

# mudcakes & ROSES

ISSUE 66. JUNE 2011

SENIOR GENERATION ACTION AND ISSUES – NELSON TASMAN

02.

LONELY COCKIES AND  
REAL HAIRCUTS

04.

TUBERCULOSIS  
MEANT BANISHMENT

10.

CRIPPLING ANXIETY:  
'NEVER GIVE UP'

“ Bit off the  
top, short back  
and sides ”



# Lonely cockies and real haircuts

PETER CAPE WROTE THE SONGS THAT HELPED TO DEFINE A NATION.

*When you're huntin' in the mountains  
and your dogs put up a chase, And this  
porker's comin' at you and he doesn't  
like your face, And you're runnin', and  
he's runnin', and he's crowdin' on the  
pace, Well don't worry mate, she'll be  
right.*

*She'll be right, mate, she'll be right.  
Don't worry mate, she'll be right. You  
can get yer feed of pork when he slows  
down to a walk, So don't worry mate,  
she'll be right.*

Peter Cape wrote what he called the unofficial national anthem in the 1950s. Fred Dagg revived it in the 1970s. The cleverness of the lyrics lasted well.

*Now you're loggin' on the saddle, and  
you're drivin' down the bluff, With a  
thousand feet of timber, bouncin' right  
behind your chuff, And the clutch has  
started slippin', and the brakes are  
worse than rough, Well don't worry  
mate, she'll be right ...*

Peter Cape, BA, Anglican minister, author, poet, songwriter, broadcaster, died of a heart attack in Richmond in 1979, aged 53. "Long before his time," says his partner of five years, Gladwen McIntyre. Peter had plans for a magnum opus on the development of the New Zealand psyche, and a history of the Kiwi song.

"He was content with me," Gladwen says of the "very complex" Peter. The

daily routine on their 20-acre farmlet off Hill St was to milk the cows – "all five of them" – have breakfast, then Peter would write from gam to noon.

"He no sooner finished one book than he had to start another," says Gladwen, who now lives in Nelson. Peter's output included volumes on New Zealand painting, artists, print-makers and crafts, plus children's books and pieces for the School Journal.

"He could posture, but when he wrote it was coming from the heart."

Morning labours done, Peter spent the afternoon on farm chores. Gladwen says they were both going back to strong farming roots. His own harked from a gypsy childhood travelling throughout Northland and the King Country while his father sold supplies and clothing to farmers. They would often stay overnight on farms, and Peter would help with milking at dawn.

He was educated by correspondence, and did not experience formal schooling until Auckland University, doing a Bachelor of Arts. He loved amateur dramatics, and edited the student newspaper, Craccum, keeping company with the likes of a young James K. Baxter and Denis Glover.

Peter wanted to make a career from writing. While studying post-graduate philosophy at Canterbury University,

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*Peter Cape and Gladwen McIntyre mimic the famous American Gothic painting on the farmlet at Richmond in the late 1970s. (Photo: Janice Gill)*

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*Cape's songs captured the 1950s Kiwi character.*

he met and married artist/illustrator Barbara Henderson. They took several hitchhiking trips around New Zealand.

In 1952 Peter studied theology in Dunedin and became a minister. The couple spent a year in Western Australia, where Peter officiated at a cathedral and did pastoral duties. On his return to New Zealand he freelanced in journalism and found himself in radio broadcasting. He eventually became Director of arts and religious programming for the NZ Broadcasting Service, instituting a daily reading from the Bible.

In the 1960s he was Director of Volunteer Service Abroad.

Meanwhile, he was writing songs (with tunes by mentor Don Toms) and singing them in early Wellington cafes such as the Monde Marie. "Coffee Bar Blues" is a tale of unrequited love for the young woman behind the counter, a one-way courtship spent drinking copious "café negros" (long blacks).

"Taumarunui (On the Main Trunk Line)" is a similar heartbreaker, with the mournful singer snatching glimpses of his love during the 10-minute train stops at the cafeteria. He eventually takes a job on the night train – just as she switches to the day shift.

In "Talking Dog", a young cow cockie is "sick of baching" so his "guri", or sheepdog (from the Maori "kuri" for dog) suggests he get a wife.

*He hitches up the buggy, drives down to the hall, Lots of lovely crows there, lined against the wall, Says to his guri, "Leave the choice to you", Dog cuts out a good one, and says "She'll do".*

Alas, between the dog talking during the day and the wife at night, the farmer is driven spare.

Peter was helping to forge a Kiwi identity, cutting the apron strings to Mother England. His masterwork is "Down the Hall on Saturday Night".

*I got a new brown sportscoat, Got a new pair of grey strides, Got a real Kiwi haircut, Bit off the top, short back and sides.*

Our spruced-up farmer heads for the weekly dance.

*Hey, look at the sheilas cuttin' the supper, Look at the kids slidin' over the floor, And look at the great big bunch of jokers, Hangin' round the door.*

It's a snapshot of rural New Zealand that still rings true today.

Peter's marriage ended and he eventually settled with Gladwen, who he had known casually since university days in Christchurch.

She says Peter resisted having his songs collated and published because he wanted to be remembered for his more serious work. Yet the ballads are part of the national fabric.

*Oh, it's great being out with the jokers, When the jokers are sparking and bright, Yeah, it's great giving cheek to the sheilas, Down the hall on Saturday night.*

**Bob Irvine**

*Sources: An Ordinary Joker, by Roger Steele (publisher Steele Roberts). Special thanks to Gladwen McIntyre.*

# ( MATTHEWS )

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# Tuberculosis meant banishment

A RICHMOND RESIDENT LOOKS BACK ON HER LONG STAY IN A REMOTE SANATORIUM.

Helen Clarke has an application for teacher training to thank for picking up her tuberculosis. The 16-year-old Bluff schoolgirl was symptom-free. An x-ray for her course medical found the spot on her lung, yet she was bright, vibrant and doing well at school, so her father wanted a second opinion. No mistake.

TB is highly contagious and struck dread into people in the early 1940. If it wasn't fatal, the treatment involved years in a sanatorium. Helen was consigned to an institution near Waipiata, in Central Otago.

She would not leave for two years. (Long recuperations were not uncommon. Well-known talkback radio host Ewing Stevens had spent five years at Waipiata.)

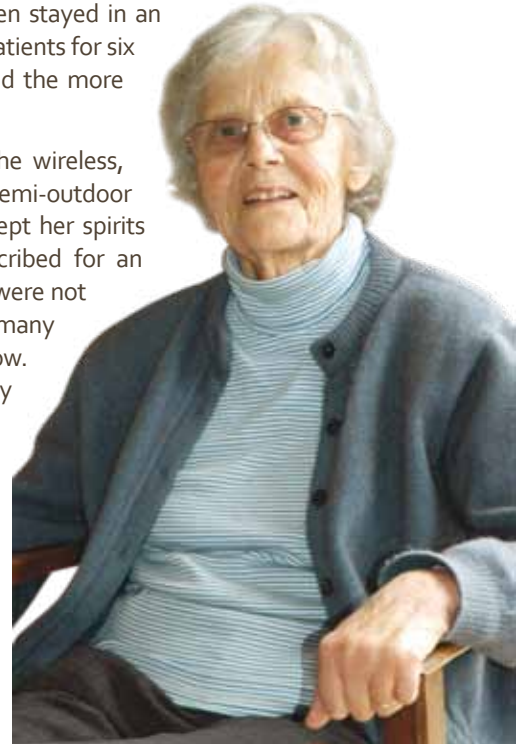
Clean air, altitude and bed rest were the treatment in pre-drug days. For "the lucky ones" rehabilitation could be speeded up by pumping air into the lungs, but Helen's spot was in a risky location.

Her days began at 6.00 am, woken by "very bad-tempered nurses" manpowered because of the war. Their mood might be understandable because nurses often contracted TB themselves.

After breakfast the beds were pulled out of the ward to clean it thoroughly. Helen stayed in an open ward with about 18 other patients for six months. A similar-sized wing held the more seriously ill.

She filled in time listening to the wireless, reading and walking in a semi-outdoor shelter. A good supply of mail kept her spirits up. Compulsory rest was prescribed for an hour before each meal. Patients were not even supposed to read, though many secreted a book under their pillow. The doctor would make his daily rounds, and in the afternoons crafts helped to fill in the hours.

In winter, the daily bath became a test of rigour as snow set in. (New Zealand's coldest temperature, -21.6deg, was recorded down the road at Ophir.) Helen says she would take a hotwater bottle to bed, kick it out in the night when it cooled, and find it iced up in the morning.



*Helen Clarke beat a dreaded disease.*

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## The Sanatorium

The private Waipiata Sanatorium was built in 1914 and taken over by the hospital board in the early 1920s. The huge complex in the middle of nowhere comprised wards, a hall, laundry, fire station, a large two-storey nurses home, and a grand home for the doctor.

After closure as a sanatorium in 1961, the complex became a corrective and training centre for the Justice Department until 1979. It is now a private Christian retreat.

Friends and relatives rallied round to care for the children as Helen

She had x-rays three times a year, and was spared the blood-stained sputum and the coughing that tormented other patients. Helen was also never contagious. As she healed she was allowed more freedom to move around the "san". She became the mail girl for the women's ward.

