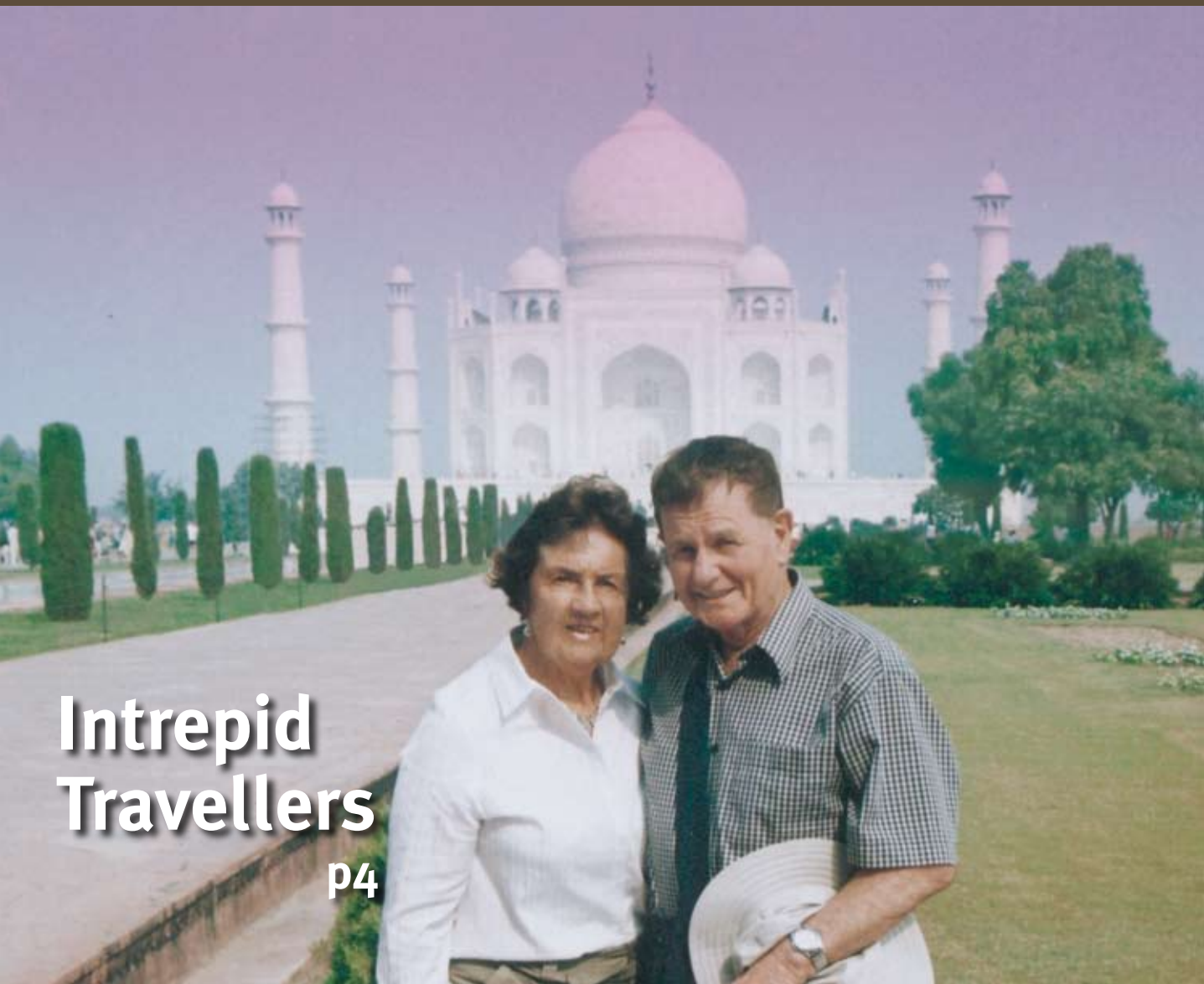


# Mudcakes

## and *Roses*

Senior Generation Action and Issues – Nelson Tasman

Issue 42 • June / July 2007



## Intrepid Travellers

P4

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Way2Go "Hubs" have been established to "think regionally – act locally". We welcome your enquiry!



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## Hub Contacts

[www.way2go.org.nz](http://www.way2go.org.nz)

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# Murray scores big in masters' medal tally

It was 10 years ago that Murray Hart tied on a pair of running shoes, to keep up with his kids' interest in the sport.

They eventually gave up, but Murray kept on running, and running and running, until finally, in March this year, he scored big time in a masters' track and field meet.

Murray, one of Nelson Airport's fire rescue officers, won medals in all eight of the events he contested at the 2007 New Zealand Masters Association track and field championships in Christchurch. He was competing in the men's 50-54 age group for the first time, and finished with two gold medals, four silvers and two bronze.

Murray has been with the airport fire service for 23 years, and has been a volunteer firefighter with the Richmond fire service for 25 years. He says he's lucky to have remained injury-free throughout his athletics interest, which he put to the test again at the recent New Zealand Firefighter Challenge in Feilding.

