

mudcakes & roses

THE MAGAZINE FOR NELSON TASMAN SENIORS



What's inside:

- Paddling an outrigger canoe
- Keeping chooks
- Writing a memoir
- Books, gardening, media and more



Letter from the editor

It might be a cliché, but it's also true, that the passing of the old year and the arrival of the new, inspires resolutions to somehow live our lives differently.

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

Some older people are keen to tick things off a "bucket list" – things to do or see before they die. Some of us want to

take on new challenges and completely new directions. Others want to do less, not more. This might mean dropping old habits and obligations in order to focus on what feels more vital and worthwhile.

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

Contact the editor:

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Post: Mudcakes and Roses,
PO Box 688, Nelson.

Ro Cambridge

Changes to the magazine

New regular feature

This issue sees the first instalment in a series we are calling "Have you ever?" in which readers are invited to share their enthusiasm for a particular hobby or pastime with a view to convincing you to try it too. If you'd like to contribute to the series send 500 words on the topic (with a photograph if possible) to the editor at mudcakes@hothouse.co.nz.

New book page

This year our book reviews will be contributed by Stella and Thomas of VOLUME bookshop. Our thanks to Page and Blackmore, Nelson's other independent bookshop, for supplying reviews over the last eighteen months.

Service directory to be published as a pull-out

As we signalled in December, the Service Directory is no longer being published within the magazine. Listings will be updated at regular intervals and will appear as a pull-out.

Dropping the directory gives us an additional three pages to bring you more stories and news about special events of particular relevance to older residents of Nelson and Tasman.

Can you help

Age Concern Nelson Tasman is trialling a community transport scheme and needs volunteer van drivers and hosts, to help. Drivers only need a clean driver's licence. Hosts need warmth and enthusiasm assisting passengers to get in and out of the van, and accompanying them during events or activities.

If you can help call Age Concern on (03) 544 7624 or email support@ageconcernnt.org.nz

In this issue

You're never too old to try something new, including keeping chickens in the back yard, paddling an outrigger canoe or writing a memoir.

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Mudcakes editor Ro Cambridge goes paddling with a waka ama with some over-65 members of the Maitahi Outrigger Canoe Club.

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The new year is a time to look backwards as well as forwards. Between them, the subjects of Kerry Sunderland's story have holidayed at the Tahuna Beach Holiday Park every summer for almost 100 years.



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Liz Mahoney explains how the Top of the South branch of the New Zealand Society of authors could help you pen your memoir or family history.

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With so many different models to choose from, buying a new mobile phone can be a daunting task. Our media columnist Annabel Schuler explains how to choose the best phone for your needs.

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Renee Lang shares her enthusiasm for keeping chooks in the back yard in our new feature "Have You Ever?"

Plus!

News from the region's libraries, the impact of an ageing demographic on the region, gardening and nutrition.



Waka ama

The over sixties are taking to the water in outrigger canoes and paddling their way to good company and good health.

Imagine this. It's a warm summer evening in Nelson. You've just helped to ease a gracefully long fibre-glass waka ama (outrigger canoe) from its Akersten St berth into the waters of the Nelson Marina and now you are paddling in gentle unison with five team mates along the Maitai river.

Familiar city buildings look unfamiliar viewed from a canoe on the river. Walkers on the river bank wave as you glide by. Ducks float fearlessly on the water beside you, gulls wheel overhead. Your voices echo as you slip beneath bridges, paddles dipping and lifting, dipping and lifting.

It requires effort and concentration to stroke in time with your team mates, to switch your paddle from one side of the waka to the other after every ten strokes. You feel a slight burn in the shoulders at the unaccustomed effort. However, when you all climb from the waka back at the marina, pull it carefully from sea, and wash it down with fresh water, you are surprised at the warmth and connection you feel with the waka, the water and your fellow paddlers.

This was my experience of paddling with five members of the Maitahi Outrigger Canoe Club this month, all of them over sixty-five. Although I was an absolute novice, an introductory 20 minutes of getting to know the team, some kindly-delivered instruction on technique and safety, and a life-jacket fitting, made me feel totally confident about taking my place in the waka.

This was a fairly sedate introduction of course, and a social rather than a competitive outing. However, the club caters for the more athletically inclined with sprint and long distance racing

locally and nationally. Whai Rere, the team I paddled with, even competed in canoe races in the Cook Islands in December last year. Every year the club holds its own race regatta at Lake Rotoiti featuring races ranging in length from 1km to 10km. This year's regatta on February 9 & 10 marks the event's 10th anniversary.

The Maitahi Outrigger Canoe Club is part of a surge of interest in outrigger canoeing nation-wide, not only as a competitive team sport, but as a recreational, social and cultural activity as well. Because waka have an important role in Māori history and mythology, the club carefully observes Māori protocol in and around its four 6-person, and three 2-person canoes. Māori is used in commands and in naming the parts of the waka. The club also operates in a way which promotes the concepts of kotahitanga (unity) and manaakitanga (hospitality).

More information:

The Maitahi Outrigger Canoe Club is particularly keen to attract more 60+ members, but people of all ages and abilities are welcome, whether your interest is purely social and recreational, or competitive.

You can even test the waters before you join. For a suggested koha of just \$5.00 a friendly and supportive team will take you on an introductory paddle. The club provides lifejackets and paddles for beginners.

Contact

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John Young 021 1107547 | oldwalrus.john@gmail.com

Website www.maitahi-outrigging.org.nz



Tahuna Beach Holiday Park memories

Between them, Harry and Jean Osborne from Rangiora and Jocelyn Robertson from Geraldine have stayed at Tahuna Beach Holiday Park every summer for almost 100 years.

Every morning, weather permitting, Harry Osborne hitches the 'fun trailer' onto a bright red Massey 135 tractor and waits promptly near the Tahuna Beach Holiday Park gates for his passengers.

