

# Mudcakes

and



SENIOR GENERATION ACTION  
AND ISSUES – NELSON TASMAN



04.

Shed cinema a  
screen classic

08.

Leading figure  
on the green

11.

Collective 'man  
cave' rides a wave

## From Nelson Region Hospice Trust

Dear Mudcakes, I write to say thank you to Mudcakes & Roses readers for their response to our periodic requests for volunteer support. We have been pleased to welcome several of your readers to our volunteer team this year – thank you for your most welcome gift of time.

Volunteers allow Hospice to offer patient services we would not otherwise be able to. They allow staff to extend their own roles, and volunteers also support our fundraising programme. Last year, 362 volunteers gifted us more than 12,550 hours of their precious time – always a very special donation.

In the last year, Hospice made 4124 patient visits and admitted 292 new patients to the service. Hospice receives less than 65% of its funding from Government sources and we are obliged to raise over \$1 million each year to maintain our service. We would not manage to do this without community support.

On behalf of Hospice, please may I extend to Mudcakes & Roses readers our very best wishes for a peaceful and enjoyable Christmas.

**Mary Garner**  
Manager, Volunteer Services

## Delivered to you!

If you would like a free copy of Mudcakes and Roses posted to you, contact:

Tara Cater, Executive Assistant  
Tasman District Council  
Phone 03 543 8578

Published by Tasman District Council  
Produced by Dry Crust Communications  
Editorial Phone 03 544 4975  
Enquiries Fax 03 544 4951  
Email [info@drycrust.com](mailto:info@drycrust.com)  
Advertising Phone 03 544 4975  
Email [advertising@drycrust.com](mailto:advertising@drycrust.com)

# Merry Christmas to all our readers

HAVE A RELAXING AND SAFE SUMMER

What better introduction to the festive season than a parade, then a spot of carol singing. Richmond, Motueka and Nelson have had their parades recently, with Takaka's festive gathering remaining on Saturday, 17 December 2011 (10.00 am to noon, in Commercial St and the Village Green).

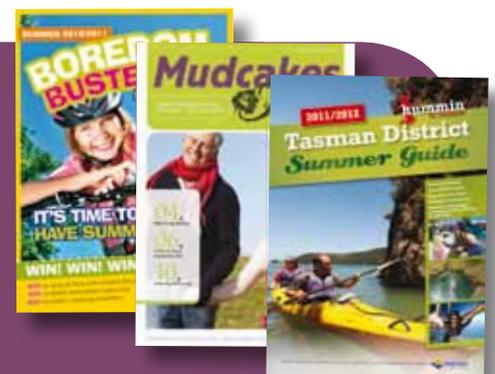
As for carol singing, check out the It's On website for an event near you.

Meanwhile, enjoy our summer reading. In this issue we visit the region's most exclusive cinema, learn about Ladies Giggle Day at Mapua, pick up gardening hints for the hot weather, find out what the men are doing in their shed, offer some very short short-stories, and learn about safeguarding your wishes with healthcare – while recognising the duty of clinicians to give you the best possible treatment.



*Dr Seuss inspires a float in last year's Motueka's Starlight Parade.*

## Thanks to our sponsors



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

# Go on, indulge...

CHRISTMAS IDEAS FOR THE DISCERNING SHOPPER.



## You know you want it...

Will your gift-buying budget stretch to \$3m? Azimut 85ft (26m) Italian motor yacht. Master cabin, three guest cabins and crew cabins for three. Spa pool. \$2,990,000. "Keen vendor wants to move on." (Sounds to us like they've already arrived.) Contact NZ Boat Sales at the marina in Nelson.



## Detach your retinas in style

The Bugatti Veyron has a top speed of 400+km/h and does 0-60 in 2.6 seconds, thanks to a 16-cylinder engine. A snip at US\$1.7m.



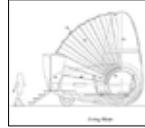
## Smallest caravan

The UK£5,500 QTvan features a bed for one, TV, drinks cabinet and tea-making facilities. "The caravan is so compact it can be towed inside a supermarket." Optional extras include solar roof panels, air horn and extra-wide wing mirror for mobility scooter.



## Cool camping

Risking a heart attack every time you fill up the motorhome? Behold, the electric Ecco Camper from Swiss company Nau design studio. Solar panels supplement the batteries recharged via a standard 240V plug. The back roof opens upwards to create the sleeping space, with transparent panels for stargazing at night.



Tempting, maybe for Christmas 2022. At this stage it is just a concept.



## Sleeping with the fishes

Have you and partner got a spare US\$30,000? Then why not spend a week at the Poseidon Undersea Resort in Fiji, the world's first seafloor resort, 12m down in the crystal clear water of lagoon and accessed by elevator.

Each underwater room has huge windows of acrylic plastic. Fish can be fed directly from the rooms with a remote control.

Sorry, you might have to wait a long time for this one. Scheduled to open at the end of 2010, the project appears to have, um, sunk. A flash website, though.

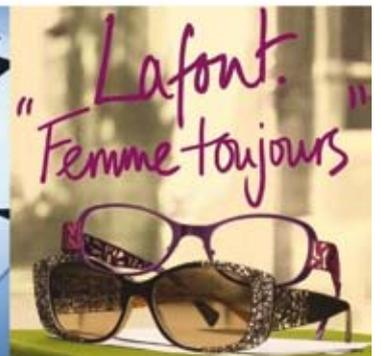
# ( MATTHEWS ) Eyewear. Eyecare.

The Matthews Group of Professionals specialise in

- General Optometry • Glaucoma Screening • Contact Lenses • Dry Eye Clinics • Low Vision Clinics
- Ortho-Keratology • Diabetic Screening • Armed Service Consultations • Police Accreditation
- CAA Accreditation • Corporate Consultations • DVLA Screening • Corneal Trauma
- Quality European Eyewear • Latest Lens Designs • Professional Frame Styling



Phil Matthews Optometrist



Nelson (03) 548 3249

Blenheim (03) 578 5885

Richmond (03) 544 4319

Motueka (03) 528 8724

Wellington (04) 473 4200

Lower Hutt (04) 567 9728

Kapiti (04) 298 4426

New Plymouth (06) 759 4126

[www.matthews.co.nz](http://www.matthews.co.nz)

# Shed cinema a screen classic

PROJECTORS RESCUED FROM AN INFERNO BRING JOY TO AUDIENCES AGAIN.

At the Nelson region's most exclusive cinema, projectionist Hank Piner has to sweep up wood shavings before each screening. And wheel the sawbench out of the way.

The picture theatre at the back of his Motueka property doubles as Hank's and son Stephen's workshop. Amid the timber and sawdust, cans of film are crammed into any spare space, in cupboards and under benches. "I'm a bit of a collector," says the 81-year-old, with considerable understatement.

His projection room at the back of the shed houses two massive projectors. Film cans, empty spools and rewind reels line the shelves or are stacked on the floor. Scores of priceless newsreels – NZ Weekly Review, Pacific magazine, Movietone news, Pictorial Parade – are a snapshot of lost eras. Hank also has more than 125 cartoon "shorts" that used to screen before the feature films in cinemas, plus full-length "six-reeler" movies, and thousands of the glass slides advertising businesses across the Top of the South. After a rummage, he even produces beautiful handpainted slides from the old Lantern plate shows that predated moving pictures.

For his shed showings, he pulls down a screen – salvaged from the State in Nelson when it was remodelled into a multiplex

– drags rows of seats from under dustcloths (seats 16, or 20 at a squeeze amongst woodworking projects), sweeps out, hangs curtains and fires up the vintage Ashcraft lamphouse, coupled to Walturdaw running gear.

These were rescued from the Majestic theatre blaze in 1983. Some roasted parts were soaked in diesel for months to free them up. Stephen, a fitter-and-turner by trade, made replacement bearings and shafts.

(Hank has the dubious distinction of attending the last screenings before the Majestics in both Motueka and Nelson were razed.)

In all, he has about 20 projectors, from 8mm to the 35mm monsters, including one from the Mapua hall, plus gear and films scavenged from all over.

He has recently renewed screenings for groups, after a nine-year gap that began when wife Mary contracted



## nelson coachlines

GOING ABOVE AND BEYOND



Here at Nelson Coachlines we pride ourselves on our ability and size to react to our clients needs. No matter what the job, big or small, if you're after quality, value & flexibility, call us today!

- Charters & Tours • Work Functions
- Conferences • Sports groups • Transfers
- Double Decker charter • Weddings

www.nelsoncoaches.co.nz • Ph: 03 548 3256 • tomh@nelsoncoaches.co.nz

In association with Grey Power



## LEISURE TRAVEL

"A great way to socialise and see the region"

We invite you to join us at Leisure Travel where we organise fun day trips and tours. Take the opportunity to sit back, relax and enjoy the sights without the hassle of driving, as well as the chance to meet old friends and new. There is no joining fee, you simply pay for the trips you choose to attend.

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

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

ASK ABOUT OUR FANTASTIC CHRISTMAS TOUR



Hank Piner with one of the projectors from the Majestic.

cancer. The Motueka Historical Society broke the public drought recently, soaking up a nostalgic evening of newsreels and slides, with an intermission for ice-creams (which they supplied). Member Coralie Smith reported on the Motueka Online website that they left "wishing we could have movies like Hank and the Majestic rolled out every day."