"It's was the hardest contest ever," Murray said of the inaugural challenge modelled on a similar event to that in the US, designed as the physical component of the recruit entry test.

"We had to pick a fire hose, throw it across our shoulder, run up six flights of stairs, pull up another 20kg hose by a rope, smash a 70kg block with a sledgehammer... I thought my fitness was OK, but this sort of thing requires outright strength and is built for the big guys."

Murray finished eighth in his age group, and was quick to point out that the winning firefighter was close to seven feet tall.

The event is to be hosted by Nelson next year, and will be held in conjunction with the National United Fire Brigade Association conference. Police and emergency services from around the country are expected to take part in the sports challenge.



Murray Hart

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# Intrepid travellers share their tips



World travellers Robin and Beverley Brown know a thing or two about what not to do when it comes to jetting off to far-flung destinations.

The Nelson couple has travelled to 56 countries in 25 years, each time learning the value of paying heed to the advice of others, particularly what not to pack in their suitcases.

Robin is the former Nelson District Senior Inspector of Schools. He and Beverley had done a little travelling prior to retirement, and count themselves fortunate that they belong to a generation that was able to retire at 60, and head off on holiday.

Despite the protocols surrounding air travel these days they say that travel has in fact become easier over the years.

“All you have to do these days is produce the money!” They said that airline security procedures had meant more restrictions, but it showed airlines were being more careful, and people needed to learn to live with that.

The last place the Browns visited was India, because it was “next on the list”. Beverley added it was a place she had always wanted to go.

“Since we reached our 70s (they’re both aged 77), we always go with a group, where someone else does all the organising. We’re past doing adventure tours and having to ‘rough it’.”

They now prefer what is termed “intrepid comfort trips”, where they still get to visit out-of-the-way destinations, but in relative comfort.

“We’re always extremely careful about hygiene. We always carry a hand sanitiser, and always have the right injections before we go away. We also carry our own antibiotics. During that trip to India, there were 12 of us in the group, and we were the only two who didn’t get sick.”

A common trap is the drinking water in foreign



*Beverley and Robin Brown at the Taj Mahal.*

countries with less than average water quality standards. Basically, don’t touch it, Robin and Beverley said. Don’t eat salads with vegetables washed in the local water, don’t brush your teeth with the tap water (used bottled water) and always wash your hands before eating (using the portable hand sanitiser). Always peel fruit, and if you’re going to eat from a roadside stall, eat from a busy one! Also, don’t eat ice cream from street vendors – the bugs in substandard dairy products can make you very ill.

“If you’ve spent a lot of money getting to a destination, it pays to take all the right precautions,” Robin said.

The Browns also travel with a small, portable kettle, teabags, milk powder and a packet of biscuits from home so they can sit down with a cuppa, no matter where they are.

Travel insurance is absolutely essential. Insurance companies require a medical certificate once people reach 75, but the cost of medical care overseas is huge.

One of the key things learnt by the Browns is not to

pack too much luggage. Beverley has managed an overseas trip on 10kg of luggage; the less you have, the less you have to keep handling all the time. Take clothing that doesn't need ironing, and that can be rinsed in a hand basin and left to dry overnight.

Good, worn-in walking shoes are a must, but the key thing for the ladies to remember is to pack minimal clothing that can be "dressed up" easily with simple accessories like a scarf or string of beads.

Robin and Beverley say they've saved hard to make travel a priority in their lives, for the amount it offers them and the people they've met.

"We have gained so much from it. We've met people and learned things, and the important thing to remember is to do it while you can."

Of all the places they've been, Vietnam still stands out as a favoured destination: "We were able to live and associate on a personal level with the people."

## Travel tips

- Three weeks before trip eat yoghurt to build up digestive system,
- Take thermals to Europe as a lighter way to pack warm clothing,
- Make two copies of your passports, one to leave at home and one to put in different suitcase/bag.
- Take a list of your medications
- Take a mild laxative
- Global Plus credit card has free travel insurance however it provides just three weeks' cover.

## Step 2 Health with Pedometers

If you need motivation to help you walk more – Step 2 Health is the programme for you.

### *How does it work?*

- Loan a pedometer from your local Hub
- Record your daily step count for 1-week
- Decide if that's enough or do you want (or need) to do more?
- Attend the Way2Go "Ease into Activity" series to help you get the most out of your pedometer. This is a four week series that will:
  - help you get the most out of your pedometer
  - Keep you motivated
  - Meet others to walk and talk with
  - Give you ideas about walking for weight-loss
  - And ideas for wet weather walking

### *To find out more!*

Contact your local Hub Co-ordinator (see page 2) or visit the Way2Go website – [www.way2go.org.nz](http://www.way2go.org.nz).

PS. If you live in Richmond, we'll soon have loan-pedometers available at the Richmond library.

