

# Mudcakes and Roses

Senior Generation Action and Issues  
– Nelson Tasman

Issue 54 June / July 2009



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## Mudcakes and Roses

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The Nelson School of Music Winter Festival will take place in July 2009 with something for everyone, classical to cabaret, jazz to dance.

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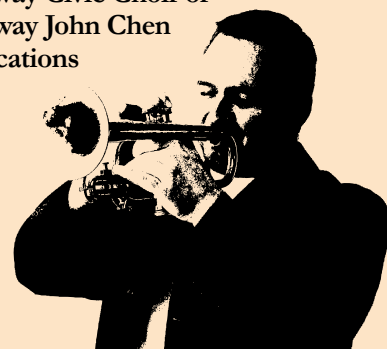
We also have one double pass to the international pianist, John Chen, on Tuesday 14 July 2009, 7.00 pm, Australasia's major virtuoso pianist. Programme includes Chopin, Hindesmith, Bach, Schubert and the world premiere of Tony Lin's newly commissioned work.

For more information on the programme visit [www.nsom.ac.nz](http://www.nsom.ac.nz).

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# Rock around the clock tonight

Staying youthful in mind and body may be a matter of a feet-lift rather than a facelift, say dancers, and dancing is also addictive.

“I was hooked – absolutely loved it. And still love it today – I’ve found my passion,” says rock’n’roller Marie Bone, 59.

Dancing also led her to the other love of her life, Noel, 65. They met on the dancefloor in Greymouth in 1997.

He had already been dancing for a dozen years at that point. His first wife had dragged him along.

“I wasn’t really that keen for starters. It just grows on you,” he says.

After Noel’s wife died he and Marie became an item. When they moved to Nelson they found a rock’n’roll wasteland, and became founding members of the local club that meets on Thursday nights at the Suburban Club in Tahunanui.

The Bones cut quite a dash on the dancefloor – they have competed at the national championships in Auckland. They say rock’n’roll has given them a great circle of friends. Club members take the occasional side shuffle into activities such as pot-luck teas or a train trip.

“Dancing is a nice thing to do as a couple,” says Marie, who has a tip for shy males: “If men want to meet women they should go to a dance club.”

“I’ll just keep going as long as my feet keep going,” Marie says.

“And the knees,” Noel quips.

In Stoke, social dancer Jean Edmonds has no intention of hanging up her shoes – ever: “We’ll bring our zimmer frames along.”



Marie and Noel Bone.

The Monday night “practice sessions” in the Methodist Hall arose from the ashes of a dance studio that was closing. Friends Kerry and Tina Simpson, Denis and Kathy Smith, Jean and husband Dave decided they didn’t want to lose their flying feet, so gravitated to the Nelson Social Dancing Group, and out of that grew the Monday gatherings.

Practice includes the traditional waltz, quickstep and foxtrot, plus New Vogue or sequence routines, the sultry Latin rhythms of rumba, salsa and tango, with some rock’n’roll and Old Time completing the mix.

It’s a mental and physical workout, says Denis. Dave adds that “there’s nothing worse” than forgetting a dance.

“We like to foster dancing because we think it’s a shame young people don’t do it,” says Kathy.

“It’s actually quite addictive,” Tina says.

And social dancing lives up to its name. A group of Monday nighters calling themselves “Dodgy Tours” cross the hill for dances in Blenheim, or share dinners, walks and birthday celebrations.

The larger Nelson social dancing group holds a dance, with live band, once a month at the Waimea Club.

Richmond Dance Studio instructor Heather Emery is a great advocate of the physical and mental benefits of dancing, including helping to ward off dementia or Alzheimers. She runs mid-week Latin in-line classes for dancers into their late 80s.

“It’s a mild exercise and it makes them work and think.”

## WHEN AND WHERE

Rock’n’roll: Suburban Club, 8.00 pm Thursdays.

Social: Practice sessions in Stoke, Monday 7.30 pm. Ph Kerry or Tina at 03 546 7116 for details.

Latin In-line: Richmond Dance Studio, Ph 03 547 4863.

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*The Vesper lays the telephone cable between D'Urville Island and French Pass.*

# Shipping out on the scows

Calvin Wells, skipper of the coastal scow *Vesper*, rolled out of his bunk one night to find himself waist-deep in water. The vessel had just come through Jackson's Passage in the Marlborough Sounds in the early 1960s with a crew-member at the helm when a couple of big waves came over the stern.

As Calvin waded through the water steam was rising from the doused fire. Luckily the water settled in the bow and lifted the stern clear of the heavy seas. The *Vesper* limped into Picton.

The 80-footer (24m) was "like an overgrown punt" – all cargo was carried on deck because it had no hold. And the *Vesper* had a shaded past – when it was a sailing ship working the Hauraki Gulf water seeped into a cargo of cement and the scow overturned, drowning all hands.

With a shortened hull, sailing rig ditched and a diesel engine installed, the scow worked the trading route from Nelson to Wellington, but the kauri hull leaked. "It was like going to sea in a sieve."

A career at sea was never going to be easy. Calvin had followed two brothers into shipboard life, signing on to West Coast vessel the *Hauti* in 1952 as a 17-year-old.

He became Mate on the *Motu* then quickly got his Home Trade Master's ticket.

It would be a year before he had his first command, the *Wakanui*, a 36-tonne "overgrown launch" with a crew of five.

"I was the oldest at 26."

The *Wakanui* mostly worked the Nelson/Mapua/Motueka trade to Wellington, carrying timber, lime, wool and fresh produce. The *Perano* whaling station, just inside Tory Channel, was still in operation, and at times Calvin found himself carting frozen whale meat bound for Watties in Napier to become pet food, or the Wellington Zoo as dinner for the lions.

When he took over the *Vesper* he was also running diesel to farms in the Sounds, and they laid the telephone cable from French Pass to D'Urville Island.

Sailing the leaking vessel was a matter of "pumping hard and dodging the weather". Knowing what his boat could handle, he had no hesitation in waiting out a southerly or north-wester



*Calvin Wells.*

while at anchor in Queen Charlotte Sound, Tory Channel or Wellington Harbour.

Still, the *Vesper* – built in 1902 to carry cattle – was a handful. Once in a while "the engineer used to come up and say, 'We're sinking'."

“ Once in a while the engineer used to come up and say, 'We're sinking'.”

Traffic on the coast routes could also be a problem, especially entering the capital, where there "wasn't a helluva lot of room" steaming against a flow of ferries and big ocean liners.

After his time on the *Vesper* Calvin went on to do relief stints on the *Portland*, a "hold scow".

He also skippered the *Matipo*, taking tomatoes and other fruit overnight to Wellington. As Mate on colliers, he shipped coal from the West Coast to North Island ports.

The beamy scows were designed for sailing and their flat bottoms allowed them to run onto beaches to load cargo. Their cruising speed was a dogged six knots but against wind

and tide they ground it out at much less than that. Good seamanship was about working the elements.

A seaman's life also involved long, hard hours – in the early days the crew did all the cargo loading and unloading as well – but Calvin was never seriously tempted by a land-based job. “Tried it once – lasted a week,” he says abruptly. However, the Cook Strait ferries, rail subsidies and road transport were killing the coastal traders.

He found work repairing vessels for Anchor shipping in Nelson, but again, the trading vessels were “disappearing overnight”.

Calvin took three months' leave in 1977 to sign on as cook and watchkeeper on the delivery voyage of the trawler *Shemara* from Scotland to Nelson. (It still calls into the port occasionally.) In Egypt he found himself facing a soldier's bayonet as a suspected Israeli spy, after he stopped his taxi to photograph the Nile.

Back home, he also did trips shepherding a fisherman friend out to the Chathams for the crayfish season.

Calvin found work as Mate on the government vessel *W.J. Scott*, doing fisheries management – surveys of fish stocks that would lay the groundwork for the quota system.

In 1983 he joined the *Kaharoa*, another research ship. With scientists on board, the 28m vessel covered the 200-mile economic zone, assessing hoki, albacore, paua around the South Island, mussels, and tagging snapper in the Hauraki Gulf. Calvin also had runs to the Kermadecs, taking gear for the weather-watchers, and down to the sub-Antarctic Campbell and Auckland islands.

When crew cutbacks loomed for the *Kaharoa* in the 1990s, he took the chance to retire.



*Calvin Wells with dinner on the go.*

Calvin, now 74, and wife Betty, who still live in the Stoke home they have occupied for more than four decades, are not ones to put their feet up for long, though. They are both mainstays of the Fifty-Plus walking group, proving that sea-legs make good land-legs too.

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# History still alive and smiling at the Murchison Museum

History really does come alive at the Murchison Museum. Several of the volunteer guides have lived through it and can offer their hair-raising accounts.

Sisters Doris Nalder, 87, Gertie Oxnam, 90 and Jessie Bradley, 95, survived the 1929 earthquake.

“We thought it was the end of the world, and we weren’t the only ones,” says Gertie. She was a 10-year-old at school with siblings Doris and Bob White when the earthquake hit Murchison soon after 10am in June 17.

The tiny Newton’s Flat School was virtually at the epicentre of the 7.8 quake at White Creek, about 10km from town towards the Buller Gorge. Bob, then 13, had the classroom door open, preparing to greet a visiting pensioner, when the ground began to buckle. The children and teacher Fred Ash bolted for outdoors.

