

# Mudcakes and Roses

SENIOR GENERATION ACTION  
AND ISSUES – NELSON TASMAN



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Business

## Welcome to another winter edition and brrrr, it's really starting to bite now isn't it?

Clear, sunny skies, beautiful snow-capped peaks and cosy logfires (if you're lucky enough to have one) are some of the positives. But one thing no-one loves are those winter power bills. If you're looking for ways to save on power, make sure you check out the story on page 9 about Tish North, a former game safari chef who's come up with a simple yet ingenious device inspired by 'hay box cooking' that can save you money on power by reducing cooking time. It'll be of interest to campers, trampers and 'grey nomads' too.

And if winter's starting to get you down, check out the Ngatimoti Peninsula Bridge story on page 4. Hearing from local historian Ed Stevens about some of the daily challenges faced by New Zealand's early settlers is sure to have you feeling grateful for the modern conveniences we all take for granted in no time. Plus, find out how Waimea Men's Shed is going almost two years on, read about the amazing work being done by Nelson Hospice volunteers and meet the 'soap stars' from Stanley Brook.

Your feedback and story ideas are welcome – email [mudcakes@hthouse.co.nz](mailto:mudcakes@hthouse.co.nz), call us on Ph. 03 928 0091 or write to us at: Mudcakes & Roses, HotHouse Communications, 4/203 Queen Street, Richmond 7020.

## 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](http://www.tasman.govt.nz/mudcakes).

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

## Positive Ageing Forum Benefits

One of the greatest benefits of the Nelson Tasman Positive Ageing Forum is the knowledge sharing and networking that take place between different organisations.

This was highlighted recently when the Forum's Chair Ruby Aberhart was able to assist a neighbour with hearing loss after learning through the Forum about a new type of hearing aid available through the Hearing Association. Ruby's neighbour Erica Law, a young mother, had relied on lip reading to communicate since she lost her hearing as a teen, and being told by a specialist that there was nothing that could be done. Although Erica had tried hearing aids in the past, she had stopped using them because she found the background noise too distracting. However, earlier this year, she was persuaded by Ruby to give the

Sonido Digital Listener a try and found it worked so well that she decided to buy one herself.

To Erica's delight, her congregation at The Richmond Community Church then offered to chip in and buy it for her - which Erica described in a story in The Leader as a "gift from God." Ruby Aberhart says this type of experience is not an isolated one. "I feel I need to reinforce that this is not just a one-off; it is a familiar procedure that has happened since the Nelson-Tasman Positive Ageing Forum has started – there are such strong networks between all involved," she says.

**The next meeting is on Monday 26 August 2013, 1.00 pm – 3.00 pm at the Richmond Library.**



## Thanks to our sponsors



Mudcakes & Roses is part of the Tasman District Council's family of community recreation publications.



# New Engineering Workshop planned for Waimea Men's Shed

"A place where you can socialise and mix with 'blokey blokes'" is the way one member describes Waimea Men's Shed in Richmond - which will celebrate its second birthday in October. Already, the shed has one of the largest memberships in the country and there are plans to add an engineering workshop later this year.

The Waimea Men's Shed in Lower Queen Street is one of about 40 Menz Sheds around New Zealand. Menz Sheds aim to bring men together in a community space to share their skills, have a laugh and work on practical tasks - either personal or community projects. Community projects are important to the shed as a way of helping out other non-profit organisations and the community. Local projects have included making bleacher (3 tiered) seating for Saxton sports field, painting at the



Waimea Men's Shed Coordinator Alan Kissell and Secretary John Sowman.

Tahunanui Holiday Park and extending a security fence at the Richmond town hall. Established in 2011 and now boasting 155 members, Waimea Men's Shed Coordinator Alan Kissell of Stoke says the level of demand has taken him by

surprise. "I've been blown away by the interest and positive benefits I've seen from this project," the retired builder says. "We've just hosted the national conference and I think we'd be one of the top three Menz Sheds in the country in terms of our membership. We've grown quite fast - every week there are new members signing up and I expect there'll be even more interest once we have the engineering workshop up and running."

Current facilities include a well-equipped carpentry workshop, office and kitchen. A 65m<sup>2</sup> engineering workshop will hopefully be added later this year and there's also a vege patch. Experienced volunteer supervisors are always on duty in the workshop and members range in age from 19 to 88. Alan estimates about 10% are retired tradespeople - like the shed's secretary John Sowman of Richmond, a retired sparkie and keen woodturner. "For me, I enjoy the challenge and the friendly banter," John says. "A lot of the guys here have had their own workshops and now they've perhaps downsized or are living in rest-homes or townhouses. But they still have huge skills and interest in making things and are willing to share that knowledge."

"There's also 'underfoot syndrome' when men retire," adds Alan. "The wives are used to having the house to themselves - and it's good for the husband to get out and be involved in something."

It's also an easy way for men to socialise. "Men don't really network as well as women do," says Alan. "Guys need to be doing something before starting to discuss things. If you get them working together, that's when discussions start to happen."



Men's Shed blokes share a laugh - from left: Bruce Rudge, Matthew Farnsdale, Murray Stewart, Alan Kissell, Clarrie Merrick, Ian Carpenter, John Sowman, Evan Wallace.

## How to get involved

**Become a member** - membership costs just \$25 a year.

**Become a business sponsor** - contact John or Alan to discuss opportunities.

**Donate time and expertise** - skilled volunteers are always in demand. The Shed would particularly love to hear from anyone with expertise in fundraising and writing grant applications.

**Donate goods or tools** - "We get a lot of equipment donated," says Alan. "Often it's a woman whose husband has passed away that contacts us - we're happy to sort out what we can use and arrange the removal of the rest." Items currently being sought for the engineering workshop include: roofing iron, concrete, steel and excavation and electrical equipment.

For more information, call into the Waimea Men's Shed, Lower Queen Street, Richmond or visit [www.menzshed-waimea.kiwi.nz](http://www.menzshed-waimea.kiwi.nz) or contact coordinator Alan Kissell on, Ph. 027 282 0185.

Opening hours: Tuesday to Friday, 9.00 am - 4.00 pm and 9.00 am - 3.00 pm on Saturday.

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# Ngatimoti Peninsula Bridge Celebrates 100 Years

For those who've never had to cross a fast-flowing river dangling in a cage suspended from a cable, or on horseback with a fully-laden cart full of produce, it's difficult to comprehend just how significant bridges were to the lives of New Zealand's early settlers. However, when you consider that drownings were known as 'the New Zealand disease' due to their prevalence, it's not hard to understand why the people of the Motueka Valley's west bank regarded the opening of Ngatimoti's Peninsula Bridge in 1913 as "more important than the Panama Canal."

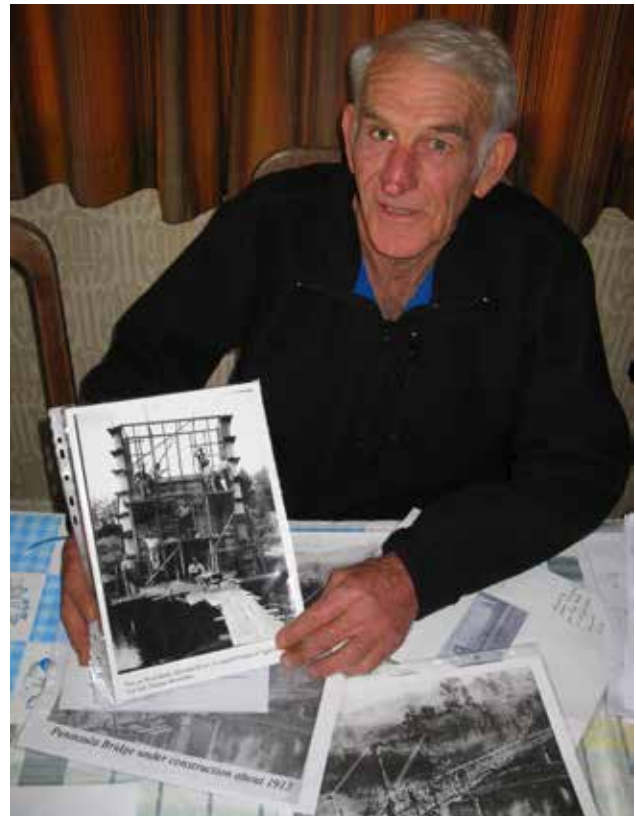
The Ngatimoti community recently got together to celebrate the 100th birthday of the Peninsula Bridge and share anecdotes and memories. And who better to explain a little of the bridge's

*Many generations of children have enjoyed doing 'Honey Pots' or 'Bombs' – leaping off the bridge while taking care to avoid the sunken concrete pier.*

history than local historian, deer and cattle farmer and story-catcher, Ed Stevens? The 68-year-old has lived in the Ngatimoti Valley most of his life and his home is a treasure trove of photo albums, scrapbooks, family histories, maps and shipping lists. In typically understated fashion, Ed describes it as 'a bit of a library'. A member of the Nelson and Motueka Historical Societies, Ed says he's always been fascinated by history and enjoyed collecting anecdotes from older generations. He's assisted with research for several books and

pioneer family histories and these days, anyone with an historical query relating to the valley generally finds their way to him. "They say 'go and see Ed if it's a valley thing,'" he chuckles.

