

mudcakes & roses

THE MAGAZINE FOR NELSON TASMAN SENIORS

What's inside:

Rethinking older people and
employment

Hanmer, then and now

Dog-sitting your way to a
cheaper holiday

Stories from the Maitai

Plus food, books, club and event
listings and more



EDITOR'S *Letter*



Inevitably, the new year and my 68th birthday set me musing about time.

Although none of us is immune to the passage of time, it's easy to ignore this simple, incontrovertible fact when you are young. When you are older, the lined face reflected in the mirror makes the delusion more difficult to sustain. The biblical reminder that there is a season to everything and a time to every purpose (including dying!) is no longer quite so theoretical and raises some big questions.

As we age, should we engage more with the world or disengage from it? How do we live with a body that doesn't look or function the way it used to? What to do with the joys and achievements, griefs and regrets which inevitably accumulate over a lifetime?

Many of us feel a strong urge to record our lives, and our memories

of loved people and places, in family histories and memoirs. Many organisations are also keen to record personal stories in order to create social histories for the future.

In this issue, the history of Hanmer is implicit in Mary Ellen O'Connor's story of family visits to the town, and the social history of the Maitai is embedded in the stories collected by Jacquetta Bell for Nelson City Council's Story Map project.

If you need help and inspiration to begin recording your life stories, Nelson library' is hosting story-writing workshops this year. I'll be facilitating some of them – see details on page 5.

Warm regards

Ro Cambridge



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- Countdown
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Nelson

- New World
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- Fresh Choice

Wakefield

- Four Square



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PO Box 688, Nelson.

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On the cover

Photo by Andrea Piacquadio on Pexels.



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Thinking volumes

VOLUME is an independent bookshop stocking interesting fiction, incisive non-fiction, wonderful children's books and the best art and lifestyle books. VOLUME also hosts community events such as literary readings, writing courses, book launches and discussion groups.



Skunk And Badger by Amy Timberlake and Jon Klassen

No one wants a skunk as a flat mate. Badger lives alone in his Aunt Lula's brownstone in the township of North Twist. He's happy doing his Important Rock Work and he does not need any distractions or companions. Badger is not overly impressed when a skunk turns up with a small suitcase held together with string. Skunk has been invited to live in the house and somehow Badger has overlooked Aunt Lula's memo. This delightful book shows how two odd but ultimately loveable fellows learn to appreciate each other despite their differences.

Shuggie Bain by Douglas Stuart

Based on the author's own life, the winner of the 2020 Booker Prize tells of a boy coming to terms with himself and his world in Glasgow in the early 1980s. Abandoned by her husband and robbed of hope of a better life by Margaret Thatcher's policies, Shuggie's mother Agnes

tries to do the best for her son but is forever crushed by her alcoholism, poverty and despair. Shuggie's love for his damaged mother shines through with great tenderness in this heart-breaking but beautiful novel.

Shining Land: Looking For Robin Hyde by Paula Morris and Haru Sameshima

The writer and the photographer visit a series of locations in New Zealand in an attempt to capture something of the experiences there of Iris Wilkinson/Robin Hyde, brilliant, desperate, still refreshingly unassimilable to the literary canon. This is a thoughtful, moving, and beautifully produced book, full of sharp observations about the New Zealand literary community and wider society that made life difficult for this unconventional woman.

A Record Of The Life Of The Great Te Rauparaha by Tamihana Te Rauparaha

The 50,000-word account in te reo Māori of Te Rauparaha's life, written by his son Tamihana Te Rauparaha between 1866 and 1869, is at last published in a bilingual Māori/English edition, translated and edited by Ross Calman (another of Te Rauparaha's descendants). In this remarkable work, Tamihana weaves together the oral accounts of his father and other kaumatua to produce an extraordinary record of Te Rauparaha and his rapidly changing world. This book invites a thorough reconsideration of this historical figure. "There has never been a man equal to Te Rauparaha in terms of knowledge of warfare and prowess in battle, and in being so dedicated to looking after people." Tamihana Te Rauparaha

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Hanmer & Queen Mary Hospital

Viewing the history of Hanmer through a very personal lens, Mary Ellen O'Connor notes the many positive changes in this small South Island town while also mourning the fate of the Queen Mary Hospital.

I first visited Hanmer in the winter of 1955 with my parents, an aunt, and my two-year-old sister. I suspect the trip was a desperate attempt by my mother to enjoy a break from the family dairy farm in the quieter season.

Quieter, not quiet: it was a town supply dairy farm so there wasn't much off season at all. We stayed in a tiny cold cottage. The electricity meter clicked over loudly for the duration of our stay, reminding my parsimonious father of the exact cost of a holiday he probably didn't even want.

We swam, or rather were held afloat, in the water of pools which were an unfiltered, unappealing greeny-grey colour. You were expected to swim naked and for this reason the pools were segregated into mens' and womens' pools. My little sister exclaimed loudly as she struggled to come to terms with previously unexposed features of my mother's and aunt's anatomy.

A friend's visit to Hanmer in 1983 was not for a holiday, but for treatment at the Queen Mary Hospital, an addiction facility run by the government. She stayed for eight weeks, receiving treatment for her alcoholism under the watchful eye of professionals free of charge. Her parents, who supported her during her treatment, were also accommodated at the hospital. My friend remains sober to this very day, and attributes her recovery largely to the free, in-patient treatment programme she received at the Queen Mary Hospital.

The hospital was opened during the First World War,



serving first as a soldiers' treatment centre, then a convalescence home until about 1943, when it became a residential drug and alcohol treatment centre. By the 1990s, when a shift in politics meant that residential facilities were no longer favoured, the hospital was utilised less and less. The Queen Mary, looking rather dilapidated, was officially closed in 2003.

During the nearly 50 years since I first visited, Hanmer has gradually developed into a welcoming tourist town. When we visited in the 90s with our own children, we swam in pools that had been rebuilt, full of sparkling filtered water and without any segregation of the sexes. We rode bikes through the forests and climbed Conical

Hill. With no 4WD car, we attempted the road to the Amuri ski-field, completely destroying the clutch on the car in the process. For the return trip we jammed ourselves into a Sportspac van which, having ordered complete silence, my sister drove down the terrifying icy road with nine terrified and utterly mute children in the back.

Hanmer felt different again when my husband and I spent a night there in August 2020. It was a clear, calm and cold day, with low-lying snow. Swimming in the pools, I spoke to two resident Filipinas, while my husband chatted to some Indians. Bookings had become necessary at the pools during weekends, with visitor numbers limited because of Covid-19. In the evening, we had dinner at a little Indian cafe, one of several ethnic

restaurants now operating in the town.

For old times' sake I wandered the grounds of the disused Queen Mary Hospital. Sadly, although its frontage had been painted, the building was in obvious need of repair. The future of the place has become mired in conflicting interests - government finances, historic protection orders, new earthquake regulations, developer's plans and Waitangi settlements.

Nonetheless there is fierce public interest in getting the hospital reopened as a residential mental health and addiction facility. The hope is that with its beautiful grounds, peaceful atmosphere and proximity to the therapeutic Hanmer hot pools, it might once again offer the opportunity for healing and recovery it gave to so many in the past.



About the contributor:

Mary Ellen O'Connor is a retired teacher, now active in the community and interested in wider political issues, especially housing and accommodation for marginalised groups. She has written commissioned histories, a family history and if grandchildren allow, she may produce one more book before she exits...

A free writing workshop at the Nelson Library

Your today, is tomorrow's history

Designed to encourage older people to record their memories, this workshop will encourage participants to write with authenticity and heart, and transform their personal experiences into vivid and evocative prose.

Even the most apparently ordinary lives have something of the extraordinary about them. Writing about the everyday, honours our own lives, and the lives of the people we love.

This workshop, composed of two 1.5 hour sessions on two consecutive Saturdays, is designed for older people who want to write a memoir or family history, or contribute their stories to web-based social histories such as The Prow, or Nelson City Council's Story Map Project.

Tutor: Ro Cambridge

Until recently, Ro Cambridge was a columnist for the Nelson Mail and is currently the editor of Mudcakes and Roses. Ro was the co-creator of Couch Stories a live storytelling show now in its eighth year, in which ordinary people tell true stories from their own lives.



Where: **The Elmer Turner Library**

When: Part 1: 10.30am – 12.00pm, Sat April 10

Part 2: 10.30am – 12.00pm, Sat April 17

Booking: There is no charge for the workshop, but bookings are essential as places are limited. Book your place by emailing library@ncc.govt.nz Or Phone 03 546 8100

Remembering life in the Maitai Valley

Local journalist Jacquetta Bell describes interviewing Maitai 'old-timers' for Maitai Stories, an oral history project commissioned by the Nelson City Council. The stories will add another dimension to the Council's on-line Maitai 'story-map'.