The trailer, which is decorated in colourful comic-book-like postage stamps featuring kiwis in different costumes, seats about 40 occupants. Depending on how many children, parents and grandparents show up, he'll depart more or less promptly at 9.00 am to travel around the 54-acre camping ground. In the peak summer season, Harry will set off again at 10.00 am for a second circuit.

"I end up being the Pied Piper," Harry says. "There's usually 20 or 30 kids on bikes, trikes and scooters following me."

Harry's wife Jean often accompanies her husband on at least one trip per day. She sits up the back, where she can keep an eye on everyone, often with Norm, who

is 80 this year. The fun trailer attracts passengers of all ages, from babes in arms to grandparents. "They're all really kids at heart," says Harry, who has served as Tahuna Beach Holiday Park's diligent 'fun tractor man' for the past 30 years.

Harry and Jean, who lived in Gore for many years but are now based in Rangiora, have spent their summer holidays at Tahuna Beach every year for the past 49 years. They typically arrive three or four days before Christmas and stay for a month. They've always booked a site at the eastern end of the camp and, after buying their eight-metre house bus 15 years ago, have occupied the same site adjacent to the main playground.

They've clocked up about 1,000 nights in this bus. "A big chunk of that time has been here at Tahuna Beach," says Jean, who counts the weather and the many safe cycle trails in the region as the two biggest attractions for them – alongside transporting thousands of their fellow guests each year. Two years ago, Harry and Jean cycled about 500 kilometres during the month they stayed.

Although it may seem this couple are always on the move, they have spent enough time at their campsite to form some lifelong friendships.

Like the Osbornes, this is the 49th summer Jocelyn Robertson has seen in the New Year at Tahuna Beach. Now a great-grandmother, she first stayed at the campsite when her youngest daughter was only two years old. Her four children spent their childhood summers here and, more recently, have periodically camped nearby with partners and their own children.

"I've got 11 grandchildren now, and every one of them has spent at least one summer at the park," Jocelyn says.

Jocelyn has always occupied a site in the leafy western end of the park, where she has watched the tide come and go for roughly three weeks every year (bar one) for the past five decades.

For the first couple of decades, Jocelyn and her late husband Arthur brought a caravan to Tahuna Beach for their summer holidays, but when she was widowed

23 years ago, Jocelyn decided it would be easier to camp – despite being the one who drove the caravan all the way from the family farm in Waimate because Arthur had poor eyesight. She set off to a camping shop in Oamaru to buy the tent – and only chose the traditional green and purple canvas tent with a large screened awning after pitching it, to make sure she could put it up by herself.

This year, Jocelyn's family were unable to join her at the park – with other commitments, including a teaching job in Saudi Arabia and a date with some fish in Luggate, keeping them away. When she arrived just after Christmas 2017, after driving up alone from where she now lives in Geraldine, Jocelyn found eight old friends waiting at her campsite, ready to help pitch the tent.

"I've made it easier for them," she smiles, "by colour coding the poles."

For the third year in a row, her close friend and business partner John, who lives in Blenheim, also joined Jocelyn. The two were childhood sweethearts but went separate ways and Jocelyn then met Arthur. Coincidentally, John wed his



wife on the first anniversary of Jocelyn and Arthur's marriage. In 2013, on the day she arrived at Tahuna Beach Holiday Park, Jocelyn learned that John's wife had died so she wrote to him to offer her condolences.

"He called me almost straight away and we spoke for two hours," she recollects. "Now we own a race horse together and he's camped here with me for the past three years."



Many other enduring friendships have been formed over the years at the camp, with many of those around her also making the journey from either Canterbury or Otago. Jocelyn waves in the direction of the willow trees, where John and Dawn Briesman have parked up. "Dawn was born in the same hospital in Mosgiel as my youngest son Lindsay, only a day apart. She calls him, 'my room mate!'"



CONTRIBUTOR

Kerry Sunderland is a freelance journalist, teaches creative writing at Nelson Marlborough Institute of Technology and is the Nelson Arts Festival Readers and Writers programme coordinator



HOLIDAY MEMORIES CELEBRATED

The Collective Holiday Memories project was launched in 2016 to celebrate the fact that New Zealanders have been holidaying at Tahuna Beach since 1926. Tahuna Beach Holiday Park ran a national competition inviting holidaymakers to share their memories of holidays at Tahuna Beach with short stories and photos. More than 100 entries were received. Evelyn Dalzell wrote the winning entry, titled 'The Annual Holiday Argument', while nine-year-old Lilly Walkenhorst won the People's Choice Award for her story, 'Our Family Tradition'. Read these winning entries and almost 20 other stories, and view the award winning photos at www.collectiveholidaymemories.nz





Write it down...

Liz Mahoney says there's no time like the present to begin writing with the support of the New Zealand Society of Authors (TOS Branch).

Start now! There will be memories and stories from your childhood full of fascinating details that no one else knows, or a family history that's waiting to be researched and written before (or after) the main protagonists die.

Write in an exercise book, tap secrets into a computer or speak your truth into a device. The main thing is to get that information out of your head and saved for posterity.

You don't have to write the whole family history. You can just write fragments about significant people and events - it's possible to write stories in bits and pieces and put them together later.

Memoir takes your personal or family history from "truth to art". The memoir is a form that gives a lot more space to explore your personal involvement in a situation or era. And did anyone ever say you had to tell the absolute truth? A memoir may be a rose-coloured romance or a sad story. Or both.

The writing life is notorious for being a lonesome business but going to local NZSA (TOS)* events is a way of connecting to other writers.

Late last year for example, a bunch of local writers practised their writing at the annual NZSA (TOS) writers' retreat at Mount Richmond, with former academic turned crime writer, David Briggs and poet Bridget Auchmuty as mentors.

NZSA (TOS) organises this annual retreat, plus an annual short story competition sponsored by Page & Blackmore, author talks, a monthly writers' lunch, a Fresh FM radio show featuring interviews with local authors, and workshops.