Ed says the reason the Ngatimoti community decided to mark the bridge's centenary was a simple one - "an opportunity to reaffirm our community identity and build a sense of belonging."



*Local historian Ed Stevens with photos of the Ngatimoti Peninsula bridge during its construction.*

As one of the few remaining motorway suspension bridges in New Zealand, Ngatimoti's Peninsula Bridge is an iconic feature worth celebrating. Opened in 1913, it was a boon to those on both sides of the river, but particularly for those on the west bank. While those living on the east side could avoid crossing the river for most of their lives, those on the west had to cross the river to reach roads, markets, churches, towns and services such as the creamery. As more farmers came to the west bank, there was increasing pressure for a cart bridge that could take timber and produce.

Early settlers made river crossings either by ford ways or other means, which as Ed explains were causes of either "great excitement or great terror."

"Cages on overhead cables were used- or a canoe affixed to a wire rope – an exceedingly dangerous vehicle. Horses and carts were

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able to cross when the river was suitably low. However, once across, the horses still had to scramble up the bank and the goods also had to be got up the other side. Or you'd get the horse all loaded up and the produce ready – then the river would be up and you couldn't get across," he says.

The completion of the Alexander Bluff Bridge in 1909 provided some relief for those on the west bank and there was also a foot bridge at Pokororo, opened in 1894. However for the settlers of upper Ngatimoti, Pokororo valleys, Graham valleys and the Pearse areas, the distances to access the east bank were considerable in the miles to travel - up or down to one of the existing bridges then up or down on the corresponding bank as well. "In the early days, there was no road on the west bank, so you had to travel through people's properties and crops – and you had to be mighty civil too!" The road on the west bank was completed up to the Peninsula Bridge around the time of the bridge's opening. However, the settlers further up the valley had no road access until much later.

Lives were lost by drowning and there were many near misses, including a notable incident in 1908 involving a horse express which was swept downriver at Tinpot Crossing, about one kilometre up river from the current bridge. "But for the efforts of two local farmers, several lives were nearly lost and I'm sure that provided further impetus for the bridge," says Ed. Motor vehicles were also just starting to come into common useage.

After 27 years of petitioning by the local community, work on the bridge started in 1911. Funding for the bridge was split three ways between the Government, the Waimea County Council and local settlers. However, a flood in mid 1911 washed away the central pier which was then under construction – and can still be seen today when the river is clear. (The flood was within three inches of the historic 'old man flood' of 1877). This necessitated a design change, and it was a further two years until the bridge was finally completed.

So it's hardly surprising that when the bridge finally opened in 1913, one of the speakers noted that it was "more important to those on the west side than the opening of the Panama Canal".

*Following the Murchison Earthquake of 1929 Joyce Beatson (at age 7) recalled being sent home from Ngatimoti School and being terrified crossing the bridge because it was still swinging wildly.*



## Key Facts

**Peninsula Bridge was officially opened in 1913.** It cost 1900 pounds to build - 900 from Government, 650 from the Waimea County Council and the remainder from the local settlers.

**In 1936 it was closed for several months for major reconstruction.** The wooden superstructure was replaced with concrete and included bridge decking, guard rails and sides being rebuilt.

**The bridge is 84 metres long,** three metres wide (carriage width) and has four cables which have a combined strength of 366 tons. It has two abutments, two piers, two ramps called landspans and a central span, with the whole bridge in suspension.

**The bridge was designed to carry 10 ton.** Presently, the maximum permitted load is 3.5 ton and speed is 20 kph.

**The bridge has survived major floods** including 1911, 1947, 1957, 1983 and 1990. Tree branches lifted bridge planks in the 1983 flood.

**Strengthening** of the western pier base was carried out in 2006.

**From time to time a very large spanner** is used to tighten the wire cables, such that the bridge forms a natural arch.

**The cost and maintenance** of this bridge is very high, compared to modern structures.

**The bridge has a flood gauge** on the pier and readings are reported to local authorities during major floods.

**Because of its climate and topography,** New Zealand has more bridges, on a population basis, than any other country in the world.

**Suspension bridges** are most common as 'swing bridges' on tramping tracks.

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# Spring is Around the Corner



Hi, it's late winter at last and that means Spring is just around the corner which is so exciting. I can feel my garden holding its breath, waiting to be spurred into frenzied action as soon as soil temperatures begin to rise. Now is the perfect time to think ahead to a season filled with flowers and vegetables.

As many of you will know, I adore perennials of all kinds, especially unusual ones.

There is something truly magical about their ability to produce flowers over a long period of time year after year, which makes growing them so rewarding. In Spring I also get the urge to plant or sow annuals because they can provide loads of colour with very little effort. They are also invaluable in containers and hanging baskets.

I really miss Bay Nurseries' wide range of flower and vegetable punnets and this made me think about how we can source our own. The large hardware stores have a good range of vegetable plants but their flowering annual selection can be very limited. This is where mail-order seed companies can be the perfect solution.

My favourite one is the Egmont Seed Company, P O Box 674, New Plymouth, Ph. 06 753 2269 ([www.egmontseeds.co.nz](http://www.egmontseeds.co.nz)).

They have a wonderful selection of flower and vegetable plants and their germination rate is fabulous. Kings Seeds, P O Box 283, Katikati 3166, Ph. 07 549 3409 ([www.kingsseeds.co.nz](http://www.kingsseeds.co.nz)) is also good, with its huge variety of vegetables, herbs and tomatoes. Both companies have catalogues available online or as a hard copy and believe me they are gloriously addictive.

If the thought of ordering, sowing, pricking out and finally planting your seedlings is a bit daunting, one solution is to get together with a group of gardening friends and pool your resources. Peruse the catalogues over a warming cup of tea, have a chat and work out what you want to grow and who would like to do what. One packet of seed can go a long way so sharing seeds or seedlings, whether they are flowers or vegetables is the perfect solution. It also makes it easier to try some of the more exotic varieties available.

Lots of annuals and summer vegetables can be sown from now on, especially if you are fortunate to have a glasshouse available. If not, mini cloches can work really well as can frames made from short stakes with microklima frost cloth put over them. Sitting your seed raising trays, pots or punnets inside polystyrene boxes will help insulate them too. A good seed raising mix is half the battle when sowing seeds in containers. Potting mix has too much nutrient in it and can result in weak, spindly seedlings. A water mister (small spray bottle) is also useful for keeping your seed beds damp without dislodging or waterlogging your precious seeds.

If you haven't sown seeds before, really helpful tips and tricks for seed sowing can be found in the seed catalogues which can take some of the mystery out of the process. I have been sowing seed for years and have a few methods that work really well for me. If you'd like some advice, please don't hesitate 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](mailto:foeslamb@xtra.co.nz) or write to me c/- Mud Cakes 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 10.40 am, replayed the following Saturday at 2.40 pm. Happy gardening.



Philippa Foes-Lamb



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# Rich Widows

It's sad giving advice to rich widows. Year after year it goes on. Different client. Same story. They've retired, downsized, cashed up and have been sent to us for advice on how to invest and manage their capital. We work out how much of their capital is needed to cover their normal living costs and then I start talking about spending the surplus (I'm a great one for making clients spend their surplus money). And that's the problem.

What am I going to spend it on Glyn? Holiday? No fun on your own. Change your car? Why. Give some to your kids? They'll waste it. I don't trust my son-in-law. They're getting divorced. Take your pick from the answers – I've heard them all.

OK, OK, I know that sounds like a problem a lot of people would like to have - but just think about it. The person sitting in front of me (and it's sometimes the widower) has spent 30 or 40 years working hard, usually in debt, worrying about money and deferring 'stuff' until they retire. They've now got capital (all in the bank) and are worrying about preserving it (why?) and then one of them dies. They retired too late, didn't spend money fast enough or one of them died too soon.

