

Mudcakes and Roses

SENIOR GENERATION ACTION
AND ISSUES – NELSON TASMAN



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with Ruby Aberhart



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With winter upon us our thoughts begin to move towards indoor pursuits, preparing for the few cold months Nelson has to endure each year and the equinox – all of which give us an opportunity to reflect and plan ahead.

If staying fit, having fun and making friends is high on your list of good ways to spend your time then we can highly recommend getting involved with the vibrant Scottish Country Dancing community. The Richmond Scottish Country Dancing group has about 25 regular members and holds weekly club nights. It's been scientifically proven that taking part in Scottish Dancing helps to ward off age-related decline in fitness. Who wouldn't want to do that in a fun environment with friends. You can read more on page six.

One thing our region has is an abundance of beautiful natural places, right on our doorstep. This means we often get to enjoy bird life that our friends in bigger cities and urban areas don't. But that doesn't mean we take it for granted. A new book on the amazing Fantail has just been published and gives us a real insight into the lives of these iconic little treasures. For example - did you know that a Fantail's flying action has more in common with a helicopter than it does with the traditional flapping flying action of other birds? Get better acquainted with the Fantail on page four.

A fragrant garden is always worth investing a little time and effort into achieving and Philippa tells us how to achieve that on page eight. Whilst on page nine Retro Metro Ro Cambridge takes a look at how we can be better prepared to deal with depression, something that most people deal with at some stage in their lives.

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

Mudcakes & Roses Noticeboard

Looking for food and friends? Lunch on the Hill.

Church on the Hill, 27 Dorset Street, Richmond offers coffee and lunch. 11.30 am coffee, lunch served at 12.00 pm, first and third Tuesday of each month. Koha admission. Dates: 7 & 21 June, 5 & 19 July, 2 & 16 August, 6 & 20 September, 4 & 18 October, 1 & 15 November, 6 & 20 December.

SuperSeniors website survey

Tell us what you think. The Office for Seniors' SuperSeniors website has been up and running just over six months. To help ensure the website is meeting your needs they have compiled a five minute survey about online use – your participation would be really appreciated. Complete the survey at www.surveymonkey.com/r/NgRVRX8

Winter Art Workshops

With winter on its way the Motueka Arts Council is again providing opportunities for locals to participate in the arts. The Winter Workshop program has been a popular yearly event since 1989 and this year coordinator Sarah Douglas has made the program full of hands on art activities like felting and mosaics, singing and drama. There are two writer's workshops and

an opportunity for an art and culture at Te Awhina marae. You can get your copy from local libraries, Westrupp jewellers, Potters Patch and local cafes or coordinator Sarah Douglas is happy to email a brochure to you – just email her at woolweaving@gmail.com or Ph. 0277213991.

Bibliography of Research on Ageing in New Zealand now online

We have published the Bibliography of Research on Ageing in New Zealand (2008 – 2015). Special thanks to Judith Davey for compiling this bibliography, we will print hardcopies during April and are happy to send these out, please Email: osc@msd.govt.nz.

Matthew Parsons Recipe for Longevity – "It's Worth The Effort!"

Professor of Gerontology Nursing Matthew Parsons, delivers a fun and interactive presentation on the Ageing Brain and what you can do to stay fit and healthy as you move towards your older years. When: Tuesday 7 June at 10.00 am. Where: Saxton Oval, Saxton Street, Stoke. Registrations essential; contact Wendy Duffy at Age Concern on Ph. 03 544 7624 or Email: support@ageconcernnt.org.nz

Thanks to our sponsors



How to get your copy!

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

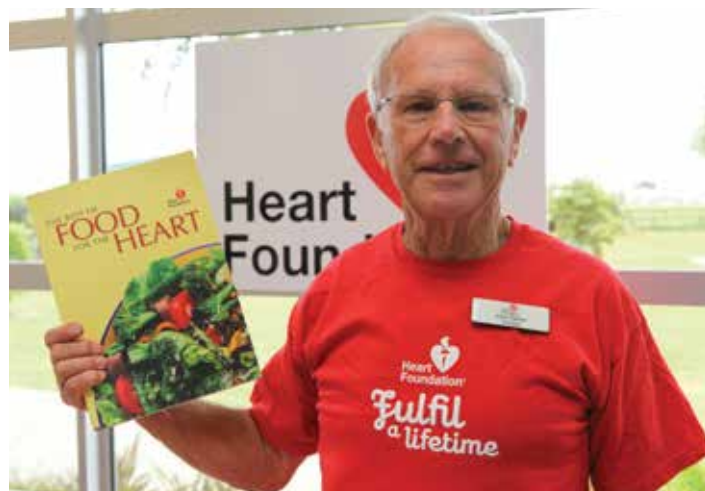
Alternatively, readers can pay a \$10 annual subscription to receive Mudcakes in the mail. Contact Tara Fifield at the Tasman District Council Ph. 03 543 8578.



Positive Ageing Expo

With over 2000 attendees and 70+ stalls, not to mention the really well-received seminars and demonstrations, the 2016 Positive Ageing Expo was a resounding success.

The purpose of this annual event, held on 1 April at the Headingly Centre in Richmond, is to encourage the over 60s to explore new ways of keeping their bodies and minds fit and active so that they can continue to enjoy a healthy and rewarding lifestyle as they age. The event is led by Tasman District Council with support from the Positive Aging Forum, Age Concern, Ministry of Social Development and Nelson City Council.



Alan Parker – It's been really good, this morning was really busy. It's my first time here. I run support groups at the Honest Lawyer on the third Saturday of every month for coffee and a chat for people who've had heart issues.



The whole thing is great. I usually come every year for the last 4-5 years. You meet such nice people.



Sue Birchfield of Access Mobility with Ruby Aberhart



Marj & Goeff – it's our first time. It's just amazing, everything you need to know all contained in one place. We've just been to the Heartland Bank presentation about tax information which was very informative.



Book reveals fantails' amazing flying abilities

The black fantail – (which people often mistake for a different species) is actually a colour variant that comprises about five percent of the South Island fantail population.

Anne Webb and Neil Page are hoping that their recently released Fantail book will fly off the shelves – helping to raise money as well as awareness for these friendly little natives.

Anne and Neil are both members of Native Bird Recovery Richmond and their Fantail book is the second fundraising book they have published together – the first, on the Tui, was published in 2013 and so far raised over \$1,100 in royalties for Native Bird Recovery.

Neil has been trapping gullies in the Richmond ranges for over ten years. Together with other members of Native Bird Recovery Richmond, he maintains traplines, removes noxious weeds and does some controlled planting.

Neil says he got into trapping because as a boy, his father was involved in conservation work.

"He was involved in rearing and releasing the Gray Partridge in Marlborough – trapping, selecting habitat and removing predators. This was in the 1960's and I was about ten years old at the time. I'd go along and help and learnt the craft."

After moving to the Richmond foothills, Neil took a walk in the bush – and was struck by the sound of silence.