Members also get a weekly email newsletter compiled by NZSA (TOS) committee member Chrissie Ward.

NZSA (TOS) has over 100 members including new writers, old writers, writers of romance, crime, history and memoir as well as poets, playwrights, journalists and editors. The branch has been active since 2004 and supports writers at all stages of their writing life and gives access to local and national competitions, fellowships and events.

NZSA (TOS) website www.authors.org.nz is dedicated to protecting the interests of writers. It promotes New Zealand writers and literary culture and provides professional development and advice. Under the wing of NZSA, national PEN representatives work with PEN colleagues overseas in defending freedom of expression and takes up the case of writers imprisoned for their beliefs. Joining the organisation connects you to the larger community of New Zealand writers (1400, at last count).

You're welcome to attend some NZSA (TOS) events as a non-member. Check out the NZSA (TOS) website www.topwriters.co.nz for news about upcoming activities, member profiles, as well as information about local places associated with writers, such as the Maurice Gee Chair and Margaret Mahy's famous Crinkum-Crankum tree.



CONTRIBUTOR

Liz Mahoney, is a writer and the Chairperson of the TOS branch of New Zealand Society of Authors which includes Nelson, Tasman, and the West Coast.

**New Zealand Society of Authors Top of the South Branch*

Multi media matters

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



Choosing the right mobile phone

One of my most faithful readers is a 90+ neighbour who has asked me to discuss the best ways to get the maximum benefit from a cell phone.

This coincides with the cautionary tale of my new cell phone which is driving me nuts – largely because I did not check out its capabilities thoroughly enough when I bought it.

In 2018 the choice of cell phones is vast and every manufacturer would have you believe they sell the best. Salespeople will then try to hold you captive through a 'deal' for a year or more. These deals can look attractive – you receive a 'bells and whistles' cell phone at a reasonable price – but you are tied to one service provider and this is where they make their money.

Task one: Think very hard about what you want the phone to do; and particularly whether you want a straight-forward phone or a 'smart' phone. Do you want it:

- Just to be used in case of emergency?
- To use in place of your landline?
- To send a lot of texts to friends and family and if so do you want to attach photographs and other images?

- To call family and friends in New Zealand and/or overseas as well, particularly Australia?
- To Skype or use Facetime to talk to family and friends?
- To accommodate a lot of apps?
- To be your go-to for news stories and other information?

The can-do list is endless and once you get the phone I suspect you will want it to do much more than you anticipated because it quickly becomes your one-stop-shop for information, news and communication. My advice is buy a phone which will grow with you and your ability over time.

Task two: Consider the size of the buttons on the keyboard and the print on the screen so you will be able to use the cell phone comfortably. Some phones have tiny keyboards which drive you to distraction and cause you to make errors when texting or typing in phone numbers. Test drive the keyboard to make sure your fingers can navigate it with ease. Then check out the size of the screen and the text reproduced on it. You can change the text size but this is not always easy, so compare a number of phones to see which screen displays words and images best for you.

Task three: Once you have decided on a cell phone ask the salesperson as many questions as you wish about how to use it. You can even ask them to move your contacts across from your old phone – this takes them minutes and you hours.

Task four: When you get the cell phone home read the instructions – do not start stabbing wildly at buttons. Charge it up as per the instructions then take your time getting to know its features. Next time we will talk about gaining maximum benefit from your cell phone.

Helpful websites:

www.lifewire.com/best-cell-phones-for-senior-citizens-4125595

www.canstarblue.co.nz/phone-internet/mobile-phone-plan-providers/

www.gottabemobile.com/best-smartphones-for-seniors-and-elderly/



How should we play 'The Long Game'?

Late last year both Councils invited experts to the region to talk with Nelson and Tasman residents about how the trend towards an aging population might mean for us as individuals, and for the region.

This series of public talks, entitled "The Long Game", were designed to inspire community conversations about how Nelson and Tasman might do ageing differently – and better – than it's done elsewhere.

Each visiting speaker (see box) brought their particular expertise to bear on the subject, but all agreed that ageing demographic of our region will have considerable personal and societal impact, just some of which are outlined in this article.

Research indicates that the over 65+ age group is the only age group that will increase in Nelson and Tasman over the next few decades. By 2043, the number of residents aged 65 and over is projected to almost double, and will make up a third of the total population, compared with 18 percent in 2013.

In the future, many workers will stay in employment longer than is now the norm, thus pushing up the age of retirement. While this is likely to bring financial benefit to individuals and improvements in their health, and social and mental wellbeing it will also necessitate changes in the workplace. If predicted labour shortages eventuate and retaining and attracting older workers becomes a competitive advantage, employers will need to consider more flexible work conditions and adapt jobs to make them more appealing to older staff.

Many older adults are stepping outside conventional employment path to embrace the idea of an "encore" career. Many older adults who are ready to retire from their primary career want to continue to work utilising the skills they have built up over a lifetime. They may become self-employed or dedicate their time to the non-profit sector. In New Zealand, self-employment has been steadily increasing for the over 50s, although it has been declining in the under 40s. This trend is echoed in Australia where 34% of recently established companies are led by seniors, and in the USA, where the highest rate of business start-ups is in the 55-64 age bracket.

However, for many older New Zealanders, continued employment will be a necessity, not a choice, although over 60% of New Zealanders over 65 rely on New Zealand Superannuation for 80% or more of their income. Living longer therefore will mean planning carefully to meet financial needs which tend to be moderately high for older people up to their mid-70s, then drops for a decade or so, before rising again for the 85+ age group as care and support costs increase.

Decumulation can be a useful financial strategy for longer retirements. This involves gradually drawing down capital resources e.g. Kiwisaver, home equity, or other investments, so

that income continues through to the end of life. The Commission for Financial Capability has some great online resources (see below) on this and other issues.

