

mudcakes & roses

THE MAGAZINE FOR NELSON TASMAN SENIORS



What's inside:

Book festivals coming up: Pukapuka Talks and Māpua Literary Festival

Personal history – Living through the Japanese invasion of Hong Kong 1941

Nelson Women's Club celebrates its 95th anniversary

An old-fashioned solution to a modern problem

Plus directory of clubs and activities, food, books, gardening, and more

EDITOR'S *Letter*



The shabby fellow – never a woman for some reason – who paces city pavements bearing a placard reading “The End is Nigh” has been a cartoonist’s staple for years. Now, with unquenchable fires consuming forests in one part of the world and floods devastating others, the sad man with the placard seems more soothsayer than madman.

Unlike the placard-carrying cartoon man, and many news writers, Charlotte Squire, who we profile briefly in this issue, has decided to write only solution-centred journalism. Her green newspaper, *Climate Love*, is intended to instil hope not pessimism “in the hearts of all who read it”.

It is good to be reminded that kindness and generosity exist in everyday life and that the world is full of good intentions – not all of which pave the road to hell. This issue of *Mudcakes and Roses* contains evidence of this fact.

Our columns continue to highlight the simple (and harmless) pleasures of reading, gardening and cooking.

The preview of PukaPuka Talks shows how people can come together peaceably for discussion and debate.

Human ingenuity and brave spirit shine through the excerpt from Chris Potter's book, based on diaries and letters written by his mother during and after her internment (with him as a baby) in a camp during the Japanese occupation of Hong Kong. And our story about the Nelson Women's Club anniversary shows an organisation continuing to thrive through nearly 100 years of social and political change.

Warm regards

Ro Cambridge

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Where to pick up your next copy

Mudcakes & Roses is available at all Nelson City and Tasman District Council offices and libraries, as well as the following locations:

Richmond

- Oakwoods Retirement Village
- Tasman Medical Centre
- Night 'n Day Richmond
- Richmond Aquatic Centre
- Boulevard Café
- Summerset Richmond Ranges

Stoke

- Summerset in the Sun

Nelson

- New World
- Morrison Square
- Fresh Choice

Wakefield

- Four Square

You can also find it online at tasman.govt.nz/publications

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On the cover

Photo by Kraken Images on Unsplash.

Proudly published by:



tasman
district council

Te Kaunihera o

te tai o Aorere



Nelson City Council
Te Kaunihera o Whakatū

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.



Weird and wonderful things to make

If you've ever wondered how to make a purple rain mushroom fountain, a self-watering planter, turn your dog into wall art or renovate your anvil, this is the website for you.

No matter what your creative impulses are there'll be something to intrigue and delight you on Instructables. DIYers from all over the world have posted 1000s of detailed how-to instructions on the site, complete with plans and photos. Home improvement, knitting, furniture, motorbikes, cooking, robotics, hydroponics ... you name it, you'll find it here.

There's even a whole section devoted to things you can make with duct tape. Recommended entertainment and occupation for wet winter days!

Read more: <https://bit.ly/3zzxydA>

How do rest homes and retirement villages favour operators over residents?

The retirement commissioner has called for an overhaul of retirement village legislation amidst concerns that the rules favour operators

over residents. In this article on The SpinOff website, Donna Chisholm looks at the sector and the "systemic problems" that triggered the demand for reform.

Read more: <https://bit.ly/3xbIPiB>

Dogs fight Covid-19 with their noses

It's possible that dogs, with their sensitive powers of smell, might be used in the fight against Covid-19. Deployed in crowded public spaces like stadiums or transportation hubs, it's hoped that specially trained dogs will be able to identify people carrying the virus. Dogs are being trained in Thailand, the United States, France, Britain, Chile, Australia, Belgium and Germany, among other countries. They've already been used to patrol airports in Finland, Lebanon and the United Arab Emirates, and private companies have used them at American sporting events.

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

How dangerous are SUVs to vulnerable road users?

Pedestrians and drivers of small cars have become used to feeling vulnerable around the power and size of SUVs. The size, height

and poor outward visibility of these vehicles have been officially recognised as major factors in the rising fatality rates of vulnerable road users. This article on Bloomberg City Lab discusses the issue and reports how New York proposes the introduction of a safety rating system that will rank vehicles on the dangers they pose to pedestrians and cyclists.

Read more: <https://bloom.bg/3lhdUv>

A podcast focused on conversations with people over 70

Podcaster Max Linsky is host of the new podcast *70 Over 70*, about people over the age of 70. It wasn't until an exchange with his own father (aged 80) that he began to appreciate "a different kind of talk" with older people. He's put the learning to use in his podcast interviews with people over 70 about "meaning of life stuff". Interviewees like Dionne Warwick and Madeleine Albright, and many other less well-knowns, talk about the big questions: What does it mean to live well? What are we still searching for? And how do we learn to let go?

Read more: <https://nyti.ms/3l2EWdn>

Listen to the podcast: <https://apple.co/2TD0rWP>


 A photograph of an elderly man with white hair, smiling, wearing a blue and white patterned shirt. He is holding a book titled 'My Beautiful Island' by Chris Potter. The book cover features a black and white photo of a woman holding a baby, with a colorful abstract background. The text on the cover reads: 'My Beautiful Island', 'From England to New Zealand via Hong Kong and a War', and 'CHRIS POTTER'.

My Beautiful Island

Nelsonian Chris Potter spent his early years in a civilian internment camp in Hong Kong with his English mother, Norah, after his architect father John was killed during the Japanese invasion of the island. Using diaries and letters written by his mother and other records, Chris has crafted a book *My Beautiful Island – from England to New Zealand via Hong Kong and a War*. This excerpt begins just before the death of John's father in December 1941.

It is difficult to start an account when nearly two months have gone by, but my memory is still fresh of those days, and I want Christopher to read of them in the future ...

"Norah," said Leo from his house on The Peak, "Raeder and I want you to bring your baby and come now to live with us."

"But why?" I said, "Why?"

"Why?" said Leo, "We are at war with Japan. We've been watching them bomb Kai Tak".

So, I said I would go ... I packed the house, all the carpets and the ornaments, all my clothes and Christopher's, some to take to Leo's, most to leave in the hot room. All my lovely linen and my jewellery in my camphorwood box.



We had our last meal together, grilled steak, I remember, with onion and a fried tomato and sliced banana ...

John unpacked and changed into his uniform ...

So young and schoolboyish John looked.

Then he drove us to Iris's, amah and my darling Judy [the family dog] and our luggage in the back, John, Christopher and I in the front – our last and only drive together as one family.

I remember crying ... and John said, "It's been wonderful but there's lots more to come, they say the first two years are the worst. I'm glad we've come the long way round," he said, "we can have longer together so."

We saw each other only once again, two weeks later, when he came in from Tai Tam as an escort to the Governor. He looked a proper soldier then, sticking out and hard in front with tin hat, gas mask and my binoculars, and rifle slung behind – he bent over Christopher in the cot niched between two pillars in the cellar. "Take care of yourself," he said ...

It was about 3pm that it began, I think, maybe a little earlier. The shells were much nearer this time – we could hear the whine and crash over and over again ...



Sketch of Norah and Christopher by a fellow internee in Stanley Internment Camp (1942)



Norah and Christopher, taken for propaganda purposes by a Japanese gendarme in Stanley Internment Camp (1942)

You could hear the planes and you knew that when they roared away you were safe, but shelling – a whine like a siren and then crash, one minute silence, then again, another silence, again, and so on for an hour.

