

mudcakes & roses

THE MAGAZINE FOR NELSON TASMAN SENIORS



What's inside:

- The benefits of active transport
- Motueka Quilting Connection
- Books, gardening, media and more



Letter from the editor

I turned 65 in February, so I am now in possession of a shiny Super Gold Card.

I've been ready to brandish it at a moment's notice when requesting movie tickets to get the senior discount. Alas, this has proved entirely unnecessary. It seems that my face is evidence enough to qualify me for the discount.

I've begun taking lists with me when I visit the doctor. The nana nap has edged out the beauty sleep, and the term "senior moment" has infiltrated my vocabulary. Losing my car keys and cell phone has become routine. And of course policemen have begun to look awfully young.

Although it shouldn't be surprising, I'm somehow shocked to find myself a superannuant, an old age pensioner, a senior citizen. But I'm also pleased to be this old – I have friends who died in their 40s and 50s. Thanks to superannuation, it's now possible

for me to work less, and do things because I am interested and curious about them, not because I must.

I hope you find something to intrigue, delight or encourage you in this month's issue.

Older people especially, are aware of the passage of time and so the start of a new year is even more likely to inspire an examination of what's truly important to us.

Some older people are keen to tick things off a "bucket list" – things to do or see before they die. Some of us want to take on new challenges and completely new directions. Others want to do less, not more. This might mean dropping old habits and obligations in order to focus on what feels more vital and worthwhile.

Whatever path you choose this year I hope that 2018 is a rewarding one for you.

Ro Cambridge

Free W.O.F checks for walking sticks

All walking sticks should be regularly checked for worn tips, or handles, and for any bends and cracks. It needs to be the right height too: too high or too low, your walking stick won't help you prevent a fall.

Get a FREE Warrant of Fitness check for your stick at any of the following pharmacies:

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- Life Pharmacy Nelson City
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- Queen Street Pharmacy

Motueka:

- Life Pharmacy Motueka
- Unichem Pharmacy 162 High Street
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Travelling to exotic locations with a guide can make travelling less stressful and more enjoyable for the older person.



Plus!

News from the region's libraries, columns on books, gardening, nutrition, media and more.

Contribute

Readers are invited to share their enthusiasm for a particular hobby or pastime for our "Have you ever?" feature with the purpose of convincing others to try it too. Contributions should be 500 words and be accompanied by a photo. Send to the at mudcakes@hothouse.co.nz.

Contact the editor

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Active transport

Dana Wensley interviews Jane Murray (Public Health Analyst, for Nelson Marlborough Health) on the benefits of active transport, and the advantages of exchanging cars for cycling and walking.

DANA: I've heard a lot about 'active transport'. What does 'active transport' mean?

JANE: Active transport means choosing non-motorised forms of transport such as walking or cycling, over motorised. It can also include using public transport, because there is usually a walking or cycling component as part of the journey.



DANA: What are the benefits of active transport for the ageing population?

JANE: Poor diet and lack of exercise is having a negative effect of people's health. Diseases such as heart disease, osteoporosis, depression, diabetes and stroke, are all associated with inadequate physical activity. Walking and cycling are easy and cheap ways of exercising which almost everyone can do. Health research shows that the most successful way to build and maintain an exercise regime is to incorporate it into your daily commute.

DANA: What are the wider benefits of active transport?

JANE: There are many social and environmental benefits such as reduced road congestion, reduced emissions, increased revenue for businesses and stimulating economic activity, increased social wellbeing and community cohesion...

DANA: What about the older population?

JANE: Among older people, research has shown increased physical activity has increased cognitive performance, reduced morbidity and mortality and increased mental well-being.

DANA: What's important when we design footpaths and cycleways for the older population?

JANE: We need to ensure that footpaths are well maintained, and free of obstacles and trip hazards. Also, the design of intersections needs to be reviewed to ensure that those who are vulnerable, such as elderly or very young, can safely cross the roads.

DANA: How can parents and grandparents encourage the next generation to become more active?

JANE: The more people out walking and cycling the better. I've always enjoyed biking. My day generally begins with a bike ride to drop my daughter off at her carer's. I then take a brisk walk to work.

DANA: What does your daughter think about swapping a bike for a car?

JANE: She loves the ride. She's even composed a song. The lyrics go something like "Mum's up the front doing the hard work, and I'm on the back relaxing!"

DANA: You worked in Christchurch and saw the effects of the earthquake on the transport system first-hand. Did that have an effect on your thinking?

JANE: I started studying Urban Design in 2011, just weeks before the February 22 earthquake. I got a chance to see a city destroyed and then reborn. From an urban design perspective, that is unique.

DANA: What did you learn from that?

JANE: With the central transport network crippled, biking became a very easy way to get around.

DANA: Why was that?

JANE: It was easier to navigate cordons. Having a range of transport choices is important if a place is to be resilient. The earthquakes gave people an opportunity to look how Christchurch functioned and what could be improved. The rollout of the cycleways has been a bonus of the earthquakes.

DANA: What kinds of projects have you worked on?

JANE: I've been involved in cycleway design, playground renewals, cycle parking, and checking for accessibility issues in the wider transport network.

DANA: I imagine you've seen some good examples of urban design and some bad ones in your time.

JANE: Yes. The one project that sticks out in my mind of when things went wrong, was a project that built disabled toilets but didn't have a path to access them!

DANA: What are the major hurdles you see to our current traffic network in terms of encouraging active transport?

JANE: Overall, I think the region is fortunate with its cycleways but they are not well connected to town centres and schools, making it difficult for less confident cyclists to navigate the network. Also, New Zealand has not traditionally prioritised public transport funding. As a result, it is not well utilised. This needs to be addressed.

DANA: When we look to the next 10 years, what problems do you see on the horizon?

JANE: As technology evolves, our thinking must too. With new technologies like electric bikes, faster mobility scooters, hoverboards and motorised skateboards, we need to consider how we use public paths to ensure all users are kept safe.



Contributor

Dana Wensley is Chair of the Accessibility for All Forum and a Councillor with the Tasman District Council.



Ruby and Sarah

Memoir writing

It's a great idea to capture family stories in a memoir, but all too often it doesn't happen. Personal historian Sarah Ryder explains why, and offers a solution.

Why don't more people write a memoir? Well, simply put, it's down to human nature.

