

Mudcakes and Roses

SENIOR GENERATION ACTION
AND ISSUES – NELSON TASMAN



FRIENDS OF FLORA:

The fight to save our native species

story page 04



03

Sharing Motueka's
untold stories

06

Settling in:
Working with
refugees

09

Heritage Week
2014 preview

Welcome to our first edition for 2014 – we hope you're making the most of these beautiful summer days.

Have you recently retired or are you close to retiring? For those who've worked hard their whole lives and love their jobs, retirement can loom as a daunting prospect. While many people enjoy spending more time with family and friends or on hobbies such as fishing and gardening, for others that's not enough. If you or someone you know is feeling reluctant about retiring, a quick flick through this issue of Mudcakes & Roses should set your mind at ease. You'll see retirees contributing to their communities by working with refugee families, helping to reintroduce threatened native species in the Kahurangi National Park and researching and writing the region's stories. Most volunteer organisations are crying out for volunteers, so retirement can be the ideal opportunity to try your hand at something you've always wanted to do and let a new organisation benefit from your wisdom and experience. Check out Volunteer Nelson's website which matches volunteers with vacancies www.volunteernelson.org.nz and if you're involved with an organisation that's seeking volunteers, make sure you list your details. There are hundreds of fun social activities on offer as well – see the Recreation and Service Directory at the back of the magazine and make sure you get along to the Age2Be Positive Aging Expo on 3 April 2014.

The Mudcakes & Roses team.

Your feedback, story ideas and creative writing contributions are always welcome – email mudcakes@hothouse.co.nz call us on Ph. 03 928 0091 or write to us at: Mudcakes & Roses, Hothouse Communications, 4/203 Queen Street, Richmond, 7050.

(Cover photo courtesy of Friends of Flora)

Mudcakes & Roses Noticeboard

Age 2 Be – Positive Ageing Expo

Thursday 3 April 2014, 10.00 am–3.00 pm at the Headingly Centre, Richmond.

The Age to Be Positive Aging Expo promises to have something of interest to seniors, their families or whanau or anyone heading towards retirement.

The expo showcases Nelson and Tasman's recreational, health and social services that make ageing a positive experience.

Along with 60 stallholders there will be seminars, demonstrations and a chance to have a go at a range of activities as well as getting quick health checks.

This is the sixth Age to Be Expo which is becoming widely known as "the place to be" for getting all information in one easy place. Last year over 2000 people attended which was double the number from previous years.

Ruby Aberhart, Age to Be Expo organiser says "There are plenty of groups, clubs, services and agencies that help give us the best opportunity to age positively, but knowing where and how to find them can be a challenge. This Expo provides the opportunity to talk to them all and find out what they offer."

There's plenty of groups, clubs, services and government agencies that help give us all the best opportunity to age positively. The Expo provides the opportunity to

come along and talk to them, find out what they do and how to get involved.

The Nelson Tasman Positive Aging Forum and Age Concern Nelson are coordinating two seminars. Seminar One, 10.30 am – 12 noon, "Staying Active and in Control – Getting the support you need". Presenter Jenny Keightley will update us on Home based support, respite and restorative care, and Margaret Owens, President of the Retirement Villages Association NZ – Exploring the Realities and Exploding the Myths of Residential care. The second Seminar, from 1.00–2.00pm, with two local guest speakers is titled "Life in 3D" – Talking about Dementia, Delirium and Depression.

The Expo will also offer CarFit checks. These offer older drivers a free check on how well they personally 'fit' their vehicle. The CarFit check takes about 20 minutes with each participant to ensure they 'fit' their vehicle properly for maximum comfort and safety.

The event is aimed at older adults and their families, admission is free with complimentary tea, coffee and biscuits provided, lunch will be available for purchase.

If your group would like to have a stall registrations are open till 21 March 2014 subject to availability. Please note there are a limited number of stall spaces – don't miss out.

For further information contact Tasman District Council, Community Recreation Advisor, Mike Tasman-Jones, on Ph. 03 543 8403 or email mike.tasman-jones@tasman.govt.nz

Thanks to our sponsors



tasman
district council



Mudcakes & Roses is part of the Tasman District Council's family of community recreation publications.

Sharing Motueka's Untold Stories

- Who built and lived in those gracious old homes on High Street, Motueka near the roundabout?
- Who were Hulbert, Pamarika and Vosper?
- Why and when was Motueka's Memorial Hall built?

These questions and more are answered in the Motueka Historical Association's eighth in its series of historical journals '*...and so it began*' featuring articles on the history of Motueka and surrounding districts. Released in December 2013, the first 200 copies have already been snapped up and the journal is now being re-printed. Coralie Smith, the association's Secretary and President Patsy O'Shea have done the bulk of the writing. It's taken the women two years and hundreds of hours of painstaking research, interviews and writing to complete. Stories include everything from wartime tragedies and sad tales of pioneers who did not live to enjoy the 'new world' to the history behind some of the region's grand residences, schools and sports clubs.

Coralie says some surprises came up during the research including the discovery that the Rev Poole for whom Poole Street is named was born in Jamaica and the fact that Pamarika Street should really be Pamariki Street. "The best part for me about writing the stories was how much people wanted to help once they knew what you were looking for. No one said 'no I don't want to know about it,' she says. Coralie says the journal is an accessible way for the association to share some of

its vast archives. "It enables people to learn more about the history of their families and the district and generates a small amount of revenue for our work. In a small community people see local names and think 'I remember him or her'. It's selling well and people tell us they look forward to it," she says.

The first Motueka Historical Association journal was written in 1982. Copies of Volume 8 cost just \$20 and are available from the Motueka Museum and Paper Plus Motueka or by contacting Coralie on Ph. 03 5288241 or Email tw-cr.smith@xtra.co.nz

The association also has a Facebook page – Old Motueka and a page on the Motueka Online website – www.motuekaonline.org.nz

Top right: Hawthornden built by Lyulph Rhodes 1912 still stands behind Toad Hall, High Street, Motueka (Motueka Historical Association Collection).

Centre right (pictures 2 & 3): Henry Lafrentz known as Harry wrote postcards to Ettey Harwood of Golden Bay during his time in Egypt in 1915 – this is the front of one of them. (Photo of Henry supplied courtesy of Liz Attree).

Bottom right: The Majestic Theatre Motueka which burnt down in 1981. Three generations of the Saunders family were involved in the picture industry in Nelson and Motueka.



Nelson Nursing Service is proud to be the ONLY Nelson-owned and operated Home Support and Community Nursing Service in the region. Our services are flexible and can be provided either in your own home or at our purpose-built clinic.

BEST SERVICE • BEST PEOPLE • BEST OUTCOMES



- 24 hour nursing in the home, including home support and personal care. On-call Registered Nurse available at all times.
- Rehabilitation self-management support.
- Wound assessment and management, including ulcer dressings and compression bandaging.
- Measure and supply of compression hosiery.
- Incontinence Products and Advice.
- Toenail clipping service.

469 Main Road Stoke • Tel: 03 547 2814 • www.healthcarenelson.co.nz



FRIENDS OF FLORA FIGHT TO SAVE NATIVE SPECIES

*Friends of Flora volunteers.
(Photo courtesy of Friends of Flora)*

Rameka is one of 32 Great Spotted Kiwi re-introduced to the Flora area of Kahurangi National Park during release operations in 2010 and 2013. Removed from an area with no predator control, Rameka's movements are now tracked and monitored in a controlled area. If Rameka breeds this season, her nest will be monitored by new infrared motion-detector cameras – designed to help spot predators. In areas with no predator control, an estimated 95 percent of Kiwi chicks are killed within their first week of life – usually by stoats.

Kiwi monitoring and stoat trapping are the two main aspects of the work carried out by the dedicated Friends of Flora (FoF) group which consists of about 50 active members and around 400 supporters. FoF members range in age from 20 to over 70 and many of the most active members are over 50. FoF works in partnership with the Department of Conservation (DOC) to provide predator control across about 8500 hectares of rough country in the Flora area of the Kahurangi National Park – through the Cobb Ridge, to Deep Creek and Balloon Hut, to the edge of Mount Arthur.

