

# Mudcakes

## and *Roses*

Senior Generation Action and Issues – Nelson Tasman

Issue 41 • April / May 2007

**It's cool  
to be hot**



### *this issue*

Safe scooting	3	Travel	9
Creative writer series	6	Historic Nelson	11
Crinoid fossils	7	Classic boats	12

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# Briefs...

## *Larger rates problem brewing*

A \$30 billion problem is forecast for ratepayers across New Zealand in the next 10 years, prompting a far-reaching reassessment of who should foot the bill for council services.

An independent Local Government Rates Inquiry (LGRI), was announced by Local Government Minister Mark Burton last year in response to the uproar at council rates rising at a national average of about eight per cent – roughly three times the rate of inflation.

The briefing shows worse news is on the way, with \$30 billion of capital infrastructure needed nationwide in the next 10 years. That figure is double the amount spent in the previous 10 years and amounts to half the \$62 billion of assets held by local government.

The Buller District Council has the highest rates rise in the country, with a 21.4 percent increase last year and a similar figure projected for this year.

Local Government New Zealand president Basil Morrison welcomed what he described as a principled and comprehensive inquiry into rates. "I'm reassured by the independent nature of the proposed inquiry, free from some of the more extreme solutions expressed recently, such as rate-capping."

- Source: John Henzell The Press

## *What's on in Motueka*

Last year it was rained out, so here's hoping for better weather this year for the Motueka on High market day and harvest festival.

This street festival will be held on 15 April 2007 starting at 9.00am.

We've barely said goodbye to summer, but the Motueka Lioness Club is thinking ahead. The annual Kaiteriteri mid winter swim will be on again this year. Mark your calendar for 10.30am 17 June 2007.

## *Age Concern in Golden Bay*

Age Concern is a sponsor of Mudcakes and Roses. During the year we are profiling its staff members working around the region.

This time we introduce Ann Fletcher who is the Age Concern Field Worker in Golden Bay. Ann is a newcomer to the Age Concern team and the organisation is delighted to have such a highly skilled person on board. Ann can be contacted at the Heartland Service Centre in Takaka on (03) 525 6151.

# Mudcakes and Roses

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# Forums focus on scooter safety

Richmond couple Vera and Walter Donovan were among a group to “test-ride” a mobility scooter at the recent forum led by Road Safe Nelson Bays. Mobility scooters were the focus of road safety forums held around the region in March.

Its main aim was to educate riders of mobility scooters about their responsibilities, assess and refresh rider skills and raise awareness of the road code and road safety issues. The forum was open to all existing users, and those considering use of a mobility scooter.

Vera, who still drives a car,

was there to support her husband who was learning about mobility scooters.



*Vera and Walter Donovan of Richmond test their mobility scooter skills at the recent forum.*

“This is my first real ride. We have recently moved and this scooter came with the house,” Vera said.

Health research indicates that older people who maintain their independence and mobility suffer fewer health problems and less depression than those who are housebound. However, using them does come with responsibility, Nelson City Council Road Safety Coordinator Margaret Parfitt said. The biggest issues are enhancing visibility to cars and pedestrians, and sharing space with pedestrians.

## Spirit triumphs in new book

In the last issue of Mudcakes and Roses a review of Tom Koves’ autobiography was published. Copies can be bought directly from Tom by emailing tomjudy@koves.net.nz or by writing to him at 1 Barrington Place, Richmond.



*Tom Koves*

His book, *The Chronicler*, took 12 years to complete. The 400-page autobiography is about his survival as a young boy in Germany and later in Russian-occupied

Hungary. Many members of Tom’s family perished in the Holocaust.

The book is a joint effort between Tom and his American wife Judy, to whom he has dedicated the book.

“Memories of the past instruct us in our dealings with the present and the future,” reviewer Shmuel Bar-Even writes. “Tom dedicates his book, fittingly, to his wife Judy, but also to those who tried to change things. This phrase sums up the spirit of the book and of the man who lived through a great storm, but worked throughout his life with strength and spirit to combat adversity and to create change,” Bar-Even said.

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# Turning up the heat on

A hot new health trend is raising temperatures in Nelson as people latch on to the benefits of hot yoga. Recent arrivals in Nelson, Lou Cassella and Claire Szabo, are yoga instructors who found their Shangri la here in Nelson quite by accident. Claire had visited during a “personal walk about” and managed to convince Lou, who she met on her return to the US, that New Zealand was the place to be. He then joined her on her return to this country.

They opened their Nelson business, Hot Yoga of New Zealand, in

December last year.

Lou, a former bodybuilder and native of Connecticut in the United States, is a certified Barkan method Hot Yoga and Power Vinyasa instructor. He has taught hot yoga across the United States and is now based at Hot Yoga of New Zealand. He is certified by Yoga Alliance.

Claire, who hails from Oregon in the Northwest of the USA, has been a yoga practitioner for more than 12 years. She is certified by Yoga Alliance and teaches Yin Yoga, Hot Yoga and Power Vinyasa.

From their studio in Nile Street West, Lou and Claire are now turning up the heat on a 5000-year-old form of exercise that suits all ages and fitness levels.

## Age not important

“Age is the least important factor when doing yoga. You can start at any age or in any condition – the practise is timeless,” Claire said. “Even if you are 65 and have never done yoga, you can do a posture similar to the person who might be in the yoga room next to you, that has done it every day of their life.”



*Yoga helps increase flexibility*



*Meditation and yoga go hand in hand for Lou Casella*



# ancient form of exercise

Claire and Lou describe yoga as an “internal massage for the body”.

Add “hot” to the equation and the body’s largest and most often overlooked organ, the skin, begins to benefit. The essence is humidity in the studio. The room is heated to temperatures ranging between 28°C to 37°C. The warmth helps prevent injuries.

“The thing that people need to know is that yoga works your body 100 percent – organs, ligaments, tendons, muscles and skin. It strengthens muscle and increases bone mass.”

Yin Yoga, the least aerobic form of the three hot yogas offered at the studio, is great for strengthening and lengthening connective tissue; perfect for relieving ailments such as lower back pain.

## Mind and body

“Yoga is about bringing mind and body together. Yoga practise is also a slow, gradual process, but it’s a fun process. The idea is to make it into something people want to come to.”

Claire, who also works as an international mandala teacher,

has extended her knowledge and abilities to advance a cause dear to her heart. Claire lost her mother, grandmother and great grandmother to breast cancer, and has founded the Paint-It Pink Mandala Project - a collection of public art that supports breast cancer awareness.

Lou and Claire love the outdoors, and are keen trampers and mountain bikers. Right now, however, they are focusing on building their business into a sanctuary for those seeking to enhance their health and wellbeing.

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## Rimu Grove Winery Creative Writer series

Rimu Grove winery in Mahana is sponsoring a creative writer series in Mudcakes and Roses. Our first published piece is from Garrick Batten who lives in Brightwater. Garrick has received a bottle of fine handcrafted wine from Rimu Grove for his lyrical piece, Rhythmic Romance.

Thanks to all those who sent in work, we will endeavour to publish more as space allows. Please keep the writing coming in. We will have another bottle of wine to give away in this issue. Submit your articles to [annabel@drycrust.com](mailto:annabel@drycrust.com) or post to Mudcakes and Roses, Creative Write Series, PO Box 3352, Richmond by 15 May 2007.

