

Mudcakes and Roses

SENIOR GENERATION ACTION
AND ISSUES – NELSON TASMAN



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Model trains are just the ticket

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Spring gardening tips and advice

Spring is in the air!

Here at Mudcakes & Roses we have the privilege of meeting many wonderful volunteers doing amazing things around our region. And the Nelson Modellers Club volunteers who man the model trains at Tahunanui Beach every Sunday (page 6) are certainly no exception. When the club's publicity officer Rosemary Dyer was asked why she and her husband do what they do each week, she says "Because we love it and it keeps us young and fit and healthy!" What a great example of positive ageing - exactly what Mudcakes & Roses is all about.

Spring is now well and truly with us – and the increasing sunshine and milder temperatures will no doubt be encouraging many of you to get out into the garden and turn your attention to your plants and vegetables. Our regular columnist Philippa Foes-Lamb has some great tips about growing a bumper crop of soft fruit (page 11).

Also in this issue is a reader survey. The last one was done in 2010 and you gave us some great ideas including introducing the regular gardening column. We'd love to hear from you again. We're considering making some changes to the magazine for 2014, but we want to ensure we keep the things you value the most. So please do take the time to fill the survey out – it could win you The Tasman Collection set of books.

Your feedback and story ideas are welcome – email mudcakes@hothouse.co.nz, call us on Ph. 03 928 0091 or write to us at: Mudcakes & Roses, HotHouse Communications, 4/203 Queen Street, Richmond 7020.

How to get your copy!

Mudcakes and Roses is no longer mailed free to readers. The magazine is still widely available, at Council's Office, Service Centres, 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 Shailey McLean at the Tasman District Council Ph. 03 543 8578.

Sophie's Picks for Nelson Arts Festival

Nelson Arts Festival Director Sophie Kelly provides her top picks for Mudcakes & Roses readers...



Poetry and Song

I'm really excited about this show. I'm sure it will delight and surprise people to hear leading New Zealand poet Bill Manhire and his poetry turned into beautiful songs. Hannah Griffin has an absolutely stunning voice which will reach into your heart. She's accompanied by Norman Meehan whose piano work is incredible. They read and played to huge ovations at the Frankfurt Book Fair last year and were a huge hit at the Festival of Colour. The Granary Cafe is a wonderful setting for this trio's performance.



Gifted

This is the beautiful dramatisation of Patrick Evans' book Gifted about two of New Zealand's most acknowledged writers – Janet Frame and Frank Sargeson. Gifted received rave reviews after its recent Christchurch Arts Festival performance. One reviewer described it as a "polished and engaged production of a play which enlarged both our knowledge and our lives." This story of when Frame meets Sargeson is beautifully funny and clever.



Thanks to our sponsors



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

Found Tales

For anyone wanting to learn more about Nelson's history through new tales, then Found Tales is a must-see. It's a unique, site specific show where the audience are taken through several locations around Founders Heritage Park, guided from one performance to another. You can witness lost love in the tearooms, death on the ocean, stories of passion, war, crime and more. It's a storytelling delight and a wonderful piece of work from Three Bridges and local theatre company, Body in Space.



Niu Sila

This is an hilarious yet poignant story of an unlikely friendship that will change their lives. It's written by two of New Zealand's top comedy writers Oscar Kightley (Sione's Wedding, Naked Samoans) and Dave Armstrong (Le Sud) and it's not surprising that this an award-winning, international play – it's a wonderful combination of thought-provoking and riotously funny theatre. The story spans a thirty-year friendship between the new kid in town, a Samoan boy, and a European boy, and how despite their divergent cultures they grow into great friends.



Michael Houstoun Moonlight Sonata

Michael is simply magic on the piano. He's a multi-award winning musician and New Zealand's foremost Beethoven pianist, ranking among the great Beethoven pianists of our time. His awards include placing internationally at three of the world's most distinguished piano competitions. Michael's Moonlight Sonata concert is a repeat cycle of his famous Beethoven tour 20 years ago: the complete 32 sonatas, presented in 40 concerts around the country.



The Nelson Arts Festival is presented by Nelson City Council as a celebration for locals and attraction for visitors. It runs from October 11 to 28 2013. Grab a full programme from Nelson City Council, libraries, retailers, cafes and key visitor outlets in Nelson or visit www.nelsonartsfestival.co.nz to book your tickets.



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Region's Rural Heritage Celebrated at A&P Shows

Is there anything more quintessentially Kiwi than an A&P Show? Many kiwis young and old will have memories of petting the lambs, admiring the hottest home-baking or feeling sick on the ferris wheel after eating too much candyfloss at an A&P Show.

The 'A&P' stands for Agricultural and Pastoral Association and many of the district's shows have been running for decades. Each district's show has its own unique flavour. And this year is a special one for the Tapawera BGAC Show. Mudcakes & Roses caught up with one of the organisers, Belinda Palmer to find out more...

What's special about the 2013 Tapawera BGAC Show?

This year we are celebrating 70 years. In recognition the committee has chosen a theme of 'Back in the Day'.

Tell us a bit about the history of the show...

BGAC stands for Boys and Girls Agricultural Club, commonly known as the Tapawera Show. During the Second World War a program to encourage food production was started by the government. The BGAC movement, becoming established throughout much of the country at this time, was administered through the education system and provided the structure for practical and competitive education in plant and animal husbandry.

How many people does the show normally attract and where from?

Around 5,000 people. Yet given the combined size of the Tapawera Area School grounds and the Memorial Reserve, plus free parking available, we have the potential to cater to a much larger number. We'd like to attract more people from urban areas as we feel we have a show which will appeal to a wide range of people.

What sort of events, attractions does the show feature?

This year one of the highlights of the show will be The Teddy Bear Shearing Competition - great for the kids and informative and interesting for the general public. There will be a demonstration of a normal shearing day and the use of blade shearing, cover

combs and normal combs will show the differences of how much wool is left on each ewe. There'll be a Goat Emporium with samples of goat's milk as well as various cheeses. There's a strong contingent in the equestrian section and displays of historical farming equipment, vintage cars and Hot Rods. The local Young Farmers Club is putting on a competition and there will be a Trade Fair with stalls showing and selling various items including food. Competitions have been ongoing, these will be displayed and awards given to the winners.