During a recent get-together at the museum, the White sisters (as they are collectively known in Murchison) recalled that their mother, Alie, almost didn’t send her younger children to school that day because of an earlier tremor.

When the big one struck, seven-year-old Doris and Gertie heard the thunder of huge boulders crashing down hillsides on both sides of the Buller River. As a landslide rumbled towards the schoolhouse, the fleeing children and teacher were being thrown off their feet by the undulating earth. The landslide caught Doris, tumbling her over and over, then trapping her in debris. Gertie turned back to pull her sister free.

A decision to head left saved the lives of all four. The alternative route was soon buried under tonnes of rock and gravel that smashed the classroom to pieces.

“Gertie deserves a medal,” says Doris. She escaped with cuts and bruises, and Gertie suffered a blow to the head.

As they waited by the school gate for rescue, aftershocks tormented them. But Gertie laughs as she recalls the pensioner’s dog dashing out of the schoolhouse ruins with someone’s lunch in its mouth.

About 2.00 pm three workmen arrived from a nearby tunneling job. One of them carried Doris as they all walked out, picking their way across slips that were shifting in the persistent tremors.



*Jessie Bradley, Gertie Oxnam and Doris Nalder.*

The White children were reunited with their relieved parents and older siblings Jessie and Ida in the late afternoon. Their home was uninhabitable. The chimney had crashed through the roof and food was strewn everywhere. For four days the family camped in a shed on the property, living on their food stocks and using a camp oven. And all the while the aftershocks preyed on shattered nerves.

“You’d hear them coming,” says Jessie. “You’d wonder how big the shake would be.”

Landslides had blocked the Buller River temporarily, reducing it to a stream. Dad Ernie White grabbed his gold pan to do a little opportune prospecting.

When the family could finally make the trek to Murchison, “we were pretty dirty,” says Doris. Changes of clothing had already been mustered for survivors as a DIY rescue mission swung into gear.

After a night on mattresses in houses, Mrs White and five of her six children joined other “refugees” from the

tent encampment in the Murchison schoolground who would eventually make their way to Nelson, travelling by car to slip faces, crossing on foot, and connecting with other cars for the next leg, before boarding the train at Glenhope. More than 200 residents made the move north.

The Whites were boarded in a Nelson hotel for five weeks, and the sisters remember it as an exciting adventure – although one nasty aftershock compelled their mother to insist on moving from their room upstairs to one closer to an exit. The children were supposed to attend local schools, but Doris admits she ran away from two on her first day.

Happily, the three sisters have never felt the urge to run away from their birthplace.

Tasman District Council recently published a new book in the snapshots collection – ‘Can-Do Country, Murchison’s century of mucking in’. The three White sisters and their reminiscences of the Murchison Earthquake feature in the book.

# Realising her arty side at last

“I’ve still got a lot of life left in me,” says Sandra Mead, who is in her final year of a degree in Visual Arts and Design degree at NMIT while in her 60s.

Sandra is the oldest among her fellow students, but sees that as an advantage. “I’ve come into the programme with a lifetime of experience and understanding of the world. I interpret things differently to the younger students and we don’t always agree on things but I feel that I’ve got my own take on things and it is just as valid as the younger students’ views.”

Sandra embarked on a three-year arts degree later in life because she felt she still had things she wanted to achieve. “I got married because my mother wanted me to – she saw it as the right thing to do. I have always been arty and I wished I’d gone and done an arts degree when I was younger, but once I was married that was it – home, farm, children and the Country Women’s Institute.”

Once Sandra’s children had left home she looked around for work but found the only job she could get was as a gardener for Tasman District Council.

“I was in my early 40s and I was encouraged to learn on the job, so I went for a Diploma in Amenity Horticulture through the Royal New Zealand Institute of Horticulture, studying on the job over four years. It was hard work but I topped New Zealand twice with my results and proved that an older female brain can function pretty well.”

Sandra worked for the Council for 10 years before being made redundant when in her early 50s. She applied for jobs on and off – all jobs she knew she could do well – but never gained an interview, which she puts down to the fact that she was an older woman up against much younger candidates.

“In the end I thought, ‘well, to hell with it. I’ll do something I love’, and applied for the course at NMIT. I needed that assurance that I still have a place in the world and something to say.”

Sandra was unsure when she started that she could handle the study requirements and work levels, but said it had become easier. “My confidence and mental ability have grown with the challenge.”



Sandra Mead and her work.

She was involved with the Craft Potters association for a few years before starting her degree and said she tends towards three-dimensional artwork.

“I can draw and I’ve done many cartoons over the years, some of which have been published, but I’m finding that my years of sewing, knitting and crocheting clothes for the family have come back into play. I thought I had given all that up!”

Her ceramic and knitted pieces have a distinctive style and frequently refer to her experiences as a farmer’s wife and a mother, plus her feelings about women’s role in society.

Sandra said the tutors at NMIT were very supportive and she enjoyed the research and exploration involved in her studies. “I’ve gained a huge sense of achievement and developed my own style. I’ll be sad when it ends.”

She said life after employment or family can be just as satisfying and meaningful. While she doesn’t anticipate having a career in the arts, she intends to carry on exhibiting and hopes to work with some of the other older students.

“I’ll be back at the Craft Potters next year and I still have plenty of life left in me.”

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# Art enlivened with fellowship and laughter

The cliché of the lonely artist starving in a garret doesn't wash with the Tasman Visual Arts Group, whose members meet in the hall behind the church in Brightwater once a month. Not only is there fellowship and creativity freed from distractions, but the hall can often be ringing with laughter, says president Gary Gibbens.

Members will also give each other valuable feedback on work in progress.

"We all have the same passion for art, but each is unique," says Sheree Phyn, who has been coming to the day-long sessions, on the third Wednesday of the month, for more than a year. "We each respect what the others do."

She is working on a triptych and appreciates the room to spread out. Aside from fostering her art, the group has spawned "some really awesome friendships."

Lois Morgan has been painting for about nine years and joined the group at its inception five years ago. She shuns flat canvases, preferring to paint "totems" – small columns – and even bottles. Her work has been shown at the Coolstore Gallery in Mapua.



*Lois Morgan works on a "totem" depicting pioneering characters from Farewell Spit.*



*Jean Wells makes her transition from watercolours to oils.*

Lois appreciates the "good vibes of working with people with a similar interest", and welcomes feedback on her paintings. She also improves her technique in occasional day workshops subsidised by Arts Council Nelson.

In addition to the hall sessions, which draw about a dozen of the Visual Arts Group's 54 members, formal evenings are held on the last Wednesday of the month, featuring speakers who have included a photographer, video film-maker, sculptor and even a poet.

Back at the church hall, Jean Wells is exploring the freedom of oils and receiving help as colleagues "bounce off each other".

Maria Deutsch is meticulously piecing together a mosaic coat-hook board, clipping the tiny glass tiles to form her floral pattern. She says working on such pieces can be a welcome break from her home-based job as a facilitator-trainer in community development. She confesses her property is adorned with mosaic stepping stones and garden ornaments.

Transplanted Canadian Karin Clyne says she has sold three of her paintings recently. The group's work is on display in a wall at the Richmond Library. Four members have also taken a stall at the Wakefield market, and individuals show their work at cafes or the Suter in Nelson.

To find out more about the art group, pick up a brochure at the library or contact Gary Gibbens on 03 541 8842.



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# Breast is best for your grandchild



The arrival of a new baby is a wonderful time for the whole family but as the grandparents you're about to play an extremely important role in their development.

Your daughter/daughter-in-law will be going through a very stressful time in the months after birth and your advice, attitudes and support will have a massive influence on her parenting style – particularly when it comes to breastfeeding.

So to help give your grandchild the best start in life, local experts are urging you to get informed.

Nelson Hospital lactation consultant Margaret Derry, herself a grandmother, says the best thing you could do for your baby grandchild is bring yourself up-to-date with the latest research and breastfeeding methods before you start giving advice.

“Because they've been used to doing it in a certain way, that's what they suggest. But grandparents need to be educated ... to know the whole system has changed,” Margaret said.

“Try and read up and find out what's happening.”

“See the latest research and go with it and encourage your daughter/daughter-in-law to follow it.”

Margaret said grandparents would notice big changes in the way, times and duration a baby feeds and also in the undeniable medical evidence available that proves breastmilk should be the only first choice.

“When I had my babies, in early 70s, we would breastfeed 4-hourly and that was it,” she said.

“We gave 10 minutes each side and that was it.

“We demand feed now. Babies feed as long as they want and as often as they want so they are satisfied. It doesn't matter if they feed every two hours - that's what we expect.

“Before, we also used to put baby in the cot and keep separate unless feeding. Now we encourage skin to skin because that's what they need.

“Babies need to be around their mothers, not locked away in silence.

“Mothers' instincts will teach them what the baby needs - if kept separate, away in a cot they won't recognise the cues.”

While grandparents always mean the best, they can sometimes give the wrong message.

“A common one is that breast milk is too thin,” Margaret said.

“Research shows that as the breast drains, the fat content gets higher and also that fat content increases at the end of the day to set the baby up for the night.

