

Mudcakes and Roses

SENIOR GENERATION ACTION
AND ISSUES – NELSON TASMAN



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Welcome to our August/September issue of Mudcakes and Roses. In this issue we take a look at the training programme for carers 'Walking in Another's Shoes' which is transforming dementia care in aged residential facilities in Nelson/Tasman. The Nelson Savage Club is on the lookout for some fresh talent. This is a club that's all about fun and honouring live entertainment. If you've ever fancied yourself as a performer, or even if you just enjoy watching live performance, why not check them out? See the story on page 6.

The region is also gearing up for the South Island Masters Games which will be held over nine days during September/October. You can get involved as a participant, spectator or volunteer. See page 20 for details. Nelson and Tasman Libraries also have some great events coming up including the "Law for Lunch" series at Richmond Library which will cover topics such as powers of attorney, wills and estates and relationship property law. Gardening guru Philippa Foes-Lamb tells us why the hard frosts we've been having perhaps aren't such a bad thing while Retro Metro Ro Cambridge shares her picks of books and films which explore ideas of aloneness and loneliness.

Stay warm!

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 Forum

Meetings are held at Richmond Library from 1.00pm until 3.00pm. All welcome. Next meeting: 21 September 2015.

Tasman District Council Community Grants.

Applications are open for Tasman District Council's Community Grants.

The Tasman District Council allocates funds to support and encourage community led projects. Applications must take place within Tasman and/or demonstrate benefit to Tasman residents, be for a specific service, demonstrate community support and identify the benefit to the community.

This year there is a total allocation of \$219,000 distributed as follows;

- Community and Economic Development Initiatives \$30,000
- Arts/Culture/Heritage/Museums \$32,000
- Festivals and Events \$40,000
- Youth and Children \$25,000
- Social Services \$21,000
- Environment \$20,000

- Emergency Services \$16,000
- Sport and Recreation Facilities Fund \$35,000

Applications close 31 August. Application forms are online as well as hardcopy. You can apply online or download an application form at the following link; <http://www.tasman.govt.nz/link/community-grants-application> or forms can be picked up from Council offices and Libraries in Richmond, Motueka, Golden Bay and Murchison.

Nelson City Council Community Assistance Fund

The fund has been allocated \$300,000 through the Long Term Plan. Existing contracts of \$150,000 will continue to be honoured, leaving \$150,000 available for new projects in 2015/16. The fund is likely to open for applications in August, pending policy approval in early July. Further information on the upcoming process will be available at <http://nelson.govt.nz/services/community/funding/community-assistance-funding/> around mid July.

Thanks to our sponsors



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

Walk Nelson Tasman is an advocacy group for walking, and walkers.

Walk Nelson Tasman is a constructive voice for all walkers. The group will work with councils and the New Zealand Transport Agency, to help promote the virtues and importance of walking as well as looking at how different kinds of transport fit together. If you like the idea of supporting a positive, collaborative approach to making Nelson and Tasman as walker-friendly as possible, 'like' the page on Facebook and lend us your support; 'let's walk together'! <https://www.facebook.com/WalkNelsonTasman>

Stats NZ have released an overview from the Census 2013 on 65+ age group...



While all regions have had an increase in the number of people aged 65+ between 2006 and 2013, averaging 22.5 % nationally, in half the regions this age group grew at a faster rate. The three regions with the highest growth rate of people aged 65+ were in the Top of the South:

- Tasman – 39.4 %
- Nelson – 30.1 %
- Marlborough – 29.5 %.

<http://www.stats.govt.nz/Census/2013-census/profile-and-summary-reports/quickstats-65-plus.aspx>

New NZ Super options for people from the Cooks, Tokelau and Niue

New rules came into effect from 1 July 2015 to allow people living in the Cook Islands, Niue and Tokelau to apply for New Zealand Superannuation or Veteran's Pension. For further information see www.seniors.msd.govt.nz or call Ph. 03 978 1186.