Discharge day did not signal a return to normality. Helen wanted to make a life for herself in Dunedin, but was instructed to live with her parents, who had retired to Christchurch. From there she saw the sanatorium doctor every three months on his tours round the lower South Island.

Helen was eventually well enough to work in the Canterbury University library, taking a couple of papers a year for a BA in English. She would tell prospective dates of her TB. A personable young engineering student called Robin Clarke would not be deterred.

He joined the Ministry of Works, and their married life began in Wellington. They soon took a social swerve to the tiny hydro village of Mangakino, on the Waikato River.

Helen had their first child, Richard. She had been warned by a doctor in Wellington that pregnancy might bring back her TB because the foetus would compress her lungs, then release them after birth. The damage took a while to manifest. When she became ill in Mangakino she was pregnant with her second, Anne.

lay in Waikato Hospital for six months, followed by three months at home with help. In hospital she was forbidden to hold her babies, and when she returned for a second spell the repressive atmosphere proved intolerable.

"I was thoroughly miserable ... we ran away."

With Robin's help, she discharged herself – and lived for long after in fear of a police car pulling into the drive. (In fact she had broken no laws.)

For the sake of Helen's health, the family moved to Wellington. Under the revolutionary care of Lower Moutere-born Dr John Mackay – himself a TB survivor – and with the help of new drugs, she was eventually strong enough for surgery to cut out part of her lung. After three months recuperation, "I was fine".

The acid test was her third baby, Andrew, and the good health endured. Helen was cured – though to this day she is careful to have her flu injections.

The family spent many years in Palmerston North. Helen and Robin retired to Nelson 22 years ago. He died last September.

"I've been very lucky in that I'm still here, I suppose," the 84-year-old great grandmother says of her battle with TB.

Vaccines such as BCG have largely eradicated the disease in New Zealand children, but the tuberculosis mycobacterium remains endemic in developing nations. Worldwide, the new infection rate is one person every second.

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# Hearing-loss ACC funding changes

Changes to ACC Funding for hearing loss came into force on 1 January 2011. This regulatory change will impact significantly upon those of you who have hearing loss which is covered by ACC.

ACC has decided that many of the products and services they have previously funded will now either be only partially funded, or not funded at all.

The following is a summary of the main changes:

## Funding for hearing aids

ACC now provide support only to those people whose hearing loss, that is accountable to noise exposure, is 6% or more. The law changes mean that hearing loss below this threshold is not treated by ACC as an injury. The changes not only affect new claimants but all existing ACC claimants.

In addition to these cuts, ACC now determines what percentage of each client's hearing loss is injury, age or health-related. ACC only pays a portion of the hearing aid cost, and the rest is the responsibility of the claimant. The subsidy provided by ACC towards the cost of the hearing aids will not be repeated until the hearing aids are six years old.

## Services and Repairs

ACC will contribute up to \$200 for a repair of a hearing aid, once every two years, but only once the hearing aid is more than two years old. All other repairs are passed on to the hearing aid wearer.

## Annual Hearing Test, Reviews and Appointments

There will be no more annual contributions from ACC towards monitoring your degree of hearing loss, the performance of your hearing aids or extra appointments for fine tuning. This is a cost that ACC is now passing on to its claimants.

While these changes to the ACC regulations will probably have considerable impact on a large number of existing as well as potential new ACC claimants - there is great news, in that **Hearing Plus Audiology** have come up with a unique Hearing Solution and Service package ... **Better hearing - Better value**. Enjoy a lifetime partnership with us. With completely free testing, advice and aftercare, we continually monitor the level of your hearing as well as the performance of your hearing devices. This way you can be assured of a service that meets your current needs and anticipates any future changes without any extra costs to you. Value for money is about more than just price; we bring great value to our customers in lots of other ways too - such as our free 'customer for life' care programme

(terms & conditions apply). We also run a series of fantastic promotions throughout the year, so keep an eye out for our "Special Offers".

## Cost

Regardless of the cause, if you suffer from hearing loss you can feel secure that there is an instrument to suit you. Today there are many options to consider and a large number of styles and models available, solutions that will best meet your budget and your situation.

We also believe that our prices are between 20- 40% less compared with other hearing clinics, so you could save yourself thousands of dollars. We therefore encourage anyone thinking of purchasing to compare our prices and levels of service.



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I can now watch TV, pick up the phone without missing 80% of the dialogue. I can even have a conversation with my wife in the car.

These devices have changed my life completely. I would say they have lowered my age by five to ten years."

**Finding the right solution**

When determining your budget, it is worth considering what you need and want your hearing solution to do for you. This could be based on your life style and expectations but also how active you are. It is also worth considering how much you want to invest in your hearing and how important it is

to be able to participate fully in the world around you. There are hearing solutions for everyone, from very reliable, discreet solutions with great sound performance, to those that feature the latest technological breakthroughs with optimal functionality and the opportunity to connect fully to modern electronic technology.



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- |  |                          |  |                          |
|--|--------------------------|--|--------------------------|
| 1. Do people seem to mumble or speak in a softer voice than they used to?                                  | <input type="checkbox"/> | 6. Do you often need to turn up the volume on your TV or radio?  | <input type="checkbox"/> |
| 2. Do you feel tired or irritable after a long conversation?   | <input type="checkbox"/> | 7. Do you find it difficulty to hear the doorbell or the telephone ring?   | <input type="checkbox"/> |
| 3. Do you sometimes miss key words in a sentence, or frequently need to ask people to repeat themselves?   | <input type="checkbox"/> | 8. Is carrying on a telephone conversation difficult?  | <input type="checkbox"/> |
| 4. When you are in a group or in a crowded restaurant, is it difficult for you to follow the conversation? | <input type="checkbox"/> | 9. Do you find it difficult to pinpoint where an object is (e.g. an alarm clock or a telephone) from the noise it makes? | <input type="checkbox"/> |
| 5. When you are together with other people, does background noise bother you?                              | <input type="checkbox"/> | 10. Has someone close to you mentioned that you might have a problem with your hearing?                                  | <input type="checkbox"/> |

**How did you do?**

This hearing quiz combined with your answers will give you an indication of whether your hearing is impaired or not. If you ticked to 1 or 2 of these questions you may need to seek advice soon. If you ticked to 3 or 4 of them you should take action now! We extend, to all our clients, the Freedom to actually try-before-you-buy, enabling you to make YOUR own informed decision. **Call Hearing Plus Audiology Ph 0800 433 788.**

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# Putting colour into winter

OUR GARDENING COLUMNIST RECOMMENDS HELLEBORES AND BRASSICAS.



Philippa Foes-Lamb

Hi and welcome. I hope you all thoroughly enjoyed autumn and its stunning colours. As we move into winter most deciduous trees and shrubs have lost their leaves and are enjoying a well-earned rest.

I love this time of year because the garden is revealed in all its skeletal glory. Evergreen trees, shrubs and perennials suddenly come to the fore and the focus in the garden changes completely. Sometimes the lack of colour can be disheartening, but all is not lost.

Hellebores (winter roses) are one of my favourite perennials for the winter/early spring garden, providing beauty and colour for a long time. Thriving in sun or semi-shade, they are fabulous for planting amongst trees and shrubs. They enjoy a fairly rich soil, so they need plenty of good compost or sheep manure pellets (I use a mixture of both). If you have established clumps now is the time to trim back all of the old foliage as this will allow good light to reach the crown of the plant, resulting in more productive flowering. It also allows you a perfect view of the flowers.

When buying hellebores from garden centres it's important to look for good strong plants with signs of new growth from the base. Smaller grades may take two or three years to flower so

it can be worthwhile paying a little extra for a larger grade. You can grow them in containers too – choose a top-quality potting mix for best results.

Annuals such as pansies, violas and iceland poppies are perfect in a sunny position, while primula and polyanthus do well in sun or semi-shade. They all thrive in containers or hanging baskets too. If you are planting polyanthus add a teaspoon of dried blood (from garden centres) per plant to the soil first. This helps to maintain the plants' vigour as well as enhancing flower colour. If you are growing them in containers, mix a small amount through the potting mix.

When it comes to the vegetable garden, plant lettuces, brassicas (broccoli, cabbage, cauliflower) and lots more for spring harvest. Soil temperatures are low now so plant seedlings on mounds of soil, which helps to absorb more heat from the sun. Putting mulch such as pea straw, newspaper and compost, old carpet or even rocks on either side of the rows also helps to retain heat. Keep your mulch well away from plant stems as excess moisture can rot them.

If you don't have a vegetable garden or lack the room, try growing vegetables in containers or bags of potting mix. With the latter, place the bag flat on the ground and make criss-cross cuts along the length of the bag. A good rule of thumb is three cuts at the top and three at the bottom for lettuces, or one at the top left, one bottom middle, one top right for larger crops such as broccoli or cabbage.



## Here to help...

If you have any gardening questions or topic suggestions, please email me at foelslamb@xtra.co.nz or write to me c/- Mudcakes and Roses.

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# Crippling anxiety: 'Never give up'

A NELSON WOMAN LEARNS TO CONTAIN THE DAMAGE FROM A HORROR CHILDHOOD.

"I became stabilised, and I thought – probably for the first time in my life – 'Wow, I'm a fully functioning person!'"

"Carol" has taken most of her 60 years to reach a point the rest of us take for granted. For decades she was tormented by anxiety attacks – and given her upbringing, it's no surprise.