# Rhythmic Romance

by Garrick Batten

Ah! the romance of the high country.

Outside the hut frosted grass sparkled like a cloth of diamonds in the last of the moonlight.

It was burningly cold on bare feet and I was relieved to run back inside to the overnight fug of woodsmoke, damp clothes and men-smell. All romances have their ups and downs.

Jim lost the pre-breakfast toss so had already gone to catch and saddle the horses and let the dogs off. I could hear their racket and see their unique tailsniffing acquaintance rituals through the smeary window.

When I had my boots, coat, and hat on there was a rosy

glow in the eastern dawn sky. "A red sky in the morning is a shepherd's warning," said Jim. "That's what my father used to say." The weather looked pretty settled to me. We levered into our saddles and headed up the valley.

Sure it was a life with only basic comforts. But I loved it. Mustering on these stations was part of the back country life that kept this love affair going.

Up a side gully into a pocket of cold clammy fog. It deadened some sounds but highlighted creaking leather, and the familiar snick and clink of hooves on stones. The manuka was jewelled with moisture globules and the bushes swished against our coats. It was mysterious because it was new country and I couldn't see it. Then we broke into clear early sunlight on a leading ridge and there was the arduous climb to the back boundary away ahead.

We separated and I was on my own heading for my beat with dogs trailing behind, warmed by horse body heat, now comfortable in my contentment.

"Speak up Joe. Ho Ho Speak up." His deep throaty bark echoed around the hills. This was the musical background that was also part of the seduction. The sheep started to move in front of me. The sun climbed higher, off came the coat, dogs barked and sheep drifted on. Occasionally I had to send out a heading dog to stop a group dancing sideways or to shift a stubborn clump of dirty white in a gully. But generally everything was going with the gentle flow of a stable relationship.

However Jim's father was right. The breeze changed abruptly to a southerly wind. The temperature dropped, thunderclouds built and then icy hail.

The dogs scuttled under bushes whimpering with pain and fright. The horse turned back into the gale and refused to move. And the sheep just split back to their home patches. Disaster in twenty minutes.

The early morning had been a high in the progression of this high country romance despite the negatives. Now the storm made me doubt my dreams, hopes and plans for the future. Maybe all romances have these rhythms of excitement, challenge, peaks and troughs as it grows?



Garrick Batten

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# Crinoids take over family home

Evidence of life 35 million years ago on an Upper Takaka farm amazed Mac Harwood. It motivated him enough to start his own museum.

His collection of crinoid fossils and rocks showing the geological history of Upper Takaka, are displayed at Dry Creek Museum.



*Mac Harwood's curiosity for crinoids has turned his home into a museum*

The ancient relics he has found, labelled, and displayed in his rock collection gained him a commended accolade in the 2006 Tasman District Council Environmental Awards.

Mac, 72, said an Auckland scientist who sent him a paper he had written on crinoids triggered his interest in ancient fossils. Upper Takaka is the only place in New Zealand where the fossilised remains of these ancient sea creatures are found.

## Collecting fossils

"I found some on our farm, and it went from there. I started collecting these fossils and got the museum going."

The museum takes up three rooms of a house on the family farm.

Mac said the thing that makes a crinoid fossil so special is that at the time these ones flourished, they were among the largest animals on the planet, although only a few centimetres tall.

The fossils in Mac's museum once lived on the sea floor. The reason they have been preserved in Upper Takaka is linked to its limestone and marble geology. Surrounding shells broke down to create limestone. Heat caused by the pressure of rock formations "cooked" the limestone, which turned into marble and changed the crinoids trapped within to crystals.

Crinoid fossils can be found in several countries around the world. The Dry Creek Museum is open by appointment. Ph (03) 5259343.

## So what's a Crinoid?

Also known as sea lilies or feather-stars, crinoids are marine animals. They live in shallow water and in depths as great as 6000 metres. Crinoids have a mouth on the top surface that is surrounded by feeding arms. Crinoids usually have a stem used to attach themselves to the material on the bottom of a stream; many become free-swimming as adults. There are only a few hundred known modern forms, but crinoids were much more numerous both in species and numbers in the past.

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# WWI aircraft take centre stage at classic fighters

At least 12 full-size World War One replica aircraft are expected to form the centrepiece of the 2007 Classic Fighters airshow in Marlborough over Easter.



*Omaka Airshow is a major event in the top of the South*

This year Classic Fighters will debut several new WW1 aircraft including a Fokker D.VII, said to be one of the best fighter aircraft of the 'Great War'.

Aircraft from between the wars will also feature, with a formation of five twin-engine de Havilland marques including the Dragon, Dragonfly and Dominee, and a pair of Beech Staggerwings.

World War II aircraft will be well represented; the Messerschmitt Me-108 will once more attack the aerodrome, while a Miles Messenger liaison aircraft will be on show for the first time. Later model aircraft will also be displayed.

Classic Fighters is held at Omaka Aerodrome – home to the oldest aero club in New Zealand and to a growing number of original and replica warbird aircraft spanning the period from The Great War through to the 1970s. These aircraft and associated aviation paraphernalia form the cornerstone of the Aviation Heritage Centre museum situated adjacent to the airfield and opened in late 2006.

**Classic Fighters 2007: Omaka Aerodrome, Blenheim. Good Friday 6 April to Sunday 8 April 2007 Gates open at 7:30am. Main displays 10am – 4pm.**

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# Meeting the real people

Being a tourist in a foreign country it's often easier to meet other tourists than to really experience the lifestyle of the locals. Motueka-based Southern Exposure Tours has for the past three years been offering travellers the insiders' guide to life in the Austrian and Swiss Alps.

Tour leader Silvana Gottini draws on her own European heritage and family connections to take small tour groups into tiny villages, discovering little-known delights and hidden treasures.

Silvana's father is Swiss and her mother Austrian. While she was raised in New Zealand, Silvana speaks fluent German, in both Swiss and Austrian dialects, and has lived in Switzerland for three years.

The tours involve staying in the Austrian countryside, exploring medieval townships, and strolling through stunning valleys including visiting the Styrian family wineries in Austria. These family-owned wineries are well off the tourist trail and Silvana takes tours to one owned by her relatives. One of the seasonal specialties at these small wineries is a drink called 'sturm' which is made from partly fermented grape juice. It's only available in the autumn, four or five days after the grape harvest begins. After sampling the sturm the group takes a stroll to the family farm to sit around the dinner table for a meal of home-made or grown food, including cheeses, breads, meats and cider.

By travelling with Silvana, visitors become privy to lots of local secrets they would otherwise miss out on. As well as revealing the hidden treasures, Silvana makes sure the groups see the main attractions too, but she manages to work outside the peak tourist times, giving her groups the best experience possible. The tours involve plenty of short walks, so reasonable mobility is essential, although you don't need to be



*Southern Exposure Tours seeks the insiders look at life in the Swiss and Austrian Alps.*

super-fit. Where walks are scheduled there are always easier options visitors can take.

Along the way local transport is used and accommodation is in locally-owned establishments. Silvana's next trip is scheduled for September. Visit [www.southernexposuretours.co.nz](http://www.southernexposuretours.co.nz)

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# Further reflections on living and dying

*This is the second in a series supplied by Nelson resident, retired psychotherapist Jay Noah Shapiro, on joy, and why we find it hard to hold on to.*

## And joy?

So what about the other side of the equation – joy? Not that I haven't had my 'moments', but, somehow, one gram of joy never seems to weigh as much as a gram of misery. Could the problem possibly lie within me?