New Volunteer Community Co-ordinator (VCC) Annette Nistor

Annette Nistor is the new Nelson Tasman Volunteer Community Co-ordinator (VCC). The VCC programme is a network of volunteers that work with the Office of Senior Citizens to provide positive ageing in New Zealand. Annette Nistor takes over from Ruby Aberhart, who has become a Positive Ageing Ambassador. Annette has lived in Richmond with her family for over 22 years and works as a Consultant Dietitian. As a health professional, she works across the Tasman Marlborough region and has built up a wide range of community connections. VCC's play an important role by informing central and local Government about matters affecting older New Zealanders. They also disseminate information for older people and play a role in providing advice to Government agencies through feedback on policy and the communication of Government messages.

Enduring Power of Attorney

Senior Citizens Minister Maggie Barry has launched a new range of multilingual resources to help New Zealanders protect their future with an Enduring Power of

Attorney (EPA). An EPA is an important safeguard for all Kiwis to think about putting in place, regardless of age, gender, ethnicity or where you live. It is important to make information about EPAs accessible to as many people as possible. Unfortunately any of us could lose the ability to make decisions for ourselves at any time through illness or injury. Having an EPA in place means someone we trust will be legally able to make decisions about our property, care or welfare. The translations are available in Māori, Gujarati, Hindi, Punjabi, Korean, Samoan, Tongan, simplified Chinese and traditional Chinese. The pamphlets are available now at www.msd.govt.nz/EPA or can be ordered by phoning 0800 273 674.



Positive Ageing Expo 2016

Yes it seems a long way off but for your calendars the date for the 2016 Positive Ageing Expo is Friday 1 April 2016 – you'd be a "fool" to miss it. Registrations will open in October.



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Walking in Another's Shoes



*Dementia Educator for
Nelson/Tasman Carole Kerr*

What's it like to walk in the shoes of a person living with dementia? That's the idea at the heart of a training programme for carers that's been transforming dementia care in aged care facilities throughout the South Island.

The Walking in Another's Shoes programme was developed in Canterbury about eight years ago and introduced in Nelson/Marlborough in 2013. Based on a person-centred approach to dementia, it aims to help workers in aged care facilities to learn different ways of supporting people with dementia. It runs over eight months with one workshop each month and involves a lot of group work, discussion and role playing.

Carole Kerr, Dementia Educator for Nelson/Tasman with Nelson Marlborough District Health Board and the South Island Health Alliance, says the carers bond as a group and realise that although they might all work in different facilities, they are facing similar issues. The programme was developed in response to a training need identified by rest home managers concerned about high staff turnover in the sector. In Canterbury, where the programme has been running for longer, staff turnover in facilities where carers have completed the training has significantly reduced.

Suzette Bonar, a Diversional Therapist at Woodlands Rest Home in Motueka says the training was "absolutely amazing" and she can't say enough about it.

"I've done lots of training and I guess the principles behind them all are the same but Walking in Another's Shoes just has that extra dimension to it – it goes a level deeper."

Key to the programme is that carers will put themselves into the shoes of one individual resident. They research that person's life history and do role-plays simulating conditions that the person might have, such as being visually impaired or unable to speak. At the end of the programme, the carers make a final presentation from the perspective of the person whose life they have researched.

Carole says residents' families have greatly appreciated the amount of time and effort that the students have gone into with these presentations, which has also made them more appreciative of how staff are looking after their loved ones. She says once carers find out a bit more about how that person used to live their life, a lot of their behaviours start to make sense.

"For example, say a person was previously the manager of a big business, then that person would want to be treated with respect still and may like to be addressed by their full name. We've had students that have had residents in that situation and they've set them up with a little area that looks like an office so that they feel comfortable and it's almost like they are in their previous role again. People with dementia need a purpose and they still need to feel like they are valued as individuals. The carers can utilise the knowledge they have gained to still support residents to do that."

Suzette says the training has certainly changed her focus in her role.

