

Mudcakes and Roses

SENIOR GENERATION ACTION
AND ISSUES – NELSON TASMAN



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a new column by
Ro Cambridge

The First World War (1914–1918) was one of the most significant events of the 20th Century and had a deep and lingering impact on New Zealand society. Nearly every New Zealand family was affected. The centenary of New Zealand's participation in the First World War is being marked from 2014-2019 through commemorative events, projects and activities in all parts of the country. In this issue we take a look at the Anzac Day commemoration activities taking place locally. We also learn more about the life of a young Ngati moti man William Ham, who at just 21 years of age became the first soldier to be killed in active combat during World War 1.

On a lighter note, we're delighted to be welcoming a new regular contributor to the magazine – Ro Cambridge who many of you will know through her 'Grey Urbanist' column and blog. In her new column for Mudcakes & Roses, The Retro Metro, Ro laments the lack of visibility of "vintage people" in the media and highlights some books and films that offer a more rounded view of older adults. Falls remain the main reason that older people lose their independence and in this issue we take a look at some of the key risk factors and some simple things you can do to help avoid them.

On page 10, our gardening expert Philippa Foes-Lamb celebrates the arrival of Autumn and shares her tips on how to take cuttings.

The Mudcakes & Roses team

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

How to get your copy!

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

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

Mudcakes & Roses Noticeboard

POSITIVE AGEING EXPO – FINAL REMINDER

Friday 27 March 2015, 10.00 am–3.00 pm at the Headingly Centre, 2 Headingly Lane (off Lower Queen St), Richmond.

The Positive Ageing Expo promises to have something of interest to seniors, their families, whanau or for anyone heading towards retirement. Seminars include an opening introduction from the Minister for Senior Citizens Hon Maggie Barry ONZM, to the first seminar 'Good Grief' by Lois Tonkin, author of the book 'Riding the Storms'. Lois will discuss how we can cope with and get through grief. Grief is not only about our responses when someone dies, but about losing anything that is important to us. The second and final seminar is Positive Ageing in Action by Mark Inglis. Mark's life experiences and ability to face adversity provides plenty to inspire and challenge. Admission is free with complimentary tea, coffee and biscuits provided, lunch will be available for purchase.

Positive Ageing Forum 2015 Next Meeting

Meetings are held at Richmond Library from 1.00pm until 3.00pm. All welcome. Next meeting: Monday, 4 May

Long Term Plan 2015-2025

Residents in Tasman and Nelson have the opportunity to provide feedback on the priorities Tasman District and Nelson City Councils have set in their 10 Year Plan Consultation Documents. These Plans will only come to life if they truly reflect the wishes of the communities, that's why the councils need your feedback. For more information visit www.tasman.govt.nz/ltp or www.nelson.govt.nz.

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email: helen.mccubbin@tasman.govt.nz

web: www.tasmanlibraries.govt.nz/about-us/events/featured-events/stepping-up-at-richmond-library/

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Nelson or call for more information.
Contact Anne Harvey; phone: 03 546 9175
or 0800 422 733 ext 613, Mob: 027 705
5373 or email anne.harvey2@nmit.ac.nz

Heritage Week 2015

Look out for the health and medicine themed Nelson Heritage Week 2015 programme (11-19 April). It is full of low cost or free activities with something new each day. Great ideas for the Easter school holidays if you are looking after children, or you just want to discover more about your city. A full programme will be printed in the Leader (Nelson and Tasman) on 9 April and is also available from Public libraries or go online www.nelsoncitycouncil.co.nz

Branford Park Celebration and guided edible walks launch during the week, then get into the swing at night the 1914 ragtime style Hard Up Dance at Fairfield.

Live theatre is a feature of the week this year. See feisty WW1 Nurse Nellie Coster face a challenge in *Head Above Water*, and in *Mabel* discover some Atkinson family secrets in Fairfield House.

Enjoy free talks from chef/gardener Nicola Galloway, scientist Susie Wood, health supplement guru Richard Daniel and irrepressible authors Karen Stade and Karen Price.

Holiday fun for children at Founders Heritage Park with the Medical Mayhem quiz plus an action packed show about Milly Molar and Freddy Fang's adventures.

Book chat, *Out of the Cradle* Film show, Heritage Heroes awards plus exhibitions are happening at Elma Turner Library and special storytime for the little ones.

Take a guided walk, try a Medical Mixture at Nelson Provincial Museum, sample Melrose House's treasures, talks and tour, or do the

Other commemorative activities and events this month

Launch of the revised classic WWI history book, *Tales of Three Campaigns*, by Major Cyprian Bridge Brereton, commanding officer of the 12th (Nelson) Company, Nelson College Hall, Wednesday, 8 April, 6pm. RSVP by 5 April to Sarah Barnes, sarah.barnes@museumnp.org.nz

Head Above Water: the story of Nurse Nellie Coster, who survived the torpedoing and sinking of the *Marquette*, in which 10 New Zealand nurses died. Nelson Provincial Museum, April 11-13, various times (Nelson Heritage Week).

The Hard Up Dance: dance up a storm and relive the patriotic fundraising dances held in Nelson during the war. Fairfield House, Nelson, 11 April, 7.30pm, (Nelson Heritage Week).

Mabel: an intimate, historical, theatre production incorporating multi-media and live performance, telling the story of Fairfield's Mabel Atkinson, WWI nurse, early physiotherapist, midwife and suffragette. Fairfield House, Nelson, 18-19 April, 2pm, (Nelson Heritage Week).

Broadgreen House, Stoke: *The War at Home – Living with WWI* exhibition, 4 April-26 April, daily 10.30am-4pm.

Isel House, Stoke: *Further Afield, Stoke's WWI Families* exhibition, the stories of Stoke servicemen who didn't come home, their Stoke connections and wartime links to Isel. Tues-Sun 11am-4pm.

Melrose House, Nelson: the wartime story of Melrose and those who lived in it, including Colonel Noel Percy Adams. Special Anzac biscuits at the café on Sunday 26 April (only). Daily 9am-5pm.

Nelson Public Libraries – various WWI displays, including memorabilia, women and books at Elma Turner, Nellie Nightingale and Stoke Libraries. 20 April – 30 May.

Motueka Museum: *Motueka's War* exhibition, how the war through the Gallipoli campaign affected those living in Motueka and surrounding district. Tues-Fri 10am-3pm, Anzac Day and Sundays 10-2pm. Closed Mondays and 20-24 April for a schools' programme. Exhibition ends 1 May.

Golden Bay Museum: exhibition about the effect the war had on those who served and those who stayed home, including mementos of war, nurses, and the mounted rifle men and their horses. Open daily 10am-4pm, except Monday 27 April.

Maitai Quiz set along the new walkway, and be in to win a prize!

Relive memories of Te Rangī hospital where generations of Nelsonians were born when we unveil a new information panel.

History of Motueka Wharves – Photos Needed

The Motueka and District Historical Association are publishing a book on

the Motueka Wharves to coincide with the 100th anniversary of the opening of the present day wharf, more commonly known as Port Motueka. While their own collection will form the basis of the book, they will need assistance from the public to fill in some of the gaps. If you have early photographs that could be of use, contact Coralie Smith at the Research Room, Motueka Museum on a Tuesday, Ph 03 528 8241 (evenings).



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Anzac Day – A Centennial Commemoration

By Karen Stade



Red Cross Garden Party at the Boys Training Farm Stoke, Nelson, New Zealand, 18 December 1915. Nelson Provincial Museum, F N Jones Collection: 311190.

One hundred years ago this month ANZAC troops landed on a beach at Gallipoli in Turkey; an ill-fated campaign widely regarded as contributing to New Zealand's nation building. A century on, the campaign is remembered during World War I centennial commemorations.

This year's Anzac Day, 25 April, will feature three Dawn Services: in Collingwood, Takaka and Nelson. The city's centennial dawn service is transferring from Anzac Park to Trafalgar Park in anticipation of a crowd of around 5,000 and will replace the civic service usually held later at Stoke Memorial Hall.

A special feature of the city service will be live music from civic bands and the unveiling of 600-plus white crosses, each individually named for someone from Nelson-Tasman who died in or as a result of WWI service. Following the service, people are encouraged to stay for breakfast (available for sale), music and other activities, including a closer look at the crosses.

Elsewhere in the province, civic services are scheduled throughout the day. In Collingwood, an honours board for both world wars will be unveiled following a morning civic service in the memorial hall. That afternoon, a recreation of the Gallipoli landings will see costumed 'troops' rowing to shore from an anchored boat at Port Collingwood while 'under fire' from pyrotechnic shell fire.

From 7am on Anzac Day, Nelson Provincial Museum launches the second instalment of its chronologically unfolding exhibition, WWI – Their Stories – Our History. The 1914 section remains in place but visitors will now learn about the province's 1915 war story with a new section, 'The End of Innocence'.