In the halcyon days, when I was a blooming young psychotherapist, we used to throw this one around:

Question: What's the difference between a neurotic and a psychotic?

Answer: A psychotic thinks one and one is three. A neurotic knows one and one is two, but it **BOTHERS** him!

Well, don't let me fool you. Half the time I don't know that answer, but the other half – of course I know the answer... but it bothers me. The answer is not to live in denial. The answer is to live life so fully, in the tick of the clock, wide open to ecstasy, as well as it's inevitable agonies; so wide open that you don't have time to worry about the next chapter, because you've already got more than you can handle

Does that sound reasonable? Maybe so to you, but frankly, it still bothers me. Perhaps I need another helping on my plate. Five or six years ago I decided that what I wanted my life to

be like could best be described as running joyously down the road toward death. Most of the people to whom I confided this reacted as if they'd swallowed a frog... Nevertheless, that remained my stated goal. And, since I had to concede that I wasn't exactly comfortable with what awaited me at the end of that road, I knew that I could never be joyful...although I wanted to be...so I went into therapy...and I remained in therapy for three or four years, and I unearthed so much unfinished living business that I had no time to deal with death!

## A Favourite Story you may not like

A man answers a knock on his door to find Death standing there. When asked his business, Death says: "I was just in the neighbourhood and dropped in to let you know that I will be collecting you tomorrow at noon." No sooner has the door shut than the terrified man leaps out the rear window, and runs in the opposite direction for a full 24 hours, without once stopping for rest... until, as noon is approaching he sees a huge shade tree just ahead, and, on the stroke of 12 he sinks gratefully into it's coolness, only to find Death standing there, looking at his watch, saying: "Boy, that was really close. I thought you'd never make it!"

*Submitted by Jay Noah Shapiro; 180 Kawai Street South, Nelson; (03) 546-6948; jay.shapiro@clear.net.nz*

• *In the next issue of Mudcakes and Roses, Jay talks about his first major battle with God.*

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# Stables preserves thoroughbred history

The Stables Restaurant and Bar emerged from the rubble of an historic building that once stood as a monument to New Zealand's early thoroughbred industry.

Henry Redwood, a pioneer farmer who arrived in the new Nelson settlement from Staffordshire in 1842, was known as the "Father of the New Zealand turf" for his expertise in breeding fine race horses. The stables he

built in the early 1850s next to his home in Appleby's foothills, stand restored and recycled, brick by brick, as The Stables restaurant in Richmond.

Racing was Henry's chief love. He began importing stock from France. In 1851 when 33 horses arrived, New Zealand's first stud for breeding thoroughbreds was established. Redwood's black and red colours became known all around Australasia.

## Racing pioneer

As Mollie Dickinson wrote in the Journal of the Nelson Marlborough Historical Societies, October 1981 edition (volume 1, no.1), the stables once stood next to Highway 60, 14 miles west of Nelson, and half a mile from the Waimea River bridge at the base of the foothills.

"Henry Redwood, pioneer settler, built his home, Hednesford, in 1849 and 50 yards away, his racing stables," Mollie wrote.

The stables were once L-shaped, two-storey, and built of brick. The wall was 165 feet long with eight stalls, feeding troughs and a corridor for the stable hands. The upper floor was used for storage.

The great earthquake of 1929, which struck Murchison then flexed north through Nelson, damaged the building and triggered its rapid deterioration.

It was demolished when years later the state highway was widened, and then re-built as the restaurant and tavern. Due to public pressure to preserve the site, Transit New Zealand agreed to measures that avoided damaging the site during road construction. There was talk of turning it into an historic landmark with information displays, but the idea was dropped when



*The Stables Restaurant and Bar is a tribute to one of New Zealand's racing pioneers.*

it was thought that this might create a traffic hazard.

The original stables floor has remained in place and is protected by a heritage listing. The Stables restaurant that stands in Richmond today, is as close to the original form as possible, and contains more than 35,000 of the original bricks.

"Restoration of the Redwood Stables was a fitting memorial to an outstanding pioneer in

the district, and Father of the New Zealand Turf," the historical society's journal said.

*Sources: Journal of the Nelson Marlborough Historical Societies, October 1981 (vol.1, no.1) Nelson Mail, 04.02.1999*

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# Stiffy wins Jens Hansen Cup

Classic powerboats roared to life, classic sailboats glided peacefully, and rowing boats skimmed along the surface of Lake Rotoiti at the eighth annual Seresin Estate Antique and Classic Boat Show in early March.

A restored clinker sailing dinghy from Picton was the overall winner of the Jens Hansen Cup. “Stiffy” was built in 1948 for the Auckland sea-scouts but had been abandoned and until a year ago was derelict. Almost 400 hours of restoration work by Harold Gratton of Picton transformed the boat and won the trophy for Harold and his wife Noelene.



*This classic speedster was a crowd pleaser once again.*

Judge John Moore said Stiffy represented the essence of what the boat show was about.

“It is about respect for old vessels and the New Zealand boating heritage they represent,” he said. “The winner is a ‘do it yourself’ restoration by someone who is not a professional boat builder - we were impressed that he had sought out the authentic blue colour of the boat to paint her rather than going for a glossy varnished finish.”



## Other awards included:

**Best original row boat:** a 3m clinker, Noel, owned by Ian Stewart of Nelson.

**Best jet boat:** a 4.5m, Jet 30 Hamilton, built in 1961 and restored in 2000, owned by Laurie Payne of Lyttelton, Christchurch.

**Best non-powered craft:** the Whitby, a 3.5m sea scout cutter built in 1960 by A Westrupp and restored in 2004, owned by Graham Allan of Nelson.

**Best powered craft:** Renaissance, a 6.4m Chris Craft replica runabout built at Jack Guard’s workshop in Nelson in 2004 by Chris Guard and Paul Glover.



*Classic boats on display before being launched on the lake.*



*Last year’s classic boat show winner, Whio, leads the sail past, with Mt Robert providing a monumental backdrop.*

# Looking good, *feeling great*

Making the best of what we've got is the key to looking great, as Nelson image consultant Judy Crowe has learned. She's now keen to impart this knowledge, through a business she has set up and which reflects her new-found direction in life.

Judy Crowe, mother of seven, has endured some tough times. Along the way she has transformed her career from one that focused on a fundamental of wellbeing – nutrition, to one that reflects wellbeing - image.

Her allegiance to the health profession remains in her role as chairperson of the Nelson-Marlborough Hospitals Charitable Trust.

Judy grew up on a Southland farm. She left home at 18, determined to free herself from the effects of alcoholism in the family, but found instead her efforts manifested themselves in a disease few knew much about at the time.

"I was very stressed by the emotional demands of 'performing' in a family afflicted by alcoholism. I became anorexic, and in those days (1971-72) it was not that recognised. I didn't know I was anorexic. I lost my job as a physiotherapy nurse aid, then I got physically sick."

After recovering Judy completed a year-long diploma course in home science at Canterbury University. Marriage soon followed.

In December 1975 Judy and her husband moved to Nelson. She taught part-time until a job came up as food supervisor at Nelson Hospital.