"This industry is quite fast-paced and task orientated. Walking in Another's Shoes kind of takes that task orientation away. So you spend quality time, rather than rushing. It's definitely

more rewarding for us as carers and you do notice a difference with residents and also their families. If the resident is happy, then the families are happy and everything just runs a bit smoother."

Across Nelson and Marlborough about 90 carers have so far received the training, with another group just about to start. While it has focussed on staff working in aged care residential facilities, in future Carole hopes to be able to offer versions of the programme to home-based support providers and also registered nurses who work in aged care.

Ruby Aberhart, a Consumer Advocate with the South Island Alliance's Health of Older People's group (HOPSLA) speaks to the carers as part of the programme. She has also witnessed first-hand the difference the training has made on the way carers respond to residents.

"What I've noticed most is that the graduates live the whole thing – they not only grow in themselves, but they become very special people and they learn to see the resident as they are inside.

"Every time I go along to one of their graduations, I say, 'Well one of you better be there if I get into a hospital to make sure that I can grow.' If any of them were looking after me, I would feel very safe."



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Savage Delight

Nelson Savage Club members share a laugh at one of their monthly koreros



In an age where most entertainment is viewed through a screen, the Nelson Savage Club is a bastion of live entertainment, light-hearted banter and face-to-face fun.

Providing a variety of entertainment from original comedy sketches through to music and recitations, the Nelson Savage Club was founded in 1961 and at its peak had around 60 members. However today, the club faces an uncertain future with a declining and ageing membership. Programme organiser Anne Spear says they currently have around 40 members aged from 40 and upwards who come from throughout Nelson, Stoke and Tasman. However they would love to see some new faces coming along to their monthly concerts or "koreros".

Anne says people should come along because "It's a great way for them to hone their performance skills, try out new material and of course, they'd get the pleasure of entertaining for others in this social get-together rather than sitting and watching TV. It's a gesture of paying homage to live entertainment really."

The Savage and Orphan's Clubs have a pretty impressive history in terms of live entertainment.

The first Savage Club was founded in the mid 1800's in London by a group of actors, musicians and literati who wanted to play up and entertain each other out of the glare of the public eye. The club was named after a not so famous poet and dramatist, Richard Savage who had lived 100 years before.

Over the years, the club became more and more popular, attracting members of the Royal family, Mark Twain, Somerset Maugham and Sir Earnest Shackleton to name just a few. Within 30 years, new Savage clubs had sprung up around the globe, including in New Zealand. At their peak there were 46 New Zealand clubs with a total membership of 5,000. Such was the growth that they had to close their membership and a breakaway group was formed under the name of "Orphans Clubs".

In 1926 the "Association of Kindred Clubs of New Zealand Inc." was formed in Dunedin to control and look after both groups. This still operates today although there are now only 23 clubs with about 1300 members. Women were admitted as full members in 1998.

Anne says she first became involved with the Savage Club through some friends who were musicians.

"When they found out that I also sang and played the guitar, and was interested in comedy items, they said 'come along to Savage Club.' I've been there about five or six years roughly.

"I enjoy the variety of it because it's not just music, it's a bit of everything really and I like live entertainment and joining in with other people."

Anne says while many members are talented performers, not everyone who joins Savage Club has to get up on stage – there are also roles for those who prefer to stay in the background such as stage management or even just sitting back and enjoying the shows.

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The club also makes regular trips away (called 'raids') to visit and perform for other clubs. Nelson Savage Club is off on raids to Blenheim in August and to Hokitika in September.

Nelson Savage Club Vice –President Philipa Hardman says the club is “a great bunch of people who have a lot of fun – it keeps me out of mischief!”

She says the club is all about the “3 T’s – tact, tolerance and talent.”

Irishman Hugh Williams joined the club in its inaugural year and is its longest standing member. He says what keeps him coming back is the camaraderie. He’s sure that the club will weather its current challenges and come back even stronger. “We’ve been through these phases before,” he says.

Get Involved

Anyone interested in finding out more about what Savage Club is all about is invited to come along to the concerts or 'koreros', which are held on the second Wednesday of every month between April and October from 7.30pm at Stoke School Hall. It costs just \$2 which includes supper. The next korero date in August is: Wednesday August 12.

