

# Mudcakes and Roses

SENIOR GENERATION ACTION  
AND ISSUES – NELSON TASMAN



*Beth Heslop and Margaret Bennett enjoy a Knit and Natter at Founders*



04  
Heritage  
Week 2016

06  
Knit & Natter

20  
Sarah Higgins'  
Diary

There's now a chill in the air after what was a pretty amazing summer.

In this issue we meet some of the lovely people involved in the Nelson Creative Fibre Forum. This group has been going for an impressive 44 years and the place was certainly buzzing with lots of knitting and nattering when Mudcakes & Roses turned up for a visit. They do some pretty awesome stuff too – from making sensory bands for dementia sufferers to warm woolly blankets and jerseys for babies to slippers for school children.

Late last year the Volunteer Community Coordinator programme run through the Office for Senior Citizens came to an end. This programme has run for over 20 years nationwide and achieved a lot, including playing a major role in developing New Zealand's Positive Ageing Strategy, see the story on page 3.

There's also a big focus on history – something that you told us you wanted to see more of in the recent Mudcakes survey. We introduce a new regular feature from Nelson Provincial Museum and take a look at the many exciting events planned for Heritage Week 2016 which happens in April.

Green-thumbed Philippa Foes-Lamb tells us what we need to do with our bountiful Autumn harvests and how to prepare our gardens for winter planting, while Retro Metro Ro Cambridge urges us all to slow down a little, with a look at some books and films that embrace the 'living slow' movement.

*With best wishes, the Mudcakes and Roses team.*

**Your feedback, story ideas and creative writing contributions are always welcome – please email [mudcakes@hothouse.co.nz](mailto:mudcakes@hothouse.co.nz), call us on 03 928 0091 or write to us at Mudcakes & Roses, Hothouse Communications, 4/203 Queen Street, Richmond, 7000**

# Mudcakes & Roses Noticeboard

## Positive Ageing Forum

Positive Ageing Forum meetings are held at Richmond Library from 1.00pm until 3.00pm, all welcome. The next Positive Ageing Meeting is on: Monday, 2 May 2016.

## Popular Positive Ageing Expo Returns!

**Friday 1 April, 10.00 am – 2.30 pm at the Headingly Centre, Richmond**

Thousands are expected to attend the popular annual Positive Ageing Expo, a showcase of the recreational, health and social services available in the region for retirees and those planning for retirement. This year there will be seminars, demonstrations, the chance

to have a go at a range of activities such as tai chi, Nordic walking, Sit and Be Fit, as well as quick health checks. Seminar topics include: Getting Online Savvy, Top Tips to Keep Your Home Warm, Healthy & Comfortable and Health Literacy. Admission is free with complimentary tea, coffee and biscuits provided. Lunch available to purchase.

## TrustPower Community Awards Nominations open

Get your entries in now for the Trustpower Nelson Tasman Community Awards.

The awards are run in partnership with the Nelson City and Tasman District Councils and set up as an opportunity to recognise and thank local voluntary groups and their contributions to the

## Letter to the Editor

### Why are mobility aids so drab and colourless?

Noting your welcome for comments from readers, I would like to address a specific issue about Zimmer Frames and other mobility devices – like elbow crutches – for older people.

While, as yet, I have no need for mobility assistance, what does concern me – in possible anticipation – is the drab, very dull, colourless, utterly functional, boring and therefore unattractive style of these aids.

It is as though designers and manufacturers think that older people have no apparent need for colour and stimulation in their lives, and so they continue producing such dull equipment.

Grey, or bare metal or off-white are such 'cheerful' colours !!!!

So, are other people like me put off using such aids partly because they are so damnably colourless [=lifeless] boring and stigmatising ?

Why may we not have 'a fashion accessory', rather than a 'medical aid'? Coloured wheels, bright supports... the mind boggles at the possibilities.

It would be interesting to know whether others share this view.

– John Lee

## Thanks to our sponsors



## How to get your copy!

Mudcakes and Roses is no longer mailed free to readers. The magazine is still widely available at Council's Office, Service Centres, Libraries and the Richmond Mall. You can also read it online at the Tasman District Council website, [www.tasman.govt.nz/mudcakes](http://www.tasman.govt.nz/mudcakes).

Alternatively, readers can pay a \$10 annual subscription to receive Mudcakes in the mail. Contact Tara Fifield at the Tasman District Council Ph. 03 543 8578.

## TrustPower Community Awards Nominations open continued...

community, anyone can enter a voluntary group or organisation in the Trustpower Nelson Tasman Community Awards, including voluntary groups themselves. Since the Trustpower Nelson Tasman Community Awards began in 1999 more than \$100,000 has been given away to deserving voluntary groups and organisations, and this year more than \$5000 is up for grabs. Last year 91 entries were received and Trustpower Community Relations Representative Emily Beaton is looking forward to seeing the community get on board again this year to recognise more of these local unsung heroes.

"Voluntary groups are a formidable force of good in the community and everyday members benefit from their hard work. Volunteers are in every corner of this region but often they are not recognised for the invaluable work they do. These awards are an easy way to say 'thanks' and give these local champions the pat on the back that they deserve.

It just takes a few minutes of your time to enter a group, but it will make a real difference to the volunteers you are recognising," says Miss Beaton.

You have until 5pm on Friday 29 April to get entries in for this year's awards. Entry Forms are available from the Council offices or service centres or can be completed online at [www.trustpower.co.nz/communityawards](http://www.trustpower.co.nz/communityawards) or call Emily Beaton on 0800 87 11 11.

## Tasman District Council Annual Plan 2016/2017

Council has responded to calls to reduce rate and debt increases, and to provide consistent levels of service. A lot of work went into developing the last Long Term Plan, in response to community concerns about Council debt and projected increases to rates.

The Long Term Plan for 2015-2025 delivered a more positive forecast for the District's finances than previous plans. Debt was capped at a maximum of \$200 million, while rates income rises were limited to a maximum of 3% per annum.

With the ink still drying on that document, Council don't plan to deviate from it – the strategies and targets agreed remain in place. Favourable financial conditions and strong population growth mean that ratepayers can expect to see more positive results than planned through the Long Term Plan 2015-2025.

Council is not formally consulting, but you can still let them know:

- Are there projects you would like them to consider in the next rounds of planning?
- Are there things Council could do better, or more or less of in the future?
- Are you happy with Council's approach to this Annual Plan?

You can send feedback online through their website [tasman.govt.nz](http://tasman.govt.nz), call, write or email or attend community board or residents' association meetings, or one of the In Your Neighbourhood events. For full details see [tasman.govt.nz](http://tasman.govt.nz). Council is taking feedback until 18 April 2016.

# Volunteer Community Coordinator Programme Ends

In December 2015, the nationwide Volunteer Community Coordinator (VCC) programme run through the Office of Senior Citizens came to an end after more than 20 years. Ruby Aberhart, ONZM, QSM spent 15 years as a VCC (until 2015 when she was succeeded by Annette Nistor) and five years as a Positive Ageing Ambassador.

"For a person who left school at 15, the journey with the VCC programme was a life changing experience, the relationship, the total trust with all involved was a wonderful experience," Ruby says.

The Volunteer Community Co-ordinators programme was set up to promote positive ageing through community participation in policy development and to ensure information about issues affecting older New Zealanders were widely understood in government and the community. The programme was a network of older volunteers throughout the country who worked with the Office for Senior Citizens to carry out projects that contributed to advice and service development for older people.

The VCCs have been involved in more than 40 major projects. Ruby paid tribute to people she had worked with in the role and says some of the highlights during her time as a VCC included:

- Gold Card – All aspects of delivery were shared throughout New Zealand including the brand, the card, publication and delivery.

- How to cope without a Car brochure – Five couples in Nelson Tasman were interviewed in the study which was also carried out by all VCCs in their areas throughout New Zealand. Two further reviews were carried out.
- The involvement of Dame Sylvia Cartwright the Governor General of NZ and her husband as part of the Symposium, Working with Young People.
- The Annual visit by Prime Minister Helen Clark and the Ministers of Senior Citizens. The Prime Minister made it her responsibility to present the VCC badges.
- The Review of the Super Applications and the delivery of Super Centres resulted in both hard copy and electronic applications and the setting up of separate Senior Centre.
- Ministry Civil Defences and Emergency Management to provide comment in the revised edition of the GET READY FOR THIS after the Christchurch earthquake. This required the symposium and two reference group plus a nationwide 28 workshops throughout NZ.

Ruby says it is her strong belief that one cannot measure the impact the New Zealand Positive Ageing Strategy and the VCCs have made to the lives of millions of New Zealanders of all ages. "The challenge ahead under the new structure will be how the consumer at grass roots level can be involved. How will the independent view be sought? I believe the best people to seek an opinion from the older people are indeed the older people."

Full details on [nelson.govt.nz](http://nelson.govt.nz)

# HERITAGE

## 16-24 April 2016 WEEK

Get ready to discover Nelson's Heritage through walks, talks, theatre, film, children's workshops and more. Lots of free and low cost activities for the whole family to enjoy.



**Discover** Peace and the history of Nelson's Peace movement. Relive the passion for change, fly your peace kites made at our free workshops.

**Experiment** in science through film and children's workshops. Be entertained by kiwi creativity in the archival film *Extraordinary Inventions* and try a late night at the museum! Marvel how technology helps Project Janzoon fight back against pests in our environment.