Picking up the story of Nelson men in Egypt, it moves through the Gallipoli campaign, and also explores patriotic fundraising, nurses, the Red Cross and the Italian community.

Regional museums, including Motueka, Golden Bay and Murchison, also have World War I exhibitions which survey the impact of the war on their local communities.

At Broadgreen House, a display called 'The War at Home' will focus on the Langbein family, whose time in the house during

the war years will illustrate the impact on those who remained home while family members went to war.

The exhibition, 'Further Afield – Stoke's WWI Families' is at Isele House and shares the stories of soldiers from Stoke who died during the war, their family connections, and war links to the house.

Melrose House will have a wartime display about the house and one of its residents, Colonel Noel Percy Adams, and Anzac biscuits will be available at the café on Anzac Sunday.

Also on the Sunday, the Cathedral hosts a morning Anzac remembrance service attended by uniformed community services. A feature in the Cathedral from the middle of the month will be two large banners covered with around 3,000 knitted, crocheted, felted or sewn red poppies handmade by members of the Nelson Creative Fibre Group with assistance from the public.

Monday, 27 April is a public holiday and will see the city's Founders Heritage Park holding an Anzac Apple Day. This is reminiscent of the wartime community spirit which characterised patriotic fundraisers held throughout the war to 'support our boys'. Families can enjoy period entertainment, a street party, wartime music and variety shows, a bazaar and games.

Nelson Public Libraries have a variety of war-themed displays, talks and events running from 20 April to the end of May. These include displays of library staff-owned wartime memorabilia, a performance of war music, a session about online WWI resources, the showing of WWI films, and a soldier's tent.

And several war-themed events are also on offer earlier in the month. On 8 April, a revision of a classic WWI book, *Tales of Three Campaigns*, by the commanding officer of the 12th (Nelson) Company, Major Cyprian Bridge Brereton, is launched at Nelson College. Nelson Heritage Week (11-19 April) has a number of related events, including *Head Above Water*, a short play written to mark the centennial of the sinking of the troop ship *Marquette* by a German torpedo in October 1915. This tells the story of Nelson nurse Ina (Nellie) Coster who survived the disaster which killed 10 New Zealand nurses and other medical staff.

There promises to be something for everyone in the coming weeks of Anzac centennial commemorations. Check out the full programme at itson.co.nz



Poppies at Isele House (Nelson Mail)

Anzac Day Centennial Commemoration activities and events in April

Saturday, 25 April:

Dawn Service, Trafalgar Park, Nelson, 6am-7.30am. (Breakfast available for sale at the park after the service, music and other

Dawn Service, Collingwood Cenotaph, 6.15am.

Dawn Service, Takaka Memorial Library, 6.30am.

Combined Civic Service, Collingwood-Takaka, Collingwood Memorial Hall, 10.30am, followed by the unveiling of a memorial honours board in the hall foyer,

Civic services will be held at various locations throughout the province. Check your RSA for details.

Nelson Provincial Museum, opens 7am Anzac Day with the launch of the 1915 section of *WW1-Their Stories – Our History* exhibition: *The End of Innocence.* 10am to 5pm weekdays, 4.30pm weekends.

Nelson College Scriptorium, Waimea Road: The college's war memorial and museum/archive, open Anzac Day 9am-4pm.

Gallipoli landing recreation, Port Collingwood, early afternoon, depending on tide.



Shell holes at Cape Helles, 1915. Nelson Provincial Museum Collection.

Sunday, 26 April:

Anzac Remembrance Service, Christ Church Cathedral, 10am-11.30am. See also the Nelson Anzac Poppies Project banners inside the main entrance doors.

The Attic, the library of the Nelson branch of the New Zealand Society of Genealogists, 67 Trafalgar Street, 2-4pm. Assistance to get started with genealogical research for WWI ancestors from Nelson-Tasman.

Monday, 27 April:

Anzac Apple Day, Founders Heritage Park, Atawhai Drive, Nelson. 10am-4.30pm. A fun family day, reminiscent of patriotic wartime fundraising events, including music, entertainment, games and a street party. Entry fee applies.

For other commemorative activities and events during April, see page 3

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World War I's First Fallen Soldier Remembered



Peter Millward, CEO of the Nelson Provincial Museum, presents a photo of Pvt Ham's funeral to Dave Canton

A century ago, a young soldier from Ngatimoti, Private William Ham, became the first New Zealander killed in battle in World War I.

On February 5 this year, a special service to honour Private Ham and the thousands of other New Zealand soldiers who lost their lives in the First World War was held at the Ngatimoti war memorial next to St James church. More than 150 people attended, including local schoolchildren and residents, members of the Motueka RSA, representatives from the New Zealand Defence Force and relatives of Private Ham. The Nelson Provincial Museum and the Motueka District Museum created a small exhibition at the church of local soldiers'

memorabilia including diaries. Les Stanton of the Motueka RSA presented a framed photograph of William Ham, and Peter Millward, CEO of the Nelson Provincial Museum, gifted a rare recently discovered photograph of Private Ham's funeral. These were accepted on behalf of the Ngatimoti community by Dave Canton.

Motueka Valley historians Ed Stevens and Anne McFadgen are working together to uncover the stories behind all of the 20 names listed on the Ngatimoti World War 1 war memorial. Some of the stories are posted on Anne's working blog, <http://rustlingsinthewind.blogspot.co.nz/>. The following is an edited extract from the blog about Private William Ham.

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William Ham

In 1903 William Edward and Hester Hawthorne (née Barnwell) Ham left their home in Bray, County Wicklow, Ireland, and set sail for New Zealand. With them were their three sons, William Arthur, born in Bray, 14 April 1892, Thomas Henry Merrick (Harry), born Dublin, 31 May, 1895, and John Sidney (Jack), born Dublin, 14 November, 1902. The family travelled on the RMS Athenic, the very ship that would transport young William to Egypt 11 years later.

William Arthur was 13 when he enrolled at Orinoco School in May, 1905. His brother Harry followed him in due course. The Hams had been members of the Protestant Church of Ireland and no doubt attended St James Anglican Church, hub of community and social life in the Motueka Valley.

Mr Ham took work with one of the portable sawmills, working the bush-clad valleys. He later drove a horse-drawn grocery van servicing the area for Rankin & Sons of Motueka – cars didn't make an appearance in the Motueka Valley until after the war.

His was a close-knit family, and William (known as both Willie and Bill) was very patient with his younger brothers, spending time with them and teaching them how to swim

in the creek behind their house. By now he had three more siblings; Cyril Edward, Ralph Eagar and Ernest James. He was particularly attached to his brother Harry, and like most boys, they sometimes got up to mischief together – a family tale has it that they would occasionally sneak up Church Hill to the nearby Plymouth Brethren Hall and startle the congregation during meetings by banging on the wall, before making a quick getaway.

William and Harry would have had friends among the other young lads of the district with whom they attended school, and despite being expected to work on labour-intensive family farms, most found time to muck about on the river; fishing, eeling and playing about with rafts and canoes. They went hunting – extra meat was always welcome on the table at home. 12th (Nelson) Company commander C.B. Brereton (himself a Ngatimoti man) later remarked that accurate shooting for which the local boys were praised at the Battle of the Suez Canal was a result of skills gained hunting around the bush-clad hills of home. All the boys spent a lot of time drilling with the Senior Cadets, based in Motueka. Once they reached 18, they joined the local contingent of the 12th (Nelson and Marlborough) Regiment of the NZ Territorial Force. William's family was deeply patriotic, with a strong tradition of military service. William and Harry were keen members of both the Senior Cadets and the Territorials.

With war with Germany looking more and more likely, the annual Territorials camp at George MacMahon's Tapawera

Continued on page 8



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farm in April, 1914, was a serious affair, attended by around 11,000 men from the Top of the South Island. William joined up with the 12th (Nelson) Company of the NZ Expeditionary Force's newly raised Canterbury Infantry Battalion, being one of the first to volunteer when war was declared on the 4th August, 1914. By the 11th of August he was among the men from Motueka and surrounding districts farewelled at Motueka's Old Wharf before they took the coastal steamer Nikau to Nelson on the first leg of their long journey. As they sailed across the bay, the Ngatimoti boys caught a last poignant glimpse of Ngatimoti's iconic Green Hill, known as "White Rock" for its limestone crown.