For further details, contact: Philipa Hardman
Ph. 03 547 7022 or Anne Spear: Ph. 03 547 2660

Key Facts

- The Savage Club was established in London in 1857.
- Savage Club New Zealand began in Dunedin in 1885. There are now 23 Savage and Orphans Clubs throughout New Zealand under the auspices of the Association of Kindred Clubs Incorporated. Clubs around the country use the many and varied talents of their members to bring enjoyment to people in retirement homes and at other functions.
- The general aims of the Savage/ Orphans movement are:
 - To promote the various arts;
 - To encourage members to develop further their talents;
 - To promote tolerance and understanding;
 - To assist worthwhile charitable causes.

For further information about the Savage and Orphans clubs see www.kindredclubsnz.com



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Why Frosts can be a Gardener's Delight



Daphne showing first signs of magnesium deficiency

Hi, late winter is here and the fragrance of Daphne is filling the air. This winter has definitely been a real one with some very cold temperatures at times. Take heart, Spring is just around the corner.

There have been some magnificent frosts and while they chill us to the bone and damage precious plants, frosts can be a gardener's delight. They kill off pests like whitefly, aphids and the common wasp but most importantly they help to condition the soil.

Clay soil in particular benefits greatly from a string of good hard frosts. As soil particles freeze they expand and 'burst' and over time, this means clumps of clay literally fall apart. I garden on Moutere clay and have noticed an area in my kitchen garden that was very hard to dig is now more friable due to numerous visits by 'Jack Frost'.

Soil temperatures are low at the moment but as we move into September they will start to gradually warm up. At this time of year I still plant my vegetables on a mound and give them some protection (check out my June/July column for more information) because otherwise they can struggle to grow and may eventually bolt.

Green crops (e.g. mustard or blue lupin) that were sown in Autumn can be cut down and dug in now. The easiest way to chop them down is with a pair of hedge clippers. Digging the green crop in helps it break down in time for Spring planting, especially if you dig in fish compost (Bay Landscapes) and sheep manure pellets at the same time. It's critical to dig green crops in before they flower, otherwise their stems will be woody and they take a long time to break down.

Lots of seeds can be started under cover now for Spring planting. Leafy greens, brassicas and herbs such as coriander and rocket can all be sown, as can summer flowering bedding plants such as petunias, begonias and impatiens.

Tomato seed can also be sown in a greenhouse or indoors. Sow them in punnets or trays - black ones are best because they help to retain more heat. Sitting them in polystyrene trays (with drainage holes) is a great way to insulate them further. If your glasshouse is unheated they can take three weeks or more to germinate, depending on the weather, so don't lose heart if nothing seems to be happening.

If you are raising tomato seedlings indoors they will need to be on a sunny windowsill. Once germinated, turn the punnets every day to help stop the seedlings reaching for the light and becoming spindly. Put them somewhere very sheltered outdoors as soon as you can – a cloche in a sunny sheltered spot would be perfect.

If you'd like any tips re seed sowing please don't hesitate to contact me. I have been sowing seeds and pricking out seedlings for years now and would love to share my experiences with you.

Daphne bushes will be in full flower now. They can be susceptible to a lack of magnesium which results in yellow foliage. One tablespoon of Epsom salts dissolved in a litre of tepid water applied at the roots can help this.



Philippa Foes-Lamb



Polystyrene trays are perfect insulation for raising seedlings

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.

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Philippa Foes-Lamb,
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The Retro Metro

Books and Films for the Thinking Older Person



Early on a chilly Nelson morning I arrived at Tahunanui beach with my dog to find this familiar place made utterly mysterious by a thick white fog. The usual long vista of sand, sea and mountain lay invisible behind a curtain of dense moisture-laden air which, by some fluke of acoustics, muffled all sound except that of invisible waves thrashing onto the sand. The drenched dune grasses hung limp. Driftwood made dark shapes in the vaporous air. Walkers, bulky in scarves and jackets appeared briefly before they – their dogs – were silently swallowed up again by the fog.