Carol was abused physically, mentally and sexually as a child. When the damage began to crush her as an adult, medical authorities administered electric shock therapy. She has attempted suicide numerous times, and

been locked up in mental health units for her own safety. Her medicinal drug intake could stock a pharmacy, and psychiatric treatment became routine.

Yet this is a story of hope. They have finally got Carol's medication sorted, and last January she said goodbye to her psychiatrist ("I decided there was no point retraumatising.").

"I feel liberated," says Carol, a longtime Nelson resident. She is a productive member of the workforce, with a husband who has been her rock for nearly four decades. They have two adult sons.



## Help is available

The Phobic Trust ([www.phobic.org.nz](http://www.phobic.org.nz)) offers free, 24-hour support through a helpline, 0800 14 ANXIETY (0800 14 269 4389), for those suffering panic attacks. Counselling is also available through Lifeline and the PHO Brief Intervention Service. Ask your GP, practice nurse or Maori Health provider. You can also visit [www.bewell.org.nz/supportservicesstress](http://www.bewell.org.nz/supportservicesstress).



Carol has learnt to control the moments of terror.

"It still rears its head, but nothing like as severe."

She is also left with dysthymia, or low-level depression. Officially, she suffers from Post Traumatic Stress Disorder. Carol reckons her father did too, but he belonged to the generation who went to war and were expected to deal with the horrors like a man. Humans aren't built of stone. Plenty took the pain out on their families.

Carol says her father abused her physically and mentally. He served in the Navy during both World War 2 and the Korean War, and was absent from home until soon after her birth until when she was a toddler. They never bonded as father and daughter. Carol says he would wake in the night screaming and pounding the walls.

Her father would bring home casual drinking buddies to stay. One of them abused her sexually, having first gained her trust. The double betrayal mangled a young psyche.

"I felt like I was dirty and naughty, and didn't like to complain."

Carol had already been sexually abused by an older boy and a cousin.

Her panic attacks began when she was 18, particularly if she found herself alone with a man.

"I was incredibly scared ... I would react as if I was being raped."

So began a "life" of breakdowns, depression, self-harm, suicide attempts, anti-psychotic drugs and hospital stays. They would discharge her to care at home – the source of her nightmares.

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The shock therapy comprised eight bolts of electricity into the brain over 12 days.

"I thought, what have I done to deserve this. It was another form of punishment as far as I was concerned."

Through it all, Carol held down jobs, though sometimes they added to the stress. She lacked the solid foundations to ride out knockbacks.

"I just couldn't cope. I didn't fit into this world."

Carol married her "solid, non-judgmental" boyfriend at 22. Their decision to have children was not taken lightly.

"They made me persevere because it was my decision to have them. I worked hard to stay well. I wanted to be normal for my children."

Answering the phone was often beyond her. She would shut herself away with television or crosswords. A walk down the road was impossible without the family dog for protection. Carol held it together, thanks to medication, the support of family and friends, plus throwing herself into voluntary work such as for kindergarten.

She also gained sixth/seventh form economics and accountancy qualifications as a day student at college.

Eight years ago, a combination of empty-nest syndrome, the death of her beloved mother-in-law (her husband's warm family became the one she never had) and a stressful work situation brought her down. Carol spent another two spells in the mental health unit, followed by supervised community care.



She has since passed her Mental Health Support Workers Certificate, and is now employed part-time in the system, giving back the benefit of hard-won experience,

"When I was young there was no-one ... You can be there to help others, and hope they never have to go so deeply into that hole, because it's a long way back up."

Carol aims to make up for the huge chunk of living she lost. "Never give up hope," she advises fellow anxiety sufferers.

*"Someone has to make the best teeth"*



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# 50 Years Ago in New Zealand

RECORD BIRTHS, THE FIRST GOLDEN KIWI AND WINE WITH MEALS - 1961 WAS VINTAGE.

Estimated population as of December 1961: 2,461,300.

1961 was the most fertile year of the post-war baby boom. Over 65,000 babies were born. More women were having children, and more of them – roughly four per woman (the rate is now just over two).

1961 babies: Blyth Tait, equestrian; John Key, Prime Minister; Bill English, Deputy Prime Minister; David Kirk, rugby player and business executive; Peter Jackson, filmmaker; Anthony McCarten, playwright (Ladies Night).

## What we watched at the movies:

Breakfast at Tiffany's  
West Side Story  
Judgment at Nuremberg  
Blue Hawaii  
The Hustler  
The Guns of Navarone

## What we danced to:

Runaway – Del Shannon  
Let's Twist Again – Chubby Checker  
Surrender – Elvis Presley  
Blue Moon – The Marcels  
Stand By Me – Ben E. King



## What made the headlines:

The Waitangi Day Act 1960 declared that 6 February would be 'a national day of thanksgiving'. Localities could choose to make it a public holiday if they wished but they would have to give up an existing holiday in return. Waitangi Day was first celebrated in 1961.



## A long run

National leader "Kiwi" Keith Holyoake settles into a 12-year reign as Prime Minister (with Jack Marshall as Deputy PM). National had won the election in November 1960 with a 12-seat majority, exploiting fallout from Labour's infamous Black Budget, which increased taxes on cigarettes and beer.

Western Samoa votes overwhelmingly for independence from New Zealand, which was achieved on 1 January 1962.

The Golden Shears competition is held for the first time, in Masterton, with the legendary Godfrey Bowen beating nearly 300 shearers to win the title.

The New Zealand Government takes full control of Tasman Empire Airways Ltd (TEAL) acquiring the Australian Government's 50 percent share. TEAL becomes Air New Zealand in 1965.

Auckland television is extended to seven nights a week, two and a half hours a night. Television transmission begins in Christchurch (a year later than Auckland) in June 1961 and Wellington follows four weeks later.

In October, 10 National MPs cross the floor and vote with the Opposition to remove capital punishment for murder from the Crimes Bill that the Government had introduced.

On 13 December 1961, diners at The Gourmet in Shortland St, Auckland, become the first New Zealanders to be legally served wine with their meal. Restaurateur Otto Groen had spent seven years fighting the council for a liquor licence.

The first Golden Kiwi lottery is drawn in December. All 250,000 tickets sold in a day. Mr C.V. O'Connor wins the first prize of £12,000 – theoretically enough to buy "a three bedroom house in a middle-class Wellington suburb, a new six-cylinder car, and some spending money to boot".

(Sources: [www.nzhistory.net.nz/culture/the-1950s](http://www.nzhistory.net.nz/culture/the-1950s), Wikipedia)

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**Across:**

1. Making glass better (6,7)

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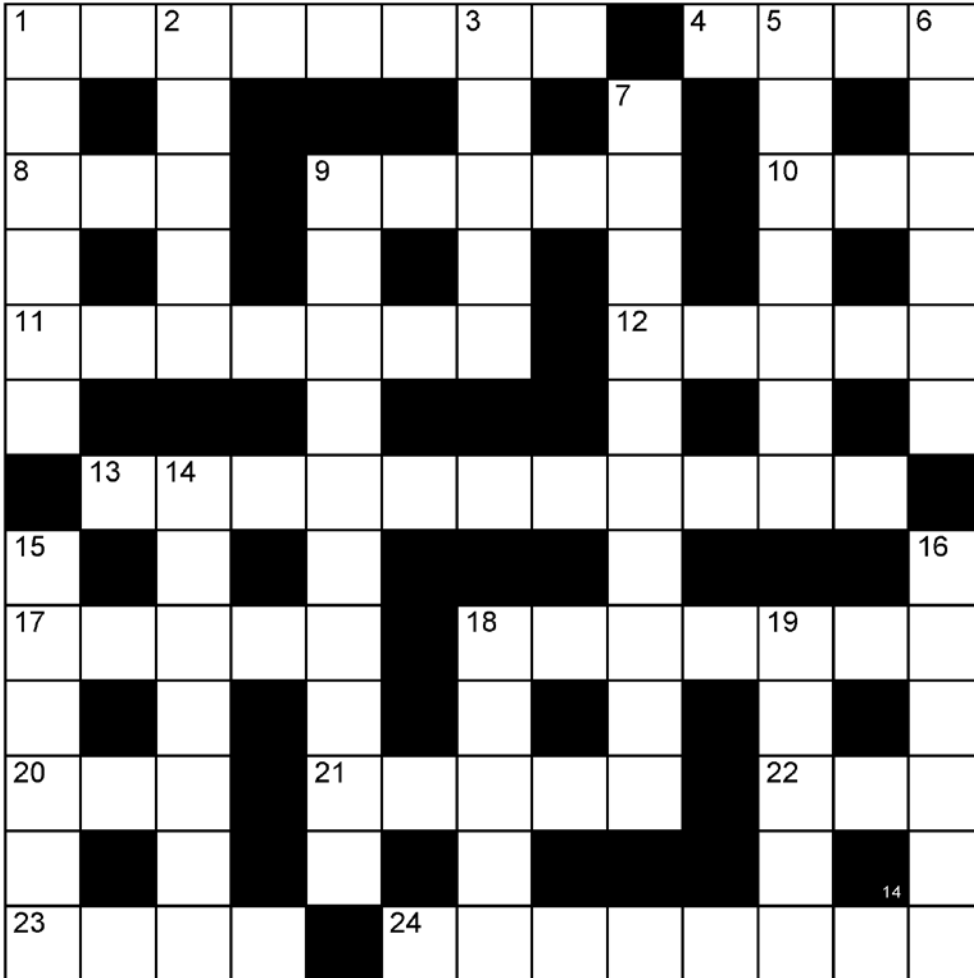
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**Simpler Clues****CLUES ACROSS**