Same result. Why didn't they make these decisions earlier? Change (ie retiring) is inevitable and you have two choices – let change drive you or you drive the change.

So let's end on a happier note with some spending suggestions. Here's what to do. Get your financial planner to work out an investment management plan that balances your life expectancy with the life expectancy of your capital – spread your money carefully, monitor the performance and gradually spend surplus

and some capital. Take a friend on holiday and pay for her/him. Take your family on holiday. Set up a travel fund for your grandchildren (provided they work whilst they're abroad AND they send photos to your iPad each week). Make them remember their Nan whilst you're alive to hear them say thank you. Give some money to charity. The banks don't need your money.

Get some pleasure from using it whilst you can see the good it can do. But make an investment management plan first. Money represents your stored labour from earlier years. When are you going to use it? Die broke - it's called "Controlled Spending".

*Glyn Lewis-Jones is an Authorised Financial Adviser with over 30 years experience of telling clients to keep their money safe but spend the surplus. He's a Director of Castle Trust Financial Planning [www.castletrust.co.nz](http://www.castletrust.co.nz) Ph. 03 528 4184.*



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# Soap Stars

Necessity was the mother of invention for Julia Inwood of Stanley Brook, who together with her two daughters Catherine and Elizabeth, has just created her own business, Soporific Design.

Thirty years ago, Julia and her family moved to a remote farmlet in Stanley Brook near Tapawera. "It was very isolated and we had absolutely no money so I had to learn to do all kinds of things very quickly," says the 53-year-old. "I learnt to milk a cow, to make butter and make my own soap. A neighbour and I found a recipe for soap in an old book called 'The Colonists Guide' and we experimented with recipes like a couple of old witches! I also spoke to a scientist who told me what to do and what not to do," she says. That was important, because one of the main ingredients in soap is lye or sodium hydroxide – which can explode, or even kill if imbibed. "You definitely have to be careful, but its basic chemistry really," says Julia.

However it wasn't until Julia was made redundant from her job in Nelson in 2012, that it occurred to her she could make a living from her knowledge and skills in self-sufficiency. "I began to research what was in commercial soap and was horrified by what I found, because there's hardly anything natural in it at all. My daughters and I decided to start making vegan skincare and soap products from organic ingredients," she says.

The soap products are all fully handmade in a painstaking process involving many hours of mixing. Essential oils and ingredients such as cocoa, coffee and cinnamon are added and the soap is poured into moulds and wrapped. They're sold at Arcadia Café in Motueka and at markets, festivals and fairs.



"The thing that's different about our soap is that we make it totally from scratch while many people use prepared soap mixes. Everything we make is tested on ourselves – one of my daughters has very sensitive skin," she says.

While Soporific Soap hasn't been in business for long, already they're receiving good feedback from customers using their products. "We know of people with eczema who've noticed big improvements with their skin and many people find they don't need to use as much moisturiser, as the natural soap retains glycerine - which is taken out of most commercial soaps," she says.



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## Hay Box Cooking Inspires New Business

"Living in Africa, you learn how to do things yourself and be resourceful," says Tish North of Stoke. The 62-year old former chef grew up in Botswana and worked for many years as a chef on luxury yachts and then as food and beverage manager for luxury game safaris. And it's this resourcefulness and experience that's led to the development of Tish's business – 'HEYLO Bags'. To the uninitiated, HEYLO bags look like small, rather plain duffel bags made of polar fleece. However they are filled with tiny polystyrene balls which have powerful insulating properties – so the bags can be used as a form of retained heat cooking. Food such as stews and casseroles which would normally be cooked slowly for a long time, can instead be completed with just 10 to 15 minutes of cooking time – saving significantly on power. "Basically you bring the food up to the boil in a saucepan, cook it for 10 - 15 minutes then pop the closed saucepan into the HEYLO bag, and it will continue to cook and remain hot for about three hours," says Tish.



The name 'HEYLO' has several different meanings, as Trish explains. "Some older readers may be familiar with the concept of a 'hay box cooking' which was used during the war years. You'd heat something up on the stove then pop it into the hay box where it would carry on cooking due to the insulating properties of hay," she says. "The 'lo' part of the name refers to the fact it's a low energy form of cooking,

and the 'halo' reflects that it's something that's also good for the environment."

Tish says HEYLO bags are perfect for older people who want to save on power or who might be worried about burning food. Because the bags are lightweight, portable and washable, they are also great for motor homers, trampers, hunters and other outdoor enthusiasts who have to carry gas bottles or canisters for cooking. "It's also handy for caregivers, who can prepare a nutritious hot meal for clients without having to wait hours for it to cook," Tish says.

Word about the bags is slowly getting out and interest and orders are growing. Tish has now outsourced the sewing and hopes HEYLO Bags will one day become a full-time business (she currently works part-time as a caregiver). Tish sells the HEYLO bags online through a Facebook page - HEYLO Bags, and also has a stand at this year's Ecofest.

Here, Tish shares one of her favourite recipes. She calls it 'Pilates Night Paella in a Pot' because she prepares it before heading off to a pilates class at 6.30 pm, pops it into the HEYLO bag and comes home to a tasty, hot meal.



Tish North puts a saucepan into a HEYLO bag.

### Pilates Night Paella in a Pot

- ½ chicken skinned and cut into pieces
- 1 cup rice (basmati is good)
- 2 cups chicken stock
- 100gms chorizo sausage (optional)
- ½ cup peas
- 1 capsicum
- 1 onion
- 2 tsp turmeric
- 1 tsp each cumin and coriander
- 1 tsp garlic

Saute onion and capsicum in a frying pan. Lightly brown chicken. Transfer to a small pot. Into the frying pan add spices in a little oil, heat and then add rice. Toss and heat together then add the stock. Transfer to the pot with the chicken. Make sure the rice is well covered by the stock. Put the lid on. Bring to the boil then simmer for ten minutes. Transfer the pot to the HEYLO bag and tie up securely. Leave for two hours (go to pilates!) and serve later with a fresh salad.

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# Volunteers Extend Services for Nelson Hospice

There are almost 400 volunteer staff working for Hospice in the Nelson-Tasman region, covering 33 different roles – the majority of which involve patient contact. Many of these services would not exist if it were not for the volunteer staff involved. Mary Garner, the Manager of Volunteer Services at Nelson Hospice explains why so many volunteers are involved with Hospice.

"Hospice supports over 400 patients and families every year. We offer a very comprehensive and extensive health service including a 10 bed, 24/7, inpatient unit – all with limited funding. Volunteers allow us to extend the services we are able to provide for patients, provide a vital link with the fundraising we have to do and help our staff – across all departments – to extend their own roles and thus do more with the time available to them. The wide variety of skills, abilities and experiences from so many volunteers allows us to meet more patient needs – particularly if there is something special which patients wish to achieve in the time left to them," she says. Each volunteer has a designated role and most roles require either specialist training

or an orientation. "Most volunteers are busy people, but everyone 'does their bit'" says Mary.

Hospice values volunteer contribution by funding a paid role dedicated exclusively to managing volunteers (usually via a grant). "The cost of this is a fraction of what we gain back from all the time and expertise offered by volunteers," says Mary.

While there may be a perception that volunteers are involved to 'save money', Mary prefers to explain it differently. "I try not to use that phrase and prefer instead to say that volunteers assist us to both fund and to extend hospice programmes of care for people with a terminal illness. This explanation is different from saying the volunteer service is there purely to save money. Whichever way you look it, our volunteers are vital and add a huge dimension to the care and support we are able to offer families," she says.



*Ron Bergman receives his Long Service Award from guest presenter, Nelson's Pearly Queen (herself a volunteer) at the 2013 Volunteer Garden Party.*

Mary says she would like to think that most volunteers stick with hospice for two main reasons – firstly, a commitment to the philosophy and service of hospice – often from previous personal experience or awareness and secondly, that their contribution is valued and they are well resourced and looked after.

***A huge thank you  
to all Hospice  
Volunteers***

## Feeling Crafty?

Crafting is making a comeback. Homemade and hand-crafted have never been trendier and to celebrate this resurgence of interest and get your creative juices flowing, Richmond Library is running a Crafty Winter Competition for Adults. Simply choose a craft project to complete during August (before 23 August 2013) from one of the library's craft books, then enter your finished piece and be in to win a \$50.00 PaperPlus gift card. All entries will be displayed in the library for the month of September.

"Winter is a great time to get creative," Promotions Assistant Tania Norfolk says. "The library is full of fantastic resources, whether you're a wood-worker, expert sewer or novice weaver, there's something for everyone."

"We've aimed this competition at adults. There are often competitions like this for children but we think it's great for adults to have some fun too," says Tania.