We start off with the best of intentions but get busy half-way through. Or maybe we don't have the skills to use a computer or the recording or scanning equipment needed. Maybe our hands don't work as well as they used to – let alone our memories! Some of us are great at telling stories but struggle to express ourselves fluently in writing. Others simply don't know where to begin.

For those who need some support to transform a head full of memories and a box full of photos into an enduring family legacy, there are now dedicated life-story writing companies that can guide you through the process. There are many different options available – from audio recordings to interview transcripts to full written manuscripts and books. Sometimes working with someone from outside the family can be an advantage as we often tell stories differently – and more completely, to new people.

As a personal historian, I've recently had the privilege of working with well-known Tasman district personality Ruby Aberhart ONZM, QSM on her life story. The project was completed over about two and

a half years and Ruby's story, *A Level Playing Field*, written for an audience of friends and family, was published in December 2017. It details her upbringing as a Public Works "Camp Kid", her time at Sacred Heart College, her family and her numerous volunteer roles including many years as a successful netball coach.

Working together began with an initial consultation to chat about the project, followed by a planning session and some pre-interview research. We then set up a series of interviews conducted over several months in Ruby's home, with Ruby given "homework" to complete prior to each interview.

We recorded four interviews of about 1.5 to 2 hours each in Ruby's home and identified other people that we wanted to interview for the story – these interviews were conducted by phone. All of the interviews were transcribed (typed up) into notes and once all the interviews completed, the notes were edited and turned into a manuscript. This involved several rounds of editing and proofing.

Ruby also identified photos, important documents and memorabilia that she wanted to include and these were scanned into electronic format to be added to the book. The manuscript and scanned images were then sent to

a graphic designer to layout into book format.

Ruby says the final result is something she will treasure. "The whole procedure was planned and researched which resulted in a quality book of my life. It is my belief that it has captured the person I am. My time with Sarah was special, she acted as the catalyst at a time in my life when my journey needed to go forward, so talking about where I had come from was all-important."



Ruby

Contributor

Sarah Ryder is a personal historian with Forget-Me-Not Life Stories Nelson Tasman and a former editor of *Mudcakes and Roses*.

For more information visit www.forgetmenotlifestories.co.nz, or Phone Sarah on 03 547 0121



Motueka Quilting Connection annual quilt show

**17, 19, 20 May 2018 at the Motueka Recreation Centre,
Old Wharf Road, Motueka.**

Work by members of the Motueka Quilting Connection will be displayed in an three-day exhibition in May this year. The group, which was formed in 1997, currently has 45 friendly members, who are drawn from Golden Bay to Nelson and all areas in between.

They meet on the first and third Wednesdays of the month in the Motueka Band Rooms in Old Wharf Road. Members have a range of skills and favourite methods of quilting and as well often have visiting tutors to teach a particular class or skill.

Their first ever quilt show was held in 2003 and shows have been held annually ever since.

As well as highlighting members' work, the show also sets a challenge, around a particular theme, for members to participate in if they wish.

This year the theme is a "serviette" and the challenge is to design and make a small quilt from a design on a serviette. Participants interpret the design challenge in the work they complete for the show.

Also on display will be a selection of entries in the Hoffman Challenge, a nationwide challenge using Hoffman fabrics. The highlights of the show are likely to be the guest exhibitor, or the Aotearoa Quilters' travelling suitcase of quilts drawn from their own challenge. This collection of quilts travels from one end of New Zealand to the other and is displayed at quilt shows throughout the country.

This year the Motueka Quilting Connection are fortunate to be able to display some of the quilts from the nationwide challenge set for the Christchurch Quilt Symposium in 2017.

Visitors to the show are sure to see new and original works as none of the members' quilts on display have been previously exhibited in Motueka.

Entry tickets (\$5.00) to the show are available to purchase at the door and include refreshments. Raffle tickets can also be purchased at the show. Prizes include a beautiful quilt made by members.

Even if you don't make it to the show, the group welcomes anyone who is interested in quilt-making, and who would perhaps like to join to come to a meeting.





Volunteer Nelson's 60+ programme

Volunteer Nelson enlists and supports the over-60s to lend their time and skills to community organisations.

When Christine Jackson retired, she was keen to keep socially connected and turned to volunteering to do this. Christine has volunteer roles which make quite different types and amounts of effort.

She is Secretary of Neighbourhood Support, and volunteers for street appeals for several charities. She's been a volunteer with the Stoke School Breakfast Club since 2013 and has recently taken over the role of coordinating the programme. A team of fifteen people, three each school day, prepare and serve breakfasts to children from 8am each morning. In winter they can serve up to seventy breakfasts.

Christine says that "I greatly value the friends that I have made from volunteering, and knowing that my efforts are appreciated by the school gets me up and out on a cold winter's day to help".

There are probably as many motivations for volunteering as there are volunteers. Older people often have more time available when they retire and choose to spend some of that time giving back to the community. From our surveys we know that other volunteers do so because they are keen to make new friends and improve their social connections. Volunteering also offers the opportunity to earn a sense of self-worth and belonging in the community. For some, volunteering gives structure and routine which they miss when they are no longer in the paid workforce. Yet others want to maintain the skills that they have taken a lifetime to gain.

Denise Griffith moved to Nelson almost five years ago, having spent years in Western Australia. She too chose to volunteer to get to know people and learn about the community. She was also keen to maintain her administration skills as she was looking for paid part-time work. Denise has home-tutored English to two former refugees from Myanmar, and currently volunteers at the Victory Community Centre one afternoon each week. At

Victory she attends to reception and undertakes tasks such as creating flyers and preparing packs for B4School health checks. "I also enjoy the diversity of people living in the Victory area" says Denise, "and I like meeting people from different cultures. It's important to me".

We know that community organisations appreciate the valuable life and work skills, and experiences, that older volunteers have to offer.

Volunteer Nelson's 60+ Volunteering Programme has been set up specifically to match older people with volunteering opportunities. Potential volunteers are asked to complete an online Volunteer Personal Profile to outline the skills and experiences they would like to utilise in the community. Volunteer Nelson then goes about matching volunteers with the two hundred organisations which have registered with the organisation. In some cases an organisation will tailor a role to fit a volunteers particular profile.