"I sat in the bush and there were no birds – it just wasn't right."

He started working in one gully and soon discovered there were others doing similar work in neighbouring gullies. They teamed up and formed Native Bird Recovery Richmond, working together to build a hide and a bird feeding station at Jimmy Lee Creek in 2010. Together, they have taken out over 8,000 pests from the four gullies and received a community award.

Neil says the hours he puts in varies but would be somewhere between 10 to 30 hours a week. He also makes tui feeders and weta boxes.

Like Neil, Anne loves birds and is a member of Native Bird Recovery Richmond. She is involved in fundraising activities such as producing the books and an annual calendar.

"We have unique birds in this country and we need to look after them," she says.

All of the photographs from the Fantail book were taken at Anne's 2.5 acre property in Ruby Bay which has a lot of trees – both natives and exotics. The incredible photographs were taken by a photographer friend who prefers to remain behind the scenes.

Neil says "hundreds of hours" are involved in putting the book together. Although fantails are common, they're notoriously difficult to photograph because they're always moving and won't come to a feeder.

The photographs in the book have also revealed the Fantail's amazing aerodynamic flying abilities.



"They fly like helicopters using a rotary motion with their wings and tail. The tail can divide into two and can work independently as a third wing. As far as we know, photos like these have never been recorded," says Neil.

Neil says he wants people to realise that birds aren't just pretty – they're also vital for human survival.

"They have a big role to play in controlling insects and dispersing seeds."

Neil says while bird numbers in the Richmond hills have improved, the group is still fighting an uphill battle.

Forest and Bird estimates that the 1.4 million domestic cats in New Zealand are killing 25 million birds per year. Neil says a nationwide solution to this problem is vital if we want to keep our native birds.

Where to buy a copy of 'The Tui' and 'The Fantail'

The books cost either \$20 (A5) or \$25 (A4) and can be purchased from BNZ Richmond, Nelson Greypower, Hardy's Health Shop and Tessa Mae's in Mapua.



Neil Page and Anne Webb with 'The Tui' and 'The Fantail' fundraising books for the Native Bird Recovery Richmond.

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Website: www.healthcarenz.co.nz



Stay young with Scottish dancing!

If you're looking for a great way to get fit, boost your social life, stay young and keep your mind sharp, look no further than Scottish Country Dancing – no Scots ancestry required!

It's a fun form of dance enjoyed across the world by people of all ages and abilities. The dance steps and movements create flowing patterns and the dances can be slow or very lively. There are thousands of different dances made up of different types of movements.

Christine Stanton, Secretary of Richmond Scottish Country Dance started dancing about 20 years ago and has danced at Scottish Country Dancing clubs all over the world. She says although Scottish Country Dancing is often confused with Scottish Highland dancing, the two forms of dance are completely different.

"Scottish Country Dancing is much easier because there's no pounding on the joints – it's a skipping step and any age can do it."

Christine says Scottish Country Dancing is more akin to Square Dancing – which has 'sets'. However unlike Square Dancing, there is no caller – so dancers must rely on their memory for the movements.

Research has shown that this combination of movement and memory is great for the brain as well as the body. In fact, a study by two Scottish universities published in the Journal of Ageing and Physical Activity found that participating in Scottish country dancing could help men and women delay the effects of ageing.

The study tested the fitness levels of women who took part in Scottish country dancing to women who did walking, swimming and yoga. It compared a group of 26 Scottish country

dancers with at least ten years of experience with a group of 34 healthy and physically active women who did not participate in Scottish country dancing. All the women were in their 60s and 70s and did the same amount of exercise each week. The dancers and non dancers in their 60s had similar levels of fitness. However the dancers in their 70s were just as fit as those in their 60s. The non dancers in their 70s were less fit than their younger counterparts. The scientists say Scottish country dancing prevented the age-related decline in fitness that would usually be expected of women in their 70s. They believe that specific movements in Scottish country dance – forwards and sideways, turning and spinning to different rhythms during different dance sets – trains the body to remain strong and responsive.

Dr Susan Dewhurst, the lead researcher and an exercise physiologist at the University of Cumbria said

"The group of women who did not participate in Scottish country dancing followed the normal age-related decline in their functional fitness that would be expected. However they were very active, doing walking, swimming and yoga.

"Scottish country dancing delayed or prevented this age-related decline. This is thought to be because of the movement patterns involved such as turning, hopping and stepping which are more challenging than walking or swimming.

"It encourages upright posture and keeps muscles strong and responsive. The social aspect makes it a fun way to support healthy ageing because when there's a social element, people are more likely to stick with it."

Richmond Scottish Country Dancing Club President Pam Smith can attest to the benefits of dancing, having been dancing on and off since she was "a wee tot". Her mother had some Scots ancestry, but her father – the keener dancer of the two, did not.

Pam says she enjoys the camaraderie of the people as well as the exercise and also the fact that you don't just have one partner – you're always dancing with different people.

"Although they'd tend to talk about it if you danced with somebody twice!" jokes Life Member Vivienne Moody.

Vivienne Moody and her husband Gordon used to do old-time dancing. The club had some Scottish Country Dancing members and the two clubs got together one night for a St Andrew's day dance. They were given a few lessons to prepare beforehand so they wouldn't feel left out.

"We just never went back – that was about 35 to 40 years ago," Vivienne says. She also finds Scottish Country Dancing "a fun way to exercise"

"Although its fairly vigorous, I can still keep up, it doesn't hurt my knees and hips whereas if I do one round of a waltz, I feel it"

Vivienne Moody says club members have a lot of laughs and new members are always welcome – they are eased in gently.

"New members get shown a little bit – and if they forget, they can just skip! They are always paired with an experienced partner. We've all been beginners and everybody is very helpful."

Christine stresses that Scottish Country Dancing is equally beneficial for both men and women and says the club would like to see more men getting involved.

"one of our male members who started dancing about 18 months ago says he is really enjoying it and having the best time ever" she says.



Key Facts

- A Scottish Country dance (SCD) is a form of social dance involving groups of couples of dancers tracing progressive patterns according to a predetermined choreography. Country dancing is sometimes mistaken for a type of folk dancing, but it is actually the ballroom dance form of Scotland, as its original base of dancers was from the more educated and wealthy classes of the Renaissance.
- When it first became popular around the 18th century it was as a shorter, quicker form of dance that was a light relief from the more courtly dances normally danced. Derived from early British forms of Country dancing, SCD is related to English country dancing, contra dancing, cèilidh dancing, Old time dancing and Irish set dancing.
- Taught in school gym halls for decades, its best known dances include The Dashing White Sergeant, the Eightsome Reel, the Gay Gordons and Strip the Willow.

