

Mudcakes and Roses

SENIOR GENERATION ACTION
AND ISSUES – NELSON TASMAN



Volunteers Dave and Carol Garnett have devoted thousands of hours to the Brook Waimarama Sanctuary project



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New Positive
Ageing Chair

What a fantastic summer we've been having. Hopefully you've been able to get out and make the most of it.

In this issue we meet some of the dedicated volunteers behind the Brook Waimarama Sanctuary project. With over 500 active volunteers putting in 30,000+ hours last year, the vision behind this project seems to have really captured the imagination of many Nelson-Tasman residents. It's now getting to an exciting stage with the pest-proof fence due for completion in May.

Antique and classic boat collecting and restoration is a hobby practiced by people all over the world. St Arnaud in the Tasman region is becoming known as a hub for classic boating in New Zealand thanks to the annual Antique and Classic Boat Show held at Lake Rotoiti. Mudcakes & Roses catches up with show organiser Pete Rainey to find out more about what makes a classic boat and why people love them so much.

We also introduce the new chairperson of the Positive Ageing Forum Charles Tyrrell who shares his views on ageing and what he sees as the key issues for the forum in 2016.

Gardening guru Philippa Foes-Lamb tells us why now is the time to attack those pesky Passionvine Hoppers and Retro Metro Ro Cambridge takes a look at books and films that show the dark side of technology.

With best wishes, the Mudcakes and Roses team.

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

Mudcakes & Roses Noticeboard

Positive Ageing Forum

Positive Ageing Forum meetings are held at Richmond library from 1.00pm until 3.00pm. All welcome. The first Positive Ageing Forum date has changed to Monday, 29th February 2016.

Positive Ageing Expo

The Positive Ageing Expo is on again 1 April 2016. We have over 60 stalls already registered and with 75 available, if you want a stall don't delay! To book a stall, contact Mike Tasman-Jones, Tasman District Council Community Partnerships Coordinator Ph (03) 543 8403 or email: mike.tasman-jones@tasman.govt.nz

Free Fitness, Exercise and Games for Older Adults & Seniors

See the What's On page for details of free fitness classes and games for older adults.

Community Plan for an Ageing Population update

The first stage of the Community Planning for an Ageing Population (CPAP) is complete. Experienced researcher Janet Taylor has researched and collated reports on the needs of older people, identified key service providers, and developed a questionnaire and conducted an initial survey of providers. The next stage, surveying the users and community, is on hold pending the establishment of the new economic services agency.

The recent review of the economic development services has resulted in the agency that coordinates CPAP, the Economic Development Agency (EDA), being merged with Nelson Tasman Tourism (NTT). After discussion between Nelson City Council, Tasman District Council and the EDA, it was agreed that the CPAP project needs to be put on hold until the new agency has been formally constituted and established and has agreed their work stream/priorities. CPAP Chairperson Cr Judene Edgar says that the opportunities and challenges presented by an ageing population need to be addressed, so the work done so far will remain valuable.

Living in Retirement Villages

The Commission for Financial Capability is running free seminars about living in retirement villages with support from the Retirement Villages Association and experienced legal practitioners. These seminars are for intending retirement village residents and their families. The seminars focus on things to consider before choosing to live in a retirement village and practical tips before you sign up to live in a retirement village. Speakers from the Commission, Retirement Villages Association and legal profession will discuss types of retirement village structure, costs and operations. The seminars will also explain some important resident's rights and where you can find out more information. The seminars are 90 minutes long and include plenty of dedicated question and answer time

Thanks to our sponsors



How to get your copy!

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

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

throughout the event. Tea, coffee and light refreshments will be provided. Places are limited, so registration is essential. For further information or to register your attendance, call 0800 268 269. The Nelson seminar is on 30 March 2016.

Strategies for Successful Ageing – Free online course

Find out how staying happy, healthy, socially-connected and active can help you age successfully, with this free online course. Visit: <https://www.futurelearn.com/courses/successful-ageing>

Scammers Targeting Elderly Residents

Scammers posing as power company staff are targeting retired people living on their own, in retirement villages or rest homes. The scammers have taken at least \$20,000 from 11 residents in Christchurch. They have telephoned victims pretending to be from Meridian or another power company, saying payments are not going through and requesting PIN numbers and bank account details.

"After the call has finished another scammer knocks on

the victim's door posing as a bank employee to collect the faulty cards and provides them with a replacement card and documentation." The replacement card is actually a prezy card, Detective Sergeant Hooke said.

The scammers appeared plausible, but were pushy, she said.

Safety Measures

- No reputable company will request bank details or PIN numbers
- Take down the name and number of dodgy callers
- Contact the genuine company to verify callers or door knockers
- Reputable employees will provide identification and won't be offended to wait while their employer is contacted
- Report any scams to the bank, power company and police

Heritage Week 2016

Heritage Week 2016 runs 16-24 April this year and is all about making discoveries. Put the dates in your diary now and get ready to enjoy free and low cost activities with friends and families. Pay tribute to Nelson's peace movement with a panel unveil in the Peace Grove, uncover a scandal in South Street, view rarely seen items on a Cathedral tour, visit Jane Evans' cottage, and find out about maps and murders. Watch Tape Art create a story of early photographers at the Nelson Provincial Museum. Visit the Refinery Artspace to see amazing photographs in Picturing the PROW. Guided heritage walks will be on offer, including a new armchair tour option for those not so energetic.

A fascinating show about the works of Rutherford using sound and light is sure to delight all ages. Devon McLean talks about technology in his work to save our natural environment in Rats and Rainbows and Wai Māori introduce Life in the River close up. The play Maungatapu will have you engrossed with the

murderous pair Burgess and Sullivan, as will Bill Unwin's talk on the Bill Hill Murder.

Grandparents take note of the fun things to do with your grandchildren including discovering science, spiders and great craft activities like making a kite for peace.



A full programme will be in your next copy of this magazine or go to www.Nelson.govt.nz

Good Wood

It might seem strange to be thinking about winter when its still 25 degrees outside, but now's the time to get your stock of Good Wood sorted for winter.

The Tasman District and Nelson City Councils promote reducing air pollution through the Good Wood Supplier scheme. It is a joint project between the Councils and wood suppliers, who undertake to supply firewood according to best practice and contribute to improving air quality in Nelson and Richmond. Green wood will not burn efficiently, leaving you with a cold

house and a smoky fire. Striking two pieces of wood together is a good way to check if it is dry enough. Dry wood will give a resonant crack and wet wood will make a dull thud.

Check out the full list of Good Wood suppliers on Council websites – www.tasman.govt.nz or www.nelson.govt.nz



Brook Volunteers – Bringing Nature Back

Visiting Dave and Carol Garnett's cosy heritage home in the Brook Valley in Nelson, it's not hard to guess where their interests lie. On almost every single wall alongside the usual family photos, are prints, drawings and photographs of birds.

Dave is a self-confessed "bird fanatic" and this was one of the reasons that drew him to the Brook Waimarama Sanctuary project when the couple moved to Nelson from Auckland to be closer to their two sons.

Initially, Dave and Carol just enjoyed the Brook Valley as a pleasant walking spot. It was only when they saw an advertisement for the Brook Waimarama Sanctuary Field Officer position that they discovered the plans to create a 700 hectare wildlife sanctuary on the site of a former Water Reserve owned by Nelson City Council.

Dave says coming from England, a project on that scale was "totally unknown."

At that stage, Dave and Carol were both busy working - Dave, as a secondary school technology teacher and Carol as an administrator. When Dave retired six years ago, he planned to help out at an engineering workshop, but that fell through and he instead found himself signing up as a volunteer with The Brook Waimarama Sanctuary Trust.