1. Protection from espionage (8)
4. Woodwind instrument (4)
8. Be positioned (3)
9. Man in chess, draughts etc (5)
10. Rodent (3)
11. Small residence (7)
12. Rejoice exceedingly, triumph (5)
13. Camera art (11)
17. Claude, French Impressionist (5)
18. Move about nervously (7)
20. Fuel (3)
21. Body part (5)
22. Vital juice (3)
23. Utters words (4)
24. Responsive to stimulus, aware (8)

**CLUES DOWN**

1. Pick out from a number (6)
2. Roof-ridge, hill-top (5)
3. Motif (5)
5. Town (7)
6. Total possessions (6)
7. A deputation (10)
9. Cotton-, rubber-growing farm (10)
14. Truthfulness (7)
15. Pictures, representations (6)
16. Hollow under the shoulder (6)
18. Form of musical composition (5)
19. Experience, perceive (5)

**Harder Clues****CLUES ACROSS**

1. Collateral demanded by City sure to be put out (8)
4. Instrument given honour for including The Ring (4)
8. False statement that will be sustainable in law (3)
9. Portion that sounds irenic (5)
10. Sailor turned strike-breaker (3)
11. A dwelling that may produce pie and cheese (7)
12. To triumph with previous partner last month (5)
13. The taking of shots involves exposure later developing (11)
17. Artist encountered on entry (5)
18. Felt it could be right to fly here and there (7)
20. Main supply of petrol to the USA (3)
21. The heart, say, of an instrument (5)
22. A fool who takes sex appeal quietly (3)
23. Declares, for argument's sake, spades first (4)
24. Is aware of a different set in Ten (8)

**CLUES DOWN**

1. Pick of the Spanish in an organised denomination (6)
2. The top of a wave starts curling over the others (5)
3. Article some halved to base variations on (5)
5. Town with an MP born without a name Hugo, it might be (7)
6. All one owns is Latin at start of education (6)
7. A deputation using dog-Latin turning east twice (10)
9. 6 used to grow cotton in a plot ant destroyed (10)
14. The best policy for a cruciferous garden plan (7)
15. Pictures I am so long in producing (6)
16. Give the miners guns and you'll get the axilla (6)
18. Form of music no end of fun only half guests are there (5)
19. Being set at odds, try it for flavour (5)

Answers page 14

# Tracking down your forebears

AS PEOPLE AGE, THEY WANT TO KNOW MORE ABOUT THEIR ROOTS.

Cheryl Carnahan is a detective. The Nelson genealogist has become expert in following a paper trail to track down her man (and woman).

Working out of the "Ancestors Attic" in the former Old Folks Hall in Trafalgar St, Cheryl is surrounded by ancient births and deaths records, ships registers, church documentation and jury lists. Step by step she has scoured names to trace her own family back to the first ships to arrive in Nelson in 1842. Her great great grandfather William Jennings served on the inaugural city council (and had 13 children).

The line through her mother's side is more problematic because they were from farming stock and left their names on less documentation. However, Cheryl has traced one branch back to the 1700s.

On trips back to England she has followed a tributary in her father's line to the Walker ancestral home – a Georgian mansion – and looked at headstones.

The British Government began formally registering births, deaths and marriages in 1837. Before that individual churches keep parish records. Like a dogged sleuth, Cheryl regrets that "you can't get much past the 1600s."

The Nelson branch of the NZ Society of Genealogists has about 110 members, many of them elderly because "as you get older you get more curious about your background". Members have access to the 1845 census of Nelson, for instance, which lists adults per household, children, father's occupation, amount of land and even crops. (William Jennings had two sons and four daughters, lived in a wooden house and farmed 1.5 acres, mostly in wheat.)

Cheryl says her maternal great-great grandfather, George Murcott, was an agricultural labourer in England with little chance of bettering himself. New Zealand was the land of opportunity. He arrived in Nelson with a wife and two children, and when he retired he owned five farms to distribute amongst his grandchildren.



## Know your history

If you want to explore your past, give Cheryl Carnahan a ring on 03 544 7684 or use the Found Directory contact. Monthly meetings are held in MP Nick Smith's rooms, Waimea Rd, 7.30 pm every fourth Monday (February to November), and the Ancestors Attic is open Mondays 1.00-4.00 pm, Thursdays 10 am to 4.00 pm, and Sundays 2.00-4.00 pm.

The society holds records on microfiche, CDs, copies of original documents and, of course, members are skilled at using the internet. Quizzing elderly relatives is the first step in plotting a family tree, says Cheryl. From there, standard reference points include military documents, trade directories and early newspapers such as the Colonist, Examiner and Nelson Evening Mail.

The Nelson Provincial Museum is a useful source, and the Mormon Family History Centre in Nayland Road has access to millions of names through its headquarters in Utah.

If a family moved around, "you can follow them by the kids going to school," says Cheryl, opening a register that records "Parent/Guardian", last school attended, and planned employment.

Websites such as Ancestry.com and findmypast.co.uk can speed you into records worldwide, for a fee.

A project team from the society meet once a week to transcribe original documents, and the Nelson Library, museum, Mormon centre and society get together regularly to co-ordinate their work.

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## Crossword Solutions

**CLUES ACROSS** - 1. Security 4. Oboe 8. Lie  
9. Piece 10. Rat 11. Cottage 12. Exult  
13. Photography 17. Monet 18. Flitter 20. Gas  
21. Organ 22. Sap 23. Says 24. Sentient

**CLUES DOWN** - 1. Select 2. Crest 3. Theme  
5. Borough 6. Estate 7. Delegation 9. Plantation  
14. Honesty 15. Images 16. Armpit 18. Fugue  
19. Taste



# New home for 'second home'

AFTERNOON ACTIVITIES FOR RICHMOND SENIORS PROVIDE COMPANY AND FUN.

"It's like a second home here," says Freda Beloe, who has been coming to Richmond seniors activities for 11 years. "I think we're a close bunch. Nobody needs to feel lonely when we've got this."

Freda visits the Richmond Senior Citizens rooms in Oxford St three times a week, on Wednesday for a quiz, housie and guest speaker, followed by a barbecue. She drives her beloved little Mini back on Thursdays for the craft mornings (knitting, embroidery etc), and on Friday for light exercise, with a cuppa to follow.

The centre also holds cards afternoons on Tuesdays and Thursdays, plus indoor bowls on Friday afternoons.

On the last Wednesday in the month attendees go on an

outing. Past trips have included Tapawera, Blenheim and Motueka.

Co-ordinator Elaine Mead previously ran such activities under the Age Concern banner. They restructured recently, deciding to concentrate on core activities, and Elaine is reviving the groups – literally next door because the two organisations have side-by-side offices.

"Company is paramount in anyone's life," she says. Even if none of the particular activities appeal to seniors, they are welcome to drop in. (The occasional cooked lunches are a big drawcard.)

The service is open to anyone aged over 50, and disabled people can be catered for.

Longterm, Elaine is hoping to revive the popular afternoon dances that drew up to 200 people for old-time dancing to live bands. She also wants to throw more of a focus on International Day for the Older Person, 1 October.

The former nurse and foster mum says she has worked with people for more than three decades. She has become good mates with Freda over 11 years.

Elaine is applying for funding and seeking sponsors to keep the Richmond fellowship alive.



*Freda Beloe, left, and Elaine Mead have forged a bond.*

## Plenty to do

The Richmond and Stoke areas provide a wealth of activities for seniors. Look up your favourites in our Recreation Providers section.

# Genteel taxi service personalised

BY ANDREA ANN KEPES

A genteel driving service has started in Nelson catering for elderly and disabled passengers. Driving Miss Daisy is part of a nationwide franchise. Drawing inspiration from the movie of the same name, this taxi service is in keeping with a more personalised style.

The movie, starring Jessica Tandy and Morgan Freeman, is about a cantankerous elderly lady who gains a chauffeur after crashing her car. In time, a warm and special friendship develops between the two.

In the Nelson version, Frances, the lead driver, is a former nurse. You will get her as your driver most times.

Frances grew up in the Nelson region but has spent the last 30 years raising her family of three children in Wellington. She and her husband moved here a couple of months ago and are enjoying their new driving business. They have bought a home in Monaco, including a hen-house and several laying hens.

The Driving Miss Daisy vehicle is new and comfortable, with leather seating. DPA travel vouchers can be used.

# Rimu Grove Creative Writers

FOR OUR APRIL/MAY CHALLENGE WE ASKED POETS TO CELEBRATE WINTER BY ADAPTING A WELL-KNOWN SONG LYRIC. THE RESPONSE WAS DELIGHTFUL.

WINNER

Carol Stewart had fun with a nursery rhyme.

Sing a song of winter  
A season full of frosts  
A need to keep our heating on  
Adding to our costs.

When the doors are opened  
The draughts come rushing in  
So put some logs upon the fire  
And be kind to kith and kin.