"I loved the realm of nutrition but was missing that clinical component, so I applied to go to Christchurch Hospital to train."

She lived as an intern, studied during the week, and came home at weekends until a job came up at Nelson Hospital.

Judy and her husband were keen to have children, but anorexia had affected her fertility, so they applied to adopt.

"We were called on January 5, 1979, to say we had a baby. Soon after I remember feeling physically different and so maternal. By the time our baby was eight weeks old I was pregnant.

"Pretty soon we had two babies under a year old."

Plans for more children were dashed when they discovered that Judy's husband had cancer. Several



*Judy Crowe helps create an image*

more very challenging years followed until, against all odds, Judy conceived twins. Over the years, three more children brought the total to seven.

In 1999, aged 46, Judy was ready for a change. She had been a mother and wife for 20 years.

The previous year she had "her colours done" and that experience sparked the change in direction.

"It totally revolutionised the way I felt about myself. I don't consider myself a raving beauty, but I make the most of what I have to feel beautiful." Clothes with shoulder pads were the first to be dumped from the wardrobe, and reluctantly, a brown leather coat that Judy learned "did nothing for her".

She took up race walking, dancing, yoga and attended a range of self-discovery courses. By 2000, when four of her children had left home, a friend who was an image consultant encouraged Judy to train in the field. In 2001 she went to Christchurch to do the first part of her training in colour analysis.

In her role as image consultant, she sees her strength as being in her ability to relate to all kinds of people, of all ages.

"When I see people who are well presented, sparkling individuals who show their true spirit, it's like tapping into a spiritual sense of joy."

# City of Sailors *by Tracy Neal*

A book that marks 150 years since the Nelson Yacht Club was founded charts Nelson's contribution to yachting in New Zealand as one of the earliest clubs established. It also reflects the social history of a region with strong connections to the sea.

*Sailors of 41° South – Stories from the Nelson Yacht Club 1857-2007*, pays tribute to the many hundreds of people who have helped foster the region's strong nautical heritage. The book contains stories of events dating back to 1843 (Nelson's first anniversary regatta), plus accounts from people who were members of the club more than 70 years ago, including that of New Zealand's first inter-provincial P Class champion, Bob Hight Jr.

Now aged 87, he made history in 1939 as the inaugural winner in Nelson of the NZ Tauranga Championship trophy donated for the event by his father, Bob Hight Sr and brother of Tauranga-based P Class designer Harry Hight. The class of dinghy that emerged in the 1920s was initially known as the Tauranga 7-foot Class. It became known as the P Class after Auckland's Ponsonby Cruising Club adopted it as a training dinghy



*Picture courtesy of the Nelson Mail*

*Bob Hight, New Zealand's P Class Champion*

in the 1940s, triggering greater interest among other Auckland clubs, so that by the mid 1950s other centres began using the letter "P" in their registration.

Bob Hight Sr had been a founding member in 1906 of Wellington's Te Aro Sailing Club, and had moved to the Nelson region to become a farmer around 1911. He then became a founding member in 1913 of the Tasman Bay Sailing and Motorboat Club, and later a significant member of the club in Nelson, known then as the Aurora Sailing Club.

Bob Jr now lives in Auckland and visited Nelson in January for the P Class and Starling Class national championships. Because it is a special year for the Nelson Yacht Club, Bob Jr thought it fitting to gift the Tauranga Championship trophy back to the yacht club.

Nelson sailors featured strongly in early P Class national competition. Ron Nalder won the inaugural Mellish Cup, presented in 1940 in Wellington and fellow Nelson sailor Bill Bean won national P Class honours the following year. Bill Nalder followed in 1949.

Over the years many more Nelson sailors have scored highly in the rankings and their achievements have been documented in this book.

**Healing at Home?**  
We can **help** you through it.



**Heaphys**  
**Home Support**

Phone 03 547 5552

# Lured by love to new life in New Zealand

This is the first story in a new series on immigrants' tales. Wilma van Beek of Ruby Bay talks about life in New Zealand as a young Dutch immigrant post World War 2

There was a time when young Wilhelmina Adriana Maria van Loon had to choose between her father's advice and her beloved fiancé who had made it his life's mission to leave war-torn Holland for a new life half a world away.

Wilhelmina, or Wilma as she is known, said her father's experience as an emigrant to 1900s Canada was strife-ridden and he did not want her to go through the same. He had returned to his homeland after three years.

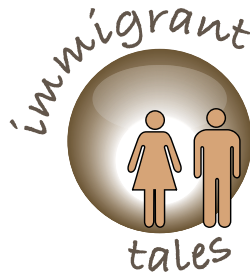
But Harry, born Henricus Stanislaus Petrus van Beek, got the girl and a new life in New Zealand. He had survived the German occupation of Holland and service within the "Youth Brigade" through fortune and courage.

"I was madly in love – it was love at first sight, and for Harry too!" Wilma said when the couple met in 1947. She had endured the war and the dreadful food shortages it brought through the love of a close family that was considered fortunate in financial terms.

"My father was in shoe repairs and when the war got very bad we were able to trade repairs for things like butter."

Wilma's father owned a tannery factory, which produced show leather. The factory continued to operate throughout the war, closing in 1982 when vinyls were introduced.

"Mother was a generous woman and would take loaves of bread to feed the poor. We had no luxuries – our workers had to be paid first," Wilma said of the war years.



Moving to New Zealand was very hard, but Wilma loved the idea of the challenge and the adventure. Her father never wanted Harry to even talk about it.

"When I had made my mind up, my father supported our decision. Harry said: 'One day you will be proud of us'."

Before Harry's death from cancer in 1995, he and Wilma had travelled on every continent but South America.

Wilma's life today, at age 84, reflects the years of hard work she and Harry put into their immigrant lives. Harry had arrived in the country in early 1950, followed a few months later by Wilma. Their marriage in Christchurch soon after was a newsworthy event. Harry had spent his last £6 on finding a bouquet of orchids in July.

The couple worked hard as farmhands and later as sharemilkers. They worked on a variety of holdings around the South Island. Attempts to start a family were fraught. The couple lost two babies, one stillborn and a miscarriage.

"During the loss of our babies, we had nothing but each other to cling to. We had nothing else. We had our bad times all right and sometimes Harry found me with my suitcases packed, but it was Harry's character that got us through. He always managed to see the bright side of things."



*Mrs Wilma Van Beek followed her heart to New Zealand*

After turning land at Reefton into a prosperous farm, in 1978 the van Beeks bought 62 acres of pine-clad, rough land on the heights above Ruby Bay. It was the beginning of Pine Hill Heights, developed after six years of negotiations.

These days Wilma keeps herself occupied with friends and family. She reads a lot, goes walking, and knits for overseas aid organisation Mission Without Borders.

"I am glad that Harry had the vision and I was brave enough to follow my heart. Despite the hardships and sacrifices associated with leaving our families, we never regretted that we were able to give our children, grandchildren, and yet-to-be great grandchildren, a better life in New Zealand," Wilma says in the epilogue of her book.

**Read more about Wilma's life in the book *From Rations to Riches*, written by her daughter Virginia Thornley.**

# Heaphys celebrates a decade of home support

A break from a career in the investment sector a decade ago was the unexpected beginning of a new career in the home support industry for Pat Heaphy.