Fred Shallcrass remembers sleeping on the open veranda of his Maitai Valley home, winter and summer. Jane Martin recalls Maitai trout cooked over an open fire. Maurice Gee looks back on swims with his daughters in the pools below their Cleveland Terrace home.

Oral history draws on personal memories like these, or of more significant events, to round out the factual historical record. For example, you can find old newspaper advertisements for the service car that ran school children down the valley to school. But Fred Shallcrass explains what this meant, as one of the driver's children: "Our worst thing, we had to be picked up at Fergusson's store and taken home every night – we couldn't play sport!"

To cover early Māori I turned to local historian John Mitchell. He described how their use of the Maitai is revealed in the very first survey map done just days after the New Zealand Company arrived in Nelson, when 'tenths' reserves were selected for Māori by Crown Agent Henry Thompson.

"When you look at the order in which Thompson made his selections, the first 20 odd were mahinga kai - food gathering places - on the edge of the estuary and up the sides of the Maitai River," John says. His interview



Generations of children have enjoyed cooling off in the Maitai River. This photo was taken at a pool near the Shallcrass' home above the Baptist Camp.

also covered the pakohe (argillite) quarry further up the Maitai, and how this resource was mined by early Māori.

While most of the stories are about Maitai childhoods, retired City Engineer Mac Crampton recalled the dramatic floods of 1970, when heavy rain fell over a four-day period in August.

"The Maitai River over-flowed its banks at the Maitai Valley Road, flowed down Nile Street and across to Pitt Street before crossing the Botanical Reserve at the foot of the hill," Mac recalled.

Unlike almost all the other bridges, the Hardy Street footbridge withstood the weekend deluge, but when the Monday flood peak reached town the sun was shining, and bystanders turned out to see the bridge swept away.

The interviews were done in the subjects' own homes, by videographer Fraser Heal. Hearing the stories firsthand was a real privilege but the challenge came in reducing those to short videos.

The short format makes them more likely to hold a viewer's attention, but there was so much detail in the stories that it was really hard to decide what to leave out and what to keep in.

You can see the Maitai Stories at: <http://bit.ly/3sV1hLk>

About the contributor: Jacquetta Bell

These days Jacquetta Bell fills her time with grandchildren, yoga, walking, trap monitoring on the Nelson hills and messing about in her garden. In a previous life she was a radio journalist, event publicist, media consultant and the founder of the Nelson Readers and Writers' festival.



Ro Cambridge



Expert medical advice freely available here

Whenever two or three older folk are gathered together it's safe to assume they share a high level of medical expertise.

Like contestants on Mastermind, they'll each have their own special subject. Mine is pericarditis. Others know all there is to be known about breast cancer, shingles, cataracts, heart attacks, diabetes, arthritis and the replacement of hips, knees and heart valves - in fact just about any of the thousand natural shocks that flesh is heir to. They're able to give lengthy perorations on the use (and misuse) of the internet as a tool for self-diagnosis and they can answer a breath-taking range of wild-card questions. An example. Which of the drugs you currently ingest is also causing the extinction of the Indian vulture? The correct answer is... drum roll please... Diclofenac!

Indian cattle dosed with this anti-inflammatory frequently die of renal failure and the vultures who feed on the carcasses die too. Fewer vultures mean more rabid dogs, more canines lead to more rabies and predatory raids by leopards on unwary village children.

Like any obsession, a passionate interest in sickness and ill-health can quickly alienate you from polite society. Which is why a huddle of fellow-sufferers is so useful. They are sources of information, encouragement and understanding when the rest of the world is bored to distraction, or busy running a marathon and scaling Mt Everest.

Illness loses a lot of its urgent glamour when you are past the acute stage. You are no longer the grateful recipient of anxious and solicitous attention. When

your complaint becomes merely chronic, you become a member of that invisible crowd, the Walking Wounded - no longer knocking on heaven's door but not out of the woods either. You consult specialists on high rotation, though not, strangely enough, the psychiatrist you feel most desperately in need of. And after you've been examined by cardiologist, oncologist, rheumatologist, or immunologist you feel somehow less than the sum of your parts: a haphazard collection of organs, cells and chemicals rather than a person.

For some there's an upside to all this subdued misery. When a young visitor complained of a headache recently, I offered her an analgesic from my vast supply. "That's what's so good about old people" she said, "they have such good medicine cabinets".



Our environment



The Amazing Bar-tailed Godwit

Meet Godwit 4BBRW, a world record-holder for non-stop avian flight. This little trojan arrived in Miranda, New Zealand on September 27 last year after flying eight days non-stop from Alaska, a distance of 12,050 kilometres.

A tiny satellite transmitter on the back of Godwit 4BBRW enabled its flight to be so accurately tracked. If you look very closely at the photo, you might see the transmitter's aerial protruding from below the bird's tail.

More than fifteen years ago scientists from Cornell University decided to find out where, after breeding in Alaska, godwits go on their long migrations between New Zealand and the Yukon delta. They surgically implanted these satellite transmitters into twelve godwits, captured using nets. In 2007 the research team watched in excitement as the birds flew for nine days without a rest, before arriving safely in New Zealand.

Many scientists rejected the hypothesis that godwits made this flight without a break. Only one biologist, Bob Gill, from the Science Centre in Anchorage believed they could. He calculated that during their time in Alaska, the birds put on enough weight to provide the huge energy expenditure required. The bird is also streamlined like a jet fighter plane and has powerful wings.

On the return journey, the godwits make a stop-over in Eastern China or North Korea to refuel. Scientists think that the huge sea walls built in these coastal areas are responsible for the gradual decline in numbers of bar-tailed godwits, globally. However, in 2016 China signed a Memorandum of Arrangement with New Zealand, pledging to protect the Yellow Sea coastal wetlands on the border between China and North Korea. In 2019 China's application to have three godwit sanctuaries listed as UNESCO World Heritage sites was accepted.

The Pukorokoro reserve at Miranda is the New Zealand centre for observation and research about godwits, but they can also be seen here in the Nelson Tasman region. Farewell Spit, the Motueka sandbar, and the tiny islands in the Eastern Waimea estuary are all home to godwits from September to March each year. I've seen them from the cycle trail between Richmond and Rabbit Island as well as from a kayak in the Motueka lagoon.

Motueka even has a welcome ceremony in September for the returning birds: now that we can track their movements, it's possible to tell exactly when they will arrive.

Godwits arriving in New Zealand may be only four months old – godwit eggs are huge, so the chicks are well-developed at birth and have a month or two to fatten up before the set off on their marathon flight, a few weeks after the adults. Kia kaha!

Columnist: Pam Henson

Columnist Pam Henson, a retired English and Art History teacher, is also an outdoors enthusiast, having studied the geology, flora and fauna of natural landscapes including caves. As a writer, she worked towards a master's degree in environmental studies with the intention of advocating for the environment. Contact Pam at e.henson@gmail.com



Food for thought



Eat Your Vegetables!

How many times did your parents insist that you eat your vegetables when you were a kid? Today, cookbooks and food guides, in print and on the internet, still commonly repeat this instruction. Why?

Well, vegetables provide us with a variety of phytonutrients, which while not essential for our bodies like proteins, fats, carbohydrates, minerals and vitamins, are good for us nonetheless. Studies suggest that phytonutrients have antioxidant and anti-inflammatory benefits which enhance our immunity.

The beautiful colours in vegetables are often indicative of the presence of phytonutrients. For example, green fruit and vegetables contain chlorophylls, carotenoids, anthocyanins and betalains. Other phytonutrient-rich foods include fruits, legumes, nuts, tea, whole grains and many spices.

The recipe for a vegetable frittata below is just one of the recipes I present in a series of free cooking classes called **Just Cook 4 Healthy Ageing**, starting at the end of the month. If you're over 65, and you'd like some inspiration and to improve your cooking skills, contact me for more information.

Vegetable Frittata

A frittata is a bit like a Spanish omelette with the addition of other vegetables. An ideal way to use up leftovers, it can be cooked on the stove top or in the oven.

Ingredients

- 6 large eggs
- ¼ cup unsweetened milk – dairy or non-dairy
- 2 minced garlic cloves
- Chopped fresh herbs and spring onions

- Grated cheese – tasty, mozzarella or feta
- ¼ teaspoon salt plus freshly ground black pepper
- A selection of vegetables

Method

1. Preheat the oven to 20°C.
2. Whisk all ingredients in a bowl.
3. Cook your chosen vegs in a little oil in a pan or boil in water.
4. Spread cooked vegs evenly in bottom of pan, sprinkle with fresh herbs and chopped spring onions.
5. Pour egg mixture over vegetables, then sprinkle with cheese.
6. Place dish in oven on middle shelf for 15-20 mins till set.
7. Cut in the pan and lift out when cool.
8. Nice served with crisp salad, lemony yoghurt, tomato salsa or relish, and crusty bread.

