

# mudcakes & roses

THE MAGAZINE FOR NELSON TASMAN SENIORS



# Letter from the editor

Over a million New Zealanders participate in volunteering each year, and people aged 65–74 are most likely to be one of them. That's why, in this issue we celebrate some of the people in Nelson / Tasman who volunteer their skills and experience to support individuals and organisations in the region.

Although volunteers are appreciated by the communities they work in, their contribution to the larger economy is sometimes overlooked. A 2013 study of the New Zealand non-profit sector estimated that each year volunteers contribute 157 million unpaid hours of work to non-profit organisations in areas as varied as health, education, recreation, emergency services, conservation, animal welfare and the arts. Total estimated value of these hours? \$3.5 billion!

But these estimates don't take into account the unpaid work which happens outside of any formal structure or organisation. So let's hear it for the helping hands we celebrate in the magazine this month, and to all the other older volunteer heroes!



Re Cambridge



## In this issue

### Volunteering is good for your health

Who'd have thought that working hard for no pay would be so rewarding?

### At home with the Red Cross

The Red Cross is most readily identified with international emergency aid, but they are busy close to home too.

### Grandparents raising children

Grandparenting becomes a full-time job for some grandparents.

### Conversations that count

Talking about serious ill-health, disability, death and dying is challenging. Here's why we should be having these conversations.

### The Accessible Journey

Tasman District Councillor Dana Wensley whose responsibilities include the Positive Ageing portfolio.

Plus healthy eating, media, gardening, country life, books and more!

## Contact us:

E: [mudcakes@hothouse.co.nz](mailto:mudcakes@hothouse.co.nz)  
Post: Mudcakes and Roses,  
PO Box 688, Nelson.

## Contribute

We welcome 500-word contributions from readers. A bottle of Fossil Ridge wine goes to the best piece we publish, which must match the theme of the issue.

## Theme for next issue:

The relationship between humans and animals has existed for thousands of years. Animals live with us in our homes as beloved companions, and we use them in many sporting and work situations. However we also kill them and eat them. We exploit them commercially, and sometimes we subject them to terrible cruelties. In our next issue, we look at the role of animals in our lives and our attitudes towards them.

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# Volunteering improves everyone's wellbeing

Research shows that volunteering is good for your health: volunteers report feeling healthier, more empowered, less stressed and in a better mood as a result of volunteering.



Many people over the age of sixty relocate to Nelson Tasman because of the great lifestyle it offers. Often they are retired, or heading towards retirement – although giving up paid employment rarely means that they want to give up meaningful work, or to stop using their skills or expertise. Many of them want to continue to contribute to society long after retirement and volunteering allows them to do just that.

Age Concern is lucky enough to already have a team of volunteers – some of whom have been with us for over a decade – but we can always use more to help with existing services or to develop new ones. We run a visiting service that matches volunteers with people who are looking for some more company during the week, and we also have a Carer Relief service that provides respite care in the home.

Along with other key agencies, we are investigating initiatives and projects which might combat isolation and loneliness among older people in Nelson. We already know that volunteers will have a vital role to play in keeping older people socially connected and engaged as they age and become more reliant on those around them.

We are also working closely with Volunteer Nelson with their Nelson Connects programme. This project aims to recruit people in the 60+ age group and connect them to over 250 volunteering opportunities in the region. Signing up is easy at [www.volunteernelson.org.nz](http://www.volunteernelson.org.nz) and potential volunteers can make their C.V.s available to Volunteer Nelson's 175 member organisations so a good match can be found between their skills and experience, and volunteer positions. If you have the time, energy and interest in volunteering, please get in touch with us. Whatever your

particular interests and enthusiasms we can help you find a volunteer role to fit.



## THE REWARDS OF VOLUNTEERING

"I just love it. Initially I thought I was just doing it out of kindness to the community, but I have had far more from it, and learnt so much from Beth than I ever thought I would. She's a mine of information and I'm always asking her things! Our whole families have got to know each other – my family know and respect the fact that Thursday is my day with Beth, no matter what. Volunteering is a wonderful way to meet people and give something back."

## CONTACT

AGE CONCERN NELSON TASMAN: Tel (03) 544 7624  
[www.ageconcernnt.org.nz](http://www.ageconcernnt.org.nz)

VOLUNTEER NELSON: Tel (03) 546 7681  
[www.volunteernelson.org.nz](http://www.volunteernelson.org.nz)

## From the archives

These photos of Nelson-Tasman nurses from the late 1800s to the early 1900s were selected by Meredith Rimmer, Registrar at Nelson Provincial Museum, from the museum's Glass Plate Negative Collection.

Nelson Hospital became a training school for nurses in 1897. The 1901 Nurses and Midwives Registration Act required general nurses to train for three years and maternity nurses for two. The Act was the first legislation of its kind in the world, formally recognising the importance of nursing as a profession.

LEFT: Miss Warnock. Nelson Provincial Museum, Tyree Studio Collection: 69258.

CENTRE: Miss Pettitt. Nelson Provincial Museum, Tyree Studio Collection: 82643.

RIGHT: Miss McElligott. Nelson Provincial Museum, Tyree Studio Collection: 79258.



## Books of note

### The Optician of Lampedusa

by Emma Jane Kirby | RRP \$30.00

This is the moving account of how in 2013, Carmine Menna, an optician from the Italian island of Lampedusa rescued 47 people from a sinking illegal migrant vessel though he could do nothing to save 360 others including a mother, whose body was later discovered with her newborn baby still attached to her by its umbilical cord.



### The Chilbury Ladies' Choir

by Jennifer Ryan | RRP \$35.00

A novel set in 1940 in the idyllic Kent village of Chilbury, at a time when sons and husbands are leaving to fight in WWII. An uplifting and moving story about friendship and courage as a group of women help the village endure the effects of war.



### Surviving 7.8: A Nation Responds

by Phil Pennington | RRP \$35.00

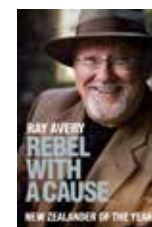
An account of how New Zealanders responded to the second most powerful earthquake in the country's history. The do-it-yourself attitude and steely resolve of those involved is revealed through the stories of the individuals involved – locals and tourists alike.



### Rebel With a Cause

by Ray Avery | RRP \$39.99

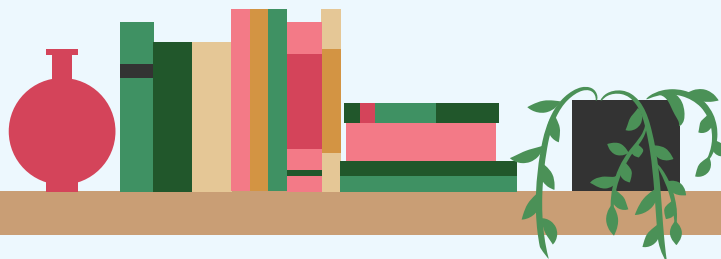
The best-selling memoir of the New Zealander of the Year 2010. A scientist and businessman, Ray Avery developed inexpensive medical solutions to issues facing the third world including lenses for cataract sufferers and low-cost incubators for babies. Funny and moving.



ALL BOOKS AVAILABLE FROM **PAGE AND BLACKMORE**  
NELSON'S AWARD-WINNING INDEPENDENT BOOKSHOP



## TASMAN DISTRICT LIBRARIES



### Health and your library

The library is a great source of information on health and well-being. We've also got plenty to keep you occupied and informed if you're stuck at home nursing a cold, or recovering from a more serious illness or accident.

Here are six great ways to pass the time while you recuperate:

- Listen to one of the many great books we have on CD.
- Catch up on a TV series or movie by watching it on DVD.
- Keep up with current affairs by reading the world's newspapers with PressReader.
- Borrow a jigsaw from our Jigsaw Swap.
- Escape the everyday with a glossy magazine or two.
- Borrow an e-book from our online e-library.

If you're too ill to get to the library, our friendly staff are happy to help family members or friends choose and issue reading material on your behalf.

### Alzheimer's and Dementia Information Sessions

Many of you will know someone with alzheimer's or dementia. Some of you may be caring for someone with these illnesses and are struggling to understand what's going on and how you can help.

Reading about other people's experience can provide support and inspiration and so we have an extensive range of books on alzheimer's.

You might also find our drop-in alzheimer's and dementia sessions at Richmond Library helpful. Field workers from Alzheimer's Nelson are on hand to answer questions and help you find the information you need for your particular situation.

These informal sessions run on the fourth Wednesday of every month from 9.30 am – 11.00 am. The next session is Wednesday 26 April. No booking required.