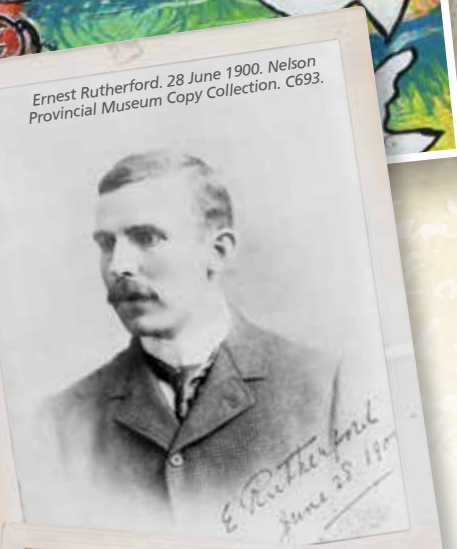
**Examine** crime in the gripping play *Maungatapu*, or look back to the 1940s Bill Hill murder with Bill Unwin. Solve the mystery of the dead dog, with Cawthron scientists. Test yourself on the Heritage week Quiz.

**View** links to history in *Picturing the Prow*. Be captivated by Tape Art created before your eyes on the windows of Nelson Provincial Museum. International artists recreate the history of Nelson's early photographers.

**Explore** land with the creators of *Top of the South* maps. Try your hand at making your own map or following an orienteering map. Enjoy the landscapes of the past with speaker Ken Wright, or build a landscape of the future using *Minecraft*. Try a guided walk in Tahunanui on foot, or as an armchair tour for the less abled.

**Uncover** Heritage Houses personalities through tours and exhibitions. Experience spiders at the heritage home of Spider Atkinson or find some secrets at Broadgreen Historic House.

**Discover the unexpected.**  
**Mark your calendar NOW.**



Courtesy of Bill Evans



Graeme Skinner



Fifeshire Arabesque: Millie Bourke

# Heritage Week Highlights

## Cathedral Treasures

**Free – Nelson Cathedral**

**Meet at the entrance at 2.00pm.**

Join Russell Smith and friendly Cathedral guides for a special tour of Nelson's much loved landmark. A chance to examine rarely seen items and get insight into the early days of the Parish. An optional extra tour of Bishops School follows at 3pm, or share a cup of tea and take the opportunity to chat to the guides.

## Tahuna Armchair tour

**Free – Ernest Rutherford Retirement Village**

**10.30-11.30am 20 April AND ALSO Elma Turner Library 2.00pm 24 April 2016**

Discover stories of Tahunanui and come "walking" while sitting down. Debbie Daniell-Smith brings a heritage trail to life with stories and photos. Share your memories afterwards. Bookings required for Ernest Rutherford session only Ring Wendy, Age Concern on 544 7624.

## Maungatapu

**Gold Coin Donation –**

**Johny Cash Room, Nelson Marlborough Institute of Technology 7.00pm 20-23 April and 3.00pm 21-24 April**

The murderous pair Burgess and Sullivan review their deeds and the final double-cross in Maungatapu. This gripping account is written and produced by Justin Eade featuring seasoned actors Cameron West and Nick Kempen. Is there honour amongst thieves? A question and answer session follows the performance. Gold coin donation.

## Extraordinary Inventions

**Free\* – Nelson Provincial Museum 3.00pm or 6.00pm (\$5, bookings required) Friday 22 April**

Celebrating the Kiwi No. 8 wire approach we take a look at a range of clever inventions by New Zealanders. Be amazed by the Fisher Monoplane on a test flight in 1913, an innovative pump to clean the cowshed, the world's smallest motorcycle and many more



*The Trades Children's Day at Tahuna 1917.  
Nelson Provincial Museum, FN Jones Collection 321400*

presented by Ngataoga Sound & Vision. \*This session is free to Nelson & Tasman residents. An after hours ticketed session (\$5) includes the film with the addition of an entertaining tour and talk focusing on the ingenuity of pioneering women in Nelson.

## Discover Peace

**Free – Peace Grove Nelson 12.00pm Saturday 23 April**

We pay tribute to Nelson's Peace movement, and those who worked to promote non-violence in our society, with new history panels that tell their stories at the Peace Grove. Bring your picnic. Fly your kite, with messages of peace, made at our free kite workshops earlier in the week. Enjoy some songs of the 1970s with the Boathouse Choir as we look back at some of the songs that captured a longing for peace and love in the world. If raining part of the event will be held at Founders Heritage Park.

## The magic of Jane Evans

**Free – 39 Russell St 10.00am – 5.00pm Monday 18 April**

An opportunity to visit the charming cottage of the late, acclaimed artist, Jane Evans. See the view that inspired her and examples of her colourful style and art. Nearly 40 events to choose from.

If you have children around for the school holidays check out the great family and kids activities available. See full details on line at <http://itson.co.nz/> or pick up a print programme from Nelson City Council and Nelson and Tasman libraries.



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## Knit and Natter

*Margaret Bennett and Beth Heslop enjoy setting the world to rights over their spinning wheels*

The first time Margaret Bennett sat down to a spinning wheel, she shed tears, kicked the machine and resolved *"This damn thing isn't going to beat me!"*

Now, some 30 years on, it's safe to say it's a battle Margaret won. She wore out her first travel spinning wheel and has continued spinning ever since.

"I like the colour, the feel, the smell. I don't even mind the odd dag in it! We've all had upsets in our lives. Spinning is stress relieving, it's very relaxing. You can sit and have a spin when you get a bit uptight."

Margaret is one of 34 members of Nelson Creative Fibre, a group which gets together twice a month at Founders Park in Nelson to crochet, knit, spin and share tips and yarns – of all kinds. The group is also a force for good in the community, working on project such as knitting hats for chemotherapy patients, clothing for premature babies, sensory bands for dementia sufferers, slippers for schoolchildren and a poppy project for the Gallipoli commemoration. Their most recent contribution is making garments and blankets for Te Piki Oranga, a Nelson Health Provider which works to support young mums.

Nelson Creative Fibre member Jill Smith, who works for Te Korowai Trust which shares offices with Te Piki Oranga, says the staff got talking about how a lot of young mums couldn't afford to provide warm, woolly clothing for their new babies. Jill mentioned it at one of the Nelson Creative Fibre meetings and has been overwhelmed with the response.

"I generally leave each meeting with armloads of stuff – all shapes and sizes and distribute it as needed. I feel like Santa Claus staggering into the office – it doesn't sit around. It's lovely to be able to give things to these to mums who know what their babies and older children need but can't afford it.

*"We've given away hundreds of blankets and garments. This group is just amazing with the things they donate. Such a lot of work and effort goes into it – a lot of aroha."*

Nelson Creative Fibre President Ann Bell says the group has been going for 44 years. They have 34 members including three life members and the oldest is 88. They get together twice a month to work on projects and learn new skills such as dyeing, spinning or even flax weaving and also go on outings.

A few years ago, membership numbers were dwindling, but a big push on publicity and a focus on getting out into



*Nelson Creative Fibre secretary Annette Lee (left) and president Ann Bell at a Knitter Natter meeting at Founders Park*

the community soon helped to boost numbers. Today it's a strong and vibrant group with members taking part in regular spinning and knitting demonstrations at the district's libraries and promoting events such as World Knitters Day in June.

Ann says it's great to see skills like knitting, spinning and crocheting coming back into favour with the younger generation.

*"People are joining for the friendliness and the charitable heart of this group, to meet others who share similar interests and be able to 'knit and natter' – learning and extending their skills to their heart's content."*



Marylyn Wastney with a Snow White themed woolen blanket she has knitted for Te Piki Oranga

Spinner and knitter Beth Heslop is one of the group's life members and has been involved with Nelson Creative Fibre for about 40 years. She enjoys the fellowship and meeting new people as well as learning new skills.

Beth has taught many people to spin over the years and hosts a spinning group for Nelson Creative Fibre members once a month at her home. She has worked with goats hair, alpaca and even dog hair. Although she used to start from fleece, she now uses carded wool.

*"There are so many things I liked doing that I can't do anymore – like gardening. So I'm so grateful there's something I can still do. I can still spin, I can still get a meal and I'm still above ground!"*



### Key Facts

- Established 44 years ago, Nelson Creative Fibre is affiliated to the New Zealand Spinning Weaving and Woolcraft Society

### Get Involved

- Nelson Creative Fibre meets 2nd & 4th Tues of the month in the Jaycees Room at Founders 9am – 12pm. New members are always welcome. Any questions, contact Ann 548 1775 or Annette 545 0498 or see the Nelson Creative Fibre Group Facebook page.

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Website: [www.healthcarenz.co.nz](http://www.healthcarenz.co.nz)

# Great Time to Plant Veges

Hi, autumn is here and our gardens are starting to breathe more easily after the hottest February on record. On top of that we had the hottest day on record in early March too. Thank heavens for the lovely rain that fell in mid-February, it truly was a saving grace.



Quince "Van Diemen"

There are so many things to do in the garden over the next couple of months. It can be overwhelming so making a "to-do" list is a great idea because it helps organise things in order of importance. There's also the wonderful feeling of crossing each item off as it's completed.

The autumn fruit harvest is well underway with apples, pears and treasures such as quince ripening quickly. Home-grown fruits don't tend to keep as long as commercial varieties so it is best to pick fruit from your trees as you need it. If, like me, you have more fruit than you can handle try sharing it with friends or donate some to a local retirement village.

Summer crops will be on their last legs so it's the perfect time to pull out the ones that have finished, weeding as you go. Refresh the soil by adding fish compost so you can plant crops for winter harvest. Most crops benefit from being in the ground by the end of April as this gives them time to settle in and put on good growth before the soil temperature drops too much.

All leafy crops, brassicas such as brussel sprouts, broccoli, cauliflower and cabbage (red and green), peas and broad beans can all be sown or planted now. To help ensure successful peas and broad beans, dig a trench approximately 30cm deep, toss lots of fish compost and sheep manure into the bottom and refill the trench. If transplanting peas and broad beans from punnets a gentle touch is needed because their roots are extremely brittle and they can snap off very easily.