Hank has never charged his audiences, "although if someone was to give me a dollar or two, well that's alright."

He says he has always been in love with the movies. As a 10-year-old in Runanga on the West Coast, he bought his first slide projector off another boy. He would go round the shops and collect advertising slides, and later when at High School he used to take Friday afternoons off and go up in the projection box of the Opera House Greymouth with Jack Turner the projectionist.

Hank trained as a joiner, and then drove buses for Newmans and schools, indulging his passion for celluloid in his spare time.

When Hank and Mary couldn't agree on where to live on the Coast, they headed north to Motueka, camping out in the shed while Hank built their house.

He drove buses to pay the bills, and at nights was screening movies at the Majestic, now fully qualified as a projectionist. He filled in at the Nelson cinemas as well. When the Motueka theatre burnt down, he helped to run the new set-up at the Recreation Centre.

Mary passed away in 2010. They had two sons and two daughters, and with eight grandkids and four great grandchildren, it's a full house for family screening.

Youngsters gasp in awe as they peer into the projector peep-holes to see the carbon rods aflame, their powerful light reflected in a concave mirror and illuminating the film, each frame of which stops in the gate for a miniscule 24th of a second.

You can understand the fascination for the young Hank, but ever practical, he is already thinking about modifying his babies for the new laser audio systems so he can screen the latest movies.

## Earwax A common cause of deafness

Hardened earwax can become embedded in the ear, causing pain, balance problems, increased tinnitus and can interfere with hearing.

We use the latest in suction technology which is a clean, quick and safe procedure, reducing typical side effects like vertigo, nausea and tympanic membrane damage.

**\$10 Discount** VALID UNTIL 19 DECEMBER 2011  
On suction wax removal with this coupon.



**Hearing Plus Ltd**  
Washbourn Medical Centre  
12 Oxford St, Richmond  
**PH: 0800 433 788**  
Ph: (03) 543 3788

# Food and drink – summer essentials

MAKE SURE YOUR PLANTS ARE WELL-WATERED AND FERTILISED, SAYS PHILIPPA FOES-LAMB.

Well, here we are at the end of 2011. I've had an amazing year in the garden and am really looking forward to 2012.

As we head into summer it's time to take a deep breath and concentrate on keeping vegetable gardens and other treasures healthy and happy. The best way to do this is to ensure they have plenty of food and adequate moisture.

Tomatoes will hopefully be setting fruit by now. Tomato plants use up a lot of energy to produce fruit so give them an extra boost every two weeks or so. I use a liquid fertiliser called Tomorite that has been specifically formulated for tomatoes. I've also had wonderful success using sheep manure pellets soaked overnight in a bucket of water – or just toss a few pellets into your watering can ready for the next morning. A side-dressing of sulphate of potash (preferably the powder not the granular type because it is absorbed more quickly) is really beneficial too. You can also use Tomorite on capsicum, chilli, aubergine, courgette and dahlia plants.

All of your summer crops will respond well to regular deep watering. I water my courgettes, capsicum, tomatoes etc every

few days at this time of year (unless it rains a lot), making sure I give them a good soaking, at ground level if possible.

Watering any part of your garden early in the morning or in the evening is best because middle-of-the-day watering means any moisture is much more likely to evaporate away before it does any good. Also, wetting foliage or flowers in the midday sun may cause their tender cells to be damaged. In humid weather your plants will also be more susceptible to diseases such as mildew if they are damp. If you do need to use a sprinkler, put it on in the evening.

Container plants or hanging baskets will need to be watered every day – maybe twice a day depending on your situation. Place a few sheep manure pellets on each to ensure your contained plants have plenty of food as constant watering will leach the nutrients from the potting mix more quickly.

If you find your plants are drying out too quickly, or you are going away for a few days over Christmas, fill 1.5-litre (or larger) soft drink bottles with water. Quickly up-end them next to your plants (don't prick a hole in the bottom of the bottle or the water will just pour out). Your plants will take water as they need it.

Raise your mower level as this helps to protect the grass roots from summer heat.

If you have any questions or topic suggestions, please email me at [foeslamb@xtra.co.nz](mailto:foeslamb@xtra.co.nz) or write to me c/- Mudcakes & Roses. My radio show, Green Thumbs & Dirty Fingers, airs each fortnight on Fresh FM, on Tuesday at 10.40 am, replayed the following Saturday at 2.40 pm. Happy gardening.



*Courgettes love a good soaking.*

  
**Access**

**Make yourself at home with Access**

## A full range of services provided in your home

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. More importantly, we deliver this support with the level of care and respect you'd expect from one of New Zealand's leading healthcare organisations.

**So, if you need home-based healthcare and support, talk to your GP or call 0800 AT HOME (0800 284 663) and make yourself at home with us.**

**We wish all our clients a merry Christmas and a happy and safe New Year**

• Care and support for independent living



## Heirloom Perennial Nursery & Art Studio

My nursery specialises in hardy perennials, particularly gorgeous cranesbill geraniums. A selection of my mixed-media creations (unique gift tags, journal covers, decorative magnets etc), most with a botanical theme, are available for purchase from my studio. Commissions welcomed.

### Open by Appointment:

Philippa Foes-Lamb,  
Art for Heart's Sake  
Ph: 03 544 3131 or 021 522 775  
Email: [foeslamb@xtra.co.nz](mailto:foeslamb@xtra.co.nz)



# Every level of senior living care is right here in Nelson.

Choose from five villages throughout the Nelson/Tasman region:



## Green Gables Home & Hospital

241 Bridge St, Nelson. Tel: (03) 548 3114

A well established retirement home in the heart of Nelson, where you will feel right at home. We are at the quiet end of Bridge Street, close to the Queens Gardens and the Bishop Suter Art Gallery.

RHC IL H RPC DC



## Otumarama

199 Nayland Road, Stoke. Tel: (03) 547 5659

Nestled in extensive peaceful gardens, under mature trees, Otumarama is a small, intimate care facility providing quality rest home and hospital care to the Stoke area.

RHC H RPC DC



## Stoke Retirement Village

188 Songer Street, Stoke. Tel: (03) 547 9703

Right in the centre of Stoke, Omaio is an established village for retirees who are looking for total independence and a homely, welcoming community.

IL



## Whareama

81 Neale Ave, Stoke. Tel: (03) 547 7786

With a homelike atmosphere and gardens, Whareama is well known in the Stoke community for its fantastic, welcoming staff, and high standard of care offering rest home and hospital services.

RHC H RPC DC



## Woodlands

6 Edgewood Crescent, Motueka. Tel: (03) 528 8330

Make the most of your retirement years in beautiful Motueka. Offering independent living at its best - a great village atmosphere with the added security of onsite hospital and rest home care.

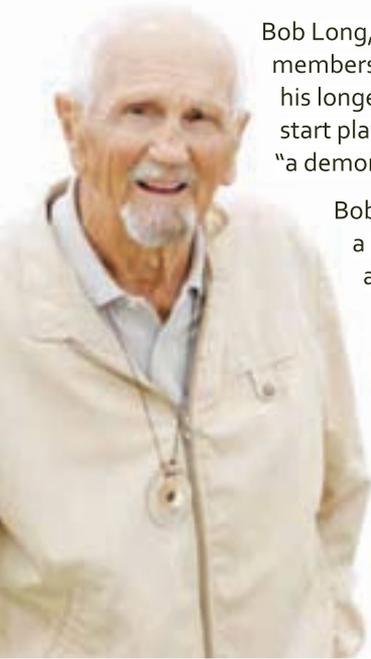
RHC IL H RPC DC

RHC Rest Home care  
IL Independent Living  
H Hospital Care  
DC Day care  
RPC Respite and Palliative Care

**OCEANIA**  
**GROUP**  
LIVING MADE EASY

# A leading figure on the green

MAPUA BOWLING CLUB BOASTS COLOURFUL CHARACTERS AND A GIGGLE DAY.



Bob Long, 91, told fellow Mapua Bowling Club members that he would reveal the secret of his longevity when he reaches 100. He didn't start playing bowls until he was 82 and is now "a demon lead", according to sources.

Bob and wife Val moved from Auckland a decade ago, drawn by the climate and daughter Gabrielle. He had served five years in the Navy doing the war, entered the family trade as a manufacturing jeweller, then diverted to making the Tudor brand of prams. With a twinkle in his eye, he notes the progression from engagement rings to baby carriage: "One was the cause and the other was the effect."

Beekeeping kept him busy after that – he produced enough

honey every year to fill a 44-gallon drum – and he was a highly regarded Cub scout leader and Venturer advisor for 15 years.

Bowls appealed because it's a game that you can take up at any age, Bob says.

The lead rolls down the jack and places the first three bowls – a base that often sets the tone of the match. However, "you have to be a good loser because no matter how good your bowls are, they'll take them out."

Bob has also played skip, who "directs the head" and needs to have the complete game.

He plays "as often as I can", including all-day tournaments – leaving younger opponents flagging.

Good diet and exercise are "essential" to that longevity, says Bob, who is now a widower. He works out at home on a rower and hoists dumb-bells. An active mind is also crucial, he adds.

Club member Sue England says Bob is the unofficial guardian of the clubhouse, living right behind it. When the club moved from

## Need support and professional care in your own home?



Call Nelson's qualified provider of home based support services.