### MORE INFORMATION

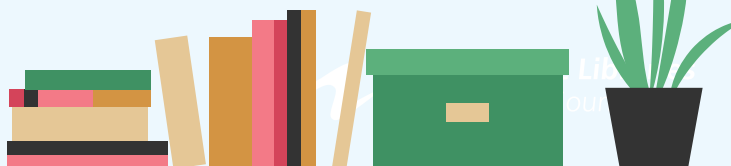
#### Website:

[www.tasmanlibraries.govt.nz](http://www.tasmanlibraries.govt.nz)

#### Telephone:

Richmond 543 8500  
Takaka 525 0059  
Motueka 528 1047  
Murchison 523 1013

## NELSON PUBLIC LIBRARIES



### Volunteers help deliver a better service

Nelson Public Libraries deliver books, magazines, talking books, CDs and DVDs to Nelson residents who are housebound, either temporarily or permanently, and have no access to transport. Our wonderful team of volunteers makes it possible to offer this service free of charge. First, our volunteers meet new home delivery customers to find out what they like to read or listen to. Then, once a fortnight the volunteer will deliver a selection of materials based on this meeting.

We try to match volunteers with customers. The results are often very positive for both parties, creating what is almost a mini "mobile book club for two" and reducing the isolation that's often felt by people who are housebound.

Our volunteers love the contact as much as the customers. Jeannie likes the fact that customers "are people who love reading books as much as I do" and Pam says they are often "people who read widely and have an interesting worldview". They and other volunteers like Margaret and Jill all remark on how customers are so "enthusiastic and thankful for the service".

If you are interested in volunteering, or in the home delivery service, please contact Sue, Megan or Chris at Elma Turner Library: [library@ncc.govt.nz](mailto:library@ncc.govt.nz)

To keep volunteers and customers safe, in what can be a vulnerable situation for both parties, our application process includes police vetting and Health and Safety training developed for us by Age Concern.



### MORE INFORMATION

Phone, email or check our website for more information about Nelson Library programmes and services – within the library and beyond.

**Contact:** 546 8100

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

## Red Cross

Red Cross programmes are about good people doing good things internationally and locally.

After retiring and moving to Nelson three years ago, Nettie Barrow was looking for something that would keep her busy. She'd always been drawn to volunteer work, but being self-employed meant she rarely had time to devote to community work. Retirement offered that opportunity.

"Retirement doesn't have to mean sitting around twiddling your thumbs, at my age you have the time and can make the time," she says.

"There's such a need in society now for voluntary work and such a burden put on the voluntary sector, so it's important now more than ever."

While there were many volunteering positions she was interested in, Nettie felt that the media exposure of the global refugee situation was something she couldn't ignore. Nelson is one of six refugee resettlement locations in New Zealand and Red Cross is the main provider of resettlement support. As part of these programmes, teams of volunteers partner up with families to help them adjust to their new lives in New Zealand. Nettie has supported three different families on their resettlement journey since she started volunteering with Red Cross and has found each of them to be a rewarding experience.

**"As a volunteer you are on the coalface, you're there and you can see the difference you're making to peoples everyday lives," she says.**

"I enjoy watching people build up their confidence and become part of the community."

Over the years, volunteering has also been a great opportunity for Nettie to meet new people and make friends, especially when she first arrived in Nelson.

"It's a great way to meet people," she says, "and if you have any desire to do good, this is a great avenue to contribute to the community."



Good people doing good things is an important part of Red Cross programmes. The team in Nelson is always looking for more refugee support volunteers. If you're interested you can get in touch with [jettie.skerten@redcross.org.nz](mailto:jettie.skerten@redcross.org.nz) or call 546 5012.

### MORE INFORMATION

New Zealand Red Cross  
[nelson@redcross.org.nz](mailto:nelson@redcross.org.nz)  
 03 546 5012



## GRANDPARENTS PARENTING CHILDREN

For most grandparents, the arrival of grandchildren is a special delight. An opportunity to play and love unreservedly, while observing their own children blossom into their new role as parents.

Sadly, for more than six thousand grandparents in New Zealand this is not the case. They don't have the luxury of enjoying their grandchildren, then kissing them goodbye and handing them back to their parents confident that they will be properly loved and cared for.

Instead, they have had to assume full-time care of their grandchildren because of parental neglect or abuse, drug and alcohol addiction, mental instability or domestic violence.

Grandparents Raising Grandchildren was established in 1999 to support grandparents who become full-time caregivers of their grandchildren. Paula Eggers, is just one of the organisation's thirty five volunteer co-ordinators. She's responsible for the Nelson, Motueka and Blenheim area. Paula has raised three of her own grandchildren so she knows just how challenging it is to take on the responsibility of caring for very young, or traumatised children in one's senior years.

"Often the kids arrive on the grandparents' doorstep with no warning," she says. "They're often frightened and upset. When the police or CYFS (Child, Youth and Family) drop

them off they might have nothing with them but a few clothes."

Few grandparents, whatever their circumstances, can turn away their grandchildren when the only other option is state care. However the challenges they face taking on full-time care for even one grandchild is enormous – and many care for two or more grandchildren. The grandparents may have poor health, their homes may be too small and their incomes insufficient to cover the costs of adequately housing, feeding, clothing, entertaining and educating their grandchildren.

But the challenges are not only material. The children may bring with them psychological problems and behaviours as a result of their exposure to drug and alcohol abuse, family violence and neglect.

"Some of them have seen things that you just can't imagine," says Paula. Depending on the situation, there can be ongoing conflict between parents and the grandparents which compounds the difficulties. "The kids don't know where they really belong," says Paula, "and sometimes they see their grandparents as the bad guys."

The organisation helps grandparents negotiate this challenging path in a number of different ways. Through co-ordinators like Paula it hosts regular meetings to provide support and fellowship. Grandparents caring for young grandchildren often feel

out of step with their peers who are enjoying a child-free retirement. And they are much older than the current generation of parents. Contact with other grandparents in the same situation can help with the sense of isolation this causes.

The organisation also guides grandparents through the complicated issues surrounding custody and other legal issues and helps them access the financial and other support they need to meet the demands of their full-time caretaking role. Expert practical advice and information is available on the organisation's website including a grandparenting "Toolbox" on DVD.

In the longer term, Grandparents Raising Grandchildren acts as a lobby group which highlights the special needs of its members and facilitates changes to the legal and regulatory environment surrounding full-time caregiver grandparents.

Above all, Grandparents Raising Grandchildren strives to empower grandparents to rebuild the lives of their grandchildren by providing them with a safe, secure and nurturing home.

### CONTACT

Local Support Co-ordinator

Paula Eggers: Ph. 03 544 5714

Email: paulaegggers2000@yahoo.com.au

Website [www.grg.org.nz](http://www.grg.org.nz)

## DIFFICULT BUT IMPORTANT CONVERSATIONS

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**What medical treatment would you want if you had a life-threatening illness? Would you want to be kept comfortable with your pain controlled, or for your life to be prolonged with active life-support medical treatments?**

**Have you talked about important matters like these with those closest to you? Have you recorded your wishes in an Advanced Care Plan?**

The aim of Conversations that Count Day (5 April 2017) is to encourage people to think about, talk about and plan for their future and end-of-life care.

An Advanced Care Plan can help your loved ones make decisions on your behalf that reflect your own wishes and give them the confidence that they are doing the right thing for you.

Your plan might include your own treatment and care, and the ways you would like those caring for you to look after your spiritual, cultural and emotional needs. It might even

include what you would like to happen to your pets.

Having and sharing a plan is particularly important if you become too unwell or have a medical emergency which means you are unable to tell your loved ones and health care team what you want.

Having a “conversation that counts” and drawing up an Advanced Care Plan is a valuable gift to friends, family and whanau as it gives them the confidence to make decisions on your behalf.



### MORE INFO:

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

This website has a number of videos and downloadable guides that will help you begin conversations that count, and assist with advance care planning.



## Multi Media Matters

*Annabel Schuler has spent all her working life in the media – as a journalist, and tutoring journalism and communications. In this column she'll be writing about the changes that technology has made to everyday life. She will also be digging up gems of news and information from the web of relevance to older readers.*



### BEWARE INTERNET FRAUD

Many of us enjoy the ease and convenience of managing our bank accounts 24/7 by using internet banking. Follow a quick login process and you can pay other people, transfer money between your accounts and put money into the grandchildren's bank accounts. With a credit card the world is your oyster so you can buy as many pearls as you like.

I have used internet banking for years but like many people I probably keep a closer eye on the account I use for regular transactions and take less notice of the credit card balance until it is time to make a payment.

