

Mudcakes and Roses

SENIOR GENERATION ACTION
AND ISSUES – NELSON TASMAN



Miraka Norgate of the Heart Foundation shares some tips with Joan Hammond

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garden

Welcome to our June/July issue of Mudcakes and Roses. In this issue we take a look at the popular Stoke Seniors club which is bursting at the seams. We find out why it's so popular and why other towns should perhaps take a look as well.

We also discover why Motueka is the place to be this winter with a fantastic line-up of workshops, competitions, exhibitions and events.

Nelson and Tasman Libraries also have some great events coming up including a visit by award-winning author Paddy Richardson.

Gardening guru Philippa Foes-Lamb talks winter gardening while Retro Metro Ro Cambridge ponders how one should age gracefully (or disgracefully).

Stay warm!

The Mudcakes & 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.

p.s Apologies to any readers offended by the cover of the last issue. As Retro Metro columnist Ro Cambridge pointed out, it was "an insensitive juxtaposition" of photos to say the least. Apologies to Ro and our readers.

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.

Mudcakes & Roses Noticeboard

Positive Ageing Forum 2015

Meetings are held at Richmond Library from 1.00pm until 3.00pm. All welcome. Next meeting: Monday, 13 July 2015.

Positive Ageing Strategy Report Released

In April 2015, the Government released a report on its Positive Ageing Strategy. The original strategy was released in 2001 after extensive consultation. It comprises ten key goals and provides a common platform from which central and local government agencies and communities can develop strategies and initiatives for positive ageing – spanning the spectrum of health, financial security, independence, self-fulfilment, personal safety and living environments. The latest report provides an update on progress towards the 10 goals, identifies opportunities for further work and suggests topics for further discussion. You can download a full copy of the report from the Ministry of Social Development website – www.msd.govt.nz/what-we-can-do/seniorcitizens/positive-ageing/. We'll also be taking a closer look at each of the 10 goals in upcoming issues of Mudcakes & Roses.

Positive Ageing Expo

Photos from the Positive Ageing Expo on 27 March.



Gary Gibbens, Colin Fraser and Lois Morgan from Tasman Visual Arts



June set the tone for the event with some uplifting tunes

Thanks to our sponsors



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

Expo visitor Helen Stansbury gets some advice from Citizens Advice Bureau Volunteer Carol Hurd



This issue's crossword solutions

Y	A	N	G	T	Z	E		E	M	P	T	Y
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Community Planning for an Ageing Population

By Tasman District Councillor Judene Edgar, Chair of the CPAP Steering Group

We have an ageing population. That is a fact. An ageing population brings with it challenges and opportunities. In an ever-changing environment, we need to make sure we are aware of what these are so that we can identify what is needed now and what will be needed in ten or twenty years' time. We have hundreds of organisations across the Top of the South that currently provide services, support and information for older people; from the Ministry of Social Development to the Department of Housing; from Sport Tasman to the Nelson Marlborough District Health Board; from home support to residential care; and from the Councils to the Positive Ageing Forums of Nelson/Tasman and Marlborough.

All of these organisations need to plan for the future with an ageing population and by working together we can make the best use of available resources. The Community Planning for an Ageing Population (CPAP) steering group has been established to assess the current services available and agencies' existing plans for the future.

The good news is, we don't need to start from scratch. A number of local organisations have already collaborated and researched areas of concern to them. These include the 2009 "Physical Activity, Nutrition and Older Adults in the Top of the South" current situation report that explored gaps and opportunities to support or increase older adults' participation in physical activity and healthy nutrition. More recently (2014), the Health Action Trust developed "Promoting Mental Health for Older People: Global Ageing and the Challenges and Opportunities for Nelson-

Tasman; while Aotearoa New Zealand and the Economic Development Agency produced a white paper on "Economic Opportunities Ageing Presents to the Region and Ways to Address the Lack of Employment Opportunities for Young People".

All of that information will help inform the group in its work to:

1. Identify any gaps in services and recommend actions to address them; and
2. Identify any overlaps in services which may provide opportunities for savings or better use of total funding.

Through this approach, the group aims to help organisations across the Top of the South harness local resources, skills and strategies in a coordinated and effective way.



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Stoke Seniors on a roll

Stoke Seniors is “growing like topsy” and should be franchised in every town, says the popular club’s Assistant Manager Karen Tuffery.

Karen believes there’s a real need for clubs like Stoke Seniors in today’s society.

“Many of our members don’t have family living locally and while others do have family, often they’re working long hours. Other members may have health issues or be unable to drive. We have some people that come to us every day - we’re like a family I suppose,” she says.

Stoke Seniors has been providing recreation, leisure, social and educational programmes for seniors aged 50-plus for over 20 years. It provides a weekly programme (Monday to Thursday) filled with fun and laughter with a variety of activities ranging from fitness classes to day trips, music and art lessons, board games, crafts, cards and entertainment. The club has three vans and provides a door to door pick-up service for those who need it.

While there are other clubs that cater to seniors, one thing that sets Stoke Seniors apart is its link with Nelson Marlborough District Health Board which provides a subsidy for anyone who has been assessed by their doctor or Support work as needing social support or carer relief.



Volunteer driver Shirley Dick says "it's just a friendly atmosphere and everyone is glad to see you."

Most members are in the 70 to 90 age bracket and there are over 350 members. About 50 people attend the daily sessions which always include morning and afternoon tea as well as a wholesome two course lunch.