Contact our branch:  
Suite 3 Level 1  
355 Lower Queen Street  
Richmond  
Ph. 0800 263 562 or 03 548 2009

Email: [nelson.office@healthcarenz.co.nz](mailto:nelson.office@healthcarenz.co.nz)  
Website: [www.healthcarenz.co.nz](http://www.healthcarenz.co.nz)



## "I'd like Pavarotti and poetry"

At Marsden House we understand that everyone is different, and that your funeral should reflect and celebrate your uniqueness. We offer a wide range of options for you to pre-plan your funeral to be exactly how you want it.

Call us today on 03 548 2770 for a FREE information pack.



Marsden House  
FUNERAL SERVICES



“He is a dab-hand at carpentry and has made many of the pegs, boxes and cupboards for the green and clubhouse.”

Seaton Valley Rd to the Domain about seven years ago, Bob mucked in (along with many other members aged 80-plus) to move an enormous amount of soil as the greens were formed.

“He is a dab-hand at carpentry and has made many of the pegs, boxes and cupboards for the green and clubhouse.”

The youngest club member is 58, but there is talk of local schoolchildren trying the game as part of their exercise curriculum.

“This will be excellent. We need to get youngsters enthusiastic and make them realise it isn’t just a sport for crusty old geriatrics with creaky knees and wonky hips,” says Sue.

The club has a lively sense of fun. On Ladies Giggle Day, all the local women’s teams dress up as idiots, start the morning with wine and attempt to play bowls. “I’ve played in it once – tipsy by 8.55 and played the best bowls of my life,” Sue laughs.

Mapua Bowling Club was formed in 1927, on what is now the corner of Iwa and Toru Sts. Working bees furnished the green and pavilion, but the site was a constant problem and the green never came up to standard.

In 1933, Ian Napier leased the club a piece of land for a peppercorn rental in front of his orchard at Seaton Valley Rd. A year later the new green was ready.

During World War 2 members passed a resolution that any conscientious objectors should be barred. Land surrounding the green was planted with vegetables.

In 1942, women and boys were allowed to join the club but could only play when the men did not need the green. Three decades later, the women formed their own section, the Mapua Ladies Bowling Club. In 2003, club-members voted to move to the Domain.

Mapua is one of 14 clubs in the greater Nelson district, from Takaka to the Maitai. Our bowlers have done exceptionally well on the national and international stage. Jo Edwards, of the United club, holds the world No 1 ranking for women’s singles.

## “Someone has to make the best teeth”



# Nelson Denture Clinic

*The Smile Designers*

## Specialising in:

- BPS Dentures - latest technology injection moulded dentures. Excellent fit and extremely natural appearance
- Cosmetic Dentures to Support and Improve Facial Structures
- New Dentures
- Replacement Dentures
- Total Professional Care for Denture Patients

**Gilbert Matravers**  
Clinical Dental Prosthetist

**Ph/Fax: 548 1478**

*OUR GUARANTEE  
IS IN YOUR SMILE*

*EXPERIENCE  
COUNTS*

**35 Waimea Road, Nelson - 0800 2 SMILE**



# Shape up for summer

...whatever the weather!



A special invitation to our  
Mudcakes and Roses readers and  
friends to join us and have some fun  
getting fitter for Summer:

- ✓ Aqua fitness, low impact aqua jogging
- ✓ Body balance classes with elements of yoga/tai chi/pilates
- ✓ Spa pools, sauna and fitness centre
- ✓ Personalised and private swimwear specialists
- ✓ Poolside Café with amazing food



**ASB** aquatic & fitness centre  
TASMAN

Ph. 03 543 9755 or 0508 GET FIT

161 Salisbury Road, Richmond  
[www.asbaquaticcentre.co.nz](http://www.asbaquaticcentre.co.nz)



**tasman**  
district council

*Developing community driven,  
owned and used facilities*

# Collective 'man cave' rides a wave

THE NEW MEN'S SHED OFFERS MACHINERY, MATESHIP AND PLENTY OF SKILLS.

A lady rang a Men's Shed organiser recently and said her dad had died. "Do you want his gear – you'd better bring a truck."

Shed group secretary Alan Kissell relates the tale with a grin. The workshop at the Richmond A&P Showgrounds has been open just a few months, but already has a queue of sanders, lathes, benchesaws, tools, even an old dovetailer, await restoration and safety checks. Businesses have given much of the gear.

A small room at the former Nelson District Kennel Association clubrooms has been turned into a shrine of old and unusual tools. It is attached to the main workshop, tearoom and meeting room. Plans are afoot to site a 6x6m garage alongside for mechanical and engineering projects.

The facility has even sprouted a subgroup of gardeners to tend a communal plot, formed courtesy of soil from the driveway excavation – which was done gratis by a contracting firm.

In the workshop itself, members have made a playhouse to raffle for funds. They are maintaining the Way2Go wooden training track for young cyclists, plus have been approached for other small projects.

Alan, a retired builder, says membership has topped 75 and growing. Subs are \$25 a year for access to machinery, camaraderie and a staggering skills base. The Shed is open "pretty much as often as we can". A supervisor is always rostered on – two people must be present if machinery is used.

Jim Davis, who chairs the incorporated society behind the concept, says getting the Nelson region's first Shed established took nearly two years. It opened in September and could already double in size. The concept is Australian, with a rapid uptake on this side of the Tasman – Christchurch has six.

Men's Sheds give blokes – particularly elderly blokes – a focus, he says. If their spouse has died, men can be "lost – totally lost". They are also "hopeless" at networking ... they bottle up their pain, pushing them towards depression and suicide.

In a pragmatic sense, Men's Sheds also provide room to potter that can be lacking in retirement village or unit living.

Allan Brown, 72 and another retired builder, says that as soon as he heard of the Men's Shed concept he wanted to be involved. "It's good to keep your hand in ... you're a long time dead." Allan's magnum opus is on display in a cabinet near the front door – a model of an 18th Century English navy frigate made from 20,000 matchsticks. It's been 40 years in the making, and now waiting for the finishing touches.

• Jim Davis thanks the businesses, individuals, the Canterbury Community Trust and both the Nelson City and Tasman District Councils for help with the Shed. A Motueka workshop is already being discussed, and Nelson cannot be far behind.



Jim Davis in the playhouse to be raffled as a fundraiser.

## For compassionate and professional help at a difficult time...



Take comfort in our understanding, our guidance, our reliability, our professionalism and in the fact that we provide a complete bereavement service.

Including...



- Funeral planning • Inflation proof prepaid funeral trust fund
- Chapel facilities • Full catering facilities & services

## Shone & Shirley Funeral Directors

Serving the Nelson & Tasman Districts Since 1862

**(03) 546 5700** or **0800 FUNERAL (0800 386 372)**  
For 24 Hour Personal Service



Office & Chapel, 164 Tahunanui Drive, Nelson

[www.shoneandshirley.com](http://www.shoneandshirley.com) • E-mail: [funerals@shoneandshirley.com](mailto:funerals@shoneandshirley.com)

## ***Riding with Clive***

PASSENGERS RELISH A BIT OF CHEEK FROM THE AFFABLE BUS-DRIVER.

Chirpy bus-driver Clive Casbolt delights in giving his regulars – “mainly oldies” – a mouthful of cheek as they hop on board his SBL vehicle.

**“They love it ... I get some of the same people all the time and so I have them on.”**

Clive describes each bus trip as memorable. He drives five return trips between Richmond and Nelson each day, with two half-hour breaks in Richmond.

His long workday begins in Motueka at 7.00 am, when he brings schoolchildren and NMIT students into town, and finishes at 5.00 pm. However, the time goes quickly and “I’m as happy as Larry when I’m in my bus”, he says.

As for the stress of driving, “traffic is no problem except for the roundabouts where you get people indicating when they want to go straight ahead!”

SBL has four service bus-drivers, and Clive says they all share a good rapport. He has his “own” bus that only he drives, and he also cleans it, inside and out.

Every other Sunday, Clive drives the double-decker bus between Nelson and Richmond, doing four return trips. These rides are very popular, a real “drawcard” with families and visitors alike, he says.

Clive wasn’t always a bus driver. His background is in the Royal New Zealand Navy and later in the Merchant Navy as a radio officer. He owns a lifestyle block in Orinoco – and quips that this wouldn’t have been economically possible if he had been bus-driving all his life.

He once part-owned a double-decker house-bus in Britain. Ten friends paid £30 each for a share in the vehicle and then travelled around Europe. (Clive was studying at the time and unfortunately missed out on the trip).

“Nelson is paradise and is the best place in the world,” he says, and never tires of the idyllic seaside views as he drives passengers around the waterfront.