Carrots can also still be sown – I love McGregor's "All Year Round" variety at this time of year because this type thrives under all sorts of weather conditions.

It's bulb planting time and there are so many gorgeous types available, certain to give you glorious colour in spring. Choose from narcissus (daffodils) including dwarf varieties, hyacinth, anemone, anemone blanda (wood anemone), ranunculus, scilla (bluebells), tulips and more. Scilla and anemone blanda do really well in shady spots and look beautiful established under trees and shrubs. Dig in some bone flour or granular bulb food before planting, watering it in well. Tulips need a chilled period so pop them in the fridge and plant them in May.

There are lots of flowers that can be planted now to ensure a glorious show during winter and well into spring.

Antirrhinums (snapdragons), pansies, polyanthus, primula, viola and wallflower all have fantastic flower-power and thrive in most soils as long as the drainage is good.

Now is the perfect time to feed your citrus, rhododendrons, camellias, azaleas and daphne. All of these have shallow roots so it is best to give them a thick side dressing of sheep manure (pelletised or powdered) as it won't burn precious roots. If you have leaf mould that is perfect too.



Philippa Foes-Lamb

If you have any questions or topic suggestions, I'd love it if you would email me at [foeslamb@xtra.co.nz](mailto:foeslamb@xtra.co.nz) or write to me c/- Mudcakes and Roses.

My radio show, Green Thumbs & Dirty Fingers is full of more gardening tips and airs each fortnight on Fresh FM, Nelson-Tasman 104.8, Golden Bay 95.0 on Tuesday at 10.40am, replayed the following Saturday at 2.40pm. Happy gardening.

## Heirloom Perennial Nursery & Art Studio

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

**Now Open Mondays and Thursdays 10.00 am – 4.00 pm**

Philippa Foes-Lamb,  
25 Maisey Rd, Redwood Valley  
Ph: 03 544 3131 or 021 522 775  
Email: [foeslamb@xtra.co.nz](mailto:foeslamb@xtra.co.nz)



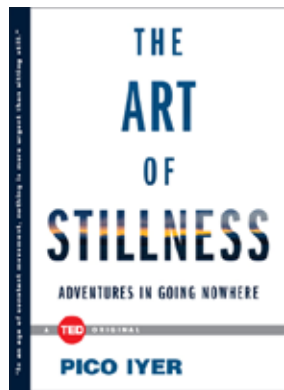


# The Retro Metro: In Praise of Slow

Conversations with friends have assumed a certain pattern these days. Whether it's idle chit-chat, or something more serious, the talk often halts abruptly. Why? The speaker is ransacking their memory for the word – usually a noun – that's required to complete the sentence.

To the pessimist, this might suggest incipient brain pathology. To me, it suggests that the brain, perhaps even the soul, has pushed the Pause button to protect itself from a world that's stuck on Fast Forward.

Alex Soojung-Kim Pang blames our speediness on information overload in *The Distraction Addiction*. If you're too busy to read the whole book, just read the subtitle: "Getting the Information You Need and the Communication You Want, Without Enraging Your Family, Annoying Your Colleagues, and Destroying Your Soul".



Pico Iyer's slim volume on *The Art of Stillness: Adventures in Going Nowhere* shouldn't take more than an hour to get through. *In Praise of Slow: Changing the Cult of Speed* by Carl Honore will take longer, but after all it is the book which spawned the whole "slow" movement. It's about doing "everything as well as possible, instead of as fast as possible". Honore decided it was time to slow down when he found

himself on the brink of buying *One-Minute Bedtime Stories* for his child. Steven Johnson writes approvingly about "slow churn" in *Where Good Ideas Come From*, describing how apparently "sudden" ideas actually result from giving experience and thoughts plenty of time to "simmer".



If you can sit still long enough for a movie, try watching *The Straight Story* (1999). It's based on the true story of Alvin Straight, aged 73, who drove 300 miles through Iowa on a tractor to visit his ailing brother. At 79, the actor who plays Alvin doesn't need to act like an old man. He is an old man. This, and the mode of transport keeps the film moving at a gentle and contemplative pace. As one reviewer commented, "Easy Rider it ain't". And neither

is *Into Great Silence* (2005) which documents the monastic lives of Carthusian Monks living high in the French Alps. *Nebraska* (2013), another (slow) road movie is also black comedy, and a meditation on ageing, self-determination and family ties. In gorgeous black and white, it follows the misadventures of a young man as he drives his cantankerous, alcoholic old Dad to collect an illusory lottery win. At [www.tedttalks.com](http://www.tedttalks.com) you'll find brief, though inspiring and informative presentations on technology, education

and design. Try watching the Ted Talks grouped under the title *Slow Down! Enjoy Life*. Presenters include Pico Iyer and Carl Honore, as well as a performance artist, a product designer, a mindfulness exponent and monks from two different faiths.

No time to read, or to sit through an entire movie? Spare a glance at the photographs in *The Oldest Living Things in the World* by Rachel Sussman. It's a collection of photos of organisms which have been alive for at least 2,000 years, including a 13,000-year-old Eucalyptus tree and lichen which grows 1cm every 100 years. Now that's really slow.



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# Make a Child's Toy Competition

The cooler days are here and that means it's time for craftspeople to start thinking about working on an entry for the Motueka Arts Council annual craft competition.

After a resounding success in 2015 with tea cosies, this year the Council is focusing on children's toys. Categories cater for all mediums of craft from creative wool, inspired fabric, wood, metal, found objects, to most innovative where just about anything goes. There is also a class for a person aged under 16 years.

With increasing interest in our competition a selection of the toys will be displayed in shop windows in Motueka; then they will all be on display in a weekend long exhibition. This will be held in the Motueka Memorial Hall on Saturday 7 August and Sunday 8 August with the prize giving held later on the Sunday afternoon.

Arrangements have been made for entrants who wish to do so to donate their toy to the annual Salvation Army Christmas Toy Appeal.

All information about the competition, prizes and our wonderful sponsors are on the entry form which can be picked up from Potters Patch in Motueka, Cushla's Village Fabrics in Mapua, Cruella's Boutique Fabrics in Nelson or by emailing [motuekaartscouncil@gmail.com](mailto:motuekaartscouncil@gmail.com).



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# What's Happening at Tasman Libraries?

## I Love My Library Because ...

We know that lots of Tasman people really enjoy their library and for many reasons. Now you have the chance to let us know what you particularly love about your library.

I love my library because ... will be running in all Tasman District Libraries from 12 April to 28 May.

All you have to do is jot down your favourite things about your library on one of the cards provided, circle your age group and post it to the boards provided.

Anyone can add their comments and you can add comments as many times as you want. We're looking forward to hearing from you.

## Live Well at Richmond Library

During April at Richmond Library we're focusing on living well and enjoying life.

As well as highlighting our resources on health, wellness and happiness, we're also offering a wide range of wellness-related free lunchtime sessions. From osteopathy to diabetes information, homoeopathy and acupuncture to the benefits of eating well, there's a wide range of talks and drop-in sessions on offer.

Check out the full programme on our library website Featured Events page – [www.tasmanlibraries.govt.nz](http://www.tasmanlibraries.govt.nz)

## Nelson Public Libraries



### The Ngaio Marsh Award for Best Crime Novel

This annual award is to recognise excellence in New Zealand crime, mystery and thriller writing. The 'Ngaios' have been running since 2010 and this year's award winner will be announced at the end of August. Leading up to that announcement Nelson Public

Libraries are holding a 'Best of the Ngaios' vote – where you can vote for your favourite of the six winners to date. Online voting is now open on the Libraries' website, and there will be offline voting from 1 July leading up to the announcement of the winner on an evening on 14 July. All entries go in the draw for a book voucher.



## Nelson's Heritage Week

Look out for Nelson's Heritage Week programme, 16-24 April, with a myriad of activities designed for you to discover Nelson. A programme of talks, workshops and children's events and more will feature in the Libraries.

## Crafts at Elma Turner Library

We are developing a space for crafts in the non-fiction area of the library, and launching it after Easter with a series of craft activities, 1pm – 2pm. These include origami boats (5 & 6 April) and Polymer clay (13 April rainbow veneer & 20 April polka dots and stripes).

More activities to come. Let us know if there is an activity you want us to run, or you would like to lead. Contact us for more information and bookings ([library@ncc.govt.nz](mailto:library@ncc.govt.nz)).

## Law for Lunch

Community Law are delivering another series of talks at Elma Turner Library. All free and all welcome, 12pm – 1pm in the Activity Room.

- May 5 – Family Dispute Resolution: care of children after separation
- May 12 – Retirement villages: the right move for you? Issues to consider.
- May 19 – Setting up a Trust
- May 26 – Buying online and returning damaged goods: changes in consumer laws

May is music month, when we will have a programme of lunchtime music at Elma Turner Library.

For more information about all these activities see [www.nelsonpubliclibraries.co.nz](http://www.nelsonpubliclibraries.co.nz), where you can also subscribe to our newsletter.

# Social isolation and loneliness

We often use social isolation and loneliness as if they are the same thing, but they are actually quite different.

Social isolation means being separated from social or familiar contact, community involvement and access to services.

Loneliness is the feeling we have when we feel that we lack interaction with others. Even those of us who have regular contact with others may feel lonely. This may be because we don't feel that these relationships give us the emotional support that we need.

## Did you know that...

- Older people are particularly vulnerable to social isolation or loneliness due to loss of friends and family, health and mobility or income?
- About half of us (older New Zealanders) experience some level of loneliness in our lives? Approximately eight to nine percent of us feel lonely all or most of the time.
- Lacking social connections is as damaging to our health as smoking 15 cigarettes a day?
- We all have different levels of need for social contact? Some people with limited contact with friends and family may not feel lonely.
- A number of life events and situations can lead us to feelings of social isolation? These include, but are not limited to:
  - living alone
  - relocation – moving away from a familiar environment, losing touch with people we know
  - loss of income as a result of reduced work capacity or retirement
  - losing a loved one or friends due to death or relocation
  - inability to participate in activities due to access issues, mobility, illness or transport.