That, plus the interests of his wife Chris, a registered nurse, resulted in the formation of Heaphy's Home Support, which celebrated its 10th birthday on 27 February this year.

Pat had been seeking a new direction, after tiring of handling other people's money: "The focus was always on the dollar, returns, and risks," he said.

Chris was appointed to manage the establishment of a new social organisation – a support structure for the elderly in Stoke. It was the beginning of the 60-Plus Club, now called Stoke Seniors.

"We delivered pamphlets around Stoke, got our first member and it grew from there. We ended up with about 300 members," Pat said.

Next Pat began providing transport and staff as part of a joint venture project with Nelson City Council. Soon after the Ministry of Health approached Chris to see if she was interested in home support.

Heaphy's Home Support was the result. Pat initially steered the business, while Chris provided clinical supervision and continued to manage the 60 Plus centre.

In 10 years the business has grown to include 235 staff (80 full time equivalent staff) working with 780 clients in the region. Among the staff are 12 registered nurses, 10 enrolled nurses and many more with community care qualifications. The business achieved accreditation under quality sector standards in January 2006.

The bulk of what Heaphy's Home Support does today focuses on assisting people with personal care and helping them get ready for their daily activities. This type of care is becoming increasingly complex as more and more people choose to stay at home, Pat said. Many feel they are no longer "old".

"New Zealand has a good network, a good structure for home support, but it's under-funded. Generally people get good care support for their needs. We're doing more complex tasks than we were 10 years



ago, meaning we have needed to become more specialised."

Pat said carers were moving into an era of more advanced assistance in the community, requiring supervision from experts.

"What is positive is that the Minister of Health acknowledges the need for greater skills and education within the workforce of carers and is putting more money towards it."

Pat looks back on the last decade as having been a wonderful journey, but in a high-pressure area. He's proud of the fact that he and Chris have managed to grow a successful business in a field they can both work in together.

"It's an absorbing job; we start early and work late into the night, but the rewards are good."

## ***Have you got what it takes to work in home care?***

Recruitment forms a big part of Heaphy's Home Support, but after years in the business, Pat follows a tried and true method based on assessing personal profiles.

"It's a selection appointment process we've been using a long time. Firstly, we look for a person with good principles and morality. Ideally we aim for a more mature person."

While the job isn't physically demanding, some of the household management tasks for the frail, elderly or disabled can involve heavier work. Health and Safety guidelines are followed very closely.

"Choosing the right person is the crux of it all and we look at skills second. In terms of work experience, skilled carers are worth their weight in gold."

Pat said he is proud of the team at Heaphy's and being able to work with such nice people.



## Programmes and events

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

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

### **Mudcakes and Roses**

**PO Box 3352, Richmond, Nelson**

or email [annabel@drycrust.com](mailto:annabel@drycrust.com)

or fax **03 544 4975**

## **Stoke Seniors Club – Social seniors moving forward**

Over the past year we have had a change in our membership which has seen it move to a younger more active age group. We currently have a membership of 170 and welcome new members.

There have been a rise in number of Lads and Ladies days out. Also very popular are our Monday outings where we are visiting various parks and reserves around Nelson and Tasman area.

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

Give us a call – you never know what might be going on! Contact Christine or Derek on 03 547 2660.

### *Regular activities*

**Scrabble Club** – Meets Mondays 1.00pm at for fun, friendly games

**500 Club** – Meets Wednesdays 1.00pm Stoke Memorial Hall. New and experienced players welcome

**Euchre** – Tuesday mornings 10.30 for an enjoyable relaxed game

**Line dancing** – Wednesday morning 10.30am gentle dances to be enjoyed

**Ladies Own** – Going to places of interest followed by a café lunch 3rd Friday of the month

**Mahjong Club** – Tuesdays 1.00pm Stoke Memorial Hall new and experienced players welcome

Tuesday – Thursday meals – 2 course meal at 12 midday for \$8, bookings required for small groups, otherwise call in

## **Hope-Ranzau Womens Institute**

Meets at 1.15pm the first Wednesday of each month at Holy Trinity Church Hall, Dorset Street, Richmond. Visitors always welcome.

For more information phone Brenda 03 544 5872.

## **Richmond Bowling Club Social Roll-ups**

Tuesday evenings 6.00 pm

Come and have a go.

Contact P Dickinson for more information

Phone 544 0129

**Quiz afternoon** – details to be advised

**Strengthening exercises** - Wednesday 10.30am. great for helping maintain bone density.

**Exercises** – Thursday morning 11.00am gentle exercises to improve co ordination stability and movements can be done sitting or standing.

**Lads at Large** – Visiting and going to places of interest last Friday of the month leaving the Stoke Memorial Hall at 10.30 am

**Park Explores** – Enjoy a walk around the various parks and reserves in Nelson and Tasman, discover places you haven't been to before, Every Monday 10.30 am. Contact the centre for more information.

### *New for 2007*

We have people interested in specific activities. If you have an interest in joining any of these please ring and let us know

**Rumicub Club**

**Cribbage Club** – Thursday 1pm

**Movie group** – for those you like a good movie

**For more information phone Christine or Derek, phone 03 547 2660, fax 547 2680 or email [stokeseniors@xtra.co.nz](mailto:stokeseniors@xtra.co.nz)**

## **Crafts caring and sharing**

Mondays at the Wesley Centre, Richmond 9.45am-11.45am. Gold coin donation - includes morning tea. For more information phone 5449174 or 5447458.

## **Housie Evening**

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

Great cash prizes and meat raffles. 2-line Bingo. Supper, tea/coffee and bikkies. For more information contact: Buddy 03 547 3230 or Anne 03 547 6987.

# Programmes and events

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## Club 50 Activities

For all activities meet at Tasman Recreational Resource Centre (TRRC) Cambridge Street, Richmond at 9.30am unless otherwise stated. For enquiries and to register please phone Paula on 544 3955.

Pool transport recommended costs:

\$2.00 for 0-25kms	\$3.00 for 25-50kms
\$4.00 for 50-75kms	\$5.00 for over 100kms

**April 3** - Perennial Plant Swap Day. We had one of these days at the beginning of summer and it was very popular. Bring along some cuttings or bits of plants out of your garden to swap. It's a great way to get new and interesting plants in your garden. Bring along some morning tea to share. Tea and Coffee provided. Held at TRRC 9.30am.

**April 10** - We are heading over to Motueka for morning tea at Up the Garden Path, a very interesting café full of local artwork. Then we are going to head out to Motueka's Kumara Coastal Strip for a walk. Bring your own lunch and we will stop along the way to eat. Meet at TRRC 9.30 am to carpool.

**April 17** - Off to The Wood Retirement Village in Nelson for a short tour around. Bring your own lunch and morning tea and we will go for a walk and have lunch at The Queens Gardens. Meet at TRRC 9.30am to carpool. Please register for this activity with Paula on 544 3955.

**April 24** - Come along to the TRRC for some Indoor activities with Glenis. There is a long winter coming so let's explore how we can stay active and healthy through the winter period. Come along it will be fun. Held at TRRC 9.30am.

**May 1** - We are heading into town to go for a tour through the Famous Warwick house. This was the first house built in Nelson in 1854 and it's the first time this house has been open to the public. It has been renovated back to its original condition. The cost for the tour and morning tea is \$8.00 per person. Please register for this activity with Paula on 544 3955. Meet at TRRC 9.30 am to carpool.