*By Andrea Ann Kepes*



# **ELECTRIC BICYCLES**

**Men's and Women's**

**Lazerbike  
– No sweat!**

**Catch the mood of the moment with the bike of the future.**



**Peter Clark Ph 03 546 4155 or 027 682 0122  
peter@lazerbike.co.nz      www.lazerbike.co.nz**

**Across:**

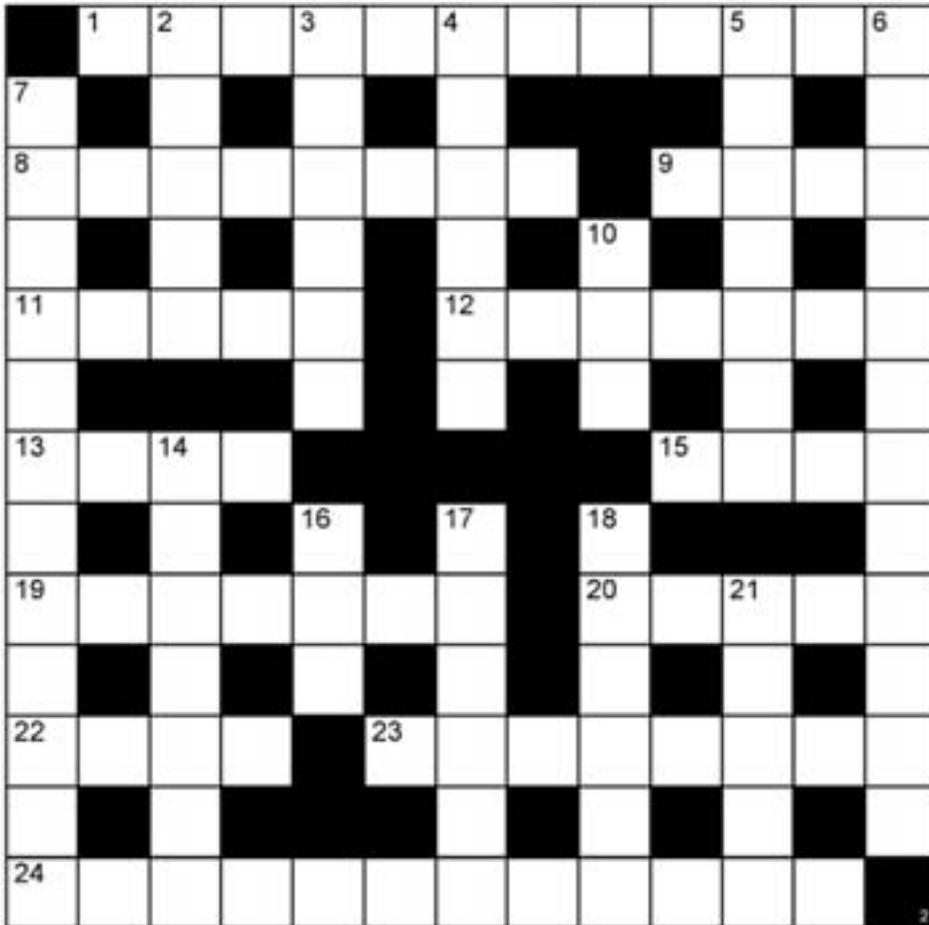
1. Making glass better (6,7)

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

**ALFAB**

WINDOW TINTING

0800 484 697



## Simpler Clues

### Clues Across

1. Mid-60s colourful cult followers (6,6)
8. Revoked former declaration (8)
9. Horse breeding establishment (4)
11. Device regulating flow (5)
12. She in person (7)
13. Have a sullen fit (4)
15. Irritation (4)
19. Grown without chemical fertilisers and pesticides (7)
20. vitae tree of life (5)
22. Greek 'i' (4)
23. Short instrumental composition (8)
24. Military officers advising seniors (7,5)

### Clues Down

2. In the neighbourhood (5)
3. Cold season (6)
4. Resound, give back echoes (6)
5. Willing to wait (7)
6. As far as one can go (3,2,3,4)
7. Supplying with food (12)
10. Be impertinently inquisitive (3)
14. Get less dark (7)
16. None specified; whatever amount (3)
17. Place for instruction (6)
18. A learned man (6)
21. Instruct counsel (5)

## Harder Clues

### Clues Across

1. Those blooming cult members of the Sixties! (6,6)
8. Unsaid what was said to end trace of it (8)
9. One breeding starts submissively, then under duress (4)
11. One-way device for five, alive when one left (5)
12. It is she, indeed, who may be fresh about the Spanish (7)
13. To be sullen with the East, absent in Luke's conversion (4)
15. Teasing desire to hit out when holding clubs (4)
19. Produced without chemicals in cargo for a change (7)
20. A tree shaped into bar of gold (5)
22. When I am in Greece I will have nothing, thanks (4)
23. Piece of music for saint on a trip (8)
24. Military officers turned green when Sir John was decapitated (7,5)

### Clues Down

2. Somewhere nearby in Deal, a collier turns up (5)
3. Wren needs it mixed when it's cold (6)
4. Resound with cheer that could come to naught (6)
5. One being treated to pint - tea, it turns out (7)
6. Point of no return may be a wall in a cul-de-sac (3,2,3,4)
7. Supplying food is proving difficult with no one turning up inside (12)
10. Be nosy and sporty alternately (3)
14. After fifty, the gin might serve to relieve the pressure (7)
16. Whatever amount a Big Apple can provide (3)
17. Where children learn to coach one in a part (6)
18. Wise man parking a commercial vehicle in the street (6)
21. Barrister's instructions won't be long (5)

## RIMU GROVE WINERY NELSON



# Creative Writers

For our December issue we challenged writers to produce a really short story of 60 words max, based on the theme of summer. Our winning entry is from Sally Astridge, who receives a bottle of Rimu Grove wine. Congratulations also to runner-up M.A. Fearn – and since it's Christmas we are awarding a second bottle.

Our February issue is open to allcomers. Send us your poem or short story to entertain readers out on the deck on a warm evening. As usual, one of Rimu Grove's finest will be awarded to the best submission.

### SEND ENTRIES TO:

Rimu Grove Creative Writers  
Dry Crust Communications, PO Box 3352, Richmond  
or email to [info@drycrust.com](mailto:info@drycrust.com)

## Another summer

BY SALLY ASTRIDGE

Tent's erected by sundown.

Nick beams. "Look, Susie – shepherd's delight."

The deluge hits with dawn; rain like lead-shot. Rivers of mud hurtle downhill. Madness to light the barbecue. Stale sandwiches for breakfast.

Ditto lunch.

Ditto tea.

Kids are fractious. I'm coffee-deprived, nerves razor-sharp.

Nick grins. "Tomorrow."

Huh! Today's clone; blue-black, rain-laden clouds.

"Let's find a motel, Nick," I plead.

## Hug an Aussie

BY M.A. FEARN

Everyone had eyes glued to the big screen except Matt. He kept staring at the pretty, black-clad blonde.

"Hey," his mates complained, "We're here to watch the game, not girls."

"Can't help it," Matt muttered. "She's hot."

The girl suddenly smiled and walked over.

"Hey, fellas. My name's Summer."

"Told ya – she's hot," Matt grinned as her arms enfolded him.

## smythes LAWYERS

**10% off Legal Services**  
for SuperGold card holders

**Stop worrying!** Our team can help you deal with your worries about money, family, losing control of your life...

300 Trafalgar Street, Nelson  
Tel 03 546 8750. [enquiries@smytheslaw.co.nz](mailto:enquiries@smytheslaw.co.nz)  
[www.smytheslaw.co.nz](http://www.smytheslaw.co.nz)



## Crossword Solutions

**CLUES ACROSS** – 1. Flower people 8. Recanted 9. Stud 11. Valve 12. Herself 13. Sulk 15. Itch 19. Organic 20. Arbor 22. Iota 23. Sonatina 24. General staff

**CLUES DOWN** – 2. Local 3. Winter 4. Reecho 5. Patient 6. End of the road 7. Provisioning 10. Pry 14. Lighten 16. Any 17. School 18. Savant 21. Brief

# Mudcakes & Roses Noticeboard



## Art on show in Tapawera

Art and agriculture sit alongside each other in Tapawera on Saturday 14 January 2012. The Tapawera Visual Art Society opens its annual exhibition on the Friday before, 7.00 pm, and it will run daily from 10.00 am to 5.00 pm until 22 January 2012 in the Shedwood Hall, on the main road through town. That is a short stroll from the town's longstanding BGAC agricultural show on the Saturday, so day-trippers from Nelson and surrounding areas can double their enjoyment.

Admission to the art exhibition is free and everybody is welcome. On showday the 14 January 2012, the exhibition will stay open until 8.00 pm. For more information contact K Register 03 522 4368 or Kirstie Hogg 03 522 4642.

## Ramp builders wanted

You can help Hospice by becoming a "ramp volunteer", building ramps and installing handrails at patients' homes. This allows patients to remain active and independent for longer, and makes a huge difference to their quality of life. Hospice would love to hear from someone able to help in the Nelson City area.

**Time:** A few hours for each ramp, or less to install handrails. On call – sometimes months can go by with no referrals, and sometimes two in a week. Criteria: Building experience, be comfortable

around illness, have good communication skills and be non-judgmental.

**Contact:** Mary Garner Ph. 03 546 3912 or mary.garner@nelsonhospice.org.nz

## Quilting symposium

A mini Quilting Symposium is being held at Nelson College for Girls from 12-16 April 2012. Patches of Tasman will feature a selection of products from on-site merchants, plus classes in the latest techniques from some of the country's top tutors. Local quilters will exhibit their works. See the website [www.patchesoftasman.co.nz](http://www.patchesoftasman.co.nz) for details.



## ~ A word from Debbie ~

I am delighted to update you about Ernest Rutherford Retirement Village since the last issue of Mudcakes and Roses.