How would you describe the atmosphere at the Tapawera BGAC Show?

Fun, relaxed, happy, friendly and informative.

How significant is the BGAC show to the Tapawera Community?

The Tapawera BGAC show is the heart of the community. It's Tapawera's biggest day of the year. It's also one of the few days when locals en masse, down tools to help and take part in a day that has far reaching effects. Many children who participate at the BGAC go on to become stock agents, farmers and rural bank managers as well as vets.

Why should people come along to this year's show?

A fantastic fun friendly day out in the country, come and meet your neighbours! A unique farming experience close to the city with lots of seating in the form of hay bales, scattered round. Nothing like it!

A&P Show Dates:

Tapawera BGAC Show: 2 November 2013

Nelson Show: 23 – 24 November 2013

Motueka Show: 6 – 8 December 2013

Golden Bay Show: January 2014

Murchison Show: February 2014

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Model Trains Are Just the Ticket

All aboard! Train Conductor Terence Stansbury checks the train before departure

If you're a parent or grandparent living in Nelson-Tasman, chances are you've spent a few Sundays at the "trains" in Tahunanui.

The tiny and dedicated band of volunteers who keep the model trains running each week are members of the Nelson Society of Modellers. The club was established in 1958 to cater for the interests of local model enthusiasts and included among the varied interests of its members are hobbies such as clock-making, the construction and operation of steam locomotives, traction engines, small stationary engines and model boats.

Mudcakes and Roses recently caught up with the club's Publicity Officer Rosemary Dyer and outgoing Club President Gavin Hargreaves to find out more about what it takes to keep the trains running – and what keeps the volunteers coming back week after week, year after year.

"We're all volunteers and we fundraise for everything," says Rosemary who together with her husband, has been involved for more years than she cares to remember. "Each running day we'll walk the track to make sure there are no stones and ensure its in good condition – no vandal damage or hazards and check the points. We've also got to set up the trains to get them running – check the oil, fuel, brakes and that the wagons are all connected. The steam trains are more intense to set up, you have to fire the boilers up. Then at the end of the day it takes half an hour to empty the fire boxes out and let them cool down. It's a lot of work – people don't realise."

Rosemary says club members range from 'youngsters' up to people in their 80s. Many are self-taught engineers and some families have three generations involved. Most of the trains have been built by members. While some keep their trains on site, others transport them. "One member comes over from Blenheim each week and we have another chap from Dunedin who comes up with his trains every summer and stays at the camp," says Rosemary.

Safety is paramount and the club has to follow very strict safety rules for operating the trains. The steam trains require

boiler certificates and are regularly inspected by the Model Engineering Association of New Zealand. Club members all have First Aid certificates and require a special licence to drive the trains. "It's an in-house licence. You have to know how to fuel up, check the oil, set the train up, check the brakes are working and what to do if it de-rails," says Rosemary.

Depending on the weather, the season and what else is on, there can be anywhere from 300 to over 1000 visitors on a Sunday afternoon.

And why do they do it? "Because we love it! It keeps us fit, young and active," says Rosemary. "And we love seeing the looks on the kiddies faces."

While outgoing Club President Gavin Hargreaves agrees with that sentiment, its clear there are challenges as well. A small, static membership and the state of the Modellers Pond which is choked with algae and weeds are an ongoing source of frustration.



From left: Nelson Modellers Society members Alan Malaquin (Engine Owner), Robin Lawes, Gavin Hargreaves, Suzie Hargreaves and Rosemary Dyer get the Conway engine (Thomas to the kids!) ready for a Sunday session

"We really need new members. It takes at least 15-20 members to run for a day on a Sunday and we've got a core membership of 15 plus another 6-7 who come to working bees. We'd love to have some new members come on board," he says.

The Nelson City Council and the society have been working for years to find a solution to clearing the pond. A 2012 report prepared for council recommended lining the pond as the best long-term option – however its also an expensive one, and one that still requires approval from the incoming Council in its long-term plan.

Despite these challenges, Gavin remains upbeat about modelling as a hobby. "It's a great hobby and one that can be done with very little financial outlay initially as we have all of the equipment here. We've got a great band of volunteers and excellent facilities. We don't just cater for youngsters – we cater for the young at heart."



Key Facts

- Nelson Society of Modellers was established in 1958
- The first fixed train track (a small oval) at Tahunanui opened in 1961
- The current raised track is 550 metres and the ground level track is 960 metres
- The model trains run every Sunday (weather permitting) from 1.00 pm til 4.00 pm. The club also runs some night events and Christmas events
- There's a clubhouse with displays of models including static models and steam engines running on compressed air, O gauge model rail layout and OO gauge model rail layout
- Most of the trains have been built by members
- The largest 'Kiwi Rail' train was built by Ikon Engineering, cost \$34,000 and can tow six wagons with 24 or 25 people
- It normally takes between two to ten years to build a model locomotive.

Get Involved

- The club is on the lookout for new members and you don't need any special skills to join – roles can be found or created based on your talents and interests
- Club locomotives are available, you do not have to own or build a locomotive
- To find out more, pop down on a Sunday, talk to one of the club members and pick up an application form. For further information visit www.nelsonmodellers.org.nz

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

Fasten Your Belts... and Prepare to Celebrate

Did you know that Nelson Airport was the first place in New Zealand to use bulldozers during its construction? Or that the region's first air mail service was to Westport?

Nelson Airport will celebrate its 75th birthday in November. And to mark the occasion, there's a community fun day planned for Saturday 30 November 2013 where the airport's fascinating history will be on display. Along with activities for all the family, there will be some very special VIPs – Very Important Planes such as the Avro Anson – the only one of its type flying in the world and a North American Aircraft – the AT-6 'Texan', the only 'Texan' in New Zealand.

Mudcakes & Roses caught up with Nelson Airport's Chief Executive Kaye McNabb to find out more about the celebrations. "We want to commemorate the event and also show the progress from then until now," says Kaye. "The community fun day is our way of celebrating with the community who are so supportive and so much a part of the success of this airport. We're very lucky in Nelson that the airport is so central."