**May 8** - Always popular and a great place to be on a sunny winters day is Rabbit Island. Bring morning tea and lunch and good walking shoes or maybe you could brave bare feet for a relaxing stroll down the beach. Meet at TRRC 9.30am to carpool.

**May 15** - Its pot luck lunch and movie time again. Come along and relax and watch a great movie on the big screen and share a pot luck lunch with friends. Bring your favourite dish and coffee and tea will be provided. Held at TRRC 9 Cambridge Street 10am.

### May 22

Join us for a walk around Brightwater Township and Lord Rutherford memorial, then off to lunch at the Brightwater Pub. Please wear good walking shoes and please register for this activity with Paula on 544 3955.

**Meet at TRRC 9.30am to carpool.**

**May 29** - Orchard Stream Walk. This is an easy walk on mostly sealed paths that takes about 40-60 minutes. Let's hope it's a lovely sunny winter's day. Meet at TRRC 9.30am to carpool.

## Nelson Dance Along

Saturday: February 3rd, 17th, March 3rd, 17th.  
Richmond Town Hall, 8pm to 11:30pm.  
Supper Provided.

Admission: Members \$3.00, Non-Members \$3.50  
Session dates: April 14 and 28, May 12 and 26  
Enquires to Rosalie Winter Phone (03) 548 2236

## Motueka Recreation Centre – where it all happens!

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

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

How about hitting the gym? The Recreation Centre Gym is open from 9.00am till 9.00pm Monday to Saturday. Help is also available for beginners.

If you need more information on any of these classes please feel free to contact the Motueka Recreation Centre on (03) 528 8228 or fax (03) 528 8560.

### Nelson Fifty Plus Walking Groups

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

We offer farm walks, mini walks and fortnightly tramps for people with a higher degree of fitness and stamina than the average walker. Drivers of all cars are asked to notify the leader of the day of their intention to walk and to confirm meeting place. The distance shown against each trip is the approximate road distance from Nelson to the starting point of the walk and return. Passengers are asked to contribute to the cost of petrol at 8 cents a kilometre. Come prepared for adverse weather and remember no smoking or dogs on walks please. Anyone wanting to find out more about the Nelson Fifty-Plus Walking Group is welcome to call the Chairman, Noel Brown 544 2286 or Secretary Carolyn Brown 544 2286. Walk cancellations are broadcast on Classic Hits 90FM and More FM.

#### April

- 5 Malvern Hills, Nelson, easy, 9am.
- 10 Parachute Rock, Lake Rotoiti, hard, 9am.
- 19 Oakland, Stoke, moderate, 9am.
- 24 Chrome Hill, Wakefield, medium, 9am.

#### May

- 3 Mt Tokoriki, Havelock, hard, 9.30am.
- 8 Graham River, North Branch Motueka River, hard, 9am.
- 17 Harris Hill, Nelson, medium, 9am.
- 22 Kumeras, Motueka, easy, 9.30am
- 31 Hebbard Rd, Rai Valley, medium, 9.30am.

#### Mini walks (all easy)

#### April

- 3 Bongers Garden, Upper Moutere, 10am.
- 17 Harvey's Farm, 10am.

#### May

- 1 Boulder Bank, 10am.
- 15 Oaklands, 10am.
- 29 Grossi Pt, Mapua, 10am.

For more information about mini walks contact Gwenda Wallace Ph5445307, or Gwen Wills Ph5473315.

### Indoor Bowls

Every Friday at 6.40pm  
Non-competitive and friendly at Stoke Methodist  
Hall in Putaitai Street  
Ph Evelyn 547 7669 for more information

### Richmond Waimea Toy Library

Gladstone Road, Richmond  
(Jubilee Park behind the Badminton Hall)

Toys for Newborn to Age 5  
Casual membership for grandparents available

#### Opening Hours:

Tuesday and Saturday 9.30am – 11.30am  
Thursday 6.30pm – 8.00pm  
Phone Sue 544 6609 or Jan 544 0452

### Dancing in Richmond

Dancing is a great social past time that provides plenty of benefits. People of all ages and abilities can dance, but perhaps the most significant argument in its favour is that it coordinates the brain and the body.

The differences in the various styles of dances such Standard Ballroom, Latin American, New Vogue, Rock-n-Roll, Salsa and others develops memory muscle which in turn educates the head, body, arms, legs, and feet, resulting in improved co-ordination. Regular dancing improves muscle tone, assists weight loss where required, corrects poor posture, assists breathing, and is an activity to be enjoyed individually and collectively.

Group classes are offered in ballroom, Latin American, Basic, Rock & Roll and Salsa as well as Latin-in-line and street dancing.

Come and give it a go!

**Richmond Dance Studio, Richmond Mall, phone 547 4863**

### Crafts courses in Tahuna

Tahunanui Community Centre is holding introductory workshops for various popular craft activities.

The two-hour sessions cover the basics of these fun crafts.

Our social group "Friends and Neighbours" are local residents who come along on Wednesday afternoons and will be the core participants of our sessions.

Trained Tutors will hold the workshops as follows:

**9 May 2007 Card Making with Estelle Courtney**

**13 June 2007 China Painting with Nancy Mace**

Contact: Tahunanui Community Centre, 61 Muritai Street, Tahunanui Ph: 548 6036

## Senior Net Motueka

Computer learning for the over 55s in a no pressure, friendly environment held in our well-appointed clubrooms at 42 Pah Street. Join now and take advantage of being part of a happy, sociable club with competent volunteers dedicated to teaching you the rudiments of your computer through to advanced classes. Plus enjoy photography and outings in the field with the digital camera group and explore your family tree with the genealogy group.

**Contact Margaret 03 528 4245.**

## Motueka Senior Citizens Association Inc

New members are welcome and you can come along a couple of times before you decide about joining.

Subscriptions are \$10 per annum. Associate members from 50 years of age. Activities are held weekly and monthly.

### Weekly

**Bowls** – Monday, Wednesday and Saturday at 1.00pm

**Line Dancing** – Tuesday 9.30 – 10.30am.

**Cards and Rummikub** – Thursday at 1.00pm.

Weekly activities cost \$1 which includes tea and biscuits.

### Monthly

**Activity Afternoon** – 2nd Friday in month at 1.30pm. 50 cent raffle. \$1 admission includes cuppa.

**Housie Afternoon** – 3rd Friday in month at 1.30pm. 50 cent raffle. \$1 admission includes cuppa.

**Social Afternoon** – 4th Friday in month at 2.00pm. \$1 entry fee, 50 cent raffle. Entertainment by various groups.

**Birthday Social** – 4th Friday in August at 2.00pm. \$1 entry fee, 50 cent raffle. Afternoon tea and entertainment organised by Rotary.

**Christmas Party in December** – Free Entry, \$1 raffle. afternoon tea and entertainment organised by Lions.

All events are held at the Senior Citizens Rooms behind the Motueka Library in Pah Street.

For more information contact:

**George Riordan, phone 528 7960**

**Secretary – Reg Manson, phone 528 8207**

## Motueka 50+ Walking Group

All walks leave Decks Reserve Carpark at times stated, where transport is arranged. Meetings are held on the last Thursday of each month in the Uniting Church Hall (behind the church), High Street, beginning at 9.30am. Visitors always welcome. For information phone the Chairperson, Colin Hooker 528 8240 or Secretary, Vivienne Pearson 526 6076.