Columnist: Sally Rees

Sally Rees, a qualified chef, and Home Economics teacher, loves working with raw food and fermented foods. She teaches food classes in Nelson and enjoys no-dig gardening at the Waimarama Community Gardens. Website: www.naturalnosh.nz. Facebook: Natural Nosh.



See the person, not their age

A new government “toolkit” encourages employers to think differently about hiring or retaining older workers.

Older kiwis, over the traditional retirement age of 65, are staying on in paid employment now, more than ever before. By mid-century it is estimated that around 30% of the over 65s will be still working, and their contribution to the government’s tax income will be \$17 billion, thus helping to fund services for all New Zealanders.

It seems that as our population ages, New Zealand will increasingly rely on older workers to help keep the country running. However, as shown by the Government’s Employment Strategy, older workers can be disadvantaged. COVID-19 has complicated matters too.

So, towards the end of last year the Government launched a toolkit aimed at encouraging employers to hire or retain older workers, and suggesting ways to unlock their potential.

It teaches employers how to avoid ageist language in job advertisements, explains why they shouldn’t overlook older workers for training, and includes a quiz to test how much employment flexibility they offer their staff.

It’s clear from the results of a study into work and retirement by Massey University, that keeping people working has big benefits for the country. But, just as importantly, it can also improve the finances and wellbeing of older people themselves.

New Zealand, which removed compulsory retirement in 1999, has one of the highest levels of older workers among developed countries.

Interestingly, Nelson has bucked that trend with one of the lowest work participation rates for over 65s in New Zealand. A survey of workers and employers failed to identify exactly why this is so.

Although fewer older Nelsonians are choosing to stay in employment after 65, many actually need - for financial reasons - to keep working. This new toolkit might improve their chances of doing so.

For more information:

Employers and employees can check out the toolkit at www.business.govt.nz/mature-workers-toolkit.



Gardening tips and tricks



Late summer is here and I'm looking forward to March, which is the official start of autumn. I know it's not good to "wish my life away" it's just that I struggle to enjoy summer heat.

On the bright side, one of the loveliest things about our district is that we can plant some more summer crops such as courgettes, because we have an extended summer season. Planting courgette plants in February will ensure you have a home harvest right until the first frost.

Aubergine (eggplant) will be producing their bounty now – it's important to nip out the growing tips on the plants as this puts the energy into producing good sized, succulent aubergine. Harvest them when they are young, black and glossy because they can become dull and bitter if left on the plant for too long.

Traditionally aubergine slices are salted and rinsed before cooking to remove any bitterness. I tried this once but it was so labour intensive, that I tried cooking them without salting them and they were scrumptious. Try slicing them lengthwise, brush with extra virgin olive oil and sear them on the barbeque or under the grill.

It's time to think about planting for winter harvest. Good soil preparation is really important, especially if you've been growing a lot of summer crops in one particular area. Take out any that have died or have bolted to seed, weed thoroughly, then dig in plenty of compost and sheep manure pellets. The latter have been in short supply nationwide recently – if you have been having trouble finding them, take heart because Bay Landscapes always has them.

Peas love spring and autumn conditions so March is the perfect

time to sow another crop. I adore fresh raw peas on salads so I will definitely be sowing my favourite type – Greenfeast. I love this pea variety because it produces beautiful full pods of succulent peas plus it is also one of the only varieties I've managed to source, that is not chemically treated. If you would like some of these pea seeds, please don't hesitate to email me at foeslamb@xtra.co.nz for more information.

Petunias produce a wonderful display of flowers over a long period of time during the summer months. If you notice yours are looking straggly, cut them back quite hard and give them a good liquid feed or a side-dressing of sheep manure pellets. Before you know it, they will be putting on new growth from the base and they'll produce another lot of flowers until the first frost.

Columnist: Philippa Foes-Lamb

Philippa Foes-Lamb is a passionate plant woman and gardener, artist, writer and radio show host. She runs her own heirloom perennial nursery and grows top quality vegetable and flower seedlings, and perennials. Philippa sells spray-free vegetable seedlings from home. Contact Philippa at foeslamb@xtra.co.nz for further information.





The Webanaut

News and stories from the internet

Our webanaut Ro Cambridge searches cyberspace for interesting news and ideas on age, ageing and the lives of older people.

A Worn-Out Body and Few Savings

Ms Robinson is among the older, blue-collar workers featured in this article on the plight of the physical worker. "I'm really worried about being able to retire," she says. She already has aches and pains from years of working on her feet, but "because of the cost of living and having bills," she said, "you have no choice but to continue to work."

Read more:
<https://nyti.ms/3sVow7Y>

Spend All Your Money and Have Some Cheek!

When asked to give some advice to the younger generations, some of them came up with some brutally honest and unexpected advice.

Read more:
<http://dailym.ai/3a695I8>

The Benefits for of Co-housing for Seniors

In this TED Talk, Dr. Erica Elliot, speaks about the joys (and challenges) of co-housing from personal experience. She suggests that co-housing maybe the answer for baby boomers who cannot envision living in a traditional retirement home, but do want community and security.

Watch this TED Talk:
<https://bit.ly/3c7k5RR>

The Joy of Being a Woman in Her 70s

In this opinion piece from the New York Times, Clinical psychologist Dr Mary Pipher

Argues that many women have learned that happiness is a skill and a choice.

Read more: <http://nyti.ms/3sUR81t>

How to use these links to find out more

Open the web browser on your computer, mobile phone or other device, and type the 'bit.ly' link for the topic you're interested in into the search bar.

Uncomfortable on Purpose?

From uncomfortable benches to sidewalk boulders, objects that say "go away" can be hard to detect—until you start noticing them. This article from Wired argues that the hostile environments one finds in some towns and cities are made that way by design.

Read more: <http://bit.ly/368y9Xw>

An Advocacy Group for Older People With Over 38 million members

The American Association of Retired Persons (AARP) is a United States-based not-for-profit, founded 60 years ago, which advises and advocates on issues affecting those over the age of fifty. Its website is a cornucopia of news, advice and research on retirement, lifelong learning, health and technology and much more besides.

Its collection of free downloadable guides and workbooks on making houses, public amenities, businesses and neighbourhoods more liveable for older citizens is well worth a look.

Read more: <http://bit.ly/3cks0LN>

That's life

Make Holidays More Affordable

Although it seems that overseas travel won't be possible for the foreseeable future, there is plenty to see and do within our own country – as Tourism New Zealand has been busy telling us over recent months.

However, even domestic holidays can be expensive, when you factor in airfares, accommodation, petrol and so forth. As one whose budget is limited, I decided to investigate some low-cost holiday alternatives and came up with dog-sitting as an option. Some people prefer to have their dog cared for at home when they're away. Others leave it too late to book their beloved canine into a kennel and need to find a trustworthy person to look after their dog at home. Which is how I came to spend a couple of very enjoyable weeks in Martinborough

recently. My friends there acquired a puppy early last year – their first – so they were not aware that boarding kennels have to be booked a long time in advance.

It obviously helps if you know friends who are in this situation, but if you're starting from scratch, you can register your availability with www.trustedhousesitters.com or www.kiwihousesitters.com. Both sites are very helpful for anyone who needs a house/dog-sitter as well as those looking for dog-sitting opportunities. There is a fee to join and you'll be put through a thorough background check so it's best to allow plenty of time for this to happen. Once you've been accepted, you can start looking for opportunities.

At the very least you can expect free accommodation in exchange for being responsible for the property in the owners' absence,

which sometimes – but not always – includes the care of pets. Any travel costs you may incur will always be your responsibility, but when you weigh these up against free accommodation, often in some very desirable locations, then it's a pretty good deal.

It goes without saying that you will need to be an animal lover, and in the case of looking after a dog, there's quite a bit of responsibility involved, not least of which is regular exercise so be sure to pack your walking shoes.

It's worth remembering that should the world resume its normal status at some point, that membership of one or both of these sites can also provide the possibility of house-sitting in some exotic overseas locations too.

Columnist: Renée Lang

Renée Lang runs Renaissance Publishing, specialising in book publishing and packaging. She also offers non-fiction editing and proofreading services. When she's not glued to her computer, she enjoys cooking up a storm and walking her dog.





Our Community News and Information

Age Concern



A Happy New Year from all of us at Age Concern! Our office is open again and our regular services and activities (Elder Abuse Advice, Visiting Service, Tea & Talk, and Sing Yourself Well) have all restarted.