Stoke Seniors was started in the mid-nineties with just a handful of members. Since then, the club has grown significantly and is now close to outgrowing its current premises in the Stoke community centre, behind Stoke Memorial Hall. Fortunately a solution is on the horizon – the club has been in discussions with Nelson City Council about the new community centre proposed for Greenmeadows, Stoke and it’s likely they’ll re-locate there when it opens. “It’s exciting and we’re really looking forward to it,” says Karen.

Ellen Rogers of Richmond has been attending Stoke Seniors for about five years. When she



Cook Helen Grant says Stoke Seniors is a good place to work. "The people are lovely and always very complimentary. It's the first job I've had where you get that appreciation."

first started, it was just one day a week. Now it's Monday, Tuesday, Wednesday and Thursday. "I love it, they're so good to us and the food is delicious," she says. Ellen says if it wasn't for the club she'd be 'sitting at home looking at four walls'. "It's just a lovely place to come," she says.

Trevor Pinkerton is a member and a bit of a character. He’s been with the club for the past four years, coming two days a week after being referred by one of his caregivers. “The caregivers look after me pretty good at home, but I’m on so much medication, there are a lot of things you can’t do,” he says. Since Trevor’s wife passed away 15 years ago, he’s been on his own. He says it’s the ‘good company and meeting people’ that keeps him coming back each week. He helps out with tasks such as clearing plates and enjoys the in-house concerts and singing along to favourites such as Dean Martin. He also enjoys a bit of banter with the office and kitchen staff. “I’ve been telling them they need to get a pole in the middle for pole-dancing demos in the new venue!” he jokes.

Hilary Black is one of the regular volunteers who attends Stoke Seniors three days a week. She says other members have told her they would “just be sleeping in my chair at home” if they weren’t coming to the club.



Ellen Rogers started out coming one day a week – now its four days a week

Key Facts

- Stoke Seniors provides recreation, leisure, social and educational programmes for seniors aged 50-plus in Nelson, Stoke and Richmond. Day care is available Mon to Thurs 10.00 am to 3.00 pm. Morning and afternoon tea is provided plus a two course lunch. Door to door transport is available from Three Brothers Corner in Richmond to The Wood in Nelson.
- The club is a Charitable Trust run by a Board of Trustees
- Stoke Seniors receives funding from the Nelson Marlborough District Health Board and the Canterbury Community Trust. It has six part-time staff as well as a host of willing volunteers who drive the vans to take the seniors to and from the centre, help with cleaning up and posting out newsletters as well as offering other assistance. Some are also regularly involved in the preparation and serving of the annual Christmas dinner in Stoke Memorial Hall for over 170 people.
- In 2014, Stoke Seniors won \$6,000 in funding from a Car Company promotion which enabled them to purchase a new freezer, a PA system and new pots
- Regular activities at Stoke Seniors include art classes, scrabble, knitting, Sit and Be Fit, Mahjong, 500, The Sun City Ukes Ukelele Group and the Musical Demons Choir. Each Monday there's a trip and a picnic. Special

celebrations are also held for occasions such as St Patrick's Day and Mother's Day

Get Involved

- If you (or someone you know) would like to find out more about Stoke Seniors, visit www.stokeseniors.org.nz or phone 03 547 2660. Some people who live alone may be eligible for funding through Supportwork. New members are given a warm welcome.



Stoke Seniors regulars Hilary Black (volunteer) and Trevor Pinkerton

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Motueka turns up the heat for Winter

Motueka might normally go into hibernation mode over winter – but not this year, with an impressive array of winter workshops, exhibitions and competitions planned to keep the town buzzing.

Motueka Arts Council 2015 Winter Workshop Series

The Motueka Arts Council has arranged a fantastic line-up for its winter workshop series this year. The workshops are an opportunity to learn new creative skills, meet new people and have fun – everyone is welcome. The workshops run throughout June, July and August and costs range from \$35 to \$65. This year's workshops include: Pottery Decorating; Koauau – Maori Flute Making; Writing Biography and Memoir; The Art of Bonsai; Get Waxing – a beginner's guide to encaustic art; Blackball Bling – creating and assemble bead creations; Fabulous Felted Tote Bag; Diagonal Weaving – an unusual way to create squares of woven fabric; Fabric and Fibre Art; Flax Fascination – a non-traditional harakeke workshop; Introduction to Playing African Marimba; Singing for Pleasure;

Practical Harakeke for Beginners; Painting – Loosening Up – painting for two days with inspirational music; Stitched Baskets – learn how to coil and stitch a small decorative basket using natural materials; Mixed Media: Much and Little; Funo with Nuno – make a lovely silk-backed scarf with superfine merino felted onto the silk. Copies of the programme are available from Motueka Online <http://www.motuekaonline.org.nz/>, Tasman Libraries, Westrupp Jewellers Motueka or email motuekaartscouncil@gmail.com or ph 03 528 7104.

Swinging Art on High

As the hanging flower baskets of High Street, Motueka come down for winter, the Motueka Arts Council has come up with an innovative public-art initiative to replace them. 'Swinging Art on High' will see up to 200 art pieces hanging from the hooks from mid-June to mid-August. Cliff Satherley, the Motueka Community Board's representative on the Arts Council says having the public artwork will brighten, enliven and make High Street fun and quirky over the cold winter months. Entries are already pouring in from artists, businesses, children, clubs and members of the public. Make sure you take a visit to Motueka over winter to check them out.

Cosy Craziess

Following on from its successful 'Make a Beanie/Dog Coat' competition in 2014, the Motueka Arts Council is looking forward to receiving entries in a 'Make a Tea Cosy' competition this year. "There were some wonderfully imaginative beanies last year", says convenor Shirley Wallace, "so we are really looking forward to seeing the tea cosy entries."