“So if they introduce formula to make them sleep longer, as a grandma might suggest, they're interfering with the cycle.”

“The more baby takes the more Mum makes', is a good slogan to remember.

Margaret says there is no substitute for breastmilk.

“We encourage mothers to breastfeed exclusively for six months. They don't need any supplements.

“Breastmilk is nature's superfood. It's a living substance that protects baby and mother against all sorts of conditions.

“It's full of hormones and antibodies – it's like feeding them food with medicine

“Formula is basically a poor substitute – they can survive and grow fat on it but they won't get the full benefits.”

The evidence is so strong that the World Health Organisation campaigns: “In infancy, no gift is more precious than breastfeeding.”

One of the biggest factors in mother's not breastfeeding is lack of support from the rest of the family.

So to help your grandchild reach their full potential, get the latest information and get behind the new mum and encourage her with breastfeeding.

Forget sayings like ‘in my day ...’ this still is your day, so make sure you have a positive influence.

“Babies need to be around their mothers, not locked away in silence.”



## What not to say to breastfeeding mothers

- Are you sure you have enough milk?
- Your milk looks awfully thin. Do you think it's rich enough?
- Are you feeding that baby again?
- A bottle won't hurt. The baby has to get used to bottles.
- Cereal will help him sleep through the night.
- I tried to nurse, but my milk dried up.

# Walking westwards in Ireland

Being of Irish descent has given Nelsonian Rachel Ryan a particular perspective on the two cultures – one that has turned into a thriving business and a way of life.

Born in County Limerick to an Irish father and Kiwi mother, Rachel came to New Zealand in her early 20s to visit relatives, felt an instant connection with the place, and decided to stay. She met partner Grant and they settled in Nelson, where Rachel has been involved in Montessori teaching and later taught early childhood education at NMIT.

In late 2006, when on a trip to Ireland to see family, she started taking a closer look at some of the historical sites near her home-town.

“I was standing on this amazing limestone pavement at Burren, on the Atlantic coast, with my nephew. It was such an amazing place, so rich in archaeology, botany and landscape features, and I said ‘I’m going to bring a group of Kiwis back here in two years’ time’ – and I did.”

Rachel returned home with the seeds of a new venture in her head, which became Walk the West of Ireland. She guided her first group in June 2008.

The formula for her highly personal tours has proved a winner. Rachel and brother Hugh, who lives in Ireland but has spent time in New Zealand, run the tour together. The 10-day excursion is based in three locations in West Ireland – the Beara Peninsula, the Glen of Aherlow and the Burren, with chef Elin providing the food. The group of up to 10 guests meet for breakfast on the first day and then stay for three nights in each area at accommodation handpicked by Rachel for its local character.

“We don’t stay in motels. It’s a cottage, an old fishing lodge or something similar. You really get the feel of being in rural Ireland – that’s what it’s all about.”

“Elin sorts out the food for the day, packs lunches and generally looks after everyone’s luggage and bits and pieces. We all carry a daypack and we walk at an easy pace,” says Rachel.

“We have a local guide in each place who is a specialist in the history, culture and natural features of the place we are visiting.”



*Rachel Ryan stepping out.*

She says walkers need to be of moderate fitness – the terrain is easy-rolling hill country. Everyone is free to walk at their own pace and there are regular stops to hear what the guide has to say.

“We often stop and talk to others on the same route. It’s amazing who we meet, and the guides know everyone so we get a wonderful insight into the local community and the sheer Irishness of it all,” Rachel says.

“You really get the feel of being in rural Ireland – that’s what it’s all about.”

Rachel Ryan

The trip is not all walking – there are visits to farmers’ markets and historic and archaeological sites, some dating back to 2000 BC, plus time in the evenings to explore the surrounding area or visit a pub.

Rachel says all her clients seem to come away with the feeling they have experienced something special.

“There seems to be a real connection between the Irish and the Kiwi psyche. I think around 80 percent of New Zealanders have some kind of connection to a Celtic ancestry and that comes out very strongly. I think that is what has made it such a roaring success right from the word go – it’s a real cultural exchange.”

Rachel says the biggest highlight for her is seeing people connect with one another in the group and with the people they meet on the tour. “They are making lifelong friendships on the trip and learning about the real Ireland as well – it’s a wonderful blend.”

She advises clients on the right gear to take and fitness level required. “On our last trip we had a 70-year-old woman and her 19-year-old granddaughter. That was really special – and the 70-year-old was the fittest of the lot. She was amazing.”

Rachel has also started planning reciprocal walking holidays in Nelson near her Cable Bay home.

“I’m looking forward to showing Irish visitors the glories of the Abel Tasman and Golden Bay. I think they will love it.”

**Rachel’s website is**  
**[www.walkthewestofireland.com](http://www.walkthewestofireland.com)**  
**or she can be contacted on**  
**03 545 1071.**

# Talk and tears at car plant reunion

Former Honda factory staff talked a mile a minute at their recent reunion weekend, says co-organiser Monica Harvey.

The vehicle assembly plant in Quarantine Road, Stoke, closed in 1998, having employed about 4500 staff over its 33-year lifespan.

The reunion drew 276 of them back, including five from Australia. At the social on the Saturday night old comradeships were renewed and memories revived.

“They just talked non-stop. It was amazing,” says Monica. “There was a band but few people took advantage of it.”

Well-known Nelson astronomer Albert Jones was the oldest attendee at 89, and Honda New Zealand boss Graeme Seymour – a former Nelsonian – flew down from Auckland.

The weekend began with registrations on the Saturday morning at the Honda distribution centre in Wakatu Estate. Hardy souls braved the rain to take in a display of 18 cars assembled in the Quarantine Road plant, including the Triumph 2000 and Herald – the first models out the door in 1965 when British Leyland owned the factory. Others included the Triumph Toledo, Rover 3500, Austin Princess, Mini, Jaguar XJ6, then as Honda took over ownership, the Accord, Civic and City. Land Rovers were also assembled there, and even a run of bus chassis for Christchurch.

John Miller, who organised the “Nelson-made” display plus a booklet for the reunion, says nearly all the cars were sourced locally, with the Princess coming up from Christchurch.

The social on Saturday in the Trafalgar Centre included an honour board and a minute’s silence for former colleagues who have died. On the Sunday attendees had a barbecue at the Tahuna Beach campground, with a chance to bring their children or grandchildren along.

Monica, who worked at the plant herself from 1974 until it closed, says of the weekend: “There were so many hugs and kisses it was unreal”. John adds: “Everyone seemed to be laughing and talking ... we haven’t had any negative words from people who went.”

The pair – part of a 12-strong committee – put the best part of a year into organising the reunion, and say there is talk of staging a smaller get-together in five years’ time.

# Anzac event a testimony to community spirit

The Lest We Forget event at Founders Park at Anzac weekend, 25-26 April, was a humbling experience of community spirit for the organising team. While financial support was found for the operetta *Passchendaele*, the actual event itself was unable to secure a sponsor and came together entirely on donations of goods, services and time from local business, community groups and volunteers.

“You have no idea how extraordinary it was to hear ‘yes’, ‘yes’ and ‘yes’ again and again to requests for help,” says co-organiser Katrina Bailey.

About 2200 people passed through the gates to see the event.

“We got praise for the Command Post Trench (‘Fantastic – you have to wonder how on earth they lived like that’), for the sequences portraying the rounding up of Jewish families by Nazis (‘Really bought home the horror’) and the stories, the audio and memories in the Walls of Remembrance display, ‘Allo ‘Allo and Dad’s Army, the musical performances and recreated street battles.”

Katrina paid tribute to the likes of Hirequip and Waste Management, to teenager Dan, who came to see his actress girlfriend perform “and



*Life-like drama at Lest We Forget.*

ended up working all weekend in The Trench.” She also praised St Johns youth and Nelson Sea Cadets, plus “Sarah and Paul and their two sons, who came last year and were so moved they had their own families’ war stories written up, then showed up this year wanting to help – and boy did they ever work.”

Businesses offered food for the volunteers, and chef Brent prepared more than 200 meals over the weekend ... the list goes on, said Katrina.

Dramatix Theatre Development Trust plans to be back in 2010 with an even better event, “allowing us all to remember, experience and learn”.



# Time to say bye bye burner...

If you are one of the estimated 1500 Nelson homeowners affected by the 1 January 2010 phase out date in Nelson's Air Quality Plan, you should be preparing to say bye bye to that old burner.

But let's not get sentimental about it. Many of the old burners are inefficient, unhealthy, and just plain hard work. Lots of people affected by the phase-out date are choosing to upgrade to clean "touch of a button" heating like a heat pump or flued gas heater. And a recent issue of Consumer magazine (issue 490) shows that the running costs of new heat pumps are similar to wood burners. Pellet burners are also ultra low fuss to go with their ultra low emissions.

With use of the older burners in some areas banned at the end of this year, if you are affected you really need to make your mind up now. If you're choosing a Council approved replacement wood burner or a pellet fire you must lodge your building consent application no later than December.

Also if you want to get on Council's popular Pay as you Heat scheme you need to start the ball rolling now. This allows you to upgrade to cleaner heating and improve the insulation in your home without paying a cent now, you just pay it back over 10 years as a targeted rate on your property, totally interest free!