One day recently my eye travelled through several account summaries and halted at a stop when I saw the credit card balance. One more swift click and it was clear someone had accessed the card and used it to make 10 payments ranging in value from \$166.00 to \$187.95 – all to a London-based online money exchange and marked "pending". I immediately phoned the bank which froze the payments and stopped the account. That was the easy bit.

The account is in joint names so the bank was too smart to get itself into a

situation where one partner had run up some bills without the knowledge of the other.

Following bank protocol we filled out declarations vowing neither of us had made the payments and now we wait for the bank's disputed transactions team to do their work. After what seemed an unnecessary delay, during which the "pending" charges became actual charges, the unauthorised payments were removed from the credit card account, but we have even had to pay interest on them – to be discussed with the bank at a later date I assure you.

Luck was on our side this time. I halted the process before thieves got their hands on money that we may have had to repay later but it is a cautionary tale in keeping a really close eye on your online access to bank accounts and check the balances regularly.

Cartels of criminals around the world make a good living swindling innocent people out of their hard-earned money using the accessibility and anonymity provided by the internet.

The techniques they use include "phishing" which is the use of fake emails or other plausible means to



obtain a person's credit card number or trick them into handing over access to their bank account. These emails seem very credible when they land in your inbox and many people have been tricked into giving their details. If this happens to you contact your bank immediately.

"Skimming" is also rife and generally takes place at automatic teller machines (ATMs) where criminals place a hard-to-spot device over the existing hardware to read your details which are embedded in the magnetic strip on your card. Banks are wise to this and try to prevent these devices to be used. Their websites carry good advice on how to spot skimming devices.

In life with every plus there comes a minus and in this case the ease and practicality of internet banking comes with the caveat that you must take responsibility for the security of your accounts by staying alert, checking those accounts regularly and calling in the bank the moment you spot anything wrong.

# HERITAGE

## 18-23 April 2017 WEEK

Heritage Week this year celebrates Nelson's past with plenty of free and low cost exhibitions, theatre, workshops and special events for all ages.



The Tape Art team will be celebrating traditional home crafts at Elma Turner Library as they create an extraordinary cellophane mural to hang in the library window. Anyone who would like to be part of the creative process can attend their free workshops at the library and Broadgreen Historic House.

Peter Wedde will be giving free appraisals of antiques and heirlooms at Melrose House and sharing memories of his 40 year career as an antique dealer. At Broadgreen Historic House, textile expert Karen Richards will be giving tips on caring for textile treasures.

If you prefer a little drama you can attend *The Domestic Dilemma* about the lives of servants in the Broadgreen household in the 1860s. *Too Many*

*Cooks at Isel House* will give a glimpse into life below the stairs in the Marsden household of the 1920s.

*An Avro to Naumai at the Suter Theatre* is a delightful dramatisation of the first flight into Nelson. Also at the Suter, in the McKee Gallery, there will be an exhibition of photos by Nelson Camera Club members which capture the beauty of some of Nelson's finest heritage buildings.

A new history panel has been erected in Seymour Avenue so the neighbourhood is coming out to celebrate, stepping back in time in this tree lined heritage precinct. You're invited to discover the history of your own home with *Heritage New Zealand*, or take a guided tour of three private homes that have been lovingly restored. The Ernest Rutherford Retirement village is hosting an armchair tour along the Stoke Legacy Trail, followed by afternoon tea.

Family-oriented activities will include orienteering at Isel Park, a build your own weta house session at Fairfield House or a miniature Nelson Village at Founders Heritage Park. Participants

will be invited to populate and decorate the village with creations made at workshops at the library. And then there's the Heritage Week Quiz, at the Elma Turner Library, which involves a search for the homes of some unusual inhabitants. Prizes include movie and swim passes.

Heritage Week ends with the Founders ANZAC Fair with a full day of family entertainment and time for a quiet moment of reflection in the Garden of Remembrance.

### OTHER HERITAGE WEEK HIGHLIGHTS

Picnic at the Peace Grove and enjoy the legacy of Nelson's peace movement and stories on the road to becoming nuclear free. Have a good laugh about some of New Zealand's crazier inventions from devotees of Number 8 fencing wire in the delightful film *Extraordinary Inventions*, or try a late night at the museum and be inspired by some local ingenuity. Discover some new angles on crime in Maungatapu, a gripping short play about Nelson's famous murder, that continues to fascinate us well over a one hundred years later.

### MORE INFO:

The Heritage Week Programme is available from Nelson and Tasman Libraries or Nelson City Council, or online at [www.nelson.govt.nz/heritage-week](http://www.nelson.govt.nz/heritage-week). Book early as numbers are limited in some venues.



## Food for Thought

Marion van Oeveren is a Registered Dietitian who specialises in nutrition for older people. She is also a passionate cook and gardener. Marion runs a part-time dietitian practice alongside offering nutrition and craft workshops from her home, Mahoe Hills, in the Wairoa Gorge, Brightwater.



### EATING A RAINBOW

I don't believe everything I read about nutrition in the popular media or on the internet, but a recent headline caught my eye. A UK-based study found that eating 10+ servings of fruit and vegetables per day can help prevent lifestyle disease and can add years to life. The study looked at research from all around the world and a total of two million people were included. The study found that eating fruit and vegetables reduces the risk of heart disease, stroke, cancer and premature death.

Current advice from our Ministry of Health is to eat 5+ (five or more) servings of fruit and vegetables a day. However, the 2013/2014 New Zealand Health Survey found that only approximately 60% of us eat 3+ vegetables a day and 45% of us eat 2+ fruit a day. If 50% of us are not achieving 5+ a day, recommending 10+ (or 800gms) a day seems rather unrealistic!

I suggest that it's best not to get hung up on counting servings but simply think about how to add more fruit and vegetables into the day – the more the better. This particularly applies to vegetables as they have a lower sugar content than fruit. However, eating fresh whole fruit (not juiced) is an excellent way to ingest vitamins and

anti-oxidants. Even eating a few servings of fruit and vegetables makes a positive difference, compared to eating very little or none.

There are so many easy ways to introduce more fruit and vegetables into our diets. At breakfast you can add fresh or stewed fruit to cereal or porridge. I love the combination of blueberries and banana on cinnamon porridge. Grainy toast with tomatoes, mushrooms, spinach and poached eggs is another of my favourite breakfasts.

You will often find that a "rainbow" of colour is recommended and this is for good reasons. There are thousands of natural chemicals, called phytonutrients in foods and these are often associated with the colour of the food. Purple and red foods such as blueberries, blackcurrants, red cabbage and eggplant have been called anti-agers. They contain anthocyanins which reduce the risk of heart disease, cancer and cognitive decline. Another example are glucosinolates in cruciferous vegetables such as broccoli, kale and cauliflower. Glucosinolates give these vegetables their typical smell and taste and they protect against cancer.

A large variety of vegetables can be added to soups, casseroles, pasta

dishes, quiches, stir fries and snack platters. Every season has low cost seasonal options and vegetables such as cabbage, carrots, broccoli, onions, kumara, pumpkin and silverbeet are available most of the year. Frozen and canned vegetables also count. Frozen peas and corn and canned tomatoes can easily be added to many different dishes. Frozen berries are another colourful and nutritious addition to the diet all year round.

All the different phytonutrients from fruit and vegetables have different effects on the body and they work in synergy with one and other. Other plant foods such as wholegrains, legumes, nuts and green tea also contain phytonutrients. This complexity isn't easily replicated in a pill so it is best to eat whole plant foods instead of relying on vitamin or anti-oxidant supplements.



Research has very convincingly proved that eating fruit and vegetables is good for you. How many servings can you fit into your day?

#### SEND YOUR QUESTIONS AND SUGGESTIONS TO:

marion@mahoehills.co.nz  
PO Box 9029 Annesbrook  
Nelson 7011

# THE ACCESSIBLE JOURNEY

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## Planning and creating accessible public spaces helps everyone enjoy community life to the full.

Life is a journey. Like any travel, not all of us approach it the same way. Some, attack life as if it were a shopping list. Tasks must be set along the way, and checked off with military precision. "There is nothing so fatal to character as half-finished tasks," was the view espoused by David Lloyd George. But others are happy to adopt a more leisurely pace. Meandering through life, taking chances that come their way. "Not all those who wander are lost," J.R.R. Tolkien once famously reminded us, suggesting that it's okay to allow the world to unfold around us.

Whichever philosophy you adopt, there is no right or wrong. But with increasing age, it becomes harder to just let life unfold. Everyday journeys require more planning. "Does the building have steps or a ramp?" is one question that arises. "Is the entrance wide enough to accommodate a walker?" And once inside, other issues rear their ugly heads. "Are the aisles wide enough to allow a walker or wheelchair to turn freely? Are the floors slip resistant?"