### *What about cost?*

It's only \$2 to loan a pedometer and your first Ease into Activity session is free. However; there is an overdue fee of \$30 if the pedometer is returned late. (Loan period is four weeks)

## Spring Strut Stride

This is a walking event where teams accumulate their distance walked over the month of October. Individual team members use a pocket score card to record their personal distance, and then add it to the



team-score chart. Last year we had a total of 750 individuals participating, from throughout the region, so we are aiming for more this year. Last years winners were from the Healthy Hearts Club in Motueka, so it just goes to prove "no matter what your age or ability" movement matters!

Recently published is the *Spring Strut Stride* newsletter which will be available on our website soon, or from your local Hub Co-ordinator (see page 2).

Now's the time to be thinking about joining this event, and the best way is to find up to 10 team members to join you, and start your walking practice.

# Sailing southern fiords



Giant landscapes, calm seas and mostly gentle breezes, plus enough fish in the sea to catch dinner each night... It didn't take long for Mike Tasman-Jones to agree to go cruising in Fiordland – 1.2 million hectares of pristine national heritage park, through which a labyrinth of cruising grounds attracts sailors, divers and fishers.



The Tasman District Council Community Recreation Adviser's sailing experience was previously limited to the inner waterways of Auckland's Hauraki Gulf, but it's fair to say now that a close encounter with a good Tasman Sea

swell has converted Mike into an "old salt".

"It's a totally accessible, absolutely gorgeous place to be," Mike said of the Fiordland region. In February this year he joined his sailing mate Josh Kemp, who was

circumnavigating the South Island in his 26ft yacht *Esperanto*, on the voyage through the Doubtful Sound, and out into the ocean for the journey up to Milford Sound, via George Sound.

Doubtful Sound is located in a World Heritage Area. It is the second largest of the 14 fiords in Fiordland National Park, which is blessed with exotic wildlife, such as the Fiordland crested penguin, which breeds in the forests along the coast.

"The scale of things is just so big; the sheer rock faces and waterfalls, and the marine life is so impressive. It's a place that makes you really aware of life."

Mike said he was "more fearful than I needed to be" about the sailing experience, and was after a short time, more than ready to sail up the coast from Doubtful to George Sound.

Anchored there, in a place that is "outrageously, eerily empty", the





water was clear enough to see the gurnard and snapper swimming past, and the scallops scuttling across the sea floor. Mike said it was even warm enough to swim.

“We could drop a line over the side and pull up a blue cod. The fishing is so good we could guarantee taking what we needed for dinner each night.”

Mike said the destination is well served by tourist operators, offering wilderness experiences from a variety of larger vessels.

He is now keen to do more sailing, particularly in the home waters of Tasman Bay.

*Photos by Mike Tasman-Jones*



*Top (page 6): Fiordland is “eerily empty”.*

*Bottom (page 6): The water is clear enough to see fish swimming past.*

*Above: A dolphin guides the way.*

*Middle and below: Fiordland magic.*

## Older Road User Courses



Road Safe Nelson Bays regularly run courses for older road users

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John Steel 03 547 4010

# Senior aviator still flying high

This year veteran aviator Peter Lacy celebrates 50 years' service as a Licensed Aircraft Maintenance Engineer. In thinking back over what it's all about, he was reminded of a favourite quote: "It's being there", he says about why he's still working full throttle at age 71.

Peter, described as "New Zealand's true gentleman of aviation", is also a fan of Irish writer, musician and comedian, the late Spike Milligan, whose quote he likes to live by.

Life in the aviation industry began early for Peter, who at age 15 and still a student at New Plymouth Boys High School, answered an advertisement for an aircraft apprentice. He was soon employed by Rural Aviation to work on its topdressing fleet at Bell Block Aerodrome.

"I learned my trade in the topdressing industry, and I've always had a soft-spot for light aircraft."

At the age of 21 Peter gained his engineer's licence; advanced his career working for various other companies, then in 1963 fate steered him towards Nelson. A Cessna 180 had snapped an undercarriage leg on the Franz Josef Glacier; Peter was asked to do the repairs and ferry the plane to New Plymouth. It involved a stop in Nelson, prompting a return visit by Peter who was keen to have a better look around. The city's town clerk then offered him free rental for a year if he started an aircraft maintenance business at Nelson Airport.

More than 40 years on, he's still here, and still loving his job, even if it has altered shape over the years. For 20 years Peter ran his own business, Repairworks at Nelson Airport, before selling it to staff. He once also worked for a Nelson based corporate airline,

and when Air Nelson was created he took on maintenance control responsibilities, initially with the Metroliners.

Peter's love of light aircraft is linked to the need for total involvement: "What I do as an engineer means I'm always in close contact with the crew. Working with these aircraft also means I get to certify the whole plane and not just a component."

In the "early days" Peter also piloted aircraft. He is also an accomplished sailor, and until recently, raced his yacht Fiesta with the Tasman Bay Cruising Club.

"The principles are the same – flying and sailing, only with one you're being dragged through the air, and the other through the water." Peter has recently sold his yacht, and is now looking for an alternative means to get out on the water.