Raeder made us pack suitcases with necessities and bring them downstairs and I brought a suitcase of tinned food and put it under the stairs. And the twelve of us sat in that cellar lighted by one candle till 4pm. Then we heard a crash and knew the house was hit... A pause. I can't remember much, but I know I had Christopher in my arms, and I was crying. It was so slow. And then came a fearful explosion, the candle blew out, I heard screams and falling glass and the cellar filled with the smell of ammonia and we couldn't breathe but crushed towards the barred windows and dragged away the mattresses, thrusting the coughing babies as close to the air as we could.

The funny thing was, there wasn't any more fear in me, I knew death had been close but had gone by and I knew we were safe ... But we none of us wanted to spend the night

in that barred cellar so we moved our bedding onto an open veranda place, very cold and draughty. We covered the floor with blankets, mattresses, and rugs, blocked up the doors and windows, or rather the spaces in the walls with mattresses and slept higgledy piggledy out there.

Towards dawn Iris and Raeder crept out to salvage something from the house, and I crept to our old bedroom and thrust some things into a bundle. In this way I managed to get my engagement ring and the sapphire John had given me for Christopher thank God.

My Beautiful Island is available from Volume, Paper Plus and Page & Blackmore as well as the Nelson, Tasman and Māpua libraries.

Contact Chris Potter:
chrispotter@hotmail.com or 03 545 2198.



Food for thought



Limes ahoy!

In the 1800s, Scottish naval surgeon, Sir James Lind, observed that sailors who ate citrus fruit did not suffer from scurvy – a disease resulting from Vitamin C deficiency. As a result, sailors were required to drink a daily ration of lime juice. That's why sailors became known as *Limeys*.

To me, limes are a luxurious fruit because they add such an amazing flavour to anything they're used in. They will raise your food to the next level! The two main lime varieties are Mexican (or Key), and Persian or Tahitian (or Bearrs). Limes are normally harvested when dark green and turn yellow when fully ripe with maximum juice content.

The lime season in New Zealand is from February / March to September. Most out-of-season limes come from Mexico and their availability is dependent on the climate there. If you decide to grow your own, you will have to wait at least three years after planting to see any fruit.

Here are some useful tips on making use of limes all year round:

- Stock up on limes when they are in season and a lot cheaper.
- To extract the maximum amount of juice from limes, microwave for 10 seconds before squeezing. Pour into ice cube trays and freeze, then pop out the cubes and store in bags in the freezer. Remember to label them clearly for future use. I use masking tape and a marker pen.
- The lime flavour is concentrated in the peel so grate the zest before juicing, and freeze that too. You can even freeze the whole fruit.
- If you intend using the limes within a few days store at room temperature and wash before eating. If you suspect they have been sprayed soak them for 10 minutes in a solution of either baking soda or apple cider vinegar to reduce chemical residues.
- Kaffir lime leaves are often used in Asian cookery and if you can find them, finger limes are worth growing for their juicy caviar-like pearls inside.

Try this lime mousse for a delectably simple dessert or indulgent breakfast. Serves two.

Lime mousse

- 2 ripe avocados
- Zest of 1/2 lime
- 2 tablespoons lime juice
- 2 tablespoons raw agave syrup or honey
- 120ml water

Blend all ingredients until smooth and creamy. Serve in beautiful glasses, garnished with a dollop of coconut yoghurt and a twist of lime on the side. As a delicious alternative you can substitute a thick mango puree for the avocados in this recipe.

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.





That's life



Nothing like a good (digital) book?

Some of us enjoy pottering around the house, some of us are gardeners. Some of us enjoy catching up with friends and some of us are readers. Readers get an enormous amount of pleasure from immersing themselves in a good book. The hours in a day can speed by when you've got your nose buried in an addictive yarn of some sort – fiction or otherwise. And it's always good to have a book tucked somewhere handy if you're going to be stuck somewhere for any length of time.

If you're a great or even a casual reader, then chances are you'll be a member of your local library so you'll know what a great community service your library provides. But life has a habit of chucking the occasional curve ball our way, especially as we get older.

This may reduce our mobility and sometimes even reduce our sight. Both can affect our ability to choose and check out a library book. Friends and family are usually happy to pick up and return books for us, but there's nothing like choosing your own books.

Here's where technology can be your friend. If you have a smartphone or other device, and an internet connection, you can now select and borrow books from the library online.

If your sight is impaired, you can download audiobooks too and experience the pleasure of being read to. Remember how enjoyable it was when as a child a parent or older sibling read to you?

To borrow from the library online you need to download an app such as Libby or Borrowbox from the library's website. Enter your library card number and you'll have instant access to a range of ebooks or audio books.

There are limitations on which books are available from a particular library – it depends on licensing arrangements with publishers – and not all books have audio versions.

An audiobook is usually available for at least two weeks and providing no one else is waiting for it, it's possible to extend the loan time. No need to return the book: it returns itself at the expiry of the loan period!

So go on, why not recreate the simple but very satisfying pleasure of being read to, rather than reading a book yourself?

Library staff are happy to help make sure your device is suitable for digital books and will help with the initial set-up process.

NELSON LIBRARIES:
www.nelsonpubliclibraries.co.nz

TASMAN LIBRARIES:
www.tasmanlibraries.govt.nz

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.



Pukapuka Talks connects authors with readers, and each other



Kim Hill



Steve Braunias



Hinemoa Elder

The 2021 Nelson Arts Festival's readers and writers programme, Pukapuka Talks, will give readers a chance to hear from their favourite authors, as well as connect with each other. Coordinator Kerry Sunderland shares some highlights of Pukapuka Talks which runs over Labour Weekend (22 – 25 October) this year.

This Labour Weekend, 28 of Aotearoa's leading authors and change-makers will come together over four days for kōrero about their latest books, the lives that have informed them and how the written word enables them to explore the issues that matter to us all: family dynamics; our relationship with the natural world; how we can respond to the climate crisis; our dance with the ebb and flow of time; individual, whānau and community wellbeing; and universal human rights.

Since its release in March, the literary world has been abuzz about Charlotte Grimshaw's explosive memoir, *The Mirror Book*, and in our first session, she'll update us on the impact its release has had on her relationships

with her "literary family", including her father CK Stead, mother Kay and siblings Oliver and Margaret, as well as its influence on her own writing.

Another highlight is "Whaiora: Reimagining Wellbeing", a kaupapa Māori session. NMIT Director Māori Olivia Hall (Ngāti Rārua) will facilitate the kōrero with psychiatrist and author Hinemoa Elder (who recently made it onto one of Oprah's Book Club lists for her whakatauki collection, *Aroha*), Wakatu Incorporation CEO Kerensa Johnston, poet Ruby Solly and lifestyle blogger Hana Tapiata on the panel.

Founding readers and writers programme coordinator Jacquetta Bell QSM will explore the topic, "The Mansfield Legacy: Blessing or Curse" with Airini Beautrais, winner of this year's Acorn Fiction Prize at the New Zealand Book Awards for her short story collection, *Bug Week*. She will be joined by Grimshaw, who also won the top fiction prize for her short story collection, *Opportunity*, back in 2008. There's bound to be a lively discussion about where real life and fiction intersect.



Arts Alive!

