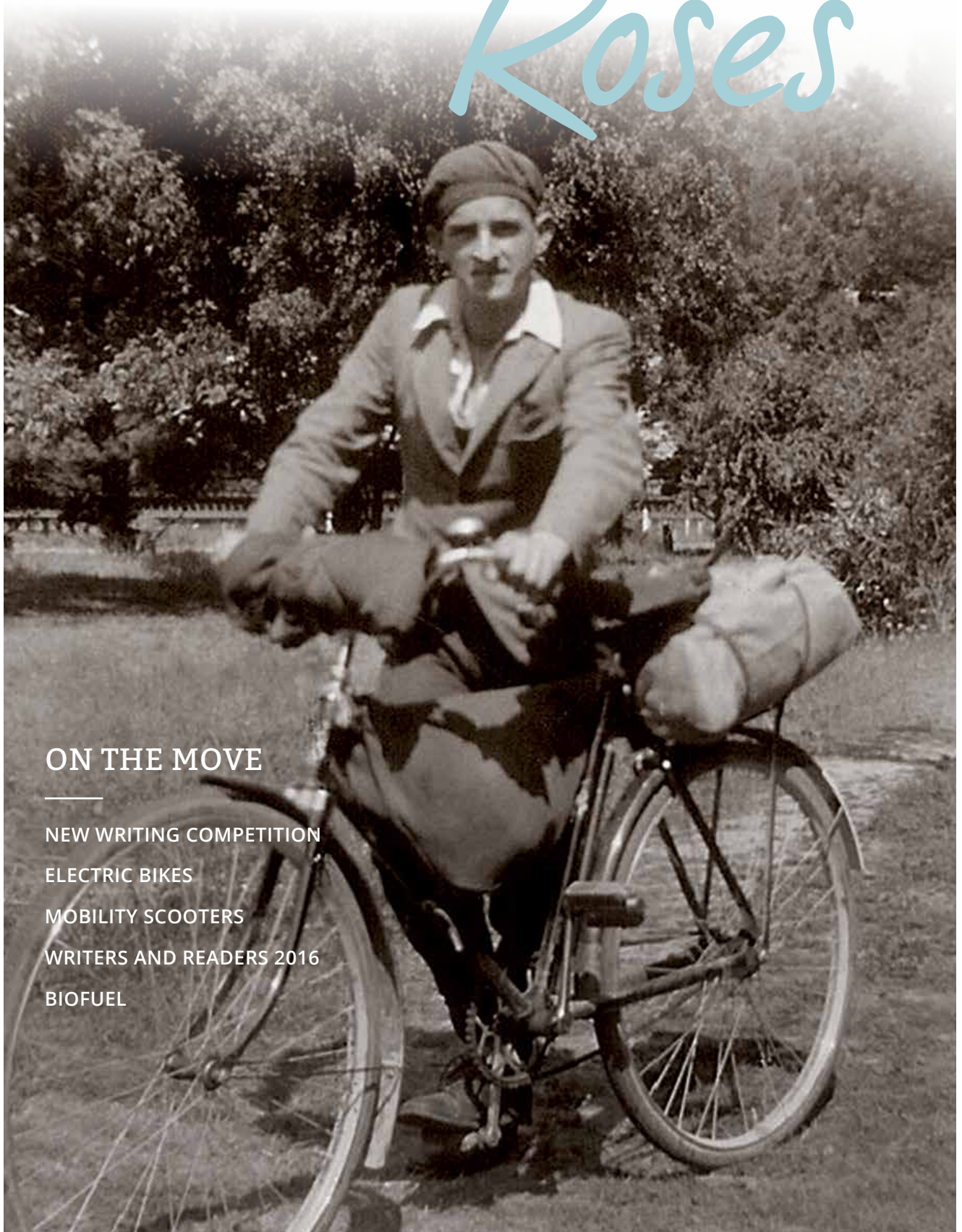


# Mudcakes and Roses



## ON THE MOVE

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NEW WRITING COMPETITION

ELECTRIC BIKES

MOBILITY SCOOTERS

WRITERS AND READERS 2016

BIOFUEL



## Hello and welcome

Hello and welcome to the new look Mudcakes and Roses.

I am delighted to have inherited the role of editor from Sarah Ryder who is now exercising her writing and editing skills in a quite different role. You may already know me from my fortnightly Grey Urbanist column in the Nelson Mail or as the cofounder of Couch Stories, a live storytelling show now in

its fourth year. I'm 63, I love walking, reading and dogs.

Over the next few months I hope to extend the range of topics we cover in the magazine and make it more relevant to the intended readership – men and women like me who are in their sixties and beyond.

You'll notice that we've already made some changes to the way the magazine looks. We've redesigned the magazine to make it easier on the eye, easier to read, and easier to distinguish feature articles from regular columns.

You might spot some other changes too. For readers who prefer the challenge of numbers rather than words, we're adding a Sudoku puzzle to the magazine. The puzzles are the handiwork of eighty-year-old Diny van Oeveren of Kina Beach who began creating the puzzles to occupy herself after she was immobilised by a back fracture.

In the coming months we hope to add columns on subjects such as food and travel. We have scrapped the monthly creative writing competition because it attracted so few entries. However, we still invite your contributions to the magazine. See elsewhere on this page for more details.

Finally, we have decided to theme each issue. This month the theme is "on the move". We hope you'll find the features on electric bikes, mobility scooters and biofuel interesting.

In keeping with the theme, we feature a youthful Lloyd Geering on the cover, posing with the bicycle he rode around New Zealand in the 30s and 40s.

Enjoy!

*Ro Cambridge*

## Next month: Home

"Home, sweet home, there's no place like home" says the old song. Whether we live in a caravan or a castle, alone or with others, human beings need a place where they feel sheltered, safe and loved. Homesickness and homelessness are very particular forms of misery.

In our October issue we'll be examining the theme of home from the view point of the older person. What makes us feel "at home"? Does our idea of home change as we age? Are there alternatives to rest homes and retirement villages for seniors?

### SHARE YOUR THOUGHTS

A bottle of Fossil Ridge wine goes to the best 500-word piece published per issue! Send your 'Home' contribution to the editor at [mudcakes@hothouse.co.nz](mailto:mudcakes@hothouse.co.nz) by 16th September.

### COULD YOU WRITE A COLUMN?

We are on the lookout for columnists for the magazine. If you have a passionate interest that you'd like to share with our readers (and you can write!) contact the editor to talk over your idea.

## In this issue

**ELECTRIC BIKES:** Jace Hobbs recommends powered two-wheelers. Hills and headwinds needn't deter the older rider any more.

**A NOBLE EXPERIMENT:** Lyndsay Wood reports on his experiment to substitute biofuel for diesel in his VW campervan.

**BOOK FESTIVAL PREVIEW:** A sneak peek at the Readers and Writers programme for the 2016 Nelson Arts Festival

**TRANSPORTS OF DELIGHT:** Mobility scooters expand horizons when ill-health, injury or age threaten to shrink the world to four walls.

**SCOOTING ABOUT:** Ro Cambridge buys a scooter and rediscovers a youthful self.

### REGULAR FEATURES:

Books, Library News, Gardening and Puzzles.



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07. LIBRARY NEWS



08. BIOFUEL

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## ELECTRIC BIKES AT ANY AGE

EXTEND YOUR HORIZONS, REDUCE POLLUTION AND **KEEP CYCLING** WHATEVER YOUR AGE ON AN ELECTRIC-POWERED BIKE.

One of the saddest things about getting older is having to give up an activity or a way of life which gives us great pleasure. While some accommodation to an aging body is inevitable, it's possible to keep doing many things we enjoy by modifying the way we do them. If you want to keep doing something, it's important never to quit doing it altogether – remember the old adage “use it or lose it.”

This might seem easier said than done when it comes to cycling. Even if we are used to cycling as an adult, as we get older we often begin to wonder if it's about time we stopped. We worry about safety, and biking up hills can be troublesome in a way that it never was before.

However, if you can keep on cycling you preserve the improved mobility and health benefits that come with a delightful form of transport.