After training, William finally set out from Wellington on the troopship Athenic on 16 October, 1914, with the Main Body of the NZ Expeditionary Force. The NZEF troops were intended as reinforcements for France, but were diverted to Egypt when Turkey joined the war as a German ally. They were based at Zeitoun, where they underwent further training with the men of the Australian Imperial Army, becoming a joint contingent known as the Australian and New Zealand Army Corps, soon dubbed the ANZACs. By January 1915 it was clear that the Turks were preparing to mount an attack on the Suez Canal, and a short but fiercely contested battle for control of the Suez Canal took place on the 3rd of February, 1915. During this battle the 12th (Nelson) Company played a significant part. Responding to a call for aid from the 62nd Punjabis stationed nearby, 10 platoon of the 12th Company, of which William Ham was a member, used sustained rifle fire to thwart the main Turkish attempt to force a crossing over the Canal at Serapeum. They were later commended by their efforts, especially given that they only had rifles at their disposal - by an operational oversight their machine guns had been left behind at camp, 10 miles away.

Fighting started just after 3 o'clock in the morning, and 10 platoon, supported by long-range enfilading fire from 9 platoon, kept up a furious non-stop defence under fire until 2.30 that afternoon. Ironically, it was then, when the men were ordered to retire on the Indian Headquarters for a break, that the members of 10 Platoon were exposed to enemy fire and William Ham was mortally wounded by a bullet which ricocheted off his rifle and struck him in the neck, leaving him paralysed.

William Ham's platoon commander, 2nd Lt Alister Forsythe, went back to give aid and make William as comfortable as possible, but his position was so exposed that he couldn't be brought in straight away, but had to lie where he fell until the stretcher bearers were able to collect him. He was taken to Ismailia Hospital and died there on the evening of February 5th, 1915, becoming the NZ Expeditionary Force's first battlefield casualty. Major Brereton and Lt Forsythe arranged his funeral, and at 9.15 on the morning of February 7th, with the whole company in attendance, he was buried with full military honours in a plot at the Ismailia European Cemetery. Although the Canal Battle was reported in the Nelson Evening Mail, on Feb 6th, so early in the war, the mechanisms for notifying family of war-related deaths had not yet been put in



Brigadier Jon Broadley gives a stirring speech at the William Ham commemoration

place. In an interview recorded in 1964, William's posthumous sister-in-law, Violet Ham (née Mitchell), recalled the manner in which the family found out about William's death.

"He [William] was a daredevil type who looked upon it as an adventure, I think. He was killed so early in the war that there was no notification of the next of kin. When my husband [Harry] went to work in the morning, somebody picked up the paper and said 'Was that your brother who was killed?', and it had been his brother, killed at 21."

An edited extract from:

www.rustlingsinthewind.blogspot.co.nz

WWI COMMEMORATIVE EVENTS:

Richmond-Waimea Returned & Services Assn

Richmond Oxford cnr Cambridge Street, 25 April 2015 – Service of remembrance parade for 100 years since NZ soldiers landed at Gallipoli. Led by one soldier in New Zealand uniform, one in Australian uniform and one in Turkish uniform

Contact: Stuart Mirfin, Ph. 03 544 0111
Email: mirfin@tasman.net

Moutere Hills Branch RSA Inc

25 April 2015 – conducting an enhanced memorial service due to 2015 being the centenary of the Gallipoli landing during WWI.

Contact: Patrick Duffy, Ph. 03 544 3413 / 021 119 9174

Brightwater Community Association

25 April 2015 – ANZAC Day Commemorations followed by a Community Breakfast at the Brightwater Domain.

Contact: Andrew McQueen,
Email: a.smcqueen@clear.net.nz

The Retro Metro



Ro Cambridge. The photo is from Visible at Sixty by Jenny O'Connor

Vintage style is currently all the rage: the media is full of retro-styled toasters, typefaces, clothing and colour-schemes. But have you noticed there are hardly any vintage people – folks who saw all that stuff the first time around?

When oldsters do appear, they seem to come in just two basic models. One is preternaturally youthful and most likely to appear in advertisements for European cars, designer glasses or Viagra. The other is a deaf,

forgetful granny or grandpa tottering behind a Zimmer frame. Or, at best, chugging to the shops on a mobility scooter. The really old are lauded for their longevity rather than for their imagination or character. It's as if time erodes all intelligence, passion and longing until all that remains is some generic old person.

If you are past the middle-years (whatever they are) you know that this isn't true: you're just as full of ideas, longings, hopes and dreams as your younger selves ever were. You might even agree with P.J. O'Rourke, that "age and guile" always "beat youth, innocence and a bad haircut".

What is certainly true is, that as the years pass, your awareness of the fragility and randomness of life increases. Surprisingly, I haven't found this fact depressing. Instead it's increased my enjoyment of the small, simple pleasures of everyday life. And I like to think it has made me kinder. To myself. And to other people.

Literature has always had room for detailed portraits of older people. At last, movie-makers have caught on – recent films are more likely to depict older people with complex characters living richly nuanced lives.

If you are thirsty for depictions of older people as fully-rounded characters dealing with the delights and challenges of the senior years try these movies and books.

They are full of intelligent, lusty, and opinionated older people. People like us.

MOVIES

What We Did On Our Holiday (UK)

Billy Connelly plays the rebellious and loving granddad of some whip-smart grandchildren who honour his wish to have a Viking funeral. Witty script, funny and sad.

Love is Strange (US)

An older couple separate and stay with friends and family when they can no longer afford their Manhattan apartment. The new living arrangement challenges everyone. The fact that the couple is gay is almost, but not quite, beside the point.

Birdman (US)

An aging actor, once a movie superstar, comes to terms with messy tangle of relationships while attempting to recreate himself as the director of serious theatre.

Armour (France)

An affecting study of the abiding love between an elderly long-married couple and what happens when the wife realises she is succumbing to Alzheimer's.

BOOKS

No! I Don't Want to Join a Book Club! by Virginia Ironside

Life as seen by a cynical 60-year-old English woman writing with hilarious frankness.

Let Me Be Frank with You by Richard Ford

A twice-married American, retired sportswriter and real estate agent, muses on life, US politics and much else in these short stories set in the aftermath of Hurricane Sandy.

In Praise of Slow by Carl Honoré

A book which gives you an honourable excuse for slowing down.

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Gardening tips for Summer



Viburnum cuttings

Hi, it's autumn at last and our gardens are breathing a huge sigh of relief after a very long hot, dry summer. The weather was beautiful but it was incredibly hard on our plants. It's a good time to look around your property and see what you might need to replace.

It can be heart-breaking losing an established tree or shrub especially if they form the backbone of your garden. One of the main features in my woodland garden, an acacia, died this summer and another lost two big branches in the stormy weather in early March. This has changed the face of my woodland garden completely – I now have a large area that isn't in full shade. Luckily most of my shade loving treasures are in another part of this garden.

While it's sad when damage happens it's a marvellous opportunity for change, something we gardeners love. I can now completely revamp this area and plant things that thrive in semi-shade instead of full shade – the plant world is my oyster.

Taking cuttings of your favourite plants is an affordable way to increase your stocks with very little effort. There are several types of cuttings; root, soft-wood, semi-hardwood and hardwood. Autumn is the perfect time to take semi-hardwood cuttings of plants like hydrangea, hebes, buxus (English box), lavender, pelargonium and fuchsia to name a few. So what is a semi-hardwood cutting? In simple terms it's a cutting that has some solid wood at the base and slightly softer growth at the top (bendable but not floppy).

Before taking your cuttings fill a punnet or pot with river sand from Bay Landscapes and water well. Cuttings need to be starved to produce a strong root system so seed raising or potting mix are best avoided because they are too rich.



Philippa Foes-Lamb

Choose a leaf node (the point where the leaves meet the stem) around 10-20cm down from the tip and using sharp secateurs make a slanted cut just below the node. Remove leaves from the bottom 2/3 of the cutting then, using a sharp knife, gently scrape downwards on either side of the bottom node to expose the inner tissue. Cut the remaining leaves in half as this helps ensure energy goes into making roots rather than feeding the leaves.

Gently push your cutting into the river sand as this helps to roughen up the tissues. If you like to use rooting hormone powder, dip your cutting into it, gently tap the excess off then make a hole using a pencil, pop your cutting in and firm down. Water your cuttings gently and check them regularly because if they dry out they may die.

Place your cuttings in an area that gets dappled light, not full sun, as this helps reduce stress. The main thing you need is patience – some cuttings can take months to form roots so try not to tug your cuttings after a few weeks to see if something is happening. Lift the container up and if you can see lots of roots peeking out the bottom chances are your cuttings are ready to be potted on.

If you'd like more information on taking any types of cuttings, please feel free to contact me.

If you have any questions or topic suggestions, I'd love it if you would email me at foeslamb@xtra.co.nz or write to me c/- Mudcakes and Roses.

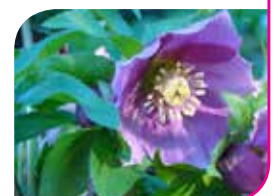
My radio show, Green Thumbs & Dirty Fingers is full of more gardening tips and airs each fortnight on Fresh FM, Nelson-Tasman 104.8, Golden Bay 95.0 on Tuesday at 10.40am, replayed the following Saturday at 2.40pm. Happy gardening.