After the sell-out 2019 Pukapuka Talks session, "Time to Act", Kim Hill returns to Nelson to facilitate a follow-up conversation about climate change with Jason Boberg and Kera Sherwood-O'Regan, both contributors to *Climate Aotearoa* (the new book edited by Helen Clark), Dave Lowe (author of *The Alarmist*) and Mike Joy, New Zealand's leading freshwater ecologist and the author of two books on this topic. This session, "The Crucial Decade: Responding to Climate Change", and, to ensure it is accessible to as many people as possible, will be held at the Theatre Royal, unlike most other Pukapuka Talks, which will take place at the Suter Theatre.

For true crime fans, there's a chance to hear from two of New Zealand's leading journalists, Steve Braunias and Jared Savage, who will be interrogated by crime writer Alan Carter about their new books, *Missing Persons* and *Gangland: New Zealand's Underworld of Organised Crime*.

"Wāhine Wahapū" is a special free / koha event at Red16, featuring former New Zealand Poet Laureate Selina Tusitala Marsh and two of Aotearoa's most extraordinary young poets, Tayi Tibble and Ruby Solly.

They will perform poems from their latest collections and works in progress.

If you lived in the Top of the South in the 70s and 80s, you won't want to miss "Once Were Hippies", in which Braunias quizzes filmmaker and memoirist Miro Bilbrough about *In the Time of the Manaroans*. Set in the Marlborough Sounds and Nelson, it's brimming with local personalities (perhaps you might even know some of her parents' exes who've made contact with Miro since the book's release last year).

Pukapuka Talks runs over Labour Weekend (22 – 25 October 2021) as part of Nelson Arts Festival, which kicks off on 21 October and runs through to the end of the month.

For the full programme visit www.nelsonartsfestival.nz

Small but perfectly formed!

Māpua Literary Festival, 24 – 26 September 2021

In September this year the Māpua Literary Festival celebrates local writing with a line-up of over a dozen writers from the Top of the South.

The festival will also include theatre performances for children (and the young at heart!) plus a workshop on storybook illustration.

More information and full programme at www.mapuacommunitylibrary.co.nz





Our environment

Rocky landscape along Roxburgh Gorge beside the Clutha River

On yer bike!

What's all this fuss about cycling? Don't they know bikes are dangerous, hard work, unsuitable for bad weather? And that cyclists are irresponsible, don't pay registration fees, get in the way of cars?

Haven't we all seen cyclists blithely ignoring traffic signals or racing along a busy road, weaving and wobbling amongst the cars? Besides, some of us are too old for cycling. We don't want to feel guilty for driving our cars when it's raining, or we have bulky shopping to do.

Well, here's the basic pro-bike argument: climate change is coming, whether we like it or not. If we don't want to fry, we have to undo the environmental damage humanity has wreaked in the last 170 years. One way to do this is to give up petrol and diesel: use a bicycle instead.

Cycling is good for your health, good for the towns we live in and good for the planet. If the hills are too demanding, an ebike may be just the ticket. Ebikes are expensive. I could have bought two old cars for the price of my new ebike, a *Moustache*. But soon second-hand ebikes will be available, and if you buy one you can enjoy the virtuous glow of the less polluting mortal.

Biking is also fun. Recently I spent two weeks in Roxburgh and cycled part of the Clutha Gold trail. It was very cold. The track wound along beside the river, undulating gently between lines of skeletal trees. The only other cyclists were three small groups of similarly elderly women, all similarly bundled up in layers against the chilly air. We waved as we passed. As for age, my friend Gwen is around 90 and still cycles everywhere.

I still pay registration for my car, although when cycling I'm not using up road space nor wearing out the road. With my two panniers I can do a weekly shop and get home with very little effort. The car stays in the garage. When rain spoils the day, I can use the internal combustion engine, which also comes out for longer journeys.

Soon towns in New Zealand will get wise and start building apartments in urban centres so the streets aren't empty at night. Local shopping hubs will allow us to walk to work or to the shops. Urban authorities will improve public transport so that we can hop on a bus without an hour's wait, and travel in comfort. They will make parks in town centres so that the garden is not the only place to enjoy the shade of a tree.

Until then, on yer bike!

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

Repair cafés: an old-fashioned solution to a very modern problem

Repair cafés are taking off in Nelson after the initiative was introduced to the region last year by St Stephen's Community Church.

Biddy Myers is a "doing" person. Her busy volunteering schedule includes helping out at Kai Rescue, Waimārama and Tahunanui Community Gardens and teaching English to refugee families.

Biddy is also a volunteer member of the Nelson Tasman Climate Forum (NTCF) and offers up her sewing, mending and darning skills at its monthly repair café sessions.

Repair cafés use people's existing knowledge and skills to fix or alter items that might otherwise end up in landfill, an ideology and way of life that has informed Biddy's 70-odd years on the planet, from a post-war childhood to embracing a green philosophy in the 70s.

"We didn't grow up with 'instant'," says Biddy. "There was no such thing as instant food and 'off the peg' clothes – shop-bought clothes and fast food only appeared in our lifetime. Growing up when we'd always had to conserve things, you didn't get new, you got second hand, you didn't have a freezer – you bottled things, you made jam and pickles, you preserved and you mended things, which is a big issue today ... people do not know how to thread a needle! My generation were all taught to knit and sew when we were young along with the ethos of 'you don't throw something away, you pass it down!'"

Biddy says hand-me-downs could sometimes be controversial.

"My brother got my old bike, and never forgave me for the fact that he got a 'girl's' bike. An eight-year-old boy getting his first 'new' bike and it wasn't a 'boy's' bike!"

Biddy and her husband Adrian met in the 60s in England, married in the 70s and emigrated to New Zealand 15 years ago. "We have always been aware of threats to humanity and its environment. We are part of the environment, we're not separate. Adrian and I have been concerned since the 70s about the squandering of oil and about overpopulation and all the pressures about how we use the world.

We simply have to see a new way of doing things."

Biddy and Adrian joined environmental interest groups here in Nelson and were introduced to NTCF via those contacts.

"We joined the Waste and Resources group within the Climate Forum. We look at where waste happens, which is particularly important considering today's disposable society mindset. Too many of us rely on dumping stuff to landfill and we want to see that change."

Keeping repair skills alive and imparting them to the next generations is of vital importance to the health of the planet, says Biddy.

NTCF repair café organisers say they are on the lookout for people with skills to share, such as sewing, craft repairs, leather stitching, minor electrical repairs, toy and bicycle repairs, knife sharpening, and furniture repair.

"Contributing to the repair café by providing a skill that you enjoy gives you the opportunity to mix with a range of people, in a relaxed space with no pressure to perform," says Biddy. "Volunteering doesn't mean you are obligated to attend every event, as attendance is divvied up via a shared roster. We would love to welcome you into the repair café family."



Biddy Myers – tackling climate change one stitch at a time

Got a skill to share?

Phone Cally Budenberg-Stockdale 022 40 60 206 to volunteer, or for more information.



Gardening tips and tricks

Looking forward to spring

Late winter is upon us and we're all counting down the days until spring. I have really enjoyed winter this year – my wish for a string of frosts came true in late June/July when our pond had fairly thick ice on it several times. I did get to giggle at some ducks "ice-skating".

It's a great time to prepare your vegetable gardens for spring planting. If you have a green crop growing, now is the time to chop it down and dig it in. I find it easier to use hedge shears to chop the crop down as this makes it smaller and easier to dig in. Incorporating fish compost and sheep manure pellets at the same time will provide lots of nutrients when you plant.