We have enjoyed some wonderful events at the village recently including our Melbourne Cup celebrations and Paper Plus book review. Our gardens are looking wonderful in their spring colours and provide beautiful scenery for a cuppa with friends and family in the courtyard.

There are always many activities, outings and events for residents to choose from and the village provides wonderful facilities such as an indoor heated swimming pool, bowling green, library, hair and beauty salons and many more. Retirement living at Ernest Rutherford is

whatever you want it to be... busy for some, relaxed for others, the choice is yours!

Apart from telling you about the wonderful things to enjoy at Ernest Rutherford I must also tell you about the opportunities to join us here. There are only three independent apartments available now which offer an independent lifestyle in a safe and welcoming community and serviced apartments where a little extra assistance is always close at hand.

Please phone me if you would like to view our show homes, chat about the retirement living or care option best suited to you and to join me for a complimentary lunch.

Kind regards,

**Debbie Edwards**, Sales Advisor  
03 538 0882



**Ernest Rutherford**  
RETIREMENT VILLAGE

A Ryman Village

3648

# NZ Super, support services and scam mail

HIGHLIGHTS FROM THE NELSON TASMAN POSITIVE AGEING FORUM MEETING HELD IN RICHMOND ON MONDAY 21 NOVEMBER 2011.

## Phone costs assistance

Caroline Downey from the Ministry of Social Development advised that a number of elderly people have both a landline and cellphone, and that financial assistance is usually for landlines only. Recoverable grants are available for cellphones in cases such as natural disasters (under Civil Defence) but this grant must be paid back.

## Men's Shed

More than 100 people attended the opening of the Men's Shed at the Richmond A&P Showgrounds. Forum Chair Ruby Aberhart reiterated her desire for the Men's Shed to construct a trolley to help the elderly move their heavy recycling bins.

## NZ Super

New Zealand has reciprocal agreements with some countries so that residence and/or periods of insurance contributions in these countries can be regarded as residence in New Zealand. However, there isn't any qualification for extra superannuation. For details, please email Diane van der Velden at [diane.vandervelden001@msd.govt.nz](mailto:diane.vandervelden001@msd.govt.nz)

## Scam letters

Ruby advised that the Office of Senior Citizens has had discussions with Police regarding scam postal mail. The Police are trying to determine its extent throughout New Zealand and asked, Do you:

- Know of people who are receiving scam mail?
- What type of scam or appeal was it?
- How many, roughly, did they receive?

Please send all replies to [karen.wong010@msd.govt.nz](mailto:karen.wong010@msd.govt.nz)

## SuperGold Card

Caroline Downey, Jill Harris and Diane van der Velden from the Ministry of Social Development gave updates on:

**SuperGold Card:** Reciprocal arrangements for the card with Australian states and territorial governments have been arranged. Available discounts when travelling in Australia can be viewed at [www.seniors.msd.govt.nz](http://www.seniors.msd.govt.nz)

**My Account for Seniors:** Senior Services have recently launched a new online service. Clients can use My Account to: Edit their phone number, fax and email address details held with Senior Services; view next regular payment details; view a breakdown of payment rates, including benefit rates, supplementary payments and deductions; view future appointments. The My Account website address is found at [www.seniors@msd.govt.nz](http://www.seniors@msd.govt.nz)

## Family Services Directory

This is an online database of family support services. Visit [www.familyservices.govt.nz/directory](http://www.familyservices.govt.nz/directory)

## Support Services

A booklet published in September 2011 provides information to older people, their families and whanau on how to access needs assessment and home support services. It also provides a list of the needs assessment agencies and their contact details.

Copies of the booklet can be ordered by emailing [moh@wickliffe.co.nz](mailto:moh@wickliffe.co.nz) or calling 04 496 2277 quoting HP number 5313. You can also visit [www.moh.govt.nz/moh.nsf/indexmh/needs-assessment-support-older-people](http://www.moh.govt.nz/moh.nsf/indexmh/needs-assessment-support-older-people)

## Cycling in old town hall

Sarah Hodgson, Programme Fitness Co-ordinator, Richmond Recreation Centre, outlined the physical activity programmes and the new cycling programme run at the Centre that focus on older adults. A brochure covering the programmes, costs, days and times is available at [www.sporttasman.org.nz](http://www.sporttasman.org.nz) or Ph. 03 544 3955

## Access for All

Sarah Downs, Tasman District Council, outlined a Workshop on Accessibility held on Friday 4 November 2011 where Councillors and staff travelled around Richmond and the Mall to make themselves more aware of mobility and vision-impaired issues.

Problems encountered included: Inconsistency of different ATM machines; some doors were very heavy for wheelchair users; locked toilets for wheelchair users; some carparks required wheelchair friendly areas.

## Next meeting

The next meeting of the Nelson Tasman Positive Ageing Forum is on Monday 27 February 2012, 1.00 pm in the Richmond Library, Constance Barnicoat meeting room.



# Tailored motoring makes you safer

A FREE CARFIT CHECK CAN BE A LIFESAVER FOR OLDER DRIVERS.

Roya Delarenzo has been driving for about 60 years but doesn't let herself become complacent. She motored in to the Richmond A&P Showgrounds recently for a "CarFit", where her vehicle is tailored to her needs like a fine garment.

CarFit checks makes sure older drivers are aware of all the vehicle's safety features and can adjust them to suit themselves. In Roya's case, volunteer scrutineers from Rotary showed her how to adjust the left-hand door mirror, which is always being bumped out of alignment in the garage. They also found she had her seatbelt set too high.

The 20-minute once-over is free and involves trained volunteers and health professionals such as occupational therapists working with each driver to maximise comfort and safety. The checkers also offer information about products or services that older drivers might benefit from.

As body mobility decreases, for instance, the CarFit crew might suggest extra mirrors to cover blind spots, or a swivel seat to make getting in and out of the vehicle easier. Margaret Parfitt, Road Safety Adviser for Nelson City Council, says many drivers aren't aware that they can adjust the tilt of their steering wheel.



Rotary scrutineers give Roya Delarenzo's car a safety check. The oldest driver on the day of the Richmond checks was 85.

The AA has introduced the American CarFit scheme into New Zealand. Senior Adviser Kath Henderson says older drivers are the most safety conscious road-users.

"They are more likely to wear their seatbelts and less likely to speed, or to drink and drive. But unfortunately when a crash does occur, because of their greater frailty they can be killed or seriously injured."

Margaret Parfitt says Rotary clubs have been crucial in helping to make CarFit available in Nelson – one of the first regions in the country to offer the scheme. To book a check-up, phone Margaret on 03 546 0390 or email [Margaret.parfitt@ncc.govt.nz](mailto:Margaret.parfitt@ncc.govt.nz)

**Wensley House**  
REST HOME & RETIREMENT VILLAGE

## STUDIOS AVAILABLE



### OWNER OPERATED FACILITY

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

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



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

## What is it?

Our antique curio is a tasty one, this time. Probably not much of a challenge for our female readers. Answer, page 23.



# What's On



DECEMBER 2011 – JANUARY 2012

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

## Golden Bay

### Wednesday Walkers

Meet at Information Centre carpark, Takaka, leaving 9.00 am. Bring morning tea, raincoat etc, light boots or walking shoes. Contacts: Debby Rogers, 03 525 9090, Lelie Sise, 03 525 8898, Sonia Nalder, 03 525 9765.



### Upright and Able for Falls Prevention

Ph. Jacinda Hohepa 03 525 8770 or 03 525 9708 for more information and registration.

## 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 ... just turn up. Rides about 12km.



### Motueka 50+ walking group

All walks leave Deck's Reserve Carpark at times stated, where transport is arranged. Meetings on the last Thursday of each month in the Uniting Church Hall, High St Contacts: Secretary Norah Morris, 03 528 6290, President Heather Archer 03 528 7475, Walks Coordinators Bet Glengarry 03 528 8009 and Alan Morris 03 528 6290. For details about Alternate walks, contact Lesley or Ray Cranefield 03 527 8113. [www.motueka50pluswalkers.org.nz](http://www.motueka50pluswalkers.org.nz)

### Motueka Recreation Centre

**Badminton:** \$4 court fee, \$2 racquet hire.



**60+ Social Club:** cost \$6 per session. Ph. Wendy 03 528 8228.

**Sit n Be Fit:** Thur 10.30 – 11.30 am. \$4.

**Sunshine Club:** Friday morning 9.00 am - noon. Morning tea and activities provided. Free pick-up and drop-off. \$4. Ph. Wendy 03 528 8228.

**Silver Sneakers:** Indoor walking group, 9.30 – 10.30 am. \$4.

**Centre Gym:** Open 9.00 am – 9.00 pm Monday to Friday, 9.00 am – 4.00 pm on Saturday (closed Sunday). Ph. 03 528 8228 or fax 03 528 8560.

### Motueka social dance group

Dance at Mapua Hall 17 December 2011, with a Christmas theme. Contact Margaret 03 528 7564, or Prue 03 540 2242.

## Murchison

### Murchison Community Resource Centre

Murchison Daytrippers. Phone Berylla Jones 03 523 9875.