Entrants must have used a library craft book or magazine for inspiration.

**The competition is open until Friday 23 August 2013. Pick up an entry form at Richmond library, or download one from the website [www.tasmanlibraries.govt.nz](http://www.tasmanlibraries.govt.nz)**

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





Volunteers at a CPR in-service session.



Above: "Bed volunteer" Bruce Rizer about to deliver an electric bed to a patient's home.

Top: 25 years... L-R, Edith Alvey, Ngara Bickley and Dorothy Stanton after receiving their 25 year Long Service Awards.



Volunteer Manager Mary Garner (R) presents volunteer Ann Riley with the new volunteer orientation folder – designed by a graphic artist volunteer and with publishing costs covered by a grant.

## Current Volunteer Roles with Hospice

- **A Patient Programme Administrator** will provide valuable support in the successful delivery of Have U Ever – a new and special programme offering patients and caregivers the chance to meet with others in similar circumstances. Great organisation skills, ability to use a computer, sound attention to detail, a willingness to liaise with patients and a desire to work in a team are the ingredients for success. It will likely require 1-2 hours per week including some Tuesday mornings (some work can be completed from home).
- **Volunteer Programme Administrators** provide fantastic 'behind the scenes' support to keep the hospice volunteer service running at its best. Useful skills include familiarity with Word and Excel (including spread sheets), experience with databases and desire to work in a team. A sense of humour also helps! A commitment of around two hours per week would be great, preferably worked on a Thursday or Friday.
- **The Raffle Programme Co-ordinator** role is a pivotal 'behind the scenes' organiser of our Nelson-based volunteer raffle sellers who generate vital financial support for hospice. Pulling raffle rosters together, keeping in touch with volunteers, and being a general all round vital link on all things raffle related are key tasks.

Computer and general administration skills are useful, and the desire to successfully organise people and things is an absolute must! The ability to work between 6-8 hours per month, a drivers license and ability to work from our office in Nelson on occasion rounds off the perfect person for this important volunteer role!

- **The Bed & Equipment Co-ordinator** volunteer roles in Nelson and Motueka are new positions. Every week-day sees existing volunteers delivering and collecting beds and equipment to and from patient homes, enabling their ongoing independence. The two new co-ordinator positions will co-ordinate these volunteers, working with the hospice team to organise things, help train new volunteers and keep an eye on the equipment shed. It will be a responsible job but a highly rewarding one too. Great organisation skills are a must, a mechanical or practical bent is helpful, some computer and administration skills and great communication skills all help. A time commitment between 8-12 hours per month is expected, between home and hospice offices in Nelson and Motueka.
- **Electrical Equipment Testers** in Nelson and Motueka will be two new additions to the hospice service. Working alongside the hospice maintenance person they will help monitor, track and complete regular electrical checks on equipment. This will need a commitment of between 4-8

hours per month with visits to Nelson and Motueka offices. It will require a Licensed Electrician or a non licensed lay person with a Portable Appliance Tester (PAT qualification). Access to a computer and some administration skills is an advantage.

- **Nelson-based Bed Delivery volunteers** support patients to remain at home with the support of appropriate beds and equipment. Volunteers work in pairs, using a hospice van to deliver and collect items out and about in the community. Fitness to load and unload items from a van, a degree of comfort around illness and ability to construct beds and equipment onsite is a must (training is of course provided). 2-4 hours can be required per call out, and volunteers can be rostered to help manage their availability.
- **The new Equipment Shed Organiser** will be a wonderful new addition to the hospice volunteer team. A physically fit, highly organised, systems oriented volunteer will be tasked with keeping the equipment shed in order – no mean task at times, with multiple nurses raiding the shed for their patients! A time commitment of 2-6 hours per month expected.

**Full training for any of the roles is provided to set people up for success. Mary Garner would love to hear from anyone keen to know more. She can be contacted on Ph. 03 546 3912 or Email [mary.garner@nelsonhospice.org.nz](mailto:mary.garner@nelsonhospice.org.nz).**

# Cathedral Steps turn 100

"I'll meet you at the Church Steps" is the call which continues to echo across generations. The landmark Church Hill at the top of Trafalgar Street in Nelson has fulfilled many roles for the city's residents for more than 170 years. A new book by local history writer Karen Stade captures the unfolding social tapestry that has played out on the hill and its historic steps.

The Cawthron Steps mark their centenary next month and to mark the occasion the book, "Meet You At the Church Steps, A Social History of a Nelson Landmark", will be launched following a celebration on the steps at 4.00 pm, Friday 20 September 2013.

The granite steps were gifted by philanthropist Thomas Cawthron and were formally opened in 1913, replacing wooden steps built in 1858.

Since then the Church Steps have been where residents come together in celebration and adversity; to farewell and welcome back their soldiers; to greet royal visitors and other VIPs; to revel in the pomp and circumstance of Army and Navy pageantry; to voice discontent and group in protest, or merely meet friends, sit in the sun and enjoy the view.

Supported by the Cawthron Trust, Canterbury Community Trust and City of Nelson Civic Trust, the book features images and stories from Nelson Provincial Museum and the Nelson Mail and images from two private collections.

For more information, contact Karen Stade at [kstade@clear.net.nz](mailto:kstade@clear.net.nz) or Ph. 03 546 6288.



Nelson's Cathedral with original wooden steps.



The Cathedral with new Cawthron steps, but without it's spire.



Queen Elizabeth II visiting in 1954.

Photos courtesy of Ken Wright postcard collection



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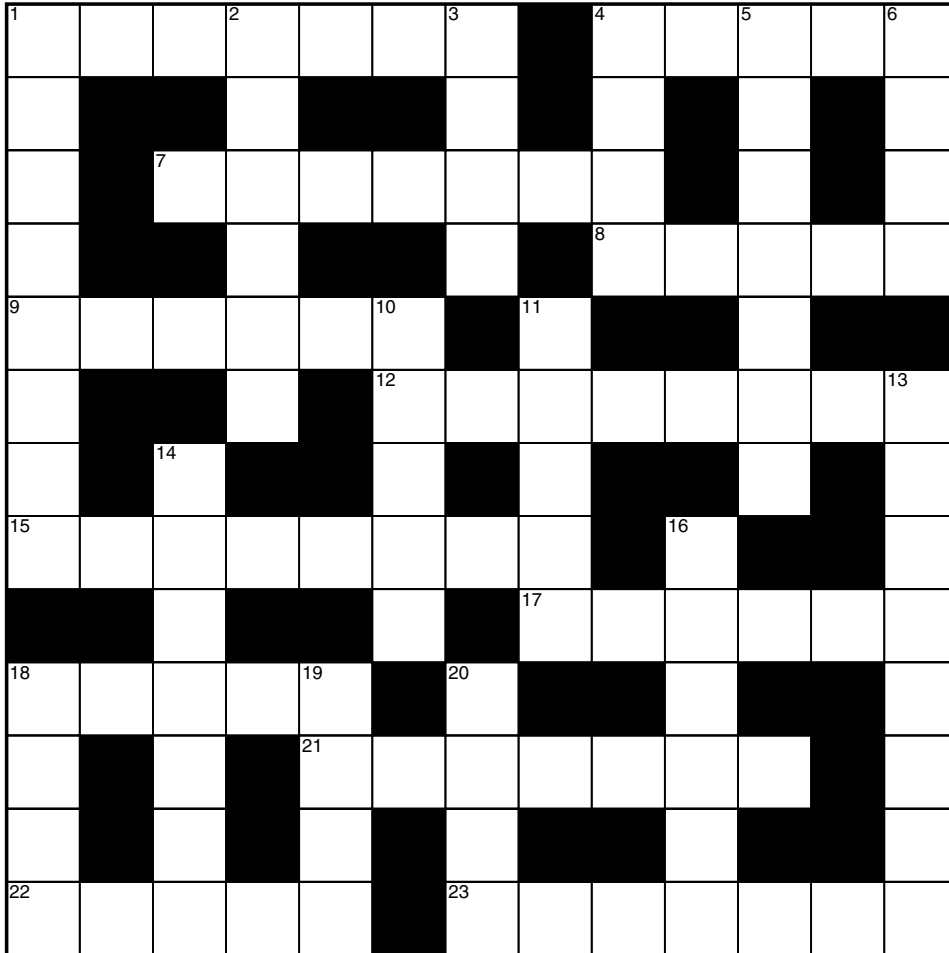
**Marsden House**  
FUNERAL SERVICES

Meet us at the Steps at 4.00 pm on Friday 20 September 2013 to help us celebrate the 100th birthday of this Nelson landmark. We will be unveiling a new historic plaque in honour of 100 years of great memories. So come along and help us create some new ones. 100 children from Central School choir will lead the celebrations and release 100 balloons followed by a haka from Nelson College students.