## Social isolation checklist

The Office for Senior Citizens has just released a guide to social isolation. It includes a checklist to help identify whether we, or someone we know is at risk of becoming socially isolated.

You can view the 'Looking out for another' guide on their website – [superseniors.msd.govt.nz](http://superseniors.msd.govt.nz)

## Ways to stay socially connected

There are a number of things that we can all do to stay better connected to our friends, families and communities.

- Try using your SuperGold Card to go to places
- You can search the places where you can use your SuperGold card on their website
- Try getting to know your neighbours – You can get ideas about how to be involved with your neighbours on the neighbourly website
- Try setting up a meal with friends or family – Food is an occasion for sharing, giving and exchanging stories. Why not invite a friend over for tea? Seniorchef have some easy to make recipes for you to try.
- Try to find out what's happening in your community – Mudcakes & Roses, local churches and maraes, cooking groups, libraries, Citizens Advice Bureaus and local councils can be a good start. These places often have information about social activities in your community. District Health Boards may also provide activities and support.

## Places that can help you

There are many places that you can go to if you are feeling lonely, or recommend for a person who is feeling lonely.

Check out the Recreation & Service Directory at the back of Mudcakes & Roses for ideas.



## Create a unique and meaningful farewell



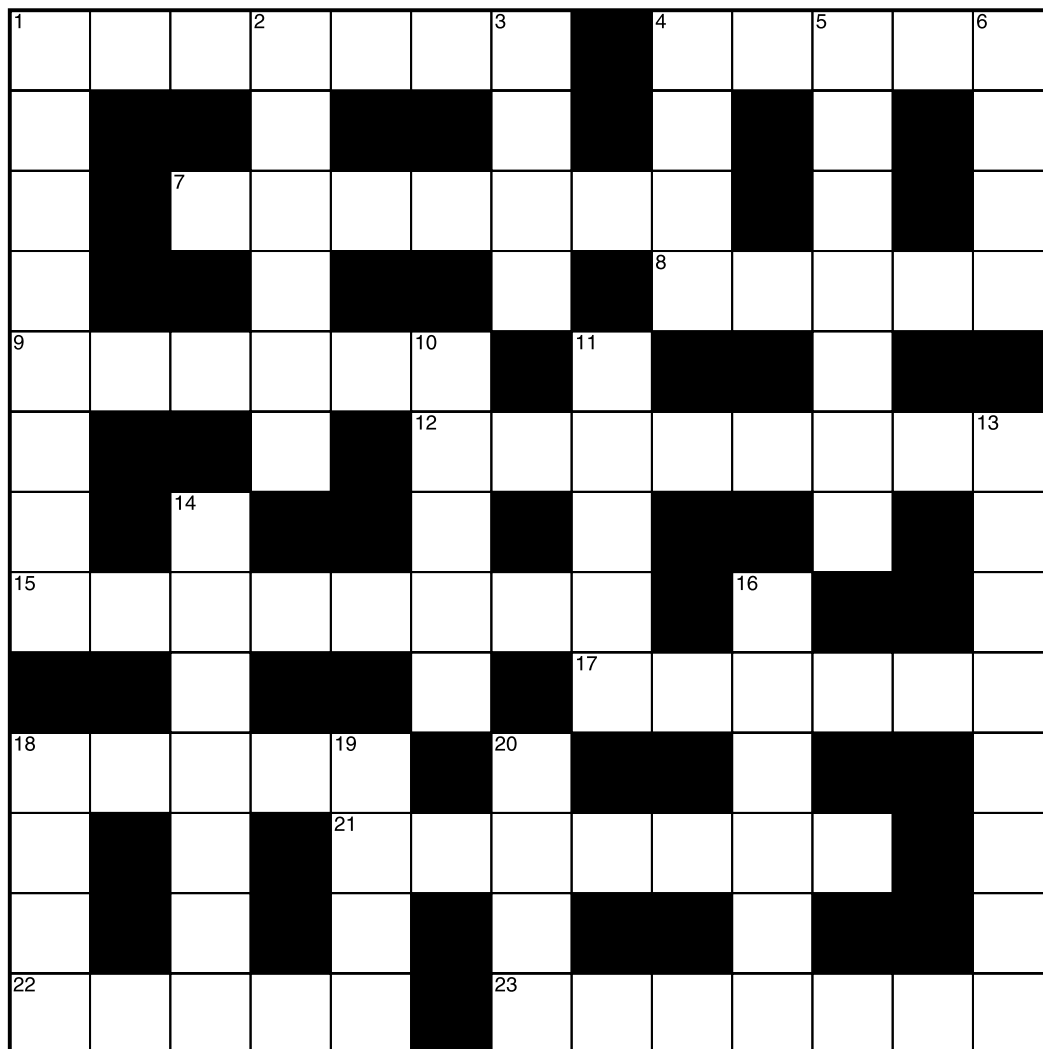
We can provide every service and option, and leave you with memories of a lifetime of love.

**544 4400**  
[www.wrfs.co.nz](http://www.wrfs.co.nz)



**WAIMEA RICHMOND  
FUNERAL SERVICES**

# Crossword



## Clues

### Across

1. Amazon river carnivore
4. Pleasant atmosphere, good ...
7. Journalists' credits (2-5)
8. Older person
9. Numskulls
12. Conferred holy orders on
15. Traffic violence (4,4)
17. E African country
18. Potency
21. Venetian or Neapolitan
22. Gnat
23. Overdue

### Down

1. Breadwinner
2. In any case
3. Uncle's wife
4. Flower jug
5. Making offer
6. Shadow-box
10. Echo location device
11. French farewell
13. Demented
14. Tavern wench
16. World's largest desert
18. Egg cell
19. Hole up
20. Curved hook

Answers page 19.

**1 in 3**   
**people volunteer  
 in your community**

*Thank your local  
 voluntary groups today!*

Enter them in the Trustpower Nelson Tasman Community Awards online at:

[www.trustpower.co.nz/communityawards](http://www.trustpower.co.nz/communityawards)

collect an Entry Form from your council service centre, or phone the Trustpower Community Relations Team on **0800 87 11 11**

There are cash prizes for the groups as well as a celebration dedicated to them. Entries close Friday 29 April, 2016.



# What's On

APRIL 2016

SOME HIGHLIGHTS FROM THE REGIONAL EVENTS DATABASE. WWW.ITSON.CO.NZ



## Retro Ride

**Saturday 2 April 2016**

Sponsored by Get Moving, Retro Ride is a family-friendly, sociable loop of the off-road Great Taste and Railway Reserve bike paths, starting & finishing at the Point Paddock of the Honest Lawyer Pub & Country where we'll have – Prizes for best-dressed retro bike of any era, Ice cream/coffee cart), Big Bike Tune Up, Show & Shine of historic/retro bikes – display your bike! Bouncy castle. 2pm, The Honest Lawyer, 1 Point Road, Monaco, Nelson

## Afternoon tea with Allyson Gofton: A Fundraising event

**Sunday 3 April 2016**

Allyson will share the stories and baking of many of our great farming

families. A fantastic afternoon tea will be prepared by Carol Shirley, of Gourmet Catering, will include some of Allyson's delicious recipes. Cookbooks will be on sale, and time pending, Allyson will be happy to sign any book sold. Please come and support local 'Walk with Us' at this fantastic local event. All proceeds from ticket sales will go to providing school & sports shoes to local Nelson/Tasman primary school children in need, though local charity organisation – 'Walk with Us' \*\* Starts 2.30pm – 4.30 pm, Hope Community Church, Ranzau Road, Hope, Nelson. Tickets cost \$30.00 and are available by emailing janetbilltaylor@gmail.com or from Stirling Sport, Nelson Whitwells Motueka, Nelson Weekly, 75 Tahunanui Drive, Nelson; Waimea Weekly, 6 Salisbury Rd Richmond.



## Heritage Week

**16 – 24 April 2016**

Discover the unexpected! Over 30 free and low cost activities to enjoy

in Nelson's Heritage Week 2016. Discover how the past impacts on the future, and how Nelson's community comes forward to share interesting stories and activities that highlight why Nelson is a very special city. See pages 6 & 7 for details or pick up a programme from Nelson and Tasman libraries and Nelson City Council offices.



## Michael Houston in Concert

**Saturday 23 April 2016**

Nelson School of Music patron and leading New Zealand pianist Michael Houston is performing in a fundraising concert to support the School's redevelopment project. The programme will include J.S. Bach Preludes and Fugues from the Well-Tempered Klavier, Three Brahms Intermezzi, plus works by Poulenc and Fauré. The concert will be performed on the School's new Steinway piano which is currently housed at St John's Church. The Nelson School of Music is currently undergoing a \$6.4 million redevelopment project following closure due to earthquake risk and this concert is part of a community fundraising programme which currently includes a seat sponsorship campaign. Time 8pm, Old St John's, 320 Hardy Street, Nelson 7010. Tickets: \$45 plus service fees from Theatre Royal and TicketDirect Ph. 03 548 3840.



## TSB Bank Nelson Festival of Golf

**Monday 2 – Friday 6 May 2016**

This is the 3rd running of this very popular golf tournament here in the beautiful Nelson region. Players come from all over New Zealand to enjoy the friendly banter between old friends and meet new friends. The main tournament will be played over three wonderful golf courses, namely, Nelson Golf Links, Motueka Golf Course and Greenacres Golf Club. 8.30 am – 3.30 pm approx. Tickets \$225 entry fee + optional extras available to Affiliated NZ golf club members from Nelson Golf Club Ph. 03 548 5029.