Handy with a hammer, Dave was soon roped into doing odd jobs such as building cupboards, shelves and fixing toilet doors at the visitors centre. After a few months, he was asked to join the Asset Team responsible for all aspects of building and maintenance of the fence and other facilities.

As part of the Asset Team, Dave has worked on some major building projects including a garage/workshop/storage shed, an outdoor education deck and stage for school groups built about half a kilometre into the bush, surveying for the fence and most recently, building flat-pack emergency huts in remote areas.

"I love building things and my passion is birds. I've seen robins, weka, tomtits, harriers... one day,

I didn't have my glasses on, but out of the corner of my eye, I saw a grey/blue bird on the side of a tree and I was so excited – I thought it must be a kokako. I couldn't swear it, but I'm claiming it!"

Dave says it's exciting to be working with a team that's dedicated and wanting to preserve the environment. He also feels privileged to be able to go into pristine areas that very few other people have seen.

"If you've ever seen rats, stoats or possums destroying native birds and plants, any contribution we can make to stopping it is so satisfying."

Carol has also become involved as a volunteer after retiring in June 2015. "The day after I retired, I got a phone call asking if I'd be able to help out with administration in the Brook Sanctuary office! I have a good knowledge of computers and systems. I don't get to do any of the sexy stuff, I just deal with the paperwork!" she says.

Carol and Dave both say one of the things they've enjoyed most about volunteering with The Brook Waimarama Sanctuary Trust is the great people they've met, including several young interns from overseas.

"One of the nice things is that it's such a diverse group. There are a lot of people who are older, some with limited abilities physically, but they are still able to contribute in some way. We have young people and old people. It's also good to see young people from other countries who are taking an interest and spreading the word," says Carol.

Carol says she chose to be involved because there is so much focus on the bad news in the world and what's going wrong, it can sometimes feel overwhelming.

"If you do a little bit in your own backyard, that's all you can do. You feel like you can do something positive and it's so satisfying."

General Manager Hudson Dodd says its volunteers like Carol and Dave who are the backbone of the whole project.



"Dave and Carol are a shining example of the people who dedicate significant amounts of time and energy to the project, which is a testament to the quality of the vision behind it. Each of them work multiple days a week, showing how passionate they are about the project.

"As a community-based initiative, the project has always been of, by, for and about volunteers. Volunteers have made it what it is by putting in literally tens of thousands of hours. We calculated over 30,000 hours per year and last year we had over 500 volunteers," he says.

Hudson says volunteers come in "all shapes and sizes" and work across a range of different areas which can be broadly categorised into Field and Administration roles.

"The skill base is truly huge," says Hudson. "It's not an overstatement to say that the project wouldn't be happening at all without them including the Board of Trustees – all volunteers, who started the project and are now responsible for governance."

The pest-proof fence is three quarters built and due for completion in May 2016. While its completion will be a major milestone, it will also mark the beginning of a new phase for the project.

"The fence is long awaited and has been a focus and dream for many years. While it has been seen as an end goal for fundraising, the fence is not an end, it's actually the beginning of the real work of reintroducing species," he says.

Get Involved

There are many ways to be involved in the project. Volunteer roles include administration support, bird monitoring, fence maintenance, invasive plant control, lizard monitoring, public events, track cutting, trapping and visitor centre. You can also become a Friend of the Brook, make a donation or sponsor a fencepost. See the Brook website for details www.brooksanctuary.org.nz or call 03 546 2422.

Key Facts

- The Brook Waimarama Sanctuary is a community-based initiative working to create a pest-free wildlife sanctuary close to the Nelson city centre.
- The Sanctuary will extend over 700 hectares of a former Water Reserve owned by Nelson City Council. Most of the site comprises mature beech forest with occasional huge podocarps. The southern part of the site is diverse broadleaved forest on land cleared in the 19th Century. Over 250 species of plants have been recorded and the birdlife includes rare species such as NZ falcon, yellow-crowned parakeets, weka and robins.
- Key to creating the Brook Waimarama Sanctuary is construction of a pest-proof fence 14km long, to enclose the area, and to eradicate all the pest mammals within it.
- The full cost of fence construction and removal of the pests (\$4.7M) has been raised to date, and fundraising is ongoing for visitor facilities.
- This will enable the re-creation of a historic piece of New Zealand which today is only found on a few offshore islands. Resident birds, reptiles and invertebrates will flourish and species previously lost from the area will be re-introduced.
- The site is an ideal size and location. It is a short distance from Nelson City, Stoke and Richmond with forested corridors to take birdlife from the sanctuary into these areas and into residents' gardens. It is joined to the south to 100,000 plus hectares of native forest including the Mt Richmond Conservation Area.
- The project was launched in 2004 and has strong community involvement and support. It is administered by a charitable trust that includes representatives from local iwi.
- Both Nelson City Council and Tasman District Council contributed funding for the fence project (\$1M and \$300k respectively), and Nelson City Council contributes an annual operational grant (\$70k).



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Antique and Classic Boatshow

The stunning vista of Lake Rotoiti provides a picture perfect backdrop for the annual Antique and Classic Boat Show, now in its 17th year. Mudcakes and Roses caught up with show organiser Pete Rainey to find out why St Arnaud is becoming known as a centre for classic boating in New Zealand and the growing interest in the hobby of building and restoring classic boats.

How did the show get started?

I first thought of doing a show back in 1999 because I had an old boat that I'd found in a field on the way up to Lake Rotoiti. This boat was called La Paloma and it was one that I'd known when I was a kid up at the lake. I bought it and started doing it up and getting interested in antique boats. I also started subscribing to an American antique boat magazine and noticed that there were a lot of antique and classic boat shows happening in the States and I thought 'nobody is doing that in New Zealand' – at least, not that I knew of, so that's when I kicked it off. I basically just took some photos up at the lake of a little boat that I'd made for my father, had some posters made and put them out there and waited to see what would it happen.

How has it grown since that time?

In our first year we had about 35 boats and we thought 'gosh that's great' so we just kept on growing really. Normally we get between 130 to 150 boats, depending on what's happening in the main centres. The Christchurch earthquakes put a bit of a dent in things for a couple of years. We get boats from all around the country – from Warkworth to Invercargill. People come from all over New Zealand and Australia and we've had people tell us they've come over especially for the show from the United States and the United Kingdom, so it's definitely getting a bit of a reputation. Between 1500 and 2000 people turn up including the boat owners.

Why hold the event at Lake Rotoiti?

It's quite a challenging venue! Obviously it's a beautiful setting for boat show – it really is one of the most stunning views in New Zealand if not the world in terms of viewing the boats. I've been coming to Rotoiti since I was a kid and I really love

the area and have always wanted to try and do an event there. There's also a strong boating heritage on Rotoiti, both with recreational boats and with race boats. The challenge for us is that it's an alpine environment and even though the weather can be beautiful, at other times it can be extremely challenging – we've even had snow on occasions, not right around the boats, but certainly down the ranges on either side of the lake! It can be very challenging when it gets cold and southerly, but that's just part of the charm and people tend to enjoy it regardless.

Tell us about the team behind the event...

There's been a core team of a few individuals for a few years, and it's a really strong supportive team from the person who puts up the marquee to manning administration to calling races to doing all the rubbish and helping out on the gate. It's a great bunch of people, I can't name them all individually, but I'm very grateful to them and we love coming together for the event every year.

Are there other shows like this in New Zealand?

Not that I know of. There are other classic boat events in New Zealand – a big one that happens in Auckland, but that's on the sea and involves large boats like launches and yachts. There's also a classic boat run or parade at Lake Rotoiti in the North Island but they don't display on land, they just tootle around on the lake. Our show is quite different in that we have the boats on display on land during the morning so that people can actually wander around and get up real close, talk to the owners and have a look in them – that's part of the difference.

How popular is the pastime of building and restoring classic boats?