There was something both transcendent and unnerving about sharing this otherworldly geography with other human beings who I couldn't see, or communicate with. It made me think about what it is to be alone or lonely.

Around a quarter of all New Zealanders live alone. Forty-four percent of New Zealanders over 65 live alone, and women over

65 are more than twice as likely to live by themselves than men.

Being involuntarily alone – and lonely – is painful, whether it arises from physical, social or emotional isolation.

The central character in Kazuo Ishiguro's novel **The Remains of the Day** and the film which is based on it, is constrained merely by social convention, but the result is a deep loneliness and alienation from himself, although as butler in a large and busy household, he is hardly ever alone.

David Vann, an American with NZ residency, recounts the more violent results of loneliness and estrangement in **Legend of a Suicide**, six interlinked stories set in Alaska.

In his book **An Evil Cradling** – the skin-crawling true story of his four and a half years as a hostage in Beirut – Brian Keenan describes a "crucifying aloneness".

Citizen Four, the documentary about Edward Snowden, depicts the isolation and loneliness of the whistle-blower who is brave (or foolhardy) enough to break social and legal constraints for a higher purpose.

Of course being alone is not the same as being lonely.

Famously, Henry Thoreau chose to retire for a time, to a one-room cabin **On Walden Pond** in order pare down his existence to "only the essential facts of life".

Englishwoman Sara Maitland, in describing her voluntary withdrawal from urban life in **A Book of Silence**, also reveals the long cultural history of silence and its importance to creativity, psychology and Eastern and Western religious traditions.

"For me" says Tenzin Palmo an Englishwoman who became a Buddhist nun in her 20s, "retreat is like inhaling; it's what I was born to do". Her 12-year-long retreat in a cave in the Himalayas is the subject of Vicki Mackenzie's book **Cave in the Snow**.

In **Going Solo**, Eric Klinenberg discovers, surprisingly perhaps, that people who live alone are often more socially active and engaged in their communities than people who live with others.

And, for some of us being alone is the most comfortable way to be. Books like **The Introvert's Way** by Sophia Dembling or **Quiet** by Susan Cain even suggest that the modern world could do with a little less extroversion and togetherness.



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About Dementia



The ten warning signs

The early signs and symptoms of dementia may be very subtle and hard to recognise. The ten signs listed here are common symptoms of dementia. If you or someone you care about is experiencing several of these, you should see your GP for a complete consultation.

Many conditions such as stroke, depression, infections and normal ageing can cause dementia-like symptoms, so it's important not to assume it's dementia.

Ten warning signs of dementia

1) Recent memory loss that affects daily life

It's normal to forget meetings, names or telephone numbers occasionally and then remember them later.

A person with dementia might have trouble remembering recent events.

2) Difficulty performing regular tasks

It's normal to make a wrong turn occasionally while driving. Someone with dementia might have regular difficulty driving a familiar route.

3) Problems with language

Many people have trouble finding the right words sometimes. But someone with dementia might have difficulty following, or initiating a conversation.

4) Disorientation of time and place

It is normal to forget what day it is or where you are going. A person with dementia may be confused about the time of day, and what is appropriate for that time.

5) Decreased or poor judgment

Making a bad decision once in a while is normal.

A person with dementia might make bad decisions more frequently and start paying less attention to their physical appearance.

6) Problems with abstract thinking

It's normal to have difficulty balancing a budget.

A person with dementia might completely forget what the numbers are and what needs to be done with them.

7) Misplacing things

Anyone can misplace their wallet or keys.

A person with dementia might repeatedly put things in inappropriate places.

8) Changes in mood and behaviour

Everyone becomes sad or moody from time to time.

A person with dementia can have rapid mood swings, from calm to tears to anger, for no apparent reason.

9) Changes in personality

People's personalities can change a little with age

A person with dementia might have problems in social situations they have previously been comfortable with.