As part of the festivities, a book celebrating the region's aviation history will also be launched. Written by well known aviation authors and historians Richard Waugh and Graeme McConnell, 'The Story of Nelson Aviation' has been several years in the making and features hundreds of historic photographs. It charts the early

days of 'aviation awakenings' by the region's pioneering aviators through to the adventures of those who served in aviation military services during the wars, to more recent developments such as the effects of industry deregulation in the 1980s.

"Aviation is such a fast-moving industry it's impossible to predict where the airport will be in another 75 years," says Kaye. "You just have to look at how far we've come in the last 75 years to see that."

Some Facts about Nelson Airport

- An Air Mail service started in 1932, between Nelson and Westport. In 1936 a Cook Strait mail service was added. However it wasn't until 1938 that the airport's first commercial flight took off from the current airport site – on 30 November 1938
- Nelson Airport was the first place in the country to have earthworks done by bulldozers. These were imported by Gough Gough and Hamer from the USA and cost 10,000 pounds. They were described at the time as a 'startling innovation'
- Some of the airport is built on reclaimed land as Jenkins stream used to run through the middle. The Golf Club was already there, but it was otherwise surrounded by farmland
- The airport was used as an airforce base during the Second World War
- The Harbour Board facilitated the original land acquisition and the setting up of the airport. During its 75 years, the airport has had various styles of governance. In recent years its been managed by Nelson Airport Ltd and it's focus is on servicing the region and contribution to the community
- A large number of airlines have come and gone over the years – Cook Strait Air, National Airways Corporation (NAC), Tasman Aviation Ltd, Air Nelson Ltd, Origin Pacific Airways to name just a few
- Today, Nelson Airport is the fourth busiest airport in New Zealand for scheduled passenger flights, servicing more than three quarters of a million passengers each year
- There are more than 30 businesses that make up the airport community.

Nelson Airport community fun day is on Saturday, 30 November 2013 from 10.00am to 4.00pm. For further information see www.nelsonairport.co.nz



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Mudcakes & Roses is produced by Tasman District Council as part of its strategy on positive ageing, with support from sponsors and advertising.

The purpose of the magazine is to:

- Share information relevant to people over 50 years old that encourages a healthy and happy lifestyle.
- Encourage community participation in, and support of, events and activities taking place in our region.
- Provide community groups with a free way to promote their events and activities.

Are we doing a good job? What can we do better?

Please take a moment to fill out this survey and tell us what you think. Once complete simply detach it and post back to us, or drop it in to your nearest Council Service Centre (see addresses on back of form). **All returned surveys go in the draw to win the full catalogue of Tasman Collection books including A Place to Live, Lifestyle for All Seasons (plus DVD) and historical snapshots of Mapua, Murchison, the Gowan and Tapawera.** Thank you.

1. Please indicate which district you live in

- Nelson Tasman Other (please specify): _____

2. Please tell us which of the following age brackets you are in

- Under 50 years 50 – 59 years 60 – 69 years 70 – 79 years 80 – 89 years 90 and over

3. Which of the following best describes you as a reader?

- Subscriber (I pay to have the magazine delivered)
 Non-subscriber, regular reader (I pick the magazine up on a regular basis)
 Non-subscriber, occasional reader (I pick the magazine up occasionally)

4. If you pick the magazine up yourself, where do you normally collect it from?

Overall Satisfaction

5. Which of the following best describes your overall level of satisfaction with Mudcakes & Roses?

- I really like it I quite like it Neutral I don't really like it I don't like it at all

6. What are the things you like most about Mudcakes & Roses?

7. What would you like to see more of in Mudcakes & Roses?

8. Have you used the events guide or recreation and service directory at the back of the newsletter to find an event, activity or club you were looking for?

- Yes No

If yes, how easy was it to find the information you were looking for?



9. How could we make the events guide and/or service directory more useful?

10. Have you every used Mudcakes & Roses to promote an event, club or activity?

Yes No

If yes, how easy and effective was it?

Advertising

12. The Council sells advertising space in order to offset the cost of the publication. In terms of advertising, which of the following best describes your attitude?

Too much advertising About right Should be more

Format

13. Computer use and internet access

Are you a regular computer user Yes No

Do you have internet access Yes No

Are you a regular Facebook user Yes No

14. Should Mudcakes & Roses stay in its current format?

- Yes, stay as a printed magazine
- Become an electronic magazine that I receive by email
- Become a website that I could visit and check when I wanted to, via the internet

15. Please feel free to make any additional comments here about Mudcakes & Roses

Thank you for your time. If you would like to go in the draw to win the Tasman Collection of books please fill in your details below.

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A Spring in your step



Hi, it's mid-Spring and everything in the garden is looking amazing. I'm always in awe of the phenomenal growth spurt that happens at this time of year. There is so much to do in the garden now that it can be hard to know where to start.

It's the perfect time to sow new lawns or repair any bare patches in existing ones. Preparation is the key when it comes to establishing a new lawn. Cultivate your soil to a fine tilth (the soil needs to run through your fingers easily), rake it level and then water gently with a sprinkler or fine hose mist. Scatter your chosen lawn seed over it as evenly as you can (I sow more seed than recommended because birds always steal some) and then toss a thin layer of soil or seed raising mix over it. Tamp the area down with the head of a rake and water it again. It's really important to keep the area damp until the seed germinates. If you are patching an existing lawn, fill any bare patches with fine soil and follow the same method.

Strawberries will be putting on good growth now and flowers will start appearing. Strawberries thrive on plenty of nourishment so a

good dressing of fabulous fish compost (Bay Landscapes), sheep manure pellets and sulphate of potash will give them a much needed boost now. Strawberries look really pretty in hanging baskets and as the fruit tends to hang down over the side it stays clean and is really easy to harvest. Birds are also less likely to get to your strawberries if they are close to your house.

If you adore other soft fruits such as blueberries, raspberries, gooseberries or red and black currants but you don't have enough room for them, don't let that deter you. Lots of soft fruits will do really well in containers. Raspberries can be fairly invasive so growing them in containers is a great way to enjoy their luscious fruit without them taking over your garden. Because their growth can be fairly vigorous they will need splitting up and re-potting every season or two. Blueberries, raspberries and gooseberries love full sun whilst red currants prefer sun or semi-shade. Black currants do really well in a shady spot so you could even grow them in a shaded entranceway.