For more information go to [www.itson.co.nz](http://www.itson.co.nz) or contact Judene Edgar, Email: [judene.edgar@clear.net.nz](mailto:judene.edgar@clear.net.nz)



# Crossword



## Clues

### Across

1. Muslim veil
4. Subdue (riot)
7. College certificate
8. Crave, ... for
9. Led
12. No longer in style
15. Slenderness
17. Funeral vehicle
18. Shopping mall
21. Notorious affair
22. Nips with beak
23. Machine-driven

### Down

1. Young in appearance
2. Coiffure
3. Understand
4. Dock
5. Messages to run
6. Pork cut
10. Lavished affection (on)
11. Hidden supply
13. Deranged
14. Demonic
16. Cope
18. Stage-play item
19. Inquires
20. Sleep in tent

Answers page 15

**APOLOGIES!** The wrong solutions were printed in the June 2013 Issue. Here are the correct ones:

#### CLUES ACROSS

1. Diagrams
4. Acid
8. Vat
9. Curve
10. Apt
11. Servant
12. Robin
13. Furthermore
17. Tuber
18. Bangers
20. Lea
21. Nails
22. Tee
23. Need
24. Egg-plant

#### CLUES DOWN

1. Devise
2. After
3. Merit
5. Clamber
6. Doting
7. Reprimands
9. Chattering
14. Umbrage
15. Stolen
16. Aspect
18. Being
19. Extra

## Nelson Wine: Behind the Scenes

Next time you're trying to choose between the hundreds of different wine bottles on the shelf at the supermarket or bottle store, why not seek out a local variety?

The wine industry is a significant contributor to the Nelson-Tasman economy. Local wineries and vineyards employ staff, help attract tourists and sponsor some of Nelson-Tasman's favourite events and activities - including Mudcakes & Roses' very

own creative writers series (thanks Fossil Ridge). And perhaps most importantly of all, they also produce delicious, award-winning wines.

During September, several local wineries will be opening their doors to the public for a 'Behind the Scenes' look at how their wines are made and the chance to meet the people who make them. And later in the month, the Wineart group of Nelson wineries is offering the opportunity to meet Nelson winemakers and taste their newly released wines at a function at the Boathouse.

**For further information visit**  
[www.wineart.co.nz](http://www.wineart.co.nz) or Ph. 021 101 0366.



# What's On

AUGUST – SEPTEMBER 2013

EVERYTHING THAT'S HAPPENING, EVERYTHING THAT'S FUN...WE'VE GOT IT RIGHT HERE!



## Golden Bay

### Wednesday Walkers

Meet at Information Centre carpark, Takaka, leaving 9.00 am. Bring morning tea, raincoat etc, light boots or walking shoes. Contacts: Debby Rogers, 03 525 9090, Leslie Sise, 03 525 8898, Sonia Nalder, 03 525 9765.

### Upright and Able for Falls Prevention

Ph. Jacinda Hohepa 03 525 8770 or 03 525 9708 for details.

## Motueka

### Cycling

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

### 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](http://www.motueka50pluswalkers.org.nz).

Meetings on the last Thurs of each month in the Uniting Church Hall, High St, 9.30 am. Contacts: Secretary Norah Morris, 03 528 6290, President Kevin Piper 03 544 8378. For details about alternate walks, contact Lesley or Ray Craneheld 03 527 8113.



### Motueka Recreation Centre

**Social Badminton:** Mondays 9.30-10.30 am, Thursdays 6.45 pm. \$4 entry, \$2 racquet hire.

**Club 50:** Fun social activities, Wednesdays 9.30 am-1.30 pm. \$10 (morning tea + lunch provided).

**Sit n Be Fit:** Tuesdays and Thursdays 10.30-11.30 am. \$4.

**Silver Sneakers Indoor Walking Group:** Mondays and Fridays 9.30-10.30 am. \$4.

**Move 2 Music:** Low-impact aerobic class, Tuesdays and Thursdays, 9.30-10.30 am. \$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@sporttasman.org.nz](mailto:wendy.b@sporttasman.org.nz)

### Motueka Social Dance Group

Dances at Mapua Hall, 7.30-11.00 pm. Ph Margaret 03 528 7564 or Prue 03 540 2242.



## Nelson

### Nelson Social Dancing Club

Nelson Social Dancing Club Dance at Broadgreen Intermediate School Hall, Nayland Road, Stoke, Nelson 7.30 pm to 11.30 pm the second Sat of each month. Ballroom, Latin, Rock 'n Roll and sequence dancing. Live music. Members \$8; non-members \$12. Please bring a supper contribution, and your own drinks (including water) and a glass. **Note: no stiletto heels please!!** Enquiries phone 03 544 7408 on 021 127 7892.



### Nelson Provincial Museum

For details, visit [www.museumnp.org.nz](http://www.museumnp.org.nz)

### Stoke Seniors Club

Contact Ruth, Karen or Anne, on Ph. 03 547 2660  
Email: [stokeseniors@xtra.co.nz](mailto:stokeseniors@xtra.co.nz)

### Regular activities:

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

**Scrabble Club** – Mondays 1.00 pm.

**Euchre** – Tuesdays 10.30 am.

**Mah Jong** – Tuesday 1.00 pm.

**500 Club** – Wednesdays 1.00 pm.

**Art class** – Mondays 10.00 am. \$4.

**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 in the Stoke Memorial Hall. Gold coin donation.

**The Sun City Ukles** – Thursdays 10.00 am - noon. Gold coin donation. Contact Ruth.

**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. For details, contact Anne.

**Ruth's Movies** - once a month. Please ring for details

**Cruisin' with Karen** - Fridays

**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).

### Saxton Seniors

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

**Senior Walking Group:** Tuesday and Thursday 9.30-10.30 am. \$4.

**Senior Circuit:** Tuesday 10.45 am after walking group, \$4. 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 [saxtonstadium@xtra.co.nz](mailto:saxtonstadium@xtra.co.nz)

### Tahunanui Community Centre

**Board not Bored:** Chess, backgammon, cards, or bring your own. Cuppa & company. Thursdays 1.30 pm.

**Arty Crafties:** Bring your craft or hobby along. Mondays 1.30 pm.

**Movie Mates & DVD Divas:** Watch classic movies the old way with intermission and ice-creams. Cuppa to follow. Tuesdays 1.30 pm. \$3.

**Local Vocals:** Singing for everyone. No audition, no pressure. Wednesdays 7.00 pm. Ph TCC for details, 03 548 6036.



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Janet

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# If you are looking for contacts for community groups and clubs, check out the Found Community Database [www.found.org.nz](http://www.found.org.nz)

AUGUST – SEPTEMBER 2013

EVERYTHING THAT'S HAPPENING, EVERYTHING THAT'S FUN...WE'VE GOT IT RIGHT HERE!

**Ironing Maidens:** Bring your iron and ironing pile. We've got the boards, the tea and scones. Every Friday at 1.00 pm.

**Zumba:** Suitable for beginners and more experienced. Mondays 5.15 pm and Thursdays 5.45 pm. Contact Jo for details, 03 548 6036.



**Victory Community Centre**  
Totara St, Nelson

**Nana Craft:** Knitting, crochet, stitching. Bring lunch, share projects. Wednesdays. Pomeroy's coffee \$2 donation.

**Sit & Be Fit:** Have fun, burn calories, tone muscles, keep your heart healthy. Tuesdays 10-10.45 am, \$2 per session.

**Housie at Victory:** Great prizes, refreshments and transport available if required. Wednesdays 2-4 pm. \$2.

**Laughter Yoga:** The body's natural antidote to stress. Bring yoga mat or towel. Wednesdays 5.30-6.30 pm. \$2.

## Richmond

### Club 50

A social group of mature adults looking for companionship, recreation and enjoyment. Sport Tasman, Richmond Town Hall, Cambridge Street.

Enquiries: 03 544 3955.

Email:

Club50.rrc@sporttasman.org.nz or

website [www.sporttasman.org.nz](http://www.sporttasman.org.nz).

Meet every Tues 9.30am (unless otherwise stated) at the Richmond Town Hall. All sessions cost \$4 (unless otherwise stated).