Our Summer Activities Series starts on 15 February and for six weeks there is a range of activities across the region, including Nelson, Stoke, Richmond, Motueka and Golden Bay.

Bookings are not required for these activities, simply turn up and enjoy!

Summer Activities Series

Tai Chi

- Mon 15 Feb, 10-11am, Founders Park, Nelson, meet on the Village Green.
- Mon 22 Feb, 10-11am, Botanical Reserve, Nelson, meet at Milton Street next to Clubhouse.
- Mon 1 Mar, 10-11am, Tahuna Beach/ meet at the Tahunanui Nightingale Library.
- Mon 8 Mar, 10-11am, Monaco Reserve, Monaco, meet by the playground.
- Mon 15 Mar, 10-11am, Isel Park, Stoke, meet in front of Isel House.
- Mon 22 Mar, 10-11am, Ngawatu Park, Stoke, meet by clubhouse off Suffolk Road.

Sing-a-Long in the Park

- Thu 18 Feb, 10-11.30am, Washbourn Gardens, Richmond, meet at the Fuchsia House.
- Thu 18 Mar, 10-11.30am, Faulkner Bush, Wakefield, meet at the playground.
- Fri 26 Mar, 10-11.30am, Cathedral Steps, Nelson, meet in the Cathedral Church carpark.

Spin Poi in the Park

- Tue 2 Mar, Broadgreen Gardens, Stoke, meet outside Broadgreen House.
- Thu 19 Mar, 10-11am, Isel Park, Stoke, meet in front of Isel House.

Walks

- Fri 19 Feb, 10-11.30am, Edible Walk, Orphanage Stream, Stoke, meet at Saxton Road East by Covent Drive (where walkway commences).
- Tue 23 Feb, 10-11.30am, Maitai Art Walk, Maitai Walkway, Nelson, meet at Miller's Acre Car Park.
- Fri 12 Mar, 10-11.30am, Heritage Walk, Miyazu Gardens, Nelson, meet in carpark off Atawhai Drive.
- Fri 19 Mar, 10-11.30am, Guided Walk, Centre of NZ Nelson, meet at the start in the Botanical Gardens, Nelson.

Seated Exercise

- Thu 25 Feb, 10-11am, Sit & Be Fit, Park behind Motueka I-Site, Information Centre, off Wallace Street, meet by Playground.
- Thu 4 Mar, 10-11am, Move Good Now, ANZAC Park, Richmond, meet by Age Concern Office, 62 Oxford Street, Richmond.
- Thu 25 Mar, 10-11am, Move Good Now, Washbourn Gardens, Richmond, meet by the Fuchsia House.

Tea & Talk in the Park

- Wed 10 Mar, 10-11.30am, The Village Green Takaka, meet in the Middle.

Get in touch with Age Concern Nelson Tasman

Phone 03 544 7624 62 Oxford St, Richmond 7020

Email ageconnect@ageconcernnt.org.nz

Website www.ageconcernnt.org.nz



Our Community News and Information

Monday Information Sessions

Our Monday Information sessions are resuming in March and we have a wonderful line-up of interesting and informative talks. Admission is by koha. Please register if you intend coming, please register.

DATE	INFORMATION SESSION	TIME
1 March	Healthy Hearts With Averil West from The Heart Foundation	10am-11.30am
8 March	Pilates for Older Adults With Tania Huddart, National Certified Pilates Teacher	10am-11.30am
15 March	About Dementia With Heather Lackner from Alzheimer's Nelson	10am-11.30am
22 March	"Just Cook 4 Healthy Ageing" With Sally Rees of Natural Nosh	10am-11.30am
29 March	Sleep Better With Chris Allison, Mental Health Promoter, Health Action Trust	10am-11.30am

Staying Safe Driving Workshop

The next Staying Safe Driving Workshop is on Monday 15 February in the Age Concern Hall, 62 Oxford Street. This free classroom-based course will help you re-familiarise yourself with traffic rules and safe driving practices.

It also increases knowledge about other transport options to help you remain independent for longer.

More Information:

To register for Monday Info Sessions or Safe Driving, please phone 544 7624 ext 4 or email community@ageconcernnt.org.nz

Positive Ageing Expo

The Positive Ageing Expo returns this year on 16 April (10.00 am – 3.00 pm) at the Headingly Centre, Richmond.

This popular event showcases the recreational, health and social services available in Nelson Tasman for older residents.

The Expo has been running since 2008 and attracts about 2,000 people each year.

If you are interested in having a stall at the Expo applications are available at www.tasman.govt.nz/my-community/events/positive-ageing-expo-registration-form/

Applications close 21 March 2021.

Help plan a bright future

In March, the Tasman District Council begins consultation on its 10-year plan – Planting Seeds for Tasman's Future.

The plan will determine which projects proceed, where the Council prioritises its efforts, and how much property owners will pay in rates over the 10-year period from 2021 – 2031.

From 4 March to 6 April 2021, the Council will be seeking the community's feedback on some of its big choices. Your input is important to making sure the best decisions are made for the future wellbeing of Tasman's communities.

Keep an eye on the website, tasman.govt.nz, in upcoming issues of Newline, and on the Tasman District Council Facebook page for more information on how to get involved.



Our Community News and Information

Maitahi Outrigger Canoe Club

The latest member of the Whai Rere (or Golden Masters) group of the club is 82 years old! The other members, all in their 60 or 70s are mere striplings compared to Robin Hughes of Wakefield who joined them for a paddle recently.

Whai Rere are actively looking for men or women 60 years and over with an interest in learning to paddle and participate in social & competitive waka ama events.

Contact: John Young, Mobile: 0211107547
Email: Oldwalrus.john@gmail.com

Hearing Awareness Week March 1 – 5

Hearing Nelson is marking Hearing Awareness Week with events in Richmond on Wednesday 3 March and in Nelson on Thursday 4 March.

Keynote speaker for the events will be Belgian neurosurgeon, Professor Dirk De Ridder, who is the Neurological Foundation Professor of Neurosurgery at the University of Otago. De Ridder is considered a world expert in tinnitus. His main research interest is the understanding and treatment of phantom perceptions (sound, pain), and he investigates how brain function might be changed to deal with the mechanisms common to very different conditions such as tinnitus, Parkinson's Disease, epilepsy, pain and depression.

De Ridder's talk will focus on the causes of tinnitus and its treatment. His approach is to treat tinnitus with brain surgery or non-invasive neuromodulation.

Tracy Dawson, Education and Communication Manager at Hearing Nelson will also talk on the negative effects of noise exposure and unsafe listening habits. Her talks will encourage a mindful approach to noise, the benefits of self-regulation and suggest how to find a balance between noise and quiet time.

For more information, contact Hearing Nelson for more details and to reserve a seat. Phone: 03 548 3270
Email: manager@hearingnelson.nz
Website: www.hearingnelson.nz

The Big Tiny House Expo

Can tiny houses provide an affordable first step to home ownership in New Zealand?

This is just one of the subjects that the Big Tiny House Expo will be tackling. The Expo which runs from 6 February to 5 April, will also demonstrate the personal and environmental benefits of tiny house living. It will showcase the eco-friendly, sustainable, and affordable nature of tiny houses, including innovative off grid solutions for household, power, water and waste systems.

At the Hui Centre during the Expo, public discussions, talks, presentations will take place which will be of vital interest to anyone interested in the tiny house phenomena including potential tenants, buyers and builders of tiny homes, lending institutions, landowners and local authorities.

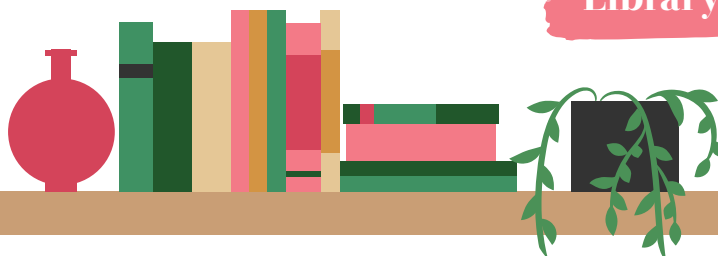
Special guest at the Expo is well-known tiny house enthusiast Bryce Langston, who is the New Zealand creator and host of the popular web series, Living Big in a Tiny House which has over 2 million subscribers.

Where: 76 Old Wharf Road, Motueka
When: 6 February – 5 April 2021, 10.00am - 7.30pm daily

More Info:
Phone: 021 277 0904 or
Email: info@bigtinyexpo.nz
Website: www.bigtinyexpo.nz



Tasman District Libraries



Poetry Competition

There's still time to take part in Tasman District Libraries' Book Spine Poetry competition. Compose a poem using only book titles as they appear on the book's spine. Then either photograph or write down your poem and email to pania.walton@tasman.govt.nz with your name, age and contact details. Or drop off your poem at Motueka, Murchison, Takaka or Richmond Library. You'll never read a book's spine in the same way again!