If you are going to plant seed potatoes in the ground in spring

it's best to choose a site that was composted in autumn – potatoes don't like too much nitrogen; it can result in lots of tops and not many potatoes. You can dig specific potato fertiliser through the soil before planting too. Now's the perfect time to put seed potatoes out to "chit" or sprout. Spread them out in a cardboard box or tray and place them somewhere light but out of direct sunlight for a few weeks.

Sweet peas and broad beans can both be sown now – both adore cold wintry conditions and will still germinate, producing strong healthy seedlings. Sweet peas in particular don't like being mollycoddled – if conditions are too warm or they are sown indoors, they tend to produce very leggy, weak seedlings. Sowing them directly into the soil also avoids damaging their very brittle roots when transplanting.

Before sowing direct it's a good idea to dig a 20cm trench (or several trenches in rows for broad beans) and toss in fish compost and sheep manure pellets, digging them in well at the bottom of the trench. Then add more soil mixed with fish compost, firm the soil down and push stakes or teepees (for sweet peas) into the soil. Water the area and then sow your seeds, concentrating on keeping the "eye" (small dark slit) upright – you'll get a better strike rate if you do this. The eye is easy to see on broad beans but trickier on sweet peas. Sow them to twice the depth of the size of the seed.

If you don't have enough room in your garden, broad beans and sweet peas can also be grown very successfully in large containers as long as they have good support.

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.



Hidden in plain sight

In July the Nelson Women's Club celebrated its 95th anniversary. Club members Merle Gibson and Dulcie Carson reflect on the club's past and future.

Few passers-by notice the unremarkable entrance to the Nelson Women's Club at number 294 Upper Trafalgar Street. However, since 1926 generations of Nelson women have met behind that red door to share social activities in a convivial environment.

Women's clubs flourished in the 1920s and 30s when middle class women were rarely encouraged to accept paid work.

The Nelson Women's Club was formally incorporated with 65 foundation members. It secured a long-term lease of the upstairs rooms of 294 Trafalgar Street, which had once been the home of Nelson's first library.

The club formed numerous interest groups known as Circles, which focused on activities such as musical performance and drama, bridge and mah-jong, along with practical activities as members desired. Group Luncheons, Coffee Parties and Keep Fit were also popular.

By 1928 membership had risen from 65 to 192, and by 1965 had reached over 350. When the club was able to purchase 294 Trafalgar Street from Nelson City Council that same year a new phase of the club's life began.

When in 1982 the building was classified as a Category 2 Heritage Building, it was identified as the "Chez Eelco Building", a reference to the Chez Eelco Coffee House which the club inherited as a tenant with its purchase of the building.

The café, run by Eelco Boswijk, had outside seating and was an iconic meeting place for Nelsonians young and old. The balcony above what is now Harry's Hawker House is a treasured spot for members to gather and gives what one member describes as "a primo spot for viewing a multitude of events in the CBD".



Club members Dulcie Carson, front left, June Fleming, Barbara Watt and Irene Anderson play cards on the club's celebrated veranda. From *Meet You at the Church Steps, A Social History of a Nelson Landmark*, by Karen Stade



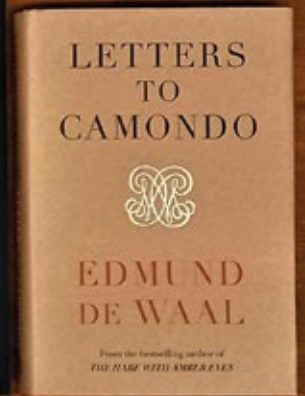
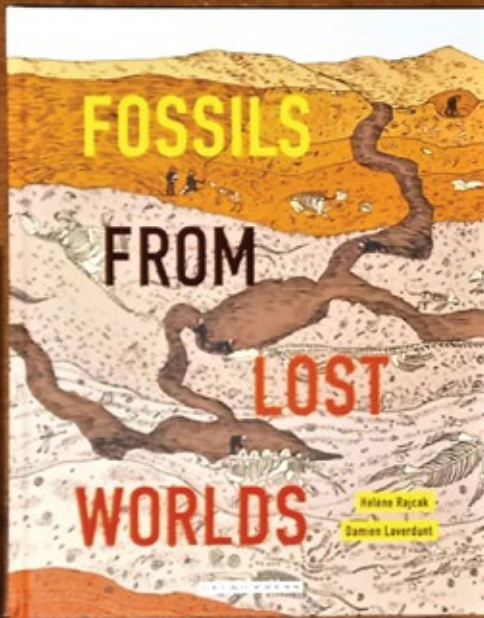
© Heather Harley

Ownership of a building which is also Heritage listed, increased the club's responsibilities. Health and safety regulations now had to be adhered to, and the building had to be maintained, repaired and kept insured. All of these activities are overseen by voluntary members of the club's committee who view the upkeep of the gracious old building as a contribution to the community.

Members today continue to enjoy the relaxed ambience and general air of informality of the club rooms. The Circle groups meet throughout the week – morning, afternoon and early evening – although members can also meet each other informally during the week.

When the Genealogy Circle began research into the lives of the club's 65 foundation members, it ran into difficulties, as women were then known by the name and initials of their husbands. Today, women use their own names of course, but the reason women join the club remains much as it was in the beginning. They join in order to meet other women and share aspects of their life experiences and special interests and enthusiasms.

Prospective members are nominated by two existing members and membership is officially conferred by the executive committee. There is no compulsion for members to attend any particular Circle or event arranged by the club, although most will attend the club's Christmas party. The club continues to evolve in keeping with the culture of the times and the interests of the members.



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.



At Night All Blood is Black by David Diop

The winner of the 2021 International Booker Prize is a breathtaking novel dealing with two Senegalese soldiers fighting for France in World War One. When one of the pair is killed, the surviving one devotes himself to war, to violence and death, and his descent into madness frightens even his own comrades. Hypnotically written, *At Night All Blood is Black* explores both the roots and consequences of trauma, and its ties to colonialism, race, and conceptions of masculinity.

Fossils From Lost Worlds by Damien Laverdunt and Helene Rajcak

Clues to prehistoric life lie hidden under the ground, and paleontologists are forever modifying our ideas of the deep past on the basis of new evidence. This lively, gloriously illustrated

large-format volume for children is a wonderful introduction not only to the sheer variety and strangeness of creatures that preceded us, but also to the ways in which science is always improving the model it builds of reality and of the past.

Hia Kai: Modern Māori Cuisine by Monique Fiso

Not only is this book exquisitely presented and photographed, it also presents a large amount of knowledge of the place and preparation of food in te ao Māori, exploring both traditional lore and contemporary practice. Tables at Fiso's Wellington restaurant are usually booked out months in advance, and no wonder, given her attention to detail and dedication to the potential of indigenous ingredients and flavours. The book won the Booksellers Aotearoa New Zealand Prize for Illustrated Non-Fiction at the 2021 Ockham New Zealand Book Awards.

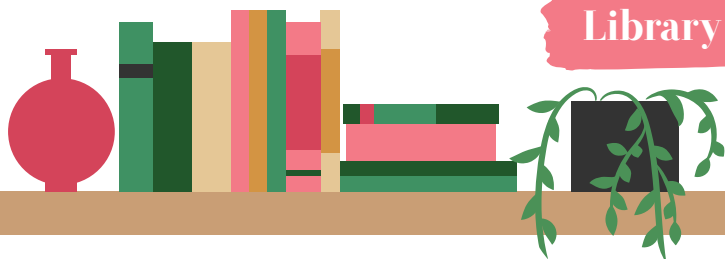
Letters to Camondo by Edmund de Waal

Edmund de Waal is best known for his memoir *The Hare with the Amber Eyes*, which dealt with his ancestors and relatives in the Ephrussi family. This beautifully presented new book is presented as a series of letters from de Waal to Count Moise de Camondo, a wealthy Parisian neighbour of the Ephrussis and a collector of eighteenth-century art. Following the death of his son Nissim in World War One, Moise Camondo created an art museum in his honour and bequeathed it to France upon his death. De Waal's letters reveal what happened during the Nazi occupation and beyond, and trace the roots of anti-Semitism to sometimes unexpected places.