## Do you need to say bye bye burner?

**Yes** if you live in the Hospital area, Bishopdale, Victory, Toi Toi, between the Colleges, Washington Valley, Tahunanui and the Tahunanui Hills south of the cliffs and your burner was installed before 1996.

**Yes** if you live in Stoke, Wakatu and Enner Glynn and your burner was installed before 1991.

**No** if you live in the Port Hills, the City Centre, the Brook, the Wood, Atawhai, the Glen or rural areas. In these areas there is no phase out date for older burners but you can replace them with a Council authorised burner any time you choose. However if your home doesn't already have an enclosed burner, you can't install one. You need to choose from gas heating, electrical heating, an ultra low emission pellet fire or oil (diesel) fired heating.

## Want to know more?

Visit the Council website [www.nelsoncitycouncil.co.nz/go/airquality.aspx](http://www.nelsoncitycouncil.co.nz/go/airquality.aspx) and follow the simple flow chart to see if you are affected.

## Want to Pay as You Heat?

This financial assistance is available to almost all property owners affected by the 1 January 2010 phase out date, including landlords. Contact Emsol to sign up for this scheme today. Phone 538 0684 or email [cleanheat@emsol.co.nz](mailto:cleanheat@emsol.co.nz).

## Don't delay!

Time really is running out so don't leave everything until the last minute, act now and you can enjoy clean, easy heating this winter as well. Remember Nelson still has serious air quality problems in many areas during winter, act now and you'll be doing your bit to help clear our air even sooner.



Elsa Knox, Russell Calvert, Dot Tinker and Frank Ammundsen.



Dot, Elsa and Russell on the Skywire.

# Meet the Fearless Four

You've heard of the Famous Five and the Secret Seven, now meet the Fearless Four – good friends who just don't believe in letting age get in the way of having an adventure.

Russell Calvert featured in a previous issue of Mudcakes when he celebrated his 100th Birthday in February 2009. In May he rang the Mudcakes office to see if we were interested in joining him and some friends on a little adventure, and off we went to see what he had planned.

The venue was Happy Valley adventures, near Cable Bay, Nelson. Russell drove himself, neighbour Frank Ammundsen, and two lovely ladies Elsa Knox and Dot Tinker, out to the adventure park for lunch. Once the four had eaten the fun began with a whizz around the training ground on a four-wheel bike for Russell. Then the group clambered into a mini van for the ascent to the Happy Valley Skywire, with able driver and guide Fletch leading the way.

After enjoying Marekuira, the 2000 year-old Matai tree, on the way up, and the views from the top, the four found themselves peering over the edge of the Skywire drop – across a gully and into the bush beyond.

After some persuasion Elsa and Dot agreed to join Russell on the ride above the treetops and clambered bravely into the seats, after donning windproof jackets and hats provided by the adventure company. Once everyone was strapped in and ready to go Fletch pressed the button and the group slid away across the gully. Travelling down at speeds of over 80km/h they looked very peaceful but said afterwards that the wind was incredible. The ride takes the chair down towards the bush and then slows on the ride up towards the other station, before pausing above the trees for the risers to take in the calm and peace of being suspended above the bush. Then gravity takes over and the chair swings back down to the bottom before beginning the climb back up to the skywire base.

The whole ride takes about seven minutes, and all three were buzzing when they got off. Dot said that she enjoyed the calm and quiet at the far end of the ride, when they were hanging above the bush. "We felt very safe, and could hear birds, it was a perfect day," she said.

## Great Little Cookbook Giveaway

The Ministry of Social Development has recently reprinted its highly popular Great Little Cookbook – hints and healthy eating on a tight budget. Packed with hints for feeding yourself and your family with healthy food while on a budget. We have 10 copies to give away, please send your name and address on the back of an envelope to:

Cookbook  
c/o Dry Crust Communications  
P.O.Box 3352  
Richmond, Nelson  
Before 19 June 2009



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# Single ... but never lonely

By A Bloke

**Where are the men? The organisers of the Dining For Twelve singles group are thinking of bringing a busload over from the West Coast. I assume they are pulling my leg but as I arrive for dinner at The Honest Lawyer and learn the muster is well short of males, I can appreciate their frustration.**

Organisers Jenny, Hannah and Kath have tried other Nelson singles gatherings but decided none was right for them. So they set up their own – a social group for the 50+ age bracket, with no formal membership, no subscriptions and no agenda apart from offering companionship.

“We aren’t a dating club,” says Jenny.

They have been amazed at the response – from women. Jenny feels they have tapped a need. Single, divorced or widowed women in that age-group tend to stay in at night, she says.

“They’re very nervous about going out on their own.”

Hannah says that after her marriage breakup she found herself “spare” among their hitched friends. Newly separated women can also be viewed as a threat by wives – and ironically have to fend off predatory husbands and other males.

“Susan” confirms Jenny’s theory. She arrives for dinner, is issued a nametag, and readies herself for a convivial night out.

“The first two years were difficult,” she says. “This year I’m getting on my feet again.”

Betty is not on a man-hunt. She’s been to Dining For Twelve before and enjoyed meeting interesting people.

While we wait for dinner, Jenny shuffles people between tables to stimulate conversation.

And interesting people they are. Rayelene is building a house and Mary has just returned to Nelson after nearly two decades in Australia. We swap stories over our meal.

The seating is shuffled again and I enjoy Beth’s company for the rest of the evening. Divorced after nearly four decades of marriage, she is not one to mope or grow bitter. She has just returned from delivering desperately needed supplies to a Thai school near the Cambodian border – where villagers can’t even grow vegetables for fear of being blown up by landmines, which puts our own daily giggles into perspective.

The evening wraps up with promises to “do this again”. Good food, superb company – the four “brave” men, far from looking harassed, have had a great time.

The atmosphere is relaxed and free from any hint of “What star sign are you?” tackiness. Dining For Twelve looks to have got the recipe right – if only they can winkle more single men out of their shells. At the moment the women are giving them a lesson in courage.

Jenny has plans for more gatherings, including a Sunday lunch, cycle ride and picnic, a golf competition and a weekend away in Hanmer Springs.

*\* All names in this story have been changed to respect the privacy of those involved.*

## Nelson has other avenues for meeting people...

### Duck Soup:

“Celebrate Being Single.” Meets at 7.30pm on the first Sunday of the month at the House of Ales in Upper Trafalgar Street. It’s all about “networking and fostering friendships”, say the organisers. The regular evenings include “speed networking”, and side activities of the group include dinners and a quiz-night team. Phone Adrienne 03 544 2088 or 021 480 212.

### Gainsborough Club:

Dinners, walks, movie nights, meals, barbecues at members’ homes, Christmas and mid-year gatherings. Concentrating on the over 40s – and “desperately short of men” among the ranks. Subscriptions are \$30 a year and members are usually referred by an existing member. Ph Karen 03 546 4184.

### Speed Dating:

Not for the faint-hearted. Five minutes to get to know each other, then the bell rings to move on. Held at Liquid Bar in Bridge St, Nelson, about once a month. Ph 03 548 0270 or 021 374 657 to register.

### The Internet:

Major sites include NZ Dating and TradeMe’s findsomeone. Can be a trap for creating long-distance relationships, but success stories are common. (One in eight marriages in the US last year started on the Web.)

### Agencies:

Country and City Contacts NZ, which aims “to assist like-minded people to cross paths in order to form friendships, find a companion or a marriage partner.” Membership \$205 for 12 months. Web: [www.countrycontacts.co.nz](http://www.countrycontacts.co.nz)

### Clubs:

There are a swag of them in the Nelson region, from dancing groups to the Newcomers Network. A shared interest can be an excellent starting point for a relationship – be it romantic or companionable. See the listings in the back of Mudcakes and Roses or the Community Notices in the Leader.





# U3A Golden Bay

U3A Golden Bay has been running since early 2005 as an independent learning co-operative with links to many other U3A groups in New Zealand and internationally.

We are retired or semi-retired people, learning or following a particular activity for the pleasure of it. Costs are minimal, no qualifications are needed, and meetings are in the daytime in people's homes or free venues.

What is on offer depends on the skills members have to share, and the interests that people want to pursue together. Larger U3As are often supported by universities, who assist by maintaining databases of U3A groups, and banks of courses on many subjects that are available to members worldwide

At present Golden Bay members have groups studying opera, New Zealand's small world, operettas and musicals, geology, birdwatchers, climate change, play reading, comparative religion, papermaking, Monet, music.

As well as weekly or fortnightly meetings, U3A members have taken part in field trips, opera visits, practical experience and independent research work.

If you have time to spare in the daytime and an interest you'd like to develop or share with other like-minded people, U3A could be just what you have been looking for.

**We would love to hear from you. For information contact Aileen Hunt on 03 525 7345.**

**Webpage: [homepages.paradise.net.nz/albie/index.html](http://homepages.paradise.net.nz/albie/index.html).**



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# Support is out there

Support Works helps people to retain their independence and self-reliance and to enjoy good quality of life wherever they live in Nelson-Tasman.

**The organisation has two main functions:**

- Needs assessment – to assist people in identifying their needs.
- Service co-ordination – to access support that will assist in meeting those needs and goals.

