

# mudcakes & roses

THE MAGAZINE FOR NELSON TASMAN SENIORS

## What's inside:

Here comes the Nelson Arts Festival!

Coffee, cake and death?

Putting age-friendly policies into practice

Local clubs and activities for seniors

Plus columns on the environment, food, books, gardening and crossword and sudoku puzzles



# EDITOR'S Letter



While it may be too soon to slip into shorts and sandals, spring is in the air and so we can at last take off a layer of polar fleece or merino, and doff our hats and gloves.

In Nelson we are lucky that it's not only daffodils and blooming magnolia trees that herald the arrival of spring. The Nelson Arts Festival also brings a burst of colour and renewed life to the city. The festival is celebrating its 25th anniversary this year, and truly has something for everyone including lovers of books, music, comedy, the visual arts, and chickens. Yes, chickens. Not to mention 'Up and Away', a show created especially for babies.

I'm personally involved in the festival again this year as co-host of 'Couchstories' the live storytelling show.

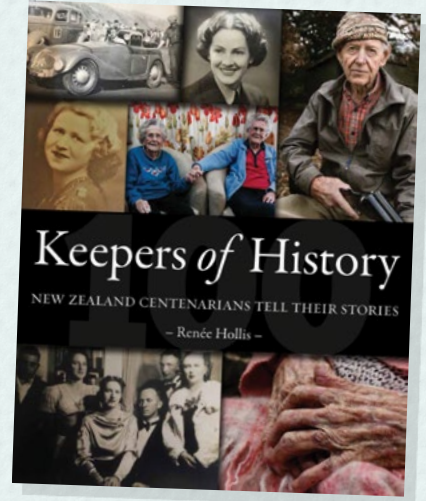
So, round up family and friends and head to one of the festival's events and performances between 18 – 28 October.

See you there!

*Re Cambridge*

## On the cover

The Topp Twins, as the Bowling Ladies, Mavis and Lorna demonstrate steely resolve on the bowling green. The pair are presenting two sold-out shows at the Nelson Arts Festival this month. Photograph by Sally Tag.



## We have a winner!

In our August competition we offered a copy of *Keepers of History – New Zealand Centenarians Tell Their Stories* by Renée Hollis to the oldest reader of *Mudcakes and Roses*.

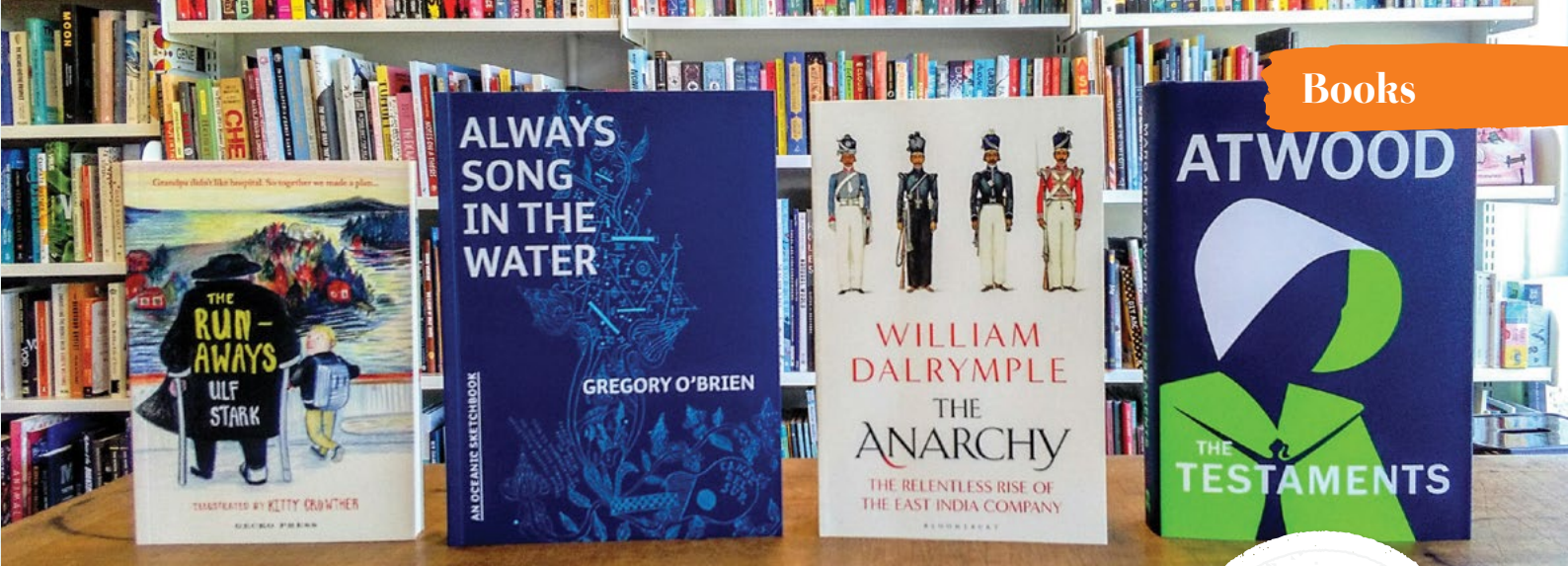
How fitting then, that our oldest reader is a centenarian herself. In fact, our winner, Mary Powell of Stoke, is 102 years old. Our runner up, Grace Martin of Richmond, is 95.

We'll be sending a copy of 'Keepers of History' to both Grace and Mary.

Thank you to everyone who entered the competition, the youngest of whom was a mere stripling at 58 years old!