The organisation was set up by Maryann Ewers and Bill Rooke and a group of friends, who became concerned by the loss of birdlife – especially the Whio (Blue Duck). After discussions with DOC, the FoF group was formed and trapping began. In 2006, Whio were re-introduced to the Flora area and there is now an active, sustainable population. The first Kiwi were re-introduced in 2010, with a further two releases in 2013.

Friends of Flora Chair Peter Adams says while there are similar groups in other regions, FoF is unique because of the size of the area they cover and the ruggedness and inaccessibility of the terrain. The dedication of volunteers is impressive – those involved in trapping work will work in pairs to check some 100kms of trapping line – removing dead animals and re-baiting the traps. Each line is checked once a month.

The FoF Kiwi monitoring team is led by Robin and Sandy Toy. Every two weeks volunteers drive to the Flora and Cobb valleys, walk about two hours in, and walk around holding an aerial to locate and plot where the Kiwi are. The memory cards from the five cameras trained on nesting birds also have to be physically retrieved and all of the footage reviewed – an incredibly time-consuming job.

“Our eventual aim is to create a sustainable population of Kiwi,” says Peter. “We know there are wild populations in the Cobb – eventually we hope there will be a bridge between the two areas. That’s our five year plan, but it depends enormously on Kiwi survival.”

So far, the Kiwi population is doing well. There has been one death – thought to be from old age and all going well, there could be up to four new chicks hatching this year. The cameras have already proved their worth – a stoat was spotted on one camera so volunteers were able to set extra traps around the nest.

Peter describes the work as “a continuous fight”.

“We’ve got our fingers in the dyke – we’re keeping what is there going until a more long-term solution can be found.

“The pest numbers are generally going down – although it varies from season to season and depends on the time of year. Bird numbers are generally holding steady - there are good numbers of robin and rifleman. However rats and mice are enormous predators of smaller birds – which are just as important to us as the Kiwi and Whio – but trapping is not effective against them.”

There are also fears that all the good work of the past 13 years could all be undone if this year is a ‘super mast’ season which is looking increasingly likely.

“Every few years there’s a mast season where the Beech trees produce an abundance of seeds,” explains Peter. “And about every 40 or 50 years there’s a super mast season where every tree in the whole forest flowers. When that happens, the mice and rat population explodes because they are able to keep



Robin Toy holding a kiwi in a bag.
(Photo courtesy of Friends of Flora)

breeding over winter. That means more food for stoats – which can wreak havoc on the bird species – so there’s a real fear for this coming season. The only tool DOC has to counter this is 1080 which can stop the explosion by knocking over the mice and rats.”

While the challenges are seemingly endless, the work is also extremely rewarding, says Peter. “I love the outdoors and walking and I can see that its work that needs doing, so for me, it’s incredibly satisfying,” he says.

Key Facts

- FoF was established in 2001, led by Bill Rooke and Maryann Ewers. The group has received funding from Lotteries, World Wildlife Foundation, Birdlife International, Canterbury Community Trust, Tasman Environment Trust and most recently, a \$2,500 Community grant from Tasman District Council to fund the purchase of the infra-red motion-detector cameras.

Get Involved

- FoF is always on the lookout for new members. Those who want to do trapping or Kiwi monitoring need to be physically fit and able to cope with rugged terrain and be confident in the bush. For trapping, you also need to be able to handle dead animals. FoF would also like to hear from people with skills in areas such as marketing and education.
- You can also support the work of FoF through making a donation.
- For further information, see www.fof.org.nz or www.facebook.com/friendsofflora or email Peter@fof.org.nz

Join an outing with Driving Miss Daisy!

Would you like to get out to enjoy the sunshine? Come on an escorted outing with Driving Miss Daisy.

It could be fish & chips at the beach, afternoon tea at Mapua, or a trip to the movies. Let us know where you want to go and we will arrange it.

You can either:

Gather a group of friends together and call us to discuss your requirements; or call us to register your interest and next time we are planning an outing we will call and see if you want to join us.



For more information please call Frances on (03) 547 2133
www.drivingmissdaisy.co.nz



“I’d like Pavarotti and poetry”

At Marsden House we understand that everyone is different, and that your funeral should reflect and celebrate your uniqueness. We offer a wide range of options for you to pre-plan your funeral to be exactly how you want it.

Call us today on 03 548 2770 for a FREE information pack.





HELPING REFUGEES SETTLE IN

When Noeleen Donnelly of Richmond decided to become a volunteer support worker with Red Cross Refugee Services back in 2008, husband Graham said it 'wasn't really his thing' but he'd go along to the training to keep her company.

Five years and five families later, Graham says working with former refugee families is the best thing he has ever done. "They're like our children now. They're very much family. We often say how lucky we are to know all these people. You get to try some beautiful food and you also get invited to all kinds of things."

Graham and Noeleen, who have four children and eight grand-children of their own, have worked with a number of former refugees: a couple from Burma who had been living in Malaysia, three Kayan sisters and their families, who had been living in refugee camps in Thailand and most recently, a Bhutanese couple who had been living in a refugee camp in Nepal.

"After a while, they'll tell you their stories and they are so sad," says Noeleen. "Often they've had to escape on foot through the jungle in fear of soldiers catching up with them. Many have had to leave family behind."

Although Red Cross Refugee Services ask for a six month commitment from volunteers, many like Noeleen and Graham will stay in touch with the families indefinitely. The first few weeks after the families arrive are the most intensive. The volunteers usually work in teams of four and are assigned

to assist the families with different aspects of living such as household, health, education or Work and Income benefits. Volunteers are asked to complete a short training course first. Graham and Noeleen have normally assisted with 'household' tasks which can include everything from meeting families at the airport to setting up houses and going grocery shopping. Small things that Kiwis take for granted can be baffling – such as understanding the postal system, smoke alarms or how to operate a washing machine. Even for those who can read and speak English well, learning to understand Kiwi slang and culture takes time.

"The language is a huge barrier especially for the older ones if they don't read and write," says Noeleen. "And there's the occasional nasty incident. We have to let them know that although New Zealand is a lovely, safe country, there's still danger. They are very trusting."

Special moments for Graham and Noeleen have included attending a citizenship ceremony with one of the families and watching one of the Kayan men graduate from an Automotive Engineering course at Nelson Marlborough Institute of Technology.

"If you've got the time, it's so rewarding," says Graham. "You get more out of it than they do. It can take more time than you thought but we've made such great friends – not only with the families themselves but also with the staff from Refugee Services and other team members. It's been a privilege."

Would you like to help a refugee family build a new life?

As a Volunteer Support Worker you will be a key participant in the successful resettlement of refugees from Bhutan and Burma. This is a great opportunity for you to work in a team, have fun, learn about different cultures and gain the satisfaction of doing something really worthwhile! Full training is provided.

To find out about our next training course in March and for information about becoming a Red Cross Refugee Services Volunteer, please contact the Volunteer Programme Coordinator:

Phone: 03 548 4978

You can also assist by donating household items or fundraising – visit www.redcross.org.nz or call Ph. 03 548 4978 for further details.

Big Bike Tune Up

Does a flat tyre, squeaky chain or worn out brake mean your bike has taken up residence in the shed? Now is the time to get your bike out and come to one of our free Big Bike Tune Ups. The Get Moving Big Bike Tune Up (BBTU) is a chance to get your bike back on the road in time for Get Moving Family Fun Rides in February 2014.

Mechanics at the BBTU events will give the bikes a quick maintenance check and tune up to make sure your bike is safe, road-worthy and fits you. If the work required is a more than a tune up they will advise on what's involved.

The schedule for the start of 2014 is:

16 February 2014 – Motueka – Family Fun Ride, 1.00 pm

23 February 2014 – Golden Bay – Family Fun Ride, 10.00 am

2 March 2014 – Rabbit Island – Family Fun Ride, 2.00 pm

nelson coachlines

GOING ABOVE AND BEYOND



Here at Nelson Coachlines we pride ourselves on our ability and size to react to our clients needs. No matter what the job, big or small, if you're after quality, value & flexibility, call us today!