**B**alance can be practiced and improved; stamina is protected and nurtured. Maintaining an active lifestyle is identified with so many physical and psychological benefits that we must weigh all the known gains against the risk of falling over on the bike.

Some people live in an area which is hilly or has strong winds and these factors can make the idea of cycling rather daunting. For many, the thing that really troubles them is the fear that they won't be able to start their bike on an uphill grade anymore. The wobbling and instability can be unnerving and embarrassing.

An electric bike is the answer to many of these concerns. While not just for the old, e-bikes can game-change all the things that frustrate people about cycling, while extending the range and utility in a most pleasant way. Starting e-bikes on hills is easy. It's like having Lance Armstrong riding tandem with you, lending you his strength. Power assisted bikes are legal on bike paths, can be ridden right to the door of your destination, and are super cheap to operate.

They can also substitute for use of a car. In many instances are far better than a car. You can park your electric bike next to that market stall or right in front

of the grocery shop, or bank. No parking fees, no hunting for a car park. When you are out and about and spot a friend, it's easy to pull over, stop and say hello. This isn't something you can do easily in a car. With the extra power of an electric bike you can leave the city and take rural bike paths and byways, leaving cars and fume-laden air behind you.

And it's kinder to the planet too. If more of us take up cycling (electric or otherwise) and use cars less, we are contributing to a cleaner environment.



### CONTRIBUTOR // JACE HOBBS

Originally from the U.S. Jace migrated to New Zealand in his fifties. He now has permanent residency and lives in Nelson. Active in social concerns, Jace is proud to contribute to his adopted country.



At 56, convinced of the value of electric bikes to individuals and the environment, Jace launched “Electric Bike Hub” to import electric bikes into New Zealand. Now at 62, Jace still actively enjoys mountain biking, beach volleyball, and croquet.



## NELSON'S FIRST MOTOR CAR

**DR SIDNEY ALFRED GIBBS** (1862–1950), A NELSON DOCTOR WHO WAS A FOUNDATION MEMBER OF THE NELSON AUTOMOBILE ASSOCIATION AND HAD A KEEN INTEREST IN MOTORING AND **IMPROVING TRANSPORT FACILITIES** FOR THE CITY.

On 15 January 1903, The Colonist newspaper reported the arrival of the first car in Nelson, "Knowles' Run-about" imported by Dr Gibbs. According to the newspaper the four-seater, 53/4 horsepower vehicle attracted a large number of spectators as it travelled the streets of Nelson "under the guidance of an expert". Motoring was a fraught affair in the early 1900s. There were few bridges over rivers and roads were narrow and unsealed. Dr Gibbs' brother Frederick Giles Gibbs (1866 – 1953) recorded in his diary a trip to Dunedin in 1908. "Just as we reached the middle of Havelock" he says, "car stopped. Sid managed to make it go on another mile & then had to make examination. Found dirt in carburetor nozzle". When the car got stuck while crossing the Flag river, it had to be pulled out with the aid of two horses. Later on the journey, attempting to climb a very steep hill – "no car had yet done it unassisted." Dr Gibbs had to get out before the "car went up all right". Further south river crossings got even tougher, but by pushing the car and clearing away tracks "we got her through inch by inch".

Photo and quotes are taken from a collection Dr F.G. Gibbs' diaries and photographs which are held in the Nelson Provincial Museum.



Image of car under repair from Nelson Provincial Museum, F. G. Gibbs Collection: 322579

Thank you to Paula Haines-Bellamy, Manager Collection Services, Nelson Provincial Museum for her research.

## BOOKS OF INTEREST

### ON ME BIKE:

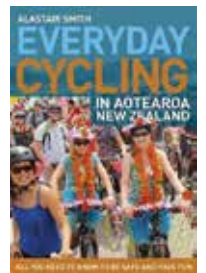
Cycling Round New Zealand 80 Years Ago by Lloyd Geering, Steele Roberts Publishing. This is a wonderful memoir by Lloyd about his cycling to and from Student Christian Movement conferences in 1930's and early 1940's. This memoir was written after Lloyd's wife Shirley insisted that he record his intrepid cycling journeys around the country after hearing him repeatedly say "I went there on me bike."



### EVERYDAY CYCLING IN AOTEAROA NEW ZEALAND:

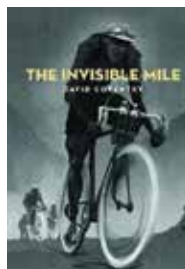
Enjoy the Freedom of a Bike by Alastair Smith.

This a practical guide of how and where to ride a bike in NZ. It includes chapters on what to look for in a bike, how to adjust it to fit you and how to ride safely in traffic. Highly recommended for those of you, who haven't been on a bike for a while.



### THE INVISIBLE MILE:

by David Coventry, Victoria University Press. This NZ award winning debut novel based on the true story of an Australian & NZ team racing in the 1928 Tour de France. The team included New Zealander Harry Watson. Competitors road fixed wheeled bikes over the 5377 kilometre route on mainly unsealed roads. The team had only four members (compared to the European teams of six to eight riders) and were not expected to finish. This is a gritty and beautiful read and its award was well deserved.



### BURT MUNRO:

The Lost Interviews by Neill Birss, Penguin Books.

The author was born in Invercargill and worked at the Southland Daily News. While there in the late 1960's he recorded many interviews with Burt Munro. When Neill moved away from Invercargill, the interviews were lost and turned up under strange circumstances many years later. Here they are collected in this book, the lost interviews with Burt Munro, legendary Kiwi motorcycle rider.



All books available from Page and Blackmore, Nelson's award-winning independent bookshop.



## READERS AND WRITERS FESTIVAL PREVIEW



Witi Ihimaera – Image by Marcel Tromp

ESPECIALLY FOR BOOKLOVERS – **A SNEAK PREVIEW** OF THE READERS AND WRITERS FESTIVAL PROGRAMME FOR THE 2016 NELSON ARTS FESTIVAL

**This year's Page & Blackmore Readers and Writers programme is alive with fine writers, fresh voices and several worlds' worth of ideas. Hear from innovators and idealists, listen to stories both personal and universal, reflect on what makes great writing and great reading.**

Consummate story-teller Witi Ihimaera kicks things off with *Maori Boy*, an unsettling and ultimately inspiring account of Ihimaera's early life. His story is rich with family secrets, anguish and personal challenges.

Real life story telling continues with Helene Wong, who received a standing ovation at the Auckland Writers Festival for her lecture based on her memoir, *Being Chinese*. Don't miss this.

Younger readers will have the chance to meet Stacy Gregg. As a girl Stacy wanted to be two things when she grew up – a horse rider and a writer. And she's done just that! Stacy will talk about her new book, *The Diamond Horse*, with horse-lover and fan, Nelson Intermediate student Harriet Allen.

Saddles of a different kind were seats of suffering and glory for the Australasian Ravat-Wonder cycling team in the 1928 Tour de France. David Coventry's novel, *The Invisible Mile*, is a compelling portrayal of a man pushed beyond the brink by fatigue.

London's famous Bloomsbury Group was home to some of the early 20th century's most compelling artists and writers; a similar group existed

in Christchurch – Peter Simpson's fascinating book, *Bloomsbury South: The Arts in Christchurch, 1933 – 1953*, brings Ngaio Marsh, Colin McCahon and Leo Bensemann, and their art, alive.

And in 1980's Christchurch, an innovative indie record label, Flying Nun, was born. Roger Shepherd, founder of Flying Nun Records, and music aficionado Grant Smithies will spin through the label that brought us *The Chills*, *The Clean*, *Sneaky Feelings*, *Straitjacket Fits* and many more.

The ever-popular Thinking Brunches return with topical conversations. 'Where Have We Come From?' examines migration and belonging as we look at personal stories, cultural roots and the idea of belonging. 'Where Are We Going?' explores our future workplaces, political and natural environments.