Members who do not wish to start early on the walks for all are encouraged to assemble at Decks Reserve at 10.00am to agree an alternative option.

### April

- 5 8.30am, Rawhiti Cave and Wainui Falls, M, \$12  
9.30am, Lake Killarney, The Grove and Wainui Falls, E, \$12
- 12 9.00am, Scott's Farm, M, \$2  
10.00am, Tapu Bay low tide walk, E, \$2.50
- 19 9.00am, Maitai walk and Tanragee Saddle, M, \$10  
9.00am, Maitai walkway, E, \$10
- 26 9.30am, Meeting, Split Apple Rock, EM, \$3.50

### May

- 3 8.30am, Asbestos Cottage, MH, \$11  
10.00am, Marahau Valley, E, \$4
- 10 7.30am, Bus trip to Wharariki, EMH, \$19  
10.00am, Motueka Sandspit, E, \$19
- 17 9.00am, Holyoakes clearing, H, \$4  
9.00am, Able Tasman walk, EM, \$4
- 24 9.00am, Maitai Caves, M, \$12  
10.00am, Two Rivers Brightwater, E, \$6
- 31 9.30am, Meeting and Silkwood, ME, \$4

## Healthy Hearts Club

If you have concerns about your cardiac health, this group is for you!

The Healthy Hearts Club meets every Thursday morning from 9.30 till 10.30 at St Thomas's Church Hall, Motueka. The cost is just \$4 a session and it includes gentle exercise and advice on healthy living from a number of interesting guest speakers.

For more information of the Healthy Hearts Club in Motueka, contact Cindus Colonna on 543 2033.



## Sport Tasman

### Active Ageing Workshop

Recently a workshop was held in Nelson for Blokes 60 years + who were interested in exploring options for building more physical activity into their daily routine. The workshop was lead by Professor Bevan

Grant of the Sport and Leisure Studies department at Waikato University. Following the workshop Bevan sent a note to the participants encouraging them – we hope it encourages you as well ...

#### *Greetings,*

Thanks for the opportunity to share a few thoughts with you about physical activity, health and well-being in the latter part of life. I was enthused by your desire to 'break through' the invisible barriers that inhibit so many people your age from engaging in an active lifestyle. As agreed during our discussion, making a change is not as easy as it sounds. But life's not a dress rehearsal so take charge ... well as much as you can ... and live the life you desire.

When talking about how 'older' people struggle to embrace a fulfilling life, George Sheehan suggested there is no defined role or one right way for you to act your age. You are the play writer and the actor, so rearrange the stage and enjoy the experience. In essence, this means if you want to engage in some form of physical activity then do so ... but remember it shouldn't HURT either your heart or soul.

What is the meaning of exercise? Well it's a personal matter, happens in many different ways and should be an inherent part of your life, something you enjoy. Perhaps you'll connect with the following suggestion. .... Exercise that is work is worthless but exercise that is play will give you health and long life. Exercise that is not play accentuates rather

than heals the split between body and spirit. Exercise that is drudgery, something done for the final result, is a waste of time. Success is the certain knowledge that you have become yourself. This should be reward enough for regardless of how you play you will all depart. What you must avoid is to have your actual leaving precede that departure - to die in effect before you die in truth.

Finally, here's a little verse to put our discussion and your future endeavours into perspective. Of course, I accept this may not apply to you but you'll resonate with the message.

**People spend their health  
to get their wealth  
with all their might and main.  
And once retired  
spend their wealth  
to get their health again.**

Regular exercise is not the panacea to a good quality of life or an extended life but it is a better option than sitting around thinking about being active. As you make the break through encourage others to do the same. Good luck, play wisely and I trust we'll meet again during my next visit.

**Best wishes**

**Prof. Bevan Grant**

# Recreation Providers



Sport Tasman

## Active Opportunities

Sport Tasman promotes active healthy lifestyles. Get your 30 minutes (or more) of daily exercise by participating in some of the activities listed. Most activities listed are low impact-moderate or 50+ specific. Many providers have other sessions available.



### Hope

#### Badminton

Rachel Waide  
Hope Midweek  
Badminton Club  
Phone 03 522 4453

#### Nelson Veterans Tennis Club

Hope Courts every  
Thursday from 9.30am  
Phone 03 547 6916

### Mapua

#### Aerobics & Pilates

Lynda Mabin  
Low Impact Aerobics &  
Pilates  
Phone 03 543 2268

#### Indoor Bowls

Mapua Friendship Club  
Mapua Public Hall  
Val Roache  
Phone 540 3685  
Mapua Bowling Club  
Nancy McIlroy  
Phone 540 2834

#### Tai Chi

Christine Weir  
Taoist Tai Chi Society of  
New Zealand  
Phone 03 543 2204

### Motueka

#### Aerobics/Gym & Fitness Centre

Brent Maru  
Mot Rec Centre  
50+ Aerobics  
Phone 03 528 8228

#### Croquet

Alva Lauder  
Riwaka Croquet Club  
Phone 03 528 7779

#### Feldenkrais

Sue Field  
Feldenkrais  
Phone 03 546 7815

#### Gym & Fitness Centre

Karen Holliday  
Studio Gym 275  
Phone 03 528 4000

#### Healthy Hearts Club

St Thomas Church Hall  
Cindus Colonna  
Phone 03 543 2033

#### Indoor Bowls

George Riordan  
Motueka Senior Citizens  
Hall  
Phone 528 7960

#### Line Dancing

Beryl Sturgeon  
Motueka Senior Citizens  
Hall  
Phone 528 8265

#### Line Dancing – Intermediate

St Andrews Church Hall  
Phone 03 528 7337 or  
03 526 6246

#### Marching

Bev Clementson  
Motueka Veteranettes  
Marching Team  
Phone 03 528 9125

#### Social Recreation

Atawhai Pickett  
Motu Weka  
Neighbourhood Centre  
Phone 03 528 7270

#### Social Recreation

Rosemary Devine  
Kiwi Seniors (Motueka)  
Phone 03 526 7735

#### Tai Chi for Seniors

Daniel Judd  
Acupuncture Motueka  
Phone 03 528 6748

#### Walking

Vivienne Pearson  
Motueka 50 Plus Walking  
Group  
Phone 03 526 6076

### Nelson

#### Aerobics/Pilates/Gym & Fitness

Debby Callaghan  
BJs Health & Fitness  
Centre  
Phone 03 548 7812

#### Aquatics/Swimming

Riverside Pool  
Phone 03 546 3221

#### Badminton

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

#### Cardiac Club/Gym & Fitness Centre

Sharon Standish-White  
Devine Fitness  
Phone 03 539 0348

#### Croquet

Nelson-Hinemoa:  
Sue Bowater  
Phone 03 548 7971

#### Easybeat 50+ Aerobics

Leigh Dalzell  
EasyBeat Aerobics  
Phone 03 548 1689 or  
021 547 811

#### Easy Exercise

Sheila Alley  
Arthritis New Zealand,  
Nelson  
Phone 03 548 3490

#### Feldenkrais

Sue Field  
Feldenkrais  
Phone 03 546 7815

#### Hatha Yoga

Maureen McKain  
International Yoga  
Teachers Assn  
Phone 03 546 4670

#### Indoor Bowling

Nelson Senior Citizens  
Social Indoor Bowling  
Club  
Joyce Rowland  
Phone 03 548 1769