Heirloom Perennial Nursery & Art Studio

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

Now Open Mondays and Thursdays 10.00 am – 4.00 pm

Philippa Foes-Lamb,
25 Maisey Rd, Redwood Valley
Ph: 03 544 3131 or 021 522 775
Email: foeslamb@xtra.co.nz



Staying Independent

Falls are the main reason why older people lose their independence.

Slip, trips and falls can happen to us all. Many people think, "It won't happen to me" or that falls are not important. Some think falling is a natural part of ageing and there is nothing you can do. The good news is, most falls are preventable. Reducing your falls risks can reduce the likelihood of falls injuries such as broken bones (or worse).

Answer Yes or No to the questions below to assess your falls risks

Have you had a slip, trip or fall in the past year?

Have you stopped doing things or going places because you were afraid of falling?

Do you feel your muscles are weaker, or is it hard to get up from a chair, or the toilet?

Do you ever have trouble walking, or do you feel unsteady on your feet?

Do you feel dizzy when you stand up?

Do you take medicine (tablets) that sometimes make you feel light-headed or tired?

Do you take medicine to help you sleep or to improve your mood?

Has it been more than one year since you had your eyes or hearing checked?

Do you experience urine leakage or have to hurry to the toilet?

If you answered **YES** to one or more of the questions, you may be at risk of falling.

What should you do? Show the above answers to your doctor or nurse and have a discussion about what you can do to stay independent and free from falls.

Did you know?

As bones age, they lose calcium and strength. Ideas for keeping your bones strong include:

- Eat dairy products every day such as low fat (yellow top) milk, yoghurt or cheese
- Vitamin D supplements increase calcium absorption and help your balance
- Alcohol may limit the body's ability to absorb calcium, so moderation is advised
- Keeping active is the single most important thing you can do to stay independent

Ask your doctor or nurse for more advice and support on any of the above.



To find out more:

- Phone: (03) 543 7838
- Or read the on-line booklet: "Staying Active and On Your Feet" at: www.nbph.org.nz/programmes-and-services/falls-prevention



STUDIOS AVAILABLE



OWNER OPERATED FACILITY

For independent older people who wish to have security and services available.

- 24 hour Nurse Call
- Meals provided
- Licence to occupy available
- Access to activities programme, spacious grounds, weekly shopping



Please phone Tony or Helen Coombs at Wensley House - 49 Wensley Road - Phone 544 4099

Nelson Public Libraries commemorate WWI, 20th April – 31 May



The First World War (1914–1918) was one of the most significant events of the 20th Century and one which had a significant impact on New Zealand society. Ten percent of the population served overseas; more than 18,000 died and over 40,000 were wounded. Nearly every New Zealand family was affected.

Commemorative events are being held around the country, between August 2014 and November 2018. The focus for 2015 is the Anzac connection, and it is during this time that Nelson Public Libraries is commemorating the Great War with a series of displays, talks and events.

Between 20 April and 31 May the library will feature displays of WWI memorabilia and books, feature displays on animals at war and women in the Great War, a slideshow of WWI images and a recreation of a soldier's camp in the children's library. Events range from talks about the war, Nelson at War and WWI heroes, sessions on online resources for researching WWI, WWI music and poetry performances and a showing of archive film footage from the War:

At Elma Turner Library

- **Researching WWI:** finding and using online resources for your research
Tues 28 April & Tues 26 May 12pm-1pm
Mon 4 May 10am-11am
- **Karen Stade presenting** on 'Nelson's War – A Home Front Perspective', Tues 5 May 12.30-1.30pm
- **Flightless Birds:** a capella trio singing WWI songs and Kat Bailey, winner of the Nelson/Tasman Libraries WWI short story competition, reading her story:
Thur 7 May 12.30pm-1pm
- **WWI archive film showing:** newsreel footage from the war and home front
Tues 19 May, 12pm-1pm
- **WWI poems** from the Nelson Poetry Group
Fri 15 May, 12noon-1pm

At Stoke Library

- **Further Afield.** A presentation by Ham Baxter on Stoke's WWI heroes and accompanying display
Weds 29 April, 5pm-6pm
- **Flightless Birds** – a capella trio singing WWI songs
Sat 9 May 11am-11.30am

At Nellie Nightingale Library, Tahunanui

- **Barry Pont, RSA President** talks on WWI.
Tues 12 May 1-2pm

For more information about these events contact us at library@ncc.govt.nz or phone 03 546 8100.

BRIARS SENIOR SUPPORT



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

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

**IF THERE IS ROOM IN YOUR LIFE FOR
A FRIEND LIKE THIS, BRIAR CAN HELP:**

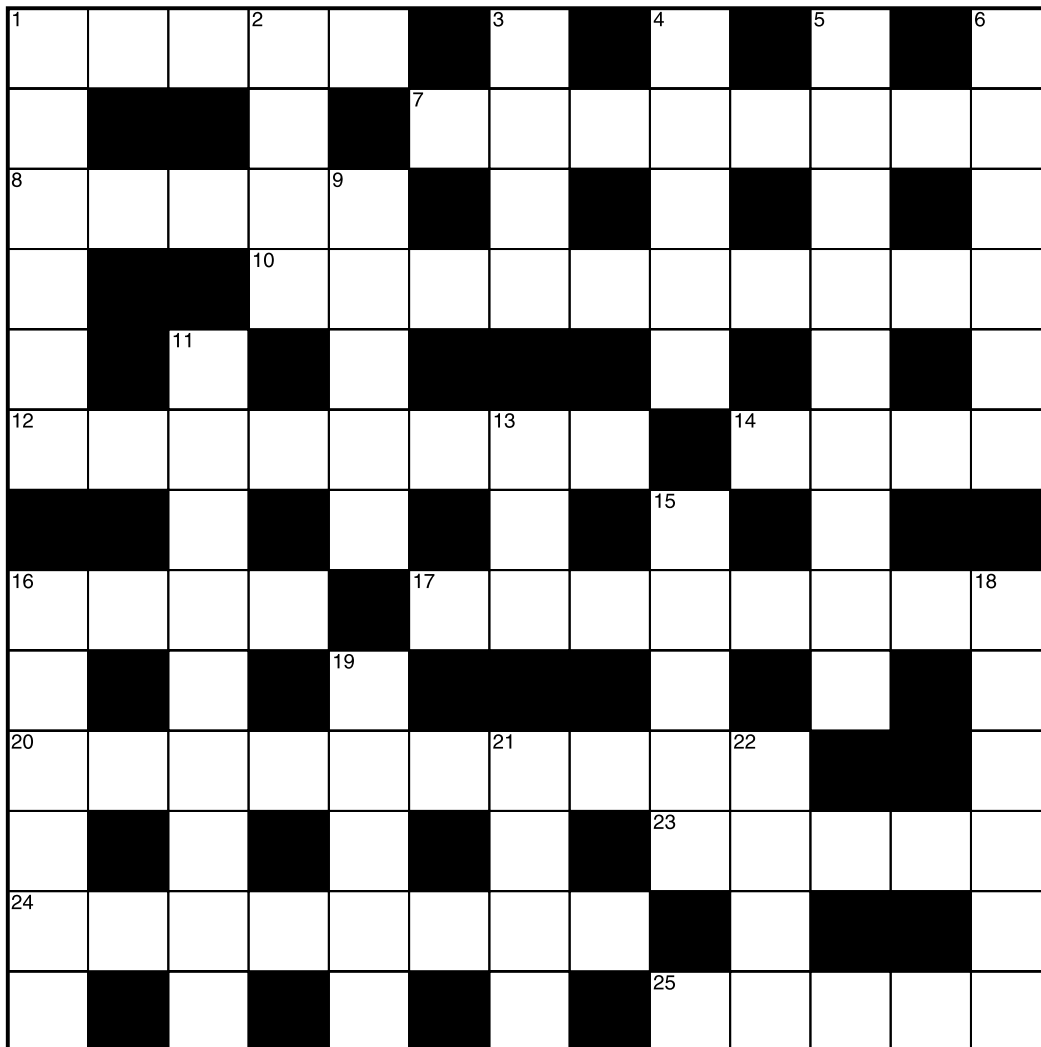
Phone or text: 021 830 554 or 03 528 6774
Email: briar.mortimer@gmail.com

• Offering you a New Zealand owned company
 • No administration fees added to your account
 • Funeral and cremation plans tailored to your needs
 • 24/7 no overtime charges

(03) 544 1129

ANISY'S TASMAN FUNERAL HOME

Crossword



Clues

Across

1. Suspect's excuse
7. Flight industry
8. Skewered dish
10. Sleepy feeling
12. Ocean voyager
14. Wheedle
16. Actor, ... Sharif
17. Calmly
20. Counterfeit
23. Song of the Swiss
24. Sketching carbon
25. Bequeath

Down

1. Lower leg joints
2. Necklace component
3. Affirm
4. Paved terrace
5. Missile's strength
6. For men or women
9. Snap
11. Twin-hulled boat
13. Supplement, ... out
15. Wet (weather)
16. Place of business
18. Daffodil hue
19. Authoritative command
21. Lend to
22. Urban community

Answers page 19.