"Your muscles don't grow any stronger – that's why I gave up the yacht I had."

Peter said his job gives him a great deal of satisfaction. As former president and current member of the Society of Licensed Aircraft Engineers and Technologists, he has spent many hours representing the organisation on CAA matters.

He is well known for his sense of humour, and New Zealand's aviation industry has saluted him for his years of service.



*Aviator Peter Lacy.*



# Early settlers remembered

About 60 people gathered in Ngatimoti recently, for a special event in memory of several early European settler families in the area.

The unveiling of plaques at Waiwhero Cemetery on Sunday 18 March 2007, happened at a ceremony dedicated to family members such as Wills, Salisbury, Remnant, Taylor and Grooby.

Representatives of the Motueka and Districts Historical Association attended along with descendants of the respective families.

Volunteer coordinator Ed Stevens, an ardent supporter of the history of the Lower Motueka Valley, said it was a very enjoyable day. He was prompted to help organise the event after hearing about family



*Friends and family of Ngatimoti's early settlers gather to pay tribute to their ancestors.*

interest in the project.

“When I became aware that several families were interested in installing plaques, I offered to coordinate the unveiling.”

Waiwhero Cemetery is on land near Paratiho Farms Ltd, which

carries out maintenance and mowing works at the cemetery as a contribution to the community. The cemetery was created in 1883, when the land it occupies was passed from the landowner to trustees.

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We invite you to join the Nelson Travel Club; the travel club provides fun organised day trips and tours. Take the opportunity to sit back, relax and enjoy the sights without the hassle of driving. There is no joining fee, you simply pay for the trips you choose to attend.

Each month there are day trips visiting different attractions and events. There are also club tours, ranging from overnight trips, through to 10 day tours.

To join the club for free, contact Leonie at Nelson SBL on PH: 03 548 3290 or Email: [leonie@nelsoncoaches.co.nz](mailto:leonie@nelsoncoaches.co.nz)



# New manager driving Founders Heritage Park



Building on a well-established theme is the aim of Founders Heritage Park coordinator Elspeth McEachern, who took up her new job in March this year. Elspeth breezed

into Nelson with her husband late last year, stumbled across Founders Heritage Park, and thought then it was a place she'd quite like to work in.

"When I came here, I took people seriously when they said I'd have to do an apple season in order to be considered a Nelsonian." So that's what she did, having arrived here loaded with arts and heritage qualifications and experience.

Nelsonians seeking to preserve the historic townscape of real and replica buildings created Founders Heritage Park. The replica historic village sits just outside the city along Atawhai Drive, and has become a "living entity" of Nelson's past, Elspeth says.

The park is run by the Nelson City Council and governed by its own subcommittee, reflecting the special role that Founders plays in the Nelson community. The NCC's Community Facilities and Services Committee (now called the Community Services Committee) set up the Founders Heritage Park Subcommittee in April 2004. One of the park's biggest attractions is the annual Book Fair in June. It attracts thousands of bargain hunters who pour over tens of thousands of books.

Elspeth comes to Nelson more than ready to tackle the job, and challenged by the prospect of working in an environment that combines all aspects of her field of interest. She has an MA degree in museum studies from London University, plus a graduate diploma in business marketing. She also has a background in fine arts, threaded with experience in tourism, hospitality and marketing.

"Places like museums and heritage parks show movement of society, and this is a park that shows how society has evolved."



*Founders Heritage Park manager Elspeth McEachern.*

Prior to arriving in Nelson, Elspeth and husband St-John Dick spent several years sailing the world. They sold their yacht, but retain close links to the sea. They now live at the Nelson Marina on a heritage trawler they bought in New Zealand on their arrival, and are now restoring.

Elspeth is making plans quietly to make Founders Heritage Park a more widely attractive venue, while retaining its character and charm, and ensuring the input of the volunteers who work there, doesn't go unnoticed.

"It's important to acknowledge the work of the volunteers, and respect their efforts," Elspeth said.

The aim is to attract more events and special occasions to the venue, while making the park an even more attractive and appealing place. The park's current tenants bring an important dynamic to help make Founders a "living" park, and future tenants are likely to be those who help balance its philosophy.

"It will remain as it is, but there's huge potential for this park, especially looking at it from an overseas perspective. There are people that have been contributing to the planning process of Founders, and I'm hoping to work with them."



# Skull find confirms Maori history

The recent find of a Maori skull at the former Fruitgrowers Chemical Company site at Mapua has confirmed the significance of this area to the history of Maori settlement in Tasman District. The skull was found on 16 April, in an area which had not previously been identified as being of archeological interest.

Lester Thorley, Ministry for the Environment spokesman, said that other bones found at the site were likely to be seal bones. Strict archeological and cultural heritage protocols governing the discovery of skeletal remains were put in place, with the area being cordoned off and work stopped, as the area surrounding the discovery was handed over to the site archeologist.