- Charters & Tours • Work Functions
- Conferences • Sports groups • Transfers
- Double Decker charter • Weddings

www.nelsoncoaches.co.nz • Ph: 03 548 3256 • tomh@nelsoncoaches.co.nz

In association with Grey Power

nelson coachlines

LEISURE TRAVEL

"A great way to socialise and see the region"

We invite you to join us at Leisure Travel where we organise fun day trips and tours. Take the opportunity to sit back, relax and enjoy the sights without the hassle of driving, as well as the chance to meet old friends and new. There is no joining fee, you simply pay for the trips you choose to attend.

Each month there are day trips visiting different locations, attractions and events. There are also tours, ranging from overnighters, through to 10-days.

To receive our newsletters, contact Tom or Christine at Leisure Travel on PH: 03 539 0834 or Email: tomh@nelsoncoaches.co.nz

Gardening tips for summer

Hi and welcome to another year of gardening inspiration. I hope you're having a lovely relaxed start to 2014 and your gardens are giving you lots of pleasure.

The weather in early/mid-summer was very erratic with hot sunshine one day, rain the next and cooler temperatures in-between. The rainfall we had over the holiday period made me incredibly happy. I love it when it rains in summer because I know my entire garden, especially my summer crops, citrus and flowering plants just drink it up.

Tomato plants will be well-established and ought to be producing a good crop of fruit. If your tomatoes, red capsicum or chillies seem to be staying green for a long time, take heart. In our district we normally have more settled weather from February to April so there is still plenty of time for them to ripen. Watering deeply and regularly will help keep them healthy in hot, dry weather especially if they are in planter bags or containers. Liquid feeding every couple of weeks is important now because they use lots of energy to produce their bounty. A simpler option is to toss sheep manure pellets around them so that each time you water, nutrients will make their way down to the roots. Apply a small handful of pellets on top of the potting mix of your container grown plants too.

Roses will benefit from some tender loving care to keep them flowering through into Autumn. Roses thrive on horse manure, sheep manure pellets or fish compost. To help ensure a fabulous flush of flowers at this time of year, weed, feed and water deeply.

Everyone's plum trees seem to be loaded this year. In our garden 'Hawera' has broken a main branch because of the weight of the fruit. Plum trees don't require a lot of pruning but if you're not happy with their growth habit or some branches have torn, the best time to attend to them is just after you've picked the last piece of ripe fruit. This also applies to other fruit trees such as apricots, nectarines and peaches. Make sure your secateurs, loppers or saws are sharp to enable you to make nice clean cuts. Applying pruning paste or Vaseline petroleum jelly to any large cuts straight away seals the area and helps stop bacteria getting in.

Pear slug (larvae of the sawfly) can be a problem at this time of year on pears, apples, quinces, cherries, plums and other stone fruit. These nasty little creatures are approximately 1cm long, thin, mid-dark brown and slimy. Small infestations can be controlled by hand (they smell terrible when squashed) or insecticide or Neem oil can be used. I found some on my peach trees a couple of years ago and had a great time sprinkling them with chilli powder which was satisfying to do and effective.

Citrus trees will benefit from a side-dressing of citrus fertiliser or a combination of fish compost, sheep manure pellets and sulphate of potash now. If you are growing them in containers, use around one teaspoon of citrus fertiliser only as it is strong and can easily burn surface roots in a confined area. Regular, deep watering will help keep your citrus disease-free.

If you have any questions or topic suggestions, I'd love it if you would email me at foelslamb@xtra.co.nz or write to me c/- Mudcakes and Roses. My radio show, Green Thumbs & Dirty Fingers is full of more gardening tips and airs each fortnight on Fresh FM, Nelson-Tasman 104.8, Golden Bay 95.0 on Tuesday at 10.40am, replayed the following Saturday at 2.40 pm. Happy gardening.



Philippa Foes-Lamb

Need support and professional care in your own home?



Call Nelson's qualified provider of home based support services.

Contact our branch:
Suite 3 Level 1
355 Lower Queen Street
Richmond
Ph. 0800 263 562 or 03 548 2009

Email: nelson.office@healthcarenz.co.nz
Website: www.healthcarenz.co.nz



Heirloom Perennial Nursery & Art Studio

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

Now Open Mondays and Thursdays 10.00 am – 4.00 pm

Philippa Foes-Lamb,
25 Maisey Rd, Redwood Valley
Ph: 03 544 3131 or 021 522 775
Email: foelslamb@xtra.co.nz



Heritage Week 2014 preview

Modes of Transport is the theme for Heritage Week 2014 so get set to enjoy bikes, boats and buses as part of an action packed week 12-20 April 2014. This year it will be exciting to welcome the Te Toki Voyaging Trust's double hulled waka to Nelson on a day devoted to celebrating the harbour, the sea and those who sailed on it. Try a Boulder Bank trip with Department of Conservation and Historic Places Trust guides or free guided walks with Nelson's Historic Society.

Celebrate our First Responders and take the chance to thank those who have helped us in emergencies since our city was established. The Fire Service is thankful they no longer have to pull the fire engine to a fire!

Family friendly experiences such as Timeless Wheels quiz set on the Atawhai cycle path, discovering skating at Tahuna's historic rink or getting aboard for the Easter Egg train event hunt promise to be a great active way to enjoy heritage with energetic family members.

Nelson's Heritage Heroes will be honoured on 16 April 2014. Come and meet them, see what they have achieved to restore some very special buildings and have a cuppa and free cake! Find some vintage treasure at Melrose House and enjoy new exhibitions at Broadgreen Historic House and Isel House. Look out for new stories around the transport theme up on www.theprow.org.nz

As a lead in to the commemoration of World War 1, a special night time experience from the Lest we Forget team will be held at Founders Heritage Park for audiences over 16 yrs old. Bookings are needed for this award winning interactive experience.

Heritage Week 2014 programme is now available at www.nelsoncitycouncil.co.nz/leisure/festivals-and-events/council-events/heritage-week-2014 and will be updated regularly as more information comes to hand. A printed programme will be available in libraries, cafes and Council's Customer Service Centre from the beginning of April 2014 and as a pullout in The Leader 10 April 2014.



Create a unique and meaningful farewell



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

544 4400
www.wrfs.co.nz



**WAIMEA RICHMOND
FUNERAL SERVICES**

Tips on Quitting Smoking

Quitting smoking is one of the hardest things to do especially if you try to do it on your own. The success rate of going cold turkey is 3 % so having a quit coach or doing it in a group supporting each other can really help.

Why is it so difficult to quit, you might ask? Well, even if you have one cigarette your brain develops nicotine receptor cells that always remain with you. If you stop smoking these receptor cells go to sleep, but if you start again 10 years later, they wake up and crave nicotine again.

There are a few options available on the market to help reduce the cravings, including patches, gum, lozenges and inhalators. These are all regulated and have been passed by the Food and Drug Administration to be safe alternatives to smoking.

I have probably carried out over 1500 assessments and heard many times clients saying that nicotine replacement products don't work!!! Often it turns out that people are under-dosed especially when they purchase these products themselves.

Try this quiz

How many cigarettes do you smoke a day?

How soon after waking do you light up?

If you smoke 30 cigarettes a day, do you think a 20mg patch would be sufficient for you?

If you do smoke 30 cigarettes a day and light up within five minutes of waking, a 20mg patch is very unlikely to be giving you sufficient nicotine. Then you will crave or think the products do not work. Using a combination of patches, and gum/lozenges/inhalator would be required to meet the amount of nicotine obtained from 30 cigarettes a day.

Are you familiar with 'Chew and Park' – this is the correct way to use the gum, chew for 2-3 minutes and then park it for 2-3 minutes to allow the nicotine to get absorbed through the lining of the

cheek, then repeat this process for 20 minutes? If you chew it like normal gum, then the nicotine is swallowed into your stomach and broken down by the gastric acids. Avoid grapefruit juice and coffee for at least 15 minutes before using these products. The same applies for the lozenges except you suck and park. So it is important to have the right dosage for your nicotine replacement products and use the products as directed on the packet.