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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.*



### The Testaments by Margaret Atwood

Unfortunately, the dystopia of Margaret Atwood's novel *The Handmaid's Tale* seems more plausible now than it was when the book was first published in 1985. The recent television series and the graphic novel are now followed by this sequel written by Atwood to further explore the workings of Gilead and to disclose what happens to Offred after the van door slams at the end of the first book. Atwood is one of the sharpest observers of power imbalances in human relationships and of injustice in society, and her books provide liberating ways of thinking about these issues. One of the most anticipated books of the year.

### The Anarchy: The Relentless Rise of the East India Company by William Dalrymple

One of the finest historians of British India turns his attentions to the corporation that defeated the Mughal emperor with a private army in 1765

and installed a new regime in which the company transformed itself into an aggressive colonial power, levying taxes and by the early nineteenth century controlling most of the Indian subcontinent and parts of South East Asia with a private army twice the size of the British Army. Fascinating.

### Always Song in the Water: An Oceanic Sketchbook by Gregory O'Brien

Gregory O'Brien takes his metaphorical dinghy to the edges of New Zealand—starting with a road trip to the far North—and then voyages out into the Pacific, to lead us into some under-explored territories of the South Pacific imagination, art and literature. O'Brien uses the work of Janet Frame, Ralph Hotere, Robin White, John Pule, Epeli Hau'ofa and others to see whether we can re-imagine ourselves as an oceanic people on a small island in a big piece of water. O'Brien is invariably good company, and it is a pleasure to share his musings, discoveries

and observations in this beautifully produced and illustrated volume.

### The Runaways by Ulf Stark, illustrated by Kitty Crowther

When Grandpa is stuck in the hospital and isn't allowed to go to visit the island he lived on with Grandma, Gottfried realises that he will have to help Grandpa escape, and to take him there himself. So begins an adventure filled with unexpected happenings, told with great humanity by this excellent writer for children.



**VOLUME:** 15 Church Street, Nelson  
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Phone 03 970 0073

# 25th Nelson Arts Festival

## 18 – 28 October 2019

**From modest beginnings in 1995, the Nelson Arts Festival has become the country's longest-running annual arts festival.**

Festival Director Charlie Unwin has been particularly excited about programming the 25th anniversary of the festival. "This year the festival presents a particularly up-beat programme, with a focus on community and free events."

**The Mask Parade & Carnivale** has been a centrepiece of the Festival since its inception. "It's a much-loved and cherished event not only for its welcoming embrace to all the community, but also because it's a whole lot of fun!" says Charlie. "While this sets the tone for much of the Festival, and this year marks the beginning of the festival, we know that our audiences also look out for the range of events that will entertain, astound, engage, question and challenge."

**Cultural Conversations** welcomes some of Nelson's newest arrivals into the heart of the festival. Across ten days, members of the Bhutanese, Colombian and Sri Lankan communities will be based in the festival Tent in upper Trafalgar Street, creating works to be shown or performed at the end of the festival. Everyone is invited to drop in for a chat, and to watch the creative processes.

A major highlight of this year's programme is the return of 2011's **Piki Mai** (renamed **Pic's Piki Mai**). Pic's Piki Mai is a series of photos, video and animated projections onto the Cathedral and Church Steps, telling the story of

our city. This is the perfect festival event: it's large-scale, outdoors in the centre of town, brings a whole lot of people together for a shared experience, repeats every 15 minutes, is on every night of the festival, gets better every time you see it, and it's free!

The ticketed programme includes the premiere of a play about photographer **Ans Westra**. Written and performed by Golden Bay local Martine Baanvinger, **Aperture** looks at the beginning of Westra's career, including the controversy surrounding her school journal, *Washday* at the Pa. Baanvinger is a master-storyteller, calling on her own experiences as a Dutch immigrant to bring Westra's story and photography to the stage.



*Pukapuka Talks Thinking Brunch – Photo by Steve Hussey Photography*

New Zealand's preeminent national choir Voices NZ Chamber Choir will be filling the School of Music auditorium with a love song to the oceans. **Taonga Moana** showcases the power of the collective human voice to impress and delight.

Festivals are always looking for ways to include young audiences in their programmes, and **Up and Away** is taking it to the extreme! This is a 30 minute experience for babies, set in a purpose-made tent, using colours and movement that babies respond to. Note that this is for pre-walking babies only, so if your grandchild has taken their precocious first steps, they won't be allowed in!

There are two changes to the readers and writers programme with a new name, **Pukapuka Talks** (pukapuka means book), and a new schedule of 11 events over the four consecutive days of Labour Weekend, making it much easier to really immerse yourself in all things literary. This year features more than 30 writers, commentators, activists and publishers, with tickets selling fast.

### See you at the festival!

The full programme is at [www.nelsonartsfestival.nz](http://www.nelsonartsfestival.nz), or you can pick up a free festival guide at Nelson City Council Customer Service Centre, Theatre Royal, Page & Blackmore, Nelson i-SITE, Elma Turner Library, Richmond Library, plus cafes and retail spaces throughout the region.



Mask Parade and Carnivale – Photo by Steve Hussey Photography



## News from Age Concern:

Now that we are enjoying the warmer spring weather we've noticed an increase in the number of people attending our regular events Tea & Talk and Sing Yourself Well.

### Hall closed for renovations

Work on renovating the Age Concern Hall begins on the 1 October. The hall will be closed for two months while the space is upgraded and refurbished, then we are planning a grand reopening at the end of the year.

Now online: A comprehensive list of events and workshops for older people.

If you want to discover workshops or events of special interest to older people, check out our website directory [www.ageconnect.org.nz/events](http://www.ageconnect.org.nz/events).

### Being – and staying – a safe driver

We run regular free Staying Safe Driving Courses for older drivers led by driving instructor Garry Dunn. They are a great opportunity to brush up on your road knowledge. The course includes recent road rule changes, plus the process for renewing your licence once you reach 75 and transport alternatives if you have to give up your driving licence.