It's definitely growing and we know that our show has triggered a lot of people to restore boats or build new boats to classic designs. I know the classic car, classic motorbike and classic aeroplane scene is pretty strong. This show provides a real focus for people who are interested in getting into classic boating and it can be an extremely affordable way of boating. Boats don't need to cost a lot of money and in my experience, small boats with modest engines can be just as much fun as great big boats.

We're also seeing growing interest from young people and women. We had two boats last year that won prizes that were made by people in their 20s or younger so age is certainly no barrier – it's not the domain of old people at all. It's fantastic to see the energy and enthusiasm from young people.

What is it about antique and classic boats that appeals to people do you think?

It brings back memories from the past – often people have had an experience when they were younger or in the old days of classic boats and wish that they could see that kind of boat again, then they come along to the show and are reminded of what boating used to be like. We've had some people come along and find boats that they knew when they were kids. We had a couple of 90 year old guys from the West Coast who saw a yacht that they'd sailed on 60 years ago and hadn't seen since – those sorts of things are very special.

Any particular favourite boats over the years?

All boats that I own are my favourites! They have to be, otherwise I wouldn't own them. But look, I'm really enthusiastic about a boat that my business partner and I are doing up at the moment which is an Elray III – a really great old racing hydroplane from 1967. We're going through a very slow and protracted restoration of that boat. It will be on display at this year's show so people can see the progress so far. It's a great old racing boat that goes 150mile an hour and at one stage was the fastest boat in New Zealand.

How many classic boats have you restored over the years, and do you keep them?

I've lost count of the number of boats I've restored over the years – and I'm not allowed to say! We've now got a big Antique and Classic Boat Museum at St Arnaud. It opened about 18 months ago in a brand new shed in behind the shop and we've got about 30 boats in there. They don't all belong to me of course!

What makes an "antique or classic" boat? Are there certain criteria?

No. I always say to people it really doesn't matter – if you think it's a classic, it is. Some boats may be brand new but maybe they've been built to an old design. Fibreglass boats can also be classics – there's a huge movement in the States called 'Fibreglassics' for people who are into older fibreglass boats.

What can people expect to see at this year's show?

We'll have a huge range from steamboats to big mahogany runabouts through to racing hydroplanes, racing yachts and small sea canoes. We also get quite a lot of clinkers. From early morning on both days you can wander around the boats on land, chat with the owners and view displays about their restoration or rebuild. In the afternoon, you can watch the races on the lake. They're always a lot of fun. The show is always special. This year, we're hoping to have a visit from Peter Knight Jnr and maybe his dad, Peter Knight who is a famous boat racer. Peter Knight Jnr has just done up his dad's old boat Bel Air and hopefully that will be there at the show for people to see.

What are the plans for the future of the show?

It's certainly our intention to keep the energy and enthusiasm for classic boating going and to really stamp Lake Rotoiti as the



centre of classic boating in New Zealand. That's our mission – just in a quiet sort of way. It's our intention to get a trust up and running soon to foster classic boating and to really make the museum a must-see attraction. Already it's getting quite a lot of patronage. We hope to fill it up with more boats and more displays and interactive stuff – to develop it as a good regional museum that can display some of the amazing old classic boats that we have around this region.

Give us the dates & details for this year's show...

The show is on 5 & 6 March 2016 at Lake Rotoiti, St Arnaud. We ask for a \$15 donation per person or \$20 for the weekend and school kids are free. We have a big food tent that's run by the local school fundraising committee so there's lots of food and drink available on site as well. You can see further details on our website www.nzclassicboats.com or people are welcome to get in touch with me on email pbrain@xtra.co.nz

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Great Time to Plant Veges

Hi, it's a new gardening year with lots of enjoyment ahead in the coming months. This summer has been an unusual one so far, with the driest December in fifty years, more wind than usual and fluctuating temperatures. It's easy to become frustrated at this time of year but take heart, cooler weather will be here before we know it.



A juvenile Passionvine Hopper – get them now before they start hopping!

Autumn-fruiting raspberries will be putting on good growth and flowers now so it's the perfect time to ensure they are weed free, composted, mulched and watered as deeply as water restrictions allow as this will help ensure a good crop. Trim any stone-fruit trees that have cropped, removing dead or diseased wood.

Leafy greens such as lettuces, silverbeet and spinach can struggle at this time of year so it's a good idea to plant them in an area that only gets morning sun. This will give them a rest from the intense afternoon heat and help prevent bolting to seed. The key to succulent greens is keeping them growing quickly and evenly so they don't get stressed. If you don't have the right semi-shady spot in your garden, plant them in containers so they can be moved around.

Tomatoes will be in full growth now and fruit will be ripening so continue to give them a bi-weekly liquid feed. Remove all the old leaves or any leaves that are shading your fruit as this lets maximum sunlight reach the tomatoes, aiding ripening.

Keep your capsicums, chillis, courgettes and eggplants weed free and well-mulched. Harvesting courgettes regularly encourages them to produce more and also eliminates the "what to do with this marrow" scenario.

Continue to dead-head your roses back to a healthy fat bud. A sharp diagonal cut just above the bud will encourage strong

new growth and more flowers. If your roses are showing signs of stress, give them a good amount of fish compost and/or sheep manure, then mulch.

Passionvine hoppers are rearing their heads all around the garden at the moment. As the name suggests they love passionfruit vines but will also attack citrus, beans, grapevines, tomatoes, cucumbers, courgettes or any other succulent stems, sucking the life out of them. If you have a really bad infestation you will hardly be able to see the stems for the hoppers.

In late January/early-mid February the juveniles appear and this is the time to launch an attack with your fingertips or hit them with your favourite spray, preferably organic. They are easily recognisable because they have "fluffy-bums", which is what we gardeners love to call them. By the time they are adults it is almost impossible to kill them because as their name suggests they "hop" very well.

Early summer-flowering shrubs will benefit from a trim now. This will encourage new growth that will harden off before the cooler weather hits. Hebes in particular become straggly very quickly so it's important to give them a thorough trim as the flowers die off. If you have large hebes that are mostly bare, have a close look for new growth on the lower branches and cut right back to it.

Dead-heading perennials and annuals regularly will encourage new growth and more flowers well into late Autumn.

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

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



Philippa Foes-Lamb

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.

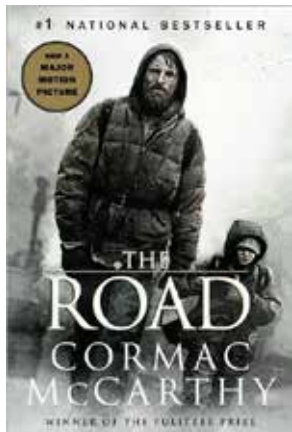
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The Retro Metro

I've been doing a techno-spring-clean in an attempt to rationalise the content and set up of my two computers, my smartphone and tablets. The process has driven me to the brink of insanity. How to rationalise the thousands of misnamed folders, duplicated files, and unlabelled photos they jointly contain? How to access all those other files stored in "the cloud" and barricaded behind passwords I've forgotten?



Spring-cleaning in the real world is a cinch in comparison. Neither does it induce the same levels of paranoia. Tracking my own labyrinthine connections to web-based services has been an unpleasant reminder that even a single Gmail, Google, Tweet, or Facebook gives you an existence in cyberspace which you cannot reverse. And then who knows what Forces of Darkness can molest your cyber-self with impunity?

These paranoid thoughts have influenced my grim selection of books and films this month, beginning with Cormac McCarthy's novel *The Road* in which a father leads his young son through a grim post-apocalyptic American landscape. It feels as if the only tenderness left in the world lies between the man and the boy as they travel in search of refuge.