The grandchildren are in the cozy house  
Eating bread and honey  
The grandad's tending the garden  
Saving us some money.

The grandma loves the kitchen  
Babysitting and making a stew  
Oh isn't that a lovely thing  
For a retired couple to do!

The maid is not in the garden  
We are self-sufficient while still able  
And that is where our sparrows come  
To be fed on their al fresco table.

So sing your song of winter  
Drink a glass or two of wine  
And with a little bit of luck  
Rimu Grove Winery will give me mine!

Don Maclennan turned Summertime around ...

Wintertime  
And the weather is breezy  
Leaves have fallen  
Time for wrapping up warm

Oh your larder's full  
And the Harvest is over  
Insects are gone  
And the screw tops are on

Ski tows are working  
And the ball game has started  
Time for some reading  
Hunkered down in the hut

One of these evenings  
There'll be friends by the fireside  
Joining in singing  
With soup on the hob

But till that evening  
There is plenty to warm you  
So gaze at the stars  
and dream with the sky.

## RIMU GROVE WINERY

For our June/July challenge, we recall the tale of a camping store that advertised its slow-season Sale as "Now is the winter of our discount tent". Take a Shakespearian quote, or a close version, and use it in a poem about the Rugby World Cup. Good luck.

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



Steve Richards also made his apologies to the great George Gershwin in a winter serenade.

Wintertime, and the living is easy,  
Nelson's buzzing like you knew that it would,  
Sun is shining and the cafes are open,  
But hush little Richmond, you know 'it's all good'.

One chilly morning you're gonna wake up smiling,  
Put your thermals on and walk down to the sea,  
Do some fishing off the Connelly quayside,  
Then stroll round the market, how cool can that be?

Turn the heat up and stay home in the evening,  
Steaming pumpkin soup with your hands round the bowl,  
Frosty mornings and the snow dusts the hillside,  
Just you and your loved one to soothe your soul.

Wintertime and the living is easy,  
Nelson's jumping with the festival hum,  
Life is rich and the folks are good-looking,  
But don't worry Richmond, your turn will come.



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# Walkers rediscover Reefton

ANNUAL TRIP TAKES IN A GHOST-TOWN AND GOLDFIELDS.

Goldmining and a ghost-town tantalised Motueka 50+ walkers on their annual away trip, to Reefton this time. Twenty-six members headed south, most of them staying in The Old Nurses Home, an upmarket backpackers.

After a night of constant rain, they took the Murray Creek Goldfields Walk up to Energetic Junction, then on to Cement Town. The group continued to Inglewood Junction and the mine site for lunch, "keeping an eye out for leaf fossils among the pale slates along the way," says walker Heather Archer.

On Day 3 they took the Power House walk on the south side of the Inangahua River, then back via the Old Reservoir

Track above the town. The group then drove the 40km to Waiuta, a town abandoned in 1951 after the mine's pumping and ventilation shaft collapsed.

Early next morning they drove over the Rahu Saddle, through Springs Junction and on to the Marble Hill Scenic Reserve and a 17km return hike to Lake Daniels.

"This was a beautiful, flat walk alongside the Alfred River," says Heather. The group drove to the Springs Junction Cafe for a final evening meal together. On the last day they were treated to local treasures displayed in the Blacks Point Museum.



## Take a hike

Walking groups are a fun way to get fit and make new friends. See our What's On listings.

# Tasman greying at a gallop

THE NUMBER OF RETIRED PEOPLE IS EXPECTED TO SKYROCKET OVER THE NEXT 20 YEARS.

*From the Nelson Tasman Positive Aging Forum 23 May meeting presentation.*

The number of people aged over 65 in Tasman is projected to double by 2031, and comprise 28.6 percent of the population, compared with 13.6 percent in 2006.

Twenty years ago the figure was less than 10 percent. This change reflects a nationwide trend as baby-boomers (those born between 1946 and 1964) start to retire.

The Tasman figures were presented at the May meeting of the Positive Ageing Forum in Richmond, and are compiled to aid the Tasman District Council in planning for housing and services. The Council updates its Growth Strategy every three years.

Tasman's population will increase from 45,800 to 53,200 over the next two decades – yet the working age population is expected to fall from 29,810 to 29,150.

The number of households will rise from 17,900 to 23,500.

The median age in Tasman is tipped to increase from 40.3 in 2006 to 47.3 in 2031. For example, Mapua/Ruby Bay currently has a median age of 45.3 (meaning half the population is aged less than 45.3 and half are above that figure). This will rise to 55.1.

Brightwater's median age is 34.7, rising to 38.8.

The figures also show the highest income settlements are Ward Remainder Richmond – Ranzau, Hope, Aniseed Hill, Richmond Hill – (\$47,440), Brightwater (\$44,500) and Richmond (\$44,066). The lowest medium income settlements are Tapawera (\$29,000), Takaka (32,600) and Collingwood (\$33,100).

The next meeting of the Positive Ageing Forum – which groups together groups working for the elderly – is 22 August 2011.

*(Source: Mark Tregurtha, Strategic Projects Adviser, and Statistics NZ)*



# WHAT'S ON?



JUNE - JULY 2011

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

## Golden Bay

### Wednesday Walkers

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



## Motueka

### Cycling

Thursday night social biking group meets 5.45 pm out the back of Coppins Cycles (New World carpark entrance). No fancy lycra, no expensive gear required, no fees... just turn up. Rides about 12km.

### Motueka 50+ walking group

(E easy, M medium, H hard)

**2 June:** 8.00 am, ATNP - Anchorage circuit, H, \$4. 9.30 am, ATNP - Stillwell Bay, E.

**9 June:** 9.00 am, High Peak from Little Sydney, M, \$3. 9.30 am, Split Apple Rock, E, \$3.

**12 June:** 11.30 am, Pot-luck lunch (Bowling Club, Pah St), \$2.

**16 June:** 9.00 am, Pepin Island, M, \$17. 9.30 am, Isele Park (Stoke), E, \$10.

**23 June:** 9.00 am, Moa Park - Canaan, M, \$9. 9.30 am, Wainui Saddle, E/M.

**30 June:** 10.00 am, Meeting & Rocky Ridge (Takaka Hill), E, \$3.

**7 July:** 8.00 am, Separation Point - option only to Whariwharangi Hut, E/M, \$19. 9.30 am, Waimea River Walk - from Appleby Bridge, E, \$7.

**14 July:** 9.00 am, Motueka Sandspit - for all (from Staples St), E/M, \$1.

**21 July:** 9.00 am, Grampians - from Botanics (Nelson), M, \$12.

9.30 am, Old Coach Road, E, \$3.

**28 July:** 10.00 am, Meeting (Rick Field, Brook Sanctuary) & Motueka Rivermouth, E, \$1.

All walks leave Deck's Reserve Carpark at times stated, where transport is arranged. Meetings on the last Thursday of each month in the Uniting Church Hall, High St, 9.30 am. Contacts: Secretary Norah 03 528 6290, President Heather 03 528 7475, Walks Coordinators Bet 03 528 8009 and Alan 03 528 6290. For details about Alternate walks, contact Lesley or Ray 03 527 8113. Website: [www.motueka50pluswalkers.org.nz/](http://www.motueka50pluswalkers.org.nz/)



## Nelson

### Nelson Dance Along

Richmond Town Hall on Saturday. Homemade supper provided. Cost \$3 members, \$4 non-members. Rosalie Ph 03 548 2236.

### Nelson 50+ Walking Group

Farm walks, mini-walks and fortnightly tramps. Drivers must notify the leader of the day of intention to walk and confirm the meeting place. (E = easy, M = medium, H = hard.)

### Tuesday walks (All 9.30 am.)

**14 June:** Fringe Hill (seat), M, Committee, 03 548 9772

**28 June:** Midwinter Luncheon

### Thursday walks (All 9.30 am)

**9 June:** Penzance/Elaine Bay, M, Cheryl Carnahan 03 544 7684, Carolyn Brown 03 544 2286.

**23 June:** Cable Bay to Glen, M, Tom Aitchison 03 547 5443, Bob Dickens 03 548 5048.

### Motueka Recreation Centre

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

**60+ Social Club:** cost \$6 per session. Ph 03 528 4731.

**Sit n Be Fit:** Thur 10.30-11.30am. \$3.

**Sunshine Club:** Friday morning 9 am - noon. Morning tea and activities provided. Free pick-up and drop-off. \$4. Ph Wendy 03 528 8228.

**Tai Chi:** 16-week programme, \$55. Located at Weka House (Motueka Recreation Centre). Ph 03 528 8228

**Centre Gym:** is open 9.00 am - 9.00 pm Monday to Friday, 9.00 am - 4.00 pm on Saturday and Sunday. Ph 03 528 8228 or fax 03 528 8560.



### Motueka social dance group

Dances at Lower Moutere Hall. Always a good night and good music. Contact Margaret 03 528 7567, or Prue 03 540 2242.

## Murchison

### Murchison Community Resource Centre

Murchison Daytrippers. Phone Berylla 03 523 9875.