A qualified smoking cessation practitioner will be able to recommend the dosage you require for your circumstances and therefore increase your chance of quitting.

Another alternative is medications such as Champix or Zyban issued by your GP if you meet the required criteria.

Average price of cigarettes	WEEK	MONTH	YEAR
\$15.50 per day for 20 ciggs /day	\$108	\$434	\$5208
Tobacco	\$30	\$120	\$1440
10 ciggs /day 30grams	\$31.50	\$126	\$1512

It is amazing the amount you can save financially and the benefits to your health start with 48 hours, with your taste and smell returning followed by improvements to your breathing and circulation over the next 4-8 weeks.

Tobacco tax was increased by 10% in January 2014 – don't delay stop today!

Lynn Crossland

Smoking Cessation Practitioner

Ph. 03 543 2552

Email: sffutures123@gmail.com

www.smokefreefutures.co.nz



For Your Professional Foot Care



Mobile Feet Podiatry

Home visits or clinics available in Stoke, Motueka and Wakefield



Carole Horrell
B H Sc (Podiatry)

Mobile: 021 0247 4037
Phone: 03 927 5120
www.mobilefeet.co.nz

Should we ditch vitamin D supplements?

In the news recently there was a question raised about the prescribing of Vitamin D supplements. Nelson Bays Primary Health (NBPH) responds to this article and recommends people DO NOT ditch their Vitamin D supplements but does suggest if you have any concerns please get expert advice by talking to your pharmacist or doctor.

NBPH is supporting Vitamin D supplementation within its falls prevention initiatives because the evidence from Otago University studies, involving hundreds of older people, shows Vitamin D improves the fast twitch muscle response, which helps people regain their balance therefore preventing falls and fall related injuries. Vitamin D also aids the absorption of calcium which again reduces the risk of serious injuries from falls.

NBPH's falls prevention initiative is targeting older adults who are at risk of falling by asking three simple questions:

1. Have you had a fall in the past 12 months?
2. Are you on four or more medications?
3. Do you have a fear of falling?

If you can answer yes to any of these questions, you may benefit from discussing your falls risk with your doctor, pharmacist or any health provider.

The study in question looked at the effects of Vitamin D on bone strength and used healthy adults, with an average age of 50 years. NBPH would not be supporting Vitamin D for healthy 50 year olds unless they had an identified falls risk.

Please discuss any concerns with your pharmacist or doctor, because if you are at risk of falling, Vitamin D is effective at reducing your risk of falls injuries and maintaining your independence for longer.

For more information and advice regarding Vitamin D and falls prevention please contact **Caroline Allen, NBPH Pharmacist Facilitator** or **Cherie Thomas NBPH Falls Prevention Co-ordinator** on Ph. 0800 713 317.





Wensley House

REST HOME & RETIREMENT VILLAGE

STUDIOS AVAILABLE



OWNER OPERATED FACILITY

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

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



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



NELSON

TAXIS

Your safe and trusted local community taxi.
We have five mobility taxi's in our fleet.

Anywhere Anytime call a Blue Bubble Cab

Ph. 03 548 8225
0800 108 855




Bringing the region's history to life through technology

A new mobile phone application (app) being developed in Nelson will use technology to help bring the region's history to life for the younger generation.

The app – dubbed 'heART' – Heritage Education Augmented Reality Tours will post images and content on top of the real world when viewed on a smartphone or tablet device to educate users about the past. More than 20 locations around the central city will feature historic images which will show users what the city used to be like.

The heART app is being developed in conjunction with Nelson Provincial Museum by a project team led by David Brydon, an IT student at Nelson Marlborough Institute of Technology. David, a self-confessed 'futurist' says he sees augmented reality as a tool which can connect people to the world around them like no other.

"Taking content and placing it into the real world satisfies us on a much deeper level than having it displayed on a traditional two-dimensional screen. As this technology grows, we'll be able to connect to our environment and each other by getting out of our seats and into the real world – rather than being distracted from it like we are with today's technology," he says.

Peter Millward, Chief Executive of the Nelson Provincial Museum said the app would enable the museum to share its pictures and information in a way that hadn't been done before.

"We're very excited to be working with David and his team on this project which will enable us to engage new, younger audiences and bring history into the present. We hope the app will provide a template for other regions, schools, community groups and organisations to tell their stories, educate and entertain people both in New Zealand and around the world," he said.

A launch event is planned for 14 February 2014 and the app will be freely available for download from the Apple App



The Cathedral steps then and now – an example of how Project heART will bring the region's history to life



heART project team (from left): Paul Devine, Patrick Stobbe and David Brydon

and Google Play App Stores to any GPS-enabled smart phone or tablet device.

The project has been funded through the New Zealand on Air Digital Media fund. Nelson Provincial Museum, Nelson Marlborough Institute of Technology, Nelson Public Library, Nelson City Council, The Prow, Nelson Tasman Tourism and the Historic Places Trust are all supporters.

~ Living Legacies ~
Natural, family-directed, ecofunerals



www.livinglegacies.co.nz

P O Box 140
Motueka 7143
03 528 5220

Because dying shouldn't cost the Earth!