Department of Conservation Archeologist Steve Bagley was one of the first to be called to the site, to confirm that the remains were ancient and not of interest to the police. Steve said the remains were evidence of early Maori occupation 500 years prior to European settlement of the area.

The access to sea and land from this point, and abundance of food in the estuary made it highly attractive for settlement, he said. There have been numerous archeological finds such as middens and oven stones in the Grossi Point area, many of which



Waimea Inlet provided food for early Maori.

have been brought to light as the area was developed for residential use.

By the time Captain Arthur Wakefield arrived in Tasman Bay in 1841, few Maori remained settled at Mapua. The southern invasion of Maori Chief Te Rauparaha in the 1820s involved sending his deputy Te Puoho through to Tasman and Golden Bays, with a devastating effect on the local Maori population. Very few of the invaders remained to settle the region.

In 1854 Captain James S Cross bought most of today's Mapua township for just £60, and European settlement of the area grew from there.

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# Up, up and away!

St David's Adventure Group gives you the awe-inspiring Cobb Valley.

By Mark Raffills

Gerald Brown's smile was as wide as the bubble cockpit of the Douglas helicopter as it banked and turned then plunged down the face of the mountainous 'dragons teeth' – so close that he could almost feel the breath rising from the jagged peaks that formed the spectacular heart of the Kahurangi National Park.

Earlier in the morning Gerald had been sipping a hot cuppa at the head of the Cobb Dam Reservoir where the crisp, clear autumn air painted a picture that you'd never see hanging on an art gallery wall. This was the real thing, camped out beside the low roar of the Cobb River, boxed in by majestic mountain ranges and as close to nature as you can get.

The 70+ year old Gerald is no stranger to the adrenalin rush that comes with stepping out of the comfort zone or getting out of the arm-chair in front of the telly. He is a regular on the St David's Adventure Group's (SDAG) many

mind-challenging, body-extending excursions away from the confines of comfortable suburbia.

Around him 44 others are taking on board morning tea with excited chatter that cannot hide the anticipation building for the 20 minute helicopter ride that's coming up. The group of 50 to 80 somethings have driven for a couple of hours in a staggered convoy from Nelson and Richmond. The journey has afforded some timely reminders of just how beautiful the Nelson/Tasman region is; and how easy it is to get close to it.

No sooner is the temporary helipad fenced off and the appropriate safety signs put up than the distinctive thud of chopper blades can be heard cutting their way through the blue sky above the surrounding bush-clad hills. All eyes above as the chopper comes into view, draws closer and closer and finally settles onto the pad with a wind storm all of its own.



The adventurers are numbered in groups of six and wait their turn before embarking. Head phones, seat belts and they rise into the skies and lurch forward into the Cobb Valley over bush and river and mountain and lake. And way over there, the distant West Coast.

Down below there is Lake Cobb and they spot Fenella Hut hiding in the bush before skirting the Douglas Range and sliding past the notorious Dragons Teeth. The small figures of two trampers making their way to Adelaide Tarn can be seen as the chopper passes overhead enroute to the earthquake-formed Lake Stanley.

The chopper skips across the 'tops' of the ranges – in the distance you can see Mt Arthur too – and on past the Diamond Lakes before emerging over the bottom of the Cobb Reservoir, travelling its entire length and settling back on the pad up at the head.

“Almost as good as the grand canyon,” enthuses Graham as he emerges from the cockpit. “Not as big but equally spectacular with sheer cliff faces and breathtaking scenery.”





Top (page 12): The Cobb Reservoir.

Bottom (page 12): Flying over Dragons Teeth.

Above: Part of the adventure group around Nelson Helicopters-owned "Squirrel".

Below: The Cobb River.



SDAG organiser, Alex Johnson, says there's nothing like the promise of a good adventure to get his charges out and about. Walking sticks and mobility scooters included, there is no restriction on who can sign up for any of the trips. "Just look for the programme in Mudcakes and Roses and call the number," he says. "We go on an adventure about once a month and have social gatherings in between. These include movie screenings, sing-a-longs and games.

Alex got involved because he believed there was a need to provide a social catalyst for the community's older age group. "Much is done for the young," he says, "but often the oldies are left in their sitting rooms and rest homes struggling to recall what it felt like to tramp and explore the natural environment. Our trips get us back into those places we experienced in our younger days.

Further information from Alex on 03 544 6378.



# Living life to the full again

Greg Bucket, known to his friends as Bucky, first experienced Juvenile Rheumatoid Arthritis when he was aged 15, waking up one morning crippled with pain.

Within two months he was in hospital and on the start of a long and painful journey, trying to learn to live with the debilitating effects of this rare disease and the side effects of the drugs he had to take to try and control it.

Greg was forced to leave school at an early age, and to give up his much loved sports of motorbiking, rugby, waterskiing and basketball. He finally achieved some relief in 1991 with three years of remission, when he was able to cut back on all drugs and start a new life, working on a deep sea fishing trawler. This continued until a relapse in 1994, when he was forced to give up his job again and go back into hospital.