Staying active and increasing "healthspan" as well as the lifespan also increases health and quality of life. Even small amounts of daily movement are effective, and exercising with others provides motivation and support too. It also increases social connection which is crucial to healthier aging.

Connection to their local community is the prime reason many older residents prefer to "age in place", staying in a house and neighbourhood they know well. It's therefore of concern that statistics show a decline in home ownership amongst older residents, and more frequent moves from home to home. The mismatch between housing stock and demand is expected to hamper downsizing for older adults as they find limited options that meet their needs, especially if they want to stay in a familiar neighbourhood.

To learn more about these and other issues discussed during "The Long Game":

Listen to interviews with some of the speakers online at www.nelson.govt.nz/council/plans-strategies-policies/the-long-game

Consult these Websites which were recommended by the speakers:

- www.sorted.org.nz
- www.lifetimeincome.co.nz
- www.encore.org
- www.goodhomes.co.nz

Guest speakers on 'The Long Game'

- Dr Natalie Jackson, leader of a 3-year project researching the ageing and declining of populations around New Zealand.
- Geoff Pearman, an expert in the ageing workforce and the future of work.
- Troy Churton from the Commission for Financial Capability
- Professor Bevan Grant, Sport and Leisure Studies
- Kay Saville-Smith, Director at the Centre for Research, Evaluation and Social Assessment
- Dr Bev James, principal of Public Policy & Research at Good Homes for Good Lives research programme

Food for thought

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



Eat well to age well

Like other registered health professionals, dietitians are required to take part in ongoing education and training. I have already begun planning which courses and conferences I will attend during this new year.

While researching possibilities for 2018 I found a conference entitled "The Mosaic of Ageing". The title of the conference immediately resonated with me for several reasons. I am a fervent mosaic maker and I love finding tiles, glass, and ornaments in recycle shops to use in my mosaic making. Fragments are often trivial by themselves, but every piece is important for creating a strong and useful item. Similarly, many small and apparently minor aspects of our lifestyle and diet add up to make significant differences to how we age.

In my work with older people I see how small changes in nutrition and lifestyle can have serious negative consequences. New Zealand and overseas research shows that a worrying number of elderly are at risk of malnutrition. The need for protein and other nutrients such as calcium and certain vitamins increase with age. However, at the very time that it is particularly important to eat well, older

people's appetite and the variety of foods they eat often begin to reduce.

Unfortunately, signs of malnutrition often go unnoticed and only becomes evident during hospital or residential care admissions. Early signs are unintentional weight loss, lack of energy, loss of strength and balance, low mood and slow healing of infections.

It's particularly important to be aware of reduced appetite which can lead to a further lack of interest in food and make the problem worse.

If risk factors are noticed early, making small changes to nutrition and exercise can make a big difference. A GP can investigate possible underlying causes and may make changes to certain medications. Simple practical steps you can take include eating meals packed with protein and other nutrients and adding eggs, cheese, nuts, oily fish, avocado and milk drinks into meals can make a difference. In case of poor appetite, it is a good idea to eat frequent small, nutritious meals or to drink a milkshake or a smoothie in between meals.

Daily exercise can stimulate appetite and can also help to strengthen bones and muscles and keep the mind sharp. Just as declining appetite can lead to negative outcomes, so can reduced activity,

triggering a downward spiral. Reduced activity shrinks muscle mass which in turn makes it more difficult to be active.

The risk of malnutrition can be identified early by being proactive and then a few simple steps can prevent a vicious cycle. Stepping up food intake in combination with daily exercise can help with weight recovery and rebuilding of strength.

I hope to attend the "Mosaic of Ageing" Conference in Auckland in September. I look forward to being able to share some of the latest research on aspects of healthy ageing with you in the a future issue of Mudcakes and Roses.



Send your questions and suggestions to Marion:

marion@mahoeHills.co.nz
PO Box 9029, Annesbrook
Nelson 7011





Positive Ageing Expo 2018

This year's Positive Ageing Expo is on Friday 6 April, 10.00 am – 3.00 pm at the Headingly Centre, Headingly Lane, Richmond.

The Expo continues to have a focus on providing information on the services and organisations that help us to age positively.

These make up the Five Ways to Wellbeing; be active, learn, connects, keep our heads in the present, and giving to others.

Expo organisers are encouraging visitors to tick off all five over their time at the Expo so they get the best 'bang for their buck' - and maximise their enjoyment of the day!



Gardening

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



A new year in the garden

Hi, I hope you all had a lovely holiday season enjoying friends, family and your garden. After a very wet 2017 in most areas, the moisture was sucked out of the ground in November and December resulting in water restrictions. Thankfully the rain has returned.

As we head into a new gardening year it's a great time to think about any changes you may want to make. You might want to do some hard landscaping such as a paved area, raised beds or retaining walls or perhaps completely revamp your existing garden, making room to plant more treasures. It's a good idea to draw a basic plan as this helps to give you a clear picture of what you want to achieve in the long run. It doesn't have to be a landscape plan as such, just a simple sketch.

In the vegetable garden summer crops are in full swing. Capsicum, chilli and eggplant will all be setting fruit so it's the perfect time to give them a side-dressing of sulphate of potash and sheep manure pellets. This will help ensure they get the nutrients they need to produce a tasty, bountiful crop.

My tomatoes are ripening beautifully at the moment and I can't recommend the

variety "Best of All" enough. Dad used to grow these tomatoes every year when I was young and they truly are fabulous. The trusses are strong and they're producing lots of medium-sized round tomatoes with excellent flavour. Contact me if you'd like some plants this coming Spring.

Apricots, most plums, early peaches and early nectarines will have finished fruiting so now is the time to do some maintenance. Trim off any dead branches or branches that are crossing over other ones. If you want to reduce the height of your stone fruit trees you do need to be careful how much you remove. Most will respond well to a reduction of about one third – any more than that can cause a heart attack and lots of die back. When in doubt, err on the side of caution. It's also important to prune on a dry, non-humid day if possible as this helps protect fresh cuts from fungal infection.