The deeply unsettling British TV drama series *Black Mirror* plunges us into the darkest depths of technological possibility to reveal "the way we might be living in 10 minutes' time if



we're clumsy." Canadian author Margaret Atwood may dismiss sci-fi as "talking squids in outer space", but in novels like *Oryx and Crake*, and *The Year of the Flood* she too explores how current technologies such as human genetic engineering and biological weapons are likely to create distinctly dystopian futures. Classics like *1984* by George Orwell and *Brave New World* by Aldous Huxley are reminders of just how prescient fiction writers often are.

Other writers and TV-makers don't need to look into the future for horrible dramatic possibility. They reveal what's dystopic in the present or recent past, rather than in some distant future. U.S. TV series *Mr Robot* features a highly anxious young man who finds real life rather baffling, but who is a savant in cyberspace. By day he works as a cyber-security engineer. By night he's a vigilante computer hacker

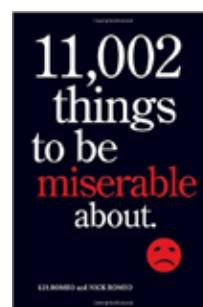


using technology to destroy shady individuals and corporations.

In The Wire, a U.S. TV series, present-day Baltimore is the dystopia where corrupt or under-funded institutions lead to crime and human misery. The same team produced *Treme*, a TV series set in post-Hurricane New Orleans showing ordinary people struggling to rebuild their lives in the face of clumsy, indifferent bureaucracy and corporate corruption. Great musical performances punctuate the show and infuse it with a life-affirming joyousness. Books of journalism like *Five Days at Memorial: Life and Death in a*



Ro Cambridge



Storm-Ravaged Hospital by Sheri Fink, and *Zeitoun* by Dave Eggers reveal how rapidly the same disaster distorted notions of compassion and justice.

However, for a comprehensive guide to all the anxieties which might prey upon the 21st century human mind, you must read *11,002 Things to be Miserable About* by Lia and Nick Romeo. You'll find plenty to agonise over, from elective surgery

and Robert Mugabe, to bubble gum-flavoured ice cream and public executions.



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We might be a century old, but we're still going strong – in the Tasman region, we have more than 500 members and volunteers. You'll see them out and about in the community, providing a wide variety of services. From supporting former refugees along their resettlement journey to responding to disasters and emergencies, Red Cross is there when it matters.

Our friendly community transport drivers support people who find it difficult to manage their own transport. This door-to-door service helps people get to medical appointments, and all our drivers are trained in First Aid. Our Meals on Wheels volunteers deliver 150 hot meals across the Tasman region every day, supporting people who are elderly, ill or live with disabilities.

We're proud to be the primary provider of refugee resettlement services in New Zealand. Our staff and volunteers welcome about 75 people from refugee backgrounds to Nelson every year. They help families with everything from enrolling with doctors and schools to understanding Kiwi culture, while our skilled social workers and staff provide ongoing support.

During emergencies, our local Disaster Welfare and Support Teams are on hand to help. These volunteers train regularly so they can respond to natural disasters and help people in your community get through safely. They're on call 24/7, ready to go if there's a flood, earthquake or tsunami.



You'll also find us in schools, providing free first aid and peer support training. Our Red Cross Shops sell a wide range of quality preloved goods, while our knitting group crafts baby items and blankets to be donated locally.

We love our volunteers, and we'd love you to join us. If you're keen to get involved, or want to chat to one of our team, contact Amy or Jackie on 546 5012 or at nelson@redcross.org.nz.

Interested in becoming a member? Our Nelson Branch meets monthly and supports several local initiatives. This includes everything from funding a camp for at risk youth to supporting Nelson Food Bank and night shelter. Watch out for our various fundraising events throughout the year – the next one is our Annual Appeal, running from 29 February to 5 March.



"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.



Marsden House
FUNERAL SERVICES



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



What's Happening at Tasman Libraries?

BeWell Books

These days many people's first port of call to find out about health issues is the internet. And while there's nothing wrong with that, there are times when a more considered and in-depth approach provides added reassurance or helpful advice. That's where Tasman District Libraries BeWell Books scheme comes in. Books can help with understanding and managing a range of commonly experienced health problems, such as depression, anxiety and stress, chronic pain and heart health.

Tasman District Libraries and Nelson Bays Primary Health have worked together to offer the BeWell Books health information scheme to people living in Tasman District. Based on the successful UK initiative, Books on Prescription, BeWell Books have been carefully selected and approved by specialists from Nelson Bays Primary Health. With BeWell Books you're assured you're reading credible and up to date information.

If you and your health professional think you may benefit from reading more about your condition, they will issue you with a BeWell Books voucher. All you need to do is take the voucher into either Richmond or Motueka Library and exchange it for a book from the BeWell Books selection. The books are easily identified by the BeWell label on the spine. And any rental charges are waived on new BeWell Books.

You do need to be a member of Tasman District Libraries. If you are not a member, just bring along proof of identification and address. Signing up is easy.

BeWell Books can also be borrowed without a voucher. However normal library rental charges apply to new items. Currently the BeWell Books scheme is available at Richmond and Motueka Libraries.



Learn at your Library in 2016

The library is a space for lifelong learning – at your own pace, using our books and resources, or more formally. Nelson Public Libraries are planning a range of learning opportunities in 2016, with classes, talks, information displays and more – and we are always keen to hear what you want us to offer, so let us know.

In February we have two new programmes:

Te Reo

Māori language for beginners. This is a free ten week Te Reo programme, taught by Cindy Batt, Library Assistant and qualified Te Reo tutor, will run on Wednesdays, 12.30-1.30 from 10 February. The classes will be fun and interactive.

Tai Chi

Tai Chi will be taught by members of the Nelson Taoist Tai Chi Club, with a free taster session on Thursday 11 February, 12-1, followed by a six week programme for \$30. Stretch your mind and body!

Computer and device classes have proved very popular for the Nelson Community. A wide variety of free tutorials are being offered again this year, both at Elma Turner and Stoke Libraries, from basic skills using the Internet, using a Tablet, MS Word, Spreadsheets to newspapers online, Library Apps, research databases, social media and Minecraft for adults.



Nelson City Council
te kaunihera o whakatū

All classes are listed on the Libraries' website. Bookings are essential, and book early, because they fill quickly.

In addition to classes, one-on-one IT tutorial assistance is offered at our Device Advice sessions.

For information and booking details about all of our programmes see the library website:

www.nelsonpubliclibraries.co.nz



Aging and Your Eyes

What vision changes are normal with age?



- Needing glasses to see up close.
- Having trouble adjusting to glare.
- Having difficulty telling apart some colors.
- Needing more light to see well.

Are vision loss and blindness a normal part of aging?

No! But as you age, you are at higher risk for developing age-related eye diseases and conditions:

Age-related macular degeneration (AMD)



Damage to the macula of the eye.

Cataract



Clouding of the lens of the eye.

Diabetic retinopathy



Damage to blood vessels in the retina.

Glaucoma



Damage to the optic nerve.

Dry eye



Eyes do not make enough tears.

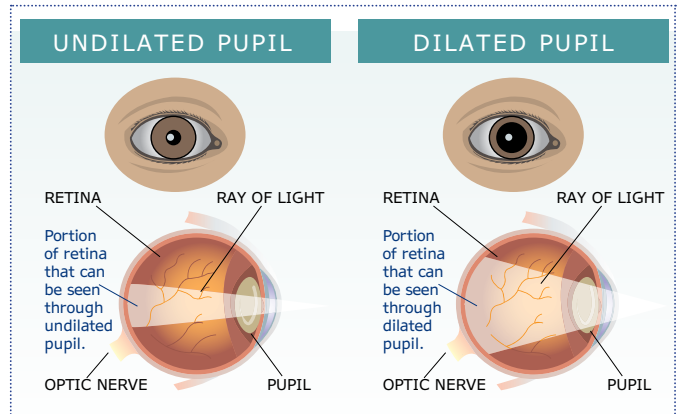
Low vision



Difficulty seeing, even with glasses, medicine, or surgery.