Volunteer Nelson takes into account volunteer preferences in other ways and encourages host organisations to be flexible in their approach too: some volunteers prefer to work within a group of volunteers, to work on one-off events or for just an hour here and there. Some want to try out different organisations before committing to a particular role.

INTERESTED IN VOLUNTEERING?

Register with Volunteer Nelson at www.volunteernelson.org.nz where you can also find a listing of current volunteer roles and complete a Volunteer Personal Profile. Alternatively you can visit the office. Phone Belinda Harte on (03) 546 7681 or email her at belinda@volunteernelson.org.nz to arrange an appointment.

Volunteer for the Stoke Breakfast Club by contacting Christine Jackson direct at christineanne.j@xtra.co.nz

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.



Choosing the right mobile phone

In my last column I talked about features to look for and consider when buying a mobile phone. This time I am going to let a group of over 60s do the talking...

Mobile phone-based frustration often run high in our household and I was keen to see if other older folk felt the same way so I emailed a group of regular 60+ people and they spoke in almost one voice.

Each was asked to provide their top three wants and needs in a mobile phone and the responses came in thick and fast.

Under the practical heading came bigger buttons; higher visibility keyboard; and ease of texting without having to battle little keys which run into each other.

Apps, or applications, are those little pieces of software which you can load onto your phone to provide you with everything from a guided meditation, to a weather report. Apps enticed a number of the respondents but then did not deliver on early promise. Several people wanted to know more about them but were frustrated by the amount of 'space' they took up and were not sure how to remove them.

It is not just the youngies who want to take good photos. Many older mobile

phone users enjoy having a camera at their fingertips but they want it to be a decent one.

Then there is the question of storing those photos. How frustrating it is to have a message come up at least once a week telling you your storage capacity is low and you have to cull some photos or Apps.

Which brings us to the next big item on the 'must have' list – more memory or storage space. Every mobile phone has in-built memory, which can often be extended with a memory card. Basically, the more memory (and the faster processor) your phone has the better it will function.

Tip: When buying or upgrading, don't underestimate the amount of memory you need, and make sure you know how to remove unwanted Apps.

Several people in the survey group asked for an easy way to find out how to use their phone. They want a simple guide to getting the best from their phone which is either stored on the phone, or accessed easily via a link.

The biggest gripe was about battery life. People are simply fed up with having to re-power their battery, often every night, or finding they have a flat phone just when they need to go out.

There is one partial-solve to this issue. It's a relatively inexpensive pocket-sized, portable charger or mobile phone power pack, like the one pictured. You power it up from your computer at your leisure. Then you can toss phone and portable charger into your handbag or pocket and charge your phone on the go. These chargers vary in price but you can buy one for between \$20 – \$50 from any shop which sells computer gear.





Is it time to end business as usual?

Bruce Dyer of Nelson thinks so. Fifty years ago, he graduated from Victoria University with an Honours degree in Economics. Last year at the age of 75 he graduated again, this time with a Master's degree in philosophy from Auckland University of Technology.

Bruce's thesis for his Master's degree was an attempt to draw attention to the need to stop doing "business as usual". He believes we need to move toward self-reliance, resilience and co-operation. "We have to stop being mesmerised by our materialistic existence" he says, "we need to look at things differently and be less exposed and more resilient to climate change and the instability of capitalism."

"Business as usual" says Bruce, "means a few rich people living in luxury while we have 295,000 New Zealand children living in poverty. It means single parents being asked to pay \$600 a week rent in Auckland. It means global corporate interests control the economy, leaving regional economies dependent on the whims of shareholders living on the other side of the planet."

Bruce certainly walks the talk. In 1997 he established the Nelson Enterprise Loan Trust, which recycles wealth in the community, and makes the local economy more self-reliant by making loans of up to \$20,000 to small socially and environmentally responsible businesses.

Bruce explored the scope for economic self-reliance in the Nelson region, in his Master's thesis, which was supervised by Public Policy professor at AUT and former MP Marilyn Waring.

His study involved a focus group of community leaders who were asked to answer the question "what gives life to the regional economy and what could the future be?"

Dyer suggests that Progressive Utilisation Theory (PROUT), a socio-economic theory propounded in 1959 by the Indian philosopher P. R. Sarkar, could provide a way forward. It's a theory which is based on a spiritual, rather than a materialistic conception of the universe, offering a different, more holistic view of economics, history and political leadership.

Instead of financial power being top-down as it is under capitalism, PROUT suggests increasingly self-reliant yet inter-related regional economies, each constituting a financial centre in their own right. Self-reliance offers a way for regional economies to interact with the rest of the world from a position of strength.

So, how might the theory be put into practice in Nelson-Tasman? "One example" suggests Bruce, "would be Councils in the region partnering with the Nelson-Marlborough Institute of Technology and the Nelson-Marlborough District Health Board to create a not-for-profit organisation which would purchase goods and services from worker-owned cooperatives. Another possibility would be that a percentage of the fishing quota would be held by a community development corporation".

Bruce hopes that the ideas explored in his thesis, will be a wake-up call to the community, and a way to sow the seed of change.

Bruce Dyer's thesis can be read in full at:

www.aut.researchgateway.ac.nz/handle/10292/10343

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.



Food matters

I am lucky to live on a lifestyle block where I have chickens, a large vegetable garden and an orchard.

At this time of the year we have an abundance of courgettes, tomatoes, beans, broccoli, beetroot, cabbages and pumpkins. Plums, pears and Blackboy peaches are still plentiful too, though I will need to process any blemished apples quickly before they rot. The chickens are three years old but they are still laying well and eat all our food scraps and old plants from the veggie garden.

It is a daunting task to produce healthy and tasty food when you are on a low budget. I feel very fortunate that I had the space and the resources to grow so much healthy food at low cost. Establishing and then maintaining productive gardens involves a lot of hard work. Initially there is also a significant financial layout to buy the fruit trees and fence off the gardens.

In the course of my work as a dietitian I have spoken with many people who are struggling to make ends meet. The rent and bills need to be paid first and the only money that is left over can be spent on food. Even the best budgeter can be caught out when there are extra bills or repair costs. However, there are many brochures and websites with good tips

on eating seasonally and cooking from scratch. Buying in bulk and making good use of special offers is another way to stretch the food budget. And remember, don't shop on an empty stomach, it's easier to avoid impulse buys that way.