**Euchre:** Tuesdays 10.30 am.

**Mah Jong:** Tuesday 1.00 pm.

**500 Club:** Wednesdays 1.00 pm.

**Art class:** Mondays 10.00 am & 1.00 pm. \$4.



## Nelson

### Nelson Dance Along

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

### Nelson 50+ Walking Group

Tuesday and Thursday Walkers  
**6 December:** Combined BBQ/ Picnic, Rabbit Island.

### Nelson Provincial Museum Exhibitions

For more info visit [www.museumnp.org.nz](http://www.museumnp.org.nz)

### Stoke Seniors Club

Contact Christine, Anne or Ruth on Ph. 03 547 2660  
Email: [stokeseniors@xtra.co.nz](mailto:stokeseniors@xtra.co.nz)

### Regular activities

**Scrabble Club:** Mondays 1.00 pm.



**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. \$3.

**Sit and Be Fit exercises to music:** Wednesday 11.00 am.

**Pilates:** Wednesday at 1.30 pm. \$2.

**Strum-pets ukulele group:** Thursdays 10.30 am - noon. You need to have your own uke. Contact Ruth.



*All the above classes meet in the Stoke Memorial Hall.*

**Monthly Movie:** Ph. 03 547 2660 to check what's on, date and starting time.

**Housie:** second Tuesday and last Wednesday of the month. \$5 a card.

**Tuesday Morning Craft Club:** 10.30 am. \$2.

## Nelson Nursing Service

Nelson Nursing Service is proud to be the ONLY Nelson-owned and operated Home Support and Community Nursing Service in the region. Our services are flexible and can be provided either in your own home or at our purpose-built clinic.

BEST SERVICE • BEST PEOPLE • BEST OUTCOMES



- 24 hour nursing in the home, including home support and personal care. On-call Registered Nurse available at all times.
- Rehabilitation self-management support.
- Wound assessment and management, including ulcer dressings and compression bandaging.
- Measure and supply of compression hosiery.
- Incontinence Products and Advice.
- Toenail clipping service.

469 Main Road Stoke • Tel: 03 547 2814 • [www.healthcarenelson.co.nz](http://www.healthcarenelson.co.nz)

# If you are looking for contacts for community groups and clubs checkout the Found Community Database [www.found.org.nz](http://www.found.org.nz)

DECEMBER 2011 – JANUARY 2012

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

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

**Card Making:** (8-week course) Thursdays at 1.15 pm. \$3 per session.



**"Lads at Large" and "Girls Own" trips:** once a month on Fridays. Contact Ruth or Anne.

**Travel Club:** For information on trips, phone the office on Ph. 03 547 2660.

**Monday Out & About Trips & Picnics.**

**Thursday Out & About:** 11.00 am. A van tiki-tour around Nelson region.

**Weekly Afternoon Entertainment:** contact office for programme details.

**Also Tuesday-Thursday Meals:** a two-course meal at midday for \$8 (members), \$10 (non-members). Ph. 03 547 2660 to book (preferably by 9.30 am the day before).

## Saxton Seniors

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

Senior Walking Group: Tuesday and Thursday 9.30 am. \$4. 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: Thursdays, 10.00 am and 11.15 am. \$5. Ph 03 538 0072, email saxtonstadium@xtra.co.nz

## Suter Art Gallery

**Artists in Focus:** 2 December 2011 – 4 January 2012, Steve Fullmer; 6 January – 1 February 2012, Maureen Harte.

## Exhibitions:

**Dionioia:** A Diorama of Paranoia, 19 November 2011 – 6 February 2012.

**Philip Trusttium:** new acquisition, until 11 December 2011.

**2011 Portage Ceramic Awards:** 17 December 2011 – 12 February 2012.

**Richard Parker:** Master of Craft, 3 December – 6 February 2012.

**Mckee Gallery, Nelson Suter Art Society:**

8 December 2011 – 15 January 2012: Christmas exhibition, Small Works 17 January – 5 February 2012: Ken Laws, Sally Papps and Nelson Potters' Association members.

## Richmond

### Club 50

A social group of mature adults looking for companionship, recreation and enjoyment. Phone 03 544 3955 or email [Richmond@sportasman.org.nz](mailto:Richmond@sportasman.org.nz). Meet every Tuesday 9.30 am (unless otherwise stated), Richmond Recreation Centre & Town Hall, Cambridge St. Carpooling available.



**6 December:** Christmas lunch: Please register for this \$14 roast of your choice, Please bring a dessert. Wine and refreshments provided by RRC, Volunteer help with decorating tables, flowers and the room would be appreciated.

**13 December:** Gift wrapping & card making: Bring along any unwrapped presents with wrapping paper, bows and sellotape. Bring morning tea to share. \$3.

**20 December:** Movie: Bring some yummy treats and relax while watching a Christmas movie on the big screen.

**Merry Christmas & Happy New Year to everyone from all our team at Richmond Recreation Centre.**

**10 January:** Hogland Art Glass: Plus morning tea and a chat. \$3.

**17 January:** Estuary walk: Return to RRC for morning tea (bring something to share).

**24 January:** Clothes swap & exchange day: Clean out all your old knick-knacks and clothing. \$3, and bring morning tea.

**31 January:** Monaco walk: We will stop into The Point Studio to look at the custom art. Morning tea in the picnic area. \$3.

**Richmond Senior Citizens Assn** Oxford St rooms.

Tuesday afternoon, cards

Wednesday 9.00 am to 2.00 pm, quiz, housie and various activities.

Thursday afternoon, cards.

Friday 9.00 am to noon, light exercises and morning tea.

An outing on the last Wednesday in the month.

Elaine Mead Ph 03 544 5654.

## Upright and Able for Falls Prevention

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

## 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.



Your safe and trusted local community taxi.  
We have five mobility taxi's in our fleet.

Anywhere Anytime call a Blue Bubble Cab

Ph. 03 548 8225  
0800 108 855



# RECREATION PROVIDERS



DECEMBER 2011 – JANUARY 2012

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

## Golden Bay

### Age Concern

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

### Drop-in Yoga

\$8 per class at the Catholic Hall, 94 Commercial St, Takaka Terry Ph. 03 525 7422.

### Genealogical Group

Sally Ph. 03 525 8086

### Gentle Exercise Classes

(through Golden Bay Physio Clinic) Held at Golden Bay Community Hospital, Mondays 10.00 – 11.00 am. No charge. Erica Ph. 03 525 9708

### Sit and Be Fit

Golden Bay Community Centre, Tuesdays 10:30-11:30 am. \$2 donation. Jacinda Ph 03 525 8770

### Golden Bay Contract Bridge Club

Leigh Ph 03 525 9744

### Golden Bay Garden Club

Diane Ph 03 525 6121

### Golden Bay Patchwork and Quilters Guild

Liza Ph 03 524 8487

### Guided Gym Session

Wednesday 12.00 – 1.00 Georgie Ph 03 525 6110

### Indoor Bowls/Cards

Senior Citizens Club rooms. Mary Ph 03 525 8445

### Mah Jong

Ethel Ph 03 525 8615

### Marble Mountain Country Music Club

2nd and 4th Sunday of each month at the Senior Citizens Club rooms. Nancy Ph 03 525 9491

### Motupipi Indoor Bowling Club

Thursday nights, 7.30 pm at the Motupipi Hall. Supper and games for \$1. Nancy Ph 03 525 9491

### Nordic Walking

Michelle Ph 03 528 0252

### Pohara Bowling Club

Jennifer Ph 03 525 9621

### Probus

Jan Ph 03 525 9197

### 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)

Aileen Ph 03 525 7345

### Upright and Able for Falls Prevention

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

### Uruwhenua Women's Institute

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

### Wednesday Walkers

Bron Ph 03 525 8627  
Bob Ph 03 525 9958

### Workouts

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

## Hope

### Hope Midweek

Badminton Club  
Carolyn Ph 03 541 9200

### Nelson Veterans Tennis Club

Hope Courts every Thursday Ph 03 547 6916

## Mapua

### Indoor Bowls

Mapua Friendship Club  
Mapua Public Hall  
Valerie Ph 03 540 3685

### Low-Impact Aerobics and Pilates

Wakefield, Upper Moutere and Mapua  
Lynda Ph 03 543 2268

### Mapua Bowling Club

Dave Ph 03 540 2934

### Nordic Walking

Michelle Ph 03 528 0252

### SeniorNet (Motueka)

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

### Taoist Tai Chi

55 Muritai St, Tahunanui  
Ph 03 545 8375

## Motueka

### Aerobics/Gym and Fitness Centre

50+ Aerobics  
Mot Rec Centre  
Jody Ph 03 528 8228

### Age Concern

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

### Arthritis NZ

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

### Gym & Fitness Centre

Studio Gym 275  
Catherine Ph 03 528 4000

### Healthy Hearts Club

St Thomas Church Hall  
Wendy Ph 03 528 6692

### Indoor Bowls

Motueka Senior Citizens Hall. George Ph 03 528 7960

### Line Dancing

Motueka Senior Citizens Hall. Beryl Ph 03 528 8265

### Line Dancing (Beginners)

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

### Marching

Motueka Veteranettes Marching Team  
Bev Ph 03 528 9125

### Motueka and District Historical Association

Meets fourth Saturday of the month, April to November, Community House, Decks Reserve, 1.30 pm. Coralie Ph 03 528 8241 or Patsy Ph 03 528 6416

### Motueka Bowling Club

Don Ph 03 528 7208  
Tony Ph 03 528 9175

### Motueka District Museum

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

### Motueka 50+ Walking Group

Meets last Thursday of each month in the Uniting Church Hall, High St, at 9.30 am. Heather Ph 03 528 7475  
Narah Ph 03 528 6290.