VOLUME: The Space for Books
 15 Church Street, Nelson
www.volume.nz • books@volume.nz
 Phone 03 970 0073
Nielsen New Zealand
Bookshop of the Year 2018



Tasman District Libraries



Alphabet soup

Are you up to an epic reading challenge for adults? All you have to do is read 26 authors with surnames A to Z in one year. That's one book every two weeks – totally doable!

Along the way, you'll receive nifty motivational prizes to keep you going, discover new authors, and justify a lot of time on the couch reading! Any adult book read between 1 July 2021 and 30 June 2022 can be included in the challenge. Pick up your participation card from Murchison, Motueka, Richmond or Tākaka Library today.

Writing workshops

Motueka Library is running writing workshops every Monday from 16 August until 6 September designed to help you overcome writing block, get started, or finish a project. Facilitated by award-winning journalist Bettina Fautley, these sessions are a must for local writers. Bookings are essential, and the cost is \$20. Phone Motueka Library on 03 528 1047 to book your spot.

A little seedy

We're preparing for spring with some seed workshops. Come along to a seed saving and swap workshop with Sol Morgan at Tākaka Library on Tuesday 10 August, 6.00 pm – 8.00 pm. You'll learn how to save seeds, and swap seeds with other keen gardeners. There's a kids' seed discovery session at Richmond Library on Tuesday 17 August, 3.00 pm – 4.30 pm. Kids will decorate seed packets and take home some seeds for their home gardens.

MORE INFORMATION

Phone: 03 543 8500

Website: www.tasmanlibraries.govt.nz



Nelson Public Libraries



Ready, steady, go!

Age Concern and the library have teamed up to bring the Amazing Race for Older Adults to Nelson as part of this year's Festival of Adult Learning.

The 4km "race" will start at the Elma Turner Library where participants will be supplied with a map and clues. Working in groups or teams, participants will then have to find their way around the city by following the map and solving the clues.

Complete all or just some of the race before heading to the end point and rewarding yourself with the finger food and beverages that will await you there.

The race will be a great opportunity to discover a side of Nelson you may not know existed, meet new people and share stories about Nelson.

Registrations are open to teams of 4–6, or individuals who want to join others on the day.

When: Monday 6 September, 10.00 am – 12.00 pm

Where: From the Elma Turner Library

Bookings: Email library@ncc.govt.nz or ageconnect@ageconcernnt.org.nz who can also assist with travel to the library

MORE INFORMATION

Phone: 03 546 8100

Website: www.nelsonpubliclibraries.co.nz





Our Community News and Information

What's happening at Age Concern

We love seeing happy smiling faces, so it's been particularly warming to see so many people at our events and groups despite the colder weather.

Our services, events and activities are aimed at increasing social connection and wellbeing among older people in the region. If you are not sure what Age Concern does, or would like to know more, please feel free to give us a call. We have several particularly special events and talks coming up over the next two months:

International Day of the Older Person

Please join us for a free afternoon tea and entertainment to celebrate International Day of the Older Person at Annesbrook Community Church on Tuesday 28 September, from 2.00 pm to 3.30 pm.

To register please phone Marnie on 03 544 7624 ext 5 or email ageconnect@ageconcernnt.org.nz

AgeConnect Champions Awards

Do you know of a business, organisation or individual going over and above to support older people? If so, then please nominate them for our annual AgeConnect Champions Awards.

These awards recognise and celebrate the wonderful people, businesses and organisations who help to keep our older community members feeling connected. It's amazing how many acts of generosity and kindness are revealed in the course of the awards process.

To nominate your Champion, visit www.ageconnect.org.nz or phone Marnie on 03 544 7624 ext 5. Entries close 31 August 2021.

Monday Information Sessions

These popular sessions are a great opportunity to hear interesting and entertaining speakers, increase your knowledge on a particular subject and enjoy a cuppa and a chat with your peers.

Upcoming talks will cover the following topics:

- **23 August:** Citizens Advice Bureau and their services.
- **30 August:** Roy Meyers explains Blind Low Vision services.
- **27 September:** Heather Thomas shares her journey, explaining why social history is important and encourages you to consider what you are (or are not doing) with your *stuff*.
- **4 October:** Find out about the services of Deaf Aotearoa and equipment and accessories for the hard of hearing.

For further information or to register please phone Marnie on 03 544 7624 ext 5 or email ageconnect@ageconcernnt.org.nz

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



© Britt Gaiser, Unsplash

Mobility scooter riders in search of adventure!

A small group of mobility scooter owners, led by Mike Rodwell, met recently at the Richmond library. The group, which welcomes more members, aims to explore off road trails and to organise rides to places accessible by scooter.

Julie Ivory and Roger Goodison attended the inaugural meeting and spoke enthusiastically about their recent trip on mobility scooters through the 1.4km Spooners Tunnel, located between Kohatu and Wakefield on Tasman's Great Taste Trail.

Apart from investigating these and other scooter-accessible trails, the group hopes to be a voice for the interests and needs of mobility scooter users, e.g. public battery-charging for scooters.

Next meeting: Richmond Library, Friday 6 August 2.00 pm. Contact Mike Rodwell on 027 486 9955.



CLIMATE LOVE

Good news at last!

Amongst the cacophony of media stories on actual and impending environmental disaster, locally produced newspaper *Climate Love* strikes a quiet and optimistic note.

The modest little publication has a very big goal: editor Charlotte Squire says the purpose of *Climate Love* is to "instil hope in the hearts of all who read it".

Charlotte, who was schooled in Nelson, now lives in Golden Bay. She's a musician and experienced reporter who describes herself as "a generally sensitive and optimistic soul". Recently she began focusing her journalism on solutions, rather than problems. "It's better for my mental health," she says.

Climate Love therefore focuses on the activities of everyday folk in the community and local businesses which are making a positive difference for the climate. *Climate Love* is more than just a newspaper. It hosts annual "Climate Love Talks" where people featured in the newspapers can tell their stories in person, and it collaborates with them on holding workshops to pass on skills and inspiration.