Have Your Summer Snaps Exhibited at the Library!

How did you spend your time over summer? Whatever you did, email your favourite summertime photos to us and we'll include them in our special Summer Snaps Exhibition at the Richmond Library. We welcome photos from any one of any age and it won't cost you a thing.

Send photos to pania.walton@tasman.govt.nz

Tenancy Law for Lunch

If you are a tenant, you need to find out about the changes to the Residential Tenancies Act which come in to force on February 11. Kaye Lawrence from Nelson Bays Community Law Service will explain the changes and answer your questions. The Residential Tenancies Law for Lunch session takes place at Richmond Library from 12.00pm-1.00pm on Tuesday 23 February. It's free to attend, everyone is welcome, and you can even bring your lunch.

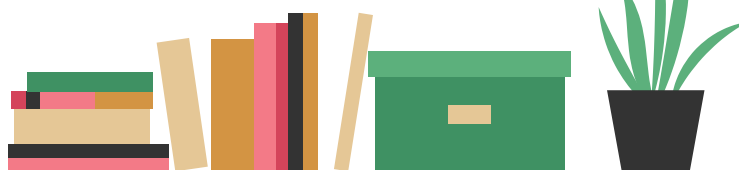
MORE INFORMATION

Phone: 03 543 8500

Website: www.tasmanlibraries.govt.nz



Nelson Public Libraries



Favourite Detectives, New Thrillers

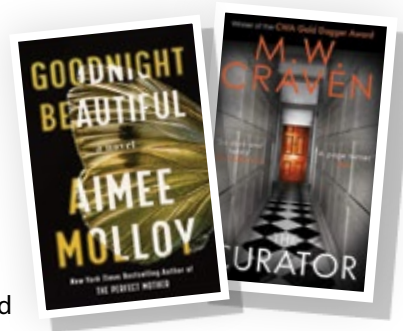
At the end of last year, we reviewed our lending records and discovered that our patrons' favourite read for 2020 was Blue Moon, by the prolific Lee Child although Michael Connelly, Paul Cleave, Harlan Coben and David Baldacci were also high on the favourites list.

We always like to add a few thrillers to our summer reading pile. If you also like a good page-turner to break up the heavier reading, try Chris Bohjalian, whose 2018 novel *The Flight Attendant* was a hit. His more recent *The Red Lotus*, is a twisting story of deceit set in Vietnam, with Alexis searching for clues to her boyfriend's disappearance. We have a number of Bohjalian's novels – in e-book or hard copy.

You won't be able to put down Australian writer Jane Harper's much-anticipated novel *The Survivors*, especially if you enjoyed her first book *The Dry* which was made into a recently released movie. Try *Goodnight Beautiful* by Aimee Molloy who writes great

psychological thrillers with female characters.


And finally, try the Washington Poe novels by M. W. Craven. The *Curator*, third book in the series, was published in late 2020. Hardened detective Washington Poe works in tandem with Tilly Bradshaw, a brilliant but socially awkward civilian analyst, to solve crimes in the moody setting of Cumbria.



MORE INFORMATION

Phone: 03 546 8100

Website: www.nelsonpubliclibraries.co.nz



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Today's families are bringing new values, preferences and opinions that are changing the world of funeral service. They are thinking differently about how they want to honour their loved ones and have new perceptions of the funeral service profession. Your requests and wishes are important to us at Marsden House. We reflect the changing cultural landscape by listening and actioning your requests and wishes.

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Janet

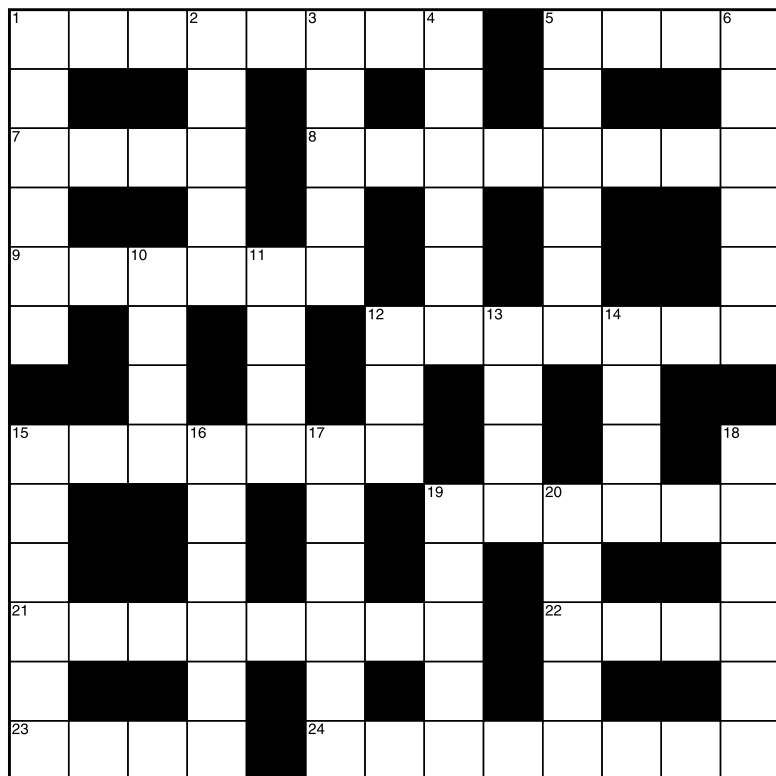


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Crossword



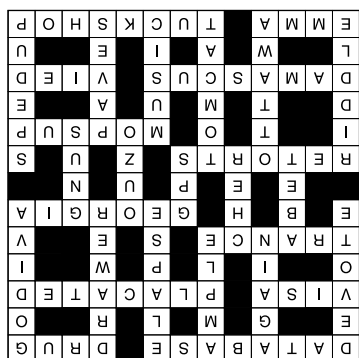
ACROSS

1. Information bank
5. Dope
7. Travel pass
8. Pacified
9. Hypnotic state
12. Atlanta is there
15. Answers back
19. Uses sponge (4,2)
21. Syrian capital
22. Contended
23. Actress, ... Thompson
24. School canteen (4,4)

DOWN

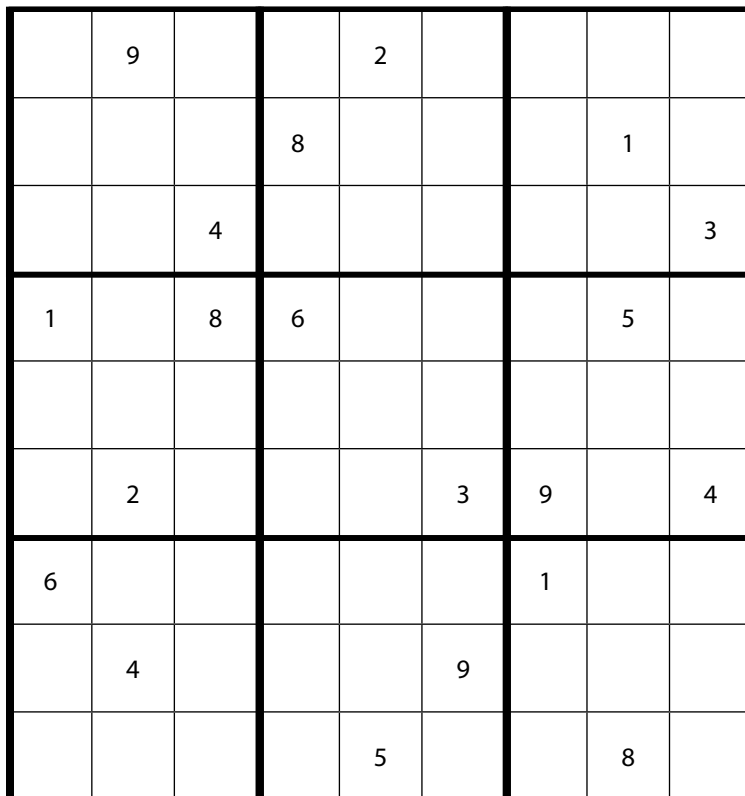
1. Dedicate
2. Encore!
3. More than enough
4. Go by (of time)
5. Slide-out desk compartment
6. Naked rider, Lady ...
10. Assist illegally
11. Single-name actress/singer
12. Sat nav system (1,1,1)
13. Greek drink
14. Wildebeests
15. Clever conundrum
16. Ontario city
17. Male feline
18. Accelerated (4,2)
19. Orchestra sound
20. Surfaces with flat bricks

Crossword solution

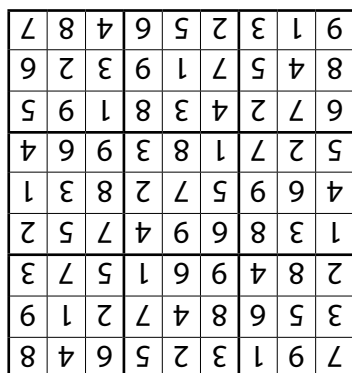


Sudoku

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



Sudoku solution



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

TASMAN AND NELSON DISTRICT

Age Concern

Elder abuse and neglect advice and support. Accredited visitor service. Phone 03 544 7624. Richmond Office: 62 Oxford Street. www.ageconcernnt.org.nz.