### Nordic Walking

Michelle Ph 03 528 0252

### 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. Mary Ph 03 540 2758  
Maureen Ph 03 528 0630

### Social Recreation

Kiwi Seniors (Motueka)  
Vonnice Ph 03 528 7817

### Upright and Able,

### Falls Prevention

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

### U3A (University of the Third Age)

Have fun learning cooperatively. Variety of

courses available. Malcolm Ph 03 528 7484  
Sandra Ph 03 528 4616

### Yoga

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

## Murchison

### Age Concern

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

### Murchison Community Resource Centre

Monday: Sit & Be Fit 10.45-11.30 am. \$2 a session. Tuesday: Zumba 5.45-6.45 pm. \$2 a session. Wednesday: Tai Chi 11 am. Good for body-mind balance, bone health, fitness, falls prevention and relaxation. \$2 a session. Walking Group 1.30pm. Thursday: Pilates Levels 1-3, 5.15-6.15 pm. \$5 a session or \$40 a term. Zumba 7-8.00 pm. Berylla Ph 03 523 9875

### Nordic Walking

Jacqui Ph 03 544 1645

## Nelson

### Age Concern

Support services, information and advocacy to older people. 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.

**Angie's AquaFitness**

Want to be active & healthier? Start to get fit for summer. Wear togs or shorts & T-shirt.

Tues 10.45-11.45 am, Thursday 6-7 pm, Ngawhatu Pool, Stoke. \$6. Ph Angie 03 547 0198

**Angie's Active Circuit**

Fun, easy aerobics and circuit. Suitable for all abilities. Tues 9.15-10.15 am, Nelson Bays Church, cnr Quarantine/Waimea Rd. \$5. Thursdays 9.30-10.30 am, Tahunanui 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. Judy Ph 03 548 1170.

**Arthritis New Zealand**

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

**Belly Dancing**

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

**Bodyvive (Low-impact)**

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

**Cardiac Club/Gym & Fitness Centre**

City Fitness  
Sharon Ph 03 539 0348

**Cardiac Support Group**

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

**Diabetes NZ Nelson**

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

**Dining4Twelve**

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

**Golf Croquet**

Nelson-Hinemoa  
Bev Ph 03 548 2190

**Government Superannuitants' Association**

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

**Grandparents Raising Grandchildren**

Meets last Tuesday of the month at 10.00 am. Presbyterian Church Sunday School rooms, Muritai St, Tahunanui. Social gatherings second Tuesday of the month at 10.30 am. Paula Ph 03 548 6660.

**Gym**

Contours Health & Fitness Ph 03 544 0496

**Hatha Yoga**

Maureen Ph 03 546 4670

**Hearing Association Nelson**

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

**Hot Yoga**

Claire Ph 03 548 2298

**Housie Evening**

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

**Leisure Line Dancing**

Stoke Scout Hall, Songer St.  
Annette Ph 03 546 8777

**Marching**

Silveraires Leisure Marching  
Diana Ph 03 548 9527

**Marybank Garden Club**

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

**Nelson Caravan Club**

Allan Ph 027 319 7427

**Nelson Community Patrol**

Suzy Ph 03 539 0409

**Nelson Dance Along**

Rosalie Ph 03 548 2236.

**Nelson Electronic Organ and Keyboard Club**

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

**Nelson 50+ Mini-Walks**

Gwenda Ph 03 544 5307

**Nelson Male Voice Choir**

Rehearsals: School of Music, Monday evenings.

John Ph 03 547 5181 or  
Ernie Ph 03 548 7291

**Nelson Masters Swimmers**

Adults 20 years and over. Every Monday, Wednesday from 7.30 - 8.30 pm. Riverside Pool, \$3. Don Ph 03 548 4432

**Nelson Petanque Club**

Wed and Sun 1.15 pm at Highland Pipe Band Hall Paru Paru Rd. Boules and tuition provided. Adrienne Ph 03 545 0070.

**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. Alan Ph 03 547 9085 to confirm.

**Nordic Walking**

Jacqui Ph 03 544 1645

**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

**Probud, Stoke-Tahunanui ladies branch**

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

**SeniorNet [Nelson]**

Computer instruction for people aged 55+. Clubrooms at Pioneer Park, Hastings St, Murray Ph 03 548 1170.

**Senior Service - Nelson Baptist Church**

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

**Sit and Be Fit**

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

**Stroke Club Nelson Social activities**

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

**Stroke Foundation Caregivers Support Group**

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

**Support Works**

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

**Suter Art Gallery**

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

**Table Tennis**

Nelson Table Tennis Club. Donny, Ph 03 547 9479

**Tahunanui Bowling Club**

Murray Ph 03 547 6921

**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**

New Beginner class starting 30 September, 9.30-11 am & 3 October

6.00-7.30 pm, 55 Muritai St, Tahunanui. Ph 03 545 8375 and leave a message. Be part of a large, exciting club. Suitable for all ages, and first class is free.

**The New Hub**

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

**U3A**

Ph Caryll 547 6359 or Jean 544 4688.

**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. Cherie Ph 03 539 1812 or email Cherie.Thomas@nbpho.org.nz for more information and registration.

**Veterans' (55+) 9 hole golf days**

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

**Victory Laughter Yoga Club**

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

**Victory Senior Support**

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

**Walking**

Nelson 50+ Walking Group  
Noel Ph 03 544 2286

**Yoga**

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

**Zenda Middle Eastern Dance**

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

## Richmond

### Age Concern

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

### Badminton

Richmond Morning Badminton  
Dawn Ph 03 544 4120

### Body Power Pilates & Yoga Centre

Richmond Town Hall  
Sue Ph 029 281 3735

### Bodyvive (Low-impact)

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

### Bridge

Lessons starting in June. Afternoon or evening, Tuesdays. Richmond Bridge Club, 348 Lower Queen St (opposite Club Waimea). Eleanor Ph 03 544 0710 or Shirley Ph 03 544 6734

### 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  
Phyllis Ph 03 544 8383

### Laughter Yoga, Richmond

Nourish your wellbeing.  
Marion Ph 021 145 3027

### Line Dance Nelson

Alison Ph 03 546 9878

### Nordic Walking

Jacqui Ph 03 544 1645

### Pedometers from the Library

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

### Pottery

Tutored Class now on, last term before Christmas. Wed. 10.00 am at Craft Potters, Ranzau Rd, Hope. Any or no experience. \$100/term, firing and glazes free. Ph 03 544 5172 or craftpotters@ts.co.nz

### Richmond Bowling Club

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

### Richmond Indoor Bowls

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

### Richmond Recreation Centre & Town Hall

9 Cambridge St, Richmond. Ph. 03 544 3955 or email richmond@sporttasman.org.nz. Website: www.sporttasman.org.nz or www.way2go.org.nz

### Sport Tasman's Club Recreation Programmes & Seminars

Club 50: Every Tuesday 9.30 am. New members welcome. Come and join the fully organised activities or outings. Cost \$3.  
Walking Group: Free (volunteer-led). This social group meets before 9.30 am on Mondays. (If the time doesn't suit, please contact us).  
Easy Beat Exercise: (Aerobics) Every Monday & Friday 9.00-10.00 am. \$4.  
Sit and be Fit: Every Friday 9.15-10.15am. New instructor and fully revamped easy exercise programme with a difference. It's fun and social. \$4 (Level 1).  
Shape-up Group Fitness: Every Monday and Friday 10.10-11.10 am. \$4.

### Richmond Slimmers Club

Meets every Wednesday

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

### Spinning, weaving

Richmond spinners, felters, weavers and knitters welcome new members. Venue: Birch Hall, Richmond Racecourse. Time: 9.30 am. Spinners etc 2nd & 4th Thursday of month. Weavers 3rd Thursday of month. Evening meeting 2nd Monday of month at 7.00 pm, for those who can't make morning meetings.  
Diane Ph 03 546 517 or June Ph 03 545 6466

### Social Cards

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

### Tasman Tennis Centre

Social tennis Tuesday mornings 9.30 am, beside the Badminton Hall, Gladstone Rd. Coaching sessions available.  
Ngairi Ph 0272 79 99 38 or the centre Ph 03 544 6083

### Tasman Visual Arts Group

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

### Tai Chi with Gretchen

Richmond Town Hall and Oakwoods.  
Gretchen Ph 03 548 8707

### Ukulele

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

### Upright and Able, Falls Prevention

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

### Yoga

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

## Stoke

### Angie's AquaFitness

Want to be active and healthier and feel that your size does not matter? Fun and

motivating aqua class. Tuesdays, 10.45-11.45 am, Thursdays 6-7 pm. \$6. Ngawhatu Pool, Stoke Angela Ph 03 547 0198

### Angie's Silver Circuit

Build your strength & stability. Improve balance. Light exercise circuit. Fun, sociable atmosphere.  
Fridays, 10.30-11.15 am, \$4. Stoke Seniors, behind Memorial Hall. Main Rd, Stoke. Turn-up or call Angie on 03 547 0198.