So, for a breath of fresh air and a much-needed dose of positivity, look out for the latest free issue of *Climate Love* at libraries and other outlets around town. There's more climate-loving news on Facebook – visit www.facebook.com/climatelove

If you have positive ideas to contribute email charlottesquirecoms@gmail.com

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NELSON ORCHID SOCIETY SHOW 2021

**SATURDAY 11
SEPTEMBER
10AM - 3PM**

Stoke Primary School
Hall, Main Road Stoke

Admission: \$2.00

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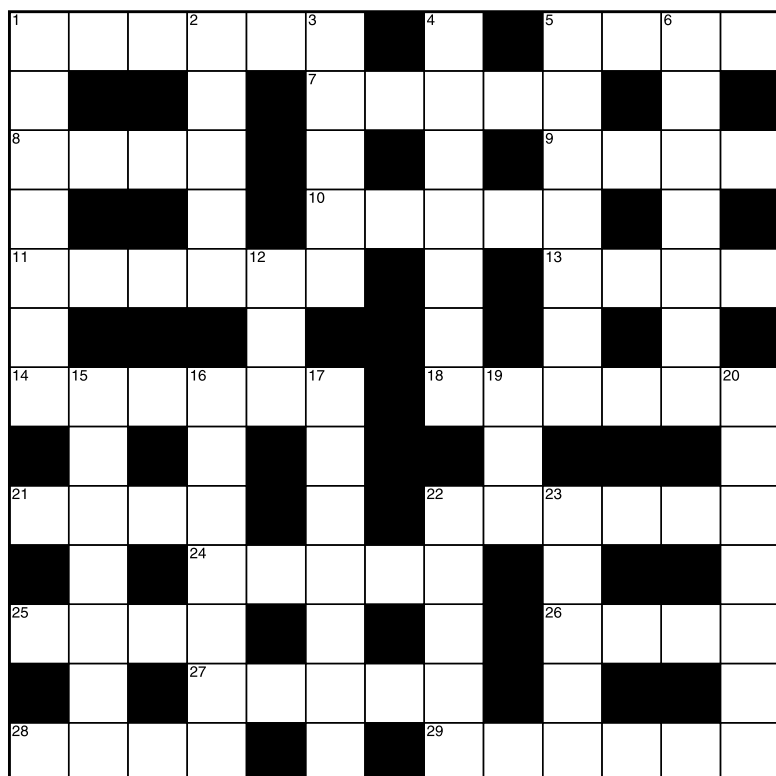
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Crossword



ACROSS

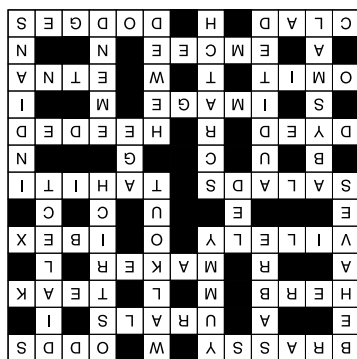
1. Bold
5. Chances
7. Russian mountains
8. Parsley or mint
9. Durable timber
10. Constructor
11. Wickedly
13. Curly-horned alpine goat
14. Lettuce dishes
18. Polynesian isle
21. Coloured (fabric)
22. Took notice of
24. Reflection
25. Neglect
26. Famous volcano
27. Compere
28. Dressed
29. Sidesteps

DOWN

1. Acts properly
2. Curved sword
3. Delightful to eat
4. Withdrawal of labour
5. African flightless bird
6. Regional speech
12. Piloted
15. Extremely bad
16. Examined (accounts)
17. Wound with claw
19. Mellow and ripen
20. Cowboys and ...
22. Carved into shape
23. Remove errors from

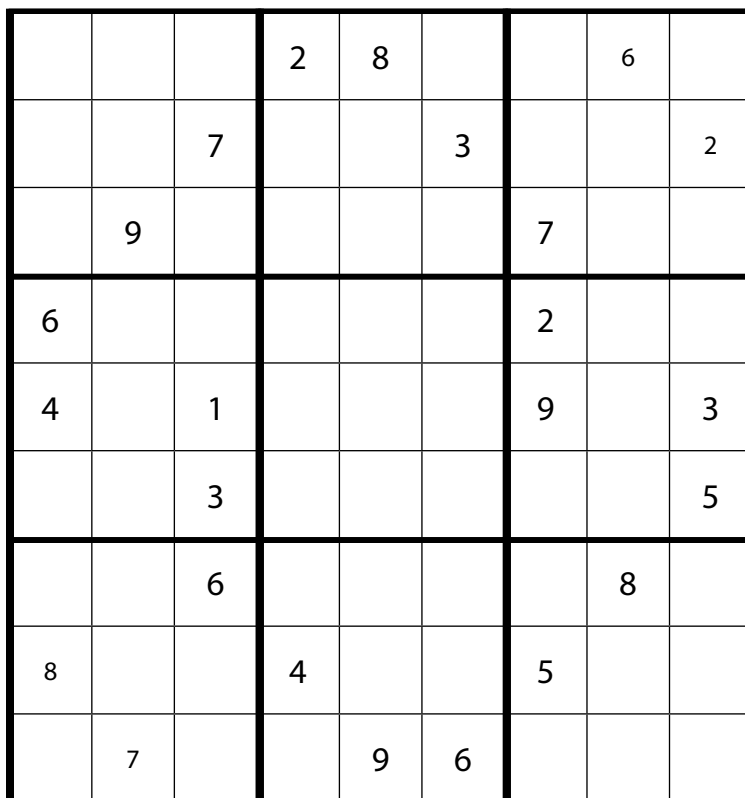


Crossword solution

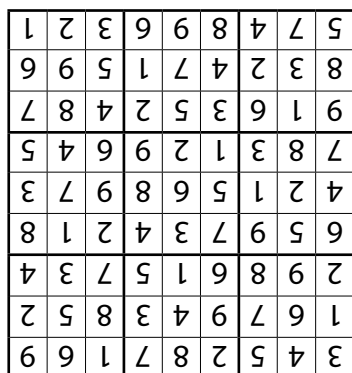


Sudoku

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



Sudoku solution



Thanks to Tasman resident 85 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.ageconcernmt.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. Freephone 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

Fresh Focus Nelson

Meet Mondays 10.00 am – 11.00 am at Elim Christian Centre, 625 Main Road Stoke, for speakers' talks on a wide variety of subjects that provide education and entertainment. A number of series occur throughout the year during term time. All welcome.

Email fnelson2021@gmail.com or visit our Facebook – Fresh Focus Nelson 2021 for news and updates.

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 Wednesday, Prince Albert Hotel. Motueka meets every second Tuesday, Paper Nautilus Café. 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 65s

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

Wednesday, 7.00 pm. Friday, 1.00 pm. Golden Bay Recreation Centre 2032 Takaka Valley Highway, Takaka. 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 Maclaren).

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 per session. We are a fun social group catering for everyone. New members welcome. Phone 03 544 3116 (Robin).

MĀPUA

Sioux Line Dance

Beginner Class, 9.00 am – 10.00 am. Improver Class, 10.00 am – 11.30 am. Tuesdays, Māpua Community Hall. 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

Enjoy simple crafts, sharing, caring and morning tea. Plenty of materials and guidance. First and third Fridays of the month 10.00 am – 12.00pm (term time only). Hills Community Church supper room. \$3 per session. Contact 027 741 8575 (Julie Cox) or 03 540 3901 (Barbara Halse).

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).

MOTUEKA

Cycling

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

Motueka Senior Citizens Social Club

\$3 per session. Coffee, tea and biscuits provided.

Indoor Bowls: Mondays & Wednesdays

1.15 pm – 3.30 pm. Phone 027 283 1595 (Brian).

Rummikub: Thursdays 1.00 pm – 4.00 pm.

Phone 03 526 8796 (Mavis).

Community Stories: First Friday of the month, 1.00 pm – 4.00 pm.

Holy Moly Activity Circuit: Second Friday of the month, 1.00 pm – 4.00 pm.

Quiz: Third Friday of the month, 1.00 pm – 4.00 pm.

Monthly Social: Fourth Friday of the month, 2.00 pm – 4.00 pm.

Enquiries to 021 251 4359 (Chris, President).

Marching

Motueka Veteranettes Marching Team. Phone 03 528 9125 (Bev).