Are there warning signs?

Many eye diseases have no early warning signs but can be detected through a comprehensive dilated eye exam.



What can I do to protect my sight?



- Have regular dilated eye exams.
- Know your family's eye health history.
- Be physically active.
- Eat a diet rich in fish and green leafy veggies.
- Control your diabetes if you have it.
- Stop smoking.
- Wear sunglasses and a brimmed hat outside.
- Wear protective eyewear when working around your house or playing sports.

What if I've already lost vision?



Help is available. Talk with your eye care professional about vision rehabilitation.

Where can I learn more about vision and aging?

Visit www.nei.nih.gov/agingeye

Source: National Eye Institute, 2013

Create a unique and meaningful farewell



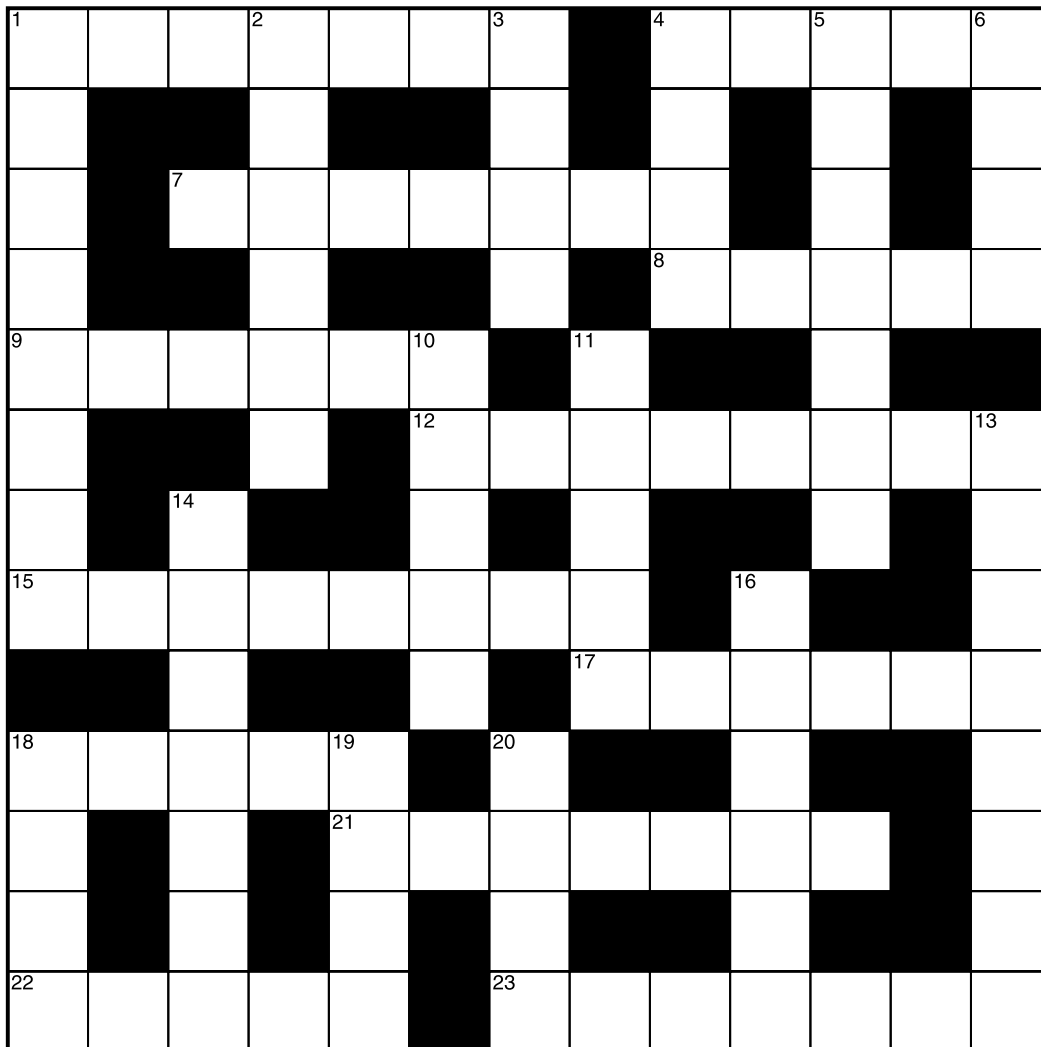
We can provide every service and option, and leave you with memories of a lifetime of love.

544 4400
www.wrfs.co.nz



**WAIMEA RICHMOND
FUNERAL SERVICES**

Crossword



Clues

Across

1. Funeral garlands
4. Former lover, old ...
7. Reykjavik is there
8. Scratch out
9. Stacked
12. Intermittently (2,3,3)
15. Show up again
17. Inclined letter style
18. Loose pants, ... shorts
21. Notorious affair
22. Dissect (3,2)
23. Rags

Down

1. More deserving
2. Take as being true
3. Scorch
4. Melt into the background
5. Airman
6. Outside limit
10. Wooden joining peg
11. Native New Zealander
13. Burns unsteadily
14. Communist
16. Unoccupied
18. Political power group
19. Invitation reply (1,1,1,1)
20. Angler's throw

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

FEBRUARU 2016

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

Free Older Adult's Exercise & Events

Brought to you by the team at Richmond Aquatic Centre in conjunction with Nelson City Council. Vitality - designed to assist in increased stability, respiratory function, pelvic and back mobility. The experience will be gradual and guided and is a great way to become or continue being active in a social setting! Set in some of Nelson's beautiful parks.

Ageless Yoga – Enjoy the benefits of yoga with a step by step approach to developing strength, flexibility, good breathing habits, concentration and relaxation. Each class will work through the fundamental principles of Yoga. Enhancing your energy levels, develop strength, flexibility, core strength, and improve your breathing habits. Our experienced instructor can guide those whom have never tried yoga all the way to the advanced.

Timeless Games – Join us for an afternoon of active games in the park including petanque, croquet, and badminton. A great social experience for those looking for fun through to the competitive. Movement is more fun when it's a game, see you in the park.

Dancing in the Park – Take in the

scenery, the fresh Nelson air and the sounds of music while dancing in the park. A great social experience for everyone, regardless of your dancing ability (even for those with two left feet). This experience is all about guided movement to music and will leave your feet tapping for days (Add in the Whats On Fitness classes jpeg image with class times)

International Kai Festival 2016

Monday 8th February 2016

The eighth annual International Kai Festival is on again this Waitangi Day Holiday with Founders Heritage Park and Whakatu Marae working closely together to present a range of traditional and international foods to sample. Whakatu Marae will also host a Powhiri, a traditional welcome for visitors to the Marae, at 10.30am. There will be a huge variety of international foods on offer made by families living in the Nelson community. Food, live music Kapa Haka performances, stalls. Entry by gold coin donation. 10.30am - 3.30pm with Pōwhiri at 10.30am, Founders Heritage Park, 87 Atawhai Drive, Nelson. Entry also at Whakatu Marae

All about Apples

Now – Thursday 30th June 2016

IT'S ALL ABOUT APPLES at the Motueka District Museum this summer. The museum has a major exhibition covering the history, transportation, types and economic benefits to the district of APPLES. Before this exhibition closes in June, there will be activities for children and adults (practice your apple peeling skills now!) Watch out for specific events in local advertising. 10.00am until 3.00pm daily, Motueka Museum and Muses Café, 136-138 High Street Motueka <http://motuekadistrictmuseum.org.nz/>

Nelson Opera in the Park

Saturday 13th February 2016

Nelson Opera in the Park is back with some of New Zealand's best opera singers alongside a stellar line-up of contemporary performers. 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, gates open at 5.30pm, Trafalgar Park, Trafalgar Street, Nelson. Adults \$25, Child (5-15) \$5, Child under 5 Free [plus TicketDirect service fees]. Tickets from TicketDirect, Theatre Royal, iSITE ph. 03 548 3840; 0800 224 224.