Personally, I think the best money-saving trick is to dodge the fancy health foods. Don't be tempted to buy the latest "superfood" from the other side of the world. All brightly coloured fruit and vegetable are healthy eating and available locally. Eating locally also helps look after our planet.

Make your own healthy porridge or muesli by adding seeds and raisins or home-dried apples to rolled oats. Replace meat with dried lentils, canned chickpeas and black beans. Make egg dishes with a variety of vegetables instead of meat-based meals. One of my favourite meals is steamed mussels. They are reasonably priced and packed with healthy fats and protein.

We regularly have WOOFER (Willing Workers on Organic Farms) on our farm to help in the garden and orchard. WOOFERS are usually travellers who exchange their work for full board on organic farms.

I usually ask my guest workers about their experience – what they have learned and what was interesting for them. Most often they remark on how much they have loved the food. They are often very impressed

by the fancy things you can do with very simple ingredients.

I take this as a huge compliment and I am secretly grateful that they are happy to exchange their labour for food which is so easy to prepare. And of course they help us by eating their way through our glut of courgettes!



Send your questions and suggestions to Marion:

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Have you ever...

Thought about playing croquet?

According to Annie Henry, croquet is a sport you can take up at any age. But, she warns, it can be highly addictive!

Usually sports player people take up a sport when they are very young and stop being competitive after about 20 years. However, croquet is a sport that you can start playing at any age and play for as long as you like. The youngest person I've seen playing croquet was five, and the oldest is 88 – maybe even older if the truth be known!

Croquet is a game that is gender-neutral, easy to learn, though difficult to master. It brings laughter and joy, and it's a sport that is growing. If you haven't tried giving it a go, it's never too late.

I started playing in my late 50s and I am still competitive more than a decade later. I also enjoy playing socially and helping others learn. Currently there are five young people in our area who play croquet. They started playing when they

were around twelve. One of them began after accompanying her Grandfather to play.

I've seen a man start playing at 79 and he played as long as he lasted. On the other hand, I've seen a 5 year old pick up the mallet and immediately enjoy it.

There are two dominant forms of croquet: Golf and Association.

Association Croquet has been played for hundreds of years. It is like playing chess and billiards on a lawn.

Golf Croquet became popular in NZ around 20 years ago and has gained popularity since then. Golf croquet is somewhat like playing golf except you must knock the ball between a sequence of hoops rather than into holes. You need to learn some basic techniques like learning how hard to hit the ball. Most people begin playing with Golf Croquet because you can learn how to play in five minutes. A full game takes less than an hour and you can play as many games as you like. To play you only need flat-soled

shoes and comfortable clothing so you can swing the mallet freely.

There are three clubs in the Nelson and Tasman region. The Nelson Hinemoa Croquet Club in Nelson, is opposite Anzac Park. The Richmond Croquet Club is next to the Richmond A & P Grounds and the Riwaka Croquet Club is near the Memorial Reserve in Riwaka.

All three clubs have an active membership and welcome anyone who would like to try croquet. The first visit is free and subsequent times are very reasonably priced. Usually you play a game, have a cuppa together and then play some more!

If you enjoy fresh air, some exercise (you decide how much), laughs and fun with others, then give croquet a go. All clubs have social play times during the week when you can just show up and play. You can also call one of the clubs and let them know you would like to have a go. We are always open to new members!

Contributor

Annie Henry, lives in Nelson and is President of Croquet New Zealand.



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.



Autumn glory

Hi, it's Autumn at last – it's such a special season, with warm glowing light and cooler night temperatures.

We've had very strange weather over the past couple of months which, in some cases, has taken a huge toll on our gardens.

As gardeners we inherently have a "glass half-full" attitude which stands us in good stead when nature throws us curve balls. No damage is insurmountable, it just takes a bit of time and physical effort to reinstate, or improve, on what was there before.

In coastal regions you may have noticed die back on your trees or shrubs after the recent storms. Tender foliage on trees such as Albizzia (Silk tree) may have gone brown due to salt spray. It is possible the trees will regenerate so it's a good idea not to cut them down straight away.

If your soil was inundated with salt water there will be a salt residue that can be detrimental to ornamental and edible crops. Flushing the soil thoroughly with fresh water helps as does adding Gypsum which helps to break down the salt. It's a great idea to check the pH of the soil too as this may have changed. Digging in a thick layer of compost and sheep manure pellets will encourage worm activity and help replenish nutrients.

April is the perfect month for planting or sowing vegetable crops for winter harvest. Leafy greens such as silverbeet, lettuces, spinach and all members of the brassica family (broccoli, brussel sprouts, cauliflower etc) will all establish quickly now because the soil temperatures are still warm. I adore fresh peas and they thrive in autumn conditions. Snow peas are one of my favourites – they are gorgeous raw in salads and lift stir fries to a new level.

If you're unable to utilise your vegetable garden, all of these crops will do really well in large containers or planter bags. Use Dalton's Premium Potting Mix or Vegetable Mix for best results.

It's time to check your established strawberry patch for runners (new plants) that may have taken root. These can be potted up, ready for replanting in a new position later. Strawberry plants lose their vigour after 4–5 years and become more susceptible to disease so it's a good idea to relocate new plants to a different site – they may take a year to fruit prolifically.

It's bulb planting time and there are so many types to choose from. Crocus bulbs are amongst the first to flower and they are so pretty. Try planting them in bowls so that when they're in flower you can bring them inside and enjoy them. They look stunning in a hanging basket – plant violas first and then the bulbs – this avoids shifting the bulbs when planting the seedlings.

Plant primula, polyanthus, pansies, violas, dianthus and stock now for a fabulous show later on. Polyanthus adore dried blood – digging one teaspoon of dried blood through the soil at the bottom of the hole when planting helps plant vigour and intensity of flower colour.



Email your questions and suggestions to Philippa:

foeslamb@extra.co.nz





Have you ever...

Thought about travelling to exotic places – on a guided tour?

Let's face it. There are guided tours and there are guided tours. Understandably, you don't want to go on a tour of the 'It's Tuesday so we must be in Paris' variety, so let's focus on the other kind: small group tours which involve just 12 to 15 individuals and are well-hosted, offer comfort for the older traveller, and yet often take the road less-travelled.