For all trips, meet at Richmond Town Hall to carpool. If raining, please call. Please Note: August is "Invite friend for FREE Month"

**August 6th:** Enjoy a walk and admire the yachts in the Nelson Marina.

**August 13th:** Interested in Family History? Let's visit the Richmond Library in History Week to explore the ways we can search our family history. We'll start at the Miles of Food Library Cafe and then meet Cathy to start the tour at 10.30am.



**August 20th:** CLUB 50 Winter Seminar with Paul Richardson, Orientation & Mobility & Adaptive Daily Living Instructor for the Royal New Zealand Foundation of the Blind. Start time: 09:45am

**August 27th:** 'Hands on-Make your Own & have Fun with Soap' Workshop with Chrystal Pitcher. Come and design your own handmade soaps Cost of materials & take home three soaps & recipe- \$6 (plus \$4 session cost). Limited to 12 persons. Start time 10am.

**September 3rd:** Let's stretch those legs around Richmond. We seldom explore what's right on our doorstep, well let's stay close to home this time & enjoy the scenery along the estuary, ending up at the vanilla bean cafe for a coffee & cake. Other starting points can be organised.

**September 10th:** Nature's Own Art Workshop with Mary Ann. Cost of canvas \$5.

**September 17th:** Enjoy a Delightful 'Avon Pamper Yourself' Morning with Nickie Fitzgerald. Please bring a make up mirror, towel and a shallow plastic container for your feet.

**September 24th:** Wander in the spring splendour that is the Gardens of the World in Hope. Refreshments & morning tea will be supplied. Please bring a foldaway chair if you have one. \$4 entry to Gardens

**Richmond Senior Citizens Assn**  
Oxford St rooms.

Tuesday afternoon, cards.

**Wednesday** 9.00 am to 2.00 pm, quiz, housie and activities.

**Thursday** afternoon, cards.

**Friday** 9.00 am to noon, light exercises and morning tea.

**Last Wednesday in the month:** an outing.

Ph Elaine Mead 03 544 5654

### Richmond Waimea Community Whanau Group

Community groups, services or organization representatives come together to share information. (Just turn up.)

Meets the first Tues of each month, noon-1.00 pm, Senior Citizens Rooms 62 Oxford St, Richmond. Guest speaker at most meetings. BYO lunch (tea & coffee provided).

### Nelson Dance Along

Old Time Sequence/New Vogue, Richmond Town Hall, 7.30 pm to 11.00 pm

**Saturday 10 August** -Tape Music. Cost \$4.00 Members, Non Members \$5.00

**Saturday 24 August** - Live Music -Richard Wakelin. Cost \$6.00

**Saturday 14 September** -Tape Music. Cost \$4.00 Members, Non Members \$5.00

**Saturday 28 September** - Live Music -Warren Fenmor. Cost \$6.00 Supper Provided, Everyone Welcome

## Wakefield

### Way2Go activities

**Pilates** -Village Hall Mondays at 7.00 pm.

**Active Seniors Class** -Village Hall Tuesdays at 11.00 am.

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



## This issue's crossword solutions

Y	A	S	H	M	A	K		Q	U	E	L	L	
O			A			N		U		R		O	
U		D	I	P	L	O	M	A		R		I	
T			R			W		Y	E	A	R	N	
H	E	A	D	E	D		S				N		
F			O			O	U	T	M	O	D	E	D
U		S				T		A		S		E	
L	E	A	N	N	E	S	S		M			M	
		T				D		H	E	A	R	S	E
P	L	A	Z	A		C			N			N	
R		N		S	C	A	N	D	A	L		T	
O		I		K		M			G			E	
P	E	C	K	S			P	O	W	E	R	E	D

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[www.smytheslaw.co.nz](http://www.smytheslaw.co.nz)



# Recreation Providers



AUGUST – SEPTEMBER 2013

EVERYTHING THAT'S HAPPENING, EVERYTHING THAT'S FUN...WE'VE GOT IT RIGHT HERE!

## 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, ph Michelle or Pam 03 525 9033.

### Belly Dancing

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

### Drop-in Yoga

\$8 per class at the Catholic Hall, 94 Commercial St, Takaka Terry Ph. 03 525 7422.

### Genealogical Group

Sally Ph. 03 525 8086  
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.

### Sit and Be Fit

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

### 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.

### Guided Gym Session

Wednesday 12 noon-1.00 pm  
Georgie Ph 03 525 6110.

### Indoor Bowls/Cards

Senior Citizens Club rooms. Mary Ph 03 525 8445.

### Mah Jong

Ethel Ph 03 525 8615.

### 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

Jan Ph 03 525 9224.

### Puramahoi Table Tennis

Rene Ph 03 525 7127.

### SeniorNet [Golden Bay]

Beginner courses in home computing, based in clubrooms at the Takaka Showgrounds. Rosemary Ph 03 525 7565.

### 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.

### 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 6-week courses for those over 65 with a fear of falling. Ring Jacinda Hohepa on 03 525 8770 or 03 525 9708.

### Uruwhenua

### Women's Institute

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

### Wednesday Walkers

Bron Ph 03 525 8627  
Bob Ph 03 525 9958.

### Workouts

Masonic Hall  
Takaka, Mondays 9.30-10.30 am  
Wednesdays 9.30-10.30 am,  
Fridays 9.00-10.00 am  
Ph 03 525 6110.

## Hope

### Hope Midweek Badminton Club

Carolyn Ph 03 541 9200.

### Nelson Veterans Tennis Club

Hope Courts every Thursday  
Ph 03 547 6916.

## Mapua

### Indoor Bowls

Mapua Friendship Club  
Mapua Public Hall  
Valerie Ph 03 540 3685.

### Low-Impact Aerobics and Pilates

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

### Mapua Bowling Club

Dave Ph 03 540 2934.

### SeniorNet (Motueka)

Computer learning for the over 55s at 42 Pah St.  
Mary Ph 03 540 2758  
Maureen Ph 03 528 0630.

### Taoist Tai Chi

55 Muritai St, Tahunanui  
Ph 03 545 8375.

## Motueka

### Aerobics/Gym and Fitness Centre

50+ Aerobics  
Mot Rec Centre  
Jody Ph 03 528 8228.

### 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.

### Arthritis New Zealand

Immersion Therapy session. 10.30 am, Mondays at Ngawhatu Pool. Bus leaves Motueka 9.30 am. Susan Ph 0800 663 463.

### Gym & Fitness Centre

Studio Gym 275  
Catherine Ph 03 528 4000.

### Healthy Hearts Club

St Thomas Church Hall  
Wendy Ph 03 528 6692.

### Indoor Bowls

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

### Line Dancing

Motueka Senior Citizens Hall.  
Beryl Ph 03 528 8265.

### 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 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

Don Ph 03 528 7208  
Tony Ph 03 528 9175.

### Motueka District Museum

Mon to Friday 10.00 am - 4.00 pm. 140 High St.  
Ph 03 528 7660.

### Motueka 50+ Walking Group

Meets last Thursday of each month in the Uniting Church Hall, High St, at 9.30 am.  
Tim Ph 03 528 6922  
Norah Ph 03 528 6290.

### Riwaka Bowling Club

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

### Riwaka Croquet Club

Sally Ph 03 528 8296.

### Scottish Country Dancing

Valerie Ph 03 543 2989.

### SeniorNet [Motueka]

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

### Social Recreation

Kiwi Seniors (Motueka)  
Vonnie Ph 03 528 7817.

### Upright and Able, Falls Prevention

Cherie Ph 03 539 1812 to register for the next free 6-week course.

### U3A (University of the Third Age)

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

**Yoga** Dru Yoga class at Moutere Hills Community Centre, Thursday 9.30 am-11.00 am and 6.00-7.30 pm, Riverside Community, Tuesdays 6.00 pm-7.30 pm. Casual \$12. Sue Ph 03 543 2125.

## 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 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 Active Circuit

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. \$5. Ph Angie 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

Water-based exercise. Transport available to exercise at Ngawhatu pool each Monday morning. Phone 0800 663 463 for more details. Services are now managed from Christchurch. Clinics available from Nelson Bays Primary Health, Ph 03 539 1170.

### Belly Dancing

Victory Community Centre. Tuesday from 6.00 pm. Sabina Ph 03 546 8511.

### Bodyvive (Low-impact)

CityFitness, Quarantine Rd, Nelson. Monday, Tuesday and Thursday 10.20 am. Debby Ph 03 547 4774.



**Cardiac Club/Gym & Fitness Centre**

City Fitness  
Sharon Ph 03 539 0348.

**Cardiac Support Group**

Information and support to people affected by Cardiovascular Disease. We hold a three-monthly get together for former patients and those on waiting lists. Contact Averil Ph. 03 545 7112.