Through her contacts with Creative Fibre, Shirley has been busy spreading the word right throughout New Zealand, and expects to get entries from many fibre, knitting and even quilting groups from Southland to Tauranga.

"As we hope to receive entries from a wide area, we have made provision to receive and return entries by post. There is no entry fee. Going by the weird and wacky beanies made last year, we are expecting a wonderful response! Everyone we have approached has been enthusiastic and we have received extra good support."



From last year's winter workshop series

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"We don't know how many entries we'll get, but in August when entries have closed we are planning to hold an exhibition in the St Thomas Church Hall with every entry on display". This will be an exciting day-long event, where winners will be announced and there will be provision for the prize sponsors to have their own publicity and to present their prizes, as well as a few extra displays, 'making that perfect cup of tea', displays of antique teapots and other associated items.

This year is a first for the Arts Council working with both Our Town Motueka and the Nelson/Marlborough Buller Area of Creative Fibre. Shirley sees this as an opportunity for Creative Fibre members to show off their talents and show the wider community what can be achieved with wool. "With such a wide spread of entries we really hope to put Motueka on the map!" For further information, contact Shirley Wallace, Competition Convenor. Phone: 03 526 7022. Email: m-swallace@vodafone.net.nz

A Snapshot in Time

The Motueka Museum's current exhibition is a photographic competition – "A Snapshot in Time" showcasing photographs from the Motueka district taken by locals, showing life as it is today. The Museum wants to build an archive of photographs showing visual impressions of Motueka and districts. It is intended for this to become an historic resource for future generations and the museum plans to repeat it every five years. There are five themes and each theme will have a winner, chosen by public vote. The museum also has on display photographs from its collection of

Motueka district over past years. This exhibition runs until the end of June and will be followed by an exhibit from the local photography club. Motueka Museum – 140 High Street

New Heat Pumps for Motueka Senior Citizens

With an almost \$11,000.00 grant from Pub Charity, Senior Citizens Motueka has just installed three large heat pumps by Best and West of Richmond in time for winter. So with no coats, hats and gloves required for the winter cold, the club hopes more over 50's will join in the various winter activities. Check out their listing on page 15 of the Recreation and Service Directory for details.



L. Terry Frater & Pat Congdon of Motueka Senior Citizens



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The Winter Garden



Beautiful barley straw mulch available at Bay Landscapes

Hi, it's officially winter and I'm really hoping we get a 'real' one this year because it is so good for the garden. If we get a good number of harsh frosts it will help reduce the population of whitefly, aphids and other nasty creatures. Trees, shrubs, roses and perennials will benefit too, flowering more prolifically. On the downside, frost can spell trouble for tender plants, especially young citrus. If you'd like some tips on providing adequate protection for citrus and other tender treasures, refer to my column in the June 2013 issue of *Mudcakes and Roses* for some easy frost protection ideas. (You can download back copies from the Tasman District Council website www.tasman.govt.nz)

Soil temperatures are dropping quickly now so it's a great idea to provide your winter crops with a "duvet" of mulch to help keep them warm. Existing crops can be thoroughly mulched, keeping the mulch away from the stems of the plants. Leafy greens such as lettuces, silverbeet, spinach and pak choi can still be planted now. (Bay Landscapes has a fabulous selection of vegetable and bedding plant seedlings grown by me) and broad beans can be sown. To help ensure seedlings' roots stay cosy, try forming a row of mounded soil approximately 10-15cm high. Once you've planted and watered your seedlings, place a thick layer of mulch down either side of the row and a smaller amount between the plants. Not only will the mulch be a duvet, it will also help suppress weeds.

Spring bulbs such as early narcissus are about to flower and others will be just emerging from the soil. Keep your bulbs as weed-free as possible and if you haven't fed your established clumps, they will benefit from a side dressing of boneflour or bulb food. It's important to water it in well or apply it just before rain. Winter can sometimes feel dreary, so brighten up your days with flowering plants that thrive in cooler weather such as pansies, violas, primula and polyanthus. All of these look gorgeous in the garden, loving winter sun and well-drained soil. They're perfect in containers or hanging baskets too. If you are having a special lunch or dinner, bring a container of these beauties inside as a table centrepiece.

Polyanthus adore dried blood which helps improve plant vigour and intensity of flower colour. Dig in one teaspoon per plant when planting or if putting them in containers, mix one teaspoon into the potting mix before planting.

Deciduous trees are showing their skeletons and are the "bones" of the garden. It's a wonderful time to look around and think about any changes you might want to make this spring.

Fallen leaves can smother perennials or low-growing shrubs so it's important to remove them. A flexible leaf rake is perfect for this – you can gently scrape the leaves away without disturbing your treasures too much. Once you have a pile of leaves, pop them into a large black plastic rubbish bag with some blood and bone and dolomite lime, tie the top, poke a few holes in the bottom and leave the bag sitting somewhere out of the way. Turn the bag/s every week or so and within a few months, you will have wonderful leaf mould to put back on your garden.



Philippa Foes-Lamb



Still time to plant beautiful vegetable plants

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.

Heirloom Perennial Nursery & Art Studio

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Philippa Foes-Lamb,
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The Retro Metro

How do you know you're getting old? Apart from the obvious clues I mean. Like the involuntary "ouf" noise you make when levering yourself out of an armchair or the discovery that Mick Jagger, who you'd always thought of as a contemporary, is a great grandfather.

NZ columnist and "quite cranky journalist" Sarah-Kate Lynch, knew ageing was upon her when someone told her she had a "Bitchy Resting Face". I suspect that age has given me a face that looks slightly dyspeptic in repose too. However, I also seem to have developed a Prince Philip Posture. This involves walking with a slight stoop, head thrust forward and hands clasped behind the back – even when I'm not actually inspecting the troops, or trailing in the wake of Her Majesty.