If you've been to all the usual places but you like the idea of being a little more adventurous, then let me introduce Jill Worrall, of Jill Worrall Tours, who at last count has led more than 50 groups to more countries than most of us have had hot dinners.

Her well-organised but very flexible tours offer all the pleasure associated with travelling to new places, but without all the hassles of booking flights and accommodation and all the other stresses of international travel.

Jill's a Kiwi girl, based in Timaru in fact, and there's not much about travelling the world she doesn't know. Just look at this list of places she's been to (in many

cases multiple times): Patagonia in South America, Guatemala in Central America, Cuba in the Caribbean, across to India, Pakistan, Bhutan and Sri Lanka, the five 'Stans' of Central Asia (go on, work out which ones she's referring to), the Caucasus, the Middle East and Iran, north, south and eastern Africa, and all across Europe from Ireland to Russia, Norway to Albania.

If your feet are starting to itch there are still places available in Jill's line-up of tours this year, starting with the Adriatic (which includes a week-long cruise) in mid-June, the Arctic in July, the Balkans in August, Moorish Spain, Gibraltar and Morocco in October and Northern India in November.

Each tour is generally around three weeks from go to whoa and, as already mentioned, are restricted in numbers, which enables travellers to get the very best from each experience. Another important part of the equation is the quality of the local guides she chooses to use in each country. They know their stuff, are fluent in English – and are personally known to Jill, all of which adds in the most positive way to the overall experience for travellers.

Then there is accommodation. Jill and her local operators go to considerable

lengths to ensure that their travellers will be perfectly comfortable and all their needs met. And if you're on your own, you can have a room to yourself, or choose to share a room with someone else in the group – it's up to you.

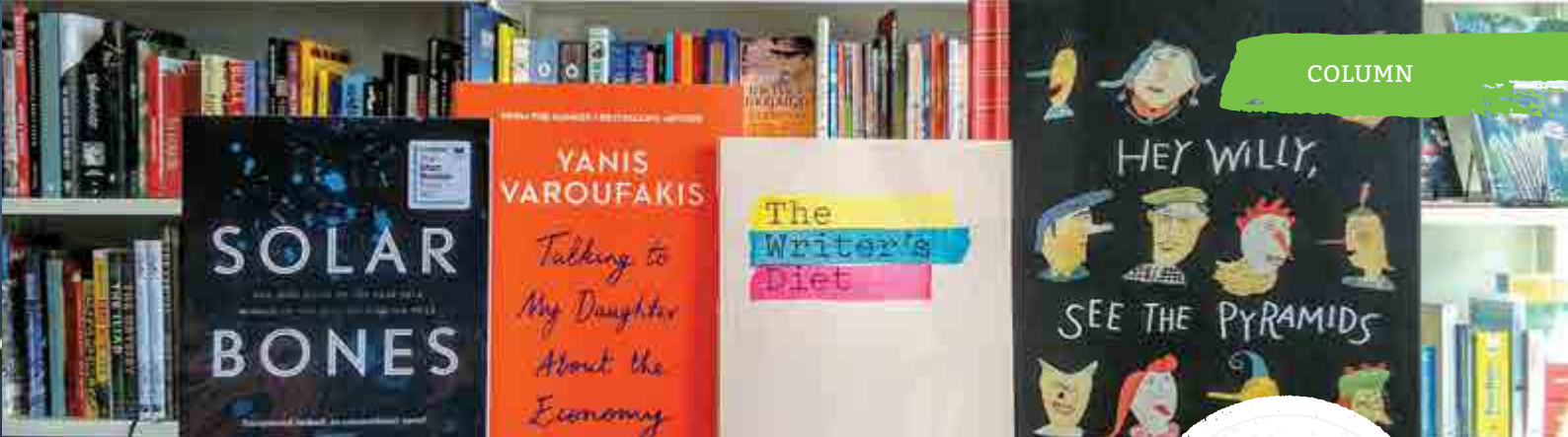
So if you're looking to escape the South Island winter, and make yourself a bunch of new friends in the bargain, check out Jill's tours for yourself: www.jillworrall.com



Contributor

Renée Lang is the principal of Renaissance Publishing, which as well as specialising in book packaging also offers non-fiction editing and proofreading services.





Thinking volumes

VOLUME develops and fulfils customers' desire to enrich their lives through the purchase of interesting books and through participation in a book-focussed community.



Solar Bones by Mike McCormack

Written in a single long sentence (in which line breaks perform as a higher order of comma), McCormack's remarkable and enjoyable book succeeds at both stretching the formal possibilities of the novel and in being a gentle, unassuming and thoughtful portrait of a very ordinary life in a small Irish town. The flow of McCormack's prose maps the flow of thought, drawing feeling and meaning from the patterning of everyday detail as the narrator dissolves himself in the memories of which he is comprised. This wash of memory suggests that the narrator may in fact be dead, the narrative being the residue (or cumulation) of his life, the enduring body of attachments, thoughts and feelings that comprise the person. Few novels capture so well the texture of a person's life, and this has been achieved through a rigorous experiment in form.

Hey Willy, see the Pyramids by Maira Kalman

What kinds of stories do sleepy children who can't sleep share in the middle of the night? The stories in this book are quite possibly ones actually told by Kalman's actual daughter Lulu to her actual son Alexander, but their actuality or otherwise is unimportant: these are stories exemplifying the playful access to the unconscious (or the access to the playful unconscious) through the nonsense,

exaggeration and humour common to children and some adults (including, presumably, Maira Kalman). The family's neighbour brings flowers to a party but forgets his trousers, a dog wants to run away to Paris and become a poet, a woman has very small ears but hears everything. Much happens, but little of consequence, which is probably appropriate for midnight stories. Kalman's illustrations are, of course, the great attraction of the book: quirky, colourful, full of details that almost require further stories of their own, making this a book that will inspire and reward repeated readings.

Talking to my daughter about the economy: A brief history of capitalism by Yanis Varoufakis

What is money? Why does debt exist? Where does wealth come from? Why is there inequality? How come economics has the power to shape and destroy our lives? Who wields power and how? Why do we tolerate this? Inspired by questions from his thirteen-year-old daughter, Varoufakis has written an excellent primer on economics, using stories to explain and question the drivers of society. The author, who advocated alternative solutions to the European financial crisis during his period as Greek finance minister, invites us to think afresh about democracy, capitalism and social policy.