Some fruit trees (especially plums) can be susceptible to silver leaf which is a fungal disease. If any of your fruit trees are showing signs of silvery leaves it's important to cut off the affected branches and remove them from your property to help stop the fungus spreading. Cleaning your secateurs after you've pruned each tree will help too.

Citrus trees will benefit from a light prune now. Removing any crowded centre growth will increase air ventilation which in turn will help keep them healthy. Give them boost

by applying some fish compost and sheep manure pellets. If you prefer dry citrus fertiliser follow the recommended application rates carefully and mix it with some fish compost or peat, watering it in well so it doesn't burn the vulnerable surface roots of your citrus. Happy gardening!



Email your questions and suggestions to Philippa:

foeslamb@extra.co.nz





Have you ever...

Thought about keeping chickens in your backyard?

In this new feature we invite readers to tell us about their hobby, special interest or community activity. Share your passion in 500 words and send (with photograph if possible) to the editor at mudcakes@hothouse.co.nz Your goal? To convince other older people to try it themselves! This month's contribution comes from writer, editor and chook fancier Renee Lang.

I've had chickens in my backyard for around five years now and wouldn't be without them.

I find the sound of their gentle clucking as they fossick in and around the bushes looking for goodies is soothing and even calming. I particularly enjoy it when each of them sings her daily song to celebrate the egg she's just laid.

Many older people will remember when keeping hens was common practice but sadly, over the last few decades, this has declined and these days fewer families, or individuals for that matter, are aware of the advantages of having a few happy hens in their garden. This might be because they think they need a lot of space, but this is not necessarily so.

One of the main advantages of keeping these friendly little critters is their incredibly efficient way of dealing with food scraps in exchange for eggs. I mean, what's not to like about that deal?

However, the biggest issue for most people is the ability to establish a henhouse and

a good-sized run a fair distance from your neighbours. Strangely enough, not everyone enjoys the sound of hens going about their daily business. However, once your neighbours have become the recipients of half a dozen fresh eggs from time to time, they may well become a lot more supportive.

Depending on where you live, your local council will have rules about how many hens you can keep in an urban environment. For example, Tasman District Council states that:

1. You can keep up to six chickens in a residential area, provided that they are kept in an enclosure.
2. The enclosure must be set back at least 2m from boundaries and 10m from dwellings on adjoining sites.
3. Roosters are not permitted in a Residential Zone.
4. Chickens must also remain on your property, along with any waste or manure.

Most of us are perfectly happy with a small flock of Brown Shavers, a breed that's been developed to pump out a daily egg for several years. They are not particularly

beautiful to look at, and it can be hard to tell them apart, but they are good-natured girls and most importantly, they're relatively low maintenance and really efficient egg machines.

Then there are the heritage breeds, which are all about looks and not so much about eggs. You can expect a bit of diva behavior from these girls.

There are any number of excellent publications that offer good practical advice about keeping chickens in an urban environment but I think that the best two are published by New Zealand Lifestyle Block magazine: *How to Care for Your Poultry*, volumes 1 and 11 at \$15 each. You can ask your local bookseller or magazine shop to order them for you or buy them online at www.lifestylemagazinegroup.co.nz.

PS: If you haven't already seen it, do keep an eye out for a fabulous little New Zealand movie called *Pecking Order*. Take it from me – you'll never look at chook fanciers the same way again.



Renee Lang not only keeps chooks, but has written about them in a book called *Urban Chicks*, which profiles more than 50 individuals and families that have succumbed to chook mania. She has a small number of them still available at the special price of \$10 plus P&P. Contact her at rl@renaissancepublishing.co.nz





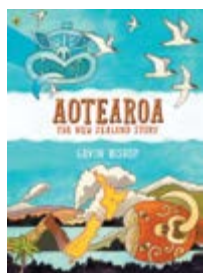
Thinking volumes

Starting this month, our book reviews will be provided by Stella Chrysostomou and Thomas Koed, the personable and well-read owners of VOLUME, Nelson's newest independent bookshop. Between them they have over 35 years of experience in the book trade.



Aotearoa: The New Zealand story by Gavin Bishop

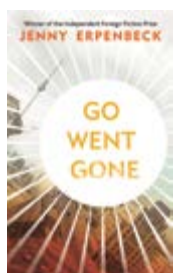
An impressive illustrated history by children's writer and illustrator Gavin Bishop. Each page contains a myriad of small details, snippets of information



that build to give the reader a wealth of information and a thoughtful consideration of how our history is told. Covering mythology, early migration, European exploration, the impact of colonisation, our flora and fauna, famous New Zealanders, what we ate and wore, how we lived and changed over time, this is a book that has both broad scope and an eye for detail. A beautiful book is for all ages, perfect as a family gift.

Go, went, gone by Jenny Erpenbeck

This novel explores the refugee crisis through the eyes of Richard, a recently retired academic in Berlin. After a tent city at Alexanderplatz is demolished, Richard's interest is piqued. He tracks down the African refugees at



a temporary facility and starts to record their stories. In his attempts to help, he comes up against bureaucracy and legal loopholes, reminiscent of his own East German past, which lead him to question the compassion of his contemporary homeland and meaning in his own life. In this exceptionally well-written and compelling novel, Erpenbeck explores race, identity and the notions of nationhood and borders, both personal and geographical.

Strangers arrive by Leonard Bell

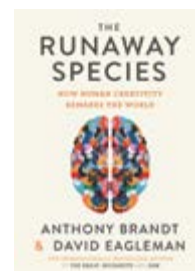
From the 1930s to the 1950s, waves of forced migrants arrived in New Zealand from Europe. Among the refugees from Nazism, post-WWII displaced



people, and escapees from Communist countries were artists and writers, photographers, designers and architects whose European Modernism reshaped the arts in this country. How were these migrants received? How did displacement and settlement in New Zealand transform their work? How did their arrival intersect with New Zealand's burgeoning nationalist movement in the arts? This book introduces a group of "aliens" who were critical catalysts for change in New Zealand culture. An outstanding piece of social and artistic history, beautifully illustrated.