It's not just the ageing population that is affected by issues of accessibility. Parents with strollers often struggle to open heavy doors. People with hearing loss need signage that is informative, readable, and in a print colour that contrasts with the background. Those

visually impaired need braille on signs for washrooms, exits, and stairs.

In the Nelson / Tasman region we have an increasingly ageing population who want to maintain an active and connected lifestyle. This means that in our community we need to ensure that we are making accessible public spaces which will allow the full involvement of everyone, whatever their accessibility needs.

When I spoke to the "Positive Ageing" forum a while ago I used the phrase "Are we building the world we want" to talk about the Accessibility for All Forum. The forum, managed by the Tasman District Council, is community-led and with the aim of developing practical solutions to accessibility barriers. It advocates at a strategic level with input from community groups, Nelson City Council and the Tasman District Council, to examine the whole accessible journey of those living in the Nelson / Tasman region.

With the Queen Street upgrade now underway in Richmond, the forum has been involved with assisting with the placement of the new alternative bus routes. Not only in terms of accessibility, but in ensuring that information about the upgrade, and associated hazards, is communicated appropriately to the community.

One issue that was raised in the last meeting was how those with visual impairment can be kept up to date about the upgrade. Working with groups like the Blind Foundation, the Tasman District Council has been able to provide updates

through the Foundation's Telephone Information Service (TIS). This service allows users to find out what's happening in their area, hear Blind Foundation news, and get information on special areas of interest. This vital link about the upgrade was initiated through the forum at the request of the Nelson branch of Blind Citizens NZ. Building accessible communities reduces social isolation which is a growing concern. Accessible communities play a vital role in terms of improving health, and physical/emotional wellbeing.

Lonely Planet publications now feature travel tips for those travelling with accessibility issues, ranking the top ten destinations across the globe. For the 2012 London Olympic Games, Time Out published a travel guide to London aimed specifically at those needing extra information about travelling in London with wheelchair or mobility issues.

At 80 years old and after a major stroke, my father still dreamed of travel. While he never travelled again, others do. Like 27 year-old globe-trotter John Morris. Told he would never travel again after a major car accident that left him a triple amputee (both legs and an arm were amputated) he now makes a living with an inspirational blog about his adventures spanning Asia, the Middle East, United States and Europe on the website [www.wheelchairtravel.org](http://www.wheelchairtravel.org).

The world is a changing place. It is heartening to see how our community can adapt and grow to accommodate the need of its population.

### CONTRIBUTOR:

Tasman District Councillor Dana Wensley sits on the Environment & Planning Committee amongst others, and whose responsibilities include the Positive Ageing portfolio.

## Gardening

*Philippa Foes-Lamb is a passionate plant woman and gardener, as well as an artist, writer and radio show host. She runs her own heirloom perennial nursery and grows top quality vegetable and flower seedlings, and perennials for Bay Landscapes.*



### THE TURN OF THE SEASON

I adore Autumn because the light softens, enhancing autumn colours and turning our thoughts to planting bulbs for glorious colour in spring.

Planting bulbs ensures you will have lots of colour in the garden from late winter and throughout spring. Here are some tips to help you plant different varieties of bulbs at the right time.

Early-flowering bulbs such as crocus, anemone, ranunculus and Jonquil "Early Cheer" need to be in the ground by mid-April. Other daffodils can be planted until early May when it's time to plant tulips.

There can be some confusion about the difference between jonquils and daffodils. Jonquils (*Narcissus jonquilla*) are a specific type of daffodil that have dark green tube-shaped leaves as opposed to the flat leaves of other daffodils (*Narcissus pseudonarcissus*). They also tend to have clusters of several very fragrant flowers instead of one single bloom.

All *Narcissus* are the true treasures of Spring, lighting up our gardens and gladdening our hearts. There are so many varieties to choose from, so it is a great idea to take your time when

selecting them. My favourites are the traditional "King Alfred" variety with its huge golden trumpets and some double varieties.

I plant narcissus in groups of three amongst my perennials because they flower just as the perennials are putting on their lush spring growth.

Try naturalising them under trees or in a grassy area. Stand with your back to the area you want to naturalise them in and then toss the bulbs over your shoulder, planting them where they land! The bulbs will multiply year after year.

Tulips benefit from a few weeks in the fridge before being planted in early May. Put them in a paper bag as plastic bags cause them to rot and mark them clearly because they do look a bit like shallots and you don't want to eat them!

*Anemone blanda* (woodland anemones) grow to 10cm and have delicate flat flowers in shades of blue, pink and white. They look beautiful naturalised under trees and shrubs too, relishing partial shade.

If you want to try growing something different look for bulb varieties such as *Babiana*, *Erythronium* (dog tooth



violets), *Ixia*, *Lachenalia*, *Muscari*, *Ornithogalum* or *Scilla* (bluebells).

All varieties of bulbs look stunning in containers. There are specific bulb potting mixes but any good quality potting mix will provide them with the nutrients they need. You can also mix a bit of bone flour in with your potting mix (2 - 3 teaspoons per 10 litre container).

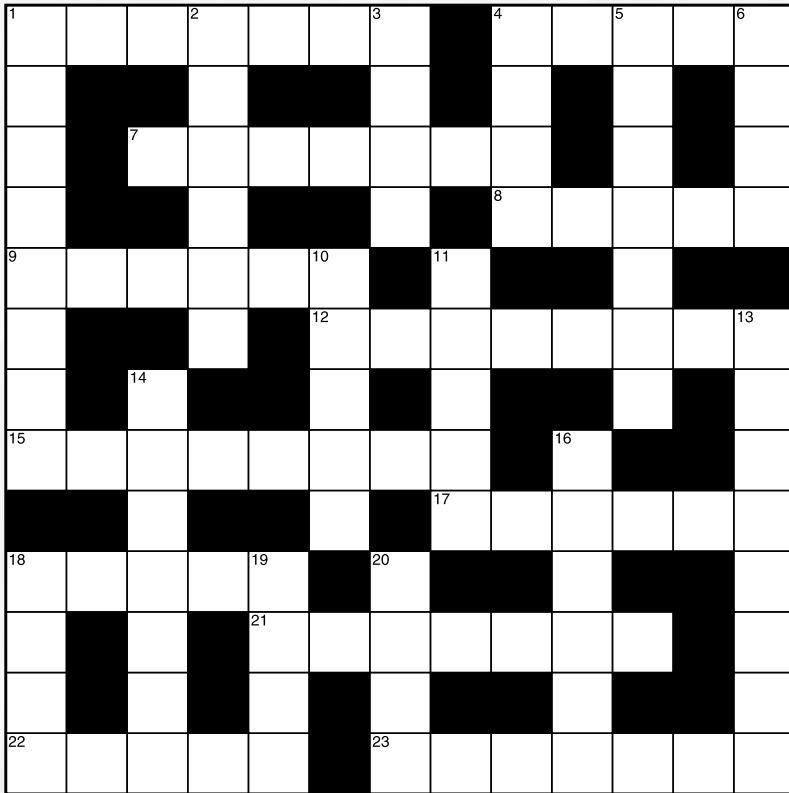
Dwarf tulips, *Anemone blanda* and daffodils such as "Tete-a-Tete" combined with pansies or violas are a perfect combination.

Before planting bulbs in the garden sprinkle some bone flour or granular bulb food onto the soil, water it in well and then dig the area over thoroughly. A good rule of thumb is to dig a hole twice the depth of the size of the bulb. One exception to this rule are tulips. Planting them 15cm (six inches) deep ensures they perform well for several years

**SEND YOUR QUESTIONS AND SUGGESTIONS TO:**

[foeslamb@xtra.co.nz](mailto:foeslamb@xtra.co.nz)

## CROSSWORD



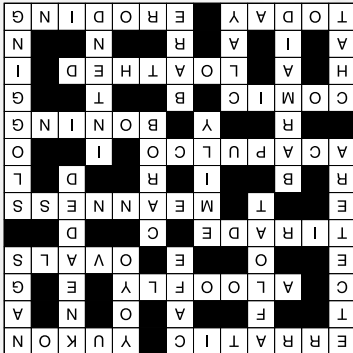
### ACROSS

1. Unpredictable
4. Alaskan river
7. Unsociably
8. Egg-like shapes
9. Mouthful of abuse
12. Lack of generosity
15. Mexican resort city
17. Filleting
18. Superhero magazine
21. Abhorred
22. Now
23. Wearing down

### DOWN

1. And so on (2,6)
2. Not sinking
3. Coffee shop
4. Child's toy (2-2)
5. Massaged
6. Henpecks
10. Actress, ... Blunt
11. Chocolate substitute
13. Toiling
14. Drinks server
16. Propose
18. Chinwag
19. Potter's medium
20. Naked

### Crossword Solution



### Sudoku Solution

1	8	9	3	4	7	6	2	5
3	4	2	6	9	5	8	7	1
5	9	7	8	2	1	3	4	9
8	5	1	7	3	9	2	6	4
2	7	3	4	6	8	5	9	1
4	9	6	5	1	2	7	8	3
6	5	1	2	7	4	9	3	8
7	4	2	9	8	3	1	5	6
9	3	8	1	5	6	4	7	2

## SUDOKU

Each row, column and 3x3 square should contain the digits 1 – 9

2			6		1			
	5						4	
				7				5
3								9
1				6				2
	6							8
	4			2				
		8					4	
						3		1

Thanks to Tasman resident 80 year-old Diny van Oeveren for creating our Sudoku puzzles

## A view from the country

Garrick Batten is a retired livestock and horticultural farmer, and former MAF Regional Manager for the northern South Island. In this column, he continues a lifetime of communicating with and about rural society.