Nelson Denture Clinic

The Smile Designers

Specialising in:

- BPS Dentures - latest technology injection moulded dentures. Excellent fit and extremely natural appearance

- New Dentures
- Cosmetic Dentures to Support and Improve Facial Structures
- Replacement Dentures
- Total Professional Care for Denture Patients

OUR GUARANTEE
IS IN YOUR SMILE

EXPERIENCE
COUNTS

"Someone has to make the best teeth"



Gilbert Matravers, Clinical Dental Prosthetist Ph/Fax: 548 1478 (0800 2 SMILE) 35 Waimea Road, Nelson

What's On

APRIL 2015

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

A sampling of some of the many exciting events happening around our region. For more events and further details, see www.itson.co.nz

Men's Health Night

Wednesday 1st April 2015

Grab a mate and come along, you'd be a fool not to. Phone Cancer Society Nelson 539 3662 to register or email info@cancernelson.org.nz. 5.30pm, Nelson Suburban Club, 168 Tahunanui Drive, Nelson.

Fight 4 Victory

Saturday 4th April 2015

Fight for Victory is a charity event to raise funds for the Victory Boxing Club. Victory Boxing's aim is to create a positive impact on young kids in the community, teach life skills, honesty, respect and caring, while developing opportunities for talented individuals. The Victory Boxing

Programme is now into its second year and with over 160 youngsters taking part this year's event will feature 10 bouts pitching local Nelsonians against each other in support of this fantastic event. Training is already underway at the Victory Boxing Gym where many fighters are donning their gloves for the first time. 6.30pm, Saxton Field Sports Complex, Saxton Road East, Stoke, Nelson, Tickets \$35 from Theatre Royal and TicketDirect ph. 03 548 3840 and 0800 224 224.

Mapua Easter Fair

Sunday 5th April 2015

The Mapua Easter Fair is considered to be one of the largest one day events in NZ. This is its 32nd year to welcome visitors to Mapua for a great day of fun, crafts, food and entertainment. Stall holders come from throughout NZ selling handmade crafts, furniture, artwork, food items and more. Free parking, no dogs please. 9 am to 4 pm, Mapua Domain, Aranui Road. Gold coin entry per person.

Heritage Week 2015

Saturday 11th – Sunday 19th April 2015

The theme of Heritage Week 2015 is "Medicine and Health". Discover the history of our hospitals, some famous nurses, and enjoy a fun show about two missing teeth! Take a guided walk, do a family quiz or listen to some speakers. For the adventurous, you can follow an edible trail. A full programme will be published closer to the event. For further details, see www.nelson.govt.nz

Melrose Treasure Sale

Saturday 11th – Sunday 12th April 2015

Join us for our annual Treasure Sale held in the Drawing Room at Melrose House. Fossick through tables overflowing with antiques and treasures that may not have seen daylight for years! Something for everyone... and make time for a coffee at the Cafe where you can sit and admire your newly found treasures! Time: 9am-4pm, Melrose House, 26 Brougham Street, Nelson

Go Wild With Weaving 2015

Saturday 11th – Sunday 12th April 2015

Go Wild. Have Fun. Six fabulous basketry workshops, weaving natural materials such as willow, flax, bark, cabbage tree leaves. Choose one from six different tutors and over two days make yourself a gorgeous basket. Go to www.gowillow.co.nz/go-wild-... for all details of workshops, tutors, materials. Price is \$330 and includes tuition, materials, two lunches and an evening meal. Time: 9.30-4.30, Collingwood Area School, Lewis Street, Collingwood, Golden Bay. Contact Ph. 03 5248 733 or email nicola.basham@xtra.co.nz

Conversations that Count Day

16 April 2015

Start a conversation that counts - 16 April is Conversations That Count Day, to raise awareness about advance care planning so that people start thinking, talking and planning for their future and end of life care. It might not be easy to start a conversation about the end of your life, but it is important. You can live out the end of your life just the way

you would want. This starts with talking about what you want with your partner, a mate, with the girls over lunch, at the kitchen table or with the whanau around the barbie. Not sure how to break the ice? Check out www.conversationsthatcount.org.nz for ideas or visit <http://advancecareplanning.org.nz/>

Garden Design Tour

Sunday 19th April 2015 9am-4pm

A self drive tour of 12 professionally designed gardens in the Nelson Tasman region, presented by the designers themselves. Includes Devonshire teas in a poolside setting. Garden Design Tour proceeds go to Nelson College International Future Problem Solving teams 2015. Tickets \$49, available from the following outlets: Ticket Direct, Mitre 10 Mega, Theatre Royal, More FM, Stihl Shop and Vanilla Bean Cafe.

Sport Tasman Free Activity Day for Adults & Seniors

21 April 2015

Saxton Stadium, 10.00am to 2.00pm. Free bus available on the day. To book, please call Saxton Stadium 538-0072.

Anzac Day Services and Events

See pages 4 & 5 for details.



I needed help to feel confident in my home again - Access was there.

Janet


Access

Make yourself at home with Access

Whether you require nursing services, personal care or even just a hand around the house, our fully qualified team supports you to live independently in your community.

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

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

Recreation & Service Directory

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

APRIL/MAY 2015

Golden Bay

Age Concern

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

Astanga Yoga

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

Belly Dancing

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

Genealogical Group

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

Gentle Exercise Classes

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

Golden Bay Contract Bridge Club

Leigh Ph 03 525 9744.

Golden Bay Garden Club

Diane Ph 03 525 6121.

Golden Bay Patchwork and Quilters Guild

Liza Ph 03 524 8487.

Hearing Therapy Services Life Unlimited

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

Indoor Bowls/Cards

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

Marble Mountain Country Music Club

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

Motupipi Indoor Bowling Club

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

Pohara Bowling Club

Jennifer Ph 03 525 9621.

Probus

Joan Ph 03 525 9224.

Puramahoi Table Tennis

Rene Ph 03 525 7127.

Relaxation and Restoration Yoga

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

SeniorNet [Golden Bay]

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

Sit and Be Fit

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

Tai Chi for Arthritis

Ann Ph 03 525 8437.

Takaka Golf Club

Ph 03 525 9054.

Takaka Golf Club Ladies Section

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

Takaka Spinning Group

Jan Ph 03 525 9374.

Takaka Table Tennis

Rene Ph 03 525 7127.

University of the Third Age (U3A)

Moira Ph 03 525 7202.

Upright and Able for Falls Prevention

Free 4-week course for those over 65 who have had a fall. Ph 03 539 1812 or Email Cherie.Thomas@nbpho.org.nz for more information and registration.

Uruwhenua Women's Institute

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

Wednesday Walkers

Meet at Information Centre carpark, Takaka, leaving 9.00 am. Bring morning tea, raincoat etc, light boots or walking shoes. Contacts: Erhard Wingels Ph. 03 524 8372 Jenny Maclaren Ph. 03 525 7440 Alan Gotlieb Ph. 03 525 8209.

Hope

Hope Midweek Badminton Club

Carolyn Ph 03 541 9200.

Nelson Veterans Tennis Club

Hope Courts every Thursday Ph 03 547 6916.

Mapua

Low-Impact Aerobics and Pilates

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

Mapua Friendship Club

Mapua Public Hall Valerie Ph 03 540 3685.

Mapua Bowling Club

Dave Ph 03 540 2934.

SeniorNet (Motueka)

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

Motueka

Age Concern

Support services, information and advocacy to older people in Motueka. Our services include Elder Abuse & Neglect advice and support, and an accredited visitor service for older people. Office: 62 Oxford St, Richmond. Ph 03 544 7624.

Better Breathing Classes

Held 3rd Monday of the month 2 – 3.15pm, Motueka Community Health rooms. Light exercise with a focus on breathing and relaxation. Phone Hilary for support and information, Nelson Asthma Society 03 546 7675.

Chair Yoga

Fridays at 11a.m. Weekly, gentle stretch and breathing sessions at Weka House, Old Wharf Road. Ph Delia 0212 398 969.

Cycling

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

Diabetes Support Group

Heather Smith Ph. 03 528 9689.

Gym & Fitness Centre

Studio Gym 275 Catherine Ph. 03 528 4000.

Hearing Therapy Services Life Unlimited

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

Indoor Bowls

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

Line Dancing (Beginners)

Huia Clubrooms, High St. Mondays 7.00-9.00 pm. Sue Ph 03 528 6788.