To help ensure healthy growth, choose a lovely large container, fill with your favourite good quality potting mix and place a handful of sheep manure pellets on top of the mix every so often. A teaspoon or two of sulphate of potash every couple of months during the growing season will also help flowering and fruit. Regular watering is perhaps the most important factor for success.

It's potato planting time and you can also start planting tomatoes, courgettes, pumpkins, aubergines, peppers and other summer vegetables. In early October it is best to plant tomatoes etc in a very sheltered site but from late October onwards the soil will be warm enough for summer crops to be planted anywhere, even in amongst your flowers. Early peas can be direct sown now and you can also sow salad greens, beetroot, carrots, runner beans and so much more.

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



Philippa Foes-Lamb

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'Use It or Lose It' Week

To celebrate International Day of Older Persons on 1 October, the Nelson Tasman Positive Aging Forum organised a week long 'Open Day' from 30 September to 4 October 2013.

The theme of this year's event was 'Use it or Lose it' – a phrase typically associated with physical exercise, but something that also applies to cognitive function. Not-for-profit and non-government organisations, community groups and businesses were invited to provide drop-in opportunities for older persons so they could find out about the services on offer. Activities included free information sessions at Nelson City Library, an Open Day and morning tea at Nelson Grey Power, entertainment at the Richmond Town Hall provided by Age Concern and a range of sports and hobbies people could try.

International Day of Older Persons is a United Nations initiative celebrated around the world on 1 October each year. It's a time to acknowledge the contributions older people make to communities throughout New Zealand. Volunteering, working, being grandparents, looking out for the neighbourhood, sharing wisdom and experience, and being active sportspeople and community leaders – these are just some of the many ways persons aged 65 and older contribute to their communities.

The next Positive Aging Forum is on Monday 25 November 2013.



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Tui on the Rise in Richmond

The sight and sound of Tui in the Richmond area has been on the rise for a number of years thanks to the hard work and dedication of a number of individuals and organisations – not least Native Bird Recovery Richmond.

To celebrate its success, the group has launched a book dedicated to the Tui, showcasing it through amazingly detailed photographs taken of the birds living around Richmond. The book, The Tui, is on sale at BNZ Richmond and Nelson and

at the Grey Power office in Stoke. Proceeds from the book help fund the activity of Native Bird Recovery Richmond.



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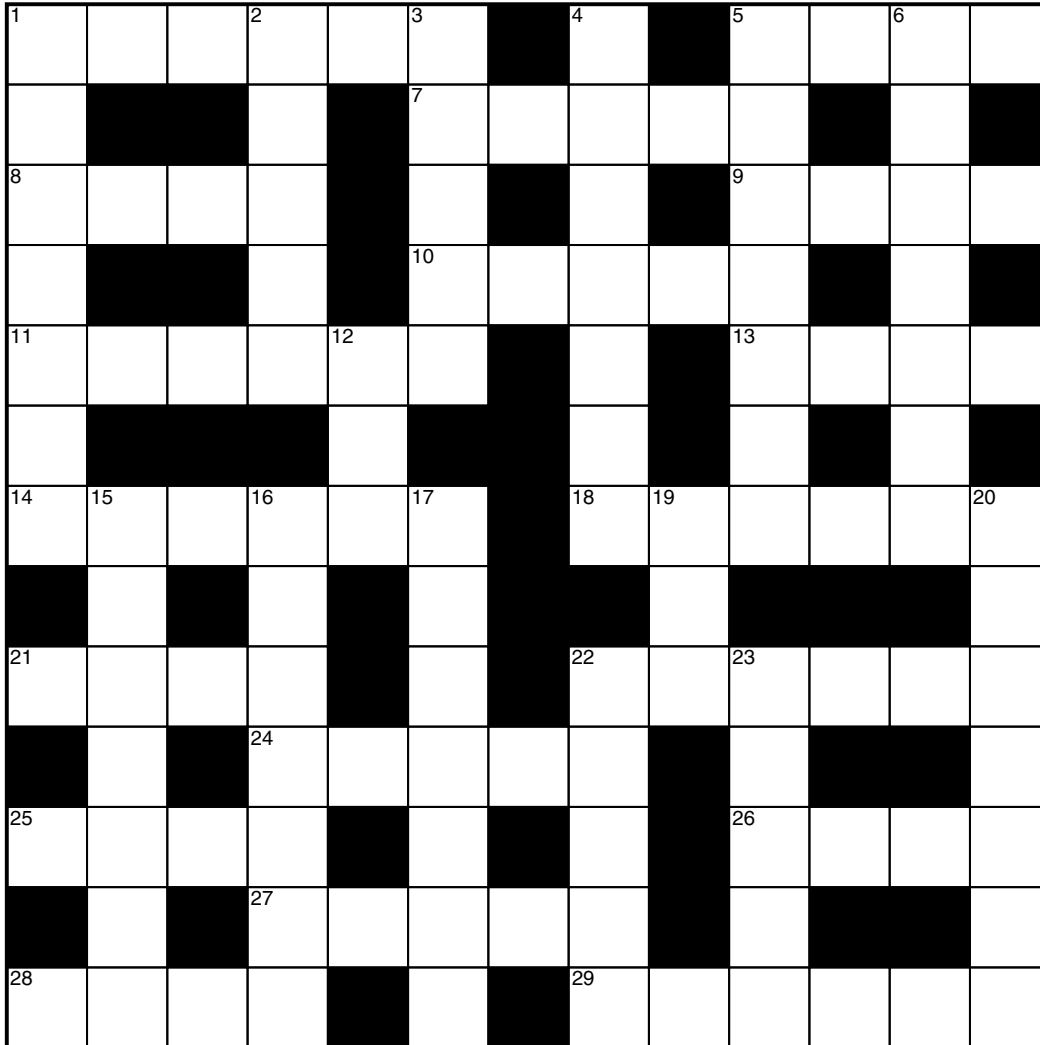
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Crossword



Clues

Across

1. Clear And Present Danger author, Tom ...
5. Donate
7. Reproductive gland
8. Garrison
9. Jeer
10. Hold royal office
11. Mass departure
13. Parched
14. Salty
18. Convene
21. Tallies
22. Reserved (seat)
24. Angry
25. Between
26. Renown
27. Alter (text)
28. Wildebeests
29. Non-liquids

Down

1. Cappuccinos & lattes
2. Well-known
3. Belonging to you
4. Moving for takeoff
5. Acrobat
6. Inoculation fluid
12. Grecian pot
15. Stomach
16. Interiors
17. Inhaled & ...
19. Bustle
20. Steering blades
22. Curves
23. Edible innards

Answers page 15.