Alzheimers Society

Supporting all those living with dementia in our community. Phone 0800 004 001 / 03 546 7702.

Arthritis New Zealand

Sit and be Fit, Pool sessions at Nelson Hospital Pool. All services managed from Christchurch. An arthritis educator is also available. Free phone 0800 663 463.

Asthma Society (Better Breathing Classes)

New Better Breathing Circuit at Club Waimea. Phone 03 544 1562. Email asthma.nelson@xtra.co.nz. www.nelsonasthma.co.nz.

Brook Sanctuary

Volunteer with Brook Waimarama Sanctuary! We need Visitor Centre volunteers, hosts for public events, track cutting, invasive plant control, trapping and lizard monitoring volunteers. www.brooksanctuary.org.nz/support. Phone 03 539 4920.

Elysium Widow and Widowers Group

A small group who meet for friendship, coffee weekly, and meals out twice a month. New faces very welcome. Phone Virginia 03 544 0814.

Found Directory

An online directory of social and community groups and organisations across Nelson and Tasman. www.found.org.nz. Phone 03 546 7681. Email admin@volunteernelson.org.nz.

Friends social club

Welcomes single men and women (50+). If you are active, enjoy life and making new friends, join one of our weekly events. Includes walks, restaurants, movies, and pot luck dinners. Contact Rose on 021 128 3405.

Hearing Association Nelson

One in six people are hard of hearing. There is a link between untreated hearing loss and wider health issues which include dementia, falls and social isolation. Early intervention is recommended. Contact us at Hearing House, 354 Trafalgar Square, Nelson. Phone 03 548 3270. office@hearingnelson.nz.

Hearing Therapy Services Life Unlimited

Free MOH service. Understand your hearing levels, tools for hearing loss management including tinnitus. Clinics Nelson, Takaka, Motueka. Phone 0800 008 011 to book.

Mobile Nail Care

Toenail and fingernail cutting service at home or at your residential care facility. Phone 021 050 2373 (Dianna).

Nelson Public Libraries

Free library services at Stoke, Tahunanui and Nelson. Including free computer use, computer classes, wifi access, a home delivery service, local and family history information and regular events. Phone 03 546 8100.

Marching for Women 50+

Join a group of fantastic mature women for fun, fitness, and friendship. No experience required. Uniforms supplied. Phone 03 548 9527 (Diana). Email dianatony@xtra.co.nz.

Steampunk – Hickety Pic Southern Steamers

Nelson meets every second Wed, Prince Albert Hotel. Motueka meets every second Tues, Paper Nautilus Cafe. New members welcome, dress-up encouraged but not enforced! Costume and prop workshops, op-shop visits and promenades at markets planned. Contact via Facebook www.facebook.com/groups/721005124614168

Senior Net (Nelson)

Computer instruction (50+). Clubrooms at Pioneer Park, Hastings Street. Phone 03 548 9401.

Stroke Foundation

Enquiries to Anne-Marie, Community Stroke Advisor; Phone 03 545 8183 or 027 455 8302.

Upright and Able for Falls Prevention – for over 65's

2.5-hour session designed to help you stay independent/reduce your chance of having a fall. Phone 03 543 7838. Email marnie.brown@nbph.org.nz

Volunteer Nelson

Volunteering opportunities across Nelson and Tasman. A great way to connect socially and do something that interests you. Phone 03 546 7681. Email admin@volunteernelson.org.nz, www.volunteernelson.org.nz.

GOLDEN BAY

Astanga Yoga

Golden Bay Community Centre, Tuesdays 5.45 pm (Doris or Keryn). Phone 03 525 9525, Thursdays 9.00 am. Phone 03 525 9033 (Michelle or Pam).

Friends of Golden Bay

Phone 03 524 8130 (Don).

Genealogical Group

St John Rooms, A&P Showgrounds, Phone 03 525 8086 (Sally). Email pands@gaffneys.co.nz.

Gentle Exercise Class

(Through Golden Bay Physio Clinic) Golden Bay Community Health, Mondays 10.00 am – 11.00 am (Free). Phone 03 525 0105 (Erica). Email ericaphysiogoldenbay.co.nz.

Golden Bay Contract Bridge Club

Golden Bay Recreation Centre 2032 Takaka Valley Highway, Takaka Wednesday, 7.00 pm. Friday, 1.00 pm. Phone 021 567 221 (Lori).

Golden Bay Garden Club

Phone 03 525 8455 (Anne).

Golden Bay Patchwork and Quilters Guild

Phone 03 524 8487 (Liza).

Grey Power Golden Bay

Contact Michael Delceg (President). Phone 03 525 9530. Email greypowergb@gmail.com.

Indoor Bowls/Cards

Senior Citizens Clubrooms, Monday afternoons, 1.30 pm – 4.00 pm. Phone 03 5258464 (Klazien).

Marble Mountain Country Music Club

Fourth Sunday of each month at the Senior Citizens Clubrooms. Phone 03 525 9966 (Margaret).

Motupipi Indoor Bowling Club

Thursdays 7.30 pm at the Senior Citizens Clubrooms. Supper and games for \$3. Phone 03 525 9491 (Nancy).

Pohara Bowling Club

Phone 03 525 9621 (Jennifer).

Puramahoi Table Tennis

Phone 03 525 7127 (Rene).

Relaxation and Restoration Yoga

Yoga for all in Takaka township. Small groups for individual attention and private sessions. Learn how to use your breath and gentle movements to calm the body and mind. Phone 03 525 7422 (Terry).

SeniorNet (Golden Bay)

Beginner courses in home computing, based in clubrooms at Takaka Showgrounds. Phone 03 525 9569 (Sally). Phone 03 525 7465 (Morfydd).

Sit and Be Fit (\$2 donation)

Golden Bay Community Centre: Tuesday, 10.15 am – 11.15 am. Phone 03 525 8770 (Jacinda). Collingwood Memorial Hall: Thursday 10.00 am – 11.00 am. Phone 03 525 8770 (Jacinda) or phone 03 525 9728 (Jo).

Takaka Golf Club

Phone 03 525 9054.

Takaka Golf Club (Ladies Section)

Phone 03 5259 573 (Rhonda Lash).

Takaka Spinning Group

Phone 03 524 8146 (Margaret).

Takaka Table Tennis

Phone 03 525 7127 (Rene).

U3A (University of the Third Age)

Phone 03 525 7582 (Tim).

Uruwhenua Women's Institute

Second Tuesday each month, 1.30 pm. Phone 03 525 9491 (Nancy) for venue.

Wednesday Walkers

Meet at Information Centre Carpark, Takaka – depart 9.00 am. Bring morning tea/lunch, raincoat, light boots or walking shoes. Phone 03 525 7440 (Piers Macdaren).

HOPE

Hope Midweek Badminton Club

Wednesday mornings. Phone 03 541 9200 (Carolyn).

Nelson Veterans Tennis Club

Hope Tennis Courts, every Thursday. Phone 03 547 6916 (Leona).

Hope Social Indoor Bowls Club

Held at Hope Recreation Hall, Tuesday 1.30pm – 3.30pm. \$3.00 per session. We are a fun social group catering for everyone. New members welcome. Phone 03 544 3116 (Robin).

MĀPUA

Sioux Line Dance

Tuesday – Māpua Community Hall Beginner Class, 9.00 am – 10.00 am. Improver Class, 10.00 am – 11.30 am. Phone 03 528 6788. Email sioux.wilson@yahoo.com.au.

Low-Impact Aerobics and Pilates

Wakefield, Upper Moutere and Māpua. Phone 03 543 2268 (Lynda).

Māpua Craft Group

Every Friday in the supper room at Hills Community Church from 10.00 am – noon (term time only) for simple craft work. Enjoy guest speakers, demonstrations and group outings. Morning tea provided. Phone 03 540 3602 (Julie Cox). Email juliecox@xtra.co.nz.