Get Involved

- Richmond Scottish Country Dancing has about 25 regular members and holds weekly club nights as well as social dance evenings with other Top of the South clubs several times a year. The Richmond club meets at the Presbyterian Church Hall in Florence Street, Richmond on Monday nights at 7.45 pm. There are also clubs in Nelson and Motueka.
- You don't need a partner, you don't need to be Scottish and you don't need to wear a kilt! On club nights women normally wear skirts, and men shorts or trousers. You do wear special shoes, but to start with, soft shoes are fine. Its suitable for 8 year olds to 80+ year olds – any age can do it.
- Branches or groups affiliated to the Royal Scottish Country Dance Society run classes and social activities for beginners as well as more experienced dancers. Simply contact your local group for details of what's happening near you.
- See www.dancescottish.org.nz to find your local branch, check out the directory at the back of this magazine or come along to a club night.

Monday night dancing

Richmond Club, 7.45pm, Church Hall, 11 Florence Street, Richmond

Contact: Christine 03 544 0902, Pam 03 541 8211

Wednesday night dancing

Motueka Club, 7.30pm, Scout Den, Lower Moutere Hall

Contact: Roger 03 543 2134, Vicky 03 5267 096

Thursday night dancing

Nelson Club, 7.30pm, YMCA Hall, 156 Toi Toi St, Nelson

Contact: Kelly 03 547 5721, Ian 03 547 7226.

Stunning winter fragrance

Hi, I can't believe it's already June – this gardening year seems to be flying. I'm sure the big question we gardeners are all asking is "are we going to get a winter?", oh I hope so. The weather during most of autumn was decidedly odd with fluctuating temperatures and less rainfall than normal.



Winter Sweet (*Chimonanthus praecox*)

One of the loveliest ways to brighten winter days is to bring a few sprigs of scrumptiously fragrant flowers indoors. There are several beautiful shrubs that spring instantly to mind.

No winter garden is complete without *Daphne odorata*, the fabulous evergreen short-lived shrub (7 – 8 years on average) with the most exquisitely scented white flowers with a pink flush on the reverse. *Daphne* love partial shade and plenty of food so it's a good idea to dig in some fish compost and sheep manure pellets before planting. They are acid lovers so mulching with untreated sawdust is perfect. If you have an established *Daphne* that is looking a bit yellow, give it a dose of Epsom salts (1tsp dissolved in 1 litre of tepid water) at its roots. A side-dressing of sheep manure pellets will help too.

My favourite fragrant winter-flowering deciduous shrubs are Winter Sweet (*Chimonanthus praecox*) and Witch Hazel (*Hamamelis intermedia*). Winter Sweet grows to approximately 2.5 x 2m and has the most beautiful translucent cup-shaped 1.5cm lemon flowers with a darkish centre. The buds start swelling just before it loses its leaves in autumn, followed by flowers in early/mid-winter. It's a great idea to plant it near your front door or somewhere you walk past often so you can make the most of the warm, spicy fragrance.

Witch Hazel has really unusual "spidery" orange, yellow or red flowers with a divine fragrance that appear from mid-winter until early spring. Reaching approximately 4m x 2m at maturity, it really is a wonderful focal point during winter.

Both of these shrubs thrive in partial shade to full sun in moist, well-drained soil. This sounds like a complete contradiction in terms but it just means soil that retains some moisture but that doesn't become totally boggy during prolonged wet periods.

The Brown Boronia (*Boronia megastigma*) is renowned for its exceptional fragrance and is hard to resist especially when displayed en masse in a garden centre.

Their reputation for being a bit fussy is well-deserved but it is worth persevering. They are short lived, approximately 5 years, and need extremely well-drained soil and a cool root run which makes them perfect container plants. If planting in the garden give them an open sunny spot with well-drained soil and keep their roots cool by mulching with rocks.

If you're looking for fragrance but don't have room for shrubs try planting some stock, pansies, violas or wallflowers. Wallflowers in particular flower for a very long time and are very bright and cheerful. Yellow polyanthus are often fragrant too, smelling a bit like freesias.

Winter is a time for reflection especially regarding what's performing really well in your garden and what's not. Take some time to study your garden's 'bare bones', making notes re anything you'd like to change. Make the most of any wintry weather by browsing through gardening books or the internet, soaking up some inspiration for the coming season.



Philippa Foes-Lamb

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

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

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times by appointment**

Philippa Foes-Lamb,
25 Maisey Rd, Redwood Valley
Ph: 03 544 3131 or 021 522 775
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The Retro Metro: on depression

Retro Metro – books and films for the thinking older person

Every now and then the Black Dog of depression stops simply nipping at my heels. He grabs me in his jaws and drags me into his kennel, which is dark and full of half-gnawed bones. Sometimes there's a Black Cat in there too, a skinny, malevolent creature which emits a constant sinister purr, and sheds so much fur it's difficult to breathe.

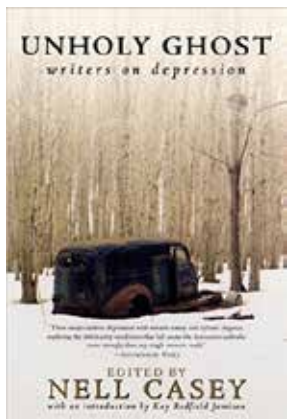


No one can see the dog or the cat except me. Depression and anxiety are like that – invisible. You may feel as if you are trapped with two black beasts in a fetid little kennel, but you probably look perfectly normal.

It's lonely too. In **A Grief Observed** C. S. Lewis called grief as an "invisible blanket between the world and me". In his book about depression, **Noonday Demon**, Andrew Solomon describes how "ludicrous" he felt to be "so

disabled by the ordinary business of quotidian life". In the depths of his own depression, he was also furious with himself "because I knew that what I was experiencing was idiotic. It was nonetheless vivid and physical and acute, and I was helpless in its grip". Depression and anxiety is experienced in many different ways. For Andrew Solomon, anxiety was "the constant feeling of being terrified and not knowing what you're afraid of". In **Darkness Visible**, novelist William Styron likened his depression to "drowning or suffocation". For his writer friend Romain Gary, depression was "the colour of verdigris".

Whatever form it takes, depression can be a lonely and isolating condition. Fortunately, good films and books on the subject can supply an antidote to the loneliness, and act as signposts to a life beyond the unbearable present. Strangely enough, most of them are not the least bit depressing. On the contrary, they are curiously uplifting.



Unholy Ghost: Writers on Depression, is a collection of 22 essays on depression by well-known writers, edited by Nell Casey with an introduction by Kay Redfield Jamison who has written brilliantly on manic depression. Writing with her usual self-deprecation and irreverence in **Stitches: A Handbook on Meaning, Hope and Repair** Annie Lamott recommends nourishing "a deeper sense of immediacy" and trusting

"that out of the wreckage something surprising will rise." The authors of **The Mindful Way Through Depression** would probably agree. They suggest Buddhist-inspired mindfulness is more effective than trying to think your way out of depression. Nelson psychologist Jan Marsh gives an excellent overview of depression, and helpful guidance to healing mind, body and spirit in her book **Harnessing Hope**.