Nelson Denture Clinic

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What's On

OCTOBER – NOVEMBER 2013

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



Golden Bay

Wednesday Walkers

Meet at Information Centre carpark, Takaka, leaving 9.00 am. Bring morning tea, raincoat etc, light boots or walking shoes. Contacts: Debby Rogers, 03 525 9090, Leslie 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 Thurs of each month in the RSA Club, High Street, Motueka, 9.30 am.

Contacts: Secretary Gill Gately Ph. 03 528 5399, President Tim Rich Ph. 03 528 6922. For details about alternate walks, contact Lesley or Ray Cranefield Ph. 03 527 8113.

Motueka District Museum – Upcoming Exhibitions

Riwaka Community Pottery Group – Starts Tues 1 October until Friday, 1 November, Hours: Tues to Fri 10.00 am – 3.00 pm, Sun 10.00am – 2.00 pm.

Scrapbooking – Starts Tues 5 November to Fri 29 November. Hours: Tues to Fri 10.00 am – 3.00 pm, Sun 10.00am – 2.00 pm

Motueka Recreation Centre

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

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

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

Silver Sneakers Indoor Walking Group:

Mondays and Fridays 9.30-10.30am. \$4.

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

Fitness Centre: Open 9.00 am-8.30 pm Monday to Friday, 9.00 am-4.00 pm Saturday, Closed Sunday. Wendy, Ph. 03 528 8228, email wendy.b@sporttasman.org.nz

Motueka Social Dance Group

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

Nelson

Nelson Social Dancing Club

Nelson Social Dancing Club Dance at Broadgreen Intermediate School Hall, Nayland Road, Stoke, Nelson 7.30 pm to 11.30 pm the second Sat of each month. Ballroom, Latin, Rock 'n Roll and sequence dancing. Live music. Members \$8; nonmembers \$12. Please bring a supper contribution, and your own drinks (including water) and a glass. **Note: no stiletto heels please!!** Enquiries phone 03 544 7408 on 021 127 7892.

Nelson Provincial Museum

For details, visit www.museumnp.org.nz

Stoke Seniors Club

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

Regular activities:

Drama Group – Mondays from 10.30 am-noon. Gold coin donation.

Scrabble Club – Mondays 1.00 pm.

Euchre – Tuesdays 10.30 am.

Mah Jong – Tuesday 1.00 pm.

500 Club – Wednesdays 1.00 pm.

Art class – Mondays 10.00 am. \$4.

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

Tai Chi – Tuesday 1.30 pm. \$6.

Sit and Be Fit exercises to music – Tuesday and Wednesday at 11 am in the Stoke Memorial Hall. Gold coin donation.

The Sun City 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.

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

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

Cruisin' with Karen – Fridays

Girls Own – Fridays

Lads @ Large – Fridays

Monday Out & About Trips & picnics.

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

Weekly Afternoon Entertainment – contact office for details.

Also Tues-Thurs Meals – a twocourse 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 lowimpact all-over workout using resistance bands and light weights. An indoor, all-weather activity, followed by a cup of tea.

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

Tai Chi for Health: Ph 03 538 0072 to book, or email saxtonstadium@xtra.co.nz

Tahunanui Community Centre

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

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

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



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Access

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.

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

OCTOBER – NOVEMBER 2013

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

Local Vocals: Singing for everyone. No audition, no pressure.

Wednesdays 7.00 pm. Ph TCC for details, 03 548 6036.

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

Zumba: Suitable for beginners and more experienced. Mondays 5.15 pm and Thursdays 5.45 pm. Contact Jo for details, 03 548 6036. Victory Community Centre, Totara St, Nelson

Nana Craft: Knitting, crochet, stitching. Bring lunch, share projects. Wednesdays. Pomeroy's coffee \$2 donation.

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

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

LaughterYoga: 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. Sport Tasman, Richmond Town Hall, Cambridge Street.

Enquiries: 03 544 3955. Email:

Club50.rrc@sporttasman.org.nz or website www.sporttasman.org.nz. Meet every Tues 9.30am (unless otherwise stated) at the Richmond Town Hall. All sessions cost \$4 (unless otherwise stated).

For all trips, meet at Richmond Town Hall to carpool. If raining, please call.

October 1st: Helicopter Rescue visit & walk to Honest Lawyer for coffee.

October 8th: Glorious Isel Park in Spring Bloom & coffee at Squires Cafe in Stoke(self led).

October 15th: Centre of NZ Walk from the Botanics Reserve.

October 22nd: Tahunanui Beach Walk & coffee at Nelson Golf Club

October 29th: Tour of Bishop's School (Opposite NSOM) & walk up Church Hill.

November 5th: Rabbit Island BBQ Adventure

Cost of food approx \$5. Bring a chair, hat & morning tea.

November 12th: The Story: "Mapua couple John & Linley Taylor went on an adventurous cycle trip to..." Start time 10am.

November 19th: Table Tennis at Saxton & walk along Orphanage Creek(time permitting). Bats & Balls & morning tea are provided. Cost to play \$2. [Meet Town hall, \$4].

November 26th: Grampians Excursion-Walk or Ride in a 4WD to the Grampians Lookout Platform. WEATHER DEPENDENT. Walkers - Start from Fairfield Hse carpark and venture right to endeavour St & follow the slow gentle path up the Grampians with fantastic views along the way. 4WD Passengers - (Numbers Limited to 12) We will approach it from Brook St and meet the walkers for refreshments at the lookout. Fuel \$1

December 3rd: Leisurely Walk at Sandeman Reserve, Visit to Eyebright followed by Coffee at Grape Escape.