Chronic Illness Supportive Therapy

In my clinic at Motueka or in your home
Golden Bay, Nelson, Motueka

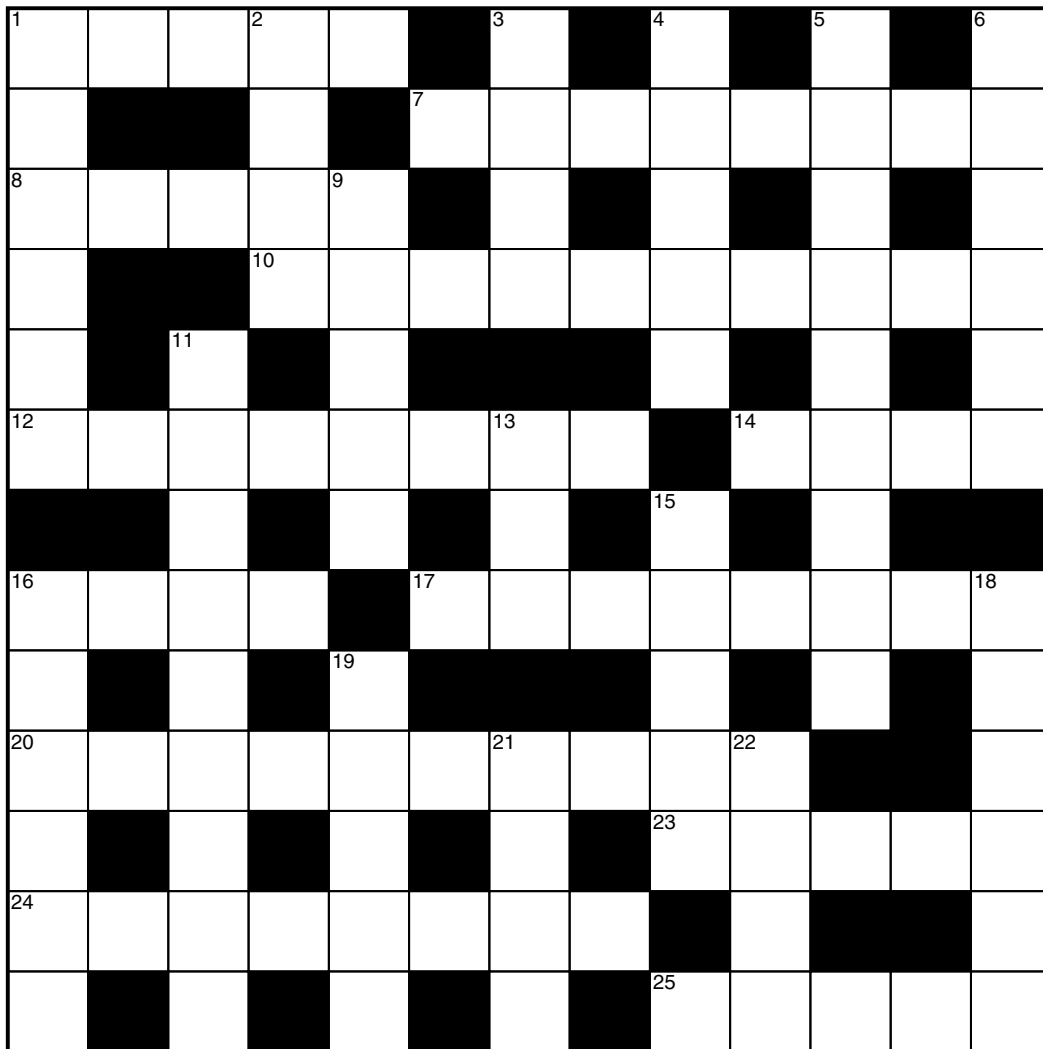
- Massage
- Compresses
- Hydrotherapy



Adrienne Henry – Registered Nurse
Ph. 021 0279 6408

www.warmhandswarmheart.co.nz

Crossword



Clues

Across

- 1. Leaves out
- 7. Butcher's choppers
- 8. Stares lustfully at
- 10. Inspired
- 12. Circus swings
- 14. Bear hideaways
- 16. Burn surface of
- 17. Squid
- 20. Stalactite & ...
- 23. Simpleton
- 24. Jointly
- 25. Sugar liquid

Down

- 1. Wind instrumentalist
- 2. Binds
- 3. Stone fruit
- 4. Becomes tiresome
- 5. Lady's partner
- 6. Stage whispers
- 9. Knight's horse
- 11. Cloudy eye condition
- 13. Geological age
- 15. Desert plants
- 16. Tahini paste seed
- 18. Arch of foot
- 19. Suez or Panama
- 21. Thaw
- 22. Anxious

Answers page 19.

Nelson Denture Clinic

The Smile Designers

Specialising in:

- BPS Dentures - latest technology injection moulded dentures. Excellent fit and extremely natural appearance

- New Dentures
- Cosmetic Dentures to Support and Improve Facial Structures
- Replacement Dentures
- Total Professional Care for Denture Patients

OUR GUARANTEE
IS IN YOUR SMILE

EXPERIENCE
COUNTS

"Someone has to make the best teeth"



Gilbert Matravers, Clinical Dental Prosthetist Ph/Fax: 548 1478 (0800 2 SMILE) 35 Waimea Road, Nelson

What's On

FEBRUARY/MARCH 2014

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

A sampling of some of the many exciting events happening around our region. For more events and further details, see www.itson.co.nz

8 & 9 February 2014

NZ Antique and Classic Boatshow

Classic boat-lovers have the opportunity to indulge in a long weekend of glorious hydromatic relaxation at St Arnaud with this year's NZ Antique and Classic Boat Show linking with Waitangi Day. Venue: Kerr Bay Lake Rotoiti, Tickets, Bookings and Entry: Adults \$15.00 - day pass, \$20 weekend, school kids free. Tickets from Gate sales only.



9 February 2014

Music on the Lawn with Katrina & the Heartbeats

1.00 pm – 4.00 pm, Woollaston Estates, 243 Old Coach Road, Mahana. Free music to enjoy, platters available. Wine, beer & soft drinks available (no BYO drinks please) Picnics very welcome. Info: Email chrisie@woollaston.co.nz

15 & 16 February 2014

Nelson Motor Show

Nelson's biggest and best Motor Event! See all Clubs and Enthusiasts with their vehicles and displays. Classic Cars, Vintage Cars, Hotrods, Custom Cars, Work in Progress, Aircraft. Also model cars and model aircraft. 10am - 4pm, Tahuna Beach Holiday Park (Parkers Cove entrance). Adult \$5, children under 15 years free.

15 February 2014

Murchison A&P Show

8.00 am – 4.00 pm, Murchison Domain, 82 Waller Street, Murchison. Come along to this year's show and watch the ANZ Young Farmer of the Year regional contestants battle it out in a variety of tasks throughout the day. Also enjoy the ambiance of a local wares and handcrafts, equestrian events, wood chopping and all the extras that make up a fun filled family day out! Cost: Adults \$6, Children \$4 Info: Ph. 03 970 8007 or Email murchison.ap.show@gmail.com

16 February 2014

2014 Brightwater Wine & Food Festival

Brightwater Wine & Food Festival celebrates sensational sounds, wine, food, and summer. Hold onto your holiday groove, grab a friend and head to the Brightwater Wine & Food Festival, for all-day entertainment, fantastic food, and award-winning wine and beer. 11am-5.30pm, Greys Vineyard, Bryant Road, Brightwater. Festival buses will be running from the main centres, see www.bwff.co.nz/ Pay driver. Earlybird \$15; gate sales \$20. No BYO alcohol, no pets. Tickets from Everyman Records, Avanti Cycles, Village Cycles.

22 February 2014

Nelson Opera In The Park

Nelson Opera in the Park is back with a stellar lineup of contemporary performers and some of New Zealand's best opera singers. Bring a picnic and soak up the atmosphere for this wonderful night of music in the open air. With affordable ticket prices this is a world class event that everyone can enjoy. 7.30pm-10pm, Trafalgar Park, Trafalgar Street, Nelson. Adults \$15, Child (5-15) \$5, under 5 free. Tickets from Nelson City Council and Nelson iSITE Ph. 0800 327 484.

1 March 2014

Summer Fair

10.00 am till 2.00 pm, Richmond RDA, 169 Champion Road, Richmond. Come and see our riders and horses, have a pony ride, trailer ride or bounce on the bouncy castles! Sausage sizzle, stall holders, garage sale, games and lolly scrambles! Info: Ph. 03 544 8960 or Email richmondrrda@ts.co.nz

2 March 2014

A Country Occasion

10.00 am until 4.00 pm, 138 Neudorf Road, Upper Moutere. A Country Occasion at Neudorf. A charity fair to raise funds for Child Cancer and the fire damaged Moutere Community Centre. Food, wine and creative stalls in a country setting under the trees at Neudorf Vineyards. 60 stalls – wine and antiques, silk yarns and linens, resin jewellery, great food, artisan beer, local olive oils and mushrooms. Cost: Entry is \$10 with children under 12 free. Info: Email judy@neudorf.co.nz Ph. 03 543 2643.



20 & 21 February 2014

Classic Hits Winery Tour

Neudorf Vineyards, 138 Neudorf Road, Upper Moutere. Held in the popular venue of Neudorf Vineyards featuring the Exponents, Stan Walker and Breaks Coop. Cost: \$75 + Booking Fee. Tickets from www.ticketmaster.co.nz Info: Ph. 0800 111 999 or www.winerytour.co.nz

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



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

Janet


Access

Make yourself at home with Access

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

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

Recreation & Service Directory

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

FEBRUARY/MARCH 2014

Golden Bay

Age Concern

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

Astanga Yoga

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

Belly Dancing

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

Genealogical Group

Sally Ph. 03 525 8086 or Email pands@gaffneys.co.nz

Gentle Exercise Classes

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

Golden Bay Contract Bridge Club

Leigh Ph 03 525 9744.

Golden Bay Garden Club

Diane Ph 03 525 6121.

Golden Bay Patchwork and Quilters Guild

Liza Ph 03 524 8487.

Indoor Bowls/Cards

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

Marble Mountain Country Music Club

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

Motupipi Indoor Bowling Club

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

Pohara Bowling Club

Jennifer Ph 03 525 9621.

Probus

Joan Ph 03 525 9224.

Puramahoi Table Tennis

Rene Ph 03 525 7127.

Relaxation and Restoration Yoga

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

SeniorNet [Golden Bay]

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

Sit and Be Fit

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

Tai Chi for Arthritis

Ann Ph 03 525 8437.

Takaka Golf Club

Ph 03 525 9054.

Takaka Golf Club Ladies Section

G. Turley Ph 03 525 9122 or Email cgturleys@xtra.co.nz

Takaka Spinning Group

Jan Ph 03 525 9374.