**Diabetes NZ Nelson**

Information centre 50 Halifax St, Nelson, Ph 03 546 6142. Hours: Monday, Wednesday, Friday 11.00 am - 2.00 pm. We stock jams, sauces, recipe books etc.

**Dining4Twelve**

Convivial gatherings for 50+ singles. No fees, no pressure. Contact Jenny, Email Dining4Twelve@xtra.co.nz

**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**

Meets last Tuesday of the month at 10.00 am. Presbyterian Church Sunday School rooms, Muritai St, Tahunanui. Social gatherings second Tuesday of the month at 10.30 am. Ph 03 545 6118.

**Gym Contours Health & Fitness**

Ph 03 544 0496.

**Hatha Yoga**

Maureen Ph 03 546 4670.

**Hearing Association Nelson**

Card Group Mondays from 1.15 pm. Talks, Dangerous Decibels and sound system demonstrations to social groups on the topic of understanding hearing loss. Ph 03 548 3270.

**Hot Yoga**

Claire Ph 03 548 2298.

**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.

**Marybank Garden Club**

Meets on the 1st Tuesday of each month (except Dec/Jan) at 7.30 pm. in the Highland Pipe Band Hall, Paru Paru Rd, Nelson.

**Nelson Caravan Club**

Allan Ph 027 319 7427.

**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 50+ Mini-Walks**

Gwenda Ph 03 544 5307.

**Nelson Male Voice Choir**

Rehearsals: School of Music, Monday evenings. John Ph 03 547 5181 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. Noeline Ph. 03 546 8699.

**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 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 Philipa or Ernie Ph 03 547 7022.

**Nelson Scrabble Club**

Meets every Wednesday 7.00 pm at the Nelson Suburban Club, 168 Tahunanui Drive. Steve Ph 03 544 0475.

**Nelson Senior Citizens**

Social Indoor Bowling Club. Valda Ph 03 544 1487.

**Nelson Social Dancing Club**

Live band on the second Saturday of each month, 7.30-11.30 pm, at Broadgreen Intermediate School Hall. Members \$8, non-members \$12. Ph Nancy on 03 544 7408 to confirm.

**Over 50s Pilates and Yoga**

Body Power. Sue Ph 029 281 3735 for pilates, or Margot Ph 029 281 3735 for yoga.

**Pottery**

Craft Potters Nelson run tutored weekly pottery class for members and non-members at their Hope premises (202 Ranzau Rd). Everything provided – you only need to buy clay. Uta Ph 03 541 8953.

**Probus, 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, 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.

**Stroke Club Nelson Social activities**

For people who have had strokes, and their carers. St. Francis Hall, Songer St, Stoke. Irene Ph 03 544 8665.

**Stroke Foundation**

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

**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. Ph Kate, 03 547 5066, or the Stadium, 03 547 9479.

**Tahunanui Bowling Club**

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

**Tahunanui****Community Centre**

"Friends and neighbours" social group meets Wednesday afternoons. Up **Cycle:** Improve your bike-riding skills.

**Garden Group:** Monthly meeting on a Wednesday evening 7.00 - 8.30 pm.

**Walking Group:** Wednesdays 10 am. Meet at the Community Centre, 61 Muritai St, and walk for 1hr. Ph 03 548 6036.

**Tai Chi with Gretchen**

Trafalgar St (Age Concern) Hall. Gretchen Ph 03 548 8707.

**Taoist Tai Chi Internal Arts for Health**

Classes 9.30 am - 11.00 am, Wednesday 6.00 pm - 7.00 pm, Saturday 9.00 am - 10.30 am, new Beginners Class Tuesday 1.00 - 2.30 pm, at 55 Muritai St, Tahunanui. Ph 03 545 8375 and leave a message. Help yourself to better health. Suitable for all ages, and first class is free.

**The New Hub**

Circuit Training every Thursday 10.00 - 11.00 am. All ages and levels of fitness welcome. \$3. New St venue. Ph 03 545 9147.

**U3A**

Ph Lois 544 2440 email membership@u3anelson.org.nz

**Ukulele with Gretchen**

Wednesday mornings Trafalgar St (Age Concern) Hall. Ph 03 548 8707.

**Upright and Able for Falls Prevention**

Free 6-week course for those over 65 with a fear of falling. Ph 03 539 1812 or email Cherie.Thomas@nbpho.org.nz for more information and registration.

**Veterans' (55+) 9 hole golf days**

Greenacres Golf Club, last Monday of every month. Dick Ph 03 547 6071 or Club Professional Ph 03 544 6441.

**Victory Laughter Yoga Club**

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

**Victory Senior Support**

Meet every Tuesday at 1.30 pm at Anglican Church, 238 Vanguard St, Nelson, for entertainment, games and guest speakers. Shirley Ph. 03 546 9057, Tuesday to Friday, 9.30 am to noon. Also Victory Sit and Be Fit. New class, Thursdays 10.00-10.45 am, 238 Vanguard St. Ph. Shirley 03 546 9057 or 03 547 1433.

**Walking**

Nelson 50+ Walking Group Noel Ph 03 544 2286.

**Yoga** Dru Yoga class at Muritai Centre, Tahunanui School, Monday 6.30 pm - 8.00 pm. Casual \$12. Sue Ph 03 543 2152.

**Zenda Middle Eastern Dance**

St John's Church Hall, Hardy St. Gretchen Ph 03 548 8707.

## 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.

**Body Power Pilates & Yoga Centre**

Richmond Town Hall Sue Ph 029 281 3735.

**Bodyvive (Low-impact)**

CityFitness Quarantine Rd, Nelson. Monday, Tuesday and Thursday 10.20 am Debby Ph 03 547 4774.

**Bridge Lessons**

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

**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 03 544 7268. Club lawns opp. new health centre, Lower Queen St.

**Easy Exercise**

Senior Citizens Hall Friday 10.00 - 11.00 am Morning tea to follow Elaine Ph 03 544 7624.

**Euchre**

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

**Hope-Ranzau Women's Institute**

1.15 pm on the first Wednesday of each month at Holy Trinity Church Hall, Dorset St, 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.

**Laughter Yoga, Richmond**

Nourish your wellbeing. Marion Ph 021 145 3027.

**MenzShed Waimea**

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

**Nelson Dance Along**

Richmond Town Hall  
Alternate Saturdays - 7.30 pm  
to 11.00 pm. Rosalie Winter  
Ph 03 548 2236.

**Pedometers from the Library**

From Nelson City or Tasman District Libraries. \$2 for 6-week loan.

**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 1.00 pm, Thursday 1.00 pm and 5.45 pm. Bowls and shoes provided. Richard Ph 03 544 7076 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. Heather Ph 03 544 6704 or Gwen Ph 03 544 7953.

**Richmond Joggers**

Do you want to walk faster and eventually become a jogger? Entry-level group focusing on the social and enjoyment aspects of jogging rather than the speed and competitiveness. Contact Sarah @ Sport Tasman on 03 923 2313.

**Richmond Physiotherapy**

Weekly classes in their spacious, sunny gym  
**Exercise For the Older Adult:** A well-balanced, physiotherapist-led mix of strengthening, balance and cardio exercises. 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 Recreation Centre & Town Hall**

9 Cambridge St.  
Ph. 03 544 3955  
www.sporttasman.org.nz or  
www.way2go.org.nz  
**Body Define Circuit,** Weds 11.15 am. Gym-style circuit

class. \$4. Suitable for all levels of fitness, and children's play area available. \$4

**Easybeat:** Mon & Fri 9.00 am. Ease In2 Easybeat: Mon & Fri 11.15 am.

**NEW Cardiac Club, Shapeup**

**4 Healthy Hearts:** (Heart Foundation affiliation programme), Mon & Fri 10.10 am - 11.10 am. \$4.

**Club 50:** Tues 9.30 am. A fun social recreation & activities group. All welcome.

**Motion & Mobility:** Fri at 11:15 am. \$4.

**Fun Housie:** With prizes.

Designed for all ages and those with special requirements. Fridays 2-4.00 pm. \$3.

**Ease In2 Cycling:** Easy social cycling. Wed 1-3.00 pm. \$4. Enjoy the sights of Richmond/Nelson on your bike.

**Richmond Slimmers Club**

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

**Richmond Walking Group**

Weekly walks around the Richmond area. Entry-level group focusing on the social and enjoyment aspects of walking rather than the speed and competitiveness. Contact Sarah at Sport Tasman 03 923 2313.