Ro Cambridge

Hollywood doesn't always make a great job of depicting mental states, but it has produced films



about vulnerable characters which both inform and entertain including **As Good as It Gets**, **Silver Linings Playbook**, **Little Miss Sunshine** and **American Beauty**.

However, for a real mood-boosting experience you should watch a current, locally-made film about delinquent, grieving misfits. **Hunt for the Wilderpeople** is a NZ film that is warm-hearted, big-hearted and very, very funny.

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What's Happening at Tasman Libraries?

Smart Week at Richmond Library

Here at Richmond Library we're excited to be part of the first Richmond Smart Week.

Smart Week is part of a new initiative supported by Tasman and Nelson Councils along with the Economic Development Agency to make digital technology more user-friendly for Tasman and Nelson people.

A range of free workshops and classes on using digital technologies in both business and personal life will be on offer at a number of venues around Richmond including the library.

You can increase your understanding of how to use social media to market your business, learn how to make digital presentations for special celebrations, find out about new ways to use digital tools for business planning or get some help with using your tablet or other digital devices more effectively and much much more.

The full programme will be available from early June on the library's website or at www.wearedigital.nz



Job Finders Club

Are you between jobs or looking to make a career change? Would coaching, computer skills or interview tips help?

Richmond Library's new weekly Job Finders Club can assist with training in basic computer skills, writing CVs, applying for jobs and interview preparation. A local business mentor is on hand to provide support and coaching.

Information Services Librarian Helen McCubbin says, "We want to make sure that we understand the sort of help job seekers need, so for the first month or two we're having weekly drop-in sessions. These sessions will focus on gathering information to help us develop a programme of training and support. Individual coaching and support is also available at these drop-in sessions."

Job Finders Club meets every Wednesday at Richmond Library between 11.00 am and 12.00 pm. No bookings are required and sessions are free.

For more information, contact Richmond Library Ph. 03 543 8500.



Nelson Public Libraries



The Ngaio Marsh Awards, in association with the New Zealand Book Council, invites booklovers to a thrilling event at the Elma Turner Library featuring three talented crime writers.

Auckland author Ben Sanders, in the running for the 2016 Ngaio Marsh Award, and local authors Alan Carter and Mike Ponder will be discussing crafting great characters and how they blend page-turning plotlines with real-life themes. Stella Chrysostomou will be cross-examining the authors and keeping the peace.

Thursday, 14 July 2016, 6.15 pm for a 6.30 pm start

At the evening we will also be announcing the winner of our Best of the Ngaios vote and our Murder Mystery draw winner!

Pick up your free tickets from any of our Libraries, or Page & Blackmore Booksellers, or Email: library@ncc.govt.nz to reserve your tickets and pick them up prior to the evening.

Don't forget to vote in our Best of the Ngaios; vote for your favourite of the six winners to date. Online voting is on the Libraries' website, and there will be offline voting from 1 July. All entries go in the draw for a book voucher.

Throughout July Nelson Public Libraries will be a Crime scene!



- Solve The Case of the Jinxed Journal murder mystery
- Come and hear Alan Carter talk about being The Accidental Crime Writer
- Meet a police dog
- Hear how a True Detective goes about solving crimes
- The mad, the bad and the bawdy – real crime in Nelson... and more – check our website for details www.nelsonpubliclibraries.co.nz

And check our website for our Matariki Events through June!

Including:

- Soldier's Road Portraits
- Master chef extraordinaire – Wayne Deux Berry
- Our annual seed swap.

New Nelson Hospital chaplaincy initiative

An extension to the Nelson Hospital Chaplaincy service now enables patients moving from Nelson Hospital to retirement complexes to receive spiritual and emotional ministry.

The interdenominational Nelson Hospital Chaplaincy Support Group recently appointed Henk Lups to a Transition Ministry position. Lups will provide support to hospital patients who have been assessed for the first time as needing rest home or hospital level care on discharge from hospital.

Paul Tregurtha, a member of the Nelson Hospital Chaplaincy Committee says when hospital patients move from their private homes to a residence in a retirement village complex it can be a very stressful and vulnerable time, often accompanied by grief due to major losses in a person's life.

"They may feel a loss of independence and control, separation from their home and possibly their spouse, loss of regular contact with neighbours and friends and loss of self esteem," he says. "Such grief can express itself in sadness, anxiety, depression, loss of faith and even a sense of hopelessness."

He says in many situations this may be complicated by an older person having few family or friends to support them.

Transition Chaplain Henk Lups, is already providing chaplaincy on a voluntary basis within Nelson Hospital, making pastoral visits and building relationships with patients who have been assessed for placement in retirement villages.

His new paid position will require him to work closely with multi-disciplinary hospital staff including nurses, needs assessors and social workers, to ensure the patient receives the best possible holistic care.

Lups has been appointed initially for one year to provide ministry for up to 10 hours a week to patients who he will visit for a maximum six weeks after discharge from hospital.

A grant of \$15,000 to fund one year for this Transition Ministry has been received from two local Methodist Church Trusts – the Snowden Trust and the Green Gables Trust, with approval

from the Christchurch Methodist Central Mission and the Nelson Marlborough West Coast Methodist District Synod.

Paul Tregurtha says the Nelson Hospital Chaplaincy Support Group will continue to seek ongoing funds to ensure this new initiative continues into the future.

"Given our aging population, there will be an ever increasing need to provide ministry to elderly vulnerable patients whom Nelson Hospital assess as requiring placement in rest homes or hospitals within the many retirement villages in our district," he says.

A Transition Ministry pilot project ran in 2014 under the guidance of the Nelson Hospital chaplain, the Reverend Yvonne McLean, with oversight from the Nelson Inter-Church Hospital Chaplaincy Committee. The pilot scheme recipients were very grateful for the assistance they received from the service and confirmed the need for the ministry.



Nelson Hospital Transition Chaplain Henk Lups

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Alcohol and older people

Alcohol use often declines in older age but older people may be at risk of developing problem drinking – alcohol abuse or dependency – often triggered by significant life events such as loss of a loved one, loneliness, retirement, insomnia, illness or pain.

Older people are less tolerant to the effects of alcohol. As a result of aging, alcohol is not broken down by the body as efficiently. The ratio of body water to fat tends to fall and alcohol has a faster effect on the brain, meaning it takes less alcohol to become drunk and increases the risk of falls and injury.

Older people who drink alcohol and drive are at much higher risk of traffic accidents than those who do not drink. Alcohol interacts with many common prescription medicines and may be a reason for many older people to avoid or restrict their alcohol use.

Information for older people

As we get older, there are things we need to know about alcohol and our health.

We become more sensitive to alcohol's effects as we age. Some medicines can interact with alcohol. Alcohol can make medicines stronger or weaker, or make their side-effects worse.

Drinking too much alcohol can cause health problems. Alcohol can also make existing health problems, such as diabetes and mental health problems, worse.

Many people need to cut down how much alcohol they are drinking when they get older. Others need to stop drinking altogether.