Of special interest to writers

VOLUME stock a number of useful books on writing. Whether you want to tighten your style or write your memoir or create a fictional world, whether you are a published author or have never written before, VOLUME have books you must have at your elbow.

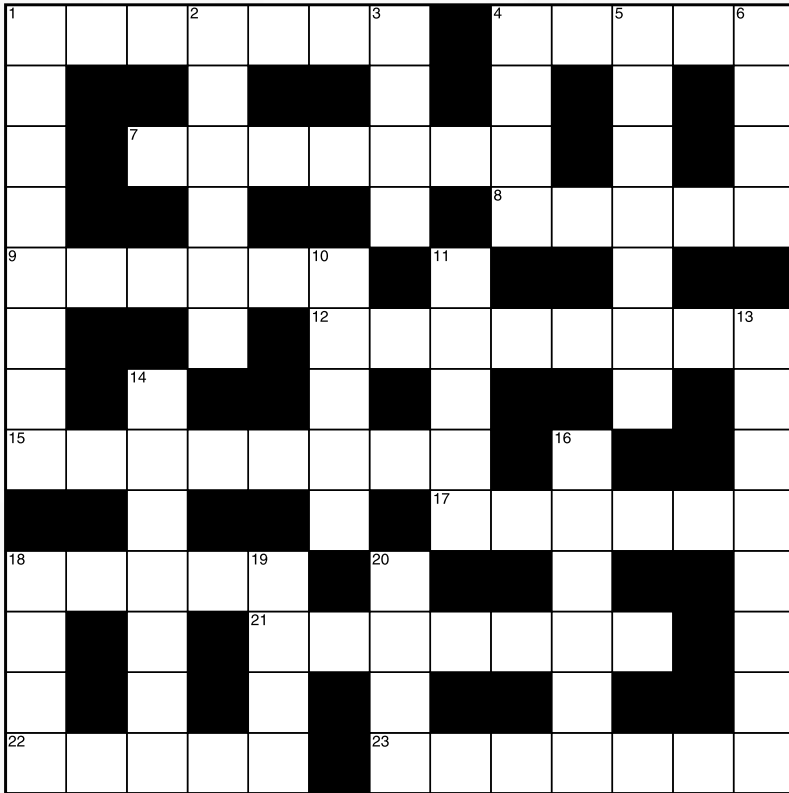
This year VOLUME are running another series of creative writing workshops. In April, poet and poetics scholar Cat Woodward will be teaching a course on 'Beginning to Write Poetry'.

In June, author and playwright Michelanne Forster will be teaching a course on 'Writing Your Memoir', and another in August on 'Writing for Children'. More information on website or on flyers at the shop.

VOLUME is an independent bookshop stocking interesting fiction, incisive non-fiction, wonderful children's books, and the best art and lifestyle books. VOLUME also hosts community events such as literary readings, writing courses, book launches and discussion groups.

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Crossword



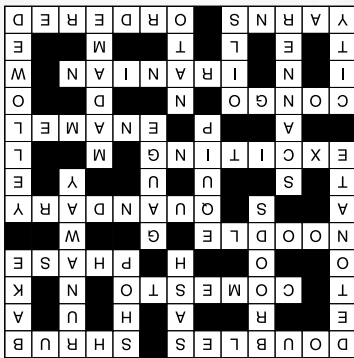
ACROSS

- 1. Multiplies by two
- 4. Bush
- 7. Happens, ... pass (5,2)
- 8. Period
- 9. Pasta ribbon
- 12. Dilemma
- 15. Arousing
- 17. Nail varnish
- 18. African river
- 21. Persian
- 22. Tells stories
- 23. Requisitioned

DOWN

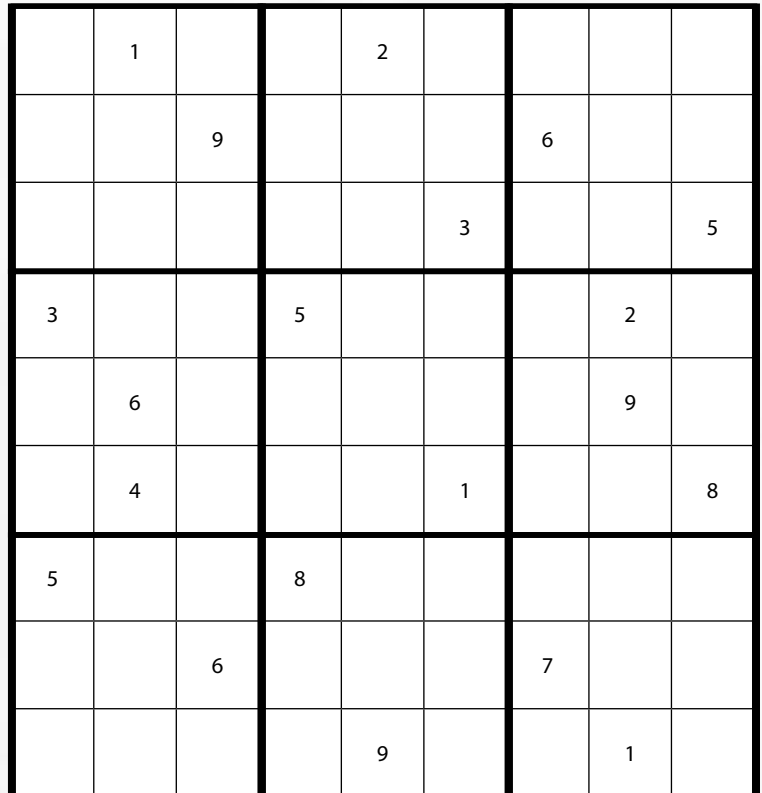
- 1. Trigger (bomb)
- 2. Sits moodily
- 3. Silk band
- 4. Retail outlet
- 5. Escaper
- 6. Swelter
- 10. Provide with gear
- 11. Measure
- 13. Discoloured
- 14. Bar-code reader
- 16. French woman's title
- 18. Vast population centre
- 19. Lubricates
- 20. Defence pact