**Silver & Strong**

Seated or standing light exercise circuit that helps you with your everyday life. Builds strength, stability and coordination. Mondays 10.30-11.15 am. \$4 (includes a cuppa). Richmond Social Seniors, Age Concern building, Oxford St, Richmond. Angela 03 547 0198

**Sport Tasman's Club Recreation**

9 Cambridge St, Richmond Ph 03 544 3955.

**\$4 Fitness**

**Easybeat:** Monday & Friday 9.00 am

**Ease in2 Easybeat:** Monday & Friday 11.15 am

**Shapeup:** Mon & Fri 10.10 am

**Sit & Be Fit:** Fridays 11.15 am

**Ease in2 Cycling:** Social cycling Mon & Wed 1.00 pm, \$4. Please ring that morning for meeting place.

**Club50:** Tuesdays 9.30 am, Seniors, social recreation & outings. New member welcome, \$3.

**Walking Group:** Mondays 9.30 am, no charge.

**Fun Housie with prizes.**

Designed for those with special requirements. Fridays, 2.00 pm-4.00 pm, \$3.

**Social Cards**

Senior Citizens Rooms, Oxford St. Tuesdays 500, Thursdays 500, Rummy Cub and Scrabble. 1.30-4.30 pm. \$1. Kath Ph 03 544 5563.

**Spinning, weaving**

Richmond Spinning & Weaving Group meets every 2nd & 4th Thursday of the month, 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 0278 293 366 or the centre Ph 03 544 6083.

**Tasman Visual Arts Group**

Last Wednesday of the month Richmond Bowling Club rooms. New members welcome. Gary Ph 03 541 8842.

**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, Falls Prevention**

Free 6-week course for those over 65 with a fear of falling. Ph Cherie Thomas 03 539 1812 for more information and registration.

**Yoga**

Dru Yoga class at Richmond Recreation Centre, Mon 10.30 am - noon. Casual \$12. Sue Ph 03 543 2125.

## Stoke

**Angie's AquaFitness**

Get back into activity in a warm-water pool. All abilities, shapes and sizes welcome. Tuesdays, 10.45 am-11.45 am, Thursdays 6.00 pm -7.00 pm. \$6. Ngawhatu Pool, Stoke. Angela Ph 03 547 0198.

**Angie's Silver Circuit**

Seniors only. Build your strength & stability. Light exercise circuit helping with your everyday life. Fridays, 10.15-11.00 am, \$4. Stoke Seniors, behind Memorial Hall. 548 Main Rd, Stoke. Turn-up or call Angie on 03 547 0198.

**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 03 547 0198 or 021 330 905.

**Clogging/Tap Dancing**

Nelson Sun City Cloggers. Georgina Ph 03 545 1037.

**Country Music**

Stoke Old-Time Country Music Club meets every 2nd Sunday at the Stoke School Hall, 6.30. Lovely music and we won't burst your eardrums. \$2. All welcome. R Knight 03 542 3527.

**Easy Exercise**

Sit & Be Fit for Men & Women. Arthritis New Zealand, Every Tuesday 10.00 am, Stoke Methodist Church Lounge. Maureen Ph 03 546 4670.

**Hatha Yoga**

Maureen Ph 03 546 4670.

**Hydrotherapy**

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

**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 03 548 5741 or Megan 03 547 5252.

**Presbyterian Support**

Our 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. Tue-Fri 10.00 am - 3.00 pm Totara Club. Day programmes for older people, socialising and participating in a personalised activity programme. Both clubs also provide a two-course cooked lunch and door-to-door transport to and from the centre. Ph Sasha Spargo 03 547 9350.

**Safety & Confidence**

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

**Saxtons Sit and Be Fit**

Mondays at 10.00 am, Saxton Stadium, \$3. Leigh Ph. 03 548 1689 or 021 547 811.

**Stoke Bowling Club**

Allen Ph 03 547 1411.

**Stoke Combined Probuss Club**

Meets every 4th Tuesday 10.00 am at Nick Smith's Rooms, Waimea Rd. Sue Ph 03 548 6062. Stoke Companions Inc. Fellowship & Aerobics Group for 50 yrs of age & over, a reasonable level of fitness. 9.15 am Weds. St Barnabas Church Hall, Main Road Stoke. Ph 547 2386.

**Stoke Companions Inc.**

Fellowship and aerobics group for 50+ years. A reasonable level of fitness. 9.15 am Wednesday, St Barnabus Church Hall, Stoke. Ph. 03 547 2386.

**Stoke Social Seniors**

Pilates: Wednesdays 1.30 pm. Tai Chi: Tuesdays 1.30 pm. Sit and Be Fit: Tuesdays and Wednesdays at 11.00 am, Stoke Memorial Hall Christine Ph 03 547 2660.

**Tuesday Walking Group**

Departs 10.00 am from Stoke Seniors Hall. Ph. 03 547 2660.

**Table Tennis Nelson**

Nelson Table Tennis Club. Ph Kate, 03 547 5066, or the Stadium, 03 547 9479.

**Ukulele Fun**

Stoke Memorial Hall, Thurs 10.00 am - noon. Bring your uke. Gold coin donation. Ph 03 547 2660.

**Upright and Able, Falls Prevention**

Free 6-week courses for those over 65 with a fear of falling. Ph. Cherie Thomas 03 539 1812.

## Tapawera

**Visual Art Society**

Kaye Ph 03 522 4368.

**Walking**

Rural Ramblers. Ph 03 541 9200.

## Wakefield

**Easy Exercise**

Arthritis New Zealand, Nelson, Nancye Ph 03 541 9040.

**Live Well, Stay Well Activity Group**

Greg Ph 03 541 9320.

**Silverthreads Fun Afternoon**

Meetings at 1:30 pm, Wakefield Village Hall Heather Ph 03 541 9214.

**Walking**

Rural Ramblers Ph 03 541 9200.



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 to the winner each month. Congratulations to **Betty Don** of Nelson, who takes the prize for August–September.

## Driving Nelson Haven By Betty Don

Oh, the sky! So blue, sky-blue  
and oh, the Haven! Green, sea-green  
not blue and calm like yesterday  
A brisk nor'easter pushes waves  
white lips curling, flicking, fanning  
bucking that row-boat tied offshore

No, not tied! It's moving in  
with rope at bow and one at stern  
Has he heard a weather warning?  
Is it time for paint and polish?

Shags and gulls perch there to preen  
Perhaps it needs a real scrub-down

I drive on home, not knowing why  
that boat will soon be high and dry

### SEND ENTRIES TO:

Fossil Ridge Creative Writers,  
Mudcakes and Roses,  
HotHouse Communications,  
4/203 Queen Street, Richmond 7050  
or Email [mudcakes@hothouse.co.nz](mailto:mudcakes@hothouse.co.nz)

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72 Hart Rd, Richmond 11am – 4.30pm Wed – Sun SUMMER  
Phone/Fax 03 544 9463 12noon – 3.00pm Wed – Fri WINTER  
[wine@fossilridge.co.nz](mailto:wine@fossilridge.co.nz) Closed Monday and Tuesday



# Age Concern Events & Workshops



## International Day of the Older Person

Tuesday 1 October 2013,  
1.30 pm – 3.30 pm

We are currently planning for International Day of the Older Person – we'd love you to book this date on your calendar and come along to celebrate with us.

This year we are holding a fancy afternoon tea at the Sport Tasman rooms in Cambridge Street, Richmond. We will also delight you with a variety of entertainment, songs and maybe even some dancing! We are planning to have craft stalls at this event for people to enjoy a wander around and maybe even do some early Christmas shopping. Phone our Age Concern office if you would like to come along even though it's still a wee way off as we find people really enjoy this day out.

## Life Story Books

We're planning on holding some more workshops on writing 'Life Stories – Reflections of my Life' as these have been very popular.

We provide you with a simple book to write information in about your life - for example you may choose to focus on your family, history of your early life, travel, favourite recipes, music or 'me today'. They are a lot of fun and also ensure your family treasures your memories. Please phone Age Concern if you would like to be part of one of these workshops. We also have volunteers available if you are unable to write your book yourself.

## Healthy Eating Workshops

We are planning on holding some more workshops on Healthy Eating – cooking for one or two. We are keen to offer people living alone or couples the opportunity to learn more about nutrition, healthy eating and how to cook interesting meals after children have left home. The main message is that it is important to make cooking healthy, enjoyable to eat and most of all FUN! Again, please phone Age Concern if you would like to be part of one of these workshops, you will receive a free, interesting cookbook too.

Please contact Age Concern on Ph. 03 544 7624 if any of above are of interest to you, we would love to invite you to any of these fun events.

## Suffering from unsightly, aching varicose veins?

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