Those eligible for assistance must meet the broad definition as determined by Government policy: "A person who has been identified as having a physical, neurological, intellectual, sensory or age-related disability (or a combination of these), which is likely to continue for a minimum of six months and results in a reduction of independent function to the extent that ongoing support is required."

Potential clients can call Support Works themselves or ask a doctor, social worker, family member or friend to make the contact. Staff may request medical information from a GP before accepting the referral. A needs assessor will then contact the person.

Support Works will develop a support plan tailored to the client's specific needs. They will suggest suitable publicly-funded disability support services and any other options that



are available. They can also give advice about other ways their needs can be met within the community.

For people over the age of 65 our service can package together a range of support service responses and interventions to meet the requirements of individuals with health and disability needs. These responses may range from a minimal package of basic household tasks through to more complex packages of care that support fulltime carers in their role.

**To make a referral or for more information, phone Support Works at 0800 244 300 or visit their webpage at [www.nmdhb.govt.nz/SupportWorks.aspx](http://www.nmdhb.govt.nz/SupportWorks.aspx)**

# programmes & 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 [info@drycrust.com](mailto:info@drycrust.com)  
or Ph 03 544 4975 Fax 544 4951

**Deadline for material for the August/September Issue is 14 July 2009.**

## Nelson

### Stoke Seniors Club – Social seniors moving forward

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

#### Regular activities

Scrabble Club – Mondays 1pm  
Euchre – Tuesdays 10.30 am  
Mah Jong – Tuesday 1 pm  
500 Club – Wednesdays 1 pm

Come along for a fun friendly game. New and experienced players welcome to all games.

**Art class** – Mondays 10 am and 1pm at the Stoke Memorial Hall. Cost \$3

**Walking group** – Tuesdays 10 am from the Stoke Memorial Hall Car Park. A casual walk of about 1 hour.

**Tai Chi** – Beginners and improvers, Tuesday at 1.30pm  
Beginners' class on Wednesday at 10.30 am

**Gentle exercises** – Wednesday 11.30 am

**Pilates** – Beginners' class on Tuesday at 1.30 pm

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

**Monthly Movie** – third Thursday afternoon of each month.  
Please ph. 547 2660 to check what's on & starting time

**Housie** – third Tuesday and last Wednesday of the month. \$5 a card – win cash prizes and have some fun!

**Social Seniors choir** – meets on Wednesdays from 11-12 midday in the Stoke Memorial Hall. For further details ph. Anne on 547 2660

**Card Making** – (8 week course) Thursdays at 1.15 pm in the Memorial Hall. Cost: \$3 per session

**“Lads at Large” and “Girls Own” trips** – once a month on Fridays. For details ph. Ruth or Anne on 547 2660

**Travel Club** – for information about special trips please contact the office on 547 2660 or e-mail at [stokeseniors@xtra.co.nz](mailto:stokeseniors@xtra.co.nz)

**Also Tuesday** – Thursday meals – 2 course meal at midday for \$8 (non-members), \$6 (members).

Please ph. 547 2660 to book (by 9.30 am the day before).

### Healing Day

Sunday 14 June 2009 10 am - 3pm Entry \$5.

Age Concern hall, Trafalgar Street, Nelson.

Wide range of therapy mini sessions at affordable prices, delicious food and kids corner. All proceeds to construct and run an early childhood centre in rural Nepal.

Visit [www.firststepshimalaya.org](http://www.firststepshimalaya.org) or phone Fionna on 03 545 1903.

### Senior adults gathering

Victory Seniors monthly gathering - held first Tuesday of the month from 1.30 pm at Victory Community Anglican Church - 238 Vanguard Street Nelson. Afternoon tea, no charge, all seniors welcome. Further information please phone Jeannette 548 7939.

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

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

### Nelson Philatelic Society

Local stamp collectors club. Every second Tuesday of the month 7.30 pm. Stoke School. Visitors welcome. Contact 547 7516 or 548 6269

### SeniorNet [Nelson]

Computer instruction for people aged 55 and over. Held in Clubrooms at Pioneer Park, Hastings Street, Nelson. Visit website [www.tasman.net/seniornet](http://www.tasman.net/seniornet) or contact Murray on 548 1170 to find out what is going on.

### Nelson Electronic Organ and Keyboard Club

First Tuesday of each month, \$2  
Stoke School Hall, 7.30 pm  
Entertainment and supper provided  
Contact Valerie Andrews Ph 540 3288

### Nelson Masters Swimmers

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

### Senior Service - Nelson Baptist Church

The Nelson Baptist Church on Bridge Street holds a Senior Service on the second Sunday of the month. This is an inter-denominational service for people from all over the district. We have hymns and songs, a short message, afternoon tea and fellowship. The service starts at 2pm and finishes about 3.30pm. Transport can be arranged. Contact Alan Roberts, Ph 548 7381.

### Nelson Branch of the Government Superannuitants Association

Are you a retired State employee receiving an annuity as a result of your salary contributions to the GSF while employed? The Nelson Branch of the GSA produces three newsletters a year, holds three social functions a year, and there are two national newsletters a year.

If you require further information, visit [www.gsa.org.nz](http://www.gsa.org.nz) or contact Graeme Valpy 547 6007 or email [nelson@gsa.org.nz](mailto:nelson@gsa.org.nz)

### Nelson Repertory Theatre Pantomime

Dick Whittington & his Cat. Nelson Girls College on 9, 10 and 11 July 2009 at 7.00 pm with matinees on Saturday 11 July at 11.00 am and 2.00 pm. Tickets \$10 from Everyman Records.

### Nelson Provincial Museum Exhibitions

Until 18 September 2009

**NZ Fossils** – Dead Precious, and

**Ferdinand von Hochstetter** – the father of New Zealand geology  
For more info visit [www.museumnp.org.nz](http://www.museumnp.org.nz)

## Cardiac Support Group

The Heart Foundation and Cardiac Liaison Nurses from Nelson Hospital provide information and support to people affected by Cardiovascular Disease.

We hold a three-monthly get together for patients on waiting lists through to patients who had interventions several years ago, providing support through shared experience.

A guest speaker covers issues of interest and concern. The group is for anyone with, or at risk of, heart disease and their families. For details and an invitation to next meeting please contact Averil at the Heart Foundation, ph 545 7112 or email: averilw@nhf.org.nz.

## Nelson Fifty-Plus Walking Group

We offer farm walks, mini walks and fortnightly tramps for people with a higher degree of fitness 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. Passengers are asked to contribute to the cost of petrol at 8 cents a kilometre. Come prepared for adverse weather, no smoking or dogs on walks. Contact Noel Brown or Carolyn Brown ph 544 2286.

For Mini walkers programme please ring Juanita Friend 547 6642. Walk cancellations are broadcast on Classic Hits 89.8FM and More.

## Nelson Dance Along

Every second and fourth Saturday, monthly.  
Next dances: 13 June, 11 and 25 July, 8 August 2009  
Time: 8pm to 11.30pm at Richmond Town Hall  
Admission \$3.00 member, \$3.50 non-member  
Supper provided. Contact Rosalie Winter  
Phone 548 2236

## Art Group Nelson Inc.

Open to all who wish to paint or draw, from absolute beginners to experienced artists. Monthly meetings with a guest speaker are on the first Wednesday of each month (evenings) and open painting mornings on the second Wednesday. Tutorial days are held in the last week of each month. All welcome. Ph July 548 1170.

## Sit and Be Fit

The most fun exercises you can do in a chair! A 35 minute class to music – you'll love it.

Victory Community Centre, Totara St, Nelson  
Tuesdays 10am  
Phone Leigh on 548 1689 for more info.

## Friends of Nelson Library

Friends of the Nelson Library Sunday public talks, 1:30 pm, Activities Room, Elma Turner Library.  
Entry \$2 pp.

**June 7** Diana Clark presents "My Venerable Ancestor", the story of her great-grandfather, Appo Hocton, the first Chinese immigrant to be naturalised in New Zealand, and an early Nelson settler.

**June 14** Top of the South Writer in Residence Gerard Hindmarsh will discuss his books "Angelina" and "Swamp Fever".

**July 5** Bernard Redshaw, ex-New Zealand soldier and later editor of The Wire, the magazine of UK's Royal Corps of Signals. "Stories from the War Zone: Iraq".

## Golf Croquet

Croquet is fun! It's good exercise and a great way to meet people. If you are interested, contact the croquet club closest to you:

Nelson-Hinemoa: 548 3977  
Richmond: 544 2052, Riwaka: 528 9704

## Stoke Easy Exercise

Sit and be Fit for Men and Women. Every Tuesday 10am, Stoke Methodist Church Lounge. Ph Maureen McKain 546 4670.

## Arthritis New Zealand

Nelson Bays Service Centre: Enabling a better quality of life for those with arthritis.

Contact us on 546 7689 or freephone 0800 663 463, or at the Community Groups Centre at 50 Halifax Street, Nelson.  
Hours Monday - Thursday, 9am - 2pm.  
Membership \$35.00 individual, \$50.00 household.