December 10th : Our Movie "The King's Speech" Movie Starts at 10am

December 17th: Twinkling Celebratory Christmas Lunch for Club50 at Richmond Town Hall. Bring your dancing shoes, your festive cheer & a dessert to share. Wine & Fizzy provided by Sport Tasman.

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.

Last Wednesday in the month: an outing. 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 Tues of each month, noon-1.00 pm, Senior Citizens Rooms 62 Oxford St, Richmond. Guest speaker at most meetings. BYO lunch (tea & coffee provided).

Nelson Dance Along

Old Time Sequence/New Vogue, Richmond Town Hall, 7.30 pm to 11.00 pm

Saturday 12 October: Tape Music. Cost \$4.00 Members, Non-Members \$5.00

Saturday 9 November: Tape Music. Cost \$4.00 Members, Non-Members \$5.00

Saturday 28 November: Live Music -Warren Fenmor. Cost \$6.00 Supper Provided, Everyone Welcome Contact Rosalie Winter 03 548 2236.

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.

This issue's crossword solutions

C	L	A	N	C	Y	T	G	I	V	E	
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Recreation & Service Directory

OCTOBER – NOVEMBER 2013

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

Golden Bay

Age Concern

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

Astanga Yoga

GB Community Centre, Tuesdays 5.45 pm, Doris or Keryn Ph 03 525 9525. Thursdays 9.00 am, Michelle or Pam Ph 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 am-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 noon-1.00 pm
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.

Puramahoi 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)

Moira Ph 03 525 7202.

Upright and Able for Falls Prevention

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

Urwhenua Women's Institute

2nd Tuesday each month
Anglican Church Hall, 1.30 pm
Nancy Ph 03 525 9491.
Wednesday Walkers
Bron Ph 03 525 8627
Bob Ph 03 525 9958.

Workouts

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

Hope

Hope Midweek Badminton Club

Carolyn Ph 03 541 9200.

Nelson Veterans Tennis Club

Hope Courts every Thursday
Ph 03 547 6916.

Mapua

Indoor Bowls

Mapua Friendship Club
Mapua Public Hall
Valerie Ph 03 540 3685.

Low-Impact Aerobics and Pilates

Wakefield, Upper
Moutere and Mapua
Lynda Ph 03 543 2268.

Mapua Bowling Club

Dave Ph 03 540 2934.

SeniorNet (Motueka)

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

Taoist Tai Chi

55 Muritai St, Tahunanui
Ph 03 545 8375.

Motueka

Aerobics/Gym and Fitness Centre

50+ Aerobics
Mot Rec Centre
Jody Ph 03 528 8228.

Age Concern

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

Arthritis New Zealand

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

Gym & Fitness Centre

Studio Gym 275
Catherine Ph 03 528 4000.

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 RSA Club, High St, Motueka at 9.30 am.
Secretary:
Gill Gately 03 528 5399
President:
Tim Rich 03 528 6922.

Riwaka Bowling Club

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

Riwaka Croquet Club

Sally Ph 03 528 8296.

Scottish Country Dancing

Valerie Ph 03 543 2989.

SeniorNet [Motueka]

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

Social Recreation

Kiwi Seniors (Motueka)
Vonnie 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 Dru Yoga class at

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

Murchison

Age Concern

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

Nelson

Age Concern

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

Angie's Active Circuit

Burn calories and increase muscle and energy levels in this fun, easy aerobics and circuit class. Thurs 9.15 am-10.15 am, Tahuna Presbyterian Church, Muritai St. \$5. Ph Angie 03 547 0198.

Aquatics/Swimming/Gym

Riverside Pool
Ph 03 546 3221.

Art Group Nelson

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

Arthritis New Zealand

Water-based exercise. Transport available to exercise at Ngawhatu pool each Monday morning. Phone 0800 663 463 for more details. Services are now managed from Christchurch. Clinics available from Nelson Bays Primary Health, Ph 03 539 1170.

Belly Dancing

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

Bodyvive (Low-impact)

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

Brook Waimarama Sanctuary

Volunteering can be an extremely rewarding experience and there are plenty of opportunities at the Brook Waimarama Sanctuary to learn new skills and experience. Volunteer roles include Visitor Centre Volunteers, Public Events Team, Track Cutting Team, Invasive Plant Control Team, Trapping Team, Lizard Monitoring, Bird Monitoring. For more information visit www.brooksanctuary.org.nz/support or Ph. 03 539 4920

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

Nelson Caravan Club

Allan Ph 027 319 7427.

Nelson Community Patrol

Suzy Ph 03 539 0409.

Nelson Dance Along

Rosalie Ph 03 548 2236.

Nelson Electronic Organ and Keyboard Club

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

Nelson 50+ Mini-Walks

Gwenda Ph 03 544 5307.

Nelson Male Voice Choir

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

Nelson Petanque Club

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

Nelson Philatelic Society

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

Nelson Savage Club

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

Nelson Scrabble Club

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

Nelson Senior Citizens

Social Indoor Bowling Club. Valda Ph 03 544 1487.

Nelson Social Dancing Club

Live band on the second Saturday of each month, 7.30-11.30 pm, at Broadgreen Intermediate School Hall. Members \$8, non-members \$12. Ph Nancy on 03 544 7408 to confirm.

Over 50s Pilates and Yoga

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

Pottery

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

Probus, Stoke-Tahunanui ladies branch

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

SeniorNet [Nelson]

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

Senior Service - Nelson Baptist Church

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

Sit and Be Fit

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

Stroke Club Nelson Social activities

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

Stroke Foundation

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

Support Works

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

Suter Art Gallery

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

Table Tennis

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

Tahunanui Bowling Club

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

Tahunanui Community Centre

"Friends and neighbours" social group meets Wednesday afternoons. Up **Cycle**: Improve your bike-riding skills.

Garden Group: Monthly meeting on a Wednesday evening 7.00 - 8.30 pm.

Walking Group: Wednesdays 10 am. Meet at the Community Centre, 61 Muritai St, and walk for 1hr. Ph 03 548 6036.