The Runaway Species by David Eagleman and Anthony Brandt

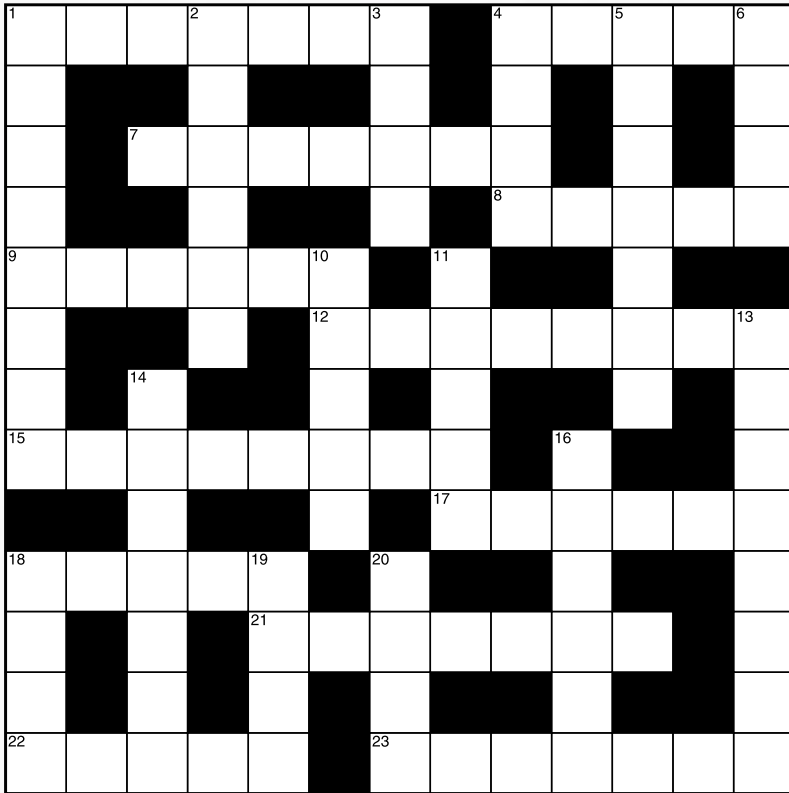
Where do new ideas come from? The latest neurological research shows how our brains are soft-wired (or live-wired!) rather than hardwired. This endless malleability enables us to remake our world and to alter our experience of it not only in response to our environments but as an expression of our culture and our individuality. Eagleman, whose book *The Brain* is the best introduction to the philosophical and psychological implications of neurological research, teams up with composer Anthony Brandt to explore our need for novelty and our capacity to produce it like no other animal.



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Crossword



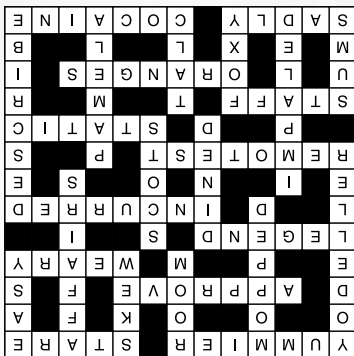
ACROSS

1. More delicious
4. Gaze fixedly
7. Authorise
8. Tired
9. Map key
12. Attracted (penalty)
15. Most distant
17. Wireless crackle
18. Workforce
21. Citrus crop
22. Unhappily
23. Addictive narcotic

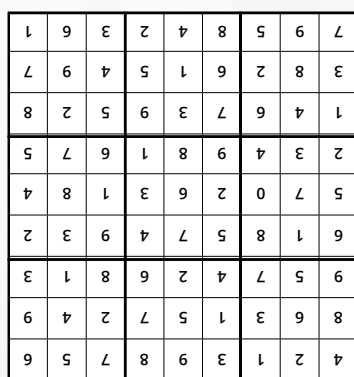
DOWN

1. Alpine singer
2. Cleaned (floor)
3. Chamber
4. Distort (direction of)
5. Dalliances
6. Effortless
10. Ate meal
11. Mary, Queen of ...
13. Give outline of
14. Pierced with lance
16. Actress, ... Anderson
18. Maths problems
19. Crafty
20. Toiletry powder