After the acknowledgement that you're not ageless and evergreen, comes the question of how to age gracefully. Or disgracefully, if that is what you yearn for, after a lifetime of orthodoxy. Ms Lynch declared a "Year of Me". She set off (via Paris and New York) in search of the key to happiness and reports her findings in an amusing memoir called "Screw you Dolores".

If you haven't a clue where to start, you can refer to "1,000 Places to See Before You Die", "1000 Foods to Eat Before you Die" or "1000 Recordings to Hear Before You Die" and other guides in the same vein. The thinking person might like to absorb "The Pleasures and Perils of Ageing" by Lynne Segal or Atul Gawande's "Being Mortal" before making any rash decisions.

If you'd like a spot of derring do with a dash of spiritual questing you could embark on a pilgrimage – through France and Spain on the Camino Way perhaps, or on the Pacific Crest Trail in the U.S. I think a memoir offers better guidance than a Lonely Planet so read "Off the Road: A Modern-Day Walk Down the Pilgrim's Route into Spain" by Jack Hitt or "Wild" by Cheryl Strayed before you don your tramping boots.

If you are strapped for cash there are cheaper options closer to home. Charles Dickens took long, night-time rambles

through the streets of London as an antidote to insomnia. In his essay "Night Walks" he describes "coming home tired at sunrise" after expeditions which brought him into "sympathetic relations" with people he might otherwise never have met. Walk with a dog and the chances of serendipitous encounters and Big Thoughts is greatly enhanced. Read "Diary of Dog Walker" by Edward Stourton if you don't believe me.

"If you are accompanied by a dog" he says, "you can talk to anyone, and anyone can talk to you - about anything".

I actually favour the Maggie Smith approach. Now in her 80s, she of the wrinkled visage and the hyperthyroid eyes, has carved out a niche for herself in the notoriously ageist film industry by playing shrewd, opinionated, witty, cantankerous old ladies. I can't wait to see her in the soon-to-be-released film "The Lady in the Van". It's about Miss Shepherd, an elderly woman who by sheer force of personality and chutzpah lived for 15 years in a van she kept parked in the driveway belonging to English writer, Alan Bennett. Way to go Miss Shepherd!



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Reduce the risk of falling at home

Falls don't "just happen." They are often associated with certain risk factors. Older adults may not be able to eliminate all falls, but it is possible to minimise the risk factors.

A safe home environment is important for everyone, but it is especially crucial for the elderly. The majority of falls happen around the home (inside or outside). Although many falls do not result in injury, they can reduce a person's confidence to be independent and mobile. Making changes in your environment could prevent a fall and allow you to remain independent in your home for longer. Nearly every room in the home can be adapted or modified to create a safer environment, often at little or no cost.

Things you can do to make the bedroom safer:

1. Night lights, especially motion sensor lights mean you will never be in the dark
2. Floors should be free of clutter, cords and mats. Be aware of bed linen that reaches the ground as these can become trip hazards
3. Touch lamps (that turn on just by touching them) make finding the light switch a thing of the past
4. Clothes are accessible and at a good height for finding what you want
5. Different coloured flooring from the walls so it's easier to define areas



6. Telephone by the bed
7. Bed is the right height and the electric blanket cord is secured to the wall
8. Good lighting in all rooms including adjacent rooms and;
9. Good lighting in the wardrobe
10. Furry pets can become tripping hazards as they like to sleep in the way or walk between your legs
11. Slippers do what they say... slip. The dog and the slippers are best given to someone else.

Check outdoors as well to ensure paths are clear of clutter, trip hazards are removed or repaired, install motion sensor or solar lighting, handrails on stairs, leaves on paths are cleaned up (as these can get very slippery), and gardening equipment is put away after use. All gardening shoes should be non-slip and offer your feet good support. (Not your old worn-out favourites).

Building a community of readers

You know that sinking feeling when you finish the last of the books your favourite author has written up to now? Or when your favourite series has come to a close? How will you find another author that you'll love just as much?

Well, we have the answer for you at Tasman District Libraries with our new e-resource Who Else Writes Like ...? This fabulous resource will guide you to a whole new world of fiction writers based on your favourite authors. Simply type in the name of an author or the title of a book you love and explore the suggestions for similar authors and reads.

You can browse by genre or go straight to an author of interest, check up on characters and series or the latest prize-winning writers.

So click on 'Browse authors' and get started. You'll find Who Else Writes Like ...? in the e-Library section of our website under e-Resources A-Z.

With over 2600 entries we're sure you'll find plenty of new reads to keep you engrossed for a long time.

Another way to find new authors or titles is through one of our monthly book groups. There's nothing quite like the company of other avid readers to renew your enthusiasm for the world of books and put you in touch with different authors. You'll



find book groups at Takaka, Motueka and Richmond Libraries. Check out our website www.tasmanlibraries.govt.nz to find out when your local group meets.

You'll also find book reviews and stories about the pleasures of reading on Tasman District Libraries Facebook page. Like us today, share your favourite reads with us and add some new titles to your longlist of recommended reads.

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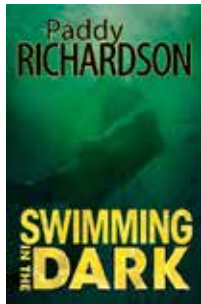
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Talking about Swimming in the Dark:



Paddy Richardson in conversation with Stella Chrysostomou.