### Tuesday Mini-Walks

**7 June:** Old Codgers Track, (Meet OK Corral, Brook St), Betty Thompson 03 547 5312, 10.00 am

**14 June:** Fringe Hill (to dedicate seat - details to be advised), committee 03 548 9772, 9.30 am

**21 June:** Little Kaiteri to Kaiteriteri (meet Wasbourn Gardens), Joan Tyler 03 543 8926, 9.30 am

**28 June:** Midwinter Luncheon, Ph 03 547 6642.

### Nelson Provincial Museum Exhibitions

Hard on the Heels - Capturing the All Blacks, an exhibition of photography by Peter Bush, until July 17 2011. For more info visit [www.museumnp.org.nz](http://www.museumnp.org.nz)

### Presbyterian Support

Free 6-week falls prevention course for anyone over 65 who has recently had a fall or feels they are at risk of falling. Courses held in Nelson, Stoke, Richmond and Motueka. Enrolments essential.



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

JUNE - JULY 2011

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

Cherie Ph 03 547 9350 ext 712  
16-week modified Tai Chi course.  
Cost \$48.

## Stoke Seniors Club

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

### Regular activities

**Scrabble Club:** Mondays 1.00 pm.

**Euchre:** Tuesdays 10.30 am.

**Mah Jong:** Tuesday 1.00 pm.



**500 Club:** Wednesdays 1.00 pm.

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

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

**Tai Chi:** Tuesday 1.30 pm. \$3.

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

All the above classes meet in the  
Stoke Memorial Hall.

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

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

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

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

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

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

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

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

### Weekly Afternoon

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

**Tuesday-Thursday Meals:** a  
two-course meal at midday for \$8  
(non-members), \$6 (members).  
Ph 03 547 2660 to book  
(preferably by 9.30 am the day  
before).

## Saxton Seniors

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

**Senior Walking Group:** Tuesday  
and Thursday 9.30 - 10.30 am. \$3.  
An indoor all-weather activity,  
followed by a cup of tea.

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

**Tai Chi for Health:** Fridays,  
Beginners 10.00 - 11.00 am,  
Graduation 11.15 am-12.15 pm.  
\$55 (16 sessions) or \$5 a session.  
Ph 03 538 0072, email  
saxtonstadium@xtra.co.nz

## Suter Art Gallery exhibitions

**Domestic Disturbance:** features  
an uncanny table setting by  
ceramic artist Caroline Earley.  
To 19 June.

**Top Art:** A national NZQA  
exhibition of top Level 9 visual art  
folios. 21-23 June 2011.



**Ngā Kakahu:** Change and  
Exchange, by Jo Torr and Roka  
Ngarimu-Cameron, who are  
inspired by customary Māori  
fashion. To 26 June.

**Ceramics:** Ann Verdcourt, one of  
New Zealand's most innovative  
ceramic artists. To 10 July.

**Hannah and Aaron Beehre:**  
Lyttelton artists present work  
from their gothic storybook-  
style 'Postcards' series. 2 July  
- 4 September. Artist floortalk  
Saturday 3 July, 2 pm. Free entry.  
Something Old, New, Borrowed  
and Blue. Recent Suter  
acquisitions, historic works, plus  
works from a significant private  
collection. 2 July - 4 September.

## Richmond

### Club 50

A social group of mature adults  
looking for companionship,  
recreation and enjoyment.  
Contact Jacqui on Ph 03 544 3955  
or email [trrc@nel.sporttasman.org.nz](mailto:trrc@nel.sporttasman.org.nz). Meet at 9.30 am,  
Richmond Recreation Centre,  
9 Cambridge Street (unless  
otherwise stated) to carpool if  
needed.

### Club50

**7 June:** Rabbit Island: Bring own  
morning tea. Cost: \$3.

**14 June:** Board Games: Bring  
along rummikub, scrabble, cards,

etc, plus morning tea to share. \$3.

**21 June:** New Chinese bridge at  
Queens Gardens: A coffee in the  
Suter café to follow.

**28 June:** Mid Winter Dinner, at  
the Brightwater Motor Inn. Please  
register your name for this day.  
Meet at 11.15 am at Richmond Rec  
Centre.

**5 July:** Deviation Walkway:  
Sample the new track. Bring own  
morning tea. \$3.

**12 July:** Line Dancing: The  
Leisure Linedancers will give a  
demonstration, then everyone  
can have a go. Bring morning tea  
to share. \$3.

**19 July:** Petanque at Hope: \$3.  
Bring morning tea.

**26 July:** Vintage Cars: Ray Win's  
museum in Tahunanui. Bring own  
morning tea. \$3.

## Richmond Senior Citizens Assn

Oxford St rooms.

**Tuesday afternoon:** cards.

**Wednesday:** 9.00 am to 2.00 pm,

quiz, housie and various activities.

**Thursday afternoon:** cards.

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

An outing on the last Wednesday  
in the month.

Ph Elaine 03 544 5654

## Tai Chi for Health

Modified Tai Chi improves health  
and helps to reduce falls. Friday  
classes at Richmond Recreation  
Centre. Beginners 11.15 am - 12.15  
pm, Graduation: 12.15 pm - 1.15  
pm. \$55 (16 sessions) or \$5 a  
session. 9 Cambridge St.  
Ph 03 544 3955.

## Wakefield

### Way2Go activities

**Pilates:** Village Hall, Mondays at  
7.00 pm.

**Active Seniors Class:** Village Hall  
Tuesdays at 11.00 am.

**Sit and Be Fit Classes:** Village Hall  
Thursdays at 10.00 am.



## STUDIOS AVAILABLE



### OWNER OPERATED FACILITY

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

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



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



# recreation PROVIDERS



JUNE - JULY 2011

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

## Golden Bay

### Age Concern

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

### Drop-in Yoga

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

### Genealogical Group

Sally Ph. 03 525 8086

### Gentle Exercise Classes

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

### Sit and Be Fit

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

### Golden Bay Contract Bridge Club

Leigh Ph 03 525 9744

### Golden Bay Garden Club

Diane Ph 03 525 6121

### Golden Bay Patchwork and Quilters Guild

Liza Ph 03 524 8487

### Guided Gym Session

Wednesday 12 -1 Georgie Ph 03 525 6110

### Indoor Bowls/Cards

Senior Citizens Club rooms. Mary Ph 03 525 8445

### Mah Jong

Ethel Ph 03 525 8615

### Marble Mountain Country Music Club

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

## Motupipi Indoor Bowling Club

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

### Nordic Walking

Michelle Ph 03 528 0252

### Pohara Bowling Club

Jennifer Ph 03 525 9621

### Probus

Jan Ph 03 525 9197  
Robin Ph 03 525 9359

### Puramahoi Table Tennis

Rene Ph 03 525 7127

### SeniorNet [Golden Bay]

Beginner courses in home computing, based in clubrooms at the Takaka Showgrounds. Rosemary Ph 03 525 7565 Morfydd Ph 03 525 7465

### Tai Chi for Arthritis

Ann Ph 03 525 8437

### Takaka Golf Club

Ph 03 525 9054

### Takaka Golf Club Ladies Section

G. Turley Ph 03 525 9122

### Takaka Spinning Group

Jan Ph 03 525 9374

### Takaka Table Tennis

Rene Ph 03 525 7127

### University of the Third Age (U3A)

Aileen Ph 03 525 7345

### Upright and Active Falls Prevention (65+)

Presbyterian Support Cherie Ph 03 547 9350 ext 712

### Uruwhenua Women's Institute

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

### Wednesday Walkers

Bron Ph 03 525 8627  
Bob Ph 03 525 9958

### Workouts

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

## Hope

### Hope Midweek Badminton Club

Carolyn Ph 03 541 9200

### Nelson Veterans Tennis Club

Hope Courts every Thursday Ph 03 547 6916

## Mapua

### Indoor Bowls

Mapua Friendship Club Mapua Public Hall Valerie Ph 03 540 3685

### Low-Impact Aerobics and Pilates

Wakefield, Upper Moutere and Mapua Lynda Ph 03 543 2268

### Mapua Bowling Club

Arnie Ph 03 540 3032

### Nordic Walking

Michelle Ph 03 528 0252

### Taoist Tai Chi

55 Muritai St, Tahunanui Ph 03 545 8375

## Motueka

### Aerobics/Gym and Fitness Centre

50+ Aerobics Mot Rec Centre Jody Ph 03 528 8228

### Age Concern

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

### Arthritis NZ

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

### Gym & Fitness Centre

Studio Gym 275 Catherine Ph 03 528 4000

### Healthy Hearts Club

St Thomas Church Hall Wendy Ph 03 528 6692

### Indoor Bowls

Motueka Senior Citizens Hall. George Ph 03 528 7960

### Line Dancing

Motueka Senior Citizens Hall. Beryl Ph 03 528 8265

### Line Dancing (Beginners)

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

### Marching

Motueka Veteranettes Marching Team Bev Ph 03 528 9125

### Motueka and District

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

### Motueka Bowling Club

Don Ph 03 528 7208  
Tony Ph 03 528 9175

### Motueka District Museum

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

### Motueka 50+ Walking Group

Meets last Thursday of each month in the Uniting Church Hall, High St, at 9.30 am. Neil Ph 03 543 2075  
Norah Ph 03 528 6290.