Motueka District Museum

April – November: Open Tuesday – Friday, 10.00 am – 3.00 pm. Sunday, 10.00 am – 2.00 pm.
December to March: Open Monday – Friday, 10.00 am – 3.00 pm. Sunday, 10.00 am – 2.00 pm. Phone 03 528 7660. Email: savepast@snap.net.nz www.motuekadistrictmuseum.org.nz

Motueka Social Dance Group

Dances at Māpua Hall, 7.30 pm – 11.00 pm. Phone 03 528 5363 (Gary).

Riwaka Bowling Club

School Rd, Riwaka. Phone 021 123 5974 (Pauline) or 021 263 3441 (Vince).

Riwaka Croquet Club

Play Monday and Wednesday morning from 9.30 am summer. 10.00 am winter. Phone 03 528 9139 (Eileen).

Scottish Country Dancing

Wednesday evening 7.30 pm, Scout Hut, Lower Moutere Hall. Phone 03 526 6842 (Alison).

Sioux Line Dancing

Learners class, 10.30 am – 12.00 pm Thursdays, Motueka Rec Centre. Phone 03 528 6788 (Sue Wilson). Email sioux.wilson@yahoo.com.au

Social Recreation

Kiwi Seniors (Motueka). Phone 03 528 7817 (Vonnice).

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 (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 (Tiegan).

Yoga

Dru Yoga classes in Upper Moutere. Phone 03 527 8069 (Jill).

MURCHISON

Murchison Sport, Recreation and Cultural Centre

Email murchison.centre@clear.net.nz
Phone 03 523 9360. www.murchisoncentre.co.nz

Older & Bolder (50+ years): Tuesdays, 1.00 pm – 2.45 pm, Function Room. Free group get together. Attendees are asked to bring a plate to share for afternoon tea. Coffee and tea provided. All welcome, but please note that sessions are designed for ages 50+.

Badminton: Tuesdays, 6.30 pm – 7.30 pm, Sports Hall. \$2 per person. All welcome. No experience necessary, all equipment provided. Any queries, contact the Rec Centre team on 03 523 9360 or murchison.centre@gmail.com.

Pilates classes: Thursdays, 6.00 pm – 7.00 pm, Function Room. Suitable for all skill levels. These mat-work classes are run on a per term basis. For queries or to enrol, contact Sue Wilson on 029 281 3735 or at sue@suewilson.kiwi.nz

Murchison Golden Oldies

Phone 03 523 9792 (Hamish Reith).

NELSON

Aquatics/Swimming/Gym

Riverside Pool. Phone 03 546 3221.

Belly Dancing with Gretchen

Phone 03 548 8707. Email kitesfun@gmail.com

Breast Prostheses and Mastectomy Bras

11 Keats Crescent, Stoke. Phone 03 547 5378 (Helen Clements). www.classiccontours.co.nz

Cancer Society Nelson

102 Hardy Street, Nelson. Support and information for anyone affected by cancer. Cancer Helpline: 0800 226 237. Any cancer, any question. Phone 03 539 1137.

Email: info@cancernelson.org.nz

www.cancernelson.org.nz

www.facebook.com/Cancer-Society-Nelson

Cardiac Support Group

Information and support to people affected by cardiovascular disease. Phone 03 545 7112 (Averil).

Community Heart and Diabetes Services

Nelson Bays Primary Health for education, awareness and support.

Phone 03 543 7836 / 021 409 552 (Bee Williamson). Free phone 0800 731 317.

Elysium Widow and Widowers Group

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

Nelson Hinemoa Croquet Club

Saltwater Lane off Halifax Street. Social play Sunday and Tuesday afternoons from 12.30pm. Ph 03 548 3977.

Government Superannuitants Association

Phone 03 538 0233 (Margaret).
Email nelson@gsa.org.nz

Grandparents Raising Grandchildren

Phone 027 724 4913 (Sharon Norris).
nelson@grg.org.nz
www.grg.org.nz

Marching

Silveraires Leisure Marching.
Phone 03 548 9527 (Diana).

Nelson Antique Bottle and Collectables Club

First Tuesday of each month, 7.30 pm, Broadgreen House, Nayland Road, Stoke. Informal, informative, friendly and fun. Bring along your treasures. Phone 03 545 2181 (Judy).
Email randjittman@gmail.com

Nelson Blood Cancer Support Group

Coffee every second Monday of the month at Honest Lawyer in Stoke, with added information meetings at the Cancer Society offices in Nelson. We are here for each other when support or understanding is most needed. Phone 03 544 3037 (Graham Sturgess) or 03 544 2636 (Lloyd Kennedy).

Nelson Electronic Organ and Keyboard Club

First Tuesday of each month, Stoke School Hall, 7.30 pm. \$2, supper provided. New members welcome. Phone 03 540 3288 (Valerie).

Nelson Grey Power

Nelson Grey Power is a lobby organisation promoting the welfare and wellbeing of all those citizens 50+. Phone 03 547 2457.

Email nelsongreypower@extra.co.nz

Nelson Male Voice Choir

Rehearsals: Reformed Church, Enner Glynn, Monday, 6.45 pm. Phone 03 548 4657 (Dick).
Phone 03 544 3131 (John).

Nelson Orchid Society Inc.

Cultural talks, repotting demonstrations, visiting speakers, problem plants discussed. Meeting each month at the Le Cren Room, Broadgreen Historic House. All welcome.

Phone 027 818 1458 (Gaile).

Nelson Petanque Club

Wednesday and Sunday 1.15 pm. Behind the Trafalgar Park grandstand, off Trafalgar Park Lane. Boules and tuition provided.

Phone 03 546 6562 (Roger or Shirley).

Nelson Philatelic Society

Stamp collectors meet second Tuesday of the month (summer) 7.30 pm. Second Sunday (winter) 1.30 pm, Stoke School.

Phone 03 547 7516 (Len).

Nelson Provincial Museum

For details, visit www.nelsonmuseum.co.nz

Nelson Social Dancing Club

Dance at Club Waimea, Queen Street, Richmond, 7.30 pm to 11.15 pm the second Saturday of each month. Ballroom, Latin, Rock n Roll and sequence dancing, live music. Members \$10, non members \$15. No stiletto heels please! Phone 03 544 8052 (Lynn).

Nelson Scottish Country Dancing Club

Thursday night dancing, 7.30 pm YMCA Hall, 156 Toi Toi St, Nelson. Phone 03 547 5721 (Kelly) or 03 547 7226 (Ian).

Nelson Scrabble Club

Meet every Wednesday, 7.00 pm at the Nelson Suburban Club/Nelson City Club, Kinzett Terrace, Nelson. No charge for playing, but please buy a drink at the bar. Beginners welcome and we will train you to play competitive Scrabble. Phone 03 545 1159 (Tony).

Nelson Senior Citizens Social Indoor Bowling Club

Come and join us for social indoor bowls and a cuppa every Wednesday and Friday afternoon, 1.15 pm – 4.00 pm. Beginners welcome. Trafalgar Street Hall in the City. For information phone 03 548 9006 (Maria) or 027 497 9330 (Karin).

Nelson Table Tennis Club

Saxton Stadium, Monday and Friday 9.00 am – 12.00 pm. All welcome. Phone 03 544 8648 (Glenda).