Here are details of our upcoming Staying Safe Driving courses:

- Monday 21 October at the Victory Community Centre from 10.00 am – 12 noon.
- Monday 9 December in Tahunanui Community Centre from 10.00 am – 12 noon.

**Get in touch with Breffni at Age Concern Nelson:**

**Phone 03 544 7624** 62 Oxford St, Richmond 7020

**Email** [ageconnect@ageconcernnt.org.nz](mailto:ageconnect@ageconcernnt.org.nz)

**Website** [www.ageconcern.org.nz/council/nelson](http://www.ageconcern.org.nz/council/nelson)

### CarFit workshops

These free workshops are run by the Automobile Association with the help of Kirsten Mirfin, who is an occupational therapist, and Age Concern's AA trained volunteers.

The aim of the workshops is to ensure that older drivers are seated in their cars as safely and comfortably as possible. Each session takes no more than half an hour. The next CarFit Workshop will be held at:

- **Cops with Cakes Expo** on Sunday 10 November, 11.00 am – 2.00 pm at Saxton. Pre-registrations are essential.

If you would like to attend any of these workshops please register with us by contacting Marrit on 03 544 7624 (ext 4) or emailing [community@ageconcernnt.org.nz](mailto:community@ageconcernnt.org.nz)



### Christmas care packages: donations needed

At Age Concern one of the best jobs of the year has to be the annual Christmas gift package campaign. For the last five years we have created Christmas Care Packages filled with donations from the community.

We have joined forces with Richmond Primary School to help gather donations, gift wrap the boxes and hand make beautiful Christmas cards. We'd welcome your donation of non-perishable foods, toiletries and treats. Please drop them into our offices at 62 Oxford Street, Richmond, before 1 December.

# News and Information

## Putting age-friendly policies into practice



In April, the Tasman District Council adopted an Age-Friendly Policy to help plan for the increasing number of people aged over 65 in the District. Now Council staff are putting the policy into practice.

The Age-Friendly Policy envisions that Tasman District will be a vibrant, age-friendly community where older people are valued, visible and socially connected, with affordable and accessible council services, activities, and housing.

The policy is the Council's agreement with the community on what 'age-friendly' looks like in terms of health, wellbeing, housing, transport and mobility. It examines what the Council can either provide itself or how it can support or encourage the community to work towards helping the region become a more age-friendly place.

About a dozen teams within the Council have been involved in the development of the policy. They are now considering the Long Term Plan with the policy as a guide, and deciding how the needs of older people can be best met within existing budgets.

Amongst the matters they are considering is whether new footpaths need to be wide enough to be used by mobility scooters – the upgrade of Bateup Road has included 780 metres of 3m-wide footpaths. New footpaths that are also mobility-scooter friendly are planned for Moutere Highway, Mapua Drive, Lower Queen Street, and Motueka River West Bank Road. Other recent examples include new outdoor fitness equipment in Motueka and Tapawera, AgeLab workshops, support for the Nelson Tasman Community Transport Trust, consideration of age-friendly features for seat design in the Brightwater town upgrade, as well as access and mobility for the new Motueka Library. In the longer term, microphones at community board meetings and phone services for recorded information will be considered.

The policy will be implemented progressively over time, and reviewed every five years to take demographic and technological changes into account.



## Retro metro

Mothering, and therefore grand-mothering, has got a lot more complicated since I was a young mother in the mid-1980s. The ante has been upped while I've been otherwise occupied, and occasionally wondering what kind of grandmother I would be if my daughter decided to have children.

In the meantime, I was glad to have got my mothering in before the rise of the "Yummy Mummy" model of motherhood. For a while this paragon appeared in the centrefolds of women's magazines with monotonous regularity. Juggling baby and baking cupcakes while looking like a cupcake herself: sweet, highly decorated and very edible.

When I was a young mother you were still allowed stretch marks, exhaustion and rumpled, dribble-stained clothing. If you whipped up a batch of Anzac biscuits, this was not understood to be a culinary triumph, or a piece of vintage whimsy. You weren't expected to look fabulous while cooking or spooning mashed vegetables into a reluctant tot. It was accepted that most young mothers don't feel glamorous or sexy, they mostly feel tired and emotionally preoccupied with their baby. I remember being too scared to look "down there" for weeks after giving birth, fearful that I'd be wearing my insides on the outside for the rest of my life. Sexy this was not.

Mercifully for my daughter, the enthusiasm for the Yummy Mummy has waned somewhat. However, motherhood still ain't easy. Grand-mothering, which I suspect has always required great tact and adaptability, is also a lot more challenging.

I learned this by spending two weeks getting to know my granddaughter and learning how to be a grandmother, when my daughter, her partner, and their daughter returned to live in New Zealand.

I was oddly nervous about meeting my granddaughter again at 18 months, although she was not a complete stranger: I'd been present when my daughter was in labour, I held my granddaughter very soon after her birth and spent time with her in Ireland when she was 9 months old. I'd also been able to watch her grow from babe in arms to toddler, as if in one long time-lapse sequence thanks to almost daily photos and videos of her, sent by my daughter from Ireland.

My granddaughter was understandably wary of me at first and subjected me to a lengthy and inscrutable process of assessment before accepting me as a member of the family. I suspect that the hobby horse I produced from my suitcase may have swung the vote in my favour: at the push of a button, it emitted realistic neighing and snorting noises, followed by the charming sound of hooves cantering into the distance.

This initial success did not make my first sole-charge grand-parenting experience any easier. It just made me realise



how little I knew about current childcare practice. Is Incy Wincy Spider still on the nursery hit parade? What's the proper ratio of milk formula to water? Will this child die if it eats peanut butter?