Māpua Creative Fibre Group

Second Tuesday of each month, 10.00 am at Māpua Hall. All welcome, bring your work, learn or perfect your spinning, crochet, weaving, felting, knitting skills. Bring own lunch. Weaving group meets fourth Tuesday of each month, 10.00 am in each other's homes. Phone 03 528 4935 (Barbara).

Māpua Friendship Club

Māpua Public Hall. Phone 03 540 3685 (Valerie).

Māpua Bowling Club

Phone 03 540 2934 (Dave).

The Coastal Stringers

Meet at the Boat Club rooms, Māpua Wharf, Fridays 1.30 pm – 4.00 pm. Phone 03 540 3010 (Colleen) or 03 540 2627 (Diane).



SERVICE DIRECTORY

Taoist Tai Chi Internal Arts for Health

A variety of classes. Help yourself to better health. Suitable for all ages. Phone 03 545 8375.

The Probus Club

The Probus Club of Nelson City welcomes men and women as new members. We meet on the second Thursday of each month (except December and January) at 10.00 am, at The Nelson Golf Club, 38 Bolt Rd, Tahunanui.

Phone 03 544 0494 (Helen).

Ukulele with Gretchen

Nelson and Richmond, groups or private. Phone 03 548 8707. Email: kitesfun@gmail.com

U3A Nelson

University of the Third Age open to all retirees. Interest groups meet in own homes. Two-monthly meetings. The next meeting is at Elim Church, Main Road Stoke on 24 February from 10.00 am – 12.00 pm. The speaker is Ray Salisbury, author of "Tableland", the history of land behind Mt Arthur. All welcome. Phone 03 544 3057 (Nan). Email danvan23@gmail.com.

Victory Community Centre

Offers a variety of classes during term-time. Phone 03 546 8389. Email reception@victory.school.nz (for a programme brochure). victorycommunitycentre.co.nz.

Victory Laughter Yoga Club

Stretch, breathe, laugh, relax. Phone 03 546 8389 (Gareth).

Victory Senior Support

Cards and games. Meet every Tuesday at 1.30 pm at Anglican Church, 238 Vanguard Street, Nelson. Phone 03 546 9057 (Jan).

Victory Sit and Be Fit

Thursdays 10.00 am – 10.45 am, at Anglican Church, 238 Vanguard Street, Nelson. Phone 03 546 9057 or 03 547 1433 (Shirley).

Yoga

Dru Yoga classes. Phone 03 543 2125 (Sue).

Yoga

Hot Yoga Nelson. Phone 03 548 2298.

Gentle Yoga with Connie

Nelson Hearing House, 354 Trafalgar Square. Tuesday, 10.30 am – 11.45 am
Thursday, 5.30 pm – 6.45 pm
Richmond Headingly Centre
Wednesday 10.45 am – 12.00 noon
Connie Phone 5475331 / 0272976147
Email connie@jnc.co.nz

RICHMOND

Aqualite

Hydrotherapy Pool, Richmond. Aquatic Centre, Salisbury Road, Richmond. Mondays and Wednesdays, 8.00 am and 8.40 am. \$5 per session. Increase strength, improve balance and manage pain.

Badminton Richmond

Morning Badminton. Phone 03 544 44120 (Dawn).

Bfit4ever

Phone 021 078 8609 / 03 546 8444 (Nicola Rae).

Body Power Pilates and Yoga Centre

Richmond Town Hall. Phone 029 281 3735 (Sue).

Hope – Ranzau Women's Institute

First Wednesday of each month, 1.15 pm. Age Concern Hall, 62 Oxford Street, Richmond, visitors welcome. Phone 03 544 5872 (Brenda).

Richmond Bridge Club

Sessions Monday and Thursday, 1.00 pm (be seated by 12.45 pm). Wednesday 7.10 pm (be seated by 7.00 pm). For lessons phone 027 407 0274 (Leigh).

Creative Fibre Group

Meets at Birch Hall, Richmond Showgrounds at 9.30 am every second, third and fourth Thursday of the month. Learn to spin, knit, crochet, weave or felt. Phone 03 986 0079 (Margaret).

Chair Yoga

Thursday mornings 11.00 am. A gentle stretch and breathing class for every ability. Richmond Town Hall meeting room. Phone 021 2398 969 (Delia).

Club 50

A social group of mature adults looking for companionship, recreation and enjoyment, meets every Tuesday 9.30 am at Sport Tasman, Richmond Town Hall, Cambridge Street. All sessions, \$4. Phone 03 544 3955. Email club50@sporttasman.org.nz.

Richmond Croquet Club

Come and join us at 348 Lower Queen Street, Richmond. Have fun, make new friends, learn new skills. New members welcome. First three visits are free. Club days: Golf croquet 9.30 am – 12.30 pm Thursday, 1.00 pm – 3.30 pm Thursday, Saturday, and Sunday. Association croquet 9.30 am – 12.00 pm Wednesday and Saturday. Phone 021 757 468 (Kaye).

Easy Exercise

For men and women. Tuesdays, 10.00 am at Indoor Bowls Stadium, opposite Neill Ave. \$3 for Arthritis New Zealand. Phone 03 546 4670 (Maureen).

Sioux Line Dancing

Wednesday – Club Waimea, Richmond. Beginner Class, 6.00 pm – 7.00 pm. Improver Class, 7.15 pm – 8.30 pm. Phone 03 528 6788 (Sue Wilson). 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. Phone 027 289 0185.

Nordic Walking

Taster classes and courses with physiotherapist Jacqui Sinclair. For more information visit www.jacquisinclair.com. Phone 03 544 1645.

Pottery

Tutored classes at Craft Potters, 202 Ranzau Road, Hope. All welcome. No experience needed. Email info@craftpotters.org.nz

Richmond Bowling Club

Club Waimea – A roll up, Tuesdays 1.00 pm. Bowls provided. Phone 03 544 8060 (Jean)

Richmond Creative Fibre Group

Meets at Birchwood Hall, Richmond Showgrounds. 9.30 am every second, third and fourth Thursday of the month. Learn to spin/knit/weave/crochet/felt and meet others who enjoy working with fibre. Phone 03 544 9982 (Dianne).

Richmond Indoor Bowls

Mondays 1.30 pm – 3.30 pm, Richmond School Hall, Oxford Street. All welcome. Phone 03 544 7953 (Gwen).

Richmond Ladies Friendship Club

Meetings 1st Thursday of month at Richmond Church of Christ. Meet new friends, hear interesting speakers, share morning tea monthly outings. Contact Marion 03 544 4833 or Joan 03 544 1854.

Richmond Physiotherapy

Knee classes: Wednesday, 10.00 am – 11.00 am, \$10. Pilates: Tuesday, 12.00 – 1.00 pm, \$15. Pilates: Thursday, 5.00 pm – 6.00 pm, \$15. Senior Fit Class: Tuesday, 10.00 – 11.00 am, \$15. Phone 03 544 0327.

Richmond Scottish Country Dancing Club

Tuesday evening, 7.30 pm. Methodist Church Hall, Neale Avenue, Stoke. Phone 03 544 0902 or 03 541 8211. C Stanton, Sec RSCD club. Email cstanton@actrix.co.nz

Richmond Slimmers Club

Meet every Wednesday at the Richmond Town Hall, fun meeting. Phone 03 544 7293 (Margaret).

Richmond Waimea Community

Whānau Group

Network, share information and learn more about your community. Meets the first Tuesday of each month, 12.00 – 1.00 pm, Richmond Library. Guest speaker at most meetings. BYO lunch (tea and coffee provided). Phone 03 544 7624 (Sue Tilby, Age Concern).

Social Cards

Richmond Senior Citizens Rooms, 62 Oxford Street Richmond. Tuesday and Thursday Cards, 1.30 pm – 4.00 pm. Friday Rummicub 1.00 pm – 3.00 pm. Phone 03 544 5563 (Kath).

Sit and Be Fit

Mondays, 10.15 am. AMI Nelson Suburbs Soccer Clubrooms Saxton Field, Stoke. Gentle exercise to music, \$5 per person.

Sioux Line Dance

Wednesday – Club Waimea. Beginner Class, 6.00 pm – 7.00 pm. Improver Class, 7.00 pm – 8.30 pm. Phone 03 528 6788. Email sioux.wilson@yahoo.com.au.

Sport Tasman Richmond

Richmond Town Hall (RTH), 9 Cambridge Street. Phone 03 544 3955 (\$5 per group). Discounted non expiry concession cards available.

Monday and Friday; Easy-beat: 'High intensity' aerobic and circuit class for the more active (9.00 am – 10.00 am).

Shape-up: 'Low intensity' aerobic and circuit class for those getting back into fitness (10.30 am – 11.30 am).

ACC approved strength and balance programmes Club60+ Senior Adventures: (under 60s welcome too). Active fun, social recreation with weekly planned outings and activities Every Tuesday 9.30 am. Car-pooling available.