## Motueka Quilting Connection Annual Show

**20 – 22 May 2016**

Members will display their all-new quilts as well as entries for this year's challenge "New Zealand Bush". Also on show will be the Sewezi Travelling Exhibition "Flight" and quilts by guest artist Juliet Fitness. A merchants' mall, raffle and complementary refreshments complete the day out. 10.00 am – 4.00 pm. \$5 admission, The Recreation Centre, Old Wharf Road, Motueka



I needed help to feel confident in my home again - Access was there.

Janet



## Make yourself at home with Access

Whether you require nursing services, personal care or even just a hand around the house, our fully qualified team supports you to live independently in your community.

Talk to your GP or give us a call on 0800 284 663.

**PLEASE NOTE:** What's On is for one-off events in Nelson and Tasman that are likely to be of interest to Mudcakes & Roses readers. Most of the information is taken from the regional events database – www.itson.co.nz and preference for inclusion is given to community events. Details of regular events and activities that used to feature on this page can now be found in the Recreation & Service Directory.

# Recreation & Service Directory

FOR FULL LISTINGS GO TO WWW.FOUND.ORG.NZ

APRIL 2016

## 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.

### Astanga Yoga

GB Community Centre, Tuesdays 5.45 pm, Doris or Keryn Ph 03 525 9525. Thursdays 9.00 am, Michelle or Pam Ph 03 525 9033.

### Belly Dancing

Senior Citizens Hall, Mondays 5.00-6.00 pm. Leena, Ph. 03 525 9393.

### Genealogical Group

Sally Ph. 03 525 8086 or Email [pands@gaffneys.co.nz](mailto:pands@gaffneys.co.nz)

### 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.

### 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.

### Hearing Therapy Services Life Unlimited

Free MOH service 16+ providing screening, guidance with management of hearing loss issues including tinnitus 2 Monthly clinic. Bookings Contact Heartlands 03 525 6151

### Indoor Bowls/Cards

Senior Citizens Clubrooms, Monday afternoons 1.30pm – 4.00pm. Mary Ph 03 525 8445.

### 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.

### Pohara Bowling Club

Jennifer Ph 03 525 9621.

### Probus

Joan Ph 03 525 9224.

### Puramahoi Table Tennis

Rene Ph 03 525 7127.

### Relaxation and Restoration Yoga

\$10 per class, regular classes and private sessions in Takaka. appointments essential. Terry Ph. 03 525 7422.

### SeniorNet [Golden Bay]

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

### Sit and Be Fit

Golden Bay Community Centre, Tuesdays 10.30 am-11.30 am. \$2 donation. Jacinda, Ph 03 525 8770.

### 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 or Email [cgturleys@xtra.co.nz](mailto:cgturleys@xtra.co.nz)

### Takaka Spinning Group

Jan Ph 03 525 9374.

### Takaka Table Tennis

Rene Ph 03 525 7127.

### University of the Third Age (U3A)

Moira Ph 03 525 7202.

### Upright and Able for Falls Prevention

Free 4-week course for those over 65 who have had a fall. Ph: 03 543 7838 or email [Cherie.thomas@nbph.org.nz](mailto:Cherie.thomas@nbph.org.nz) for more information and registration.

### Uruwhenua Women's Institute

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

## Wednesday Walkers

Meet at Information Centre carpark, Takaka, leaving 9.00 am. Bring morning tea, raincoat etc, light boots or walking shoes. Contacts: Graham and Denise Rogers Ph. 03 525 9948. Alan Gotlieb Ph. 03 525 8209.

## Hope

### Hope Midweek Badminton Club

Carolyn Ph 03 541 9200.

### Nelson Veterans Tennis Club

Hope Courts every Thursday Ph 03 547 6916.

## Mapua

### Line Dancing

Thurs morning, Moutere Hills Community Church – Old Hall, Aranui Rd, Mapua, 10.00am – 11.30am (Beginners) Class. Contact: Sue Wilson Ph 03 528 6788 or 027 435 8700 or email: [sioux.wilson@yahoo.com.au](mailto:sioux.wilson@yahoo.com.au)

### Low-Impact Aerobics and Pilates

Wakefield, Upper Moutere and Mapua. Lynda Ph 03 543 2268.

### Mapua Friendship Club

Mapua Public Hall Valerie Ph 03 540 3685.

### Mapua Bowling Club

Dave Ph 03 540 2934.

### SeniorNet (Motueka)

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

## Motueka

### 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.

### Better Breathing Classes

Held 2<sup>nd</sup> & 4<sup>th</sup> Mondays of the month starting from the 22nd February 2016 2.30 – 3.45pm St John's Hall, Motueka. Light exercise with a focus on breathing and relaxation. Ph Nelson Asthma Society 03 544 1562.

## Cycling

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

### Diabetes Support Group

Heather Smith Ph. 03 528 9689.

### Gym & Fitness Centre

Studio Gym 275 Catherine Ph. 03 528 4000.

### Hearing Therapy Services Life Unlimited

Free MOH service 16+. Screening, guidance with management of hearing loss issues including tinnitus Monthly clinic JIF Hospital Community Health Services. Bookings @ Nelson NNS reception 03 547 2814

### Indoor Bowls

Motueka Senior Citizens Hall. George. Ph 03 528 7960.

### Line Dancing

Thurs night, Motueka Memorial Hall, Pah Street, Motueka. 6.30pm Improver +, 7.30pm Improver & Upwards, finish 9.00pm. Contact: Sue Wilson Ph 03 528 6788 or 027 435 8700 or email: [sioux.wilson@yahoo.com.au](mailto:sioux.wilson@yahoo.com.au)

### Marching

Motueka Veteranettes Marching Team Bev Ph 03 528 9125.

### Motueka 50+ Walking Group

All walks leave Deck's Reserve carpark, where transport is arranged. To see the walks schedule, go to [www.motueka50pluswalkers.org.nz](http://www.motueka50pluswalkers.org.nz). Meetings on the last Thurs of each month in the RSA Club, High Street, Motueka, 9.30 am. Contacts: Secretary Gill Gately Ph. 03 528 5399, President Vivienne Pearson, Ph. 03 526 6076. For details about alternate walks, contact Frances Neumann Ph. 03 528 4559.

### 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 5003.

### Motueka Bowling Club

Sue Ph. 03 528 9121 Peter Ph. 03 528 5412.

### Motueka District Museum

Summer (Dec-March) Monday to Friday 10-3, Sunday 10-2. Winter (April – November) Tuesday to Friday 10-3, Sunday 10-2. Closed Public Holidays. 140 High St. Ph 03 528 7660.

### Motueka Senior Citizen's Assn Inc

Pah st Motueka (behind the Motueka Library) If you are 50 plus you are welcome to come and participate **Indoor bowls** – Mon & Wed 1.30-3.00pm. Fun sessions-great light exercise, no serious competition. Contact – Terry 03 528 7104 or George 03 528 7960

**Rummikub** – Thursdays 1-3pm. Scrabble-like game but using numbers. Contact- Mavis Win 03 526 8796

**Various activities** – 2nd Friday of the month 1.30-3.30pm

**Fun, simple games, darts, cards etc.** Contact – Dylis Rutter 03 528 8960

**Housie** – 3rd Friday of the month 2-3 pm. Contact – Dot McNabb 027717018 or Dylis Rutter 03 528 8960

**Monthly social** – 4th Friday of the month, 2-3.30pm Speakers or entertainment. Light refreshments served at each session. Annual subs \$15.00 and \$2.00 for each session. No prior experience needed as assistance is available.

### Motueka Recreation Centre Senior Activity Programmes

**Mondays** Silver Sneakers: 9.30am, Cost \$4

Social Badminton: 11am, Cost \$4

Mini Spin /Weights: 1pm, Cost \$5

**Tuesdays** Sit n Be Fit: 10.30am, Cost \$4

Boot Camp: 1pm, Cost \$5

**Wednesday** 60+ Gymmers: 10.30am,

# Recreation & Service Directory

FOR FULL LISTINGS GO TO WWW.FOUND.ORG.NZ

APRIL 2016

Cost \$4  
Kick Start (GRx): 1pm, Cost \$5  
Badminton: 2pm, Cost \$4  
**Thursday**  
Sit n Be Fit: 10.30am, Cost \$4  
Boot Camp: 1pm, Cost \$5  
**Friday**  
Walking Circuit: 9.30am,  
Cost \$4  
Mini Spin: 1pm, Cost \$5

**Motueka Social Dance Group**  
Dances at Mapua Hall,  
7.30-11.00 pm.  
Ph. Prue 03 540 2242.

**Riwaka Bowling Club**  
School Rd, Riwaka  
Kathy Ph. 03 528 4604  
Pat Ph. 03 528 8347.

**Riwaka Croquet Club**  
Sally Ph. 03 528 9704

**Scottish Country Dancing**  
Valerie Ph. 03 543 2989.

**SeniorNet [Motueka]**  
Computer learning for the  
over 55s at 42 Pah St.  
Wendy Ph. 03 528 7105  
Helen Ph. 03 528 6305.

**Social Recreation**  
Kiwi Seniors (Motueka)  
Vonnice Ph. 03 528 7817.

**Stroke Foundation**  
Two Monthly Stroke meetings  
for people who have suffered  
a stroke and their carers.  
Inquiries to Anne-Marie,  
Community Stroke Advisor on  
Ph. 03 545 8183 or 027 216 0675

**Upright and Able for Falls  
Prevention**  
Free 4-week course for those  
over 65 who have had a fall.  
Ph: 543 7838 or email Cherie.  
thomas@nbph.org.nz  
for more information and  
registration.

**U3A (University of the  
Third Age)**  
Have fun learning  
co-operatively. Variety of  
courses available.  
Cushla Ph. 03 528 6548.