### Nordic Walking

Michelle Ph 03 528 0252

### Riwaka Bowling Club

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

### Riwaka Croquet Club

Sally Ph 03 528 8296

### Scottish Country

Dancing Valerie Ph 03 543 2989

### SeniorNet [Motueka]

Computer learning for

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

### Social Recreation

Kiwi Seniors (Motueka) Vonnice Ph 03 528 7817

### Upright and Able, Falls Prevention (65+)

Presbyterian Support Cherie Ph 03 547 9350 ext 712

### U3A (University of the Third Age)

Have fun learning co-operatively. Variety of courses available. Malcolm Ph 03 528 7484  
Sandra Ph 03 528 4616

### Yoga

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

## Murchison

### Age Concern

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

### Murchison Community Resource Centre

Monday: Sit & Be Fit 10.45-11.30 am. \$2 a session. Tuesday: Zumba 5.45-6.45 pm. \$2 a session. Wednesday: Tai Chi 11 am. Good for body-mind balance, bone health, fitness, falls prevention and relaxation. \$2 a session. Walking Group 1.30pm. Thursday: Pilates Levels 1-3, 5.15-6:15 pm. \$5 a session or \$40 a term. Zumba 7-8.00 pm. Berylla Ph 03 523 9875

### Nordic Walking

Jacqui Ph 03 544 1645



# Nelson

## Age Concern

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

## Aquatics/Swimming/Gym

Riverside Pool  
Ph 03 546 3221

**Art Group Nelson** Meets first Wednesday of the month. All welcome. Judy Ph 03 548 1170.

## Arthritis New Zealand

Community Groups Centre, 50 Halifax St, Nelson. Ph 03 546 7689 or 0800 663 463. Open 9.00 am - 2.00 pm Monday to Thursday. Clinics: A free one-hour, confidential appointment with the Arthritis Educator. We need more volunteers in the office and Hospital Pool. Phone Deirdre at the Service Centre.

## Belly Dancing

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

## Bodyvive (Low-impact)

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

## Cardiac Club/Gym & Fitness Centre

Victory Community Centre, behind Victory School. Devine Fitness Sharon Ph 03 539 0348

## Cardiac Support Group

Information and support to people affected by Cardiovascular Disease. We hold a three-monthly get together for former patients and those on waiting lists. Contact Averil at the Heart Foundation, Ph. 03 545 7112 or email: averilw@nhf.org.nz.

## Diabetes NZ Nelson

Information centre 50

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

## Dining4Twelve

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

## Golf Croquet

Nelson-Hinemoa Bev Ph 03 548 2190

## Government Superannuitants' Association

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

## Grandparents Raising Grandchildren

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

## Gym

Contours Health & Fitness Ph 03 544 0496

## Hatha Yoga

Maureen Ph 03 546 4670

## Hot Yoga

Claire Ph 03 548 2298

## Hearing Association Nelson

Are you hard of hearing, or living/working with someone hard of hearing? Are you dealing with the public? Independent advice - free workshops & talks at your place or Hearing House, business or community, on Understanding Hearing Loss, communication strategies, hearing aids and financial assistance. Ph 03 548 3270.

## Housie Evening

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

## Leisure Line Dancing

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

## Marching

Silveraires Leisure Marching Diana Ph 03 548 9527

## Nelson Caravan Club

Allan Ph 027 319 7427

## Nelson Community Patrol

Suzy Ph 03 539 0409

## Nelson Dance Along

Rosalie Ph 03 548 2236.

## Nelson Electronic Organ and Keyboard Club

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

## Nelson 50+ Mini-Walks

Gwenda Ph 03 544 5307

## Nelson Male Voice Choir

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

## Nelson Masters Swimmers

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

## Nelson Petanque Club

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

## Nelson Philatelic Society

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

## Nelson Savage Club

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

## Nelson Scrabble Club

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

## Nelson Senior Citizens

Social Indoor Bowling Club. Valda Ph 03 544 1487

## Nelson Social Dancing Club

Live band on the second Saturday of each month, 8pm, at Club Waimea, Queen St, Richmond. Members \$8, non-

members \$12. Alan Ph 03 547 9085 to confirm.

## Nordic Walking

Jacqui Ph 03 544 1645

## Over 50s Pilates and Yoga

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

## Pottery

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

## Presbyterian Support

Falls Prevention classes for over 65s are free. A 16-week course of modified Tai Chi costs \$48. Classes in Nelson, Stoke, Richmond, Motueka and Takaka. Cherie Ph 547 9350 ext 712.

## Probus, Stoke-Tahunanui ladies branch

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

## SeniorNet [Nelson]

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

## Senior Service - Nelson Baptist Church

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

## Sit and Be Fit

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

## Stroke Club Nelson

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

## Stroke Foundation Caregivers Support Group

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

## Support Works

Assesses the needs and co-ordinates services

for people affected by disability. For a free assessment, Ph 03 546 3980 or freephone 0800 244 300.

## Suter Art Gallery

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

## Table Tennis

Nelson Table Tennis Club Phil Ph 03 546 6256

## Tahunanui Bowling Club

Murray Ph 03 547 6921

## Tahunanui Community Centre

"Friends and neighbours" social group meets Wednesday afternoons. Up Cycle: Improve your bike-riding skills. Garden Group: Monthly meeting on a Wednesday evening 7.00 - 8.30 pm. Walking Group: Wednesdays 10 am. Meet at the Community Centre, 61 Muritai St, and walk for 1hr. Ph 03 548 6036

## Tai Chi with Gretchen

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

## Taoist Tai Chi Society of NZ

55 Muritai St, Tahunanui Ph 03 545 8375

## The New Hub

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

## U3A

Ph Caryll 547 6359 or Jean 544 4688.

## Ukulele with Gretchen

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

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

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

## Victory Laughter Yoga Club

Gareth Ph 03 546 8389

## Victory Senior Support

Meet every Tuesday at 1.30 pm at Anglican Church, 238 Vanguard

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

### Walking

Nelson 50+ Walking Group  
Noel Ph 03 544 2286

### Yoga

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

### Zenda Middle Eastern Dance

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

## Richmond

### Age Concern

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

### Badminton

Richmond Morning Badminton  
Dawn Ph 03 544 4120

### Body Power Pilates & Yoga Centre

Richmond Town Hall  
Sue Ph 029 281 3735

### Bodyvive (Low-impact)

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

### Bridge

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

### Crafts, Caring and Sharing

Wesley Centre, until last

Monday in September, 9.30 am to noon. Gold coin donation incl morning tea. Pauline Ph 03 544 9174 or Emily 03 544 5423

### Croquet

Richmond Croquet Club  
Eleanor Ph 03 547 5424

### Easybeat 50+ Aerobics

Leigh Ph 03 548 1689 or Ph 021 547 811

### Easy Exercise

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

### Euchre

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

### Hope-Ranzau Women's Institute

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

### Indoor Bowls for Seniors

Church of Christ Hall. Cnr Croucher & D'arcy Sts. Tuesday 1.00 - 3.00 pm  
Phyllis Ph 03 544 8383

### Laughter Yoga, Richmond

Marion Ph 021 145 3027

### Line Dance Nelson

Alison Ph 03 546 9878

### Nordic Walking

Jacqui Ph 03 544 1645

### Pedometers from the Library

Step counters at Nelson City or Tasman District libraries. \$2 for a 6-week loan.

### Pottery

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

### Richmond Bowling Club

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

### Richmond Indoor Bowls

Mondays 1.30-3.30 pm

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

### Richmond Recreation Centre

(Town Hall, 9 Cambridge St) Social Recreation group CLUB50, Weekly outings \$2, meet at RRC 9.30 am.

Easybeat Aerobics: Fun, low-impact, \$4 per class, 9-10 am, Mondays & Fridays.

Richmond Walking Group: Meet Mondays 9.30 am. Free.

Sit and Be Fit: Fun, seated exercise, \$3, Fridays 10-11 am. Shape-up Circuit: Great option for older adults. \$3.

(All programmes have trained instructors)  
Mary-Ann Ph 03 544 3955

### Richmond Slimmers Club

Margaret Ph 03 544 7293

### Spinning, weaving

Richmond spinners, felters, weavers and knitters welcome new members.

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

### Social Cards

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

### Tasman Tennis Centre

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

### Tasman Visual Arts Group

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

### Tai Chi with Gretchen

Richmond Town Hall and Oakwoods.  
Gretchen Ph 03 548 8707

### Ukulele

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

### Upright and Able, Falls Prevention (65+)

Presbyterian Support  
Cherie Ph 03 547 9350 ext 712

### Yoga

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

## Stoke

### Angie's AquaFitness

Perfect exercise for the Big & Beautiful. Wear shorts & T-shirt if you prefer. Tuesdays, 10.45-11.45 am, \$6. Ngawhatu Pool, Stoke  
Angela Ph 03 547 0198

### Clogging/Tap Dancing

Nelson Sun City Cloggers.  
Georgina  
Ph 03 545 1037

### Easy Exercise

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

### Hatha Yoga

Maureen Ph 03 546 4670

### Hydrotherapy

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

### Introductory Pilates

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

### Ngawhatu Bowling Club

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

### Nordic Walking

Jacqui Ph 03 544 1645

### Pottery

Nelson Community Potters, 132 Rutherford St. Social group on Thursday mornings

or Twilight Pottery on Monday evenings, 7-9 pm. Free to members & \$7 for casual (new members welcome). Contact Sue 03 548 5741 or Megan 03 547 5252.