Clinics – free 45-minute sessions with the Arthritis Educator to talk over how you are managing with your arthritis and decide on a plan to help you. Membership not required, donations are welcome. Please phone the Service Centre for an appointment (except for Golden Bay). The next dates are:

- **Golden Bay – Wednesday 17 June – please book at Heartland Service Centre, phone 03 525 6151**
- **Richmond Queen Street Pharmacy – Tuesday 7 July**
- **Nelson Bays Service Centre – Wednesday 10 June and Thursday 2 July**
- **Motueka Decks Reserve Community House – Thursday 16 July**
- **Stoke Hurst & Taylor Pharmacy – Wednesdays 3 June and 5 August**

Casual water therapy sessions at Ngawhatu Pool seven times a week, including the new time of Tuesdays from 9.30 am to 10.30 am. You need to be a member of Arthritis New Zealand and a small charge per session applies. Phone the office for more details.

**Living a Healthy Life** course, Richmond Town Hall complex, Monday 8 June, 9.30 am to 12 noon. This is a six-week course for people who have any chronic illness (not just arthritic conditions) who would like to gain knowledge and skills to assist them to cope with their condition. Please phone for more information and enrolment details. There is a charge of \$35 for the course.

**Fibromyalgia Support Group.** We need people to help run informal support sessions. The Nelson group needs a new volunteer coordinator if meetings are to continue in 2009. Richmond group meets in the afternoon or evening, phone the Service Centre for details.

## The Nelson Savage Club Inc

A Club for entertainers. Variety Concert on the second Wednesday of each month April through to October. We meet at the Presbyterian Church Hall, Muritai St. Tahunanui at 8pm. \$2 entry. Best to phone first. Joyce 548 1224 or Ernie or Philpa 547 7022.

## Stroke Club Nelson

Social activities for people who have had strokes and their carers. We meet at St. Francis Hall, Songer Street, Stoke.  
For further information ph. Irene 544 8665

## Nelson Social Dancing Club

We meet once a month on a Saturday evening at 8pm at Waimea Club, Queen Street, Richmond for a social dance with Band. Ballroom, Latin, New Vogue and Rock n Roll.  
Entry members \$6, non-members \$10.  
We also have CD dances, come along and join us.  
Next dances June 6 and 27  
July 18 – annual ball, \$20 members.  
Any enquiries phone Jenny 544 9239 or Jean 546 7061.

## Hearing Association Nelson

Hearing Association Nelson offers a wide range of support & education to anyone affected by a hearing loss. We also have two social groups, offering support, friendship & fun. **Social Group** meets on the first Thursday every month, 10.00 am – 12.00 pm, guest speakers and morning tea. **Getting Together** meets on the second Tuesday every month, 7.15 pm for activities & companionship. Contact us at Hearing House, 354 Trafalgar Square, Nelson, phone/fax 03 548 3270 or email hearingnelson@xtra.co.nz

## **Housie evening**

All welcome to come to Housie.  
Stoke Rugby Clubrooms, Neale Avenue, Stoke  
Wednesday nights, 7.15 pm – 9.45 pm.  
Contact Buddy 547 3230 or Anne 547 6987.

## **Tahunanui Community Centre**

For information on all programmes phone the Community Centre,  
61 Muritai Street, Tahunanui, on 03 548 6036  
Wednesday afternoons  
Social group “Friends and neighbours” for local residents

### **Walking Group**

Wednesdays 10am  
Meet at the Community Centre and walk for approx 1hr

### **Have a go at Belly Dancing**

Anyone interested phone for more info

### **Garden Group**

Monthly meeting sharing skills and experience following on from  
Organic gardening/compost workshops  
Wednesday evening 7pm to 8.30pm monthly, next meeting 1 April  
and 6 May 2009

### **Card Making with Estelle Courtney**

April 15 1-3pm with Estelle Courtney  
“Special Occasions”

### **Up Cycle**

Group to help you enjoy and improve your bike riding skills  
phone the centre for more details.

# **Richmond**

## **Richmond Bowling Club**

Have a go - Tuesday at 1.00 pm  
Thursday at 1.00 pm and 5.45 pm  
Bowls and shoes provided.  
Contact Pat Dickinson Phone 544 0129 or Club phone 544 8891

## **Euchre**

Warm & friendly \$2 with cuppa raffles at Richmond Bowling Club.  
Friday afternoons 1.30pm – 4.00pm. Ph Monica 544 2749.

## **Grandparents raising grandchildren**

Monthly meeting last Tuesday of the month at 10am.  
Venue: Presbyterian Church Sunday School Rooms, Muritai Street  
Social gatherings second Tuesday of the month at 10.30am.  
Ph Paula 544 5714 for details.

## **Richmond Slimmers Club**

Keep your weight down. Margaret Westley, phone 544 7293

## **Tasman Visual Arts Group**

We meet on the last Wednesday of the month at Richmond  
bowling clubrooms. Regular guest speakers, new members  
welcome. Contact Gary Gibbens ph 541 8842

## **Hope-Ranzau Women's Institute**

1.15pm on the first Wednesday of each month at Holy Trinity  
Church Hall, Dorset Street, Richmond. Visitors always welcome,  
ph Brenda 544 5872.

## **Age Concern activities**

62 Oxford St, Richmond  
Wednesday 9am to 1pm- various activities  
Thursday 10am to midday – knitting and companionship group  
Friday 10am - Age Concern Easy Exercises

Morning tea to follow, \$1  
Wheelchair hire available  
Contact Elaine Mead, 544 7624

### **Age Concern offers:**

Client Support and Activities  
Ph Elaine Mead Activities Coordinator 544 7624  
Prevention and early intervention of elder abuse  
Ph Jim Davis 544 7624  
In-home Support Services. Ph Kerrie Varcoe 544 7624

### **Knitting Group**

Thursday 9.30am to Noon  
The knitters knit squares to be made into blankets to be sent  
overseas. Donations of 8ply wool or garments to be re-knitted  
gratefully received. New knitters always welcome.

## **Club 50 Programme for April/May**

Club 50 is a social group of mature adults looking for  
companionship, recreation and enjoyment. We welcome new  
members. Contact Jackie on 544 3955 or email trrc@nel.  
sporttasman.org.nz.

All activities start at The Tasman Recreational Resource Centre  
(TRRC), 9 Cambridge Street, Richmond – unless otherwise stated.  
Outdoor activities are weather dependent but alternatives will  
always be available

**2 June** - Founders Book Fair annual book sale. Bring own morning  
tea or purchase it there. Meet at TRRC at 9.30 am to carpool.

**9 June** - Tree Planting. Sandeman Reserve, bring gloves and planting  
equipment, and morning tea. Meet at TRRC at 9.30 am to carpool.

**16 June** - Tahuna & Back Beach Walk. Bring own morning tea.  
Meet at TRRC at 9.30 am to carpool.

**23 June** - Mid Winter Christmas Dinner at Club Waimea (Lower  
Queen St), bring a wrapped present suitable for a child to  
bedonated to charity. Cost: \$15. Please register your name. Meet at  
TRRC to walk.

**30 June** - Team Games. Bring a plate for a shared morning tea.  
Cost \$2. Meet at TRRC at 9.30 am in the Meeting Room.

**7 July** - Ngawhatu Pool swim. Morning tea on the grass and a walk  
around the old hospital grounds. Cost: \$3. Note the earlier meeting  
time: TRRC at 8.15 am to carpool.

**14 July** - Rabbit Island Walk. Bring warm jacket and own morning  
tea. Meet at TRRC at 9.30 am to carpool.

**21 July** - Mental Well-being. Jodie Black, Health Promoter DHB.  
Bring morning tea to share. Cost: \$2. Meet at TRRC at 9.30 am.

**28 July** - Trip to Snow, if no snow enjoy a trip to the lake anyway. Bring  
both morning tea and lunch. Meet at TRRC at 9.30 am to carpool.

## **Richmond Walking Group**

Do you like walking but find it hard to get motivated?  
Then our new walking group is perfect for you!  
It's free and all ages and levels of fitness are catered for.  
Mondays at 10.30 am  
Tasman Recreational Resource Centre  
9 Cambridge St, Richmond  
Contact Jackie: Ph 544 3957 ext 4

## **Pedometers from the Library**

Pedometers are step counters that show how far you walk each day.  
These are now available on loan from any of the Nelson City or  
Tasman District Libraries .  
\$2 fee for a 6-week loan  
Visit your local library and ask at the counter

## **Tasman Tennis Centre**

Social Tennis Tuesday mornings 9.30 am  
Coaching sessions available with TennisNZ club coach.  
Ph Ngaire Calder on 0272 79 99 38 or Tasman Tennis Centre on  
544 6083

## ***"It's all about me"***

Monthly group session last Thursday of every month. Come and meet new people and get advice from experts on how to stay healthy and keep active. Wakefield Village Hall 10 am, gold coin donation. Phone Bee Williamson, Green Prescription 544 3957 ext 3

## ***Appleby School Reunion***

Appleby School, Richmond, Nelson is holding a school reunion, from 11 to 13 September 2009. All past pupils, staff members, board members and interested parties are invited to attend. To register email reunion@appleby.school.nz, or contact Appleby School, RD1, Richmond, 7081 or phone 03 544 2898. More details are available on the website www.appleby.school.nz.