Nelson Libraries, Tasman District Libraries, Page and Blackmore Booksellers and Upstart Press are very pleased to announce a visit by award-winning author Paddy Richardson on Thursday June 18.

Paddy will be giving a lunchtime talk at Richmond Library 12noon-1pm, no charge.

She will be holding a writers' workshop at Richmond Library 2pm-4pm, \$30.00

(reservations, 543 8500).

And come along to the Elma Turner Library 6.15pm to hear Page & Blackmore's Stella Chrysostomou chat to Paddy about her latest and highly acclaimed novel Swimming in the Dark. Entry is free and light refreshments will be served.

Paddy lives in Dunedin and as well as writing she teaches courses in creative writing. She is the author of two short

story collections and five novels. She was awarded the Burns Fellowship in 1997, the Beatson Fellowship in 2007 and a University of Otago James Wallace Arts Trust residency in 2011.

Her novel Hunting Blind was a finalist in the Ngaio Marsh Awards 2011 for crime writing; and Swimming in the Dark is on the Ngaio Marsh longlist this year. Her work has also been highly commended in the Katherine Mansfield and Sunday Star Times awards.

We are very excited to be hosting this acclaimed author, and look forward to seeing you at her events!

The Libraries will also be celebrating Matariki from 18 June to 2 July, with displays and activities – craft, Māori massage, food and more. Details will be posted on our website and ItsOn.



Sick of your rubbish piling up?



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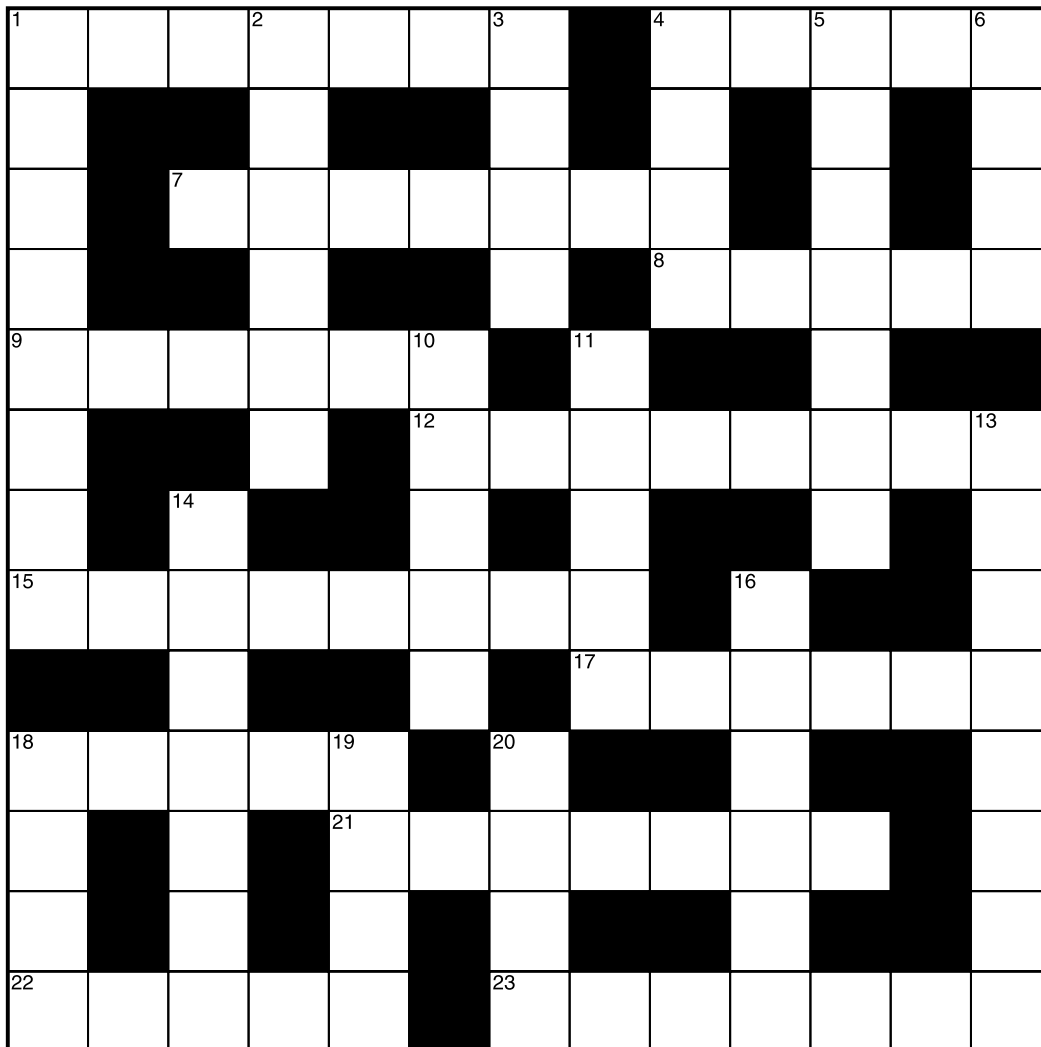


As we age, circumstances can limit our ability to get together with friends, travel, or drive a car. This often results in losing touch.

If you are stuck at home and you need a companion to support you doing various activities, or someone you can chat with at home or out and about – Briar is the gentle, friendly and patient person you have been looking for. Briar and her small team of helpers are available to share coffee, help you shop, attend appointments, attend movies, take you to meet your friends or go out to dinner. Or perhaps just share some of your interests together.