And most crucially, how does one change the modern nappy? My first attempt went something like this. Place child on bed the right way up. Remove old nappy. Do not use scissors. Scissors are dangerous. Try to distinguish front of fresh nappy from back. Decide that portrait of Hairy MacLary on his way to dairy should be rear-facing. Place squirming infant on nappy. Try to unpeel sticky tabs. Accidentally rip tabs from nappy. Call for backup. Mollify outraged infant while friend hunts out a roll of Sellotape. Tape baby securely into nappy as one would wrap a parcel. Return child to upright position. Premature

move. Lie baby down again. Locate snap fasteners at crotch of stretch'n'grow or whatever the heck those darned things are called. Snap the snaps. Return infant to upright position. Decide long walk with child in pushchair might soothe both sets of jangled nerves. Pushchair – a baffling heap of Meccano-like struts and hinges – refuses to transform into a vehicle of locomotion. Abort Mission. Child's mother and father return just in time to prevent a tantrum. Mine.

By the end of the fortnight things were looking up. I had the technical stuff sorted. My granddaughter had enough faith in me to allow me sole charge of her blankie. And I'd squelched the idea that I should be called Granny, Nana or Grandma. I'm simply going to be Ro.



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## Maureen Pugh

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# Gardening tips and tricks

## Inspiring gardens

Spring is one of my favourite seasons because everything is bursting into life, the birds are busy nesting and the weather is changeable – my idea of heaven.

When I first started gardening in Island Bay, Wellington, back in 1993, I was so keen to plant that I didn't really think about the condition of the soil I was planting into – sticky yellow clay. It wasn't long before I realised my plants weren't going to thrive unless I tended to the soil first. So I'd like to share some information about three different soil types and the best way to improve them.

Clay soils are perhaps the most misunderstood of all soil types. Clay is packed full of nutrients – we just need to “unlock” the tight clumps of soil particles. There are several different types of clay but all respond really

well to regular applications of Gypsum (a natural pH neutral mineral), your favourite compost and aged manures. Sheep pellets, in particular, are very good at helping to break down clay soils. After fifteen years, our Moutere clay is now beautiful dark, humus-rich soil in many places.

One of the loveliest benefits of clay is its ability to hold moisture deep underground which is a huge bonus during our dry summers. I've gardened on clay for so many years I think I'd struggle to garden on anything else.

Stony or “river bed” soils are another challenge. They tend to drain very quickly and planting can be a bit of a mission when you keep hitting rocks all the time. Adding plenty of organic matter at regular intervals and removing the largest stones will help ensure you end up with fabulous rich, well-drained soil over time.

Sandy soils can be difficult to deal with, but if you persevere it is possible to end up with soil that is every gardener's dream – sandy loam. Sandy soils are extremely free-draining, retaining almost no moisture, so it can be demoralising getting anything to grow successfully. Again, the secret is lots of regular applications of compost and manure. Sheep manure pellets come into their own again here because they hold moisture and break down slowly.

If you prefer to use dry fertilisers such as blood and bone or granular fertilisers such as Nitrophoska Blue to improve the nutrient levels in your soil, it is really important to follow the dosage instructions. Watering the fertilisers in thoroughly will help prevent it burning the foliage and roots of your plants too. The same applies to slow release fertilisers such as Osmocote. Happy gardening!

## Columnist: Philippa

*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 foeseamb@xtra.co.nz for further information.*





## Food for thought



### A word on protein

After middle age our bodies lose about 2 or 3% of their muscle strength every year.

The rate of muscle loss usually happens a little faster after age 75. The good news is that the rate of muscle loss can be reduced changes in diet and lifestyle.

In particular, older people need to pay particular attention to the amount of protein they eat. Older people need more protein and consuming sufficient protein can help slow the loss of muscle mass. Combining good protein intake with resistance exercise training is even better.

When asking older client to evaluate their nutrition, I always ask if there has been any recent changes to their food intake. They often tell me that they have less appetite and so are eating smaller meals or missing meals altogether. Or they may say

that they are eating less meat now they no longer have to feed a family as they did when they were younger. Many, eat less meat because they have learned that that a plant-based diet has health and environmental benefits. In fact I've written in this magazine about the many positive aspects of the plant-based Mediterranean style diets.

However, meat is one of the main sources of protein in the traditional Kiwi diet meat. When you eat less meat you need to eat good alternatives sources of protein, especially in our latter years.

If you think your protein intake could be a bit on the low side there are simple ways of improving this. Vegetarian foods that are high in protein are chickpeas, lentils and beans (including baked beans and chilli beans). These can be added to soups, salads, pasta dishes and wraps.

Soy is also high in protein. Tofu can be added to stir fry vegetables or blended into a smoothie. A smoothie or milkshake made with milk or soy milk with added yoghurt and fruit is an easy way to take in more protein.

Edamame beans are young soy beans which are delicious as a snack or in a salad. Nuts and seeds are an excellent protein source. Chia seeds can be cooked in porridge. Sprinkle sunflower and pumpkin seeds on breakfast cereals and salads.

If you enjoy fish, eat salmon, sardines or mussels a couple of times per week as they provide good protein and healthy fats too. Hard boiled eggs in salads and sandwiches or as an in-between snack is an easy protein food as well.

Although age-associated muscle loss cannot be prevented altogether you can minimise it by eating sufficient protein and getting regular exercise.

### Columnist: Marion van Oeveren

*Marion van Oeveren is a registered dietitian who specialises in nutrition for older people. She is also a passionate cook and gardener. Marion runs a part-time dietitian practice alongside offering nutrition and craft workshops from her home, Mahoe Hills, in the Wairoa Gorge, Brightwater. Contact Marion at [marion@mahoehills.co.nz](mailto:marion@mahoehills.co.nz).*





## Wild things



### Easy on ratepayers and the environment

During local body elections, debate mostly centres on rates and the cost of delivering vital services.