Crossword solution

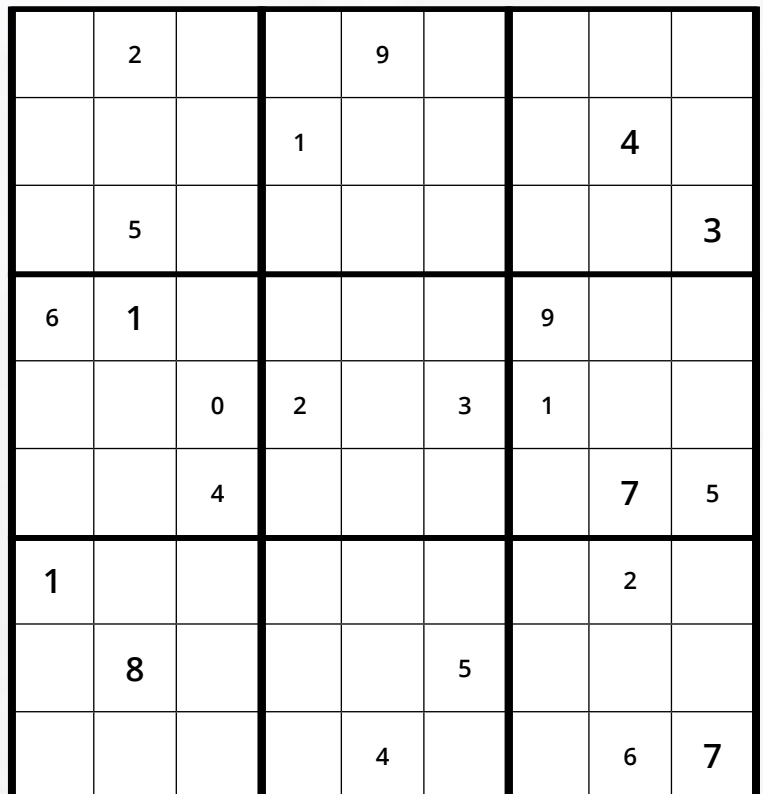


Sudoku solution



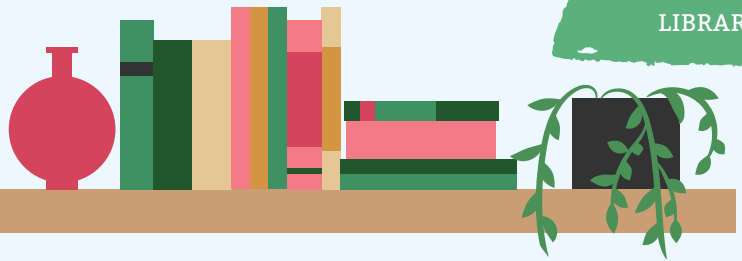
Sudoku

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



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

Tasman District Libraries



February foodie workshops

For many of us new year is the time to review old habits and resolve to make a fresh start. Eating more healthily is a popular New Year's resolution.

We're running a series of workshops to help you get on track with new approaches to preparing (and eating) healthier foods. Learn how to make mozzarella, smoothies and juices or explore fermented foods like sauerkraut and kefir. We have these and many other workshop, delivered by local food experts, at Richmond Library in February.

Numbers are limited for some of the workshops so please register your interest by phoning 543 8500 during opening hours or pop into the library. Full details are available on the Featured Events page of our website www.tasmanlibraries.govt.nz Koha would be appreciated for each workshop.

Remember we have an extensive range of cookery books – from enticing everyday meals to exotic mouth-watering special treats, you'll find something to whet your appetite at the library.

Virtual borrowing

If you can't visit the library during opening hours, library e-books might be just what you're looking for. E-books can be downloaded at any time directly from our online catalogue, or you can browse each of our 3 e-book collections to find new reads.

Start by exploring the E-Library section of our website. If you need help getting started, just ask one of our friendly library staff for help.

MORE INFORMATION



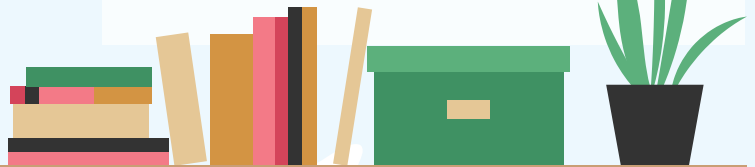
Website:

www.tasmanlibraries.govt.nz

Telephone:

Richmond 543 8500
Takaka 525 0059

Motueka 528 1047
Murchison 523 1013



Nelson Public Libraries

New Year treats

The New Year is a time for making resolutions. If you're a reader it's also time to look forward to new books. Here are just some of the new-releases we expect to hit our shelves in 2018.

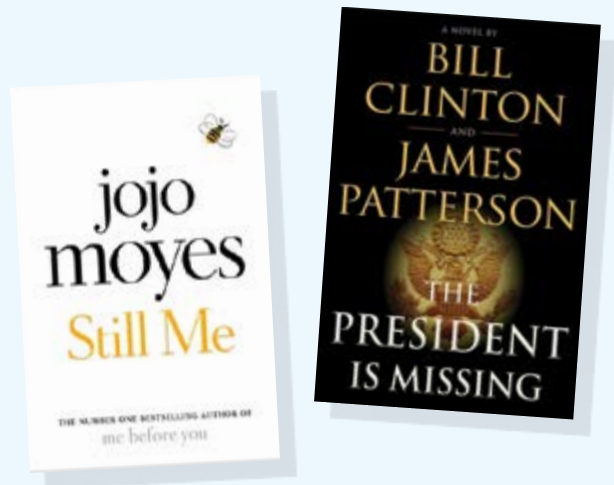
Mystery fans can look forward to Peter May's *I'll keep you Safe* a thrilling story which begins when a women's husband and his mistress are killed by a car bomb. The story looks back over the couple's past while the police unravel the murder.

Amongst the James Patterson books coming this year, is *The President is Missing*, co-written with former US President Bill Clinton. This thriller about the kidnap of the US president includes details which only a White House insider could know. The fourth instalment of Robert Gailbraith's Cormoran Strike series is expected this year.

The Doomsday Machine : Confessions Of A Nuclear War Planner by Daniel Ellsberg, is the non-fiction hair-raising account of America's secret nuclear policy.

Erica James' latest novel *Coming Home to Island House*, about an estranged family brought together by their father's illness promises less harrowing reading. So does *The Spring Girls* by Anna Todd, a contemporary retelling of Louise May Alcott's *Little Women* and *Still Me* by JoJo Moyes the third instalment of her popular *Me before You* series. Dawn French's autobiographical *Me. You. A Diary.* promises to be both funny and touching.

Check our website for the many other new titles we're expecting and start planning your reading for 2018 right away!



MORE INFORMATION

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

Contact: 546 8100

www.nelsonpubliclibraries.co.nz



Summer activities and events

Image: Caroline Crick

Community and culture:

Jazz on the Village Green

Most Sundays from 7 Jan – 18 Mar,
1.30 – 4.00 pm // Founders Heritage Park,
Nelson // **\$2 per person**

Relax on the Village Green with live jazz. Bring a picnic and enjoy the summer sounds.

Wet weather venue: The Energy Centre,
Founders Heritage Park, Nelson.