Richmond Tennis Club

Social tennis Tuesday mornings, 9.30 am beside the Badminton Hall, Gladstone Road. www.tasmantennisclub.info.

Tasman Aquarium Club

Meetings held second Monday of the month at 7pm. Keeping tropical freshwater, aquatic plants, marine fish and corals. Everyone welcome. Contact Robin 03 544 3116

Veteran's (55+) 9 Hole Golf

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

Yoga Classes for stiff and sore spots

Visit www.jacquisinclair.com for more information. Phone 03 544 1645.

Waimea Combined Friendship Club

Interested in making new female or male friends of a similar age and interests? We invite you to monthly meetings, 3rd Thursday 9.45am at Hope Church Ranzau Road with interesting speakers, outings and group activities. For more information phone 021 134 1013 (Claude).

Waimea Music Club

Alternate Sundays from 1.15 pm – 4.00 pm at Loney Hall, 4 Wensley Road, Richmond. Anyone is welcome to join in with a song etc or just come along and listen. Phone 03 544 5766 (Pat).

STOKE

Chair Yoga at Saxton

Weekly gentle stretch and breathing sessions in the cricket oval lounge. Phone 021 239 8969 (Delia)

Clogging/Tap Dancing

Nelson Sun City Cloggers. Phone 03 545 1037 (Georgina).

Dru Yoga Classes

Suitable for all ages and abilities. Monday 10.00 am – 11.30 am, Saxton Netball Pavilion Rooms, Stoke. Phone Fiona 027 655 12234.

Housie Evening

Stoke Rugby Clubrooms, Neale Avenue, Stoke. Wednesday, 7.15 pm – 9.45 pm. Phone 03 547 3230 (Buddy).



SERVICE DIRECTORY

Just Us Drama

Meets each Monday 10.30 am – 12 noon at Whakatu Presbyterian Church Hall Lounge, Upper Songer Street, Stoke. Rehearse skits and plays to perform to various groups. No previous experience necessary! Phone 027 547 8178 (Brian)

Nelson Savage Club

A social club for all entertainers. Variety Concert held at 7.30 pm on the second Wednesday of every month at Stoke Primary School Hall, Main Road, Stoke. Phone 03 547 4301 (Ken Holmes) or 03 547 3231 (Robyn Walsh).

Nelson Line Dancing – Stoke

All ages and genders. Gentle cardio. Methodist Church Hall, Stoke. Free morning tea, just turn up. Phone 027 4491 569 (Diane).

Ngawhatu Bowling Club

300 Montebello Avenue, Stoke. Friendly welcoming club. Roll-ups Thursdays at 1.00 pm. Phone 03 547 7485 (Kay).

Presbyterian Support

360 Annesbrook Drive, Nelson, 10.00 am – 3.00 pm (most days). Enliven Positive Ageing Services – social and activity day groups. Totara for older people. Harakeke for those with dementia. Refreshments and lunch provided. Van transport provided. Phone 03 547 9350 (Trish).

Safety and Confidence

Phone 03 543 2669 (Cornelia). Saxton Seniors, Saxton Stadium.

Senior Walking Group:

Tuesday and Thursday, 9.30 am – 10.30 am, \$5.
Senior Circuit: Tuesday 10.00 am, \$5 – low impact, all weather activity followed by a cuppa.
Senior Shape Up: Tuesday and Thursday, 9.30 am – 10.30 am.
Chair Yoga: Wednesday, 10.30 am.

Sport Tasman Motueka

Monday: Badminton/Pickle ball (social, all welcome), 10.30 am – 12.00 pm.

Tuesday: Sit n Be Fit, 10.30 am – 11.30 am.

Wednesday: Badminton/Pickle ball (social, all welcome), 10.30 am – 12.00 pm.

Thursday: Sit n Be Fit, 10.30 am – 11.30 am.

Friday: Badminton/Pickle ball (social, all welcome), 10.30 am – 12.00 pm.

\$5 per session or concession card or 10 for \$40. Phone 03 528 8228 (Wendy).

Tai Chi for Health

Phone 03 538 0072.
Email stadium@sporttasman.org.nz.

Stoke Bowling Club

Phone 03 547 1411 (Allen).

Stoke Old Time Country Music Club

Stoke School Community Hall. Every second Sunday, 6.30 pm. All welcome to a lovely evening of singing, and musical instruments. Phone 03 542 3527 (Dick Knight).

Stoke Tahunanui Men's Club

A club for active retirees. Activities include a regular monthly meeting with guest speaker on the third Tuesday of every month, plus outings and activities each week. Phone 03 547 7841 (Ian).

Stoke Seniors Club

Greenmeadows Community Centre, 391 Main Road Stoke. Phone 03 547 2660 (Karen or Mel). Email stokeseniors@xtra.co.nz.

Regular activities at Greenmeadows:

Art Class: Mondays 10.00 am, Cost: \$3.

Art tutorial once a month, \$5.

Book Chat: 1st Wednesday each month, 11.00 am. All welcome.

Mah Jong: Tuesdays, 1.00 pm, \$3.

Sit and Be Fit exercises to music: Tuesday and

Wednesday at 11.00 am, \$3

500 Club: Wednesdays at 1.00 pm, \$3.

Scrabble Club: Mondays 1.00 pm, \$3.

Weekly afternoon entertainment: Tuesday – Thursday. Contact the office for programme details.

Tuesday – Thursday meals: A two course midday meal for \$10 (members) \$12 (non-members). Please book (preferably by 9.30 am the day before).

Housie: \$5 a card. Please ring 03 547 2660 for dates.

Monthly movie: Contact office for details.

Stoke Seniors Choir: Meets Thursdays from 10.50 am – 11.50 am. Contact Anne.

Special trips: Monday outings – café lunch/picnic. Thursday – out and about local tiki tour from 11.00 am.

Girls Own: Monthly on Friday.

Lads @ Large: Monthly on Friday

Stoke Central Combined Probuss Club

Welcomes both men and women as new members. Join us on the fourth Tuesday of each month (except Dec and Jan) at 10am, at The Stoke Methodist Church Hall, 94 Neale Avenue, Stoke. Phone 03 9706872 (Rosemary).

Greenmeadows Community Centre

Flex 'n Flow: Thursdays 12.00 pm, \$8

Strength 'n Stretch: Mondays 10am, \$8.

Both above classes suitable for adults who want to stay agile, flexible and strong. Contact Leigh for more info on 021 547 811 or email leighsdream@gmail.com.

TAPAWERA

MENTZSHED

Phone 03 522 4616 (John).

Email menzshedtapawera@gmail.com.

Visual Art Society

Phone 03 522 4368 (Kay)

Walking – Tapawera

Rural Ramblers. Phone 04 541 9200.

WAKEFIELD

Live Well, Stay Well Activity Group

Meets every second Tuesday (mornings).

Phone 03 541 8176 (Sonja) or

03 541 8124 (Sandra).

Higgins Heritage Park

Pigeon Valley Road, Wakefield.

Open first and third Sunday of each month (September to May). Monthly 'Steam Up' and other event days.

www.higginsheritagepark.co.nz for details.

Email info@higginsheritagepark.co.nz

Phone 544 7096 (Diane).

Wakefield Bowling Club

Outdoor bowls, summer and winter.

Phone 021 220 1289 (Margaret).

Email wakefieldbowlssecretary@gmail.com

www.sporty.co.nz/wakefieldbowls

Walking – Wakefield

Rural Ramblers Phone 03 541 9200.

Willowbank Heritage Village

In Wakefield, open first Sunday every month from September to May. Stroll the village and visit our Victorian Café, 50s Burger Bar and 70s Milk Bar.

www.willowbankwakefield.co.nz

DO YOU NEED TO UPDATE YOUR DIRECTORY LISTING?

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Thinking ahead for peace of mind

Planning your funeral in advance is a sensible way of ensuring your wishes are adhered to as well as sparing your family or loved ones unnecessary worry about arrangements in their time of grief. There is no age limit. Young or old, the best time to plan is now. Planning leaves nothing to chance and gives you one less thing to worry about. It is also important to realise that once your plan is made, you are not locked into it. Our funeral planning offers flexibility to make alterations as circumstances change. Speak to the team at Waimea Richmond Funeral Services – Here to help with any questions you may have about options available.



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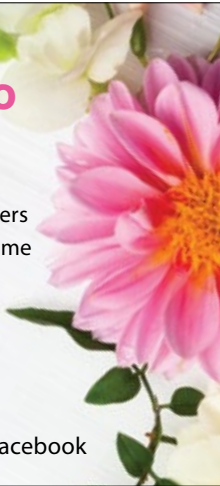
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