Takaka Table Tennis

Rene Ph 03 525 7127.

University of the Third Age (U3A)

Moira Ph 03 525 7202.

Upright and Able for Falls Prevention

Free 4-week course for those over 65 who have had a fall. Ph 03 539 1812 or Email Cherie.Thomas@nbpho.org.nz for more information and registration.

Uruwhenua Women's Institute

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

Wednesday Walkers

Meet at Information Centre carpark, Takaka, leaving 9.00 am. Bring morning tea, raincoat etc, light boots or walking shoes. Contacts: Erhard Wingels Ph. 03 524 8372 Jenny Maclaren Ph. 03 525 7440 Alan Gotlieb Ph. 03 525 8209.

Hope

Hope Midweek Badminton Club

Carolyn Ph 03 541 9200.

Nelson Veterans Tennis Club

Hope Courts every Thursday Ph 03 547 6916.

Mapua

Low-Impact Aerobics and Pilates

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

Mapua Friendship Club

Mapua Public Hall Valerie Ph 03 540 3685.

Mapua Bowling Club

Dave Ph 03 540 2934.

SeniorNet (Motueka)

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

Motueka

Age Concern

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

Arthritis New Zealand

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

Cycling

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

Diabetes Support Group

Heather Smith Ph. 03 528 9689.

Gym & Fitness Centre

Studio Gym 275 Catherine Ph. 03 528 4000.

Indoor Bowls

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

Line Dancing (Beginners)

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

Marching

Motueka Veteranettes Marching Team Bev Ph 03 528 9125.

Motueka 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. Meetings on the last Thurs of each month in the RSA Club, High Street, Motueka, 9.30 am.

Contacts: Secretary Gill Gately Ph. 03 528 5399, President Tim Rich Ph. 03 528 6922.

For details about alternate walks, contact Lesley or Ray Cranefield Ph. 03 527 8113.

Motueka and District Historical Association

Meets fourth Saturday of the month, April to November, Community House, Decks Reserve, 1.30 pm. Coralie Ph 03 528 8241 or Patsy Ph 03 528 5003.

Motueka Bowling Club

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

Motueka District Museum

Summer Hours: (Dec – March) Mon to Friday 10.00 am - 4.00 pm and Sun 10.00am – 3.00pm. Rest of year: Tues – Fri 10.00am – 3.00pm and Sun 10.00am – 3.00pm, 140 High St. Ph 03 528 7660.

Motueka Recreation Centre

Senior Activity Programmes Term 1 2014

Silver Sneakers – specific to Falls Prevention Focus on posture and balance. Mon 9.30 am Cost \$4

Social Badminton

Mon 11am Cost \$4 MOVE2MUSIC Fun 50+ Aerobic Class /Weights 9.30am Tues & Thurs Cost \$4

SitnbeFit

Fun seated aerobic Class / weights 10.30am Tues & Thurs Cost \$4

Freedom in Motion

Fun seated exercise class for

the LESS ABLE 11.00 am Wed & Fri Cost \$4 Weka house (blue house behind the rec)

Walking Circuit

2 min intervals walk 2 mins weights 2 mins Fri 9.30am \$4 Fitness Centre: Open 9.00 am-8.30 pm Monday to Friday, 9.00 am-4.00 pm Saturday, Closed Sunday. Wendy, Ph. 03 528 8228, Email wendy.b@sportasman.org.nz

Motueka Social Dance Group

Dances at Mapua Hall, 7.30-11.00 pm. Ph. Prue 03 540 2242.

Riwaka Bowling Club

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

Riwaka Croquet Club

Sally Ph. 03 528 9704

Scottish Country Dancing

Valerie Ph. 03 543 2989.

SeniorNet [Motueka]

Computer learning for the over 55s at 42 Pah St. Wendy Ph. 03 528 7105 Helen Ph. 03 528 6305.

Social Recreation

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

Stroke Foundation

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

Upright and Able for Falls Prevention

Free 4-week course for those over 65 who have had a fall. Ph. 03 539 1812 or Email Cherie.Thomas@nbpho.org.nz for more information and registration.

U3A (University of the Third Age)

Have fun learning co-operatively. Variety of courses available. Cushla Ph. 03 528 6548.

Yoga

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

Recreation & Service Directory

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

FEBRUARY/MARCH 2014

Murchison

Age Concern

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

Nelson

Age Concern

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

Angie's Aerobics

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

Aquatics/Swimming/Gym

Riverside Pool
Ph. 03 546 3221.

Art Group Nelson

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

Arthritis New Zealand

Water-based exercise. Transport available to exercise at Ngawhatu pool each Monday morning. Phone 0800 663 463 for more details. Services are now managed from Christchurch. Clinics available from Nelson Bays Primary Health, Ph. 03 539 1170.

Belly Dancing

Sabina Ph. 03 546 8511

Belly Dancing

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

Brook Waimarama Sanctuary

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

Cardiac Support Group

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

Diabetes Support

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

Diabetes Support Group (Nelson)

Joan Whipp Ph. 03 548 6263

Golf Croquet

Nelson-Hinemoa
Bev Ph. 03 548 2190.

Government Superannuitants' Association

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

Grandparents Raising Grandchildren

Paula Ph. 03 544 5714

Gym

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

Hearing Association Nelson

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

Housie Evening

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

Marching

Silveraires Leisure Marching
Diana Ph. 03 548 9527.

Nelson Community Patrol

Suzy Ph. 03 539 0409.

Nelson Dance Along

Rosalie Ph. 03 548 2236.

Nelson Electronic Organ and Keyboard Club

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

Nelson Grey Power

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

Nelson Male Voice Choir

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

Nelson Petanque Club

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

Nelson Philatelic Society

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

Nelson Provincial Museum

For details, visit www.museumnp.org.nz

Nelson Public Libraries

Branches at Stoke, Tahunanui and Nelson, provide free library services to the community. We also have free computer and wifi access, computer classes, a home delivery service, local and family history information and hold regular events, eg: Elma Turner Library Bookchat - second Tuesday of each month, 10-11.30am
Stoke Library Bookchat - third Wednesday of each month, 5.00 pm - 6.00 pm
For more events, our reader's evenings, book launches and more, see www.ltsOn.co.nz or Ph. 03 546 8100.

Nelson Savage Club

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

Nelson Social Dancing Club

Dance at Broadgreen Intermediate School Hall, Nayland Road, Stoke, Nelson 7.30 pm to 11.30 pm the second Sat of each month. Ballroom, Latin, Rock 'n Roll and sequence dancing. Live music. Members \$8; non members \$12. Please bring a supper contribution, and your own drinks (including water) and a glass. Note: no stiletto heels please!! Enquiries Ph. 03 544 7408 on 021 127 7892.

Nelson Scrabble Club

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

Nelson Senior Citizens Social Indoor Bowling Club.

Valda Ph. 03 544 1487.

Probus

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

SeniorNet [Nelson]

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

Senior Service - Nelson Baptist Church

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

Sit and Be Fit

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

Stroke Foundation Caregivers Support Group

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

Support Works

Assesses the needs and co-ordinates services for people affected by disability. For a free assessment, Ph. 03 546 3980 or freephone 0800 244 300.

Suter Art Gallery

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

Table Tennis

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

Tahunanui Bowling Club

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

Tahunanui Community Centre

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

Way2Go Walking group -

Meet TCC 9.45am Thursdays. Varied and interesting walks each week, bring your gold card as sometimes we bus and walk sometimes just walk.

Garden Group - Meet 1st Wed of each month 10.30am. Different topic and venue of gardening interest with great group of gardening enthusiasts. \$3.

Rusty Riders - Regain your confidence on a bicycle with this supportive group. Bikes provided along with tips to get you back on the saddle. Mon 2pm \$2.