Motueka Library: Craft and Yarn

7 & 21 Feb; 7 & 21 Mar, 1.30 pm -
3.00 pm // Motueka Public Library, 12 Pah
Street, Motueka 7143 // **Free**

Bring your craft project along to the library and work on it while meeting new people in a relaxed sociable atmosphere.

If you enjoy knitting, crochet, scrapbooking, making cards, embroidery or any other craft we welcome you to our Craft and Yarn gathering.

Bring the grandkids to Children's Day

Sunday 4 Mar, 1.00 - 3.00 pm // Richmond Aquatic Centre, 141 Salisbury Rd, Richmond

Richmond Aquatics Centre is hosting an afternoon of interactive games and activities as part of national Children's Day. Enjoy the fun filled pools for a gold coin or participate in the outdoor activities including bouncy castles, balloon twisting, live music, obstacle courses and more.

Nelson Wine & Food Festival

Sun 18 Feb, 11am – 5pm // Middle Earth Winery, Bryant Road, Brightwater // **Early bird \$20, gate sales \$25, under 12 free**

Celebrate sensational sounds, wine, food and summer. Hold onto your holiday groove, grab a friend and head to the Nelson Wine & Food Festival for all-day entertainment, fantastic food, and award-winning wine and beer. Fun for all ages.



Introduction to Family History Research

20, 27 February, 6 March, 9.30 am – 11.00 am // Elma Turner Library, 27 Halifax Street, Nelson, Learning Centre

A short course for anyone who is starting to build a family tree, or wanting to increase family research skills. Led by Judith Fitchett of the Nelson Branch of the New Zealand Society of Genealogists, the course will introduce you to the tools and best practice of genealogy.

Bookings required, at the library, or via email library@ncc.govt.nz, or phone 5460406.



Motueka Library: Garden Gurus

2018 // 11.00 am – 12.30 pm // Motueka Public Library, 12 Pah Street, Motueka

Join the Garden Gurus in talking and learning about gardens and plants.

The Garden Gurus meet on the second Monday of each month at Motueka Library.

Gatherings include socialising, browsing the library's books on garden topics, speakers and various activities, workshops and tours of gardens.

If you are interested in seed and plant swaps, planting herbs, investigating garden questions and generally learning about all sorts of garden topics, then this is the group for you!

Get together with other green thumbed people at Motueka Library. Koha. All welcome.



Outdoor activities

Sing-a-long in the Park

Thu 22 Feb, 10.00 – 11.30 am
 // Washbourn Gardens, Richmond
 // Meet at Fuchsia House

Wed 28 Mar, 10.00 – 11.30 am // Queens
 Gardens, Nelson // Meet by the
 fountain in the middle of the park

Heritage walk

Wed 28 Feb, 10.00 – 11.30 am // Miyazu
 Gardens, Nelson // Meet at carpark,
 off Atawhai Drive

Wed 14 Mar, 10.00 – 11.30 am // Queens
 Gardens, Nelson // Meet by the
 fountain in the middle of the park

Edible walk

Fri 2 Mar, 10.00 – 11.30 am // Orphanage
 Stream, Stoke // Meet at Saxton Road
 East by Covent Drive – where walkway
 commences

Fri 23 Mar, 10.00 – 11.30 am // Stoke
 Railway Reserve // Meet at Standish Place,
 off Main Road Stoke

Guided walk along the Maitai

21 Feb, 10.00 – 11.30 am // Miller's Acre
 Car Park, Halifax Street, Nelson // Meet in
 Miller's Acre Car Park, Nelson

Join us for a walk along the Maitai River
 in Nelson as part of the Summer Activity
 Series for Seniors supported by Nelson
 city council. Ph. 03 544 7624.
support@ageconcernnt.org.nz

Isel Twilight Market

1, 8, 15, 22 February; 1, 8, 15, 22, 29
 March, 4.30 pm till dark // Isel Park, 16
 Hilliard Street, Stoke, Nelson

Isel Twilight Market is coming back at Isel
 Park, Stoke, Nelson.

Bring the whole family along and relax in
 the beautiful surroundings of Isel park.
 Indulge in the delicious cuisine from the
 street food carts. Find some treasures
 from the craft stalls and listen to the
 always fabulous live music.

The market is dog friendly but they must
 be kept on a leash at all times.

There is a plate station at the market
 where you can hire a plate to eat your
 meal from. Less rubbish in the bins so
 you will not only feel satisfied by your
 amazing meal but you will also feel good
 by helping the environment.

Round up the troops and come and see us
 at the Isel Twilight market this summer.



Walk in The Gardens of the World

8 March 2018 // 10.00 am to 11.30 am //
 Gardens of the World, Clover Road East,
 Hope // Meet at car park entrance

Join us for a walk through these beautiful
 gardens in Hope - part of our Summer
 Activity Series supported by TDC. Please
 register for this event. Ph. 03 544 7624
support@ageconcernnt.org.nz

Mapua Easter Fair

1 April, 9.00 am - 3.00 pm // Mapua
 Domain, Aranui Road

From small beginning's this has become
 Nelson Tasman region's largest fair with
 over 10,000 visitors each year. Most years
 the fair has over 220 stallholders, made
 up of arts, crafts, garden, fairground and
 miscellaneous stalls, a school run café,
 second hand store and silent auction. In
 addition, the Playcentre opens its gates
 to provide a space for younger children to
 play and families to relax. We offer a full
 day of free entertainment on stage and
 other free activities. It's a great day out
 catering for all ages.



Advertise your community event on It's On!

Website: www.itson.co.nz

Anne Smith: Phone 03 545 6858 or

email events@nrda.co.nz



NELSON Opera IN THE PARK

SAT 24 FEB, 7.30 – 10PM
SAXTON CRICKET OVAL, STOKE
GATES OPEN AT 5.30PM



ANNA LEESE



SIMON O'NEILL



BIC RUNGA



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www.nelsonsummer.nz

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Website www.tasman.govt.nz

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