Tai Chi with Gretchen

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

Taoist Tai Chi Internal Arts for Health

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

The New Hub

Circuit Training every Thursday 10.00 - 11.00 am. All ages and levels of fitness welcome. \$3. New St venue. Ph 03 545 9147.

U3A

Ph Lois 544 2440, Email membership@u3anelson.org.nz

Ukulele with Gretchen

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

Upright and Able for Falls Prevention

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

Veterans' (55+) 9 hole golf days

Greenacres Golf Club, last Monday of every month. Dick Ph 03 547 6071 or Club Professional. Ph 03 544 6441.

Victory Laughter Yoga Club

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

Victory Senior Support

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

Walking

Nelson 50+ Walking Group Noel Ph 03 544 2286.

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

Zenda Middle Eastern Dance

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

Richmond

Age Concern

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

Badminton

Richmond Morning Badminton Dawn Ph 03 544 4120.

Body Power Pilates & Yoga

Centre Richmond Town Hall Sue Ph 029 281 3735.

Bodyvive (Low-impact)

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

Bridge Lessons

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

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

Easy Exercise

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

Euchre

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

Hope-Ranzau Women's Institute

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

Indoor Bowls for Seniors

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

Laughter Yoga, Richmond

Nourish your wellbeing. Marion Ph 021 145 3027.

MenzShed Waimea

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

Nelson Dance Along

Richmond Town Hall
Alternate Saturdays - 7.30 pm
to 11.00 pm. Rosalie Winter
Ph 03 548 2236.

Pedometers from the Library

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

Pilates Courses

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

Pottery

Tutored classes at Craft
Potters, 202 Ranzau Rd,
Hope. Wednesdays 10.00 am -
12noon. Any or no experience.
Ph 03 541 8953.

Richmond Bowling Club

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

Richmond Indoor Bowls

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

Richmond Joggers

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

Richmond Physiotherapy

Weekly classes in their
spacious, sunny gym Exercise
For the Older Adult: A well-
balanced, physiotherapist-led
mix of strengthening, balance
and cardio exercises. Monday
10.30-11.30 am, \$8.
Knee Class: Physiotherapist-
led exercises to strengthen
the lower limbs. Suitable for
those with achy or arthritic
knees wanting to keep or
improve their strength to
remain active Thursday
10.00 am-11.00 am, \$10.

Richmond Recreation Centre & Town Hall

9 Cambridge St.
Ph. 03 544 3955
www.sporttasman.org.nz or
www.way2go.org.nz

Body Define Circuit, Weds

11.15 am. Gym-style circuit
class. \$4. Suitable for all levels
of fitness, and children's play
area available. \$4

Easybeat: Mon & Fri 9.00 am.
Ease In2 Easybeat: Mon & Fri
11.15 am.

NEW Cardiac Club, Shapeup 4 Healthy Hearts:

(Heart
Foundation affiliation
programme), Mon & Fri
10.10 am - 11.10 am. \$4.

Club 50: Tues 9.30 am. A fun
social recreation & activities
group. All welcome.

Motion & Mobility: Fri at
11.15 am. \$4.

Fun Housie: With prizes.
Designed for all ages and
those with special require-
ments. Fridays 2-4.00 pm. \$3.

Ease In2 Cycling: Easy social
cycling. Wed 1-3.00 pm. \$4.
Enjoy the sights of Richmond/
Nelson on your bike.

Richmond Slimmers Club

Meets every Wednesday at
the Richmond Town Hall. Fun
club. \$3 a meeting.
Ph. Eileen Ph 03 544 6392.

Richmond Walking Group

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

Silver & Strong

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

Sport Tasman's Club Recreation

9 Cambridge St, Richmond
Ph 03 544 3955.

\$4 Fitness

Easybeat: Monday & Friday
9.00 am

Ease In2 Easybeat: Monday
& Friday 11.15 am

Shapeup: Mon & Fri 10.10 am

Sit & Be Fit: Fridays 11.15 am
Ease In2 Cycling: Social
cycling Mon & Wed 1.00 pm,
\$4. Please ring that morning
for meeting place.

Club50: Tuesdays 9.30 am,
Seniors, social recreation
& outings. New member
welcome, \$3.

Walking Group: Mondays
9.30 am, no charge.

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

Social Cards

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

Spinning, weaving

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

Tasman Tennis Club

Social tennis Tuesday
mornings 9.30 am, beside the
Badminton Hall, Gladstone
Rd. Coaching sessions avail-
able. 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 Friday afternoons,
Oakwoods, lower Queen St.
Gretchen Ph 03 548 8707.

Upright and Able, Falls Prevention

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

Yoga

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

Stoke**Angie's AquaFitness**

Get back into activity in a
warm-water pool. All abilities,
shapes and sizes welcome.
Tuesdays, 10.45 am-11.45 am,
Thursdays 6.00 pm -7.00 pm.
\$6. Ngawhatu Pool, Stoke.
Angela Ph 03 547 0198.

Angie's Silver Circuit

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

Aqua-therapy

New sessions for hip, knee,
ankle, shoulder, back issues.
Exercise professionals with
you in the warm water.

Ngawhatu pool. Bookings
essential. Angie Baker
03 547 0198 or 021 330 905.

Clogging/Tap Dancing

Nelson Sun City Cloggers.
Georgina Ph 03 545 1037.

Country Music

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

Easy Exercise

Sit & Be Fit for Men & Women.
Arthritis New Zealand, Every
Tuesday 10.00 am, Stoke
Methodist Church Lounge.
Maureen Ph 03 546 4670.

Hatha Yoga

Maureen Ph 03 546 4670.

Hydrotherapy

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

Ngawhatu Bowling Club

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

Pottery

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

Presbyterian Support

Our Harakeke Club welcomes
people who have had a
diagnosis of Alzheimer's
Disease or another dementia.
We provide opportunities for
socialising, participating in a
varied activities programme,
and more. Mon-Fri, 10.00 am
to 3.00 pm. Tue-Fri 10.00 am
- 3.00 pm Totara Club. Day
programmes for older people,
socialising and participating
in a personalised activity
programme. Both clubs also
provide a two-course cooked
lunch and door-to-door
transport to and from the
centre. Ph Sasha Spargo
03 547 9350.