Marching

Motueka Veteranettes Marching Team Bev Ph 03 528 9125.

Motueka 50+ Walking Group

All walks leave Deck's Reserve carpark, where transport is arranged. To see the walks schedule, go to www.motueka50pluswalkers.org.nz. Meetings on the last Thurs of each month in the RSA Club, High Street, Motueka, 9.30 am. Contacts: Secretary Gill Gately Ph. 03 528 5399, President Peter Allborn, Ph. 03 528 8515. For details about alternate walks, contact Lesley or Ray Cranefield Ph. 03 527 8113.

Motueka and District Historical Association

Meets fourth Saturday of the month, April to November, Community House, Decks Reserve, 1.30 pm. Coralie Ph 03 528 8241 or Patsy Ph 03 528 5003.

Motueka Bowling Club

Sue Ph. 03 528 9121 Peter Ph. 03 528 5412.

Motueka District Museum

Summer (Dec-March) Monday to Friday 10-3, Sunday 10-2. Winter (April – November) Tuesday to Friday 10-3, Sunday 10-2. Closed Public Holidays. 140 High St. Ph 03 528 7660.

Motueka Recreation Centre Senior Activity Programmes

Silver Sneakers – specific to Falls Prevention Focus on posture and balance. Mon 9.30 am Cost \$4 Social Badminton Mon 11am Cost \$4

MOVE2MUSIC

Fun 50+ Aerobic Class /Weights 9.30am Tues & Thurs Cost \$4 SitnbeFit – Fun seated aerobic Class / weights. 10.30am Tues & Thurs Cost \$4

Walking Circuit

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

Motueka Social Dance Group

Dances at Mapua Hall, 7.30-11.00 pm. Ph. Prue 03 540 2242.

Riwaka Bowling Club

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

Riwaka Croquet Club

Sally Ph. 03 528 9704

Scottish Country Dancing

Valerie Ph. 03 543 2989.

SeniorNet [Motueka]

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

Social Recreation

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

Sport Tasman

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

Recreation & Service Directory

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

APRIL/MAY 2015

Stroke Foundation

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

Upright and Able for Falls Prevention

Free 4-week course for those over 65 who have had a fall. Ph. 03 539 1812 or Email Cherie.Thomas@nbpho.org.nz for more information and registration.

U3A (University of the Third Age)

Have fun learning co-operatively. Variety of courses available. Cushla Ph. 03 528 6548.

Yoga

Dru Yoga classes in Upper Moutere. Contact Jill for details. Ph. 03 527 8069

Murchison

Age Concern

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

Nelson

Age Concern

Support services, information and advocacy to older people. Services include Elder Abuse & Neglect advice and support, and an accredited visitor service for older people. We also distribute the Total Mobility Taxi Voucher scheme for Nelson & Richmond. Our office is at 62 Oxford St, Richmond. Ph. 03 544 7624.

Angie's Aerobics

Burn calories and increase muscle and energy levels in this fun, easy aerobics and circuit class. Thurs 9.15 am-10.15 am, Tahuna Presbyterian Church, Muritai St. \$6. Angie Ph. 03 547 0198.

Aquatics/Swimming/Gym

Riverside Pool Ph. 03 546 3221.

Art Group Nelson

Meets first Wednesday of the month. All welcome. Philippa Ph. 03 546 7337.

Arthritis New Zealand

Services available to members in Nelson: Toenail clinics, Sit and be fit, Pool sessions at Ngawhatu and Nelson hospital pools All services managed from Christchurch please call 0800 663 463 for more information. Arthritis educator available through Nelson Bay Primary Health - Ph 03 539 1170

Belly Dancing

Sabina Ph. 03 546 8511

Belly Dancing

Zenda Middle Eastern dancing with Gretchen and Debbie. Ph. Debbie 027 689 0558 or Email: dbsumner@xtra.co.nz or Gretchen Ph. 03 548 8707.

Better Breathing Classes

Held 2nd & 4th Wednesdays of the month 2 - 3.15pm Reformed Church, Enner Glynn. Exercise with focus on breathing and relaxation. Phone Hilary for support and information, Nelson Asthma Society 03 546 7675.

Better Breathing Hydrotherapy pool classes

Held 3rd Wednesday of the month 1-2pm at Nelson hospital. Supervised exercise with focus on breathing and relaxation. Phone Hilary for support and information, Nelson Asthma Society 03 546 7675.

Brook Waimarama Sanctuary

Volunteering can be an extremely rewarding experience and there are plenty of opportunities at the Brook Waimarama Sanctuary to learn new skills and experience. Volunteer roles include Visitor Centre Volunteers, Public Events, Track Cutting, Invasive Plant Control, Trapping, Lizard Monitoring, Bird Monitoring. For more information visit www.brooksanctuary.org.nz/ support or Ph. 03 539 4920

Cardiac Support Group

Information and support to people affected by cardiovascular disease. Contact Averil for support and information. Ph. 03 545 7112.

Diabetes Support

Nelson Bays Primary Health for education, awareness and support. Bee Williamson Ph. 03 539 1663. www.nbph.org.nz

Diabetes Support Group (Nelson)

Joan Whipp Ph. 03 548 6263

Golf Croquet

Nelson-Hinemoa Bev Ph. 03 548 2190.

Government

Superannuitants' Association

Graeme Ph. 03 547 6007 Email nelson@gsa.org.nz

Grandparents Raising Grandchildren

Paula Ph. 03 544 5714

Gym

Cityfitness, Quarantine Rd, Nelson. Ph. 03 547 4774 or see website for class timetables www.cityfitness.co.nz

Hearing Association Nelson

Card Group Mondays from 1.15 pm. Free talks on all hearing issues, free hearing aid clinics (cleaning and drying) first Friday of the month at Presbyterian Support, Annesbrook Drive, Nelson. Please phone for an appointment. Other clinics available as well. Ph. 03 548 3270.

Hearing Therapy Services Life Unlimited

Clinic now at Nelson Nursing Services Building 469 Main Road Stoke Free MOH service 16+. Hearing screening, hearing loss management, tinnitus. Bookings phone reception NNS 547 2814

Housie Evening

Stoke Rugby Clubrooms, Neale Ave, Stoke. Wed nights, 7.15 - 9.45 pm. Buddy Ph. 03 547 3230 John Ph. 03 547 1689.

Marching

Silveraires Leisure Marching Diana Ph. 03 548 9527.

Nelson Community Patrol

Suzy Ph. 03 539 0409.

Nelson Dance Along

Rosalie Ph. 03 548 2236.

Nelson Electronic Organ and Keyboard Club

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

Nelson Grey Power

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

Nelson Male Voice Choir

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

Nelson Petanque Club

Wed and Sun 1.15 pm at Highland Pipe Band Hall Paru Paru Rd. Boules and tuition provided. Adrienne Ph. 03 545 0070.

Nelson Philatelic Society

Stamp collectors meet second Tuesday of the month, 7.30 pm, Stoke School. Ph. 03 547 7516 or 03 548 6269.

Nelson Provincial Museum

For details, visit www.museumnp.org.nz

Nelson Public Libraries

Branches at Stoke, Tahunanui and Nelson, provide free library services to the community. We also have free computer and wifi access, computer classes, a home delivery service, local and family history information and hold regular events, eg: Elma Turner Library Bookchat - second Tuesday of each month, 10-11.30am Stoke Library Bookchat - third Wednesday of each month, 5.00 pm - 6.00 pm For more events, our reader's evenings, book launches and more, see www.ltsOn.co.nz or Ph. 03 546 8100.

Nelson Savage Club

A club for entertainers. Variety Concert on the second Wednesday of each month. Presbyterian Church Hall, Muritai St, Tahunanui at 7.30 pm. \$2. Joyce Ph. 03 548 1224 or Philpa Ph. 03 547 7022.

Nelson Social Dancing Club

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

Nelson Scrabble Club

Meets every Wednesday 7.00 pm at the Nelson Suburban Club, 168 Tahunanui Drive. Tony Ph. 03 545 1159

Nelson Senior Citizens Social Indoor Bowling Club.

Valda Ph. 03 544 1487.

Probuss

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

SeniorNet [Nelson]

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

Senior Service - Nelson Baptist Church

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

Sit and Be Fit

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

Sport Tasman

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

Cycling-Entry level

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

Walking-Entry level

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

Stroke Foundation

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

Super Seniors (65+)

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

Support Works

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

Suter Art Gallery

Exhibitions, floortalks, lectures and films. See www.thesuter.org.nz for details. 208 Bridge Street, Nelson.

Table Tennis

Nelson Table Tennis Club Inc. Ph Kay 03 547 5066 or Glenda Ph. 03 544 8648.

Tahunanui Bowling Club

Welcomes summer and winter bowlers. Barbara Ph. 03 547 5071.

Tahunanui Community Centre

A range of activities and services on offer, walking, gardening, cycling and free counseling.