Dovedale Country Affair Festival

Sunday 14th February 2016

Celebrate Valentine's at the Dovedale Country Affair. Enjoy a real country occasion with entertainment and lots of free activities for the whole family. With live music all day and so much to see and do, you'll want to make a day of it. Ample parking, including disabled parking, with a shuttle bus between the Hall, Church and Reserve for those needing assistance. Cash EFTPOS facility for a small fee. Entry is \$2 for adults, children free. Please NO DOGS. 11am - 4pm, Dovedale Recreational Reserve, Dovedale Road, Adult \$2

All Vinyl Rock and Roll Night!

Friday 19th February 2016

Come and celebrate the best of Rock and Roll on the format it was supposed to be heard on...VINYL! DJ Elrollo has over 2000 pieces of Vinyl on site here at The Playhouse, so you better believe there will be variety and great tunes. Doors open 6pm, Vinyl from 7pm. FREETO ALL. The PlayHouse Cafe and Theatre, 171 Westdale Road, Mapua

2016 Tasman Bay Snapper Classic

Saturday 20th February 2016

A one day team's fishing competition in Tasman Bay with massive prizes up for grabs. Average Weight Snapper winner gets a \$10,000 DNA Boat and Honda Marine 4 stroke engine. Fresh filleted snapper fillets will be auctioned with 100% of the money raised going to Coastguard Nelson. Grab your mates and get a team of 4 people together to enter and have a chance of 10's of thousands of dollars of prizes. Fishing starts from 5am, Weigh in from 12pm - 4pm, Public Fish Auction 4pm - 5pm, Prize giving 5pm - 6pm, Band playing until late. The Speights Ale House Nelson, 99 Quarantine Rd, Annesbrook, Nelson 7011. \$200 for Team of 4. Tickets from Ticketing Website ph. 0273122911.

Brightwater Wine & Food Festival (BWFF)

Sunday 21st February 2016

BWFF celebrates sensational sounds, wine, food, and summer. Hold onto your summer holiday groove, grab family and friends and head to the Brightwater Wine & Food Festival, for all-day music & entertainment, fantastic food, and award-winning wine and beer. Enjoy fun for all ages... including the Kids. Plenty of free parking, Motor Homes welcome. Alternately Bus from Nelson/Richmond or ride directly to the venue via the Great Tasman Cycle Trail. 11.00am - 5.00pm, Middle-Earth Vineyards, Bryant Road, Brightwater. Also Bus from Nelson or bike the Great Tasman Cycle Trail. EarlyBird \$15, Gate Sales \$20, Under 12yr Free. No BYO, No Food, No Pets. Tickets from our website www.bwff.co.nz



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.

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

Recreation & Service Directory

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

2016

Golden Bay

Age Concern

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

Astanga Yoga

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

Belly Dancing

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

Genealogical Group

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

Gentle Exercise Classes

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

Golden Bay Contract Bridge Club

Leigh Ph 03 525 9744.

Golden Bay Garden Club

Diane Ph 03 525 6121.

Golden Bay Patchwork and Quilters Guild

Liza Ph 03 524 8487.

Hearing Therapy Services Life Unlimited

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

Indoor Bowls/Cards

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

Marble Mountain Country Music Club

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

Motupipi Indoor Bowling Club

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

Pohara Bowling Club

Jennifer Ph 03 525 9621.

Probus

Joan Ph 03 525 9224.

Puramahoi Table Tennis

Rene Ph 03 525 7127.

Relaxation and Restoration Yoga

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

SeniorNet [Golden Bay]

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

Sit and Be Fit

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

Tai Chi for Arthritis

Ann Ph 03 525 8437.

Takaka Golf Club

Ph 03 525 9054.

Takaka Golf Club Ladies Section

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

Takaka Spinning Group

Jan Ph 03 525 9374.

Takaka Table Tennis

Rene Ph 03 525 7127.

University of the Third Age (U3A)

Moira Ph 03 525 7202.

Upright and Able for Falls Prevention

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

Uruwhenua Women's Institute

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

Wednesday Walkers

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

Hope

Hope Midweek Badminton Club

Carolyn Ph 03 541 9200.

Nelson Veterans Tennis Club

Hope Courts every Thursday Ph 03 547 6916.

Mapua

Line Dancing (New Class)

Thurs morning, Mapua - Hills Community Church, Sunday School Hall, 10.00am – 11.30am (Beginners) Class. Contact: Sue Wilson Ph 03 528 6788 or 027 435 8700 or email: sioux.wilson@yahoo.com.au

Low-Impact Aerobics and Pilates

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

Mapua Friendship Club

Mapua Public Hall Valerie Ph 03 540 3685.

Mapua Bowling Club

Dave Ph 03 540 2934.

SeniorNet (Motueka)

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

Motueka

Age Concern

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

Better Breathing Classes

Held 2nd & 4th Mondays of the month starting from the 22nd February 2016 2.30 – 3.45pm St John's Hall, Motueka. Light exercise with a focus on breathing and relaxation. Ph Nelson Asthma Society 03 546 7675.

Chair Yoga

Fridays at 11a.m. Weekly, gentle stretch and breathing sessions at Weka House, Old Wharf Road. Ph Delia 0212 398 969.

Cycling

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

Diabetes Support Group

Heather Smith Ph. 03 528 9689.

Gym & Fitness Centre

Studio Gym 275 Catherine Ph. 03 528 4000.

Hearing Therapy Services Life Unlimited

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

Indoor Bowls

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

Line Dancing

Thurs night, Motueka Memorial Hall, Pah Street, Motueka. 6.30pm Beginners Class (merges into) 6.45pm Improver Class (merges into) Easy Intermediate. Classes finish at 9.00pm. Contact: Sue Wilson Ph 03 528 6788 or 027 435 8700 or email: 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. Meetings on the last Thurs of each month in the RSA Club, High Street, Motueka, 9.30 am. Contacts: Secretary Gill Gately Ph. 03 528 5399, President Vivienne Pearson, Ph. 03 526 6076. For details about

alternate walks, contact Frances Neumann Ph. 03 528 4559.

Motueka and District Historical Association

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

Motueka Bowling Club

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

Motueka District Museum

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

Motueka Senior Citizen's Assn Inc

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

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

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

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

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

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

Motueka Recreation Centre Senior Activity Programmes Mondays

Silver Sneakers: 9.30am, Cost \$4

Recreation & Service Directory

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

2016

Social Badminton: 11am,
Cost \$4

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

Tuesdays
Sit n Be Fit: 10.30am, Cost \$4
Boot Camp: 1pm, Cost \$5

Wednesday
60+ Gymmers: 10.30am,
Cost \$4
Kick Start (GRx): 1pm, Cost \$5
Badminton: 2pm, Cost \$4

Thursday
Sit n Be Fit: 10.30am, Cost \$4
Boot Camp: 1pm, Cost \$5

Friday
Walking Circuit: 9.30am,
Cost \$4
Mini Spin: 1pm, Cost \$5

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

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

Riwaka Croquet Club
Sally Ph. 03 528 9704

Scottish Country Dancing
Valerie Ph. 03 543 2989.

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

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

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

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

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

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

Murchison

Age Concern

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

Nelson

Age Concern

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

Angie's Aerobics

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

Aquatics/Swimming/Gym
Riverside Pool
Ph. 03 546 3221.

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

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

Belly Dancing
Sabina Ph. 03 546 8511

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

Better Breathing Classes
Held 2nd & 4th Wednesdays
of the month at 1.00pm
Reformed Church, Enner
Glynn. Exercise with focus
on breathing and relaxation.