IF THERE IS ROOM IN YOUR LIFE FOR A FRIEND LIKE THIS, BRIAR CAN HELP:
Phone or text: 021 830 554 or 03 528 6774
Email: briar.mortimer@gmail.com

Crossword



Clues

Across

1. Chinese river
4. Hollow
7. Least attractive
8. Declare
9. Small celestial body
12. Speeches
15. People taken from danger
17. Cured
18. Cite author
21. Acted in response
22. Defined regions
23. Gloomier

Down

1. Californian National Park
2. Choked
3. Equal
4. Consumes food
5. Self-contradiction
6. Ox harness
10. Actor's parts
11. Grating
13. Poorer quality
14. Wool fat
16. Photographer's tool
18. Trivia test
19. Periods of time
20. Door frame post

Answers page 3.

Nelson Denture Clinic

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What's On

JUNE 2015

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

Founders Book Fair

Saturday 30th May–Sunday 7th June 2015

Purchase a \$5 nine-day pass or pay a daily entry fee of just \$2. The Book Fair will be open from 10am-4.30pm every day. Founders Heritage Park, 87 Atawhai Drive, Nelson

Orchestra Concert – Takaka

Saturday 6th June 2015

Well known tunes from My Fair Lady, Cats, Oklahoma, Phantom of the Opera, The Mission played for you by members of Golden Bay Orchestra

plus Greenhill from Nelson. 7pm, Takaka Primary School, Adult \$10 Children Gold Coin. Tickets available on the door

Richmond Library: Tracing Your Ancestors through Military Records

Friday 12th June 2015

Are you interested in tracing your ancestors who served in the armed forces but you're not sure where to start? This course could be just what you are looking for. You'll find out how to search for and look at military records available online for

New Zealand, UK and Australia. For more information and to book your place, telephone the Richmond Library, 10.00am-12.30pm, Richmond Library, 280 Queen Street, Richmond. Free

The Choir of Christ's College, Cambridge

Saturday 11th July 2015

7.30pm, Old St John's, 320 Hardy Street, Nelson. Tickets - Adult \$30, Senior \$25, Student \$20, Child \$10, Group 10+ \$25. Tickets from Theatre Royal and TicketDirect ph. 03 548 3840.

Tasman Visual Arts Group

1 & 2 August 2015

Tasman Visual Arts Group will be holding their winter exhibition at the Richmond Town Hall. Come along with the grandkids between 10am and 4pm and enjoy the artwork of over fifty artists, kids art quizzes and free art lessons! Tea/coffee and cake!



Galleries & Museums

Winter is traditionally a quiet time for events around Nelson/Tasman. However the district's museums and art galleries are open year-round with a diverse and ever-changing line-up of exhibitions. Here's what's on during June/July:

Nelson Provincial Museum

The End of Innocence

The second instalment of our WWI exhibition which opened on Anzac Day 2015 brings together the stories of men and women from around Nelson who were directly involved or affected by the Gallipoli campaign in 1915. Our exhibition tells the stories of those who experienced the "end of innocence" first-hand from this major

event – an impact still keenly felt by families on both sides 100 years later.

- Admire a model of the Gallipoli area created by Col Cyprian Brereton.
 - Take in unpublished photos taken by Brereton during the campaign.
 - Get a sense of the landscape from a 6m enlargement of a Horace Moore-Jones painting
 - Listen to Arch Barclay's reading of memoirs from Charles Duke's experiences as part of the Australian Forces.
 - Look at the exhibition through the eyes of more than 60 real characters including two who feature in the Te Papa exhibition – Jack Dunn and Cecil Malthus.
 - Follow up the stories, objects and photos through our extensive and comprehensive on-line offering.
 - Consider the tragedy of a young man court-martialled for sleeping while seriously ill on sentry duty. Common sense prevailed and the death sentence was remitted three days before having his life ended at Chunuk Bair by a Turkish sniper. This is a small very personal exhibition created by Jack Dunn's great nephew – Pat White.
 - Have you acknowledged your local relatives on our Wall of Remembrance? – nearly 800 of the 2700 names have been marked with a poppy stamp.
- The Nelson Provincial Museum
Pupuri Taonga o Te Tai Ao
Cnr Trafalgar and Hardy Sts, Nelson

One (WW1). The exhibit will focus on the men who served in the Mounted Rifles, the role of nurses in WW1 and what the patriotic societies and the community of Golden Bay did to raise funds for the war effort. One of the fundraising initiatives was a 1918 Red Cross cookbook which will be on display. As part of the exhibition, tribute will be paid to those men who enlisted and left the Golden Bay area for service during 1914 to 1918. The museum's RSA display case will be used to show memorabilia and the story of a serviceman or men from a Golden Bay family. The first serviceman to be remembered is Lawry Hansen Page. Lest We Forget runs until 31 October 2015. Golden Bay Museum, 73 Commercial Street, Takaka

The Suter

Barry Cleavin: The Exact Enigma

18 April – 12 July
Barry Cleavin has long been regarded as New Zealand's foremost printmaker. This exhibition presents a diverse range of his art works, which demonstrates his sophisticated use of symbolism and satire, and technical mastery. The exhibition is based on a large collection of Barry Cleavin prints gifted to The Suter by Ann and John Hercus in 2014. They developed this collection over several decades and it represents their long standing relationship with the artist. The exhibition will also feature other works from The Suter collection, which complement and contextualises Cleavin's motifs and technique. The Suter Store, Gallery and Café open daily in the heart of Nelson at 28 Halifax St (opposite Nelson Library). www.thesuter.org.nz



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

Motueka Museum see page 7

Golden Bay Museum

Lest We Forget 1914 – 1918

The exhibition at the Golden Bay Museum is honouring the work of the local community during World War