It is never too late to change our drinking habits and help is available if you need it.

A new booklet by the Health Promotion Agency covers:

- how our bodies become less able to cope with alcohol as we age
- how alcohol affects certain medicines and health conditions
- how much alcohol is too much when you're older
- what older people can do if they think they have a drinking problem.

Order hard copies of the Alcohol and Older People booklet from www.order.hpa.org.nz/collections/alcohol



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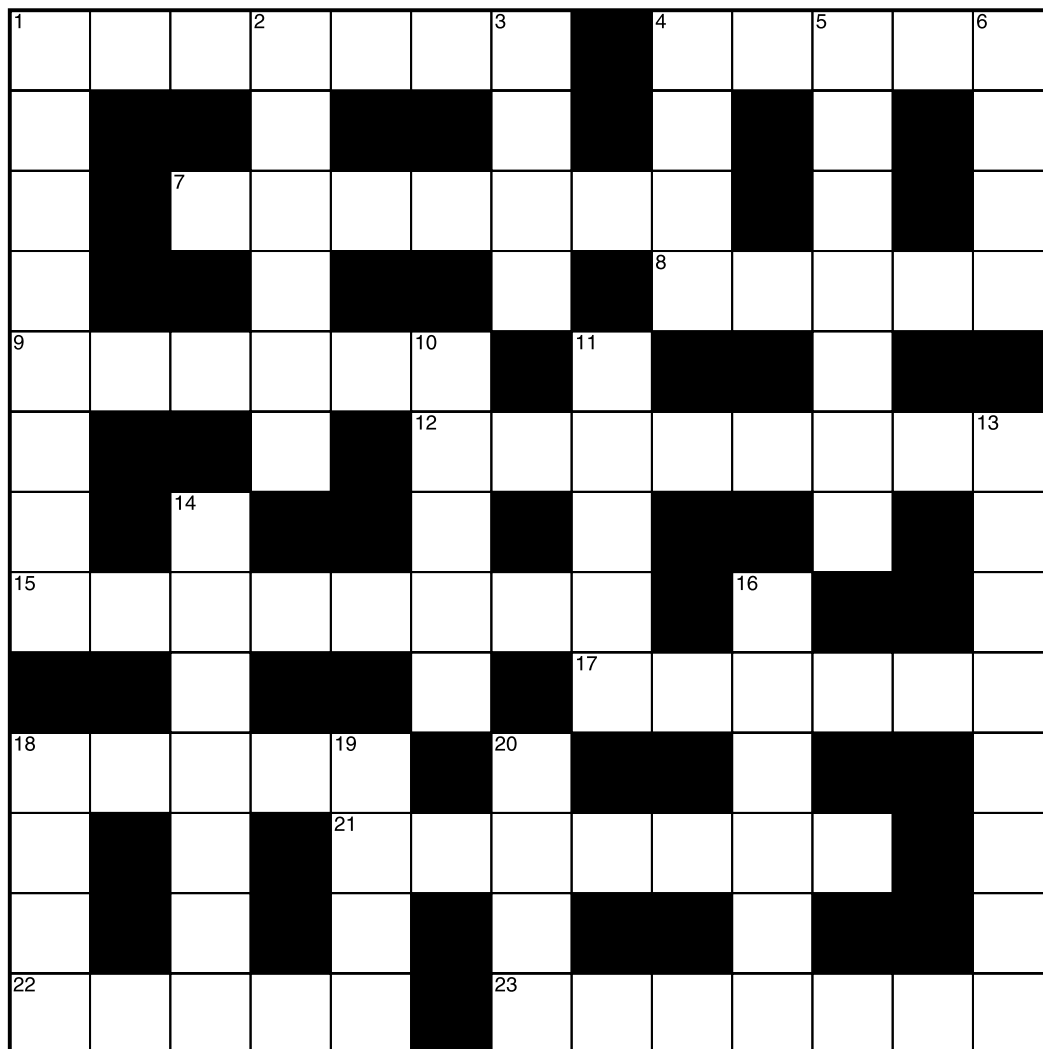
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Crossword



Clues

Across

1. Unpredictable
4. Alaskan river
7. Unsociably
8. Egg-like shapes
9. Mouthful of abuse
12. Lack of generosity
15. Mexican resort city
17. Filleting
18. Superhero magazine
21. Abhorred
22. Now
23. Wearing down

Down

1. And so on (2,6)
2. Not sinking
3. Coffee shop
4. Child's toy (2 - 2)
5. Massaged
6. Henpecks
10. Actress, ... Blunt
11. Chocolate substitute
13. Toiling
14. Drinks server
16. Propose
18. Chinwag
19. Potter's medium
20. Naked

Answers page 19.

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What's On

JUNE 2016

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



Ceol Aneas Traditional Irish Music Festival 2016

Friday 3 – Monday 6 June 2016

Experience the very best in authentic traditional Irish music "the pure drop" as traditional Irish musicians gather in Nelson for the Ceol Aneas Festival.

The festival highlight is the annual Concert on Sunday 5th June 7.30 pm at The Theatre Royal and featuring an exciting line up of top musicians. Tickets will be available from Ticket Direct and Theatre Royal. The Ceili Dance, with live musicians, will begin at 7pm on Saturday 4th June at St John's Hall and is fun for all ages. There will be traditional Irish music 'sessions' at venues around town. Highly regarded world-wide, the Ceol Aneas Festival attracts skilled musicians to Nelson and the sessions, with festival guests included, provide a lively atmosphere continuing on into

the small hours. There will also be a singing session on Saturday from 4 – 6 pm There is no charge to enter the session venues. Ceol Aneas pronounced (kee-ol an-ass) is Irish Gaelic for Music (Ceol) of the South. "It's a great weekend as there's no way you can separate the music from the 'craic' (fun)". Ceol Aneas 2016 is supported by Culture Ireland as part of the Ireland 2016 Centenary Programme. See www.irishmusic.org.nz for details.



Founders Annual Book Fair

Saturday 4 June – 12 June 2016

The Founders Annual Book Fair is a fundraiser for the park which runs for nine days each year starting on Queen's Birthday Weekend. Donations of books, recent magazines, board games, puzzles, DVDs and vinyl records can be left at the Windmill during opening hours, 10am - 4.30pm.

Ruby Coast Arts Winter Open Studios

Saturday 4 – Monday 6 June 2016

The Ruby Coast artists are throwing open their studio doors for Queen's Birthday Weekend. With 17 artists showcasing their art there's a fantastic variety of styles and mediums; paintings, prints, pottery, fused glass, furniture, weaving, textile and stone carving. The long holiday weekend gives plenty of time to explore their studios from Mahana, Mapua, Ruby Bay and Tasman. Download the RCA trail map from the website, or pick one up from participating artists. Maps can also be found at the Java Hut, Naked Bun, Mapua Library and Jellyfish Cafe in Mapua or visit the Ruby Coast Arts facebook page www.facebook.com/RubyCoastArts. 10 am – 4 pm daily, www.rubycoastarts.co.nz

Sport Tasman Give it a Go

Wednesday 8 June & 15 June 2016

Sport Tasman's Give it a Go programme is suitable for those wanting to try something new, or wanting to get more active but aren't sure what to try.