### HELPING HANDS IN RURAL COMMUNITIES

The massive whale stranding in mid-February dominated the media until it was burnt off by Christchurch fires. To some it was all about the whales or even spirituality, but to Golden Bay it was about coming together to help.

That's what you do in rural communities. It doesn't matter if it's a major event like a district flood, or a single farm tractor accident – there will always be helping hands. Mutual support in rural communities still happens but there have been dramatic changes in the last few generations in the importance of the help that's given and the hands that do the helping.

WWII was the impetus behind many changes. The urgency of war meant that money and brains were applied to developments in machinery, materials, medicines and methods. Many developments were applied on farms to reduce the reliance on manual labour. Pasture rapidly reverting to scrub could be reclaimed by machines rather than axe and slasher. Men stumbling over burnt logs and hand-throwing fertiliser were replaced by Tiger Moths and later more sophisticated aircraft, flown by pilots reliving wartime experiences.

Mechanisation also influenced other farm labour. Fence posts could be driven or holes bored by machine. Children were no longer teasingly sent to the store to buy a packet of postholes. Although some dairy herds were still hand-milked post-war, human hands were soon replaced by vacuum-powered cups, and then automatic cup removal by 1971. Now, although apples are still picked by hand, they're electronically graded for size and colour. Berries are not picked by young people on summer holidays (with a romance as a bonus) or gangs of children. They have been replaced by monstrous machines.

Rural children were helping hands with farm animals from an early age culminating in the annual show where calf and lamb rearing skills were on display. The by-product was well-rounded adults developed through life and work experience with nature, plants and animals. Now children are just as likely to be helping their fathers with the mysteries of computing.

War removed men from the land. Women ably replaced them in many roles which they later parlayed into liberation from traditional roles to seek other outlets for their talents.



Electric washing machines, stoves, vacuum cleaners and kitchen equipment reduced drudgery.

This freed some women to apply their now-skilled helping hands on the farm, rearing calves, feeding orphan animals, and handling wool during shearing. They also provided essential help at key times on one-man farms while continuing to feed farm visitors and contractors.

Technology may have reduced reliance on manual work in the rural sector but helping hands are still vitally important. In their coverage of the Port Hill fires, The Christchurch Press quoted a ninety-year-old woman who'd been making cheese scones for the Fire Service and Police since sun-up.

**“That's what you do in difficult times,” she said “You look after each other as best you can”.**

# SERVICE DIRECTORY

## COVERS BOTH THE TASMAN AND NELSON DISTRICT

### Age Concern

Offering support services, information and advocacy. Our services include Elder Abuse & Neglect advice and support, and an accredited visitor service. Ph. 03 544 7624. Richmond Office: 62 Oxford Street.

### Alzheimers Society

Supporting all those living with dementia in our community. Our service provides information, education and advice to all those affected by dementia. Ph. 0800 004 001/546 7702

### Arthritis New Zealand

Services available in Nelson; Sit and be Fit, Pool sessions at Nelson Hospital Pool. All services managed from Christchurch. Free Ph. 0800 663 463 for more information. An arthritis educator is also available.

### Asthma Society (Better Breathing Classes)

Ph. 03 544 1562 for times and venues in each region.

### Brook Sanctuary

Volunteering can be an extremely rewarding experience and there are plenty of opportunities at the Brook Waimarama Sanctuary. We need Visitor Centre Volunteers, Hosts for Public Events, Track Cutting, Invasive Plant Control, Trapping and Lizard Monitoring volunteers. W. [www.brooksanctuary.org.nz/support](http://www.brooksanctuary.org.nz/support) Ph. 03 539 4920

### 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 held in Stoke, Richmond, Motueka and Golden Bay. Please phone for an appointment. Ph. 03 548 3270

### Hearing Therapy Services Life Unlimited

Free MOH service 16+ providing screening, guidance with management of hearing loss issues including tinnitus. Bookings Ph. 0800 008 011

### Mobile Toe Nail Cutting Service

A new option for people who are unable to reach or see to trim their own toe nails. In your own home or residential

care facility. Contact Lisa who has 28 years of nursing experience. Ph. 03 526 7420 or 027 821 1803

### 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. Ph. 03 546 8100.

### Senior Net (Nelson)

Computer instruction for people aged 50+. Clubrooms at Pioneer Park, Hastings Street. Ph. 03 548 9401

### Stroke Foundation

Inquiries to Anne-Marie, Community Stroke Advisor on Ph. 03 545 8183 or 027 455 8302

### Upright and Able for Falls Prevention

Free four week course for those over 65 who have had a fall. For more info: Ph. 03 543 7838 E. [cherie.thomas@nbph.org.nz](mailto:cherie.thomas@nbph.org.nz)

## GOLDEN BAY

### Astanga Yoga

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

### Friends of Golden Bay

Ph. 03 524 8130 (Don)

### Genealogical Group

St John Rooms, A&P Showgrounds, Ph. 03 525 8086 (Sally) E. [pands@gaffneys.co.nz](mailto:pands@gaffneys.co.nz)

### Gentle Exercise Class

(through Golden Bay Physio Clinic) Golden Bay Community Health, Mondays 10.00 – 11.00 am (Free). Ph. 03 525 0105 (Erica) E. [ericaphysiogoldenbay.co.nz](mailto:ericaphysiogoldenbay.co.nz)

### Golden Bay Contract Bridge Club

Golden Bay Community Centre, Commercial St, Takaka. Weds 7.00 pm & Fri 1.00 pm. Ph. 03 525 9744 (Leigh)

### Golden Bay Garden Club

Ph. 03 525 8455 (Anne)

### Golden Bay Patchwork and Quilters Guild

Ph. 03 524 8487 (Liza)

### Indoor Bowls/Cards

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

### Marble Mountain Country Music Club

4th Sunday of each month at the Senior Citizens Clubrooms. Ph. 03 525 9966 (Margaret)

### Motupipi Indoor Bowling Club

Thursdays 7.30 pm at the Senior Citizens Clubrooms. Supper & games for \$3. Ph. 03 525 9491 (Nancy)

### Pohara Bowling Club

Ph. 03 525 9621 (Jennifer)

### Puramahoi Table Tennis

Ph. 03 525 7127 (Rene)

### Relaxation and Restoration Yoga

Yoga for all in Takaka township. Small groups for individual attention. Private sessions as well. Learn how to use your breath and gentle movements to calm the body and mind. Ph. 03 525 7422 (Terry)

### SeniorNet (Golden Bay)

Beginner courses in home computing, based in clubrooms at Takaka Showgrounds. Ph. 03 525 9569 (Sally) Ph. 03 525 7465 (Morfydd)

### Sit and Be Fit

Golden Bay Community Centre: Tues, 10.15 am – 11.15 am. Ph. 03 525 8770 (Jacinda) Collingwood Memorial Hall: Thurs 10.00 am – 11.00 am. Ph. 03 525 8770 (Jacinda) or Ph. 03 525 9728 (Jo). \$2 donation.

### Takaka Golf Club

Ph. 03 525 9054

### Takaka Golf Club Ladies Section

Ph. 03 525 573 (Rhonda Lash)

### Takaka Spinning Group

Ph. 03 524 8146 (Margaret)

### Takaka Table Tennis

Ph. 03 525 7127 (Rene)

### University of the Third Age

Ph. 03 525 7202 (Moira)

### Uruwhenua Women's Institute

2nd Tuesday each month 1.30pm. Ph. Nancy 03 525 9491 for venue.

### Wednesday Walkers

Meet at Information Centre Carpark, Takaka – leaving 9.00 am. Bring morning tea/ lunch, raincoat, light boots or walking shoes. Ph. 03 525 7440 (Piers Maclaren).