**Yoga**  
Dru Yoga classes in Upper  
Moutere. Contact Jill for  
details. Ph. 03 527 8069

## 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 Ph. 03 544 7624.

## Nelson

### Age Concern

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

### Angie's Aerobics

Burn calories and increase  
muscle and energy levels  
in this fun, easy aerobics  
and circuit class. Thurs  
9.15 am-10.15 am, Tahuna  
Presbyterian Church, Muritai  
St. \$6. Angie Ph. 03 547 0198.

### Aquatics/Swimming/Gym

Riverside Pool  
Ph. 03 546 3221.

### Art Group Nelson

Meets first Wednesday of the  
month. All welcome.  
Philippa Ph. 03 546 7337.

### Arthritis New Zealand

Services available to  
members in Nelson: Toenail  
clinics, Sit and be fit, Pool  
sessions at Ngawhatu and  
Nelson hospital pools  
All services managed from  
Christchurch please call  
0800 663 463 for more  
information. Arthritis  
educator available through  
Nelson Bay Primary Health –  
Ph 03 539 1170

### Belly Dancing

Sabina Ph. 03 546 8511

### Belly Dancing

Zenda Middle Eastern  
dancing with Gretchen and  
Debbie. Ph. Debbie  
027 689 0558 or Email:  
dbsumner@xtra.co.nz or  
Gretchen Ph. 03 548 8707.

### Better Breathing Classes

Held 2nd & 4th Wednesdays  
of the month at 1.00pm  
Reformed Church, Enner  
Glynn. Exercise with focus  
on breathing and relaxation.  
Phone Sue for support and  
information, Nelson Asthma  
Society  
03 546 7675 or 03 544 1562.

### Breast Prostheses and Mastectomy Bras

11 Keats Crescent, Stoke,  
Nelson. Helen Clements  
Ph. 03 547 5378 www.  
classiccontours.co.nz

## Brook Waimarama Sanctuary

Volunteering can be an  
extremely rewarding  
experience and there are  
plenty of opportunities  
at the Brook Waimarama  
Sanctuary to learn new skills  
and experience. Volunteer  
roles include Visitor Centre  
Volunteers, Public Events,  
Track Cutting, Invasive Plant  
Control, Trapping, Lizard  
Monitoring, Bird Monitoring.  
For more information visit  
www.brooksanctuary.org.nz/  
support or Ph. 03 539 4920

### Cardiac Support Group

Information and support  
to people affected by  
cardiovascular disease.  
Contact Averil for support and  
information. Ph. 03 545 7112.

### Diabetes Support

Nelson Bays Primary Health  
for education, awareness and  
support. Bee Williamson  
Ph. 03 539 1663.  
www.nbph.org.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

Paula Ph. 03 544 5714

### Gym

Cityfitness, Quarantine Rd,  
Nelson. Ph. 03 547 4774 or see  
website for class timetables  
www.cityfitness.co.nz

### Hearing Association Nelson

Card Group Mondays from  
1.15 pm. Free talks on all  
hearing issues, free hearing  
aid clinics (cleaning and  
drying) first Friday of the  
month at Presbyterian  
Support, Annesbrook Drive,  
Nelson. Please phone for an  
appointment. Other clinics  
available as well.  
Ph. 03 548 3270.

### Hearing Therapy Services Life Unlimited

Clinic now at Nelson Nursing  
Services Building 469 Main  
Road Stoke  
Free MOH service 16+.  
Hearing screening, hearing  
loss management, tinnitus.  
Bookings phone reception  
NNS 547 2814

### Housie Evening

Stoke Rugby Clubrooms,  
Neale Ave, Stoke. Wed nights,

7.15 - 9.45 pm.  
Buddy Ph. 03 547 3230  
John Ph. 03 547 1689.

### Marching

Silveraires Leisure Marching  
Diana Ph. 03 548 9527.

### Nelson Community Patrol

Suzu Ph. 03 539 0409.

### Nelson Creative Fibre

meets 2nd & 4th Tues of the  
month in the Jaycees Room  
at Founders 9am – 12pm.  
Any questions Contact Ann  
Ph. 548 1775 or Annette  
Ph. 545 0498 or see the Nelson  
Creative Fibre Group Facebook  
page

### Nelson Dance Along

Ph. Rosalie 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 Grey Power

Nelson Grey Power is a lobby  
organisation promoting the  
welfare and well-being of all  
those citizens in the 50 plus age  
group. Ph. 03 547 2457 or Email  
nelsongreypower@xtra.co.nz

### Nelson Male Voice Choir

Rehearsals: old St John's  
Hall, Hardy Street, Monday  
evenings. Dick Ph. 03 548 4657  
or Ernie Ph. 03 548 7291.

### Nelson Petanque Club

Wed and Sun 1.15pm.  
You will find us behind the  
Trafalgar Park grandstand.  
Drive in off Trafalgar Park  
Lane. Boules and tuition  
provided. Ph. Adrienne  
03 545 0070 or Maria 03 548  
9006.

### 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 Provincial Museum

For details, visit  
www.museumnp.org.nz

### Nelson Public Libraries

Branches at Stoke, Tahunanui  
and Nelson, provide free  
library services to the  
community. We also have free  
computer and wifi access,  
computer classes, a home  
delivery service, local and  
family history information  
and hold regular events, eg:  
Elma Turner Library Bookchat  
– second Tuesday of each  
month, 10-11.30am  
Stoke Library Bookchat - third

Wednesday of each month,  
5.00 pm – 6.00 pm  
For more events, our reader's  
evenings, book launches and  
more, see www.ltsOn.co.nz  
or Ph. 03 546 8100.

### Nelson Social Dancing Club

Dance at Stoke Memorial  
Hall, Main Road, Stoke,  
Nelson 7.30 pm to 11.15pm  
the second Sat of each  
month. Ballroom, Latin,  
Rock 'n Roll and sequence  
dancing. Live music.  
Members \$10; non members  
\$15. Please bring a supper  
contribution, and your own  
drinks (including water) and a  
glass. Note: no stiletto heels  
please!! Enquiries Ph.  
03 544 2324 on 021 177 4943.

### Nelson Scrabble Club

Meets every Wednesday 7.00  
pm at the Nelson Suburban  
Club, 168 Tahunanui Drive.  
Tony Ph. 03 545 1159

### Nelson Senior Citizens Social Indoor Bowling Club.

Valda Ph. 03 544 1487.

### Probus

Stoke-Tahunanui ladies  
branch meets third  
Wednesday each month.  
Pauline Ph. 03 547 5238.

### SeniorNet [Nelson]

Computer instruction for  
people aged 50+. Clubrooms  
at Pioneer Park, Hastings St,  
Ph. 03 548 9401 and we will  
ring you back.

### Senior Service - Nelson Baptist Church

Inter-denominational service  
on second Sunday of the  
month every second month  
starting from February,  
2.00 pm – 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.

### Sport Tasman

**Give it a go** – here is a variety  
of easy activity options for  
everyone to try out. Don't  
be old, be bold! New activity  
each week such as Tai Chi,  
Croquet, Petanque and Aqua  
Aerobics. Contact wendy.  
bet@sporttasman.org.nz  
or Wendy on 03 546 3309.

### Sport Tasman Nelson

**Give it a go** – here is a variety  
of easy activity options for  
everyone to try out. Don't  
be old, be bold! New activity



each week such as Tai Chi, Croquet, Petanque and Aqua Aerobics. Contact Wendy. bet@sporttasman.org.nz or Wendy Ph. 546 3309.

#### Stroke Foundation Caregivers Support Group

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

#### Super Seniors (65+)

10.30am – 12.30pm Meets third Friday each month. All Saints Church Foyer, 30 Vanguard St, (city end) Nelson

Includes: morning tea, guest speaker, activities, light lunch. Suggested donation \$5 Ph Anne-Marie 548 2601

#### 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, See www.thesuter.org.nz for details. 28 Halifax Street, Nelson.

#### Table Tennis

Nelson Table Tennis Club Inc. Ph Kay 03 547 5066 or Glenda Ph. 03 544 8648.

#### Tahunanui Bowling Club

Welcomes summer and winter bowlers. Barbara Ph. 03 547 5071.

#### Tahunanui Community Centre

A range of activities and services on offer, walking, gardening, cycling and free counseling.

**Monday Movers:** Gentle bike ride along railway reserve.

Monday \$2, 9.30am

**Tuesday:** Fun Group Fitness: Ladies only outdoor group fitness, all abilities. \$5, 6pm

**Wednesday:** Rusty Riders: Regain confidence on your bike, supportive group, bikes provided. \$2, 1.30pm

**Wednesday:** Garden group, 1st Wed of the month \$3, 10.30am.

**Thursday:** Way2Go walking group: 9.45am

**Thursday:** Book Club \$80 per year membership, 7pm.

Contact Jo at TCC Ph. 03 548 6036 for details on any of our activities or visit www.tahunanui.org

#### Tai Chi with Gretchen

Classes in Nelson, Richmond and Stoke. Gretchen Ph. 03 548 8707 or Email kitesfun@ihug.co.nz

#### Taoist Tai Chi Internal Arts for Health

A variety of classes available. Ph. 03 545 8375 and leave a message and we will call you back. Help yourself to better health. Suitable for all ages.

#### U3A

Paul Ph. 03 548 7889, Email membership@u3anelson.org.nz

#### Ukulele with Gretchen

Nelson and Richmond, Groups or private sessions. Ph. 03 548 8707.

#### Upright and Able for Falls Prevention

Free 4-week course for those over 65 who have had a fall. Ph: 03 543 7838 or email Cherie.thomas@nbph.org.nz for more information and registration.