### Clogging/Tap Dancing

Nelson Sun City Cloggers.  
Georgina Ph 03 545 1037

### Easy Exercise

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

### Stoke Methodist

Church Lounge  
Maureen Ph 03 546 4670

### Hatha Yoga

Maureen Ph 03 546 4670

### Hydrotherapy

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

### Introductory Pilates

Stoke Memorial Hall  
Tuesday 1.30 pm  
Wednesday 9.30 am  
Christine Ph 03 547 2660

### 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.

### Nordic Walking

Jacqui Ph 03 544 1645

### 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 2.30 pm. Totara Club. Day programmes for older people providing opportunities for socialising and

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

### Kidpower, Teenpower, Fullpower Trust

Cornelia Ph 03 543 2669

### Saxtons Sit and Be Fit

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

### Stoke Bowling Club

Lyndon Ph 03 547 4780

### Stoke Combined Probus Club

Meets every 4th Tuesday 10.00 am at Nick Smith's Rooms, Waimea Rd. Sue Ph 03 548 6062.  
Stoke Social Seniors Pilates: Wednesdays 1.30 pm  
Tai Chi: Tuesdays 1.30 pm

### Sit and Be Fit: Stoke Memorial Hall

Christine Ph 03 547 2660

### Tuesday Walking Group

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

### Table Tennis Nelson

Donny, Saxton Field Stadium.  
Ph 03 547 9479

### Upright and Able, Falls Prevention

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

## Tapawera

### Visual Art Society

Kaye Ph 03 522 4368.

### Walking

Rural Ramblers  
Una Ph 03 522 4083

## Wakefield

### Easy Exercise

Arthritis NZ, Nelson Nancye Ph 03 541 9040

### Live Well, Stay Well Activity Group

Greg Ph 03 541 9320

### Silverthreads Fun Afternoon

Meetings at 1.30 pm, Wakefield Village Hall  
Heather Ph 03 541 9214.

## What is it? (from P17)

Pie funnels. You placed them on the bottom layer of pastry, filled your pie and put a small hole in the top pastry layer for the funnel, which vents steam. Now we just stab a fork or knife into the pie top – not nearly as artistic. The blackbird is a nice touch.

From Richmond Antiques and Curios.



## Advance care planning

PETER RILEY, MANAGING SOLICITOR OF NELSON BAYS COMMUNITY LAW SERVICE, DISCUSSES THE LEGAL ISSUES.

The Code of Health and Disability Consumers' Rights 7(5) provides that: "Every consumer may use an advance directive in accordance with the common law."

An advance care directive (also known as a living will) records a consumer's choice about future care procedures, and only becomes effective when the consumer is not competent to make an informed choice and give informed consent. Right 7(7) provides that: "Every consumer has the right to refuse services and to withdraw consent to services."

A competent consumer may refuse consent for treatment that may occur in the future by using an advance directive. This can include a DNR (Do Not Resuscitate) order. For example, where a competent consumer has refused consent for the administration of CPR in the future, in a clear advance directive, this will render the provision of CPR unlawful, as its provision in such circumstances would violate the consumer's right to refuse medical treatment.

Advance directives can be used to refuse consent to a broad range of medical procedures. The NZ Medical Association provides a form you can use (ask your GP). Advance directives allow individuals to refuse consent to a particular treatment or procedure at a future time when they have become incompetent and therefore are unable to provide current consent or refusal.

If a patient has made a valid advance directive specifying that they do not wish to receive a particular treatment in certain circumstances, and those circumstances have arisen, then that treatment should not be provided, irrespective of whether healthcare providers consider that the treatment would be in the patient's best interest. Advance directives indicating a desire to receive, or consent to receive a particular treatment do not establish a duty on the healthcare provider to provide it. There is no right to receive a particular treatment where the treatment is not offered or available. Where a treatment or procedure is not indicated and/or would offer no benefit, the individual's wishes would not take priority over the clinical decision.

Advance directives stating positive preferences may be most useful in those circumstances where there is clinical uncertainty. The individual's wishes can then be taken into account along with clinical judgments in deciding the course of action that is in the individual's best interests.

An Enduring Power of Attorney for Personal Care and Welfare (EPOA) authorises an agent to give consent for many medical treatments if you become incompetent, but there are limits to the authority of a person with an EPOA to refuse treatments. An agent pursuant to an EPOA cannot refuse consent to the administration of any standard medical treatment or procedure intended to save a person's life or to prevent serious damage to their health (sections 18(1) and 98(4) Protection of Property and Personal Rights

Act 1988). If the treatment is not standard in the circumstances, it may be possible for a person with an EPOA to legally refuse consent. However, this limitation in the law means that an advance directive remains the best way for an individual to express their wish to refuse a particular treatment in the future, especially if the treatment may be considered standard and/or is potentially lifesaving.

### Nelson Hospice Chief Executive Pat Curry comments:

"Advance Care Planning (ACP) covers many aspects of a person's requirements, both legal and personal wishes (the latter less well-defined).

ACP is really about having the conversation with your GP, other medical personnel, but mainly family and maybe friends. ACP covers a range of things, from what to do with the china tea cups, spiritual needs, funeral planning, Enduring Power Of Attorney, deed of wishes, wills as well as care options and choices.

Palliative care and end-of-life care are recognised as a core component of healthcare provision in New Zealand. Advance Care Planning provides for an integrated approach to palliative and end-of-life care that recognises the roles and responsibilities of both palliative care professionals and the patient and their family.

By the time people reach palliative care services they may have quite complex medical conditions that require a proactive and co-ordinated approach to their care. Informing the patient and their family of their condition and care and treatment options is fundamental to ensuring that decisions are fully informed.

Advance Care Planning is the process of engaging with the patient to begin the discussion, focusing on their needs, for the right care at the right time in the right location."

## Cruising with the club



The day was beautiful, the sea calm and smooth when Richmond's Club50 went for a Bar-b-cruise around Port Nelson Harbour recently.

"It was interesting to see all the boats – the Southern Cloud, Ocean Jewel, Stromboli and Freedom, to name a few," a member reports.

"Along the Boulder Bank we had a good view of the baches, the lighthouse – and a passing paddle-surfer. Skipper Jason showed us the fishing boats while explaining the different methods used to catch fish.

Refreshments were served and morning teas shared while we all enjoyed the wonderful scenery. Then we cruised to Haulashore Island and out through the Cut."

(Club50 celebrates its 20th anniversary next 31 March. The social and recreation group for seniors is based at Richmond Recreation Centre and Town Hall on Cambridge St. Ph 03 544 3955.)

- Onboard dining trips are also available from Kaiteriteri. The green catamaran run by Coffee 'N' Cruise leaves the beach three times a day from mid-December, sailing to Split Apple Rock. The 1hr 15min trip costs \$25 per person (children half-price and under 55 free), with coffee and biscuits, plus you can feed the fish or swim.

Longer barbecue cruises can be arranged.  
Call Dave on 0800 000 901.

## The Toe Family

BY MONA RANDALL

We all have ten toes and I think it's a shame  
The poor things aren't given a personal name  
To define the location of each little member  
Appropriate ones, not too hard to remember  
Unlike the professional name metatarsal  
Quite clumsy, but then it's all part-and-parcel  
Of strange Latin names like phalanges (for toes)  
Not commonly known and I therefore propose  
An easy rendition of words better known  
I'll stop if you think they're too close to the bone.

I stubbed my big toe, and consumed with regret  
Bestowed him Memen, for I'll never forget  
How I howled with the pain as his top came asunder  
A longtime reminder of that barefoot blunder.  
Memen's the short form of the Latin "memen-toe"  
My right foot big toe damaged ages ago.  
That's just one example of how names arose  
From random events for the rest of my toes.  
Adjoining Memen is my index (or Toe-Ken)  
(I've dropped the word 'toe'. Ken's more easily spoken.)

Beside Ken lies Lot-toe, or simply, plain Lot  
(I won with nine threes but have since lost the plot.)  
The fourth one comes next, in a scale, the subdominant –  
I've named that one Al-toe, a voice not too prominent.  
The fifth toes is furthest away from the fold  
So his name is Plu-toe, the smallest, and cold.  
Now that's just the right foot, Memen, Lot and Ken  
Plus Al-toe and Plu-toe. The left foot makes ten.  
But you carry on – I can tell you're inspired  
To name your own toes and be greatly admired

Mona Randall has just published an anthology of her poems. You can reach her at [clemona@xtra.co.nz](mailto:clemona@xtra.co.nz) if you would like to buy a copy.



## Driving Miss Daisy, call and ride with a friend!



Driving Miss Daisy®  
We're There For You

Driving Miss Daisy is a companion driving service offering more care, support and help than a standard transport provider. Word has spread in Nelson about the fantastic Driving Miss Daisy service.

"We offer a very professional service, as well as support and care for our clients," says Nelson franchise owner Frances Kemble Welch.

"Since we launched many of our clients have quickly become friends, and we love seeing the difference we are making to our clients lives."

The Driving Miss Daisy service is perfect for:

- Senior citizens who would like to maintain their independence
- Parents who need children to be delivered to/from after school activities
- Organisations who need to deliver people to/from appointments or engagements
- People who don't drive

**Bookings essential. For more information call Frances on (03) 547 2133**