Learn how to appreciate the best New Zealand beers with Alice Galletly, but if rum is more your slug, meet 'Bully' Hayes, the 'Pirate of the Pacific', as Maritime historian Joan Druett regales us with tales both true and wild. But not all adventures are on the high seas: in 2013 Jillian Sullivan moved from Nelson to the Ida Valley in Otago to build a straw-bale house and begin a new life. *A Way Home* is Sullivan's inspiring story about starting again with determination.

Listen to Laurence Fearnley talking about her work *The Quiet Spectacular* and the place of the novel in our cultural landscape, be awed by the talent of fearless poet Hera Lindsay Bird, and let Sarah Laing re-introduce you to

Katherine Mansfield in *Mansfield and Me* – part memoir, part biography, part fantasy. Hear about the future of publishing with Bridget Williams and Robbie Burton. The Readers and Writers Programme provides food for thought and an opportunity to meet some of our best New Zealand authors.



The Page & Blackmore Readers and Writers is sponsored by the award-winning Page & Blackmore Booksellers.

**CONTRIBUTOR // STELLA CHRYSOSTOMOU**  
Readers & Writers Coordinator

### MORE INFORMATION & BOOKINGS:

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

Programme Brochures:  
Page & Blackmore Booksellers,  
Nelson City Council, Customer Service  
Centre, local libraries or Nelson i-Site.



Diane Harris and family pictured at Tahuna Beach in the 1970s

## WRITING COMPETITION

A new writing competition invites stories and photographs of holidays spent at Tahuna Beach from 1926 to the present.

Diane Harris spent her childhood holidays at Tahuna Beach Holiday Park, then known as Tahuna Motor Camp. Her family is one of many thousands of New Zealand families who have created holiday memories at Tahuna Beach since 1926.

Walter Nash was prime minister of New Zealand when Diane Harris' family first embarked on the road trip from Ashburton to Nelson on Boxing Day in 1958. At the time, the road up the coast via Kaikoura was only gravel. Diane's family made the journey in a Humber 80, towing a trailer full of camping gear. "It was like driving a lawn mower," she laughs. Not surprisingly the trip took about eight hours.

In 1958, television had not yet started in New Zealand and the country's first supermarket, Foodtown, had only just opened in Otahuhu that winter. The Harris family would harvest vegetables from their backyard garden on Christmas Day before making the long journey north.

"Dad would dig a hole and bury the veggies in a burlap sack not far from where we pitched the tent. He'd hang a safe in the tree to keep our milk cool." There were, however, a few treats from the motor camp's canteen. "You could buy an ice cream for two shillings. Mum would buy a pint of Hokey Pokey and cut it into exactly five shares for the family."

"Home" was a custom-built canvas tent, with a bright green roof and cream canvas wall, created by Mr Patching

the canvas maker (an apt name for such a tradesman, who specialised in making and repairing horse rugs). The family could roll up the walls for ventilation during the day and roll them back down again at dusk. Inside, they slept on five matching camp stretchers in five matching sleep bags. Tucked underneath were five matching suitcases. The Tahuna Sands Association first took over responsibility for development of the site back in 1926 and soon built changing sheds, a playground and a kiosk. Almost 80 years ago, 700 holidaymakers camped on site – the beginning of a summer holiday tradition that has continued to this day for many generations of families. To celebrate the heritage of the site, Tahuna Beach Holiday Park has recently launched a national short story and photo competition to collect those memories – with four big prize packages up for grabs.

"It was a time of not knowing any dangers in the world," Diane recollects. "I have such fond memories, it was thirteen years of the most fabulous family time. We didn't have a care in the world, didn't want for anything, and didn't have anything. We kids ran wild, went to the beach on our own, swam, hunted for sand crabs and built sandcastles. The tide would come in, take it all away, and we'd start over again."

When the family made their final trip in 1970, Diane was a young woman aged 16 and the world was a very different place. A few years earlier, a referendum had extended hotel closing hours in New Zealand to 10pm. Regular television programmes had been on air



for a decade. Radio Hauraki was granted the very first commercial radio licence in New Zealand. Police and anti-Vietnam war protestors clashed outside the Intercontinental Hotel in Auckland, where visiting U.S. Vice-president Spiro Agnew was staying.

Today, Diane believes the regular summer sojourns in the top of the South gave both her and her siblings a taste for travel. She now lives beside the Motueka River and works for New Zealand's official tourism quality assurance organisation Qualmark, a job that entails many kilometres of travel every week.



### HOW TO ENTER:

Submit stories and photos of your memories of Tahuna Beach Camp and you could win one of four big prize packages (valued around \$8000), including one week's accommodation at Tahuna Beach for up to nine people. Competition closes 31 October 2016.

Find out more and enter online at [www.collectiveholidaymemories.nz](http://www.collectiveholidaymemories.nz)

# Library News

## A JOURNEY INTO YOUR FAMILY'S PAST

Are you on the quest to find out about your ancestors and forebears? Would you enjoy uncovering the past and figuring out where you've come from? If this sounds like you, the classes and events happening at Tasman District Libraries for Family History Month in August will be right up your street.

We can help you take the first steps on your personal family history journey or help you discover the treasure troves of local history held in local museums and libraries and unlock the mysteries of on-line databases like Ancestry Library Edition. During Family History month there's something on offer for everyone. Our theme this year is places and names from the past. Enter our "What's in a Name" competition and be in to win a prize. Check out the displays in Motueka, Richmond and

Takaka libraries. Take a family history class, create a time capsule or test your local knowledge in a quiz – all this and much more is happening around the Tasman District. You'll find the full programme of events on the library website "Featured Events" page. And if you can't make it to any of the events, you'll find a wealth of family and local history information and resources in the 'Heritage' section of the Tasman District Council library website. Check it out today.



**More Information & Bookings:**

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

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

## TAKING THE LIBRARY INTO THE COMMUNITY

The library is a place where everyone is welcome. However, not everyone can come to us – or knows about the exciting things we have to offer. That's why Nelson Library has many programmes which bring the library to you and your place. By taking the library beyond our walls we aim to promote the library and our activities, and let you know about the resources we have. We also want to help you use and access those resources, particularly e-resources, and to encourage reading, literacy and lifelong learning.

Our Home Delivery Service is a prime example of taking the library beyond our walls. Volunteers take books to people who are housebound and cannot come to the library. The Home Delivery Team selects the books for each library member. On request, the team also delivers a set of "Memory Boxes" to rest homes. This is a free service that's available to any Nelson resident who is housebound. If you are interested, phone the library and ask to talk to the home delivery team.

The Children's Team also regularly makes visits outside the library. They visit playgroups and schools and run

storytelling and craft sessions at special events around the city. You may have seen us at the Teddy Bear's Picnic, Isel in Bloom, our "Heritage Hike on a Bike", or at the Victory Science Fair. We also run activities for adults outside the library. For example, we run book chats and e-book training at rest homes and give talks to various community groups in the city. During Environment Week we run eco-house tours and operate a Little Library at the Readers & Writers Festival and a stall at the Positive Aging Expo.

August is Family History Month and we have a number of events planned. Check the library website for details. Most of the events are scheduled to take place within the library but we are organising a tour of Wakapuaka Cemetery 2 – 4pm on Saturday 13 August. We close our celebration of the month with Poetry Day on 26 August. Starting September 7, we are running a week-long Adult Learners' Programme with a focus on technology and information. We want to help people feel confident using technology such as computers, tablets and smart phones to access information. On Sep 15, we'll

be at Founders Park participating in the WWI commemorations and promoting "The Prow", our local history website.

 **Nelson Public Libraries**  
Nelson City Council



**More Information & Bookings:**

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

**Tel:** 5468100

**Email:** [library@ncc.govt.nz](mailto:library@ncc.govt.nz)

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

## BIOFUEL

IS BIOFUEL A VIABLE ALTERNATIVE TO **FOSSIL FUEL**? NELSONIAN **LINDSAY WOOD** MADE THE SWITCH AND REPORTS ON THE RESULTS.

A few years ago I succumbed to the lure of a campervan and bought an ex-Maui rental three-berth, Volkswagen diesel van which I christened "Chug" (thanks to a CHG number plate). I thus joined thousands of other baby boomers who tour the country in a holiday-home-on-wheels. I even put Chug to the test by making it my home for a whole year while my new house was being built.