Aimed at the over 40's, 60's, 80's and beyond. This programme really is for everyone. We provide a non judgemental social environment along with access to expertise. Every Wednesday we have something new. Cost ranges from \$2 – \$5 per person which is collected and given to the provider for specialist instruction. 10 am, various venues.

8 June 10 am – Darts

15 June 10 am – Badminton

Contact Wendy Bettjeman at Sport Tasman to register your interest.

Ph. 03 546 3309 or Email: wendy.bet@sporttasman.org.nz.

Combined Orchestra Concert

Sunday 19 June 2016

Nelson School of Music is about to re-open. The Orchestral Pathway has been created to give musicians of

all ages, the chance to progress with their instruments, playing more and more complex music. Schola String Group, Junior and Senior Youth plus Greenhill orchestras will be taking part. The programme will include Finale, William Tell: Nimrod, 007, Mack the Knife: Slavonic Dance no 8, Hungarian Dance no 1, Norwegian Dance 2 and 3. 3 pm, Nelson College, 67 Waimea Road, Nelson. Tickets available on the door – Adult \$15 Family 2+2 \$25. Students Gold Coin.



Light Nelson 2016

Friday 8 – Tuesday 12 July 2016

Light Nelson is set to brighten up the winter with an outdoor gallery of brilliant light installations, clustered around the lily pond and massive trees of the city's historic Queens Gardens, Albion Square, and into the NMIT campus. In a collaboration of art, science and technology, over 40 artists let their creativity loose through a range of innovative media including laser technology, digital imagery, performance and music with high levels of interaction and surprise for the viewer. Light Nelson will be staged for the third time in 2016. It's an irresistible mix: a garden walk in the clear dark night of winter with magic moments of illusion, beauty, interaction and fun. The 2016 event will extend into the NMIT campus and what's more, thanks to huge sponsor support, admission to Light Nelson is free! The vision for Light Nelson is to become a bi-annual feature on the Nelson calendar of events – boldly standing out in winter as a beacon for the local community and visitors alike. Time 5.30 pm – 9.30 pm, Queens Gardens, Albion Sq, NMIT Campus – 322 Hardy St, Nelson. www.lightnelson.org.nz



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

Recreation & Service Directory

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

JUNE 2016

Golden Bay

Age Concern

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

Astanga Yoga

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

Belly Dancing

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

Genealogical Group

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

Gentle Exercise Classes

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

Golden Bay Contract Bridge Club

Leigh Ph 03 525 9744.

Golden Bay Garden Club

Diane Ph 03 525 6121.

Golden Bay Patchwork and Quilters Guild

Liza Ph 03 524 8487.

Hearing Therapy Services Life Unlimited

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

Indoor Bowls/Cards

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

Marble Mountain Country Music Club

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

Motupipi Indoor Bowling Club

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

Pohara Bowling Club

Jennifer Ph 03 525 9621.

Probus

Joan Ph 03 525 9224.

Puramahoi Table Tennis

Rene Ph 03 525 7127.

Relaxation and Restoration Yoga

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

SeniorNet [Golden Bay]

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

Sit and Be Fit

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

Tai Chi for Arthritis

Ann Ph 03 525 8437.

Takaka Golf Club

Ph 03 525 9054.

Takaka Golf Club Ladies Section

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

Takaka Spinning Group

Jan Ph 03 525 9374.

Takaka Table Tennis

Rene Ph 03 525 7127.

University of the Third Age (U3A)

Moira Ph 03 525 7202.

Upright and Able for Falls Prevention

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

Uruwhenua Women's Institute

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

Wednesday Walkers

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

Hope

Hope Midweek Badminton Club

Carolyn Ph 03 541 9200.

Nelson Veterans Tennis Club

Hope Courts every Thursday Ph 03 547 6916.

Mapua

Line Dancing

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

Low-Impact Aerobics and Pilates

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

Mapua Craft Group

Meets every Friday in the supper room at Hills Community Church from 10 am – noon for simple craft work. Plus guest speakers, demonstrations and group outings. Morning tea provided. Contact: Julie Cox Ph. 03 540 3602 or Email: juliecox@xtra.co.nz

Mapua Friendship Club

Mapua Public Hall Valerie Ph 03 540 3685.

Mapua Bowling Club

Dave Ph 03 540 2934.

SeniorNet (Motueka)

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

Motueka

Age Concern

Support services, information and advocacy to older people in Motueka. Our services include Elder Abuse & Neglect advice and support, and an accredited

visitor service for older people. Office: 62 Oxford St, Richmond. Ph 03 544 7624.

Better Breathing Classes

Held 2nd & 4th Mondays of the month starting from the 22nd February 2016 2.30 – 3.45pm St John's Hall, Motueka. Light exercise with a focus on breathing and relaxation. Ph Nelson Asthma Society 03 544 1562.

Cycling

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

Diabetes Support Group

Heather Smith Ph. 03 528 9689.

Gym & Fitness Centre

Studio Gym 275 Catherine Ph. 03 528 4000.

Hearing Therapy Services Life Unlimited

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

Indoor Bowls

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

Line Dancing

Thurs night, Motueka Memorial Hall, Pah Street, Motueka. 6.30pm Improver +, 7.30pm Improver & Upwards, finish 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 Scottish Country Dancing Club

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

Motueka Senior Citizen's Assn Inc

Pah st Motueka (behind the Motueka Library) If you are 50 plus you are welcome to come and participate

Indoor bowls – Mon & Wed 1.30-3.00pm. Contact: Terry 03 528 7104 or George 03 528 7960

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

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

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

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

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

Recreation & Service Directory

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

JUNE 2016

assistance is available.

Motueka Recreation Centre Senior Activity Programmes Mondays

Silver Sneakers: 9.30am, Cost \$4

Social Badminton: 11am, Cost \$4

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

Tuesdays

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

Boot Camp: 1pm, Cost \$5

Wednesday

60+ Gymmers: 10.30am, Cost \$4

Kick Start (GRx): 1pm, Cost \$5

Badminton: 2pm, Cost \$4

Thursday

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

Boot Camp: 1pm, Cost \$5

Friday

Walking Circuit: 9.30am, Cost \$4

Mini Spin: 1pm, Cost \$5

Motueka Social Dance Group

Dances at Mapua Hall, 7.30-11.00 pm.

Ph. Prue 03 540 2242.

Riwaka Bowling Club

School Rd, Riwaka

Kathy Ph. 03 528 4604

Pat Ph. 03 528 8347.

Riwaka Croquet Club

Sally Ph. 03 528 9704

Scottish Country Dancing

Valerie Ph. 03 543 2989.