# **Motueka**

## ***Motueka Old Time Dance***

Motueka Town Hall, Saturday 27 June 7.30pm  
In conjunction with the Festival of Lights  
Tickets \$5.00 per person includes supper  
All welcome Ph 03 528 7564 or 03 540 2242

## ***Motueka Recreation Centre***

**50+ classes** are held Tuesday and Thursday mornings at 9.30am with Anna. A fun class to suit seniors. Feel free to try out any classes. A great routine set to music, low impact with low intensity Runs for about 1 hour. Cost: \$3

**Badminton games** 7 pm - 9 pm every Thursday evening for players of all ages and levels. New players welcome. Court fee \$3, racquet hire \$2.

**Indoor Bowls.** Fridays 9.30am - 12 noon, \$3 per person  
All equipment supplied. All welcome

**Sit 'n' Be Fit Classes** Mondays 10.30am-11.30am, \$3 per session  
Join Jody for a 30minute seated gentle exercise class.

**The Recreation Centre Gym** is open 9am - 9pm Monday to Friday, 9am - 4pm on Saturday. Contact the Motueka Recreation Centre on 528 8228 or fax 528 8560.

## ***Motueka 50+ Walking Group***

All walks leave Decks Reserve car park at times stated. Meetings on the last Thursday of each month in the Uniting Church Hall (rear of church), High St, at 9.30am. Visitors always welcome. Contact Chairperson, David Collis 526 6797 or Secretary Gabrielle Finnigan, ph. 03 540 3400.

.Members who do not wish to start early on the walks can assemble at Deck's Reserve at 10am to agree an alternative option.

### **June 09**

- 4 8.00 am Peppin Island (past Nelson) M/H  
9.30 am Isel Park (Stoke) E
- 11 9.00 am Hendersons Upper River Hut (Takaka Hill) M/H  
9.30 am Motueka Walks (Inlet circuit) E
- 18 9.00 am Waitui (Upper Takaka) M/H  
9.30 am Monaco (Nelson) E
- 21 Sunday POT LUCK LUNCH--- Bowling Club Rooms  
Pah St Motueka  
11.30 am ( Happy Hour followed by lunch)
- 25 10.00 am Meeting + Hobson's #1 (Takaka Hill) E

### **July 09**

- 2 9.00 am Highfield (88 Valley- Wakefield) M/H  
9.30 am Kina Beach (Tasman) - (LW 1125 1.2m) E
- 9 9.30 am Kaiteriteri (ALL) E/M
- 16 8.30 am Cable Bay Walkway (past Nelson) M/H  
9.30 am Seton Valley/Gardner Road (Moutere) E
- 23 9.30 am Ruby Bay (Mapua) - ALL E/M
- 30 10.00 am Meeting + Permin Rd (LW 0937 1.2m) E

## ***SeniorNet [Motueka]***

Computer learning for the over 55's in comfortable clubrooms at 42 Pah Street. Complimentary classes offered to beginners. Learn the basics through to advanced computing. Small classes, no

stress, learn at your own speed and make new friends. Classes in digital photography, card making, spreadsheets, word processing, email and Internet use, genealogy, managing your computer. New members are welcome to attend our meetings on the first Monday of every month at 10 am. Contact Ann Long 03 528 8224

## ***Motueka District Museum Exhibition***

"Time Gentlemen Please - Bottoms up in Motueka" - the story of some of Motueka's best known hotels. The exhibition is about five local hotels - the Travellers Rest (now the Riwaka), the Riwaka Inn, Hotel Motueka, Post Office and the Swan. Museum hours are Mon to Fri 10am - 3pm. 140 High St, Motueka Phone: 03 528 7660

## ***Motueka Bowling Club Inc***

Winter Bowls - Come and play on our astrograss green over winter. Phone Don 03 528 7208 or Pat 03 528 9129.

## ***Motueka Arts' Council***

### ***Winter workshop series***

August and September 2009

Highlights are writer Gerard Hindmarsh's workshop "Giving Your Writing Guts" and drama sessions with facilitator Paul Maunder, for teachers and for students aged 11 to 18 years.

#### **Other topics available are:**

Painting with water colours, Felting, Terracotta Garden Art, Basketmaking, Ukelele, Plaster of Paris, Drawing with pastels, and Jewellery making. Contact Jane Wells on 03 528 4995

# **Golden Bay**

## ***SeniorNet [Golden Bay]***

SeniorNet Golden Bay provides a range of beginner-level courses in home computing. We run a Camera Club, host a Genealogy Group, and hold several social functions each year. Classes, workshops and meetings are held in clubrooms at the Takaka Showgrounds. Come and join us. Ph Kathy Baigent, 525 9689, or Rosemary Jorgensen 525 7565, or Morfydd Barker 525 7465

## ***Winter Workouts***

Masonic Hall Takaka, Mondays 9.30-10.30 am

Wednesdays 9.30-10.30 am, Fridays 9-10 am

On site child care provided. Call 525 6110 for details.

## ***Marble Mountain Country Music Club***

2nd and 4th Sunday of each month at the Senior Citizens Clubrooms. Start time over winter is 2pm. Welcome to all listeners, Singers or musicians. Phone Nancy 525 9491.

## ***Uruwhenua Women's Institute***

2nd Tuesday each month at the Anglican Church Hall, 1.30 pm  
Phone Nancy 525 9491

## ***Motupipi Indoor Bowling Club***

Thursday nights, 7.30 pm at the Motupipi Hall.

Beginners and interested players are made welcome.

Supper and games for \$1. Phone Nancy 525 9491

# **Wakefield**

"It's all about me" Is a monthly group session that meets on the last Thursday of every month. Come along and learn how to stay healthy and keep active. Wakefield Village Hall, Thursday 23 April and 28 May at 10 am. Gold coin donation.

Contact Bee Williamson, Green Prescription 03 544 3957 ext 3.

# RECREATION PROVIDERS

If you are looking for further groups, check out the Found Community Database [www.found.org.nz](http://www.found.org.nz)

## **Hope**

**Hope Midweek Badminton Club**  
Carolyn Mason 541 9200

**Nelson Veterans Tennis Club**  
Hope Courts every Thursday  
Summer from 9.30am  
Winter from 10am  
547 6916

## **Mapua**

**Low Impact Aerobics & Pilates**  
Wakefield, Upper Moutere  
and Mapua  
Lynda Mabin 543 2268

**Indoor Bowls**  
Mapua Friendship Club  
Mapua Public Hall  
Valerie Roache 540 3685

**Mapua Bowling Club**  
Arnie Ahnfeldt 540 3032

**Taoist Tai Chi**  
Taoist Tai Chi Society of  
New Zealand  
55 Muritai St, Tahunanui  
545 8375  
[www.taoist.org](http://www.taoist.org)

## **Motueka**

**Aerobics/Gym & Fitness Centre**  
50+ Aerobics  
Mot Rec Centre  
Brent Maru 528 8228

**Riwaka Croquet Club**  
Sally Goodall 528 8296

**Gym & Fitness Centre**  
Studio Gym 275  
Catherine Walsh 528 4000

**Healthy Hearts Club**  
St Thomas Church Hall  
Cindus Colonna 543 2033

**Indoor Bowls**  
Motueka Senior Citizens  
Hall  
George Riordan 528 7960

**Line Dancing**  
Motueka Senior Citizens  
Hall  
Beryl Sturgeon 528 8265

**Line Dancing – Intermediate**  
St Andrews Church Hall  
528 7337 or 526 6246

**Marching**  
Motueka Veteranettes  
Marching Team  
Bev Clementson 528 9125

**Social Recreation**  
Kiwi Seniors (Motueka)  
Vonnie Goodall 528 7817

**Tai Chi Falls Prevention (65+)**  
Presbyterian Support  
Maxine Poole  
547 9350 ext 712

**Walking**  
Motueka 50 Plus Walking  
Group  
Gabrielle Finnigan  
540 3400.

**Riwaka Bowling Club**  
School Road, Riwaka  
Kathy Brewer 528 4604  
Pat Newport 528 8347

**Arthritis New Zealand**  
Immersion Therapy session  
10.30am, Mondays at  
Ngawhatu Pool  
Bus leaves Motueka at  
9.30am  
Susan Ledingham  
0800 663 463

**Nelson Aquatics/Swimming/Gym**  
Riverside Pool  
546 3221

**Trafalgar Centre Social Badminton Club**  
Pam Frost  
548 7153  
John Williams 548 0983

**Belly Dancing**  
Victory Community Centre  
Tuesday from 6pm  
Sabina Gilberg 546 8511

**Bodyvive (Low Impact)**  
CityFitness Quarantine Rd,  
Nelson  
Monday, Tuesday and  
Thursday 10.20am  
Debby Callaghan 547 4774

**Cardiac Club/Gym & Fitness Centre**  
Victory Community Centre,  
behind Victory School.  
Devine Fitness  
Sharon Standish-White  
539 0348