I'd like to suggest some ideas which would be good for the environment, not cost ratepayers an extra cent, but would reduce council spending on water and on our genteelly-named resource recovery centres – once known as rubbish dumps.

Firstly, I suggest that councils could encourage ratepayers to collect and store rainwater. Several councils already buy worm farms, and compost bins directly from a manufacturer at wholesale prices and on-sell them to householders at cost. Local councils could add water tanks to this list.

In the summer, gardens may need 1000 litres of water a day. Car washing can use 400 litres. By using rainwater collected from the roof rather than mains water

supply, householders can reduce their water bills and help conserve water. Rainwater can be collected in a 200-litre rain barrel with a tap or connection to a soak hose.

Councils could also specify that all new houses must have a reasonably-sized tank which is plumbed to the toilet system and outside taps.

My second suggestion relates to kerbside rehoming. Our current "Secondhand Sundays" involve registering on the council's website and putting unwanted household stuff at the kerb for just two hours on a specified Sunday, once every three months.

I saw a much looser system operating successfully in leafy suburban Los Angeles some years ago. When we went walking each evening, we saw useful old items conspicuously – and carefully – placed on the pavements, out of the way of walkers and cyclists. We also saw people walking or

driving home with treasures they'd picked up including books, electrical goods, furniture, picture frames, bedding and beds. We even saw a litter of kittens on offer.

When I lived in the North Island I was able to convince my local council to partially adopt this idea: on Saturdays we are able to leave recyclable items on the kerb during daylight hours.

A confession. For the last ten years I've been practising unsanctioned roadside recycling on any day of the week. I've put out leftover building materials, old pallets, dahlia roots, surplus flax plants and pears, a length of chain, little-used duplicate tools and all the other bits and pieces which others may have a use for. Never have I had a complaint, and nothing ever lasts past lunchtime. The research is done. This idea is definitely a goer!

### Columnist: Anne Hilson

*Anne Hilson was a biologist in the Wildlife Service (a precursor of the Department of Conservation) and went on to become a member of two DOC Conservation Boards. She has a long history of advocacy for the environment in work for local authorities, and is now involved in the Battle for the Banded Rail.*

# Talking frankly about death and dying

It has become more and more acceptable in recent years to talk openly about terminal illness, advanced care planning, euthanasia, death and dying.

Numerous books are now available on the subject of ageing, and changing approaches to death and dying. Amongst the better known are *Being Mortal: Medicine and What Matters in the End* by Atul Gawande, and *At Peace: Choosing a Good Death After a Long Life* by Samuel Harrington. Both argue that although sophisticated medical intervention may lengthen life, it is also likely to deliver an unnecessarily arduous death. Seventy-six-year-old Barbara Ehrenreich delivers a similar message in her book *Natural Causes: An Epidemic of Wellness, the Certainty of Dying, and Killing Ourselves to Live Longer*.

The philosophy behind hospice care for the terminally ill has become mainstream. British palliative care doctor Kathryn Mannix, who visited New Zealand recently, demystifies the process of dying and renders it much less frightening in her book *With the End Mind, How to Live and Die Well*.

Death Cafés have sprung up all over the world, including dozens in New Zealand, all with the purpose of stimulating open discussion about death over coffee and cake. The Nelson Death Café is held at the Elma Turner library on the last Saturday of each month.

Australia holds a month-long festival of community conversations about death and dying, including a nation-wide Dying to Know Day.

Christchurch was the venue this September for the first Death Matters Conference, with presentations by palliative care specialists, mental health workers, researchers into near death experience, artists, and

death doulas (also known as death walkers) who support a person's death in much the same way that a midwife supports a birth.

Melanie Mayell, who is a death walker, was the driving force behind the September conference. Her aim in organising the conference was to make it "easier, more accessible and empowering for all of us to talk about life and death." It's her belief that "when we accept our own mortality, we make more authentic choices and live more creative, connected and meaningful lives."

Zenith Virago of the Australian Natural Death Care Centre is teaching a three-day intensive Deathwalker Training course in Auckland from 25 – 27 October. This course promises to help participants gain the knowledge, wisdom and practical skills to face their own death or to be of service when caring for the dying.



**FIND OUT  
MORE:**

**More information:**

- Death Café: [www.deathcafe.com](http://www.deathcafe.com)
- Nelson Contact: Kristine [nelsondeathmatters@gmail.com](mailto:nelsondeathmatters@gmail.com) or Barbara 027 939 0024
- Death Matters Conference: [www.deathmatters.nz](http://www.deathmatters.nz)
- Dying to Know: [www.dyingtoknowday.org](http://www.dyingtoknowday.org)
- Australian Natural Death Care Centre: [www.naturaldeathcarecentre.org](http://www.naturaldeathcarecentre.org)

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## Have you ever...



### Have you ever tried a home-delivered meal kit?

It can be tough to come up with fresh ideas for dinner after a lifetime of cooking for family, or if your taste or appetite has waned.

Research suggests that most of us work within a repertoire of only six or seven recipes, with the occasional foray into the unknown for a special occasion.

It's no surprise then that the market was truly ready for the first of the meal kit home delivery services back in 2012, fronted by the highly recognisable face of MasterChef New Zealand winner Nadia Lim. Since then, a number of other food entrepreneurs have jumped on the bandwagon and now within the Nelson region there are several companies that will deliver a meal kit to your door. Supermarkets offer meal kits too, which may appear cheaper, but as they are for a single meal that cost can be deceptive.

Let's focus on Nadia's My Food Bag service which at this stage offers the greatest flexibility and options. This is important if there are just two of you at home, or if you're on your own.

Each kit includes all the major ingredients, except everyday items you almost certainly have in your own kitchen. Several days before delivery you receive an email telling you what meals to expect and which staple ingredients you will need to have at hand such as salt, oil, sugar, vinegar and so on. Full instructions come with the kits and when you sign up you can opt to receive extra recipes.