#### Victory Community Centre

Offers a variety of classes during term-time. Ph. 03 546 8389 or Email reception@victory.school.nz for a programme brochure or visit www.victorycommunitycentre.co.nz

#### Victory Laughter Yoga Club

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

#### Victory Senior Support

Meet every Tues at 1.30pm at Anglican Church, 238 Vanguard St, Nelson for cards and games. Jan Ph. 03 546 9057.

#### Victory Sit and Be Fit

Thursdays 10.00-10.45 am, 238 Vanguard St. Shirley Ph. 03 546 9057 or 03 547 1433.

#### Nelson 50+ Walking Group

Mini-walks and longer walks every week to suit all fitness levels. Everyone welcome. Noel Ph. 03 544 2286.

#### Yoga

Hatha Yoga classes with Maureen. Classes in Nelson and Stoke and Summertime Yoga on the Beach. Ph. 03 546 4670.

#### Yoga

Dru Yoga classes with Sue. Ph. 543 2125 for details.

#### Yoga

Hot Yoga Nelson Ph. 03 548 2298

#### 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.

#### Better Breathing Classes

Held 1st Tuesday of the month 10.30-11.45pm at Oakwoods Village, Richmond. Light exercise with a focus on breathing and relaxation. Ph Nelson Asthma Society 03 544 1562.

#### Body Power Pilates & Yoga Centre Richmond Town Hall

Sue Ph. 029 281 3735.

#### Bridge Lessons

Monday evenings or Tuesday afternoons All enquiries to Shirley Ph. 03 544 6734. Richmond Bridge Club, 348 Lower Queen St.

#### Chair Yoga

Thursday mornings 11a.m. A gentle stretch and breathing class for every ability. Richmond Town Hall meeting room. Ph Delia 0212 398 969

#### Club 50

A social group of mature adults looking for companionship, recreation and enjoyment. Sport Tasman, Richmond Town Hall, Cambridge Street. Ph. 03 544 3955.

Email: Club50.rrc@sporttasman.org.nz or www.sporttasman.org.nz

Meet every Tues 9.30am at the Richmond Town Hall. All sessions cost \$4.

#### Croquet

We welcome new members to Golf croquet in Richmond, Thurs & Sundays at 1.00 pm. Ph Sheryl 03 541 0623. Association croquet, Wed & Sat 10.00 am. Ph Betty Ph. 03 544 7268. Club lawns opp. new health centre, Lower Queen St.

#### Curves Stoke Richmond

Feel daunted by lycra, loud music and mirrors? 30 minute fitness for women; no mirrors, no men, no lycra. Phone 541 0710 www.curves.co.nz

#### Easy Exercise

For men and women. Tuesdays, 10.00 am at Indoor Bowls Stadium, opposite Neill Ave. \$3. For Arthritis NZ. Maureen Ph. 546 4670.

#### Euchre

Warm and friendly, \$2 with cuppa, raffles at Richmond Bowling Club.

Friday 1.30 - 4.00 pm.

May to September.

Monica, Ph. 03 544 2749.

#### Gym

Contours Health & Fitness. Ph. 03 544 0496.

#### Hope-Ranzau Women's Institute

1.15 pm on the first Wednesday of each month at Age Concern Hall, 62 Oxford Street, 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 Mary-Anne Ph. 03 544 2596.

#### Line Dancing

Wed night, Club Waimea, 346 Queen Street, Richmond 6.00pm Beginners Class (merges into 7.00pm Improver class and upwards, finish 8.30pm. Contact: Sue Wilson Ph: 03 528 6788 or 027 435 8700 or email: sioux.wilson@yahoo.com.au

#### MenzShed Waimea

A&P Showgrounds, Richmond. Ph. 027 289 0185.

#### Nordic Walking

Taster Classes and courses with Physiotherapist Jacqui Sinclair. www.jacquisinclair.com Ph. 03 544 1645.

#### Pilates Courses

Richmond Recreation Centre. Positively change your body by learning how to tone your stomach, improve strength and flexibility. Ten-week course, Mondays 12.30-1.30 pm, or Wednesdays 9.15-10.15 am. Sue, Ph. 03 538 0318 or 021 034 4109.

#### Pottery

Tutored classes at Craft Potters, 202 Ranzau Rd, Hope. Wednesdays 10.00 am - 12noon. Any or no experience. Ph. 03 541 8953.

#### Richmond Bowling Club

Have a go. Tuesday 1.00pm, Thursday 1.00 pm and 5.45pm. Bowls and shoes provided. Jean Ph. 03544 8060 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.

Gwen Ph. 03 544 7953.

#### Richmond Physiotherapy

Weekly classes in their spacious, sunny gym Exercise For the Older Adult. Monday 10.30-11.30 am, \$8. Knee Class: Physiotherapist-led exercises to strengthen the lower limbs. Suitable for those with achy or arthritic knees wanting to keep or improve their strength to remain active Thursday 10.00 am-11.00 am, \$10.

#### Richmond Senior Citizens Assn Inc

Seniors on the Go! 62 Oxford St Richmond Costs are only \$2 per daily visit. Tues 9am – 12pm open for visits and Morning Tea Wedgam-2pm Quiz, Housie and Activities and Indoor bowls. Cards from 1pm-4pm Thursday 9am-Noon Craft & Company Morning Cards from 1pm-4pm. Friday 9am-Noon Light Exercises 10am-11am OR Join us for lunch at Noon. Cards-Rummikub 1.30pm-4pm. First Wednesday of each month an outing is organised, costs will vary. Contact Elaine Mead the Custodian/Coordinator for further information or hall bookings Ph. 03 544 5654 or A/H 03 970 0023

#### Richmond Slimmers Club

Meets every Wednesday at the Richmond Town Hall. Fun club. \$3 a meeting. Margaret Ph. 03 544 7293.

#### Richmond Waimea

##### Community Whanau Group

A networking group to share information and learn more about your community. (Just turn up.) Meets the first Tues of each month, 12 noon-1.00 pm, Richmond Library. Guest speaker at most meetings. BYO lunch (tea & coffee provided). For further information contact Sue Tilby, Age Concern 03 544 7624.

#### Saxton Seniors

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

#### Senior Walking Group:

Tuesday and Thursday 9.30-10.30 am. \$5.

#### Senior Circuit:

Tuesday 10.00 am \$5. A low impact all-over workout using resistance bands and light weights. An indoor, all-weather activity, followed by a cup of tea.

# Recreation & Service Directory

FOR FULL LISTINGS GO TO WWW.FOUND.ORG.NZ

APRIL 2016

**Senior Shape Up:** Tues & Thurs 10.00–10.30am

**Sit & Be Fit:** Mon 10.30am

**Chair Yoga:** Wed 10.30am

**Tai Chi for Health:** Call us

to find out when the next

course starts. Ph. 03 538

0072 or email stadium@

sporttasman.org.nz

## Social Cards

Richmond Senior Citizens

Rooms 62 Oxford St

Richmond Tuesday &

Thursday 1pm-4pm

Friday Rummikub

1.30pm-4pm. Contact Kath

Ph. 03 544 5563.

## Sport Tasman,

### Richmond

#### Richmond Town Hall

9 Cambridge Street

Enquiries 03 544 3955

\$5 fitness (20% Grey Power

discount on concession card)

#### Monday Easybeat: 9am

Shapeup: (seated exercise)

10.10am

Ease in2 Easybeat: 11.15am

#### Tuesday Club50+ senior

social & recreation group,

Meet 9.30am \$4

#### Wednesday Body Define

11.15am

#### Friday Easybeat 9am

Shapeup (seated exercise)

10:10am

Ease n2 Easybeat 11.15am

FUN Housie: designed

for those with special

requirements \$3

(ALL WELCOME).

## Richmond Creative

### Fibre Group

Meet at Birchwood hall,

Richmond Showgrounds,

9.30am, 2nd, 3rd and 4th

Thursdays. Join us if you

want to learn to spin/ knit /

crochet/felt/weave or if you

just want to meet others

who enjoy working with

fibre. For more information

contact Dianne

Ph. 544 9982.

## Tahunau Women's

### Institute

Meeting first Thursday of

every month.

1.45pm, Stoke Retirement

Village, 188 Songer Street,

Stoke. Contact: Colleen

Humphreys, Ph. 03 548 7902.

## Tasman Tennis Club

Social tennis Tuesday

mornings 9.30 am, beside

the Badminton Hall,

Gladstone Rd. Coaching

sessions available. Kolie

Ph. 027 829 3306 or the

centre Ph. 03 544 6083.

## Tasman Visual Arts Group

Last Wed of the month

(Feb to Nov) Richmond

Town Hall, Cambridge St.

New members welcome.

Steph Ph. 03 544 5126

## Tai Chi with Gretchen

Richmond Town Hall and

Oakwoods.

Gretchen Ph. 03 548 8707.

## Ukulele

Friday afternoons,

Oakwoods, lower Queen St.

Gretchen Ph. 03 548 8707.

## Upright and Able for Falls

### Prevention

Free 4-week course for

those over 65 who have

had a fall. Ph. 03 543

7838 or email Cherie.

thomas@nbph.org.nz

for more information and

registration.

## Veterans' (55+) 9 hole golf

Greenacres Golf Club, Best

Island, Richmond. Last

Monday of every month.

Ph. 03 544 6441.

## Yoga

DruYoga class in Richmond,

Contact Fiona for details

Ph. 03 527 8095.

## Yoga for the Stiff and Sore

Regular term classes with

Physiotherapist Jacqui

Sinclair.

www.jacquisinclair.com

Ph. 03 544 1645

## Stoke

### Aqua-therapy

New sessions for hip, knee,

ankle, shoulder, back issues.

Exercise professionals with

you in the warm water.

Ngawhatu pool. Bookings

essential. Angie Baker Ph.

03 547 0198 or 021 330 905.