Monday Movers: Gentle bike ride along railway reserve. Monday \$2, 9.30am

Tuesday: Fun Group Fitness: Ladies only outdoor group fitness, all abilities. \$5, 6pm

Wednesday: Rusty Riders: Regain confidence on your bike, supportive group, bikes provided. \$2, 1.30pm

Wednesday: Garden group, 1st Wed of the month \$3, 10.30am.

Thursday: Way2Go walking group: 9.45am

Thursday: Book Club \$80 per year membership, 7pm.

Contact Jo at TCC Ph. 03 548 6036 for details on any of our activities or visit www.tahunanui.org

Tai Chi with Gretchen

Classes in Nelson, Richmond and Stoke. Gretchen Ph. 03 548 8707 or Email kitesfun@ihug.co.nz

Taoist Tai Chi Internal Arts for Health

A variety of classes available. Ph. 03 545 8375 and leave a message and we will call you back. Help yourself to better health. Suitable for all ages.

U3A

Paul Ph. 03 548 7889, Email membership@u3anelson.org.nz

Ukulele with Gretchen

Nelson and Richmond, Groups or private sessions. Ph. 03 548 8707.

Upright and Able for Falls Prevention

Free 4-week course for those over 65 who have had a fall. Ph. 03 539 1812 or Email Cherie.Thomas@nbpho.org.nz for more information and registration.

Victory Community Centre

Offers a variety of classes during term-time. Ph. 03 546 8389 or Email reception@victory.school.nz for a programme brochure or visit www.victorycommunitycentre.co.nz

Victory Laughter Yoga Club

Stretch, breathe, laugh, relax. Gareth Ph. 03 546 8389.

Victory Senior Support

Meet every Tues at 1.30pm at Anglican Church, 238 Vanguard St, Nelson for cards and games. Jan Ph. 03 546 9057.

Victory Sit and Be Fit

Thursdays 10.00-10.45 am, 238 Vanguard St. Shirley Ph. 03 546 9057 or 03 547 1433.

Nelson 50+ Walking Group

Mini-walks and longer walks every week to suit all fitness levels. Everyone welcome. Noel Ph. 03 544 2286.

Yoga

Hatha Yoga classes with Maureen. Classes in Nelson and Stoke and Summertime Yoga on the Beach. Ph. 03 546 4670.

Yoga

Dru Yoga classes with Sue. Ph. 543 2125 for details.

Yoga

Hot Yoga Nelson Ph. 03 548 2298.

Richmond**Age Concern**

Support services, information and advocacy to older people in the community. Our services include Elder Abuse & Neglect advice and support, and an accredited visitor service for older people. We also distribute the Total

Mobility Taxi Voucher scheme for Nelson & Richmond. Our office is at 62 Oxford St, Richmond. Ph. 03 544 7624.

Badminton Richmond Morning Badminton

Dawn Ph. 03 544 4120.

Better Breathing Classes

Held 1st Wednesday of the month 11-12.15pm at Richmond Snr Citizens. Light exercise with focus on breathing and relaxation. Phone Hilary for support and information, Nelson Asthma Society 03 546 7675.

Body Power Pilates & Yoga Centre Richmond Town Hall

Sue Ph. 029 281 3735.

Bridge Lessons

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

Chair Yoga

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

Club 50

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

Croquet

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

Easy Exercise

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

Euchre

Warm and friendly, \$2 with cuppa, raffles at Richmond Bowling Club. Friday 1.30 - 4.00 pm. May to September. Monica, Ph. 03 544 2749.

Gym

Contours Health & Fitness. Ph. 03 544 0496.

Hope-Ranzau Women's Institute

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

Indoor Bowls for Seniors

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

MenzShed Waimea

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

Pilates Courses

Richmond Recreation Centre. Positively change your body by learning how to tone your stomach, improve strength and flexibility. Ten-week course, Mondays 12.30-1.30 pm, or Wednesdays 9.15-10.15 am. Sue, Ph. 03 538 0318 or 021 034 4109.

Pottery

Tutored classes at Craft Potters, 202 Ranzau Rd, Hope. Wednesdays 10.00 am - 12noon. Any or no experience. Ph. 03 541 8953.

Richmond Bowling Club

Have a go. Tuesday 1.00pm, Thursday 1.00 pm and 5.45pm. Bowls and shoes provided. Jean Ph. 03544 8060 or club Ph. 03 544 8891.

Richmond Indoor Bowls

Mondays 1.30-3.30 pm Richmond School hall, Oxford St. A friendly session. All welcome. Gwen Ph. 03 544 7953.

Richmond Physiotherapy

Weekly classes in their spacious, sunny gym Exercise For the Older Adult. Monday 10.30-11.30 am, \$8. Knee Class: Physiotherapist-led exercises to strengthen the lower limbs. Suitable for those with achy or arthritic knees wanting to keep or improve their strength to remain active Thursday 10.00 am-11.00 am, \$10.

Richmond Senior Citizens Assn Inc

Seniors on the Go! 62 Oxford St Richmond Costs are only \$2 per daily visit. Tues gam – 12pm open for visits and Morning Tea

Wedgam-2pm Quiz, Housie and Activities and Indoor bowls

Cards from 1pm-4pm Thursday 9am-Noon Craft & Company Morning Cards from 1pm-4pm Friday 9am-Noon Light Exercises 10am-11am OR Join us for lunch at Noon. Cards-Rummikub 1.30pm-4pm First Wednesday of each month an outing is organised, costs will vary.

Contact Elaine Mead the Custodian/Coordinator for further information or hall bookings Ph. 03 544 5654 or A/H 03 970 0023

Richmond Slimmers Club

Meets every Wednesday at the Richmond Town Hall. Fun club. \$3 a meeting. Eileen Ph. 03 544 6392.

Richmond Waimea

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

Saxton Seniors

Classes are designed to improve flexibility, strength, balance and general wellbeing.

Senior Walking Group:

Tuesday and Thursday 9.30-10.30 am. \$5. **Senior Circuit:** Tuesday 10.00 am \$5. A low impact all-over workout using resistance bands and light weights. An indoor, all-weather activity, followed by a cup of tea.

Sit and Be Fit: Monday, 10.00-11.00 am. \$4.

Tai Chi for Health: Ph. 03 538 0072 to book, or Email stadium@sporttasman.org.nz

Social Cards

Richmond Senior Citizens Rooms 62 Oxford St Richmond Tuesday & Thursday 1pm-4pm Friday Rummikub 1.30pm-4pm. Contact Kath Ph. 03 544 5563.

Recreation & Service Directory

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

APRIL/MAY 2015

Sport Tasman

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

Walking-Entry level

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

SPORT TASMAN,

Richmond

Richmond Town Hall

9 Cambridge Street
Enquiries 03 544 3955
\$5 fitness (20% Grey Power discount on concession card)

Monday

Easybeat: 9am
Shapeup: (seated exercise) 10.10am

Ease in2 Easybeat: 11.15am

Tuesday

Club50+ senior social & recreation group, Meet 9.30am \$4

Wednesday

Body Define 11.15am

Friday

Easybeat 9am
Shapeup (seated exercise) 10.10am
Ease n2 Easybeat 11.15am
FUN Housie: designed for those with special requirements \$3 (ALL WELCOME).

Spinning, weaving

Richmond Spinning & Weaving Group meets every 2nd & 4th Thursday of the month, Felting & Weaving group meets 9.30am, 3rd Thursday of the month at at Birch Hall, Richmond Showgrounds, 9.30 am. New members & learners welcome. Mary Ph. 03 547 2611.

Tasman Tennis Club

Social tennis Tuesday mornings 9.30 am, beside the Badminton Hall, Gladstone Rd. Coaching sessions available. Kolie Ph. 027 829 3306 or the centre Ph. 03 544 6083.

Tasman Visual Arts Group

Last Wed of the month (Feb to Nov) Richmond Town Hall, Cambridge St. New members welcome. Steph Ph. 03 544 5126

Tai Chi with Gretchen

Richmond Town Hall and Oakwoods. Gretchen Ph. 03 548 8707.

Ukulele

Friday afternoons, Oakwoods, lower Queen St. Gretchen Ph. 03 548 8707.

Upright and Able for Falls Prevention

Free 4-week course for those over 65 who have had a fall. Ph. 03 539 1812 or Email Cherie.Thomas@nbpho.org.nz for more information and registration.

Veterans' (55+) 9 hole golf

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

Yoga

DruYoga class in Richmond, Contact Fiona for details Ph. 03 527 8095.

Stoke

Aqua-therapy

New sessions for hip, knee, ankle, shoulder, back issues. Exercise professionals with you in the warm water. Ngawhatu pool. Bookings essential. Angie Baker Ph. 03 547 0198 or 021 330 905.