**Croquet**  
Nelson-Hinemoa  
Bev Worrall 548 2190

**Easybeat 50+ Aerobics**  
EasyBeat Aerobics  
Leigh Dalzell 548 1689 or  
021 547 811

**Easy Exercise**  
Arthritis New Zealand,  
Nelson  
Sheila Alley 548 3490

**Hatha Yoga**  
Maureen McKain 546 4670

**Hot Yoga**  
Claire 548 2298

**Nelson Senior Citizens**  
Social Indoor Bowling Club  
Joyce Rowland 548 1769

**Leisure Line Dancing**  
Stoke Scout Hall, Songer St  
Annette Lines 546 8777

**Marching**  
Silveraires Leisure Marching  
Diana Clark 548 9527

**Nelson Petanque Club**  
Ernst Lacher 548 3031

**Nelson Social Dancing Club**  
Club Waimea  
Frank Thomas 546 7061

**Over 50s Pilates**  
Body Power Pilates & Yoga  
Centre  
Sue Wilson  
029 281 3735  
Email  
[inbox@bodypower.co.nz](mailto:inbox@bodypower.co.nz)

**Seniors Yoga**  
Body Power Pilates & Yoga  
Centre  
Sue Wilson 029 281 3735  
Email  
[inbox@bodypower.co.nz](mailto:inbox@bodypower.co.nz)

**Table Tennis**  
Nelson Table Tennis Club  
Phil Hamblin 546 6256

**Tahunanui Bowling Club**  
Murray Canning 547 6921

**Taoist Tai Chi Society of New Zealand**  
55 Muritai St, Tahunanui  
545 8375  
[www.taoist.org](http://www.taoist.org)

**Tai Chi Falls Prevention (65+)**  
Presbyterian Support  
Maxine Poole  
547 9350 ext 712

**Walking**  
Nelson 50+ Walking Group  
Noel Brown 544 2286

**Nelson 50+ Mini Walks**  
Gwenda Wallace 544 5307

**Over 50s Yoga**  
Body Power Pilates & Yoga  
Centre  
Margot Hannigan  
029 281 3735  
Email  
[inbox@bodypower.co.nz](mailto:inbox@bodypower.co.nz)

**Petanque with the Nelson Club,**  
Wed/Sun 1.15PM at the  
Maitai club Kinzett Tce  
off Haven end of Trafalgar  
St  
Boules provided.  
Gillian 546 8111

## **Richmond**

### **Badminton**

Richmond Morning  
Badminton  
Dawn Wakelin 544 4120

### **Bodyvive (Low Impact)**

CityFitness Quarantine Rd,  
Nelson  
Monday, Tuesday and  
Thursday 10.20am  
Debby Callaghan 547 4774

### **Crafts, Caring and Sharing**

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

### **Croquet**

Richmond Croquet Club  
Eleanor Hannay 547 5424

### **Tasman Recreational**

Resource Centre  
(Richmond Town Hall)  
Fun, easy exercise options  
for older adults  
Mary-Ann McNatty 544  
3955  
trrc@nel.sporttasman.org.nz

### **Easy Exercise**

Senior Citizens Hall  
Friday 10am to 11am  
Morning tea to follow  
Elaine Mead 544 7624

### **Easybeat 50+ Aerobics**

Leigh Dalzell  
548 1689 or 021 547 811

### **Indoor Bowls for Seniors**

Church of Christ Hall  
Cnr Croucher & D'arcy Sts  
Tuesday 1pm-3pm  
Phyllis Haines 544 8383

### **Latin In-line Dance**

Richmond Dance Studio  
Partner not required!  
Wednesday and Friday 9.30-  
10.15am  
Heather 547 4863

### **Latin-in-line Male & Female.**

Tues.6.00-6.45 pm  
Wed & Fri 9.30-10.15 am.  
Phone Heather 547 4863

### **Ballroom and New Vogue**

Tues 7.30-8.30 pm  
New vogue only  
Wed 7.30-8.30 pm  
Phone Michael & Heather  
547-4863.

### **Line Dance Nelson**

Alison Myers 546 9878

### **Body Power Pilates & Yoga Centre**

Richmond Town Hall  
Sue Wilson 029 281 3735  
E: inbox@bodypower.co.nz

### **Richmond Bowling Club**

Tuesday 1.00pm  
Thursday 1.00 pm and 5.45  
pm  
Pat Dickinson 544 0129

### **Social Recreation**

Club 50  
Jackie Hardy 544 3955  
trrc@nel.sporttasman.org.nz

### **Tai Chi Falls Prevention (65+)**

Presbyterian Support  
Maxine Poole  
547 9350 ext 712

## **Stoke**

### **Stoke Bowling Club**

Lyndon Penketh 547 4780

### **Clogging/ Tap Dancing**

Nelson Sun City Cloggers  
Georgina Higgs 545 1037

### **Easy Exercise**

Sit & Be Fit for Men &  
Women  
Arthritis New Zealand  
Every Tuesday 10am  
Stoke Methodist Church  
Lounge  
Maureen McKain 546 4670

### **Easybeat 50+ Aerobics**

Leigh Dalzell  
548 1689 or 021 547 811

### **Hatha Yoga**

International Yoga Teachers  
Assn  
Maureen McKain 546 4670

### **Hydrotherapy**

Ngawhatu Therapeutic Pool  
Day and evening sessions  
Thelma Creighton 547 6384

### **Introductory Pilates**

Stoke Memorial Hall  
Tuesday 1.30pm  
Christine 547 2660

### **Safety & Confidence**

Kidpower, Teenpower,  
Fullpower Trust  
Cornelia Baumgartner  
543 2669

### **Stoke Social Seniors**

'Girl's Own' and 'Lads at  
Large' trips  
Anne or Ruth 547 2660

### **Stoke Social Seniors Walking Group**

Meets Tuesdays 10am  
Stoke Memorial Hall  
547 2660

### **Stoke Social Seniors Tai Chi**

Stoke Memorial Hall  
Tuesday 1.30pm  
Wednesday 10.30 am  
547 2660

### **Introductory Pilates**

Stoke Memorial Hall  
Wednesday 9.30 am  
Christine 547-2660

### **Table Tennis Nelson**

Bryan Keane 547 7530

### **Tai Chi Falls Prevention (65+)**

Presbyterian Support  
Maxine Poole  
547 9350 ext 712

## **Golden Bay**

### **Gentle Exercise**

Golden Bay Physio Clinic  
525 9708

### **Indoor Bowls/Cards**

Senior Citizens Club Rooms  
Mary Couper 525 8445

### **Tai Chi Falls Prevention (65+)**

Presbyterian Support  
Maxine Poole  
547 9350 ext 712

### **Tai Chi for Arthritis**

Ann Marshall 525 8437

### **Wednesday Walkers**

Bron Thornycroft 525 8627  
Bob Kennedy 525 9958

### **Puramahoi Table Tennis**

Betty Wilson 525 9526

### **Pohara Bowling Club**

Jennifer Westrupp 525 9621

### **Takaka Golf Club**

525 9054

### **Takaka Golf Club Ladies Section**

G. Turley 525 9122

### **Golden Bay Patchwork & Quilters Guild**

Liza Eastman 524 8487

### **Takaka Spinning Group**

Jan Weston 525 9374

### **Probus**

Jan Sawers 525 9197  
Robin Manson 525 9359

### **University of the Third Age (U3A)**

John Lee 03 525 8110.

### **Genealogical Group**

Cherill Cooper 525 8832

### **Golden Bay Contract Bridge Club**

Leigh Gamby 525 9744

### **Golden Bay Garden Club**

Diane McIntosh 525 6121

### **Golden Bay Mohua Tecorians**

Sally Douglas 525 9569

### **Mah Jong**

Ethel Smith 525 8615

### **Guided Gym Session**

Wednesday 12 -1  
Georgie Stone 525 6110

### **Drop In Yoga**

Terry Burgess 525 7422

### **Takaka Table Tennis**

Rene 525 7127

## **Tapawera**

### **Walking**

Rural Ramblers  
Una Foulsham 522 4083

### **Visual Art Society**

Tapawera  
Kaye Register 522 4368.

## **Wakefield**

### **Easy Exercise**

Arthritis New Zealand,  
Nelson  
Nancye Wearing 541 9040

### **Wakefield Senior Citizens**

Meet: 1st Wed of Month  
2pm  
Wakefield Village Hall  
Melba Green 541 8464.

Rimu Grove Winery supports the creative writers among you by sponsoring this section of Mudcakes and Roses.

Send in your poems and short stories to us and if your work is published you will receive a bottle of Rimu Grove wine.

We've had some great entries and the winner for June/July is **Sheree Davidson**.

## Creative writers series

### Takaka Beach

By *Sheree Davidson*

Waves crash on the shore,  
Delivering a mixture of broken shell  
And multicolor seaweed,  
Will it last forever?

Delivering a mixture of broken shell,  
Making the crabs scatter quickly,  
Will it last forever  
Along this golden beach?

Making the crabs scatter quickly,  
Back to the safety of their homes,  
Along this golden beach,  
Weaving their way underground.

Back to the safety of their homes,  
Amongst the rotting driftwood,  
Weaving their way underground,  
Where it is dark and cool.

Amongst the rotting driftwood,  
Sit's a hungry grey seagull,  
Where it is dark and cool,  
Waiting for the crabs to rise.

Sit's a hungry grey seagull,  
Staring intently at the ground,  
Waiting for the crabs to rise,  
Longing for a fresh meal.

Staring intently at the ground,  
Eyes wildly alert,  
Longing for a fresh meal,  
Hidden in the sand dunes.

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



## HEARING PROFESSIONALS

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Member of the  
NZ Audiological Society