### Arthritis New Zealand

Sit and Be Fit classes each

Tuesday morning – Call

0800 663 463 for more

information.

### Better Breathing Class

First Wed of the month at

Ernest Rutherford Village

1.30pm, a physio-led seated

exercise class \$2 for Asthma

Society members \$5 for

non-members who are very

welcome. Phone 544 1562

for more details.

### Breast Prostheses and

### Mastectomy Bras

11 Keats Crescent, Stoke,

Nelson. Helen Clements

Ph. 03 547 5378

www.classiccontours.co.nz

## Chair Yoga at Saxton

Mondays 10-11a.m. Weekly,

gentle stretch and breathing

sessions in the cricket oval

lounge. Ph Delia 0212 398 969

## Clogging/ Tap Dancing

Nelson Sun City Cloggers.

Georgina Ph. 03 545 1037.

## Hydrotherapy

Ngawhatu Therapeutic Pool.

Day and evening sessions

Thelma Ph. 03 547 6384.

## Nelson Savage Club

A social club for all

entertainers. Variety

Concert held at 7.30 pm on

the second Wednesday of

every month @ the Stoke

Primary School Hall, Main

Road, Stoke. Admission \$2.

Raffles. Supper. Everyone

welcome. Contact:

Sunny Ph. 03 547 2467

Anne Ph. 03 547 2660 (Wk)

## 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.

## 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 Ph. 03 548 5741 or

Megan Ph. 03 547 5252.

## Presbyterian Support

**Harakeke Club** welcomes

people who have had a

diagnosis of Alzheimer's

Disease or another dementia.

We provide opportunities for

socialising, participating in a

varied activities programme,

and more. Mon-Fri, 10.00

am to 3.00 pm. Totara Club

offers day programmes for

older people, socialising

and participating in a

personalised activity

programme. Tue-Fri 10.00

am – 3.00 pm. Both clubs

also provide a two-course

cooked lunch and door-to-

door transport to and from

the centre. Trish Armstrong.

Ph. 03 547 9350.

## Safety & Confidence

Kidpower, Teenpower,

Fullpower Trust

Cornelia Ph. 03 543 2669.

## Sport Tasman

**Give it a go** – here is a

variety of easy activity

options for everyone to try

out. Don't be old, be bold!

New activity each week such

as Tai Chi, Croquet, Petanque

and Aqua Aerobics. Contact

wendy.bet@sporttasman.

org.nz or Wendy on 546

3309. Also add in Pickleball

– Strange name for a fun

game! 9:30am on Thursdays

at Saxton Stadium. Using

a lowered badminton net, a

wiffleball and plastic padder

tennis bats. Contact wendy.

bet@sporttasman.org.nz or

Wendy on 546 3309.

## Stoke Bowling Club

Allen Ph. 03 547 1411.

## Stoke Central Combined

### Probus Club

Meets every 4th Tuesday

10.00 am at Nick Smith's

Rooms, Waimea Rd.

Sue Ph. 03 548 6062.

## Stoke Companions Inc.

Fellowship and aerobics

group for 50+ years. A

reasonable level of fitness.

9.15am, Wednesdays, Stoke

Methodist Hall. Ph 547 6364.

## Stoke Old Time Country

### Music Club

Stoke School Community

Hall. Every 2nd Sunday 6.30

pm. All welcome to a lovely

evening enjoying singing,

keyboards, piano accordians

etc. Contact: Dick Knight,

President 03 542 3527

## Stoke Seniors Club

Contact Ruth, Karen or

Anne, on Ph. 03 547 2660

Email:

stokeseniors@xtra.co.nz

### Regular activities:

**Art class** – Mondays 10.00

am. \$6.

**Scrabble Club** – Mondays

1.00 pm.

**Euchre** – Tuesdays 10.30 am.

**Mah Jong** – Tuesdays 1.00 pm.

**Walking group** – Tuesdays

10.00 am from the Stoke

Memorial Hall carpark. A

casual walk of about 1 hour.

**Sit and Be Fit** exercises

to music – Tuesday and

Wednesday at 11 am. Gold

coin donation. **500 Club** –

Wednesdays 1.00 pm.

**The Sun City Ukés** –

Thursdays, 10.00 am - noon.

Gold coin donation.

All the above classes meet in

the Stoke Memorial Hall.

## Monthly Movie –

Ph. 03 547 2660 for details.

**Housie** – second Tuesday

and last Wednesday of the

month. \$5 a card.

**Social Seniors Choir** –

The Musical Demons meet

Thursdays from 11.00 am

to noon. Contact Anne.

**Girls Own** – Fridays

**Lads @ Large** – Fridays

Monday Out & About

Trips & picnics.

Thursday Out & About

11.00 am. A van tiki-tour.

## Weekly Afternoon

**Entertainment** – contact

office for details. Also Tues-

Thurs Meals – a two-course

meal at midday for \$10

(members), \$12 (non-

members). Ph. 03 547 2660

to book (preferably by 9.30

am the day before).

## Upright and Able for Falls

### Prevention

Free 4-week course for those

over 65 who have had a fall.

Ph: 03 543 7838 or email

Cherie.thomas@nbph.org.

**FOSSIL RIDGE  
BOUTIQUE WINES**

# Creative Writers

Our literary section salutes the short-story writers and poets in the Nelson-Tasman region. Fossil Ridge winery awards a bottle of fine wine for published entries in each issue.

Congratulations to **Garrick Batten**

## MORNING PARADE

*By Garrick Batten*

Forget finding New Zealand's Next Top Model. They are parading the morning reality runway past our window right now in a kaleidoscope of colour.

Here is Colette in burnt orange culottes, contrasted with a salmon blouse and draped black cardigan.

Next is Samantha in khaki raincoat over a form hugging singlet and patterned lemon leggings.

The grunge look is well represented. Shirley has a baby – stained sky blue man's shirt over a Metallica T-shirt and torn black trackpants. Paint-stained jandals.

Some of the models have young children by the hand as accessories, many of them looking divine in their coloured gumboots. Some with minimalist bare feet.

They are all on their way to school.

**SEND ENTRIES TO:** Fossil Ridge Creative Writers, Mudcakes and Roses, HotHouse Communications, 4/203 Queen Street, Richmond 7050 or Email [mudcakes@hothouse.co.nz](mailto:mudcakes@hothouse.co.nz)

### This issue's crossword solutions

P	I	R	A	N	H	A		V	I	B	E	S		
R			N			U		A		I		P		
O		B	Y	L	I	N	E	S		D		A		
V			H			T		E	L	D	E	R		
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M	I	D	G	E				B	E	L	A	T	E	D

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[wine@fossilridge.co.nz](mailto:wine@fossilridge.co.nz)

11am – 4.30pm Wed – Sun SUMMER  
12noon – 3.00pm Wed – Fri WINTER  
Closed Monday and Tuesday



# Sarah Higgins' Diary

By Jessie Bray Sharpin – Collection Inventory Technician, Nelson Provincial Museum

In the Nelson Provincial Museum's collection there is a diary written by one of our region's early pioneers. What makes this one stand out from other settler memoirs is that its author, Sarah Higgins (1830-1923), wrote it after learning to read and write at the age of 74. In the diary she describes coming to Nelson on the ship Bolton with her two brothers and father when she was a girl (leaving England in 1841 when Sarah was ten) and her life in New Zealand from then on. The diary is a rare insight into early colonial life with the detail it gives us, such as a storm in the Bay of Biscay on the voyage out to New Zealand, where the captain's wife was washed out of her cabin three times! Or how, when they first arrived in Nelson and trekked over the hill into Washington Valley to the immigration barracks (where Church Hill is today) to spend the night, her brothers stayed up stoking the fire they had made and took it in turns beating away rats so that Sarah and her father could sleep.

Sarah's mother, and later her stepmother, died in England when she was younger. Sadly her older sister also died on the journey to New Zealand. This meant that Sarah used to visit neighbouring women to learn from them about cooking and housekeeping. One particular occasion she described was the first time she tried to make her father a pancake for his supper. She flipped the pancake, as she had seen one of her mentor's do, and it went straight into the fire! Another time she had more luck, cooking scones on an outdoor fire on the broad end of her father's saw.



In 1849 Sarah married Sydney Higgins. While in their first house at Wakefield, Sarah badly needed a kitchen built onto the house, but Sydney couldn't take the time away from his farm work to build it. So he mixed the mud and Sarah built the twenty by twelve foot kitchen herself!

Sarah and Sydney had eleven children and Sarah became a well known midwife. Her extraordinary



Mrs Sarah Higgins (1830-1923). Nelson Provincial Museum, Tyree Studio Collection: 35822

diary came about when all her children had moved out of home and she had more time on her hands. Sarah was encouraged to write about her life and experiences by friends and family.

Sarah Higgins will be one of several women featured in a talk about women of early Nelson at the Nelson Provincial Museum during Heritage Week. The talk will be on Friday 22 April, times TBC.

#### Sources

Harper, B. 1980. *Petticoat pioneers: South Island women of the colonial era: Book three*. Wellington, N.Z.: A.H. & A.W. Reed.

Higgins, S. ([1912]-1919). *Granny Higgins' diary: Sarah Higgins' reminiscences*. Nelson Provincial Museum Collection: NPM2013.104.1.

The Prow. 'Early Wakefield' by Joy Stephens. <http://www.theprow.org.nz/places/early-wakefield/#.Vt4zLYuheUk> Accessed 08/03/2016

Images supplied by Nelson Provincial Museum

1. Mrs Sarah Higgins (1830-1923). Nelson Provincial Museum, Tyree Studio Collection: 35822
2. Higgins, S. ([1912]-1919). *Granny Higgins' diary: Sarah Higgins' reminiscences*. Nelson Provincial Museum Collection: NPM2013.104.1.

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