## HOPE

### Hope Midweek Badminton Club

Wednesday mornings. Ph. 03 541 9200 (Carolyn).

### Nelson Veterans Tennis Club

Hope Courts every Thursday. Ph. 03 547 6916 (Leona)

## MAPUA

### Sioux Line Dance

Tuesday – Mapua Community Hall

Beginner Class, 9.00 am – 10.00 am. Improver Class, 10.00 am – 11.30 am

Ph. 03 528 6788

E. [sioux.wilson@yahoo.com.au](mailto:sioux.wilson@yahoo.com.au)

### Low-Impact Aerobics and Pilates

Wakefield, Upper Moutere & Mapua. Ph. 03 543 2268 (Lynda)

### Mapua Craft Group

Meets every Friday in the supper room at Hills Community Church from 10.00 am – noon (term time only) for simple craft work. Plus guest speakers, demonstrations & group outings. Morning tea provided.

Ph. 03 540 3602 (Julie Cox) E. [juliecox@xtra.co.nz](mailto:juliecox@xtra.co.nz)

### Mapua Friendship Club

Mapua Public Hall. Ph. 03 540 3685 (Valerie)

### Mapua Bowling Club

Ph. 03 540 2934 (Dave)

## MOTUEKA

### Cycling

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

### Indoor Bowls

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

### Sioux Line Dance

Thursday – Motueka Memorial Hall. Beginner Class, 6.30 pm – 7.30 pm. Improver Class, 7.30 pm – 8.30 pm. Ph. 03 528 6788 E. [sioux.wilson@yahoo.com.au](mailto:sioux.wilson@yahoo.com.au)

### Marching

Motueka Veteranettes Marching Team Ph. 03 528 9125 (Bev)

### Motueka 50+ Walking Group

All walks leave Deck's Reserve car park, where transport is arranged. Meetings last Thurs each month in RSA Club, High St, Motueka at 9.30 am.

Ph. 03 528 7276 (Secretary Yvonne Hope)

Ph. 03 528 6290 (President Nora Morris)

Alternate walks: Ph. 03 528 4559 (Frances Neumann)

Walk schedule:

W. [motueka50pluswalkers.org.nz](http://motueka50pluswalkers.org.nz)

### Motueka and District Historical Association

Meets fourth Saturday of the month, April to November, Community House, Decks Reserve 1.30 pm.

Ph. 03 528 8241 (Coralie)

### Motueka Bowling Club

Ph. 03 528 5412 (Peter)

### Motueka District Museum – Pupuri Taonga

(Dec – March) Monday to Friday 10.00 am – 3.00 pm. Sunday 10.00 am – 2.00 pm. (April–November) Tuesday to Friday 10.00 am – 3.00 pm. Sunday 10.00am – 2.00 pm. Closed Public Holidays. 140 High Street.

Ph. 03 528 7660

E. [savepats@snap.net.nz](mailto:savepats@snap.net.nz)

### Motueka Scottish Country Dancing Club

Wednesday night dancing, 7.30 pm Scout Den, Lower Moutere Hall.

Ph. 03 543 2134 (Roger)

Ph. 03 526 7096 (Vicky)

### Motueka Senior Citizen's Assn Inc – 50+

Pah St Motueka: (behind the Motueka Library)

### Indoor bowls:

Mon & Wed 1.00 – 3.00 pm. Ph. 03 528 7104 (Terry) Ph. 03 528 7960 (George)

Rummikub: Thursdays

1.00 – 3.00 pm. Ph. 03 526 8796. (Mavis)

Various Activities: 2nd Friday of the month

1.30 – 3.30 pm. Fun, simple games, darts, cards etc. Ph. 03 528 8960 (Dylis)

Housie: 3rd Friday of the month 2.00 – 3.00 pm.

Ph. 027 717 018 (Dot) Ph. 03 528 8960 (Dylis)

Monthly Social: 4th Friday of the month, 2.00 – 3.30 pm, speakers or entertainment. Annual subs \$15 and \$2.00 for each session. Light refreshments served at



# SERVICE DIRECTORY

each session. No prior experience needed as assistance is available.

## Motueka Recreational Centre

### Senior Activity Programmes:

**Mondays:** Silver Trekkers, 9.30 am, Cost \$4; Social Badminton, 11.00 am, Cost \$4; Ease into Boot Camp, 1.00 pm, Cost \$5.

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

**Wednesdays:** 60+ Gymmers, 9.30 am, Cost \$4 or \$40 concession card of 10; KickStart (Green Prescription), 1.00 pm, Cost \$4; Badminton, 2.00 pm, Cost \$4. Ease into Boot Camp, 11.00 am, Cost \$5. **Thursday:** Sit n Be Fit, 10.30 am, Cost \$4.

**Friday:** Interval Walking Circuit, 9.30 am, Cost \$4; 60+ Gymmers, 11.00 am, Cost \$4 or \$40 concession card of 10.

## Motueka Social Dance Group

Dances at Mapua Hall, 7.30 – 11.00 pm  
Ph. 03 528 5363 (Gary)

## Riwaka Bowling Club

School Rd, Riwaka.  
Ph. 03 528 4604 (Kathy)  
Ph. 03 528 8347 (Pat)

## Riwaka Croquet Club

Ph. 03 528 9704 (Sally)

## Scottish Country Dancing

Ph. 03 543 2989 (Valerie)

## Social Recreation

Kiwi Seniors (Motueka)  
Ph. 03 528 7817 (Vonnice)

## Yoga

Dru Yoga classes in Upper Moutere.  
Ph. 03 527 8069 (Jill)

## MURCHISON

### Murchison Sport, Recreation & Cultural Centre

Find out what is happening: [www.murchisoncentre.co.nz](http://www.murchisoncentre.co.nz)  
E. [murchison.centre@clear.net.nz](mailto:murchison.centre@clear.net.nz)  
Ph. 03 523 9360

Murchison Golden Oldies  
Ph. 03 523 9792 (Hamish Reith)

## NELSON

### 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.  
Ph. 03 547 0198 (Angie)

## Aquatics/Swimming/Gym

Riverside Pool  
Ph. 03 546 3221

## Belly Dancing

Zenda Middle Eastern dancing  
Ph. 027 689 0558 (Debbie)  
E. [dbsumner@xtra.co.nz](mailto:dbsumner@xtra.co.nz) or  
Ph. 03 548 8707 (Gretchen)

## Breast Prostheses and Mastectomy bras

11 Keats Crescent, Stoke  
Helen Clements  
Ph. 03 547 5378  
W. [www.classiccontours.co.nz](http://www.classiccontours.co.nz)

## Cardiac Support Group

Information and support to people affected by cardiovascular disease.  
Ph. 03 545 7112 (Averil)

## Community Heart and Diabetes Services

Nelson Bays Primary Health for education, awareness and support.

Ph. 03 543 7836 (Bee Williamson)  
M. 021 409 552  
Free Ph. 0800 731 317

## Golf Croquet

Nelson–Hinemoa,  
Ph. 03 548 2190 (Bev)

## Government Superannuitants association

Ph. 538 0233 (Margaret)  
E. [nelson@gsa.org.nz](mailto:nelson@gsa.org.nz)

## Grandparents raising Grandchildren

Ph. 03 544 5714 (Paula)

## Line Dancing

10.00 am Tuesday/  
Thursday. Nelson Suburban Club. Free morning tea. All ages & gender, gentle cardio.  
Ph. 03 547 9280  
M. 0274 491 569  
E. [dianeneil@ts.co.nz](mailto:dianeneil@ts.co.nz)

## Marching

Silveraires Leisure Marching.  
Ph. 03 548 9527 (Diana)

## Nelson Electronic Organ and Keyboard Club

First Tuesday of each month, Stoke School Hall, 7.30pm. \$2 Supper provided. All new members welcome.  
Ph. 03 540 3288 (Valerie)

## Nelson Grey Power

Nelson Grey Power is a lobby organisation promoting the welfare and wellbeing of all those citizens 50+.  
Ph. 03 547 2457  
E. [nelsongreypower@xtra.co.nz](mailto:nelsongreypower@xtra.co.nz)

## Nelson Male Voice Choir

Rehearsals: Reformed Church, Enner Glynn, Monday 6.45pm.  
Ph. 03 548 4657 (Dick)  
Ph. 03 544 3131 (John)

## Nelson Petanque Club

Wed and Sun 1.15pm. Behind the Trafalgar Park grandstand, off Trafalgar Park Lane. Boules and tuition provided.  
Ph. 03 545 0070 (Adrienne)