Then, retirement, and four fantastic grandchildren. Combined with my passion for the environment, this prompted some serious thinking about the impact of fossil-fuelled vehicles on the planet. The more I researched, the sicker I felt at the awful inheritance we were bequeathing these gorgeous young people. We were, in essence, hijacking their future by crippling the environment on an unimaginable scale. In quick time I pledged my remaining years to doing my bit to reverse this trend. An infinitesimal contribution, to be sure, but then much of global warming is due to infinitesimal contributions – like the billions of us each driving fossil-fuelled cars. So I set about weaning myself off fossil fuels. I caught the bus more, walked to town more, even switched to an electric chainsaw (should've done it years ago, except they weren't around!).

But doing something about my car was tougher, as electric vehicles were barely on the radar of local car dealers. And as for Chug, I was in denial. Having searched without success for a source of biodiesel, I pretended to myself it was OK to drive Chug instead of the car, and even justified the campervan as a spare bedroom! But in my heart I knew burning diesel for recreation was at the wrong end of the "valid use" scale. Chug had to go.

Spring is a good time to sell campervans, so last September saw me reluctantly sprucing up Chug for sale. Then, a week before listing Chug on Trade Me,

I chanced on someone running their truck on 100% biodiesel, and found out where I could buy it. Bells and lights went off in my brain, and a last-minute ray of hope pierced the gloom! With fingers crossed, I rang Matthew at Ethical Fuels in Motueka. "Sure" drawled Matthew in his soft North American accent. "But check your van's okay for biodiesel. Some need a blend – some are no good at all." When the Volkswagen agents confirmed that Chug was fine on 100% biodiesel, I felt I'd scored a "Get Out of Jail Free" card.

So what's involved with biodiesel? Well, more than just pulling up at the gas station. You need a storage tank and a small pump. Luckily my property has space for a 200 litre drum of biodiesel. Matthew had reassured me that there was no requirement for consents or containment. Now I can see why – spilled biodiesel doesn't even kill my grass! At the switchover from mineral diesel, the biodiesel cleaned out the engine and the fuel tank, although as a precaution I also changed the fuel filter – quite a mission on my van.

And what about performance? Soon I had the chance to replicate a 700 km trip I'd done in the van on mineral diesel. I couldn't tell any difference in performance or mileage on biodiesel (apart from Chug giving off a slight whiff of a fish and chip shop!) Okay, biodiesel does cost around 50% more, but that's well worth it to me so I can keep enjoying Chug without feeling I'm trashing my grandkids' future. So that leaves the question of the car. The good news is that I've found a firm importing Nissan ENV200s – all-electric people-movers/vans. The one I have on order is crossing the high seas as I write this. It's not cheap, but there will be no registration charges, and my "fuel" will come from the solar panels on my roof.

I do have a twinge of "range anxiety" about how far it will run on a single charge of the battery, but I can't wait to test how clean-running, quiet and responsive the ENV200 will be. That's something I'll have to report on in another issue. Watch this space!

### CONTRIBUTOR // LINDSAY WOOD

Lindsay Wood, aged 70 is an adventurer who loves sharing the outdoors with family and friends. He's also a father, grandfather, environmentalist, architect, inventor and writer. He's looking for a day with 36 hours in it.







## TRANSPORTS OF DELIGHT

MOBILITY SCOOTERS ARE **KEEPING PEOPLE MOBILE** EVEN WHEN ILL-HEALTH, INJURY OR AGE CATCHES UP WITH YOU.

“Getting you out there” is the motto of Robin and Meryl Jordan.

Robin has been selling and repairing mobility scooters at Mobility4You since the 1980s when there were far fewer of them around, but he’s lost none of his enthusiasm for helping people stay mobile. His wife Meryl, who takes care of the retail side of things, shares his passion. She loves the fact that the right mobility scooter can help a customer stay engaged in life around them. “When people feel stuck staring at four walls” she says “it’s easy for them to get isolated or depressed.” Older men in particular, who cannot drive a car anymore because of poor eyesight or disability feel the loss of independence very keenly. “I’ve had men in the shop almost in tears” say Meryl. “They tend to buy the bigger mobility scooters and it gives them a new lease on life.” Not all her customers are seniors though. Some buyers have multiple sclerosis or muscular dystrophy and are only in their 30s and 40s. Meryl may not have the same degree of mechanical know-how that Robin has, but she knows an awful lot about mobility scooters nonetheless. When I dropped in to the Mobility4You shop on Richmond’s Queen Street, Meryl was not only warm and welcoming, but she could tell me about the batteries, power, speed and range of every gleaming scooter in the shop. She could also tell me all about the add-ons like baskets and carriers, windshields and canopies.

I got Meryl to give me a scooter-by-scooter tour. The smallest mobility scooters will cover about 16km on a

single charge and are really only suitable for inside use but some of them fold up, or can be disassembled to fit into the boot of a car. The medium and larger scooters are more rugged and can be ridden on footpaths and cycleways. They will take a rider up to 40kms on a single charge, at a speed of around 15 – 17kms an hour. Meryl says she knows people who ride from Stoke to Richmond on their scooters, or from Tahuna to Brightwater. She laughs when she tells me that there’s even a group in Motueka who head to the pub together on their mobility scooters, “You see the scooters all parked outside!”

Parking a mobility scooter is easy of course. But mobility scooters are also cleverly designed to make them easy to drive, and to mount and dismount from. Meryl points out the swivel seats, armrests which lift out of the way, and adjustable steering columns. “We make sure that the scooters are adjusted to fit the owner before we let them leave the shop” Meryl explains.

The controls for the scooters are very simple – no gear changing required. The levers for forward and reverse are feather light and can be adjusted to take into account any stiffness or weakness in the rider’s hands. Because they have four wheels the scooters have excellent stability, although just like any vehicle, they must be driven with caution. Robin helps with some safe driving tips and tuition.

Meryl knows people whose lives have been transformed by the independence which a mobility scooter confers.

“Some of our customers use them so much, they are only home long enough to recharge the batteries before they’re out and about again.” But she acknowledges that they don’t suit everyone. “Some people buy one and it just sits in the garage” she says. That’s why they will lend a scooter to prospective buyers before they commit to buying. “We let them try it out, and see if it’s going to work for them.” If you rent a scooter, and then decide to buy, Meryl and Robin will deduct the rental fee from the price.

Prices for mobility scooters range from \$2,500 – \$7000 so they aren’t cheap. But take a look at the photo above of Peter Bond (69) riding his mobility scooter along the Great Taste Trail. You might think that happy grin is absolutely priceless.

### INTERESTED IN FORMING A MOBILITY SCOOTER CLUB?

Meryl and Robin think it would be great if mobility scooter users formed a club. “They could have get togethers at local coffee shops, take rides together, swap ideas for places to go” says Meryl. Although they don’t have the time to make the idea happen themselves, the pair will be the initial contact point for interested scooter riders. Call at Mobility4You or phone 544 6603.

# Gardening

## PHILIPPA FOES-LAMB: GARDENING COLUMNIST

*Philippa Foes-Lamb is a passionate plantwoman 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.*



### IS IT WINTER OR IS IT SPRING?

Is it just me or has this winter been rather weird? We've had cold snaps occasionally but we've also had days that have felt very much like spring, resulting in a lot of confused plants and gardeners. I think nature is totally muddled because a Mallard duck arrived at our door with 10 ducklings in mid-winter. Here's hoping we get a more normal late winter/early spring.

Late winter is still a great time to plant new trees, shrubs and roses. They need to be in the ground by mid-August. This will give them time to settle in before soil temperatures start to rise again.

Before planting shrubs and roses it is a good idea to dig in some good quality compost and sheep manure pellets because this will give your new treasures a huge boost as the soil warms up.

If you are replacing an existing rose that hasn't been doing well, it is really important to remove as much of the soil as you can from the place where the old rose was. This is because this soil can harbour bacteria which could spread to your new rose. Dig in plenty of new topsoil with compost/sheep manure pellets, then plant.