#### Leisure Line Dancing

Annette Lines  
Phone 03 546 8777

#### Line Dancing

Alison Myers  
Line Dance Nelson  
Phone 03 546 9878

#### Nelson Petanque Club

Ernst Lacher  
Phone 03 548 3031

#### Nelson Social Dancing Club

Club Waimea  
Graham Fittock  
Phone 03 544 0980

#### Over 50s Pilates

Brigitta Haas  
Bodypower Pilates &  
Yoga Centre  
Phone 029 281 3735

#### Seniors Yoga

Nathalie Chalker  
Body power Pilates &  
Yoga Centre  
Phone: 03 545 9074

## Table Tennis

Ian Beattie  
Nelson Table Tennis Club  
Phone 03 546 7507

## Tahunanui Bowling Club

Margaret Sly  
Phone 03 547 3089

## Tai Chi

Maggi Kerr Andrew  
Taoist Tai Chi Society of  
New Zealand  
Phone 03 546 6448

## Tai Chi Falls Prevention (65+)

Presbyterian Support  
Fiona Nisbett  
Phone 03 546 9812

## Walking

Noel Brown  
Nelson 50+ Walking  
Group  
Phone 03 544 2286

## Walking

Gwenda Wallace  
Nelson 50+ Mini Walks  
Phone 03 544 5307

## Over 50s Yoga

Margot Hannigan  
Bodypower Pilates &  
Yoga Centre  
Phone 029 281 3735

## Yoga

Rosie Holland  
Bodyflex  
Phone 03 548 7384

## Richmond

### Aerobics/Pilates/Gym & Fitness

Debby Callaghan  
BJ's Health & Fitness  
Centre  
Phone 03 548 7812

### Badminton

Chris Wearing  
Richmond Morning  
Badminton  
Phone 03 544 5217

### Crafts, Caring and Sharing

Wesley Centre  
Phone 03 544 7458 or  
03 544 9174  
Mondays 9.45 –  
11.45 am

## Croquet

Eleanor Hannay  
Richmond Croquet Club  
Phone 03 547 5424

## Easy Exercise

Freda Beloe  
Phone 03 544 8569

## Easybeat 50+ Aerobics

Leigh Dalzell  
EasyBeat Aerobics  
Phone 03 548 1689 or  
021 547 811

## Feldenkrais

Sue Field  
Feldenkrais  
Phone 03 546 7815

## Indoor Bowls for Seniors

Phyllis Haines  
Phone 03 544 8383

## Latin In-line Dance

Richmond Dance Studio  
Partner not required!  
Heather  
Phone 03 547 4863

## Line Dancing

Alison Myers  
Line Dance Nelson  
Phone 03 546 9878

## Pilates

Sue Wilson  
Bodypower Pilates &  
Yoga Centre  
Phone 029 281 3735

## Richmond Bowling Club

Pat Dickinson  
Phone 03 544 0129

## Social Recreation

Club 50  
Paula Morris  
Phone 03 544 3955

## Tai Chi Falls Prevention (65+)

Presbyterian Support  
Fiona Nisbett  
Phone 03 546 9812

## Trojans Table Tennis Club

Monday Night 7.15pm  
John Jary  
Richmond Town Hall  
Phone 03 544 7695

## Yoga

Rosie Holland  
Bodyflex  
Phone 03 548 7384

## Stoke

### Bowls

June Strickett  
Stoke Bowling Club  
03 547 7803

### Clogging/Tap Dancing

Georgina Higgs  
Nelson Sun City Cloggers  
Phone 03 545 1037

### Easy Exercise

Maureen McKain  
Ph 03 546 4670  
Arthritis New Zealand,  
Nelson

### Easybeat 50+ Aerobics

Leigh Dalzell  
EasyBeat Aerobics  
Phone 03 548 1689 or  
021 547 811

### Hatha Yoga

Maureen McKain  
International Yoga  
Teachers Assn  
Phone 03 546 4670

### Hydrotherapy

Thelma Creighton  
Phone 03 547 6384

### Israeli Folk Dancing

Phone 03 547 2660

### Marching

Diana Clark

### Silveraires Leisure

Marching  
Phone 03 548 9527

### Safety & Confidence

Cornelia Baumgartner  
Kidpower, Teenpower,  
Fullpower Trust  
Phone 03 543 2669

### Stoke Seniors

Line Dancing & Men at  
Large  
Christine Borlase  
Phone 03 547 2660

### Strengthening/Sit Exercises

Social Seniors  
Phone 547 2660

### Table Tennis

Bryan Keane  
Table Tennis Nelson  
Phone 03 547 7530

## Tai Chi Falls Prevention (65+)

Presbyterian Support  
Fiona Nisbett  
Phone 03 546 9812

## Takaka

### Easy Exercise

Bev Harrison  
Arthritis New Zealand,  
Nelson  
Phone 03 525 9708

### Indoor Bowls/Cards

Mary Couper  
Phone 03 525 8445  
Senior Citizens Club  
rooms

### Tai Chi for Arthritis

Ann Marshall  
Phone 03 525 8437

### Walking

Dick Wenzell  
Wednesday Walkers  
Phone 03 525 9606

## Tapawera

### Walking

Una Foulsham  
Rural Ramblers  
Phone 03 522 4083

## Wakefield

### Easy Exercise

Ngairi Lockhead  
Arthritis New Zealand,  
Nelson  
Phone 03 541 8321

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# Breathe your way to better health



If you want to maximise metabolism (metabolism is the speed at which your body burns off calories), breathing is one of the most effective tools because the greater your capacity to take in oxygen, the higher your metabolic “burning power” will be.

Breathe in more oxygen and you burn food more fully. It's really that simple. The digestive system is hungry for oxygen. Certain parts of the stomach lining consume more oxygen than any other tissue in the body. The intestinal villi, our site of primary nutrient absorption, are charged with the job of extracting large quantities of oxygen from the blood during the breakdown of a meal. When the blood lacks oxygen for the villi to pick up, absorption decreases.

The more we eat, the more the body naturally wants us to breathe. After a meal, the parasympathetic nervous system initiates synchronous changes in breathing, blood circulation, and oxygen uptake. In other words, the brain automatically increases air intake to accommodate the need for more oxygen. Breathing

more if you eat a lot is the same as exercising more if you eat a lot. If you interfere with the body's natural switch to deeper breathing because of anxiety or over-stimulation, you limit your ability to burn calories. The simple rule here is this: If you eat more, breathe more.

To further examine the relationship between oxygen and weight loss, have you ever had the experience of going on a low-calorie diet and not losing any weight, or dieting and losing weight the first week but levelling off despite continuing your low-calorie fare? Many people are perplexed by this mysterious phenomenon, but the reason is quite simple: your metabolism changed. The body has learned to tolerate the meagre portions of food you served it by lowering oxygen uptake - decreased oxygen means decreased metabolism. In many cases, weight loss diets actually teach the body to need less oxygen. So by going on a low-calorie diet you may think you're doing what's right for shedding pounds, but you're actually working against yourself.

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