Crossword solution

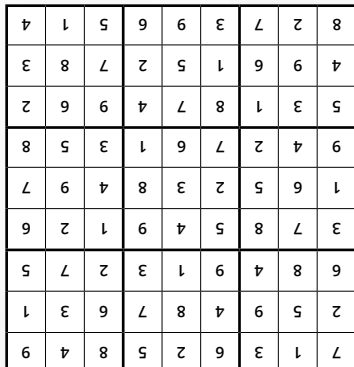


Sudoku

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

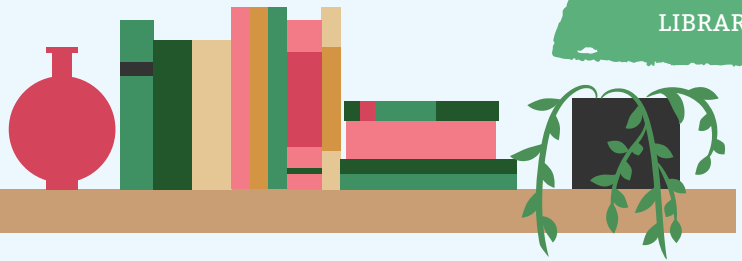


Sudoku solution



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

Tasman District Libraries



Can you help celebrate a century of local women?

This year marks the 125th anniversary of the signing of the Electoral Act that gave all New Zealand women the right to vote.

Tasman Libraries are celebrating the occasion by bringing together photos and other materials that document the lives of women in Tasman District from 1893 to 1993.

We're really interested in discovering how local women's experiences – at home and at work, in education, sports, the arts and recreation – have changed over time.

We'd love to hear from you if you have original photos, letters or other unique items that show what life was like for women in the area between 1893 and 1993 – especially if you would allow us to copy and publish them online as part of the Herstory Project on the Kete Tasman website. If you can help phone us on 03 543-8500 or by email LibraryInfoServices@tasman.govt.nz

Finding your next great read

Avid readers know that sinking feeling of not being able to find anything new by their favourite author. You might already consult lists of "Who writes like" online to find authors who write like your favourite writer. But perhaps you haven't discovered the recommendations made by our Book Groups? Book Groups meet monthly at Richmond, Motueka and Takaka libraries and the books they discuss are added to the Book Groups' Choices tab on the library catalogue homepage. Check them for an interesting and eclectic mix of possible "new reads".

MORE INFORMATION



Website:

www.tasmanlibraries.govt.nz

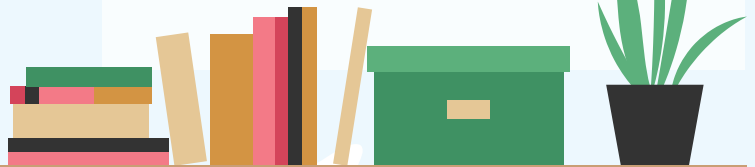
Telephone:

Richmond 543 8500

Motueka 528 1047

Takaka 525 0059

Murchison 523 1013



Nelson Public Libraries

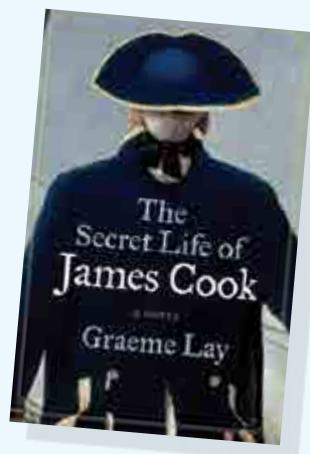
Celebrating Heritage Week

One of the joys of reading is the way a book can transport you to a different time and place. As Nelson gears up for the Heritage Festival we have been looking at historical fiction which has been popular from to A Tale of Two Cities by Charles Dickens right up to present day author of historical fiction, Phillipa Gregory.

New Zealand authors also tell stories based on our history and heritage. Graeme Lay has written about Fletcher Christian in Fletcher of the Bounty and gained accolades for his Cook trilogy which bring to life the voyages of Captain James Cook. Local author Stephanie Parkyn has had success with debut historical novel Into the World. Set in 1791, it follows a woman who flees political turmoil in France by disguising herself as a man.

These authors will be talking about writing historical fiction at the Elma Turner Library in April as part of the Heritage Festival:

- 14 April. Authors Graeme Lay and Stephanie Parkyn in conversation with Liz Price, talking about writing historical fiction.
- 15 April. Graeme Lay will be talking about writing non-fiction, and his most recent work on the voyages of Captain Cook.



- 19 April. Children's event – around the campfire session of storytelling and singing.
- 19 April. Elma Turner Library book events – a book launch of an anthology of writing about some of Nelson's historical artefacts.

To book or find out more about these events consult our website, phone (03) 546 8100 or email library@ncc.govt.nz



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



PEOPLE, STORIES, PLACES

NELSON HERITAGE FESTIVAL

9 - 29 APRIL 2018

Three weeks of exciting events celebrating
Nelson's unique stories, people and places.