Shiny Riders - Ready to go for a bike ride again? Join us for a great ride around the scenic Stoke bike paths. Tues 1pm \$2. Contact Jo at TCC Ph. 03 548 6036 for details on any of our activities or visit www.tahunanui.org

Tai Chi with Gretchen

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

Taoist Tai Chi Internal Arts for Health

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

U3A

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

Ukulele with Gretchen

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

Upright and Able for Falls Prevention

Free 4-week course for those over 65 who have had a fall. Ph. 03 539 1812 or Email Cherie.Thomas@nbpho.org.nz for more information and registration.

Victory Community Centre

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

Victory LaughterYoga Club

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

Victory Senior Support

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

Victory Sit and Be Fit

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

Walking

Nelson 50+ Walking Group Noel Ph. 03 544 2286.

Yoga

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

Yoga

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

Yoga

Hot Yoga Nelson Ph. 03 548 2298.

Richmond

Age Concern

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

Badminton Richmond

Morning Badminton Dawn Ph. 03 544 4120.

Body Power Pilates & Yoga Centre Richmond Town Hall

Sue Ph. 029 281 3735.

Bridge Lessons

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

Club 50

A social group of mature adults looking for companionship, recreation and enjoyment. Sport Tasman, Richmond Town Hall, Cambridge Street. Enquiries: Ph. 03 544 3955. Email: Club50.rrc@

sporttasman.org.nz or www.sporttasman.org.nz Meet every Tues 9.30am

(unless otherwise stated) at the Richmond Town Hall. All sessions cost \$4 (unless otherwise stated). For all trips, meet at Richmond Town Hall to carpool. If raining, please call.

Croquet

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

Easy Exercise

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

Euchre

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

Gym

Contours Health & Fitness. Ph. 03 544 0496.

Hope-Ranzau Women's Institute

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

Indoor Bowls for Seniors

Church of Christ Hall. Cnr Croucher & D'arcy Sts. Tuesday 1.00 - 3.00 pm Mary-Anne Ph. 03 544 2596.

LaughterYoga, Richmond

Nourish your wellbeing. Marion Ph 021 145 3027. MenzShed Waimea A&P Showgrounds, Richmond. Ph. 027 289 0185.

Nelson Dance Along

Old Time Sequence, New Vogue, Richmond Town Hall 7.30pm to 11pm Live Music by Richard Wakelin, Cost: \$6.00 per person Saturday 8th, 22nd February 2014 Saturday 8th March 2014 22nd March 2014 Contact Rosalie Winter Ph. 03 548 2236.

Pilates Courses

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

Pottery

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

Richmond Bowling Club

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

Richmond Indoor Bowls

Mondays 1.30-3.30 pm Richmond School hall, Oxford St. A friendly session. All welcome. Gwen Ph. 03 544 7953.

Richmond Joggers

Do you want to walk faster and eventually become a jogger? Entry-level group focusing on the social and enjoyment aspects of jogging rather than the speed and competitiveness. Contact Sarah at Sport Tasman on Ph. 03 923 2313.

Richmond Physiotherapy

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

Richmond Senior Citizens Assn Inc

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

Richmond Slimmers Club

Meets every Wednesday at the Richmond Town Hall. Fun club. \$3 a meeting. Eileen Ph. 03 544 6392.

Richmond Waimea Community Whanau Group

Community groups, services or organisation representatives come together to share information. (Just turn up.) Meets the first Tues of each month, noon-1.00 pm, Senior Citizens Rooms 62 Oxford St, Richmond. Guest speaker at most meetings. BYO lunch (tea & coffee provided).

Richmond Walking Group

Weekly walks around the Richmond area. Entry-level group focusing on the social and enjoyment aspects of walking rather than the speed and competitiveness. Contact Sarah at Sport Tasman Ph. 03 923 2313.

Saxton Seniors

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

Senior Walking Group:

Tuesday and Thursday 9.30-10.30 am. \$4.

Senior Circuit: Tuesday 10.45 am after walking group, \$4. A lowimpact all-over workout using resistance bands and light weights. An indoor, all-weather activity, followed by a cup of tea.

Sit and Be Fit:

Monday, 10.00-11.00 am. \$4. Tai Chi for Health: Ph. 03 538 0072 to book, or Email saxtonstadium@xtra.co.nz

Silver & Strong

Seated or standing light exercise circuit that helps you with your everyday life. Builds strength, stability and coordination. Mondays 10.30-11.15 am. \$4 (includes a cuppa). Richmond Social Seniors, Age Concern building, Oxford St, Richmond. Angela Ph. 03 547 0198

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's Club Recreation

9 Cambridge St, Richmond Ph. 03 544 3955.

\$4 Fitness

Easybeat: Monday & Friday 9.00 am

Ease in2 Easybeat: Monday & Friday 11.15 am

Shapeup: Mon & Fri 10.10 am

Sit & Be Fit: Fridays 11.15 am

Ease in2 Cycling: Social cycling Mon & Wed 1.00 pm, \$4. Please ring that morning for meeting place.

Club50: Tuesdays 9.30 am, Seniors, social recreation & outings. New member welcome, \$3.

Walking Group: Mondays 9.30 am, no charge.

Fun Housie with prizes. Designed for those with special requirements. Fridays, 2.00 pm-4.00 pm, \$3.

Recreation & Service Directory

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

FEBRUARY/MARCH 2014

Spinning, weaving

Richmond Spinning & Weaving Group meets every 2nd & 4th Thursday of the month, at Birch Hall, Richmond Showgrounds, 9.30 am. New members & learners welcome. Mary Ph. 03 547 2611.

Tasman Tennis Club

Social tennis Tuesday mornings 9.30 am, beside the Badminton Hall, Gladstone Rd. Coaching sessions available. Kolie Ph. 0278 293 366 or the centre Ph. 03 544 6083.

Tasman Visual Arts Group

Last Wed of the month (Feb to Nov) Richmond Town Hall, Cambridge St. New members welcome. Steph Ph. 03 544 5126

Tai Chi with Gretchen

Richmond Town Hall and Oakwoods. Gretchen Ph. 03 548 8707.

Ukulele

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

Upright and Able for Falls Prevention

Free 4-week course for those over 65 who have had a fall. Ph. 03 539 1812 or Email Cherie.Thomas@nbpho.org.nz for more information and registration.

Veterans' (55+) 9 hole golf

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

Yoga

DruYoga class in Richmond, Contact Fiona for details Ph. 03 527 8095.

Stoke

Angie's AquaFitness

Get back into activity in a warm-water pool. All abilities, shapes and sizes welcome. Tuesdays, 10.45 am-11.45 am, Thursdays 6.00 pm -7.00 pm. \$6. Ngawhatu Pool, Stoke. Angela Ph. 03 547 0198.

Angie's Silver Circuit

Seniors only. Build your strength & stability. Light exercise circuit helping with your everyday life. Fridays, 10.15-11.00 am, \$4. Stoke Seniors, behind Memorial Hall. 548 Main Rd, Stoke. Turn-up or call Angie on Ph. 03 547 0198.

Aqua-therapy

New sessions for hip, knee, ankle, shoulder, back issues. Exercise professionals with you in the warm water. Ngawhatu pool. Bookings essential. Angie Baker Ph. 03 547 0198 or 021 330 905.

Breast Prostheses and Masectomy Bras

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

Clogging/Tap Dancing

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

Country Music

Stoke Old-Time Country Music Club meets every 2nd Sunday at the Stoke School Hall, 6.30. Lovely music and we won't burst your eardrums. \$2. All welcome. R Knight Ph. 03 542 3527.

Hydrotherapy

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

Ngawhatu Bowling Club

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

Pottery

Nelson Community Potters, 132 Rutherford St. Social group on Thursday mornings or Twilight Pottery on Monday evenings, 7-9 pm. Free to members & \$7 for casual (new members welcome). Contact Sue Ph. 03 548 5741 or Megan Ph. 03 547 5252.

Presbyterian Support

Our Harakeke Club welcomes people who have had a diagnosis of Alzheimer's Disease or another dementia. We provide opportunities for socialising, participating in a varied activities programme, and more. Mon-Fri, 10.00 am to 3.00 pm. Tue-Fri 10.00 am - 3.00 pm Totara Club. Day programmes for older people, socialising and participating in a personalised activity programme. Both clubs also provide a two-course cooked lunch and door-to-door transport to and from the centre. Sasha Spargo Ph. 03 547 9350.