The cost of each Food Bag varies, depending on the number of people it will feed and the number of meals involved. Five nights' worth of meals for one person is likely to cost between \$100 and \$115, while for two adults the average cost is around \$130. You can make savings if, as a single person, you team up with a

friend. Sharing the meal could be a nice social occasion, too.

The most recent addition to the My Food Bag range is the Made option, which comprises ready-made meals that simply need to be heated in the container they come in. Think of it as an upmarket version of Meals on Wheels. If cost is not an issue these are appealing for those who relish good food but are unable to cook for themselves.

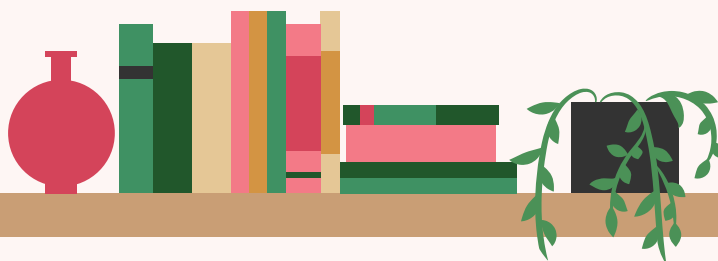
Visit [www.myfoodbag.co.nz](http://www.myfoodbag.co.nz) to see the full range of options.



### Columnist: Renee 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.*

## Tasman District Libraries



### Spring is upon us!

If you're taking a break from your gardening head to the library and have a look at our gardening books. Aspiring or experienced gardeners will also be interested in our seed saving workshop and seed swap which is happening at Richmond Library on Tuesday 8 October from 12.00 pm – 1.00 pm.

October is Word Feast month at Tasman District Libraries – a celebration of all things wonderfully wordy. Come in and play word games with librarians or write giant Velcro-poetry at Richmond Library; take part in journaling workshops at Motueka Library, or learn all about self-publishing.

Kids and adults are invited to pick up your I Spy ... reading challenge card at Motueka, Murchison, Richmond or Takaka library. Choose five fun reading challenges to

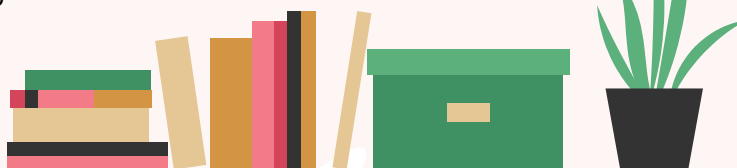
get you reading outside the square. And for the poets among you, test your rhyming talents with our limerick competition throughout October.

Our October School Holiday programme has some exciting activities lined up for kids throughout Tasman. Come along to Techy Time at Takaka Library on Friday 11 October, or take part in the Teen Takeover at Motueka Library. Enjoy story times, bracelet making, an up-cycle cardboard box challenge and more. You'll find a full list of events, dates and times on our website, or ask a library staff member for more information.

### MORE INFORMATION

**Website:** [tasmanlibraries.govt.nz](http://tasmanlibraries.govt.nz)

## Nelson Public Libraries



### Chatting about books

Did you know that we run two regular Book Chats? These are relaxed sessions for anyone who likes hearing about or talking about books. There is no prescribed reading list. Just come along and tell the group about what you've been reading or pick up recommendations for your next great read.

We also take our Book Chat out to The Wood Retirement Village on the fourth Thursday of the month from 2.30 pm.

If you can't make it to a library Book Chat, but would love some reading recommendations we are always happy to help. Phone us or pop into the library and have a talk with one of our librarians about the kinds of books you enjoy.

We can also introduce you to books on different media such as audiobooks which are available on CD, or can be downloaded to your digital device.

- Book Chat meets at Elma Turner Library on the second Tuesday of each month. Just roll up – all sessions start at 10.30 am.

- Book Chat meets at Stoke Library on the third Wednesday of each month at 5.30 pm.

This summer we will be running our popular Biblio Bingo Bonanza again. This is a reading challenge with some fantastic prizes. At the same time we will have extra staff on hand to help with reading recommendations. More info coming soon!