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FOR EVENTS: itson.co.nz





DATE	TIME	EVENT	✂ Cut out programme!
9 April	9 - 11.30am	Nelson Heritage Festival Powhiri	
	6 - 7.30pm	Four Spirits Corner Photo Exhibition Launch Party	
9 - 13 April	School run times	Enviroschools Time Travel Challenge	
10 April	2 - 3pm	Tea: A Taste in History	
	5.30 - 6.15pm	Curators Talk Series: "These are a few of my favourite things..." from the Archive with Helen Pannett	
11 April	3 - 4pm	The Boys of St Mary's Orphanage (Ngawhata)	
12 April	10.30am - 1pm	Traditional Crafts and Lost Arts: Cheesemaking	
	2 - 3pm	Memoirs of Melrose	
	5.30 - 6.15pm	Curators Talk Series: "These are a few of my favourite things..." From the Social History Collection with Jessie Bray Sharpin	
13 April	5.30 - 7pm	Bloomers and Tweed Bicycle Ride	
	7 - 8.30pm	An Evening with Lord Nelson: Fringe Preview	
14 April	10am - 4pm	Cancer Society Heritage House Tour	
	10.30am - 1pm	Traditional Crafts and Lost Arts: Dowsing	
	2 - 3pm	Elma Turner Library Author Talk - Authors in Conversation	
15 April	11am - 2pm	"Games of Yesteryear"	
	11.30am - 3.30pm	5th Wakefield Apple Fair	
	2 - 3pm	Elma Turner Library Author Talk - Captain Cook's Voyages	
	2 - 3pm	More Memoirs of Melrose	
16 April	10.30am - 12pm	Broadgreen House Colonial Open Day	
17 April	10am - 5pm	Cardboard Carpenters - Church Build!	
	10.30am - 12pm	Textile Kids: Woolcraft	
	5.30 - 6.15pm	Curators Talk Series: "These are a few of my favourite things..." From the Photographic Collection with Darryl Gallagher	
18 April	10 - 11am	Rutherford Science Workshop	
	6 - 8.30pm	Planning Heritage Conservation - A World Heritage Day Event	
19 April	10.30am - 12pm	Textile Kids: Lacecraft	
	2 - 3pm	More Memoirs of Melrose	
	2.30 - 3.30pm	Children's Event - Around the virtual Campfire Session of Storytelling and Singing	
	4.30 - 5.15pm	Curators Talk Series: "These are a few of my favourite things..." From our collection with Meredith Rimmer	
	6 - 7pm	Book Launch: Past/Present	
21 April	10am - 3pm	Let's Learn Letter Press	
	11am - 12.30pm	Tahunanui Timeline	
	1 - 3pm	Antique Talk with Peter Wedde	
	2 - 4pm	Early Nelson Mayors Cemetery Tour	
22 April	10am - 12pm and 1 - 3pm	Print is not Dead	
	10.30am - 3.30pm	Founders Anzac Fair	
	10.30am - 3pm	Traditional Crafts and Lost Arts: From Fleece to Fabric – Spinning and Weaving	
	2 - 4pm	Second Chance: Early Nelson Mayors Cemetery Tour	
24 April	10 - 11am	Second Chance: Rutherford Science Workshop	
25 April	5.30 - 7am	Anzac Dawn Services Nelson	
	10.30am - 12.15pm	Anzac Day Stoke Civic Service Nelson	
26 April	4.30 - 6pm	Ghosts of Albion Square - Government, Gangsters & Gadgets	
28 April	2 - 3pm	Architects Tour of the refurbished buildings at The Nelson Centre for Music Arts	
29 April	10am - 12 noon	Nelson Heritage Festival Poroporoaki	

Activities and events

Image: Caroline Crick

'Honey!' Beekeeping for beginners

10 April, 2.00 pm – 4.00 pm // Riverside Community & Cultural Centre, 289 Main Road Lower Moutere, Motueka // \$20pp

Do you want your own supply of honey bee products? Better garden pollination? Contribute to biodiversity conservation? Beekeeping is the way to go! During the workshop, you will open up a working beehive here in the Riverside Gardens and learn about honey production, bee ID, the life cycle of a bee and the tools and equipment required.

Forest and Bird evening talk by Jane Gosden about Subantarctic plants and wildlife

11 April, 7.30 pm // Tahunanui School Hall, 69 Muritai Street Tahunanui Nelson // Ph. 03 545 0989.

Jane has visited the New Zealand Subantarctic Islands twice and spent three and a half months living on the Australian Subantarctic Macquarie Island. Come along and hear about travelling South, living in the Subantarctics and of course the unique flora and fauna found on these cold, windswept islands. There will be many pictures of plants, seals and penguins.

Wakefield Apple Fair

15 April, 11.30 am – 3.30 pm // Willow Bank Heritage Village, Wakefield, 79 Wakefield Kohatu Highway (just south of Wakefield on the main road). // Ph. 03 541 8595



Put a circle around Sunday 15 April on your calendar and plan to join your friends and family at Wakefield's fifth annual Apple Fair.

The Apple Fair is Wakefield's signature event in Nelson's Heritage Week, a free family fun day to be held at Willow Bank, a delightful historical village on SH6 just 1 km south of Wakefield.

The Apple Fair has a special harvest purpose: bring along your own apples (or help yourself to free fruit onsite) and turn them into juice with the help of a team of enthusiasts and a concoction of vintage and modern apple presses. The Apple Fair is all about community and fun. People are encouraged to get involved, have a go at operating a vintage apple press, enjoy some yummy food, explore the historic village, chill out with music and celebrate harvest time. Food stalls and children's games also on offer

Antique talk with Peter Wedde

21 April, 1.00 pm // Melrose House, 26 Brougham Street, Nelson // All tickets: \$17 plus TicketDirect fees. Tickets from TicketDirect outlets // Ph. 0800 224 224.

Join Antiques dealer Peter Wedde as he reminisces about his 40 year career as an Antique dealer and the strong emotional attachment people develop to special belongings from the past.

Afterwards Peter will be available to appraise some items bought in by the audience. You're welcome to bring along

Nelson specific antiques if you have any. Please note that due to time restrictions Peter will only be able to talk about a few items.

Moscow Ballet La Classique presents The Nutcracker

12 May 2018 // 2.30 pm and 7.30 pm // Theatre Royal, 78 Rutherford St, Nelson // Tickets: Adult \$95, Senior \$85, Child \$70, Group of 6 \$85pp (service fees apply) // Ph. 03 548 3840.

Following 2017 sell-out performances of Swan Lake, Moscow Ballet la Classique returns to New Zealand to present the jewel of classical ballet, Tchaikovsky's spectacular masterpiece The Nutcracker

La Classique was founded in 1990 by its current director Elik Melikov. La Classique with its artistic ballet mastery, lavish costumes and magnificent stage sets will take us on a journey back in time to the frost-covered, gas lit world of Clara, her beloved Nutcracker doll and the magician Drosselmeyer. This romantic tale with its blend of magic and realism brings to life the popular Tchaikovsky score featuring the famous "Dance of the Sugar Plum Fairy" and "The Waltz of the Flowers." The greatest success of Russian theatre is undoubtedly Classical ballet.

With this delightful production of the much loved Nutcracker, la Classique captures the imagination, the passion, the humour and magic of the "is the dream for real . . . or is it just a fairytale"

Advertise your community event on It's On!

Website: www.itson.co.nz
Anne Smith: Phone 03 545 6858 or
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We want to hear from you!

- Where do you pick up your copy of Mudcakes & Roses?
- What subjects would you like to see covered in the magazine?
- Are there any alternative pick-up locations you would like to see the magazine?

Get in touch!



Drop us a line at mudcakes@hothouse.co.nz with your thoughts.

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