By 1996, after two years of chronic pain, Greg's doctors were recommending a hip replacement. Desperate to avoid this, Greg started looking at alternative treatments, but with no relief forthcoming he became, at 25, the youngest person in New Zealand to have a hip replacement due to arthritis. This was the start of more ongoing problems, with Greg being admitted back into hospital in April 1999 with acute septic arthritis of the left hip, which eventually had to be removed, leaving Greg in traction for 48 days with no hip. "This was the longest 48 days of my life" said Greg.

The new hip seemed to work better, and Greg started working again, supported by drugs, until more problems in his knee and shoulder erupted. At the age of 28 he had a shoulder replacement, and then tried to get on with some kind of normal life.

At this stage a meeting with a nutraceutical manufacturer in Nelson about the long-term side effects of anti-inflammatory drugs led to the suggestion that Greg should try taking Glucosamine Sulphate and Omega 3 fish oil

in large doses to see if they would help. As there were no apparent side effects, Greg decided to give it a go. The dose rate was much higher than that normally recommended, but as Greg says "I figured it was only fish and I had nothing to lose".

The results were unexpectedly good, and have changed Greg's life. He was able to stop all painkillers and anti-inflammatory drugs within two months. Mobility improved, and he found it easier to do his job as a commercial crab fisherman, whereas previously he had days when work was impossible. Late in 2002 Greg felt good enough to start enjoying some of his sports again. He now takes part in mountain biking, hunting, diving, tramping and camping, and recently competed in a 12 hour mountain bike race in Hanmer.



*Greg Bucket is enjoying life.*





“It’s probably not the sort of thing my surgeon would recommend” said Greg, but he obviously revels in the chance to live his life to the full.

Greg recently sold his crab fishing business and is now getting in to the dietary supplement business, to try and help others experience the health improvements he has enjoyed. “I am not cured” said Greg, “I still have bad days but it is manageable now, and I am off all anti-inflammatory drugs – I have the tools to manage my condition.”



## Community Support Service revived

Nelson’s Community Support Service for not-for-profit groups has been revived, with new funding and a new coordinator.

Based at the Volunteer Nelson office at 50 Halifax Street, Nelson, the Community Support Service aims to strengthen and provide key governance or management services to the network of community groups in the Nelson Tasman region. It has been in recess for several months but after a cash injection from funders, the service is up and going again with Bernie Babe appointed as coordinator.

“My role is to generally make life easier for community organisations by providing resource help in areas of governance, financial planning, promotion, employment issues, referrals to appropriate expertise and community education,” she said.

“Right now we are surveying community groups to see where they’d like the focus to be.”

Bernie has also taken on the role of coordinator of the Community and Whanau network. This network has been operating in Nelson for more than 20 years and is open to representatives of all groups interested in the welfare of the local community.

More than 200 organisations are involved in the network, which meets monthly. It is a forum where issues, ideas and projects are raised and discussed, and information, ideas and strategies shared.

Nelson City Council, the JR McKenzie Trust, Lotteries and the Community Organisations Grants Scheme (COGS) funds the Community Support Service.

Bernie can be contacted on 03 546 7686 or by email at [css@ts.co.nz](mailto:css@ts.co.nz), between 9.00am-2.00pm on Tuesdays, Wednesdays and Thursdays; although these times are flexible according to needs.

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



**Heaphys**  
**Home Support**

Phone 03 547 5552

# Green Prescriptions – *helping you enjoy a better life*

If you have weight related health issues, suffer asthma, arthritis, depression or have had a stroke your doctor may offer you a Green Prescription, along with your regular medication, to get you active so you can enjoy life to the full again.

Bee Williamson is one of three Sport Tasman Green Prescription support workers in the Nelson region whose job is to provide clients with advice and encouragement to enjoy a more active lifestyle.

“Helping people change their lifestyles to achieve a better quality of life is very satisfying. Seeing them set measurable goals and keep on track is a great motivator,” said Bee.

Green Prescriptions are offered by your doctor, or health professional, along with other forms of treatment. You need to be aged 18 or over, have a stable medical condition, be currently exercising less than the recommended 30 minutes a day, five days a week, and have a positive attitude towards improving their health through lifestyle changes.

Once your condition has been assessed, and a green prescription written, Sport Tasman will contact you



to arrange a consultation with a support worker. This will enable you to talk about issues, such as lack of time, money or motivation which may be holding you back, and work out strategies to overcome these difficulties and get started on an appropriate programme.

The Green Prescription encourages physical activity rather than exercise. “Its not all about the gym” said Bee, who finds that for some people short bursts of activity such as mowing the lawns, walking to work and taking the kids for a bike ride is just as helpful and much less stressful than undertaking a heavy workout in the early stages.

Cherie Thomas, Programme Coordinator at the ASB Aquatic Centre in Richmond, runs two aqua fitness classes which are popular with Green Prescription holders. The classes offer a gentle physical workout for those with low fitness or confidence levels.