Safety & Confidence

Kidpower, Teenpower,
Fullpower Trust
Cornelia Ph 03 543 2669.

Saxtons Sit and Be Fit

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

Stoke Bowling Club

Allen Ph 03 547 1411.

Stoke Combined Probus Club

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

Stoke Companions Inc.

Fellowship & Aerobics Group
for 50 yrs of age & over, a
reasonable level of fitness.
9.15 am Weds. St Barnabas
Church Hall, Main Road
Stoke. Ph 547 2386.

Stoke Companions Inc.

Fellowship and aerobics
group for 50+ years. A
reasonable level of fitness.
9.15 am Wednesday, St
Barnabus Church Hall, Stoke.
Ph. 03 547 2386.

Stoke Social Seniors

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

Tuesday Walking Group

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

Table Tennis Nelson

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

Ukulele Fun

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

Upright and Able, Falls Prevention

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

Tapawera**MENZSHED**

Contact Graham 03 522 4938
or Roger 03 522 4560
Email: tapaweramensshed@
gmail.com

Visual Art Society

Kaye Ph 03 522 4368.

Walking

Rural Ramblers.
Ph 03 541 9200.

Wakefield**Easy Exercise**

Arthritis New Zealand, Nelson,
Nancye Ph 03 541 9040.

Live Well, Stay Well Activity Group

Meets every two weeks
on Tuesdays. Contacts:
Margaret 03 541 9693 or
Yvonne 03 542 2235.

Silverthreads Fun Afternoon

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

FOSSIL RIDGE BOUTIQUE WINES

Creative Writers

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

Congratulations to **Ann Nighy**, who takes the prize for October-November.

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wine@fossilridge.co.nz Closed Monday and Tuesday



SEND ENTRIES TO:

Fossil Ridge Creative Writers, Mudcakes and Roses, HotHouse Communications, 4/203 Queen Street, Richmond 7050
or Email mudcakes@hothouse.co.nz

Pulling giant trees from the bush using bullocks

by Ann Nighy

'Do you want to come Ben? asks Dad.

'Where are you going Dad?' says Ben.

'We have to take some of the giant trees out of the bush.'

'Will we use the bullock team?'

'Yes' says Dad.

Ben is very keen to go so he puts on his boots and coat. The bullocks are in the paddock near the house. They have shiny black skin and a horn comes out beside each ear. Each horn is very sharp but because these big black animals are tamed bulls they are not dangerous. They each have a name.

Today there will be three pairs yoked together. Dad likes Tai and Bossy in front. Behind them are Hip and Manu and coming up last are Bing and Bong.

Now the men fell a big Kauri. They guide it to fall length ways down the hill so it will be easy to attach to the bullock train. Some branches are removed for easier towing. A man winds a stout rope around the trunk and attaches the rope to the chain onto the bar behind the bullocks.

Dad tells the bullocks in front to start pulling together. Soon all the bullocks are pulling together and they move the large log between the trees.

'Pull to the left.' calls Dad.

'Whoa, slowly does it!' another man calls, 'the log is moving away.'

'Yes the ground is slippery here, there must have been some rain.' says Dad.

Ben keeps away from the bullocks as he does not want to get injured. He likes watching and feels in another world. There are bird calls and nice smells from the trees. He thinks he'd like to work in the bush when he gets older.

Gradually the team comes out of the bush with the giant Kauri.

'Whoa now!' says Dad. He makes sure the log is tied on well.

'Now take us across the stream to the dry land.'

The bullocks are happy to walk in the water. They pull hard and soon the log is floating as it travels over the water and on to the flat land beside the large

pile of other trees. The logs are stacked so they will not fall over. Tomorrow they will be taken by tractor to the mill nearby. Here the logs are made into timber lengths to be used to build our homes.

The bullocks wait patiently while being unhooked from the yoke. They like to move alone and stretch after a long day's work. They have a drink from the stream and start eating grass. They are very hungry at the end of a hard day in the bush.

Dad and Ben move the bullocks into the paddock beside the stream.

After sleeping until morning they will be needed again to do the important work of clearing the forest of giant Rimu and Kauri.

'Are you tired Ben?' asks Dad.

'Oh just a bit.' says Ben.

'Do you want to come with me tomorrow?' asks Dad.

'Yes please Dad.'

They smile and walk home very pleased with the day's work.

Age Concern Accredited Visiting Service



“What a difference some company can make.”

Loneliness is as much of a risk to health as smoking. Research shows that if older people have good social connections they can be protected against a range of health issues such as depression and anxiety, malnutrition and weight loss. Loneliness is amongst the four most pressing concerns for older people, right up there with health care, income and ageist attitudes.

The Age Concern NZ Accredited Visiting Service goes some way towards alleviating this problem by providing around 70,000 visits per year to older people who are in need of company. This service works to decrease the level of social isolation and loneliness of older people in the community. We provide a trained, caring volunteer who will visit regularly for companionship and friendship. The latest visitor and client satisfaction survey showed that 90% of visiting service clients said that they feel happier for receiving the service and that they think of their visitor as a friend. Of the volunteer visitors who responded, 95% told us that they enjoy their role, and

98% said they benefit from visiting and older person (Age Concern New Zealand, 2013)

Being a visitor is a rewarding experience and Age Concern Nelson Inc. has around sixty volunteers providing this valuable service in the Nelson/Tasman region. We aim to provide mutually beneficial relationships between older people and visitors and the co-ordinator works to make this happen by carefully matching the older person and volunteer. Matches are monitored for satisfaction and ongoing training and support is provided.

We receive a steady stream of referrals and unfortunately, have a constant list of seniors waiting for a visitor to become available.

Do you enjoy the company of older people? Are you warm, friendly and enjoy a chat? Do you have an hour a week to spare? This could be an opportunity for you to join the Age Concern Team as a volunteer visitor. We are currently seeking new volunteers of all ages in the Nelson, Richmond, Golden Bay and Motueka areas. New referrals are also welcome.

Please contact: Susan – AVS Co-ordinator on 03 5447624 or ageconcern.nelson2@clear.net.nz if you think you may be interested in this service, we would love to hear from you.

Suffering from unsightly, aching varicose veins?

Would you like to wear shorts again?



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