Recreation & Service Directory

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

JUNE/JULY 2015

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

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 2.30 – 3.45pm St John's Hall, Motueka. Light exercise with a focus on breathing and relaxation. Ph Nelson Asthma Society 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 (Beginners)

Monday Night. Venue: Lower Moutere Hall Time: 6:00pm Beginners Class (merges into) 6:30pm Improver Class (merges into) 7:30pm Easy Intermediate-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 1.30-3pm. Fun sessions- great light exercise, no serious competition. Contact – Terry 03 528 7104 or George 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 2-3pm. Contact – Dot McNabb 027717018 or Dylis Rutter 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

Senior Sneakers – specific to Falls Prevention Focus on posture and balance. Mon 9.30 am Cost \$4 Social Badminton Mon 11am Cost \$4 **MOVE2MUSIC** Fun 50+ Aerobic Class /Weights 9.30am Tues & Thurs Cost \$4 **SitnBeFit** – Fun seated aerobic

Recreation & Service Directory

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

JUNE/JULY 2015

Class / weights. 10.30am Tues & Thurs Cost \$4
Walking Circuit

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

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

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

Riwaka Croquet Club
Sally Ph. 03 528 9704

Scottish Country Dancing
Valerie Ph. 03 543 2989.

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

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

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

Upright and Able for Falls Prevention
Free 4-week course for those over 65 who have had a fall.
Ph: 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 2 – 3.15pm Reformed Church, Enner Glynn. Exercise with focus on breathing and relaxation. Phone Hilary 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
Rosalie Ph. 03 548 2236.

Nelson Electronic Organ and Keyboard Club
First Tuesday of each month, Stoke School Hall, 7.30 pm. \$2. Supper provided. Valerie Ph. 03 540 3288.

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

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

Nelson Petanque Club
Wed and Sun 1.15pm.
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 Savage Club
A club for entertainers. Variety Concert on the second Wednesday of each month. Presbyterian Church Hall, Muritai St, Tahunanui at 7.30 pm. \$2. Joyce Ph. 03 548 1224 or Philipa Ph. 03 547 7022.

Nelson Social Dancing Club
Dance at 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

Jogging-Entry level jogging group in Nelson. Learn how to jog gradually & safely we focus on enjoyment rather than distance Sarah.H@ sporttasman or Ph Sarah 9232313 for more info

Cycling-Entry level

cycling groups in Nelson and Richmond join us for weekly cycles around our wonderful cycle ways focus is on enjoyment rather than distance Sarah.H@ sporttasman or Ph Sarah 9232313

Walking-Entry level

Walking groups in Nelson and Richmond, join us for weekly walks around our wonderful shared pathways focus is on enjoyment rather than distance Sarah.H@ sporttasman or Ph Sarah 9232313

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, floor talks, 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.

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

Wednesday Night Venue: Club Waimea, Queen Street, Richmond. Time: 6:30pm Improver Class (merges into) 7:30pm Easy Intermediate-Intermediate. 8:30pm Class Finishes

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. Eileen Ph. 03 544 6392.

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.

Recreation & Service Directory

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

JUNE/JULY 2015

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, followed by a cup of tea.

Sit and Be Fit:

Monday, 10.00-11.00 am. \$4.

Tai Chi for Health:

Ph. 03 538 0072 to book, or Email stadium@sporttasman.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

Cycling-Entry level

cycling groups in Nelson and Richmond join us for weekly cycles around our wonderful cycle ways focus is on enjoyment rather than distance Sarah.H@ sporttasman or Ph Sarah 03 923 2313

Walking-Entry level

Walking groups in Nelson and Richmond, join us for weekly walks around our wonderful shared pathways focus is enjoyment rather than distance Sarah.H@ sporttasman or Ph Sarah 9232313

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.

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 Mastectomy 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 03 548 6683 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

Cycling -Entry level/Social

Cycling group Nelson, Stoke & Richmond join us for weekly cycles around our wonderful cycle ways, focus is on enjoyment rather than distance Sarah.H@ sporttasman.org.nz or Ph. Sarah 9232313. No Charge.

Give it a go – here's your opportunity to try out a variety of easy activity options. Don't be old be bold, GIVE IT A GO, Table Tennis, Chair Yoga, Tai Chi, Self-defence, bowls, Frisbee + many more Sarah.H@ sporttasman.org.nz or Ph. Sarah 9232313

Stoke Bowling Club

Allen Ph. 03 547 1411.

Stoke Central Combined Probuss Club

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

Stoke Companions Inc.

Fellowship and aerobics group for 50+ years. A reasonable level of fitness. 9.00 am Wednesday, St Barnabus Church Hall, Stoke. Ph. 03 547 2386.

Stoke Seniors Club

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

Regular activities:

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

Art class – Mondays 10.00 am. \$6.

Scrabble Club – Mondays 1.00 pm.

Euchre – 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 Ukles – 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 \$8 (members), \$10 (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 Graham Ph. 03 522 4938 or Roger Ph. 03 522 4560 Email: tapaweramensshed@gmail.com

Visual Art Society

Kaye Ph. 03 522 4368.

Walking

Rural Ramblers. Ph. 03 541 9200.

Wakefield

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 **Ann Nighy**

COME EELING!

By Ann Nighy

Honor and David come into the kitchen where Mother is cooking dinner. They are standing near the door to the back porch.

"Good to see you have your waterproof jacket and boots on. Maybe a good idea to wear your sou-wester pants too," says Mother, "I hope you have lots of fun. Make sure you bring home some of the small ones for lunch tomorrow. You know how much we love them fried, with rice and a salad."