“We have people of all ages ranging from 25 to 80,” said Cherie. “It’s a fun, supportive way to improve your fitness.”

People on Green Prescriptions receive discounts to attend sessions run by approved providers, and Sport Tasman staff will provide support throughout the three-month prescription period. They also provide feedback to your GP. Should the need arise, further prescriptions can be arranged.

Statistics show that Green Prescriptions are effective in changing lifestyles, with on average 45 percent of people enjoying an increase in their physical activity six to eight months after their prescription, and an 82 percent satisfaction rate.

For more information talk to your doctor or contact Sport Tasman on 0800 228 483.

## New 2007 Daihatsu Sirion Auto RRP \$20,500

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# Motueka 50 Plus trip to Westport – April 2007

**Tuesday 10** – We all met at Beechwoods for morning tea, from there we traveled to the Lyell and walked in to the Stamper Battery after checking out the cemetery. Lunch was taken in very light rain. On arrival in Westport we settled in, then maintained our tradition of Happy Hour at the Bowling Club rooms next door. We are most grateful for their hospitality.

**Wednesday 11** – To the beautiful Charming Creek Walkway by bus, a lovely walk and the waterfall was spectacular. Lunch at Watson's ancient timber mill est 1912. On to Mumm's Mill est 1935. Production ceased there in 1986. Birdlife was abundant with bellbirds, tuis, fantails and robins aplenty. Drove back to Westport to be met with rain.

**Thursday 12** – Beautiful morning, we traveled to Constant Bay, where from the lookout the sea was exciting, crashing against the rocks and sheer cliffs. Ships negotiated the narrow entrance at their peril and were guided in by ropes attached to the rocks. At the Charleston Tavern, memorabilia of early Charleston is on display. At the height of the gold rush in 1869 the population was 12,000. There were 80 public houses and three breweries. The week before Christmas in 1870, £24,000 was banked but the boom was short lived.

Next we went on to the Nile Valley where 16 of the group took the train journey whilst 15 walked the track with stunning views of the limestone bluffs and lush rainforest. Some folk climbed up to the cave and then lunch was taken on the riverbed, where we were entertained by 17 people negotiating the fast

flowing river on tubes. From there we went out to Cape Foulwind where the seals were viewed.

**Friday 13** – Cold wet morning so most of us went to Coaltown where there is extensive coverage of gold, coal, shipping, transport and hospital history. There was also a rock and mineral display. Word came that the weather was fine further north so we went to the Britannia Walkway, a steady climb through beautiful bush with some challenging slips to negotiate. Thank you to our men for their help across the slips.

**Saturday 14** – We drove to Punakaiki, watched a video about the glacial age of the West Coast. We then drove to the Bullock Creek

Road and walked in to Cave Creek, an extremely beautiful area. People are asked to tread softly which makes for much sobering thought. We send love and caring to those families who lost members in the tragedy there. Back at Punakaiki most of the group went out on the walkway. The tide was low with a medium sea and little action at the blowholes. Back to Charleston for coffee. A long happy hour took place then out for a final night's Chinese meal together.

**Sunday 15** – The cloud was well down on the hills but some folk still went up to Denniston, no views but an interesting visit anyway. We all made our way home at our own pace. As usual a lovely five days of complete recreation.



*Motueka 50 Plus on the Charming Creek Walkway.*



# 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**

## **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

## **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

**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 1.00pm

**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 03 544 9174 or 03 544 7458.

## **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.

## **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. Two-line Bingo. Supper, tea/coffee and bikkies. For more information contact Buddy 03 547 3230 or Anne 03 547 6987.

### 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

**June 5** – We are heading into Nelson to visit the Museum, they have a pottery exhibition and we can check out the exhibition at The Suter or you can just go shopping if you feel like it, or check out a movie, it is up to you what you would like to do. Meet at TRRC 9.30am to carpool.

**June 12** – Tahunanui Beach walk. There is nothing better than a walk along the beach on a beautiful sunny winter's day so come and join us. Bring some money to grab morning tea at a café nearby and meet at The TRRC 9.30am to carpool.

**June 19** – Come along and challenge your brain at our crossword morning. Everyone will get the same crossword and we will see who completes it first, should be a lot of fun. Bring some morning tea to share and tea and coffee will be provided. Held at TRRC 9.30am.

**June 26** – We are heading off to Beulah Olive farm in Tasman for a tour. We will be shown the olive harvesting and be taken on a tour around the shop to see the olive pressing etc, it should be very interesting. Cost is \$5.00 which includes morning tea. Meet at TRRC 9.30am to carpool. Please register with Paula for this, phone 544 3955.

**July 3** – Feel like some exercise to keep you moving and warm? Jubilee Park has a fitness trail and I thought we should go and check it out since it's a local thing. Wear your sneakers and bring all of your energy and we will have some fun. Meet at TRRC 9.39am and we will walk over to the Park

**July 10** – Let's fight off the winter chills with a good walk from The Tasman Recreational Resource Centre up to the Richmond Cemetery; it's a pleasant walk through residential Richmond up to Wensley Road. On the way back we can call into The Café on Oxford for a well deserved coffee. Meet at TRRC 9.30am.