SeniorNet [Motueka]

Computer learning for the over 55s at 42 Pah St.

Wendy Ph. 03 528 7105

Helen Ph. 03 528 6305.

Social Recreation

Kiwi Seniors (Motueka)

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 chris.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: dbsubmer@xtra.co.nz or Gretchen Ph. 03 548 8707.

Better Breathing Classes

Held 2nd & 4th Wednesdays of the month at 1.00pm Reformed Church, Enner Glynn. Exercise with focus on breathing and relaxation. Phone Sue for support and information, Nelson Asthma Society 03 544 1562.

Breast Prostheses and Mastectomy Bras

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

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. 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.

Community Heart and Diabetes Services

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

Golf Croquet

Nelson-Hinemoa Bev Ph. 03 548 2190.

Government

Superannuitants' Association Graeme Ph. 03 547 6007 Email: nelson@gsa.org.nz

Grandparents Raising Grandchildren

Paula Ph. 03 544 5714

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 service16+.

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 Creative Fibre

meets 2nd & 4th Tues of the month in the Jaycees Room at Founders 9am - 12pm.

Contact: Ann Ph. 548 1775 or Annette Ph. 545 0498 or see the Nelson Creative Fibre Group Facebook page

Nelson Dance Along

Ph. Rosalie 03 548 2236

Nelson Electronic Organ and Keyboard Club

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

Nelson Grey Power

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

Nelson Male Voice Choir

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

Nelson Petanque Club

Wed and Sun 1.15pm. You will find us behind the Trafalgar Park grandstand.

Drive in off Trafalgar Park Lane. Boules and tuition provided. Ph. Adrienne 03 545 0070 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, Ph. 03 546 8100.

Nelson Social Dancing Club

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

Nelson Scottish Country Dancing Club

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

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.

Probud

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

SeniorNet [Nelson]

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

Senior Service - Nelson Baptist Church

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

Sit and Be Fit

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

Sport Tasman

Give it a go - here is a variety of easy activity options for everyone to try out. Don't be old, be bold! New activity each week such as Tai Chi, Croquet, Petanque and Aqua Aerobics. Contact wendy.bet@sporttasman.org.nz or Wendy on 03 546 3309.

Sport Tasman Nelson

Give it a go – New activity each week such as Tai Chi, Croquet, Petanque and Aqua Aerobics. Contact Wendy. bet@sporttasman.org.nz or Wendy Ph. 546 3309.

Stroke Foundation Caregivers Support Group

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

Super Seniors (65+)

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

Support Works

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

Suter Art Gallery

Exhibitions, floortalks, 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 03 544 1562.

Body Power Pilates & Yoga Centre Richmond Town Hall

Sue Ph. 029 281 3735.

Bridge Lessons

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

Chair Yoga

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

Club 50

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

Croquet

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

Curves Stoke Richmond

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

Easy Exercise

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

Eucre

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.

Hope-Ranzau Women's Institute

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

Indoor Bowls for Seniors

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

Line Dancing

Wed night, Club Waimea, 346 Queen Street, Richmond 6.00pm Beginners Class (merges into 7.00pm Improver class and upwards, finish 8.30pm. Contact: Sue Wilson Ph: 03 528 6788 or 027 435 8700 or email: sioux.wilson@yahoo.com.au

Lunch on the Hill

Looking for food and friends? Church on the Hill, 27 Dorset Street, Richmond offers coffee and lunches. 11.30 am coffee, lunch served at 12.00 pm, first and third Tuesday of each month. Koha admission.

MenzShed Waimea

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

Nordic Walking

Taster Classes and courses with Physiotherapist Jacqui Sinclair. www.jacquinclair.com Ph. 03 544 1645.

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 Scottish Country Dancing Club

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

Richmond Senior Citizens Assn Inc

62 Oxford Street, Richmond Tuesday 1.30 pm – 4.00 pm – cards First Wednesday of the month there is a bus trip. Cost varies depending on where we go. There is also a lunch. Thursday Craft group 9.00 am – 12.00 pm, cards 1.30 pm – 4.00 pm Friday Exercise classes 10.00 am – 11.00 am. Cuppa afterwards. A hot lunch at 12.00 pm. Cost \$5. Rummikub 1.30 pm – 4.00 pm. Contact Pauline or Terry Stott Ph. 03 544 9174

Richmond Slimmers Club

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

Richmond Waimea Community Whanau Group

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

Recreation & Service Directory

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

JUNE 2016

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, followed by a cup of tea.

Senior Shape Up: Tues & Thurs 10.00—10.30am

Sit & Be Fit: Mon 10.30am

Chair Yoga: Wed 10.30am

Tai Chi for Health: Call us to find out when the next course starts. Ph. 03 538 0072 or email stadium@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, 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

Meet at Birchwood hall,

Richmond Showgrounds,

9.30am, 2nd, 3rd and 4th

Thursdays. Join us if you

want to learn to spin/ knit /

crochet/ felt/weave or if you

just want to meet others

who enjoy working with

fibre. For more information

contact Dianne

Ph. 544 9982.

Tahunau Women's Institute

Meeting first Thursday of every month.

1.45pm, Stoke Retirement

Village, 188 Songer Street,

Stoke. Contact: Colleen

Humphreys, Ph. 03 548 7902.

Tasman Tennis Club

Social tennis Tuesday

mornings 9.30 am, beside

the Badminton Hall,

Gladstone Rd. Coaching

sessions available. Kolie

Ph. 027 829 3306 or the

centre Ph. 03 544 6083.

Tasman Visual Arts Group

Last Wed of the month

(Feb to Nov) Richmond

Town Hall, Cambridge St.

New members welcome.

Steph Ph. 03 544 5126

Tai Chi with Gretchen

Richmond Town Hall and

Oakwoods.

Gretchen Ph. 03 548 8707.

Ukulele

Friday afternoons,

Oakwoods, lower Queen St.

Gretchen Ph. 03 548 8707.

Upright and Able for Falls Prevention

Free 4-week course for

those over 65 who have

had a fall. Ph. 03 543

7838 or email Cherie.

thomas@nbph.org.nz

for more information and

registration.

Veterans' (55+) 9 hole golf

Greenacres Golf Club, Best

Island, Richmond. Last

Monday of every month.

Ph. 03 544 6441.

Yoga

DruYoga class in Richmond,

Contact Fiona for details

Ph. 03 527 8095.

Yoga for the Stiff and Sore

Regular term classes with

Physiotherapist Jacqui

Sinclair.

www.jacquisinclair.com

Ph. 03 544 1645

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.

Better Breathing Class

First Wed of the month at

Ernest Rutherford Village

1.30pm, a physio-led seated

exercise class \$2 for Asthma

Society members \$5 for

non-members who are very

welcome. Phone 544 1562

for more details.