Phone Sue for support and
information, Nelson Asthma
Society 03 546 7675.

Better Breathing

Hydrotherapy pool classes
Held 3rd Wednesday of the
month 1-2pm at Nelson
hospital. Supervised exercise
with focus on breathing and
relaxation. Phone Hilary for
support and information,
Nelson Asthma Society 03
546 7675.

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.

Hearing Therapy Services Life Unlimited

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

Housie Evening

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

Marching

Silveraires Leisure Marching
Diana Ph. 03 548 9527.

Nelson Community Patrol
Suzy Ph. 03 539 0409.

Nelson Dance Along
Ph. Rosalie 03 548 2236

Nelson Electronic Organ and Keyboard Club

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

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

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

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

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

Nelson Provincial Museum
For details, visit
www.museumnp.org.nz

Nelson Public Libraries
Branches at Stoke, Tahunanui
and Nelson, provide free
library services to the
community. We also have free

computer and wifi access,
computer classes, a home
delivery service, local and
family history information
and hold regular events, eg:
Elma Turner Library Bookchat
– second Tuesday of each
month, 10-11.30am
Stoke Library Bookchat - third
Wednesday of each month,
5.00 pm – 6.00 pm
For more events, our reader's
evenings, book launches and
more, see www.ltsOn.co.nz
or Ph. 03 546 8100.

Nelson Social Dancing Club

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

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

**Nelson Senior Citizens Social
Indoor Bowling Club.**
Valda Ph. 03 544 1487.

Probus

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

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

**Senior Service - Nelson
Baptist Church**
Inter-denominational service
on second Sunday of the
month every second month
starting from February,
2.00 pm – 3.30 pm. Transport
available.
Alan Ph. 03 548 7381.

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

Sport Tasman
Give it a go – here is a variety
of easy activity options for
everyone to try out. Don't
be old, be bold! New activity
each week such as Tai Chi,

Croquet, Petanque and Aqua Aerobics. Contact wendy.bet@sporttasman.org.nz or Wendy on 03 546 3309.

Stroke Foundation Caregivers Support Group

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

Super Seniors (65+)

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

Support Works

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

Suter Art Gallery

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

Table Tennis

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

Tahunanui Bowling Club

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

Tahunanui Community Centre

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

Monday Movers: Gentle bike ride along railway reserve.

Monday \$2, 9.30am

Tuesday: Fun Group Fitness:

Ladies only outdoor group

fitness, all abilities. \$5, 6pm

Wednesday: Rusty Riders:

Regain confidence on your

bike, supportive group, bikes

provided. \$2, 1.30pm

Wednesday: Garden group, 1st

Wed of the month \$3, 10.30am.

Thursday: Way2Go walking

group: 9.45am

Thursday: Book Club \$80 per

year membership, 7pm.

Contact Jo at TCC Ph. 03 548

6036 for details on any of our

activities or visit

www.tahunanui.org

Tai Chi with Gretchen

Classes in Nelson, Richmond

and Stoke. Gretchen

Ph. 03 548 8707 or Email

kitesfun@ihug.co.nz

Taoist Tai Chi Internal Arts for Health

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

U3A

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

Ukulele with Gretchen

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

Upright and Able for Falls Prevention

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

Victory Community Centre

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

Victory Laughter Yoga Club

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

Victory Senior Support

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

Victory Sit and Be Fit

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

Nelson 50+ Walking Group

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

Yoga

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

Yoga

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

Yoga

Hot Yoga Nelson Ph. 03 548 2298.

Richmond

Age Concern

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

Badminton Richmond Morning Badminton

Dawn Ph. 03 544 4120.

Better Breathing Classes

Held 1st Tuesday of the month 10.30-11.45pm at Oakwoods Village, Richmond. Light exercise with a focus on breathing and relaxation. Ph Nelson Asthma Society 03 546 7675.

Body Power Pilates & Yoga Centre Richmond Town Hall

Sue Ph. 029 281 3735.

Bridge Lessons

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

Chair Yoga

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

Club 50

A social group of mature adults looking for companionship, recreation and enjoyment. Sport Tasman, Richmond Town Hall, Cambridge Street. Ph. 03 544 3955. Email: Club50.rrc@sporttasman.org.nz or www.sporttasman.org.nz Meet every Tues 9.30am at the Richmond Town Hall. All sessions cost \$4.

Croquet

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

Curves Stoke Richmond

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

Easy Exercise

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

Euchre

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

Gym

Contours Health & Fitness. Ph. 03 544 0496.

Hope-Ranzau Women's Institute

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

Indoor Bowls for Seniors

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

Line Dancing

Wed night, Club Waimea, 345 Queen Street, Richmond 6.00pm Beginners Class (merges into) 6.45pm Improver Class (merges into) Easy Intermediate. Classes finish 8.30pm. Contact: Sue Wilson Ph: 03 528 6788 or 027 435 8700 or email: sioux.wilson@yahoo.com.au

MenzShed Waimea

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

Pilates Courses

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

Pottery

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

Richmond Bowling Club

Have a go. Tuesday 1.00pm, Thursday 1.00 pm and 5.45pm. Bowls and shoes provided. Jean Ph. 03544 8060 or club Ph. 03 544 8891.

Richmond Indoor Bowls

Mondays 1.30-3.30 pm Richmond School hall,

Oxford St. A friendly session. All welcome. Gwen Ph. 03 544 7953.

Richmond Physiotherapy

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

Richmond Senior Citizens Assn Inc

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

Richmond Slimmers Club

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

Richmond Waimea

Community Whanau Group

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

Saxton Seniors

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

Senior Walking Group:

Tuesday and Thursday

9.30-10.30 am. \$5.

Senior Circuit: Tuesday

10.00 am \$5. A low impact all-

over workout using resistance

bands and light weights. An

indoor, all-weather activity,

Recreation & Service Directory

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

2016

followed by a cup of tea.
Senior Shape Up: Tues & Thurs 10.00–10.30am
Sit & Be Fit: Mon 10.30am
Chair Yoga: Wed 10.30am
Tai Chi for Health: Call us to find out when the next course starts. Ph. 03 538 0072 or email stadium@sportstasman.org.nz

Social Cards

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

SPORT TASMAN, Richmond

Richmond Town Hall 9 Cambridge Street Enquiries 03 544 3955 \$5 fitness (20% Grey Power discount on concession card)
Monday Easybeat: 9am Shapeup: (seated exercise) 10.10am
Ease in2 Easybeat: 11.15am
Tuesday Club50+ senior social & recreation group, Meet 9.30am \$4
Wednesday Body Define 11.15am
Friday Easybeat 9am Shapeup (seated exercise) 10:10am
Ease n2 Easybeat 11.15am
FUN Housie: designed for those with special requirements \$3 (ALL WELCOME).

Richmond Creative Fibre Group

Meets every 2nd & 4th Thursday of the month, Felting & Weaving group meets 9.30am, 3rd Thursday of the month at at Birch Hall, Richmond Showgrounds, 9.30 am. New members & learners welcome. Mary Ph. 03 547 2611.

Tahunau Women's Institute

Meeting first Thursday of every month. 1.45pm, Stoke Retirement Village, 188 Songer Street, Stoke. Contact: Colleen Humphreys, Ph. 03 548 7902.

Tasman Tennis Club

Social tennis Tuesday mornings 9.30 am, beside the Badminton Hall, Gladstone Rd. Coaching sessions available. Kolie Ph. 027 829 3306 or the centre Ph. 03 544 6083.

Tasman Visual Arts Group

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

Tai Chi with Gretchen

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

Ukulele

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

Upright and Able for Falls Prevention

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

Veterans' (55+) 9 hole golf

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

Yoga

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

Stoke

Aqua-therapy

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

Arthritis New Zealand

Sit and Be Fit classes each Tuesday morning – Call 0800 663 463 for more information.