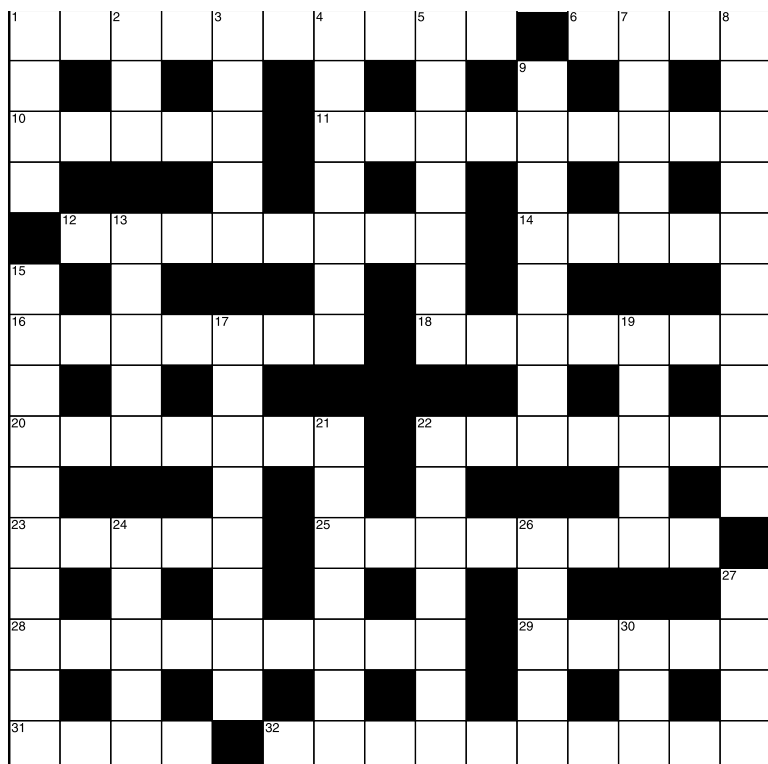
### MORE INFORMATION

**Contact:** 546 8100

**Website:** [nelsonpubliclibraries.co.nz](http://nelsonpubliclibraries.co.nz)



## Crossword



### ACROSS

1. Explained further
6. Early Peruvian
10. Seaweed-wrapped snack
11. Goes berserk (6,3)
12. Bring to a close
14. Craves
16. Wastes away
18. Ill-fated ocean liner
20. Spotted great cat
22. Ski-lift cabin
23. Execute (law)
25. Blackberry shrubs
28. Inoculated
29. Urban
31. Earns
32. Planet watcher

### DOWN

1. Otherwise, or ...
2. Beast of burden
3. Spirit contact board
4. News & current ...
5. Cooker ring
7. ... & crannies
8. Unfriendly
9. Body frame
13. Lead-in
15. Stifling
17. Praising highly
19. Lariat
21. Humiliates
22. Statelier
24. Allow entry to
26. Breakfast rasher
27. Disfiguring mark
30. Vigour

## Crossword solution



## Sudoku solution

6	1	8	5	7	9	3	2	4
2	5	3	1	8	4	7	6	9
9	7	4	6	2	3	1	8	5
5	3	2	4	9	7	8	1	6
4	9	7	8	1	6	5	3	2
1	8	6	3	5	2	4	9	7
3	4	9	6	7	1	2	5	8
8	2	1	9	4	5	6	7	3
7	6	5	2	3	8	9	4	1

## Sudoku

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

	6			3				
			9				7	
	4							8
1							4	
		7	8	1	6	5		
		2						6
9							8	
	5				4			
				7			2	

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

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 355 Lower Queen Street  
 Richmond  
 Ph. 0800 263 562 or 03 548 2009



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 Website: [www.healthcarenz.co.nz](http://www.healthcarenz.co.nz)



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## Motueka Social Dance Group

Dances at Mapua 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

Phone 03 526 6237 (Nini).

## Scottish Country Dancing

Phone 03 543 2989 (Valerie).

## Social Recreation

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

## Yoga

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

# MURCHISON

## Murchison Sport, Recreation and Cultural Centre

Find out what is happening:  
[www.murchisoncentre.co.nz](http://www.murchisoncentre.co.nz)  
Email [muchison.centre@clear.net.nz](mailto:muchison.centre@clear.net.nz)  
Phone 03 523 9360.

## Murchison Golden Oldies

Phone 03 523 9792 (Hamish Reith).

# NELSON

## Angie's Aerobics

Burn calories and increase muscle and energy levels in this fun, easy aerobics and circuit class. Thursday 9.15 am – 10.15 am, Tahuna Presbyterian Church, Muritai Street, \$6.  
Phone 03 547 0198 (Angie).

## Aquatics/Swimming/Gym

Riverside Pool. Phone 03 546 3221.

## Belly Dancing

Zenda Middle Eastern dancing  
Phone 027 689 0558 (Debbie).  
Email [dbsumner@xtra.co.nz](mailto:dbsumner@xtra.co.nz) or  
Phone 03 548 8707 (Gretchen).

## Breast Prostheses and Mastectomy Bras

11 Keats Crescent, Stoke.  
Phone 03 547 5378 (Helen Clements).  
[www.classiccontours.co.nz](http://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@cancer Nelson.org.nz](mailto:info@cancer Nelson.org.nz).  
[www.cancer Nelson.org.nz](http://www.cancer Nelson.org.nz).  
[www.facebook.com/Cancer-Society-Nelson](https://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.

## Death Cafe

Death Café Nelson. Monthly discussion, Nelson Turner Library, last Saturday of the month 1.30 pm

and 3.00 pm. Film nights also held.  
Email [nelsondeathmatters@gmail.com](mailto:nelsondeathmatters@gmail.com) (Kristine) or phone 027 939 0024 (Barbara).  
[www.deathcafe.com](http://www.deathcafe.com)

## Golf Croquet

Nelson–Hinemoa, Phone 03 548 2190 (Bev).

## Government Superannuitants Association

Phone 03 538 0233 (Margaret).  
Email [nelson@gsa.org.nz](mailto:nelson@gsa.org.nz).

## Grandparents Raising Grandchildren

Phone 021 062 6583 (Paula Eggers).  
[nelson@grg.org.nz](mailto:nelson@grg.org.nz) / [www.grg.org.nz](http://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 [randjpittman@gmail.com](mailto:randjpittman@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@xtra.co.nz](mailto:nelsongreypower@xtra.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 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](http://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, 168 Tahunanui Drive.  
Phone 03 545 1159 (Tony).

## Nelson Senior Citizens Social Indoor Bowling Club

Phone 03 546 6562 (Roger or Shirley).

## 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](mailto:nelson@genealogy.org.nz).

## 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).  
Phone 03 548 1488 (Elizabeth).  
Email [ncpotters@gmail.com](mailto:ncpotters@gmail.com).

## Silver Yogis

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

## Stoke Tahunanui Ladies Club

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

## Sit and Be Fit

A 35 min class to music. Victory Community Centre, Totara Street, Nelson. Tuesdays, 11.00 am. Phone 03 546 8389 (Leigh).

## 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](http://www.thesuter.org.nz) for details, 208 Bridge Street, Nelson. Phone 03 548 4699.

## Table Tennis

Nelson Table Tennis Club.  
Phone 03 547 5066 (Kay).  
Phone 03 544 8648 (Glenda).