Trees, on the other hand, are best planted in your existing soil without a lot of molly-coddling. To ensure they stand the test of time, you want to encourage them to send their roots deep into the ground in search of nutrients and moisture. Putting beautiful rich compost or slow release fertiliser into the ground before planting can have the opposite effect: trees are less likely to send their roots downwards, preferring instead to sit smugly in the knowledge that their roots are being fed by you! The next step after planting any of the above is to water them in well, and mulch to help keep weeds at bay while they are getting established. There are lots of things that can be sown now, but they need to be under cover. Tomatoes sown in August will be ready for planting in a glasshouse/tunnel house in mid to late September. If you want to eventually grow them outdoors, wait until early September before sowing them – still under cover. Lettuces, silverbeet, celeriac, celery, beetroot and all your favourite brassicas can also be sown under cover now. Courgettes, pumpkins, capsicums and aubergines are best sown from mid-September onwards when temperatures have risen a bit more.

"Early spring bulbs may have finished flowering and lots more will be just starting. Giving them a boost with a side-dressing of bone flour or granular bulb food will help ensure the bulbs absorb lots of nutrients via their foliage as they die

back, ready for next season".

If you're like me, you may have lots of seed packets that have accumulated over several years. I grow flower and vegetable seedlings as well as perennials for Bay Landscapes so you can imagine how many packets I have at any one time! If the expiry date is last year, you may find they will still have a perfect germination rate so only throw out seeds that are two years or more over their expiry date.

Now is the perfect time to clean and sharpen your favourite gardening tools ready for the myriad of tasks that pop up from early Spring onwards.

*Happy gardening! Philippa*



### HEIRLOOM PERENNIAL NURSERY & ART STUDIO

Specialising in hardy perennials and gorgeous cranesbill geraniums.

#### ALSO AVAILABLE:

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Decorative magnets • Art commissions welcome

#### GET IN TOUCH:

Now Open by Appointment Only  
25 Maisey Rd, Redwood Valley  
Phone: 03 544 3131 or 021 522 775  
Email: foeseamb@xtra.co.nz  
[www.artforheart.typepad.com/perennial\\_nursery](http://www.artforheart.typepad.com/perennial_nursery)  
[Facebook.com/Heirloom-Perennial-NurseryArt-Studio](https://www.facebook.com/Heirloom-Perennial-NurseryArt-Studio)

### GREEN THUMBS & DIRTY FINGERS:

Philippa's fortnightly radio show Green Thumbs & Dirty Fingers airs on Fresh FM, Nelson-Tasman 104.8, Golden Bay 95.0 on Tuesday at 10.40am and replays the following Saturday at 2.40pm.

## THE RETRO METRO

RO CAMBRIDGE DISCOVERS THAT A SCOOTER IS A 'TWO-WHEELED **TIME MACHINE**'.



Recently I read a collection of Spectator columns written in the 1980's by English novelist Alice Thomas Ellis.

They were still very funny and I polished them off in a sitting. Alice had a brilliant Oxford classicist for a husband, many children, a house in London (with resident boa constrictor), a holiday home in Wales and a faithful family retainer. She also had cigarettes, booze and Catholicism and was friends with Kingsley Amis, Oliver Sacks, Iris Murdoch, and Beryl Bainbridge.

My own life seemed a little dull in comparison: I only have one ex-husband, one child, one Jack Russell Terrier and a small flat in Nelson and atheism. No serpents or faithful family retainers, and no fondness for alcohol or cigarettes.

A lesser person might have sunk into rue and envy of Alice's literary life in London but I'm above such pettiness, and anyway, an examination of my own small life soon turned up something uniquely mine.

Poor Alice probably had to rely on black cabs and the Tube to get around. I have a scooter. It's a grown-up version of a kid's scooter. You balance on it with one foot, while propelling it forward with a thrust of the other foot. It has pneumatic tyres, handbrakes, and handlebars at just the right level for my height.

I used to have a cycle, but I always felt slightly anxious riding it and my body didn't like exerting itself in a sitting position. However, the minute I stepped onto the scooter, I felt absolutely at home. Scooting seems to suit me better than pedalling and there's no anxiety to dilute the pleasure of standing upright while sailing along with the wind blowing through my hair.

It took me a while to find a retailer who didn't snicker at the thought of a 60-something woman on a scooter, and would adjust it to fit me. However, the effort was worth it.

**T**he hair that the wind is blowing through may be turning fifty shades of grey, but when I'm scooting about I feel like a kid again.

My scooter is a two-wheeled time machine which transports me back into the past when the days were full skating and skipping and hopscotching, of climbing trees and dangling off the jungle gym. Or belly-flopping into the school pool so that the chlorinated water fizzed up your nose and the water made slap marks on your skin. Back to the days when you were so silly with exuberance and curiosity that you packed a tin can with firecrackers to see what would happen when you lit all the fuses at once. Or you'd hack through the rind of a golf ball with your Mum's breadknife just to find out what was inside. It's good to be reminded of the busy-bodied, adventurous, foolhardy child who is still dancing inside me somewhere.

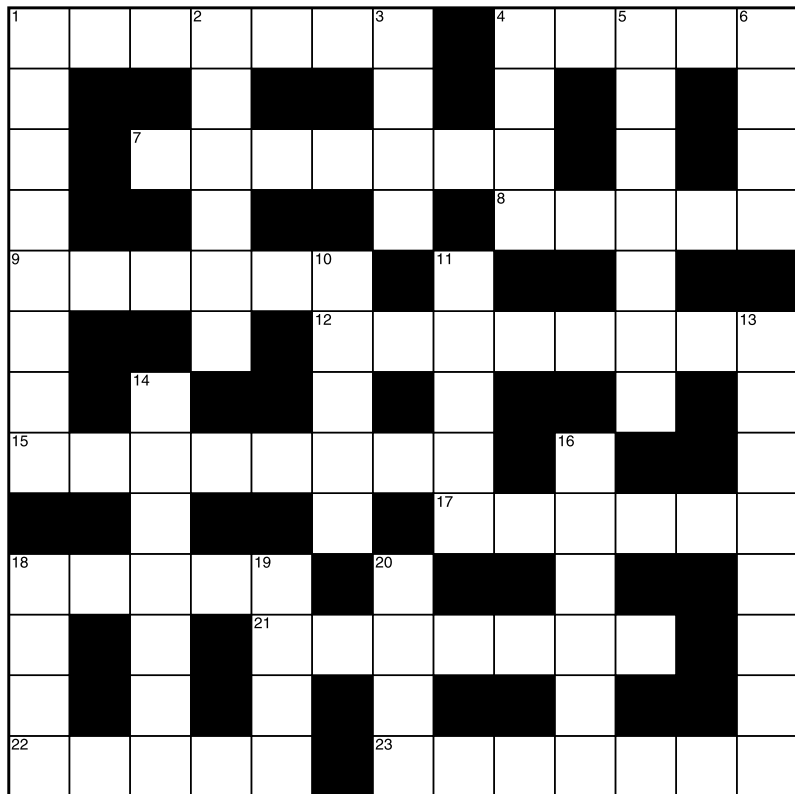
.....  
**CONTRIBUTOR // RO CAMBRIDGE**



# Puzzles page



## CROSSWORD



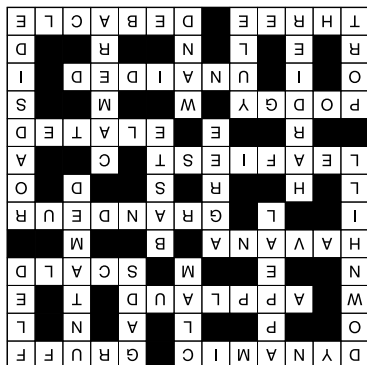
### ACROSS

1. Energetic
4. Brusque
7. Clap
8. Hot water burn
9. High quality cigar
12. Eminence
15. Greenest (trees)
17. Delighted
18. Small & rotund
21. Independently
22. Roman III
23. Fiasco

### DOWN

1. Deteriorate, go ...
2. Contest court decision
3. Chowder ingredient
4. Gallivants
5. Wild
6. Escaped
10. Concur
11. Coat with pan juices
13. Edge of highway
14. More robust
16. Cinematographer's apparatus
18. Vanuatu's capital, ... Vila
19. Xmas period
20. Conjuror's stick

### Crossword Solution



### Sudoku Solution

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

## SODUKO

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

## COPING WITHOUT A CAR

ADJUSTING TO LIFE WITHOUT A CAR DOESN'T MEAN LOSING YOUR **INDEPENDENCE** AND **FREEDOM**.