**July 17** – Its Pot Luck lunch and movie time again so please join us. This activity is becoming a very regular thing that everybody really enjoys. Bring along some yummy food to share for lunch and we will watch a good movie on the big screen. Held at TRRC 9.30 am.

**July 24** – How about a winter BBQ at our beautiful Motoroa (Rabbit Island)? A walk along the beach and then lets eat. Let's hope its one of those gorgeous winter's day that our area is so famous for. Meet at 9.30am at TRRC to carpool.

**July 31** – Mid winter Xmas Dinner. We are going to El Traverna for a Mid Winter Xmas dinner. The cost is \$17 per person and you will get a great choice of main and desserts with free coffee and mince pies. Meet at TRRC 11.30am and we will walk up to the restaurant. Please register with Paula, ph 544 3955.

### Nelson Highland Dancing Organisation 50th Jubilee

We are hosting the New Zealand 18 and Over Dancing Championships on **Friday 19 to Monday 22 October 2007**.

A reunion will be held on the Friday evening at Nelson College Hall, Waimea Road, Nelson, followed by the official opening ceremony.

We cordially invite all people associated with the NHDO to register. Costs: adults \$25.00, under 18 years \$10.00, includes entry to the reunion evening, complimentary drink, supper and official ceremony.

Enquiries to Jim Cochrane, phone (03) 547 8129 or email: jim.cochrane@xtra.co.nz

### 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.

For more information about mini walks contact Gwenda Wallace, phone 03 544 5307, or Gwen Wills, phone 03 547 3315.

### 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

### Fresh Focus

We are a voluntary organisation formed in 1977 to arrange speakers on wide variety of subjects. Our talks last 45 minutes plus 15 minutes for questions. They are divided into five sessions throughout the year – three to five talks in each – avoiding the school holidays.

**Mondays 10.00am**

**Suburban Club, Tahunanui**

**All welcome, no membership, admission \$2.**

Flyers are distributed to local libraries.

*Session 3* June 11, 18, 25  
entitled "History Marches On."

*Session 4* July 16, 23, 30, August 6, 13.

After paying expenses, any surplus funds are donated to the Hospice.

### 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 Tahunana

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

The two-hour session covers 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 session.

Trained Tutors will hold the workshop as follows:

**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.

#### June

- 7 8.00am, Kildevil, H, \$8.  
10.00am, Mapua Ramble, E, \$4
- 14 8.30am, Cable Bay via the Glen, H, \$12  
9.30am, Port Hills, E-M, \$10
- 21 9.00am, Boys Brigade Hut, H, \$3  
10.00am, Stephen's Bay (new walk), E-M, \$10
- 24 Sunday, 11.30am, pot luck lunch, Bowling Club Rooms, happy hour followed by lunch, \$2
- 28 9.30am, meeting and Mariri Orchard walk, M-E, \$1

#### July

- 5 8.30am, Mt Malita, H, \$12  
10.00am, Motueka Walkway, E, \$12
- 12 9.30am, Takaka Hill Walkway, M, \$5  
10.00am, South Branch Riwaka Valley, E, \$3
- 19 9.00am, Kaiteriteri Ridge, M-H, \$3  
10.00am, Withells Walk, E, \$3
- 26 9.30am, Meeting and Baigent's Reserve (sausage sizzle), \$1.

### 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.



# Recreation Providers

## 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.



Sport Tasman



### 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

Ngairie Lockhead  
Arthritis New Zealand,  
Nelson  
Phone 03 541 8321

To add or change  
details please phone  
Sport Tasman

on  
**546 3332**

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the contact number  
listed above or the  
Active Info Line on  
**0800 228 483**



# Seven reasons to get going!

By Gabrielle deGroot Redford

Pump up your memory, your immunity, and your libido, all while adding years to your life.

You probably know that exercise is good for you. You might even know that regular physical activity can reduce your risk of developing heart disease, diabetes, Alzheimer's, and some forms of cancer. In the past few years, though, researchers have discovered that people who exercise regularly reap even greater health benefits. For instance, did you know that exercise can actually decrease pain in people with arthritis?

"If you could put exercise in a pill, you'd be able to treat so many chronic conditions and diseases," says Roger Fielding, Ph.D., director of the nutrition and exercise physiology lab at Tufts University.

The message should be to try to do some physical activity everyday – gardening, walking to get the mail, walking around the grocery store. It all counts."

What also counts are the tremendous benefits from



making just a few simple changes in your daily routine. Here, then, are seven life-enhancing benefits of regular activity.

1. Live longer
2. Remember where the car keys are
3. Heal faster
4. Increase sexual function
5. Have fewer hot flashes
6. Experience less pain and more movement
7. Save money



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