

I was sitting one night calmly watching TV
When the telephone rang from the kitchen, you see
I answered to a voice that was breezy and bold
Saying: "I'm Wendy from Buggz Fly and Spider Control.

"I hope I have chosen the right time to call
To see if you would consider at all
Using our service that's locally owned
To rid you of pests that inhabit your home."
I replied, "Look, I'm sorry, but you have to know
That I'm missing my favourite programme and so
In spite of your spiel about spiders and flies
I won't be indulging, so thank you, goodbye!"

A few minutes later, I was eating a pear
When the phone rang again, so I got up from my chair
And this time a voice from the East said "Hello,
We believe your computer has faults and won't go.
"If you'll just switch on, then we'll guide you through
We may need to get a few details from you ..."
"Can you tell me which company you work for?" I said
"Because I smell a rat ..." and the line went dead.

I was up on my feet, so a beverage I brewed
And returned to the channel I previously viewed
I felt cosy and warm 'til I heard the shrill tone
Once again from the kitchen – it was my telephone
"Good evening," a voice rattled into my ear
"I'm sure you're aware that it's that time of year
When your flue needs attention from a good chimney sweep"
I said: "You're too late, it was cleaned only last week!"

I decided right then to avoid more bad luck
I would settle right in and take the phone off the hook
There were 5 minutes left of the programme to run
When the power went out, that was it, I was done!

I replaced the receiver in the dark all alone
With everything quiet, including the phone
It was one of those nights that you keep in your head
When you might as well curl up and go straight to bed.

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

Crossword Solutions

CLUES ACROSS – 7. Indefatigable 8. Permanently
12. Dotage 14. Novice 16. Strode 18. Result 19. Flower
vases 23. Lets well alone

CLUES DOWN – 1. Snap 2. Peer 3. Damage 4. Pigeon
5. Vast 6. Clay 9. Enthral 10. Leisure 11. Cent 12. Dose
13. God 15. Owe 17. Eleven 18. Revile 19. Flew 20. Oast
21. Sole 22. Song

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'A sense of wonder'

Nelson psychotherapist Mary Jerram studied piano at the Royal Northern School of Music in England, then came to New Zealand as a young widow with two children. She remarried and raised a family of seven – four of her own plus three stepchildren – lived in Wanaka, gained a BA from Otago University, and has had more than three decades of experience in counselling, mostly the family field.

She is still working long beyond the usual retirement cut-off. We asked her for the ingredients of living well:

You have a long history of counselling in Nelson and service on national bodies. What attracted you to the profession?

It's really the whole field of interest in how people make sense of their lives, what are the triggers of distress, and what are the ingredients for being safe and stable?

As a counsellor, you hear some harrowing stories. How do you cope with that?

One of the preconditions for being a counsellor is that you have done your own work. I was fortunate enough to have the resources and a person who was a Viennese-trained analyst. I spend three years in analysis. When clients talk about things that are painful, I have an inkling of what they are feeling out of my own experience but I don't get caught up with identifying with the client, so that we search for answers that fit the client, not me.

Psychotherapists use a system of "supervisors" to unburden themselves.

Yes. If a client brings material that is upsetting or distressing to me, I talk about the issue to my supervisor and what the effect is on me. I take great care about not revealing where the information came from. What the client doesn't need is to have my knee-jerk interpretations of what they are experiencing.

What makes a good psychotherapist?

You need to have a creative mind to make sense of things, to put things together, and not to believe that there is only one way ... I really enjoy the work. I never fail to be fascinated with what people bring, and just talking to them and understanding. There are so many ways of viewing the world.

And outside of work?

I like growing flowers – which I'm not particularly good at. And driving. I don't do a lot of travelling overseas now but I love driving, particularly round the South Island – Central Otago, the Waitaki...

We hear a lot of negativity about growing older. What are the bonuses?

I don't actually feel old. I guess that I look back on the experiences that I've accumulated as a big kit-bag in which I'll find some sort of wisdom if I search for it in that general muddle. The bonus for me is that I no longer expect that I'm going to find the right answers to present-day dilemmas.

Are we more at peace with ourselves as we age?

If you've done the work, yes. There are some things we still experience really deeply or sadly, such as loss of friends. One of the good things is less agitation about things we haven't got the power to change. I'm more aware now than I was at a young age. Interestingly, I have a lot more gratitude towards my parents. I've done a lot of 'thank yous,' for all the things they did.

And the other thing I find easier is with all the children, I have handed over responsibility for the way they lead their lives. They may not think I let them entirely off the hook, but by-and-large it's not a big issue. I feel really happy and contented with them.

So what's your own recipe for happiness – or is 'contentment' the better word?

It's a bit textbookish but three things: One is a sense of belonging, and another is a sense of contribution. It's not just because you are being good in giving \$20 to St Johns. What a sense of contribution does is it gives you a sense of your own significance. We feel useful.

The other ingredient is 'taking notice'. One of the things that has happened over the last few years is there's been a lot of emphasis on mindfulness – of your experience of any given moment – and that is incredibly helpful. When I look out this window now I just see this extraordinary palate of greens, and it's absolutely beautiful. It's those moments of joy. They take split-seconds, but they're there. Mindfulness can be trained for... You know how kids go round picking up things and examining them – it's that sort of thing. A sense of wonder. And it doesn't cost anything – you just do it. Some people don't notice when they are happy. You actually need to notice.



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