## 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.tahunanui.org](http://www.tahunanui.org).

## Tai Chi with Gretchen

Classes in Nelson, Stoke and Richmond.  
Phone 03 548 8707 (Gretchen).  
Email [kitesfun@ihug.co.nz](mailto:kitesfun@ihug.co.nz).

## 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 each month (except December and January) 10.00 am, at The Nelson Golf Club, 38 Bolt Rd, Tahunanui.  
Phone 03 548 0272 (Jennifer).

## Ukulele with Gretchen

Nelson and Richmond, groups or private.  
U3A: Phone 03 548 7889 (Paul).  
Email [membership@u3anelson.org.nz](mailto:membership@u3anelson.org.nz).

## Victory Community Centre

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

## Nelson 50+ Walking Group

Mini walks and longer walks every week to suit all fitness levels. Everyone welcome.  
Phone 03 545 9180 (Jeff).

## 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](mailto: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.

### Croquet

New members welcome.

**Golf croquet:** Thursday and Sunday at 1.00 pm.

**Association croquet:** Wednesday and Saturday 1.00 pm (Winter), 10.00 am (Summer). Lawns opposite Health Centre lower Queen Street. Phone 03 541 0623 (Sherly). Phone 03 544 7268 (Betty).

### 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](http://www.jacquisinclair.com). Phone 03 544 1645.

### Pilates Classes

Richmond Recreation Centre. Monday 12.30 pm – 1.30 pm or Wednesday 9.15 am – 10.15 am. Phone 03 538 0318 / 021 034 4109 (Sue).

### Pottery

Tutored classes at Craft Potters, 202 Ranzau Road, Hope. All welcome. No experience needed. Email [craftpotters@ts.co.nz](mailto:craftpotters@ts.co.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 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 pm, \$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 / 03 541 8211. C Stanton, Sec RSCD club. Email [cstanton@actrix.co.nz](mailto:cstanton@actrix.co.nz)

### Richmond Senior Citizens

62 Oxford Street, Richmond. Phone 03 544 9174 (Pauline or Terry)

**Tuesday:** Cards, 1.30 pm – 4.00 pm.

**Thursday:** Craft Group, 9.00 am – 12 noon. Cards, 1.30 pm – 4.00 pm.

**Friday:** Exercise group 10.00 am – 11.00 am. Housie and a cuppa, 11.00 am – 12 noon. Hot

lunch, 12 noon – 1.00 pm (\$5 per person. Rummikub, 1.00 pm – 3.00 pm.

### Richmond Slimmers Club

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

### Richmond Waimea Community Whanau Group

Network, share information and learn more about your community. Meets the first Tuesday of each month, 12 noon – 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 Rummikub 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](mailto: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 60's welcome too). Active fun, social recreation with weekly planned outings and activities Every Tuesday 9.30 am. Car-pooling available.

### Tasman Tennis Club

Social tennis Tuesday mornings, 9.30 am beside the Badminton Hall, Gladstone Road. [www.tasmantennisclub.info](http://www.tasmantennisclub.info).

### 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](http://www.jacquisinclair.com) for more information. Phone 03 544 1645.

## 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).

### 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 Ken Holmes (547 4301), or Robyn Walsh (547 3231).

### 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.

### Sports Tasman Motueka

**Monday:** Silver Sneakers (30 minute walking group for older seniors/balance exercises), 9.30 am. Badminton/Pickle Ball (social, all welcome), 11.00 am.

**Tuesday:** Move2Music, 9.30 am. Sit n Be Fit, 10.30 am.

**Wednesday:** Gym Assist (for new gym members/seniors), 9.30 am. Badminton/Pickle Ball, 11.00 am.

# SERVICE DIRECTORY

**Thursday:** Move2Music, 9.30 am. Sit n Be Fit, 10.30 am.

**Friday:** Badminton/Pickle Ball, 11.00 am. \$5 per session or concession card of 10 for \$40. Phone 021 0268 3591 or 03 528 8228 (Wendy).

**Tai Chi for Health:**

Phone 03 538 0072.

Email stadium@sportstasman.org.nz.

**Stoke Bowling Club**

Phone 03 547 1411 (Allen).

**Stoke Central Combined Probuc Club**

Meets 10.00 am, every fourth Tuesday, Methodist Church Hall, Neale Avenue, Stoke. 03 547 0941 (Colleen).

**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).

**St Barnabas Stoke**

Coffee and chat, Wednesdays, 10.30 am. No charge. Out to lunch – community lunch. First Wednesday of each month, 11.45 am. Donation accepted.

**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 Stoke Memorial Hall:

**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.

**Mel's Memory Lane Chat Group:** Twice a month at 11.00 am Tues – Thurs.

**Sit and Be Fit exercises to music:** Tuesday and Wednesday at 11.00 am. \$3

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

**Stoke Seniors Hall:**

**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:** Second Tuesday and last Wednesday of the month, \$5 a card.

**Monthly movie:** Contact office for details.

**Stoke Seniors Choir:** Meets Thursdays from 11.00 am – 12 noon. Contact Anne.

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

**Girls Own:** Monthly on Friday.

**Lads @ Large:** Monthly on Friday

## TAPAWERA

### MENZSHED

Phone 03 522 4616 (John).

Email menzshedtawera@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 9693 (Margaret).

Phone 03 542 2235 (Yvonne).

### 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).

### Willowbank Heritage Village

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

www.willowbankwakefield.co.nz.

### Walking – Wakefield

Rural Ramblers Phone 03 541 9200.

## NEED TO UPDATE YOUR DIRECTORY LISTING?

Email mudcakes@hothouse.co.nz with your updated content, and we'll edit it for you. If you would like to add a new listing, simply email us to request a copy of our handy directory template.

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