## Nelson Philatelic Society

Stamp collectors meet second Tuesday of the month (Summer) 7.30 pm. Second Sunday (Winter) 1.30 pm, Stoke School.  
Ph. 03 547 7516 (Len)

## Nelson Provincial Museum

For details, visit [www.nelsonmuseum.co.nz](http://www.nelsonmuseum.co.nz)

## Nelson Social Dancing Club

Dance at Club Waimea, Queen Street, Richmond 7.30 pm to 11.15 pm the second Saturday of each month. Ballroom, Latin, Rock n Roll and sequence dancing, live music. Members \$10, non members \$15. Note: no stiletto heels please!  
Ph. 03 544 8052 (Lynn)

## Nelson Scottish Country Dancing Club

Thursday night dancing, 7.30 pm YMCA Hall, 156 Toi St, Nelson.  
Ph. 03 547 5721 (Kelly)  
Ph. 03 547 7226 (Ian)

## Nelson Scrabble Club

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

## Nelson Senior Citizens Social Indoor Bowling Club

Ph. 03 544 1487 (Valda)

## Pottery

Nelson Community Potters, 132 Rutherford Street, Nelson. Social group Thursday mornings or Twilight Pottery Monday 7.00 – 9.00 pm. Free to members, \$7 casual.  
Ph. 03 548 3087 (Annie)  
Ph. 03 548 1488 (Elizabeth)  
E. [ncpotters@gmail.com](mailto:ncpotters@gmail.com)

## Stoke Tahunanui Ladies Club

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

## Sit and Be Fit

A 35 min class to music. Victory Community Centre, Totara St, Nelson – Tuesdays 11.00 am.  
Ph. 03 546 8389 (Leigh)

## Super Seniors (65+)

10.30 am – 12.30 pm 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. 548 2601 (Anne-Marie)

## Support Works

Assesses the needs and co-ordinates services for people affected by disability. For a free assessment:  
Free Ph. 0800 244 300

## Suter Art Gallery

Exhibitions, floortalks – see [www.thesuter.org.nz](http://www.thesuter.org.nz) for details, 28 Halifax St, Nelson  
Ph. 03 548 4699

## Table Tennis

Nelson Table Tennis Club  
Ph. 03 547 5066 (Kay)  
Ph. 03 544 8648 (Glenda)

## Tahunanui Bowling Club

Welcomes summer and winter bowlers.  
Ph. 03 547 7562 (Barry)

## Tahunanui Community Centre

A range of activities and services on offer, walking, gardening, cycling and free counselling.  
Ph. 03 548 6036 (Katie or Jacqui)  
W. [www.tahunanui.org](http://www.tahunanui.org)

## Tai Chi with Gretchen

Classes in Nelson, Stoke & Richmond  
Ph. 03 548 8707 (Gretchen)  
E. [kitesfun@ihug.co.nz](mailto:kitesfun@ihug.co.nz)

## Taoist Tai Chi Internal Arts for Health

A variety of classes. Help yourself to better health. Suitable for all ages.  
Ph. 03 545 8375

## The Probus Club

The Probus Club of Nelson City welcomes men and women as new members. We meet on the 2nd Thursday each month (except December and January) at 10.00 am, at The Nelson Golf Club, 38 Bolt Rd, Tahunanui.  
Ph. 03 548 0272 (Jennifer)

## Ukulele with Gretchen

Nelson and Richmond, groups or private.  
**U3A:** Ph. 03 548 7889 (Paul)  
E. [membership@u3anelson.org.nz](mailto:membership@u3anelson.org.nz)

## Victory Community Centre

Offers a variety of classes during term-time.  
Ph. 03 546 8389  
E. [reception@victory.school.nz](mailto:reception@victory.school.nz) (for a programme brochure)  
W. [victorycommunitycentre.co.nz](http://victorycommunitycentre.co.nz)

## Victory Laughter Yoga Club

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

## Victory Senior Support

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

## Victory Sit & Be Fit

Thursdays 10.00 – 10.45 am, at Anglican Church, 238 Vanguard St, Nelson.  
Ph. 03 546 9057 or  
03 547 1433 (Shirley)

## Nelson 50+ Walking Group

Mini walks and longer walks every week to suit all fitness levels. Everyone welcome.  
Ph. 03 545 9180 (Jeff)

## Yoga

Dru Yoga classes  
Ph. 03 543 2125 (Sue)

## Yoga

Hot Yoga Nelson  
Ph. 03 548 2298

## RICHMOND

### Badminton Richmond

Morning Badminton  
Ph. 03 544 44120 (Dawn)

### Body Power Pilates & Yoga Centre

Richmond Town Hall.  
Ph. 029 281 3735 (Sue)

### Women-Ranzau Women's Institute

1.15 pm first Wednesday of each month at Age Concern Hall, 62 Oxford Street, Richmond, Visitors welcome.  
Ph. 03 544 5872 (Brenda)

Richmond Bridge Club Bridge lessons – Monday evenings & Tuesday afternoons.  
Ph. 03 544 6734 (Shirley)  
348 Lower Queen Street

### Creative Fibre Group

Meet others who enjoy working with fibre. Learn to spin, knit, crochet, weave or felt. Birch Hall, Richmond Showgrounds 9.30 am 2nd, 3rd & 4th Thursday of the month.  
Ph. 03 986 007 (Margaret)

# SERVICE DIRECTORY

## Chair Yoga

Thursday mornings  
11.00 am. A gentle stretch  
and breathing class for  
every ability. Richmond  
Town Hall meeting room.  
Ph. 021 2398 969 (Delia)

## Club 50

A social group of mature  
adults looking for  
companionship, recreation  
and enjoyment, meets  
every Tuesday 9.30 am at  
Sport Tasman, Richmond  
Town Hall, Cambridge  
Street.  
Ph: 03 544 3955  
E. club50@sporttasman.org.  
nz. All sessions \$4.00.

## Croquet

New members very  
welcome. Golf croquet  
Thursday & Sunday  
1.00 pm. Association  
croquet Winter –  
Wednesday & Saturday  
1pm, Summer 10.00 am.  
Lawns opposite Health  
Centre lower Queen Street.  
Ph. 03 541 0623 (Sherly)  
Ph. 03 544 7268 (Betty)

## Easy Exercise

For men and women.  
Tuesdays 10.00 am at  
Indoor Bowls Stadium,  
opposite Neill Ave \$3 for  
Arthritis NZ.  
Ph. 03 546 4670 (Maureen)

## Euchre (May to Sept only)

Warm & friendly. Cuppa  
and raffles. Richmond  
Bowling Club. Fridays  
1.30 to 4.00 pm. \$3.00 per  
session.  
Ph. 03 5442749 (Monica)

## Sioux Line Dancing

Wednesday – Club Waimea,  
Richmond. Beginner  
Class, 6.00 pm – 7.00 pm.  
Improver Class, 7.15 pm –  
8.30 pm. Ph. 03 528 6788  
E. sioux.wilson@yahoo.com.au

## Lunch on the Hill

Looking for food and  
friends? Church on the Hill,  
27 Dorset St, Richmond  
offers coffee and lunches.  
11.30 am coffee, lunch  
served at 12.00 pm, first  
and third Tuesday of each  
month. Koha admission.

## MenzShed Waimea

A&P Showgrounds,  
Richmond  
Ph. 027 289 0185

## Nordic Walking

Taster classes & courses  
with Physiotherapist Jacqui  
Sinclair. Full details go to  
W. www.jacquisinclair.com  
Ph. 03 544 1645

## Pilates Classes

Richmond Recreation  
Centre. Mondays 12.30 to  
1.30 pm or Wednesdays

9.15 to 10.15 am.  
Ph. 03 538 0318 (Sue)  
M. 021 034 4109.

## Pottery

Tutored classes at Craft  
Potters, 202 Ranzau Road,  
Hope. Wednesdays  
10.00 am to 12 noon.  
Any or no experience.  
Ph. 03 542 8953.

## Richmond Bowling Club

Club Waimea – A roll up,  
Tuesdays 1pm. Bowls  
provided.  
Ph. 03 544 8060 (Jean)

## Richmond Creative Fibre Group

Meets at Birchwood Hall,  
Richmond Showgrounds.  
9.30 am every 2nd, 3rd &  
4th Thursday of the month.  
Learn to spin/knit/weave/  
crochet/felt or if you just  
want to meet others who  
enjoy working with fibre.  
Ph. 03 544 9982 (Dianne)

## Richmond Indoor Bowls

Mondays 1.30 – 3.30 pm  
Richmond School Hall,  
Oxford St. A friendly  
session, all welcome.  
Ph. 03 544 7953 (Gwen)

## Richmond Physiotherapy

Knee classes: Wednesday  
10.00 to 11.00 am \$10.00.  
Pilates Tuesday 12.00 to  
1.00 pm \$15.00. Better Back  
classes Wednesday 5.00 to  
6.00 pm \$15.00.  
Ph. 03 544 0327.