### IF YOU'RE OVER 65

SUPERGOLD CARD gives seniors free or cheaper public transport.

### THE TOTAL MOBILITY SCHEME

If you have a disability or have difficulty using public transport, you may be able to use taxis to get to essential places. The Total Mobility Scheme, run by your regional council, pays half the fare. Your doctor or another health provider assesses whether you are eligible. You'll get taxi chits or an electronic card to use when you take a taxi. You may have to pay a small fee for your assessment and the ID card you need for your travel.

### PLANNING AHEAD

The Ministry of Social Development has information on its website and downloadable brochures.

This government agency suggests that you begin thinking about and planning for future transport needs now, so when you stop driving, or are unable to get yourself where you want to go it won't be such a big problem.

There is more information about senior road user education resources to help improve the road safety of people over 70 years of age on the New Zealand Transport Agency website.

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

Older drivers are involved in fewer crashes than other age groups. They tend to drive conservatively, travel fewer kilometres than other drivers and restrict their driving to times and situations in which they feel safe.

While older drivers don't have as many crashes, they and older passengers, if involved in a crash, are more at risk of being seriously injured or killed. This is principally due to their physical vulnerability. With the same impact force, the fatality rate is approximately three times higher for a 75-year-old motor vehicle occupant than for an 18-year-old one. Illness and changes that are more common with age increase the risk of older drivers being involved in a crash. These changes may be physical or they may be changes to memory and thinking.



## MEDICAL APPOINTMENT TRANSPORT

DID YOU KNOW THAT THE **ST JOHN** AND **RED CROSS** ORGANISATIONS OFFER SHUTTLE SERVICES TO TRANSPORT PEOPLE TO AND FROM LOCAL HOSPITAL OR MEDICAL APPOINTMENTS?

These services are community-based, run by volunteers, and rely on user donations.

### ST JOHN SHUTTLE

Nelson: Covers Nelson, Stoke, Richmond, Atawhai and Wakefield. Bookings must be made 2 – 5 days in advance. Phone (03) 546 9445 extn 3. To contact the driver, call 027 267 2232.

Motueka: The Motueka Regional Ambulance Community Trust serves this area. Ph. 03 528 7645 or 0800 111 025

Golden Bay: The 'Wrinklies Express' is a member-only service which provides transport for people over 50, or disabled persons. Users pay an annual subscription, and are asked to make a donation for each trip.

### RED CROSS COMMUNITY TRANSPORT

This service is focused on senior citizens (65+), but is open to anyone who can demonstrate a need, or are referred by a health provider. The service covers Richmond, Stoke, Tahunanui and Nelson city.

# What's on

FOR MORE INFORMATION ABOUT UPCOMING EVENTS IN THE NELSON REGION,  
CHECK OUT [ITSON.CO.NZ](http://ITSON.CO.NZ)



## NELSON LIBRARIES BOOKCHAT AT STOKE



**5.30pm, third Wednesday of each month at Stoke Library, 35 Putaitai Street, Stoke, Nelson.**

Bookchat is a place where we get together to talk about books we have recently read. Come along and tell us about what you have been reading, or just come to hear what titles other people have enjoyed.

## NEW ZEALAND INTERNATIONAL FILM FESTIVAL

**3 August – 24 August 2016**

Nelson venue info: Screening at State Cinema. For more information or to book tickets, please visit [www.nziff.co.nz](http://www.nziff.co.nz)

## WOMEN OF EARLY NELSON – PART 2

**25 August 2016, 5pm.**

A floor talk by Jessie Bray Sharpin in our regional gallery to celebrate Family History Month at the museum. The talk will last for approximately 45 minutes and is free.

## RICHMOND LIBRARY: LAW FOR LUNCH – RETIREMENT VILLAGES

**25th August 2016, 12 – 1pm. Richmond Library 280 Queen Street, Richmond.**

Are you thinking about moving into a retirement village? In this free session Julia O'Connor of Nelson Bays Community Law will highlight some of the legal issues you might need to take into account when considering the move.

## THE NUTCRACKER

**25 – 27 August, 7pm and 1:30pm Saturday. Theatre Royal 78 Rutherford Street, Nelson.**

Fun for the whole family, Nelson Academy of Dance presents The Nutcracker, a production that is guaranteed to transport us all to the festive season during winter in Nelson!

## BAYLEYS LAST NIGHT OF THE PROMS

**3 September at 7:30pm. 4 September at 2pm. Theatre Royal, 78 Rutherford Street, Nelson.**

Nelson City Brass presents Bayleys Last Night at the Proms. This is a fun concert of British Proms music with audience participation: foot-stamping, singing, flag-waving and party-popping.

## MEET THE CANDIDATES

**7 September, 7 – 9pm, Richmond Library, 280 Queen Street, Richmond.**

Nelson Branch of the National Council of Women invites you to meet the women standing for Nelson City and Tasman District Councils.

## CHERRY BLOSSOM FESTIVAL 2016

**18 September, 11.30am – 3pm, Miyazu Japanese Gardens Atawhai Drive, Atawhai, Nelson.**

Come and enjoy a programme of music, food & entertainment under the cherry blossom trees celebrating the Japanese culture and the 40-year anniversary of the Sister City connection between Nelson & Miyazu.



**NELSON HOME & GARDEN SHOW 2016, 30 September – 2 October, 10am – 5pm daily. Saxton Stadium Saxton Road East, Stoke.**

The Home & Garden Show is packed with all the ideas and information that you need to transform your surroundings into the space you've always dreamed of. Be thrilled by the variety, amazed by the innovations and impressed by the expert advice.

## WITI IHIMAERA – WEAVING A STORY

**14 October, 12pm for lunch 12.30pm start. Founders Heritage Park, 87 Atawhai Drive, Nelson.**

Award-winning author and consummate storyteller Witi Ihimaera is one of our finest writers. Hear Witi Ihimaera in conversation with Nelson counsellor and avid reader Liz Price.

KEEP **UP-TO-DATE** ON WHAT'S HAPPENING IN OUR **BEAUTIFUL REGION**

# 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.

### Arthritis New Zealand

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

### Asthma Society (Better Breathing Classes)

Ph. 03 544 1562 for times & 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. Contact: [www.brooksanctuary.org.nz/support](http://www.brooksanctuary.org.nz/support) or Ph. 03 539 4920

### Hearing Association Nelson

Card group Mondays from 1.15pm. 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 and we will ring you back.

### 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. Ph. 03 543 7838 or email [cherie.thomas@nbph.org.nz](mailto:cherie.thomas@nbph.org.nz) for more information and registration.