Breast Prostheses and Mastectomy Bras

11 Keats Crescent, Stoke,

Nelson. Helen Clements

Ph. 03 547 5378

www.classiccontours.co.nz

Chair Yoga at Saxton

Mondays 10-11a.m. Weekly,

gentle stretch and breathing

sessions in the cricket oval

lounge. Ph Delia 0212 398 969

Clogging/ Tap Dancing

Nelson Sun City Cloggers.

Georgina Ph. 03 545 1037.

Hydrotherapy

Ngawhatu Therapeutic Pool.

Day and evening sessions

Thelma Ph. 03 547 6384.

Nelson Savage Club

A social club for all

entertainers. Variety

Concert held at 7.30 pm on

the second Wednesday of

every month @ the Stoke

Primary School Hall, Main

Road, Stoke. Admission \$2.

Raffles. Supper. Everyone

welcome. Contact:

Sunny Ph. 03 547 2467

Anne Ph. 03 547 2660 (WK)

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

Comelia Ph. 03 543 2669.

Sport Tasman

Give it a go – here is a

variety of easy activity

options for everyone to try

out. Don't be old, be bold!

New activity each week such

as Tai Chi, Croquet, Petanque

and Aqua Aerobics. Contact:

Wendy on Ph. 03 546 3309

or Email: wendy.bet@

sporttasman.org.nz

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.

9.15am, Wednesdays, Stoke

Methodist Hall. Ph 547 6364.

Stoke Old Time Country Music Club

Stoke School Community

Hall. Every 2nd Sunday 6.30

pm. All welcome to a lovely

evening enjoying singing,

keyboards, piano accordians

etc. Contact: Dick Knight,

President 03 542 3527

Stoke Seniors Club

Contact Ruth, Karen or

Anne, on Ph. 03 547 2660

Email:

stokeseniors@xtra.co.nz

Regular activities:

Art class – Mondays 10.00

am. \$6.

Scrabble Club – Mondays

1.00 pm.

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 Ukés –

Thursdays, 10.00 am - noon.

Gold coin donation.

All the above classes meet in

the Stoke Memorial Hall.

Monthly Movie –

Ph. 03 547 2660 for details.

Housie – second Tuesday

and last Wednesday of the

month. \$5 a card.

Social Seniors Choir –

The Musical Demons meet

Thursdays from 11.00 am

to noon. Contact Anne.

Girls Own – Fridays

Lads @ Large – Fridays

Monday Out & About

Trips & picnics.

Thursday Out & About

11.00 am. A van tiki-tour.

Weekly Afternoon

Entertainment – contact

office for details. Also Tues-

Thurs Meals – a two-course

meal at midday for \$10

(members), \$12 (non-

members). Ph. 03 547 2660

to book (preferably by 9.30

am the day before).

Upright and Able for Falls Prevention

Free 4-week course for those

over 65 who have had a fall.

Ph: 03 543 7838 or email

Cherie.thomas@nbph.org.

nz for more information and

registration.

Yoga – Hatha

Maureen Ph. 03 546 4670.

Tapawera

MENZSHED

Contact: John

Ph. 03 522 4616 or Email:

menzshedtawawera@

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 96

**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 **Betty Don**

GOLD

By Betty Don

There's wealth in these hills, the goldminers said
and there was
By lakes, along valleys, in rivers and gullies
they sluiced, dug and panned all over the land
There's gold and we'll find it, the seekers declared
and they did

Miners long gone, growth colours the scars
left behind
Purple-spiked lupins, bright orange poppies
tussock on hillsides, tall yellow poplars
and, in the LIndis, golden-leaved willows
now thrive

There's wealth to be found in old Arrowtown
even now
At this time of year when autumn winds blow
leaves carpet the ground with colourful snow
It's a money-go-round as tourists flock in
with their gold

This issue's crossword solutions

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

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

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Wine Tasting in attractive surroundings. Winter Café, brunch, lunch, coffee, bookings welcome



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72 Hart Rd, Richmond
Phone/Fax 03 544 9463
wine@fossilridge.co.nz

10am – 3.00pm Wed – Sun WINTER
Closed Monday, Tuesday
and Public Holidays



Celebrations at the opening of 'The Cut', Nelson

The afternoon of Monday 30 July 1906 was an exciting day for the people of Nelson as over one thousand people flooded into the port area to witness the ship SS Rotoiti steam out through the new entrance to Nelson Harbour, now known as 'The Cut'.



Reference: SS Rotoiti, 30 July 1906, Nelson Harbour. Nelson Provincial Museum, Tyree Studio Collection: 182161

Over 800 passengers paid their sixpence fare and crowded onto the SS Rotoiti to take part in the historic event. People had queued for hours on the wharf to be amongst those to board and the vessel was full long before the ceremony was due to start at 1pm. The Nelson Evening Mail reported that hundreds had to be turned away, including an official party from the Harbour Board who had arrived too late to take their place on the vessel. Only after a special request from the Board Chairman were the party allowed to board.

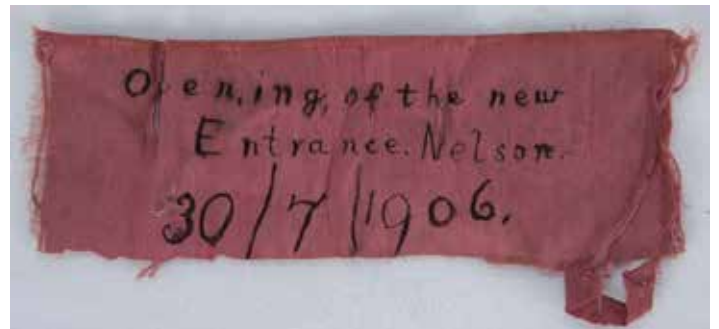
Newspaper reports described the excitement; the wharf was "lined with a throng" of enthusiastic spectators and the Port Hills were "crowded with onlookers". A tug boat had ferried hundreds of people onto Nelson's Boulder Bank to watch the SS Rotoiti as she traversed the new entrance cut through the rocks.

Charmingly, in the tradition of opening new buildings, a coloured ribbon had been strung across the water spanning the new entrance, awaiting the arrival of the ship.

The Nelson Evening Mail reported the next day that "the Rotoiti breasted the ribbon in fine style and broke through the light barrier amid rousing cheers from aboard and from the Boulder Bank".

The moment was spectacularly captured by a photographer from the well-known local Tyree studio. If you look closely at the image featured here the ribbon can be seen springing apart on either side of Rotoiti's bow. The picture, taken from a glass plate negative, is one of several images of the ship held by Nelson Provincial Museum, and makes up part of the Museum's sizable glass plate negative collection.

Amongst the crowds who gathered, only a lucky few went home with a snip of this ribbon which was sold from the wharf that afternoon for 1 shilling a piece. The piece of ribbon, pictured here, belonged to Captain Charles Scully and was donated to the Museum by a family member. Captain Scully captained a regular shipping service between Motueka and Nelson for many years and is likely to have taken part in the opening.



Reference: Ribbon. Nelson Provincial Museum Collection: NPM2011.19.1

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