New Zealand Society of Genealogists, Nelson Branch

Meetings held every fourth Monday, 7.30 pm (February – October) at Nick Smiths Rooms, Quarantine Road, Stoke. Library, 67 Trafalgar Street, Nelson: Monday, 1.00 pm – 4.00 pm. Thursday, 10.00 am – 4.00 pm. Sunday, 2.00 pm – 4.00 pm. All welcome. Email nelson@genealogy.org.nz

Nelson 50+ Walking Group

Mini walks and longer walks every week to suit all fitness levels. Everyone welcome. Phone 03 539 6402 (Roger) or 03 547 7690 (Alan).

Pottery

Nelson Community Potters, 132 Rutherford Street, Nelson. Social group; Thursday mornings or Twilight Pottery; Mondays, 7.00 pm – 9.00 pm. Free to members, \$7 casual. Phone 03 548 3087 (Annie) or 03 548 1488 (Elizabeth).
Email ncotters@gmail.com

Silver Yogis

Beginner's yoga for adults 50+. Mats and props provided. Phone 03 548 8245 (Jo Ann).
Email nzsilveryogis@gmail.com
www.silveryogis.co.nz

SeniorNet Nelson

SeniorNet Nelson supports people aged over 50 to learn to use and enjoy computers and other technology in their everyday lives. Help sessions, courses, interest groups and one-on-one tutoring available. Contact Peter Thompson, Phone 03 5489401 (leave message).
Email contact@seniornetnelson.org.nz
www.seniornetnelson.org.nz

Stoke Tahunanui Ladies Club

Meets third Wednesday every month. Phone 03 547 5238 (Pauline).

Super Seniors (65+)

Meets third Friday each month, 10.30 am – 12.30 pm. All Saints Church Foyer, 30 Vanguard Street (city end) Nelson. Includes: morning tea, guest speaker, activities, light lunch, suggested donation, \$5. Phone 03 548 2601 (Anne-Marie).

Support Works

Assesses the needs and co-ordinates services for people affected by disability. For a free assessment, free phone 0800 244 300.

Suter Art Gallery

Exhibitions, floortalks – see www.thesuter.org.nz for details, 208 Bridge Street, Nelson. Phone 03 548 4699.

Tahunanui Bowling Club

Welcomes summer and winter bowlers. Phone 03 547 7562 (Barry).

Tahunanui Community Centre

A range of activities and services on offer, walking, gardening, cycling and free counselling. Phone 03 548 6036 (Katie or Jacqui).
www.tahunanuicommunityhub.org.nz

Tai Chi and Qigong with Gretchen

Classes in Nelson, Stoke and Richmond. Phone 03 548 8707 (Gretchen).
Email kitesfun@gmail.com

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).



SERVICE DIRECTORY

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. Next meeting 26 August 10.00 am – 12.00 pm at Elim Church, Main Road Stoke. Speaker Sandy Stephens will talk about her long career around the world teaching and educating about nutrition and health. Everyone is welcome. Phone 03 544 3057 (Nan). Email davnan23@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. Tuesdays, 10.30 am – 11.45 am. Thursdays, 5.30 pm – 6.45 pm.

Richmond Headingly Centre
Wednesday 10.45 am – 12.00 pm.

Phone 03 547 5331 / 027 297 6147 (Connie).
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, learn a new skill. We play both Association and Golf Croquet. All welcome. For more information 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).

InnerWheel

Friendship group for women with community involvement. "Friendship with a purpose".
Phone 027 316 4661 (Sharon).
Email benboy.martin@gmail.com
www.innerwheel.org.nz

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

Prost-Fit

Exercise class for men living with prostate cancer. All levels of ability and great camaraderie.
Phone 021 547 811 (Leigh).
Email leighsdream@gmail.com

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

Meets the first Thursday of the month at Richmond Church of Christ. Meet new friends, hear interesting speakers, share morning tea, monthly outings. Contact 03 544 4833 (Marion) or 03 544 1854 (Joan).

Richmond Physiotherapy

Knee classes: Wednesdays, 10.00 am – 11.00 am, \$10.

Pilates: Tuesdays 12.00 – 1.00 pm, Thursdays 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 Tennis Club

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

Richmond Waimea Community Whānau Group

Network, share information and learn more about your community. Meets the first Tuesday of each month, 12.00 pm – 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 500

Waimea Lounge A&P Showgrounds. Tuesdays and Thursdays, 1.30 pm – 4.00 pm. \$2 covers afternoon tea, prizes and unlimited parking.
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 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

Sport Tasman Richmond

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

Tasman Aquarium Club

Meetings held second Monday of the month at 7.00 pm. Keeping tropical freshwater, aquatic plants, marine fish and corals. Everyone welcome.
Phone 03 544 3116 (Robin).

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, third Thursday of the month 9.45 am 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.

Greenmeadows Community Centre

Flex 'n Flow: Thursdays 12.00 pm, \$8. Strength 'n Stretch: Mondays 10.00 am, \$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

Housie Evening

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

Acting Up Drama Group

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 03 547 5126 (Rose) or 03 546 6570 (Glenys).

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).

SERVICE DIRECTORY

Safety and Confidence

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

Senior Walking Group

Tuesday and Thursday, 9.30 am – 10.30 am.
Walk for the full hour or choose to do the Shape up class at 10.00 am. Walking and exercises followed by a cuppa. For more details phone 03 538 0072.

Tai Chi Chu'an and Qigong

Thursday mornings: beginners 10.00 am, intermediate 11.00 am at Saxton Netball Pavilion Stoke. Phone 03 545 2960 or 027 271 3323 (Anne-Marie – Tai Chi Instructor).

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: First Wednesday each month, 11.00 am. All welcome.

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

Sit n Be Fit: Exercises to music, Tuesday and Wednesday at 11.00 am, \$3.

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

Scrabble Club: Mondays at 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. Phone 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 Probud Club

Welcomes both men and women as new members. Join us on the fourth Tuesday of each month (except Dec and Jan) at 10.00 am, at The Stoke Methodist Church Hall. 94 Neale Avenue, Stoke. Phone 03 970 6872 (Rosemary).

Variety Entertainment Club of Nelson

A social club for all entertainers. Variety concert held from 1.30 pm – 4.30 pm on the second Saturday of every month between March and October, at Whakatu Presbyterian Church Hall, 271 Songer Street, Stoke. Phone 03 547 4301 (Ken Holmes) or 03 547 3231 (Robyn Walsh).

TAPAWERA

MenzShed

Phone 03 522 4616 (John).
Email menzshedtapawera@gmail.com

Sioux Line Dancing

Learners class, 7.00 pm – 8.30 pm Tuesdays, Tapawera Druids Hall. Phone 03 528 6788 (Sue Wilson) or 03 522 4352 (Kirsty Griffith).
Email sioux.wilson@yahoo.com.au

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 027 609 9202 (Sandra) or 027 374 0500 (Sonja) or 027 677 0080 (Christine).

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

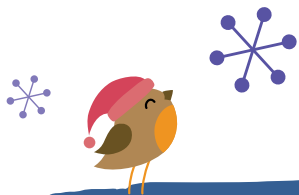
Outdoor bowls, summer and winter.
Phone 021 220 1289 (Margaret).
Email wakefieldbowlssecretary@gmail.com
www.sporty.co.nz/wakefieldbowls

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



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WR

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Richmond
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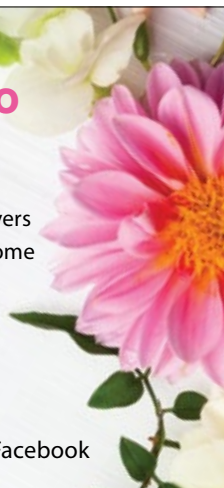
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