Safety & Confidence

Kidpower, Teenpower, Fullpower Trust Cornelia Ph. 03 543 2669.

Saxtons Sit and Be Fit

Mondays at 10.00 am, Saxton Stadium, \$3. Leigh Ph. 03 548 1689 or 021 547 811.

Stoke Bowling Club

Allen Ph. 03 547 1411.

Stoke Combined Probuss Club

Meets every 4th Tuesday 10.00 am at Nick Smith's Rooms, Waimea Rd. Sue Ph. 03 548 6062.

Stoke Companions Inc.

Fellowship and aerobics group for 50+ years. A reasonable level of fitness. 9.15 am Wednesday, St Barnabus Church Hall, Stoke. Ph. 03 547 2386.

Stoke Seniors Club

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

Drama Group - Mondays from 10.30 am-noon. Gold coin donation.

Scrabble Club - Mondays 1.00 pm.

Euchre - Tuesdays 10.30 am.

Mah Jong - Tuesday 1.00 pm.

500 Club - Wednesdays 1.00 pm.

Art class - Mondays 10.00 am. \$6.

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

Tai Chi - Tuesday 1.30 pm. \$6. Sit and Be Fit exercises to music - Tuesday and Wednesday at 11 am in the Stoke Memorial Hall. Gold coin donation.

The Sun City Ukles

Thursdays, 10.00 am - noon. Gold coin donation.

Contact Ruth.

All the above classes meet in the Stoke Memorial Hall.

Monthly Movie

Ph. 03 547 2660 for details.

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

Social Seniors Choir

The Musical Demons meet Thursdays from 11.00 am to noon. Contact Anne.

Ruth's Movies - once a month. Please ring for details

Cruisin' with Karen - Fridays

Girls Own - Fridays

Lads @ Large - Fridays

Monday Out & About Trips & picnics.

Thursday Out & About 11.00 am. A van tiki-tour.

Weekly Afternoon Entertainment

contact office for details. Also Tues-Thurs Meals - a two-course meal at midday for \$8 (members), \$10 (non-members). Ph. 03 547 2660 to book (preferably by 9.30 am the day before).

Stoke Sit and Be Fit

Stoke Sit & Be Fit for Men & Women. Tuesdays, 10.00 am at the Indoor Bowls stadium, Songer Street, opposite Neil Ave. \$3 for Arthritis New Zealand. Maureen Ph. 03 546 4670.

Stoke Social Seniors

Pilates: Wednesdays 1.30 pm. Tai Chi: Tuesdays 1.30 pm. Sit and Be Fit: Tuesdays and Wednesdays at 11.00 am, Stoke Memorial Hall Cost \$4. Ph. 03 547 2660.

Table Tennis Nelson

Nelson Table Tennis Club. Kate Ph. 03 547 5066, or the Stadium Ph. 03 547 9479.

Upright and Able for Falls Prevention

Free 4-week course for those over 65 who have had a fall. Ph. 03 539 1812 or Email Cherie.Thomas@nbpho.org.nz for more information and registration.

Yoga - Hatha

Maureen Ph. 03 546 4670.

Tapawera

MENZSHED

Contact Graham Ph. 03 522 4938 or Roger Ph. 03 522 4560 Email: tapaweramensshed@gmail.com

Visual Art Society

Kaye Ph. 03 522 4368.

Walking

Rural Ramblers. Ph. 03 541 9200.

Wakefield

Easy Exercise

Arthritis New Zealand, Nelson, Nancye Ph. 03 541 9040.

Live Well, Stay Well Activity Group

Meets every two weeks on Tuesdays. Contacts: Margaret Ph. 03 541 9693 or Yvonne Ph. 03 542 2235.

Silverthreads Fun Afternoon

Meetings at 1:30 pm, Wakefield Village Hall Heather Ph. 03 541 9214.

Walking

Rural Ramblers Ph. 03 541 9200.

Way2Go activities

Pilates - Village Hall, Mon at 7.00 pm.

Active Seniors Class

Village Hall Tues at 11.00 am.

Sit and Be Fit Classes

Village Hall Thursdays at 10.00 am.

**FOSSIL RIDGE
BOUTIQUE WINES**

Creative Writers

Our literary section salutes the short-story writers and poets in the Nelson-Tasman region. Fossil Ridge winery awards a bottle of fine wine to the winner each month. Congratulations to **Beverley Dollimore**, who takes the prize for February/March.

Fifeshire Rock by Beverley Dollimore

Dawn breaks through corners
of a sultry sky
Tobacco-tinged clouds fade
out to sea

and the tide spills silver
through runnels
in the rock sculpture
Light flickers across
Fifeshire's surface
reveals ever-changing shapes
The landmark's gaping face
loses its battle against erosion
but still 'Koala' clings
to Fifeshire's back

A lone tree rooted on the rock
survived battering seas and winds
Ripped out by boys' foolish act
it leaves Fifeshire barren...
but not lifeless

Gulls and shags flap, circle, settle
secure a place on the rough-hewn face
Wings spread, feather and fluff
draw energy from morning warmth
before
diving
once
again

SEND ENTRIES TO:

Fossil Ridge Creative Writers, Mudcakes and Roses, HotHouse Communications, 4/203 Queen Street, Richmond 7050
or Email mudcakes@hothouse.co.nz

This issue's crossword solutions

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

**FOSSIL RIDGE
BOUTIQUE WINES**

Wine Tasting in attractive
surroundings. Café Lunches
in Summer, bookings welcome.



www.fossilridge.co.nz

72 Hart Rd, Richmond 11am – 4.30pm Wed – Sun SUMMER
Phone/Fax 03 544 9463 12noon – 3.00pm Wed – Fri WINTER
wine@fossilridge.co.nz Closed Monday and Tuesday



Age Concern volunteers make older people healthier and happier



Chronic loneliness is a growing problem for older New Zealanders and research shows that it can be as detrimental to health as smoking. There are many factors which contribute to the social isolation of elders in our community including bereavement, loss of driver's license, family moving away and health issues. Age Concern's Accredited Visiting Service aims to reduce loneliness and isolation by providing volunteer visitors to the people who are most in need of some good company.

The visiting service is provided by Age Concern throughout New Zealand. In the Nelson-Tasman region we have around 60 volunteers and cover the area from Nelson to

Golden Bay. We are aware that there is a great unmet need in our community for visitors and always welcome new volunteers. Our current volunteers bring a wide variety of backgrounds and life experience as well as a broad age range. This is definitely an area of volunteering which suits the older age group well, as many clients request an older visitor because they feel they will have more in common. We receive a lot of very good feedback from our visitors, all say that they find it very rewarding and that they certainly gain as much as they give. Compatibility is taken into account when introducing volunteers and many matches turn into friendships which can last for years.

If you know someone who may like a visitor, think you might like to volunteer, or would like any more information about this service please contact Susan – AVS Co-ordinator on Ph. 03 544 7624 or email ageconcern.nelson2@clear.net.nz

Suffering from unsightly, aching varicose veins?

Would you like to wear shorts again?



enhanceskin

COSMETIC, MEDICAL & VEIN CLINIC

Affiliated Provider to Southern Cross Health Society for Endovenous Laser Treatment and Ultrasound Guided Sclerotherapy & Skin Cancer Checks and Surgery



Endovenous Laser Treatment
Walk In, Walk Out Treatment
Interest Free Payment Options

CALL FOR YOUR **FREE**,
NO OBLIGATION DOCTOR'S
ASSESSMENT AND SCAN

VISIT US FOR
SKIN CANCER CHECKS
BIOPSIES & SURGERY

Dr David Orsbourn
MBChB, Dip Obs, FRNZCGP, FACAM
Fellow New Zealand College of Appearance Medicine
Certificate of Procedural Phlebology
Member of Skin Cancer College of Australasia



7 Buxton Square, Nelson : 03 548 8216 : www.enhanceskin.co.nz