## GOLDEN BAY

### Astanga Yoga

GB Community Centre, Tuesdays 5.45pm, Doris or Keryn Ph. 03 525 9525 Thursdays 9 am, Michelle or Pam Ph. 03 525 9033

### Friends of Golden Bay

Don Ph. 03 524 8130

### Genealogical Group

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

### Gentle Exercise Class

(Through Golden Bay Physio Clinic) Held at Golden Bay Community Health, Mondays 10.00 – 11.00am. No charge. Erica Ph. 03 525 0105 or email [erica@physiogoldenbay.co.nz](mailto:erica@physiogoldenbay.co.nz)

### Golden Bay Contract Bridge Club

Golden Bay Community Centre, Commercial St, Takaka. Ph. Leigh 03 525 9744, Weds 7pm & Fri 1pm

### Golden Bay Garden Club

Anne Ph. 03 525 8455

### Golden Bay Patchwork and Quilters Guild

Liza Ph. 03 524 8487

### Indoor Bowls/Cards

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

### Marble Mountain Country Music Club

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

### Motupipi Indoor Bowling Club

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

### Pohara Bowling Club

Jennifer Ph. 03 525 9621

### Purahaoi Table Tennis

Rene Ph. 03 525 7127

### 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. Terry Burgess Ph. 03 525 7422 for more info.

### SeniorNet (Golden Bay)

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

### Sit and Be Fit

Golden Bay Community Centre, Tues 10.15am–11.15am. Jacinda Ph. 03 525 8770 & Collingwood Memorial Hall, Thurs 10am–11am. Jacinda Ph. 03 525 8770 or Jo 03 525 9728. \$2 donation

### Takaka Golf Club

Ph: 03 525 9054

### Takaka Golf Club Ladies Section

Rhonda Lash Ph. 03 5259 573

### Takaka Spinning Group

Margaret Ph. 03 524 8146

### Takaka Table Tennis

Rene Ph. 03 525 7127

### University of the Third Age (U3A)

Moira Ph. 03 525 7202

### 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 9am Sharp! Bring morning tea/lunch, raincoat, light boots or walking shoes. Contact Piers Maclaren Ph. 03 525 7440

## HOPE

### Hope Midweek Badminton Club

Wednesday mornings. Carolyn Ph. 03 541 9200

### Hope-Ranzau Women's Institute

1.15 pm first Wednesday of each month at Age Concern Hall, 62 Oxford Street, Richmond, Visitors welcome. Ph. Brenda 03 5445872

### Nelson Veterans Tennis Club

Hope Courts every Thursday. Leona Ph. 03 547 6916

## MAPUA

### Line Dancing

Tasman Bible Church Hall – Thursdays 10–11.30am, Sue Wilson Ph. 03 528 6788 or email [sioux.wilson@yahoo.com.au](mailto:sioux.wilson@yahoo.com.au)

### Low-Impact Aerobics and Pilates

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

### Mapua Craft Group

Meets every Friday in the supper room at Hills Community Church from 10am–noon (term time only) for simple craft work. Plus guest speakers, demonstrations & group outings. Morning tea provided. Contact: Julie Cox, Ph. 03 540 3602 or Email: [juliehcox@xtra.co.nz](mailto:juliehcox@xtra.co.nz)

### Mapua Friendship Club

Mapua Public Hall. Valerie Ph. 03 540 3685

### Mapua Bowling Club

Dave Ph. 03 540 2934

## MOTUEKA

### Cycling

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

### Indoor Bowls

Motueka Senior Citizens Hall. George Ph. 03 528 7960

### Line Dancing

Thursdays 6–8.30pm, Motueka Memorial Hall, Pah St, Sue Wilson Ph: 03 528 6788 or email [sioux.wilson@yahoo.com.au](mailto:sioux.wilson@yahoo.com.au)

### Marching

Motueka Veteranettes Marching Team Bev Ph. 03 528 9125

### Motueka 50+ Walking Group

All walks leave Deck's Reserve Carpark, where transport is arranged. To see the walks schedule go to [www.motueka50pluswalkers.org.nz](http://www.motueka50pluswalkers.org.nz). Meetings on the last Thurs of each month in the RSA Club, High St, Motueka 9.30am. Contacts: Secretary Yvonne Hope Ph. 03 528 7276 or President Nora Morris Ph. 03 528 6290. For details about alternate walks, contact Frances Neumann Ph. 03 528 4559.

### Motueka and District Historical Association

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

### Motueka Bowling Club

Peter Ph. 03 528 5412

### Motueka District Museum - Pupuri Taonga

(Dec–March) Monday to Friday 10–3, Sunday 10–2. (April–November) Tuesday to Friday 10–3, Sunday 10–2. Closed Public Holidays. 140 High Street. Ph. 03 528 7660 or email [savepast@snap.net.nz](mailto:savepast@snap.net.nz)

### Motueka Scottish Country Dancing Club

Wednesday night dancing, 7.30pm Scout Den, Lower Moutere Hall. Contact Roger Ph. 03 543 2134 or Vicky Ph. 03 526 7096

# SERVICE DIRECTORY

## MOTUEKA

### Motueka Senior Citizen's Assn Inc

**Pah St Motueka:** (behind the Motueka Library) If you are 50 plus you are welcome to come and participate.

#### Indoor bowls:

Mon & Wed 1–3 pm.  
Contact Terry  
Ph. 03 528 7104 or  
George Ph. 03 528 7960.

**Rummikub:** Thursdays  
1–3pm. Contact Mavis Win  
Ph. 03 526 8796.

**Various Activities:** 2nd  
Friday of the month  
1.30–3.30pm. Fun, simple  
games, darts, cards etc.  
Contact Dylis Rutter  
Ph. 03 528 8960

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

**Monthly Social:** 4th Friday  
of the month, 2–3.30pm  
Speakers or entertainment.  
Annual subs \$15 and \$2.00  
for each session. Light  
refreshments served at  
each session. No prior  
experience needed as  
assistance is available.

### Motueka Recreational Centre

#### Senior Activity Programmes:

**Mondays:** Silver Trekkers,  
9.30am, Cost \$4; Social  
Badminton, 11am, Cost \$4;  
Ease into Boot Camp, 1pm,  
Cost \$5.

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

**Wednesdays:** 60+  
Gymmers, 9.30am, Cost  
\$4 or \$40 concession card  
of 10; KickStart (Green  
Prescription), 1pm, Cost \$4;  
Badminton, 2pm, Cost \$4.  
Ease into Boot Camp, 11am,  
Cost \$5.

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

**Friday:** Interval Walking  
Circuit, 9.30am, Cost \$4;  
60+ Gymmers, 11am, Cost  
\$4 or \$40 concession card  
of 10.

### Motueka Social Dance Group

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

### Riwaka Bowling Club

School Rd, Riwaka. Kathy  
Ph. 03 528 4604 or  
Pat Ph: 03 528 8347

### Riwaka Croquet Club

Sally Ph. 03 528 9704

### Scottish Country Dancing

Valerie Ph. 03 543 2989

## Social Recreation

Kiwi Seniors (Motueka)  
Vonnie Ph. 03 528 7817

### Yoga

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

## NELSON

### Angie's Aerobics

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

### Aquatics/Swimming/Gym

Riverside Pool  
Ph. 03 546 3221

### Belly Dancing

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

### Breast Prostheses and Mastectomy bras

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

### Cardiac Support Group

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

### Community Heart and Diabetes Services

Nelson Bays Primary  
Health for education,  
awareness and support.  
Bee Williamson  
Ph. 03 543 7836 or  
021 409 552 or  
freephone 0800 731 317

### Golf Croquet

Nelson–Hinemoa, Bev  
Ph. 03 548 2190

### Government Superannuitants association

Margaret Ph. 538 0233  
Email: nelson@gsa.org.nz

### Grandparents raising Grandchildren

Paula Ph. 03 544 5714

### Marching

Silveraires Leisure  
Marching.  
Diana Ph. 03 548 9527

### Nelson Electronic Organ and Keyboard Club

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

## Nelson Grey Power

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

## Nelson Male Voice Choir

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

## Nelson Petanque Club

Wed and Sun 1.15pm. You  
will find us behind the  
Trafalgar Park grandstand,  
drive in off Trafalgar Park  
Lane. Boules and tuition  
provided. Ph. Adrienne  
03 545 0070

## Nelson Philatelic Society

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

## Nelson Provincial Museum

For details, visit  
www.nelsonmuseum.co.nz

## Nelson Social Dancing Club

Dance at Club Waimea,  
Queen Street, Richmond  
7.30pm to 11.15pm  
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!!  
Enquiries Lynn  
Ph. 03 544 8052