Arthritis New Zealand

Sit and Be Fit classes each Tuesday morning – Call 0800 663 463 for more information.

Breast Prostheses and Masectomy Bras

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

ChairYoga at Saxton

Mondays 10-11a.m. Weekly, gentle stretch and breathing sessions in the cricket oval lounge. Ph Delia 0212 398 969

Clogging/Tap Dancing

Nelson Sun City Cloggers. Georgina Ph. 03 545 1037.

Hydrotherapy

Ngawhatu Therapeutic Pool. Day and evening sessions Thelma Ph. 03 547 6384.

Nelson Savage Club

A social club for all entertainers. Variety Concert held at 7.30 pm on the second Wednesday of every month @ the Stoke Primary School Hall, Main Road, Stoke. Admission \$2. Raffles. Supper. Everyone welcome. Contact: Sunny Ph 03 548 6683
Anne Ph 03 547-2660 (Wk)

Ngawhatu Bowling Club

300 Montebello Ave, Stoke. Friendly, welcoming club. Wednesday 1.00 pm. Twilight bowls Thursday 5.45 pm. Mary Ph. 03 547 4340.

Pottery

Nelson Community Potters, 132 Rutherford St. Social group on Thursday mornings or Twilight Pottery on Monday evenings, 7-9 pm. Free to members & \$7 for casual (new members welcome). Contact Sue Ph. 03 548 5741 or Megan Ph. 03 547 5252.

Presbyterian Support

Harakeke Club welcomes people who have had a diagnosis of Alzheimer's Disease or another dementia. We provide opportunities for socialising, participating in a varied activities programme, and more. Mon-Fri, 10.00 am to 3.00 pm. Totara Club offers day programmes for older people, socialising and participating in a personalised activity programme. Tue-Fri 10.00 am – 3.00 pm. Both clubs also provide a two-course cooked lunch and door-to-door transport to and from the centre. Trish Armstrong. Ph. 03 547 9350.

Safety & Confidence

Kidpower, Teenpower, Fullpower Trust
Comelia Ph. 03 543 2669.

Stoke Bowling Club

Allen Ph. 03 547 1411.

Stoke Central Combined Probus Club

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

Stoke Companions Inc.

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

Stoke Seniors Club

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

Regular activities:

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

Art class – Mondays 10.00 am. \$6.

Scrabble Club – Mondays 1.00 pm.

Euchre – Tuesdays 10.30 am.

Mah Jong – Tuesdays 1.00 pm.

Walking group – Tuesdays

10.00 am from the Stoke Memorial Hall carpark. A casual walk of about 1 hour.

Tai Chi – Tuesday 1.30 pm. \$6.

Sit and Be Fit exercises

to music – Tuesday and Wednesday at 11 am. Gold coin donation.

500 Club – Wednesdays 1.00 pm.

Strength & Balance with Cher – Wednesdays 1.30 pm
Cost: \$4

The Sun City Ukes – Thursdays, 10.00 am - noon. Gold coin donation.

All the above classes meet in the Stoke Memorial Hall.

Monthly Movie – Ph. 03 547 2660 for details.

Housie – second Tuesday and last Wednesday of the month. \$5 a card.

Social Seniors Choir – The Musical Demons meet

Thursdays from 11.00 am to noon. Contact Anne.

Girls Own – Fridays

Lads @ Large – Fridays

Monday Out & About

Trips & picnics.

Thursday Out & About

11.00 am. A van tiki-tour.

Weekly Afternoon

Entertainment – contact office for details. Also Tues-Thurs Meals – a two-course meal at midday for \$8

(members), \$10 (non-members). Ph. 03 547 2660

to book (preferably by 9.30 am the day before).

Upright and Able for Falls Prevention

Free 4-week course for those over 65 who have had a fall. Ph. 03 539 1812 or Email Cherie.Thomas@nbpho.org.nz for more information and registration.

Yoga – Hatha

Maureen Ph. 03 546 4670.

Tapawera

MENZSHED

Contact Graham Ph. 03 522 4938 or Roger Ph. 03 522 4560
Email: tapaweramensshed@gmail.com

Visual Art Society

Kaye Ph. 03 522 4368.

Walking

Rural Ramblers.

Ph. 03 541 9200.

Wakefield

Live Well, Stay Well Activity Group

Meets every two weeks on Tuesdays. Contacts: Margaret Ph. 03 541 9693 or Yvonne Ph. 03 542 2235.

Tai Chi

Wakefield Village Hall, starting Friday 9 May from 10-11am, \$3. Contact Julia 03 541 8521

Walking

Rural Ramblers

Ph. 03 541 9200.

Way2Go activities

Pilates – Village Hall, Mon at 7.00 pm.

Active Seniors Class – Village Hall. Tues at 11.00 am.

Sit and Be Fit Classes – Village Hall. Thursdays at 10.00 am.

**FOSSIL RIDGE
BOUTIQUE WINES**

Creative Writers

Our literary section salutes the short-story writers and poets in the Nelson-Tasman region. Fossil Ridge winery awards a bottle of fine wine for published entries in each issue.

Congratulations to **Fiona Summerfield**

THE PULL OF THE OARS

By Fiona Summerfield

It is beautiful out in the middle of the Sound. The sunlight dances across the tops of the ripples. The wind is fresh on our faces. The boat fizzes it's way towards the bush covered hill, the sound filling up our ears.

The petrol light winks. We refuse to believe. It is an old boat. Harry knows how much fuel he has. We drive on in control. The engine note changes then sputters and stops.

"You and boats why does something always go wrong?" Harry frowns at me.

"We can row back. We're on holiday, it doesn't matter," I say calmly.

Harry sighs and whacks the side of the boat with his fist. I breathe in the anger and let it go out the other side of the boat. It is true; things always go wrong when I am in a boat.

Harry carries the oars, just in case – especially if I am aboard. I like rowing; the quiet smack on the water and listening to the birdcalls from the bush. It will not take us long to row back and check over the engine.

But today in the bottom of the boat we find only one oar. We try putting the oar in one side and then the other. We hardly move. Looking back to our bay we see Sam waving the other oar. We watch him stride down to the jetty and clamber into the large speedboat he uses for roaring up and down the Sound. He comes upon us fast, making our boat jiggle like a four year old.

"You got rope?" Harry asks. "Did you bring us some fuel?" Sam laughs, "You've got to learn your lesson."

Sam hands the oar across the sea. Harry reaches out and Sam stretches over. Sam sees Harry grip the oar. Sam releases the oar but our boat is still jiggling and Harry loses his balance, I try to grab the oar but it splashes into the sea beside us. We scramble for it floating on the waves. Sam is laughing again. He backs off and swoops around us in a big arc, driving for the shore. We grab the oar when it bounces up towards us on his wake.

Harry huffs and sighs and starts to row, "I swear this is the last time I will take you out in my boat."

I listen to the silence of the engine. A tui's trill reaches us across the ripples.

I love rowing.


This issue's crossword solutions

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

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

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Busy Agenda for First 2015 Forum

The first Positive Ageing Forum for 2015 has come and gone, with a stimulating agenda that touched on over 40 topics. Too many and too much information was shared to report on individually however the presentations included:

- Pre hearing aid preparation workshops
- Multicultural Council holds an interpreters list that covers over 30 languages and provides support for migrants
- TDC and NCC library home delivery service and memory boxes for rest homes
- The high statistics for elder abuse and neglect including self neglect in the region
- Age Concern is providing later life planning workshops.
- Dementia resources including GPS enabled necklaces and a bracelet inscribed with name and contact details
- Online Supergold card discounts
- Health Action request for information on older men and mental health
- Free recreation sessions
- Free NZ fire service fire safety sessions available
- "Conversations that Count" campaign awareness day 16 April

Ruby Aberhart, Volunteer Community Coordinator for the Office for Senior Citizens also reported on how important the Mudcake and Roses publication is to her and highlighted its value to the wider community. She stated she would not like it to disappear and urged the forum to promote the publication wherever possible and encourage the widest possible distribution across the region. If you also find the publication valuable, please consider how you might share it with others and any organisations that might benefit from having multiple copies each time. When I am out and about, I see them at the council offices, the malls, libraries and retirement villages – why not pick one up for a friend as well?

Monday 4 May is the next meeting date for the forum. You or your group or organisation are most welcome to attend to hear and share information regarding Positive Ageing.

See you at the Expo on Friday 27 March.

Gail Collingwood

Chairperson, *Nelson Tasman Positive Ageing Forum*



The Positive Ageing Expo

Friday 27 March 2015, 10.00 am – 3.00 pm

Dozens of stalls, Fantastic Seminars, Entertainment and much more

Advice and information on how to enjoy getting older

Admission is free + free bus rides from Sundial Square, Richmond, throughout the day

Headingley Centre, Headingley Lane, off Lower Queen Street, Richmond.