## Richmond Scottish Country Dancing Club

Monday night dancing,  
7.45pm, Church Hall, 11  
Florence St, Richmond.  
Ph. 03 544 0902 (Christine)  
Ph. 03 541 8211 (Pam)

## Richmond Senior Citizens

62 Oxford Street, Richmond.  
Cards Tuesday – 1.30 to  
4.00 pm. Bus trip & lunch  
first Wednesday of each  
month, cost varies. Craft  
Group – Thursday 9.00 –  
12noon. Cards – Thursday  
1.30 to 4.00 pm. Exercise  
classes & cuppa – Friday  
10.00 to 11.00 am. Friday  
Rummicub 1.00 pm –  
3.00 pm. Hot lunch – Friday  
12 noon \$5.00.  
Ph. 03 544 9174 (Pauline or  
Terry)

## Richmond Slimmers Club

Meets every Wednesday at  
the Richmond Town Hall,  
fun meeting.  
Ph. 03 544 7293 (Margaret)

## Richmond Waimea Community Whanau Group

Network, share information  
and learn more about your  
community. Meets the first  
Tues of each month, 12  
noon – 1.00 pm, Richmond

Library. Guest speaker at  
most meetings. BYO lunch  
(tea & coffee provided)  
Ph. 03 544 7624 (Sue Tilby,  
Age Concern)

## Social Cards

Richmond Senior Citizens  
Rooms, 62 Oxford St  
Richmond, Tuesday &  
Thursday Cards 1.30 pm –  
4.00 pm. Friday Rummicub  
1.00 pm – 3.00 pm.  
Ph. 03 544 5563 (Kath)

## Sport Tasman Richmond

(RTH) 9 Cambridge Street  
Ph. 03 544 3955. \$5 per  
session, discounted  
concession cards available.  
Mondays & Fridays: 9.00 am  
– 10.00 am: **Easy-beat**  
(Highest intensity class)  
10.30 am – 11.30 am:  
**Shapeup** (Lower intensity,  
with seated options).  
Tuesdays: **CLUB50+**  
9.30 am: Meet at the  
centre to join in the Social,  
recreational activities &  
outings. Programmes  
available at the centre or  
enquire at number above.  
\$4 per session, with some  
extra costs being incurred.

## Tasman Tennis Club

Social tennis Tuesday  
mornings 9.30 am beside  
the Badminton Hall,  
Gladstone Rd.  
www.tasmantennisclub.info

## Veteran's (55+) 9 Hole Golf

Greenacres Golf Club, Best  
Island, Richmond. Last  
Monday of every month.  
Ph. 03 544 6441

## Yoga Classess for stiff and sore spots

Go to [www.jacquisinclair.com](http://www.jacquisinclair.com)  
for full details or  
Ph. 03 544 1645

## STOKE

### Chair Yoga at Saxton

Weekly gentle stretch and  
breathing sessions in the  
cricket oval lounge.  
Ph. 0212 398 969 (Delia)

### Clogging/Tap Dancing

Nelson Sun City Cloggers.  
Ph. 03 545 1037 (Georgina)

### Give It A Go

A variety of easy activity  
options. New activity each  
week such as Tai Chi,  
Croquet, Petanque and  
Aqua Aerobics.  
Ph. 03 546 7910  
E. wendy.get@sporttasman.  
org.nz to get up to date  
information and or to book  
a space.

### Housie Evening

Stoke Rugby Clubrooms,  
Neale Ave, Stoke. Wed  
nights, 7.15 – 9.45 pm.  
Ph. 03 547 3230 (Buddy)

## Nelson Savage Club

A social club for all  
entertainers. Variety  
Concert held at 7.30 pm  
on the second Wednesday  
of the every month at the  
Stoke Primary School Hall,  
Main Rd, Stoke. Everyone  
welcome  
Ph. 03 547 2467 (Sunny)  
03 547 2660 (Anne)

## Ngawhatu Bowling Club

300 Montebello Ave, Stoke.  
Friendly welcoming club.  
Roll-ups Thursdays at  
1.00 pm.  
Ph. 03 547 7485 (Kay)

## Presbyterian Support

Visit us at 360 Annesbrook  
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3pm most days. Enliven  
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Harakeke for those with  
dementia. Refreshments  
& lunch provided. Van  
transport to & from the  
centre.  
Ph. 03 547 9350 (Trish)

## Safety & Confidence

Ph. 03 543 2669 (Cornelia)

## Saxton Seniors

Saxton Stadium

## Senior Walking Group:

Tuesday & Thursday 9.30 to  
10.30 am \$5.00.

## Senior Circuit: Tuesday

10.00 am, \$5.00 – low  
impact, all weather activity  
followed by a cuppa.

## Senior Shape Up: Tuesday

& Thursday 9.30 to  
10.30 am.

Chair Yoga: Wednesday  
10.30 am.

## Tai Chi for Health:

Ph. 03 538 0072  
E. stadium@sporttasman.  
org.nz

## Stoke Bowling Club

Ph. 03 547 1411 (Allen)

## Stoke Central Combined Probus Club

Meets every 4th Tuesday  
10.00 am, Nick Smiths  
Rooms, Waimea Rd.  
Ph. 03 547 0941 (Colleen)

## Stoke Old Time Country Music Club

Stoke School Community  
Hall. Every 2nd Sunday  
6.30pm. All welcome to a  
lovely evening of singing,  
and musical instruments.  
Ph. 03 542 3527 (Dick  
Knight)

## Stoke Seniors Club

Contact Karen, Mel or Anne  
at 548 Main Road, Stoke.  
Ph. 547 2660  
E. stokeseniors@xtra.co.nz

## Regular activities:

### Stoke Memorial Hall:

**Art Class:** Mondays 10 am  
Cost: \$3. Art tutorial once a  
month – \$5.

**Mah Jong:** Tuesdays @ 1pm \$3.

**Sit & Be Fit exercises  
to music:** Tuesday and  
Wednesday at 11.00 am. \$3  
500 Club – Wednesdays at  
1.00 pm \$3.

### Stoke Seniors Hall:

**Scrabble Club:** Mondays  
1.00 pm. \$3.

**Weekly Afternoon  
Entertainment** (Tuesday –  
Thursday.) Contact office  
for programme details.

Tuesday – Thursday Meals.  
A two course midday meal  
for \$10 (members) \$12  
(non-members). Please  
book (preferably by 9.30 am  
the day before).

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

**Monthly movie:** Contact  
office for details.

**Stoke Seniors Choir:** meets  
Thursdays from 11.00 am to  
noon. Contact Anne.

### Special trips:

Monday outings – café  
lunch/picnic. Thursday – out  
@ about local tiki tour from  
11.00 am.

### Girls Own:

Monthly on Friday.

### Lads @ Large:

Monthly on Friday.

## TAPAWERA

### MENZSHED

Contact: John  
Ph. 03 522 4616  
E. menzshedtawawera@gmail.  
com

### Visual Art Society

Ph. Kay 03 522 4368

### Walking

Rural Ramblers  
Ph. 04 541 9200

## WAKEFIELD

### Live Well, Stay Well Activity Group

Meets every 2nd Tuesday  
(mornings)  
Ph. 03 541 9693 (Margaret)  
Ph. 03 542 2235 (Yvonne)

### Walking

Rural Ramblers  
Ph. 03 541 9200

## Promoting your special event

Increasingly we are being asked by community groups to help promote their special events in Mudcakes and Roses. Although we would love to be able to help you promote local fundraisers, exhibitions or shows we simply don't have the space to do so.

An excellent way to promote events in the region is through It's On, an online event listing funded by Nelson City Council and Tasman District Council. It's On even has some handy workbooks and guides to help you

plan, promote and run a successful event. Better still – it's free!

If you run into any difficulties listing your event with It's On, Anne Smith, Events Marketing & Development Coordinator at the Nelson Regional Development Agency is available to help. Please note that we will continue to publish our Service Directory which focuses on the activities of community groups and organisations of particular interest to the over sixties.



### MORE INFORMATION ABOUT IT'S ON

Website: [www.itson.co.nz](http://www.itson.co.nz)  
Anne Smith: Phone 03 545 6858  
or email [events@nrda.co.nz](mailto:events@nrda.co.nz)

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355 Lower Queen Street  
Richmond

Ph. 0800 263 562 or 03 548 2009

Email: [nelson.office@healthcarenz.co.nz](mailto:nelson.office@healthcarenz.co.nz)

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



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