### Safety & Confidence

Kidpower, Teenpower, Fullpower Trust  
Cornelia Ph 03 543 2669

### Saxtons Sit and Be Fit

Mondays at 10am, Saxton Stadium. \$3  
Leigh Ph 03 548 1689 or 021 547 811.

### Stoke Bowling Club

Lyndon Ph 03 547 4780

### Stoke Combined Probuss Club

Meets every 4th Tuesday 10.00 am at Nick Smith's Rooms, Waimea Rd. Sue Ph 03 548 6062. Stoke Social Seniors Pilates: Wednesdays 1.30 pm  
Tai Chi: Tuesdays 1.30 pm  
Sit and Be Fit: Stoke Memorial Hall  
Christine Ph 03 547 2660

### Tuesday Walking Group

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

### Table Tennis Nelson

Bryan Ph 03 547 7530

### Upright and Able, Falls Prevention (65+)

Presbyterian Support  
Cherie Ph 03 547 9350 ext 712

## Tapawera

### Visual Art Society

Kaye Ph 03 522 4368.

### Walking

Rural Ramblers  
Una Ph 03 522 4083

## Wakefield

### Easy Exercise

Arthritis NZ, Nelson  
Nancye Ph 03 541 9040

### Live Well, Stay Well Activity Group

In conjunction with Way2Go  
Greg Ph 03 541 9320

### Wakefield Senior Citizens

Meet: 1st Wed of month at 2.00 pm, Wakefield Village Hall.  
Melba Ph 03 541 8464

# Beer drays and two-up gambling

NELSON RESIDENT IAN CHALKER REMEMBERS GROWING UP IN COLOURFUL SYDNEY.

In the 1940s I was a young boy living in Surry Hills. Though regarded as a slum, this was not entirely true. It had two or three bad spots, but also surprising pockets of affluence.

We rented a beautiful, well-maintained three-storey house. The balcony with a Sydney Lace balustrade served as my bedroom. I hope these houses haven't been replaced by charmless glass nightmares. If that house in Riley St remains it would be worth millions.

From my bedroom I could see what was surprising for a Sydney suburb – the only pub. There were also two wine bars where you could buy McWilliam's sweet sherry at 3d a glass. The saying was, you could be drunk for a "tray" and around the world for a "zac" (sixpence). At age 16 I did try them once – pubs weren't so awkward about serving grog

to kids then – but Lanoma gin was my choice at the time.

In this area there was quite a lot of industry, including Tooheys Brewery. I could tell a Tooheys man by his girth and leather apron. I doubt if any of them had seen a teapot in the tearoom, given the generous free beer allowance.

The sight of majestic brewery carts drawn by huge horses

always made me stop. Another sight was the clever way the 18-gallon barrels were lowered into the pub cellars. In New Zealand when I first saw beer being delivered to a pub it might as well have been petrol coming from the tanks through a hose to the cellar.

Schweppes had their factory in Foveaux St. Then there was the Woods Great Peppermint Cure factory. One of their jingles displayed on a tram proclaimed that "a man who lost an arm and a jaw in a circular saw was okay after The Woods Great Peppermint Cure".

There was a large maternity hospital nearby. Little kids were forbidden anywhere near it – unless they arrived by stork.

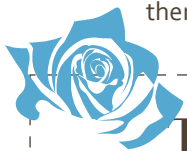
The big employer was the Fountain Tomato Sauce factory. Trucks loaded with "doubtful" tomatoes often blocked the way.

Businesses were tucked into pokey places. I remember a chemical business with huge coloured jars on the pavement. There were furniture-making factories and stinking rabbit-skin processing places. Many men were out of work and barely making ends meet. They seemed accepting of their lot or unwilling to talk about it.

There seemed to be oodles of places where you could be separated from money, e.g. gambling dens, two-up schools (gambling on coin tosses), bookmakers, pakapoo (a Chinese lottery game), pub raffles and sly grog shops. Sergeant Bumper Farrell was the man to police it. Bumper demanded his share of the activities or he would enforce his rights. If no pay, then Whack!

On occasion police would raid a two-up school, blocking our lane with paddywagons. The only escape was through our back gate, kitchen and front door. When the stampede was over we plucked up 10-shilling and pound notes showered as the gamblers shot past with an apologetic, "Sorry Missus".

\* Ian Chalker is Australian-born. He came to New Zealand with a cobber in 1957 and decided to stay. He has two daughters, and four years ago he came to live with the Nelson one.



## Tell tales

We'd love to hear your childhood memories. Email us at [info@drycrust.com](mailto:info@drycrust.com), marking it "Mudcakes", or write to Mudcakes and Roses, PO Box 3352, Richmond, Nelson 7050.

## Grandma's Recipe Book



BY MONA RANDALL

Of all Granny's treasures the one I loved best was her recipe book and I made a request when Mum cleared Gran's house out the week before last she bequeath it to me as a link with Gran's past – a reminder of days making jams and preserves pear-ginger and other delicious conserves – those small pickled gherkins, green olives in brine hot bread or date scones, oh the smell was divine.

Gran's fruitcake was chock-full of ginger and peel – so heavy with raisins one slice was a meal Her plump whitebait patties, my favourite treat kept appearing until I'd had all I could eat. A friend has just given me some of his catch so I've looked up Gran's recipe hoping to match those wonderful fritters she made with aplomb but you'll never believe what I found – nor where from!

One poor little innocent, dropped from the batter was squashed between pages and couldn't be flatter! But what an impression he's now left behind of relations upon whom I've probably dined ...

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



# Mudcakes & Roses Noticeboard

EVENTS AND INFORMATION FROM AROUND OUR REGION.

## Masters Games promise to be a blast

Thousands of competitors will converge on Nelson for the South Island Masters Games from 15-23 October 2011. Some of the 50 sports on offer are: bowls, golf, croquet, petanque, euchre and athletics.

Participants compete in their own age group, with no qualifying standards to enter. Give it a go. Entry forms available at Sport Tasman (Saxton Stadium) or Tasman District Council offices. Enter by 1 July and save \$15. For details, visit [www.simasters.co.nz](http://www.simasters.co.nz) or phone 03 688 5531.

## Moving and grooving

Physical Activity and Older Adults is the theme of an "Active Ageing Seminar" in Stoke on 9 June 2011. The seminar is aimed at physical activity providers. Keynote speaker is Professor Bevan Grant, of Waikato University.

Other speakers include a physiotherapist, an ACC representative on preventing injury, Nelson Bays Primary Health on avoiding falls, and Nelson Bays Community Law on the legal implications of providing physical activity.

The seminar is at Saxton Stadium from 2-5 pm. Registration is essential. Email details to [Stacy.Currin@nelsonbayspho.org.nz](mailto:Stacy.Currin@nelsonbayspho.org.nz), or phone 03 539 1170. For more information, phone Glenys Bell at the PHO on 03 539 1655.

## Ageing well, and coping with loss

Nelson-Tasman healthcare providers have a chance to learn how to inform older people about ageing well, grief, and issues of abuse. All will be addressed at an Age Concern seminar in Nelson on Wednesday 15 June.

Speakers are: Dr Elizabeth Spellacy, geriatrician; Sue Tilby, elder abuse and neglect adviser for Age Concern Nelson; Tony Barnett, counsellor, celebrant and pastor.

The seminar is from 9.30 am to 12.30 pm, at the Impact Church Auditorium (next to Bowater Toyota), 16-18 Halifax St, Nelson.

Gold coin donation, with light refreshment provided. Registration opens at 9am. RSVP by Friday 3 June to Evie South, Age Concern, ph. 03 544 7624, email [ageconcern.nelson@clear.net.nz](mailto:ageconcern.nelson@clear.net.nz).

## Volunteer opportunities with Hospice

Hospice would love to hear from people with skills in: Computers (particularly working with voice files and digital recording), Desktop publishing (to help our biographers), Database management (as opposed to data entry), Video/DVD conversion, and NZ writers of significance (to identify valuable books).

Hospice is also looking for help with: Massage – Motueka based (one half-day a week), The Furniture shop (a helper needed to collect and move furniture, drive the van, and serve in the Bridge St shop for 2-3 hours a week), Raffles (especially Richmond – two hours a month), Driving (mostly between Stoke/Richmond and Nelson – mileage reimbursed). Enquiries to Mary Garner, Manager Volunteer Services, Ph 03 546 3912 (DD), email: [mary.garner@nelsonhospice.org.nz](mailto:mary.garner@nelsonhospice.org.nz)

## Opshop manager retires

They threw Irene Dunning a party recently. The manager of Nelson's Hospice opshop called it a day after 11 years.

"I loved it – absolutely loved it," she says. "The people, the volunteers... and you feel that you are doing a really good job anyway."

Irene managed a staff of up to 50 volunteers, rostered in 16 shifts a week (three a day, plus Saturday morning). One volunteer had been helping Hospice for 22 years.

Irene says "you get a feeling for when something's worth a bit of money" among the donations of sundries, bric a brac, clothing and furniture, That "feeling" comes from a background owning secondhand shops in Auckland with husband Myles.

Irene priced from experience, rather than using the Internet. All profits go to Hospice, and the shops recycle goods as well, she says.



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



Driving Miss Daisy®  
We're There For You

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

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

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

The Driving Miss Daisy service is perfect for:

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

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