## Nelson Scottish Country Dancing Club

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

## Nelson Scrabble Club

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

## Nelson Senior Citizens Social Indoor Bowling Club

Valda Ph. 03 544 1487

## Pottery

Nelson Community Potters,  
132 Rutherford Street,  
Nelson. Social group meets  
Thursday mornings or  
Twilight Pottery Monday  
evenings 7 – 9 pm. Free to  
members, \$7 for casual  
(new members welcome)  
Contact: Annie 03 548 3087  
or Elizabeth 03 548 1488.  
Email: 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 10.00am.  
Leigh Ph. 03 548 1689

## Super Seniors (65+)

10.30am – 12.30pm Meets  
third Friday each month.  
All Saints Church Foyer,  
30 Vanguard St (city end)  
Nelson. Includes: morning  
tea, guest speaker,  
activities, light lunch,  
suggested donation \$5  
Anne-Marie  
Ph. 548 2601

## Support Works

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

## Suter Art Gallery

Exhibitions, floortalks – see  
www.thesuter.org.nz for  
details, 28 Halifax St, Nelson  
Ph. 03 548 4699

## Table Tennis

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

## Tahunanui Bowling Club

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

## Tahunanui Community Centre

A range of activities and  
services on offer, walking,  
gardening, cycling and free  
counselling. Contact Katie  
or Jacqui at TCC Ph. 03 548  
6036 for details on any of  
our activities or visit  
www.tahunanui.org

## Tai Chi with Gretchen

Classes in Nelson, Stoke &  
Richmond Ph. Gretchen for  
times & venue Ph. 03 548  
8707 or email kitesfun@  
ihug.co.nz

## Taoist Tai Chi Internal Arts for Health

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

## Ukulele with Gretchen

Nelson and Richmond,  
groups or private

## USA

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

## Victory Community Centre

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

## Victory Laughter Yoga Club

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

## Victory Senior Support

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

## Victory Sit & Be Fit

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

## Nelson 50+ Walking Group

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

## Yoga

Dru Yoga classes with Sue.  
Ph. 03 543 2125 for details

## Yoga

Hot Yoga Nelson  
Ph. 03 548 2298 for details

## RICHMOND

## Badminton Richmond

Morning Badminton  
Ph. Dawn 03 544 44120

## Body Power Pilates & Yoga Centre

Richmond Town Hall.  
Ph. Sue 029 281 3735

## Richmond Bridge Club

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



# SERVICE DIRECTORY

## RICHMOND

### Chair Yoga

Thursday mornings 11am. A gentle stretch and breathing class for every ability. Richmond Town Hall meeting room. Delia Ph. 021 2398 969

### Club 50

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

### Croquet

New members very welcome. Golf croquet Thursday & Sunday 1pm. Association croquet Winter – Wednesday & Saturday 1pm, Summer 10am. Lawns opposite Health Centre lower Queen Street. Ph. Sherly 03 541 0623 or Betty 03 544 7268.

### Easy Exercise

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

### Euchre (May to Sept only)

Warm & friendly. Cuppa and raffles. Richmond Bowling Club. Fridays 1.30 to 4pm. \$3.00 per session. Ph. Monica 03 5442749.

### Line Dancing

Wednesday night at Club Waimea, 346 Queen Street, Richmond. 6pm beginners, merges into 7.00 improvers and upwards, finish at 8.30pm. Ph. Sue 03 528 6788 or 027 435 8700.

### Lunch on the Hill

Looking for food and friends? Church on the Hill, 27 Dorset St, Richmond offers coffee and lunches. 11.30am coffee, lunch served at 12.00pm, 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 [www.jacquisinclair.com](http://www.jacquisinclair.com) or Ph. 03 544 1645

### Pilates Classes

Richmond Recreation Centre. Mondays 12.30 to 1.30pm OR Wednesdays 9.15 to 10.15am. Ph. Sue 03 538 0318 or 021 034 4109.

### Pottery

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

### Richmond Bowling Club

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

### Richmond Creative Fibre Group

Meets at Birchwood Hall, Richmond Showgrounds. 9.30am 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. Dianne 03 544 9982

### Richmond Indoor Bowls

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

### Richmond Physiotherapy

Knee classes: Wednesday 10 to 11am \$10.00. Pilates Tuesday 12 to 1pm \$15.00. Better Back classes Wednesday 5 to 6pm \$15.00. Ph. 03 544 0327.

### Richmond Scottish Country Dancing Club

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

### Richmond Senior Citizens

62 Oxford Street, Richmond. Cards Tuesday – 1.30 to 4.00pm. Bus trip & lunch first Wednesday of each month, cost varies depending on outing. Craft Group – Thursday 9 – 12 noon. Cards – Thursday 1.30 to 4.00pm. Exercise classes & cuppa – Friday 10.00 to 11 am. Hot lunch – Friday 12 noon \$5.00. Contact Pauline or Terry Ph. 03 544 9174.

### Richmond Slimmers Club

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

### Richmond Waimea Community Whanau Group

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

### Social Cards

Richmond Senior Citizens Rooms, 62 Oxford St Richmond, Tuesday & Thursday 1pm – 4pm Friday Rummikub 1.30pm – 4pm. Contact Kath Ph. 03 544 5563

### Sport Tasman Richmond

(RTH) 9 Cambridge Street Ph. 03 5443955. \$5 per session, discounted concession cards available. Mondays & Fridays: 9am – 10am: Easy-beat (Highest intensity class) 10.30am – 11.30am: Shapeup (Lower intensity, with seated options). Tuesdays: CLUB50+ 9.30am: 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 9.30am beside the Badminton Hall, Gladstone Rd. Coaching go to our website [www.tasmantennisclub.info](http://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 lounges. Ph. Delia 0212 398 969

### Clogging/Tap Dancing

Nelson Sun City Cloggers. Georgina Ph. 03 545 1037

### Give It A Go

A variety of easy activity options. New activity each week such as Tai Chi, Croquet, Petanque and Aqua Aerobics. Contact Sport Tasman on

Ph. 03 546 7910 or email [wendy.get@sporttasman.org.nz](mailto: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 – 9.45pm. Buddy Ph. 03 547 3230

### 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. Contact: Sunny Ph. 03 547 2467 or Anne 03 547 2660 (wk)

### Ngawhatu Bowling Club

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

### Presbyterian Support

Visit us at 360 Annesbrook Drive, Nelson. 10 am to 3pm most days. Enliven Positive Ageing Services – social & activity day groups. Totara for older people. Harakeke for those with dementia. Refreshments & lunch provided. Van transport to & from the centre. Ph. Trish 03 547 9350.

### Safety & Confidence

Ph Cornelia Ph. 03 543 2669

### Saxton Seniors

Saxton Stadium.

### Senior Walking Group:

Tuesday & Thursday 9.30 to 10.30 am \$5.00.

**Senior Circuit:** Tuesday 10.00am, \$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:** Call 03 538 0072 or class times or email [stadium@sporttasman.org.nz](mailto:stadium@sporttasman.org.nz)

### Stoke Bowling Club

Allen Ph. 03 547 1411

### Stoke Central Combined Probus Club

Meets every 4th Tuesday 10am, Nick Smiths Rooms, Waimea Rd. Ph. Colleen 03 547 0941

### 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. Dick Knight

03 542 3527.

### Stoke Seniors Club

Contact Karen, Mel or Anne at 548 Main Road, Stoke. PH: 547-2660 email: [stokeseniors@xtra.co.nz](mailto: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 am. \$3 500 Club – Wednesdays at 1pm \$3.

### Stoke Seniors Hall:

**Scrabble Club:** Mondays 1pm. \$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 am to noon. Contact Anne.

### Special trips:

Monday outings - café lunch/picnic. Thursday – out @ about local tiki tour from 11 am.

**Girls Own:** Monthly on Friday.

**Lads @ Large:** Monthly on Friday.

## TAPAWERA

### MENZSHED

Contact: John Ph. 03 522 4616 or email: [menzshedtapawera@gmail.com](mailto:menzshedtapawera@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. Margaret 03 541 9693 or Yvonne 03 542 2235.

### Walking

Rural Ramblers Ph. 03 541 9200

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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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Wensley House - 49 Wensley Road - Phone 544 4099



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