"Come on" says Honor, "it's time we went, Pete will be waiting!"

"I'm getting the torch and a sack."

Honor and David hurry down to the woolshed where Pete is waiting with the bobs. Peter Tuteau lives alone near the woolshed and does odd jobs around the farm. He likes teaching the children some of the Māori ways.

He has already cut down the stout poles for the bobs. Now they collect Huhu bugs. Huhu, which is now used as the name for all stages of life of the Huhu beetle, was traditionally the Māori name for the grub stage. The large whitish larvae feed on dead wood of many trees. They are edible, and are said by some to taste like buttery chicken. They are very good bait for catching eels.

The children examine their handiwork of the afternoon.

"I found a lot of grubs in that decaying tree stump and Pete was patient while we threaded them onto string, and tied it onto the end of the pole," says David.

"My stick is very heavy to carry," Honor remarks.

"Ooh!" exclaims David, "My huhu bugs are wriggling around."

Off they go, Pete in front, down to the stream in the bridge paddock.

There has been a lot of rain so the bank is sodden.

Peter laughs as he says "Mind yourself, we don't want to feed you to the eels!"

The children settle themselves, placing the bob into the swollen stream. And then they wait. The air is damp and the sky very cloudy. Everywhere is silent but for the water.

"Have you felt a bite?" whispered David.

"Not yet, but I can see one coming close – oh yes I've got a big bite!"

Pete moves near. "Just hold the bob still and wait 'til the eel is on tight."

"Watch out everyone," Honor says with urgency, "I'm bringing it around, look out! Where's the donger?"

Honor and Pete scramble to control the wriggly eel and contain it when David calls, "I've got one too, it feels really big, watch out!"

"Shine the torch, bang hard with the donger."

How else will they kill them? Honor thinks to herself.

"We need to catch a big one now for you Pete. You do like them big eh?"

When Peter had more than he could eat fresh, he sliced them in half and attached them to the clothesline to dry.

Honor said to David quietly, "I think when they have maggots on them it's revolting!"

"Why do you eat them with maggots on?"

"Oh, more meat!" He chuckles, quite excited.

Putting the bobs back in the stream they settle down again, flushed with excitement.

"Shine the torch here please," says Pete.

Silent and expectant again; it is not long before they have several more eels in the sack.

"OK" laughs Pete, "we better go home now, mind how you cross the bank."

"Can you hold my bob for a minute please," Honor asks. "I'm struggling."

Once on firm ground again Honor says,

"I'm okay now, thanks, I can carry mine."

Back on the track and across the bridge the fishers start to hum a tune. Everyone has had success. They know Mother will be very happy with their haul!

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

Free Use Wheelchairs Available

Several years ago there was a concentrated effort through Nelson Branch National Council of Women along with A4A – Access for All committee to increase the availability of free use wheelchairs in Nelson City and to create a reference list of where these are available.

In the city, Nelson City Council upgraded the chair available on weekdays from Civic House and an additional one was purchased by Rutherford Rotary and placed at the Nelson Provincial Museum on Trafalgar Street, open seven days. Mobility parking spaces are located nearby each of these buildings for pick-up and return of the chair.

Throughout the region many malls, large “destination/satellite” stores and smaller business premises have on-site wheelchairs for customer use, ensuring whatever your age, whether the disability is permanent or temporary, you are able to participate in the purchase of goods. A phone call to the business you want to visit would confirm if they have a chair.

If one is not available, maybe a question about how they might assist you to shop with them and have they considered providing a chair for shoppers will raise awareness.



Positive Ageing Chairperson Gail Collingwood with Minister for Senior Citizens Maggie Barry at the Nelson-Tasman Positive Ageing Expo 2015

To finish, a small snapshot from the recent Positive Ageing Forum; where Age Concern reported on their well-patronised education workshops for older people and announced their new premises opening in June.

Tasman District Council Councillor Judene Edgar gave an overview of the proposed recycling system and VCC Ruby Aberhart presented the just released 2014 Report on the Positive Ageing Strategy. This report outlines some of the steps needed to make this country the best it can for older people, and tracks the progress already made. The forum will invite the Office for Senior Citizens to speak to this important report at a meeting later in 2015.

Gail Collingwood, Chair, Positive Ageing Forum

Have a fun time with sport and socialising while keeping your health up to the mark!



If you are over 30, enjoy socialising and sport and like the idea of being involved in a great community sporting festival this Spring, then the NZCT South Island Masters Games might be just be for you.

Anyone can take part. There are no qualification criteria, you don't have to belong to a club or be nominated you just have to be old enough and for most sports that 30+ years. Competitors do not need to be regularly active as there are social and competitive grades for many sports. You are encouraged to come along and try

something for the first time. Events like disc golf, mini golf, quiz night or Twilight 400 are the kind where the emphasis is on having fun and mixing with other people. If you're competitive you'll be in good company, as there is a strong competitive streak among many of the regular Masters Games athletes, some of whom hold New Zealand records.

You are never too old to take part and staying active will keep you feeling young and healthy and involved in a community event.

Members of the public are invited to watch and cheer. Perhaps your partner is competing but you want to come along and be part of the action without dusting off your sportshoes. There is a special supporters package which gives you access to all the sports venues, a competitor pack with goodies, a handbook and most importantly an accreditation badge with access to all the social functions and daily live music.

Don't want to participate as a competitor? Join us as a VOLUNTEER. If you have some hours to spare and want to become involved in this exciting event contact Jane Miles at jane.m@sporttasman.org.nz or phone 03 923 2317.

More information about the South Island Master Games can be found at www.simasters.co.nz or by ringing Belinda at 03 923 2310.