Breast Prostheses and Masectomy Bras

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

Chair Yoga at Saxton

Mondays 10–11a.m. Weekly, gentle stretch and breathing sessions in the cricket oval lounge. Ph Delia 0212 398 969

Clogging/Tap Dancing

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

Hydrotherapy

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

Nelson Savage Club

A social club for all entertainers. Variety Concert held at 7.30 pm on the second Wednesday of every month @ the Stoke Primary School Hall, Main Road, Stoke. Admission \$2. Raffles. Supper. Everyone welcome. Contact: Sunny Ph. 03 547 2467 Anne Ph. 03 547 2660 (Wk)

Ngawhatu Bowling Club

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

Pottery

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

Presbyterian Support

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

Safety & Confidence

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

Sport Tasman

Give it a go – here is a variety of easy activity options for everyone to try out. Don't be old, be bold! New activity each week such as Tai Chi, Croquet, Petanque and Aqua Aerobics. Contact wendy.bet@sportstasman.org.nz or Wendy on 546 3309. Also add in Pickleball – Strange name for a fun game! 9:30am on Thursdays at Saxton Stadium. Using a lowered badminton net, a wiffleball and plastic padder

tennis bats. Contact wendy.bet@sportstasman.org.nz or Wendy on 03 546 3309.

Stoke Bowling Club

Allen Ph. 03 547 1411.

Stoke Central Combined Probud Club

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

Stoke Companions Inc.

Fellowship and aerobics group for 50+ years. A reasonable level of fitness. 9.15am, Wednesdays, Stoke Methodist Hall. Ph 547 6364.

Stoke Old Time Country Music Club

Stoke School Community Hall. Every 2nd Sunday 6.30 pm. All welcome to a lovely evening enjoying singing, keyboards, piano accordians etc. Contact: Dick Knight, President 03 542 3527

Stoke Seniors Club

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

Regular activities:

Art class – Mondays 10.00 am. \$6.

Scrabble Club – Mondays 1.00 pm.

Echre – Tuesdays 10.30 am.

Mah Jong – Tuesdays 1.00 pm.

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

Sit and Be Fit exercises to music – Tuesday and Wednesday at 11 am. Gold coin donation. **500 Club** – Wednesdays 1.00 pm.

The Sun City Ukés – Thursdays, 10.00 am – noon. Gold coin donation.

All the above classes meet in the Stoke Memorial Hall.

Monthly Movie – Ph. 03 547 2660 for details.

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

Social Seniors Choir – The Musical Demons meet Thursdays from 11.00 am to noon. Contact Anne.

Girls Own – Fridays

Lads @ Large – Fridays Monday Out & About Trips & picnics.

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

Weekly Afternoon Entertainment – contact office for details. Also Tues-

Thurs Meals – a two-course meal at midday for \$10 (members), \$12 (non-members). Ph. 03 547 2660 to book (preferably by 9.30 am the day before).

Upright and Able for Falls Prevention

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

Yoga – Hatha

Maureen Ph. 03 546 4670.

Tapawera

MENZSHED

Contact: John Ph. 03 522 4616 or Email: menzshedtapawera@gmail.com

Visual Art Society

Kaye Ph. 03 522 4368.

Walking

Rural Ramblers. Ph. 03 541 9200.

Wakefield

Live Well, Stay Well Activity Group

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

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 for published entries in each issue.

Congratulations to **Carol Don Ercolano**

SIMPLY THAT

By Carol Don Ercolano

What is it about a beach
that calms the mind
that reminds you where
the wild flower grows
and slows the gaudy carousel

Is it the feel of the sea's salt tongue
licking at your feet
the hypnotic hush of waves from
the sea's deep respiring
like the pulsing of the womb
remembered still

Is it the way your eye is drawn
to that far horizon

with all its possibilities
the blue unbroken view
unchanged
since the young Earth's cooling

Perhaps it's your magpie-eye delight
in its cornucopia
as you drag home driftwood and shells
and a green glass buoy
from a fisherman's net
to hang on the white verandah

or simply that the
suckling sea
takes away the steps of others
leaving you
the first.

This issue's crossword solutions

W	R	E	A	T	H	S		F	L	A	M	E
O			C		E		A		V			D
R		I	C	E	L	A	N	D		I		G
T		E			R		E	R	A	S	E	
H	E	A	P	E	D		M			T		
I			T		O	N	A	N	D	O	F	F
E		M			W	O			R			L
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B	O	X	E	R		C			C			K
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O		S		V		S			N			R
C	U	T	U	P		T	A	T	T	E	R	S

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

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Charles Tyrrell – new Positive Ageing Chair



Charles Tyrrell, QSO, is the new chairperson of the Nelson Tasman Positive Ageing Forum. Mudcakes and Roses caught up with him to find out more about his background and what he sees as the key issues for the forum in 2016.

What does positive ageing mean to you?

Positive ageing is a term I have come to terms with over the past six years. For some people, ageing is a negative process which they don't look forward to. Thankfully more people are living longer and healthier lives these days and as they do, they need the physical, emotional and spiritual resources in order to cope. Longevity is great but we need to be prepared for it and positive ageing is one way to be ready.

Please tell us a bit about your background and how it relates to your role as positive ageing chair...

I was born in Liverpool in the north of England in 1951 and that makes me a baby boomer! My first professional qualification was in nursing and then in the seventies, I went to London to train as an Anglican minister. Elaine and I came to New Zealand in 1988 with our two little girls and in 1994 I was appointed as Dean of Nelson Cathedral, a job I did until 2010. Presently I oversee the work with older persons in all of our 26 parishes which are spread right over the top on the south.

In 2010 I joined Age Concern as a member and soon found myself on the local board which I now chair. A year later I was elected as national Vice President of Age Concern New Zealand for two years.

My wife Elaine is a rehabilitation nurse specialist who cares for people of all ages including many older clients. Our two jobs dovetail very nicely.

All of this comes together very well in my role as chair of the Nelson/Tasman Positive Ageing Forum.

What age are you (if you don't mind us asking!) and what have you found to be the greatest challenges about ageing?

I am 64 and I don't mind you asking! This past year I have dealt

with several health issues and thankfully have come through OK. The loss of health and vigour is probably the biggest negative about the ageing process.

Are there also some benefits that come with age?

Yes. Looking back over one's lifetime is a reminder how things have changed all around us and we can learn from that. I also think that when crises come, and for some it may seem that this is the first time it had happened, ever, the long view reminds us that there is nothing new under the sun. Slowing down gives a person time to reflect and to give thanks for the good things that have happened.

How is the Nelson/Tasman region currently doing in terms of being a good place for senior citizens? What would make it even better?

In this region I believe we are going very well in acknowledging and caring for our senior citizens. I am always blown away with the diverse representation at the Positive Ageing Forum and think just how imaginative people and organisations are in their work with older people. Nelson/Tasman is a great place in which to age positively.

There is always room for improvement. We could improve our services if our clients would let us know how they can be helped and supported best. It is not always a matter of throwing more money at problems but using what we do have carefully and wisely.

What do you see as the key issues for the Positive Ageing forum in the near future?

Ensuring that as the numbers of older persons living in our communities continues to grow (it is forecast that there will be more Superannuitants than children by 2050, for example) that we are ready to offer support and education and innovation to make this a positive time in their lives.

The other big issue is vulnerability. Sadly, Age Concern is dealing with more and more cases of Elder Abuse these days. As a community we must work together to eradicate wicked practices that are contributing to negative ageing.

Finally, I would like to see any agencies with a focus on supporting older persons who are not members of the Forum, coming along and joining this great group of people who really care.

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