10) Loss of initiative

It is normal for people to tire of housework, business activities or social obligations.

A person with dementia may no longer initiate things that they once enjoyed.

If you are worried that you or someone you know is showing signs of dementia, then see your GP for a full assessment.

Alzheimers Nelson

Alzheimers Nelson offers support, advocacy and education for people with dementia and/or their primary carer and extended family/whanau in Nelson, Tasman and into Golden Bay area. Our staff advise and support people over the phone, through home visits or in groups. We also inform people of services they may be eligible for and help them access relevant support.

We also run a **Caring with Confidence** course designed to educate and empower carers, family and friends supporting a person with dementia. The course aims to provide an understanding of the disease with invaluable, reliable information and practical coping strategies that can be applied to everyday situations.

Alzheimers Nelson

Phone: 03 546 7702

Physical Address: 319 Hardy Street Nelson 7010

Contact Email: nelson.alzheimers@xtra.co.nz

www.alzheimers.org.nz/regions/nelson/

Law for Lunch at Richmond Library

Have you made a will yet? Do you know what powers of attorney are? Should you have one? Who owns your property when you die? What are your rights if you live with someone? And what happens to your property when your spouse or partner dies?

Get the answers to these and many other questions at Richmond Library's Law for Lunch series in August. Peter Riley

of Nelson Bays Community Law Service will present three lunchtime sessions covering powers of attorney, wills and estates and relationship property law.

The sessions are weekly on Thursdays from 12.00-1.00 starting on Thursday 13 August. You're welcome to bring your lunch or grab a bite to eat and a coffee from the Library Café.

Winter Series at Takaka Library

If you're looking for something a bit different to banish the winter blues on a Friday afternoon, pencil in a trip to Takaka Library for one of our stimulating Winter Series talks. This year's talks cover a wide range from trekking in Nepal when the recent earthquakes hit to touring New Zealand on small scooters and motorbikes – and a lot more in-between.

Delivered by Golden Bay locals, Winter Series talks are always entertaining, thought-provoking and sure to provide at least one "I did not know that!" moment. Whether you're a Takaka local or looking for an excuse to head over the hill for a day trip, you're guaranteed a warm welcome and a fun afternoon.

For details of what's on when, visit the library website Featured Events page at www.tasmanlibraries.govt.nz. We look forward to seeing you there.



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August & September at Nelson Public Libraries



Poetry in August

During August 'create a poem' in Nelson and Stoke libraries – take the words from a poem to form a poem of your own!

Friday 28 is Poetry Day – with an open mic session at 12.30pm and at 4pm a Poems for Pikelets session for Young Adults – both at Elma Turner Library.

Our usual poetry wall will be up 24-28 August.

On the evening of Thursday 27 August we will have a Poetry in Motion Readers' Evening – with poems, balladeers, and a rapper!

Nelson Public Libraries' Award for NZ Fiction 2015

We will be launching our Nelson Public Libraries' Award for NZ Fiction 2015 in August – vote and go into prize draws: details and online voting form at: www.nelsonpubliclibraries.co.nz

Paper voting forms will be available in the libraries from 1 September – voting will close 12 October and the winner will be announced at a Readers' Evening on October 21st.

Adult Learners' Week 7-13 September

Try something new! Nelson Public Libraries presents a smorgasbord of learning opportunities for Adult Learners' Week. We are finalising the programme, but have confirmed sessions for: Te Reo Māori, Tai Chi, card making, bike maintenance, polymer clay crafts, power tools, romance writing, Morris dancing, Minecraft (for parents), sushi making, knitting and spinning, using tablets & more. Check our website and ItsOn for details – coming soon.



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Keep up with the Tasman District Council Lowdown

Hear news items from the Council about current public consultations, Council and community projects, topical interviews, plus a range of notices about activities and events in the Tasman District.

Tune in to Fresh FM on Monday 11.40 am or Wednesday 3.40 pm. Nelson-Tasman 104.8, Golden Bay 95.0.

Sick of your rubbish piling up?

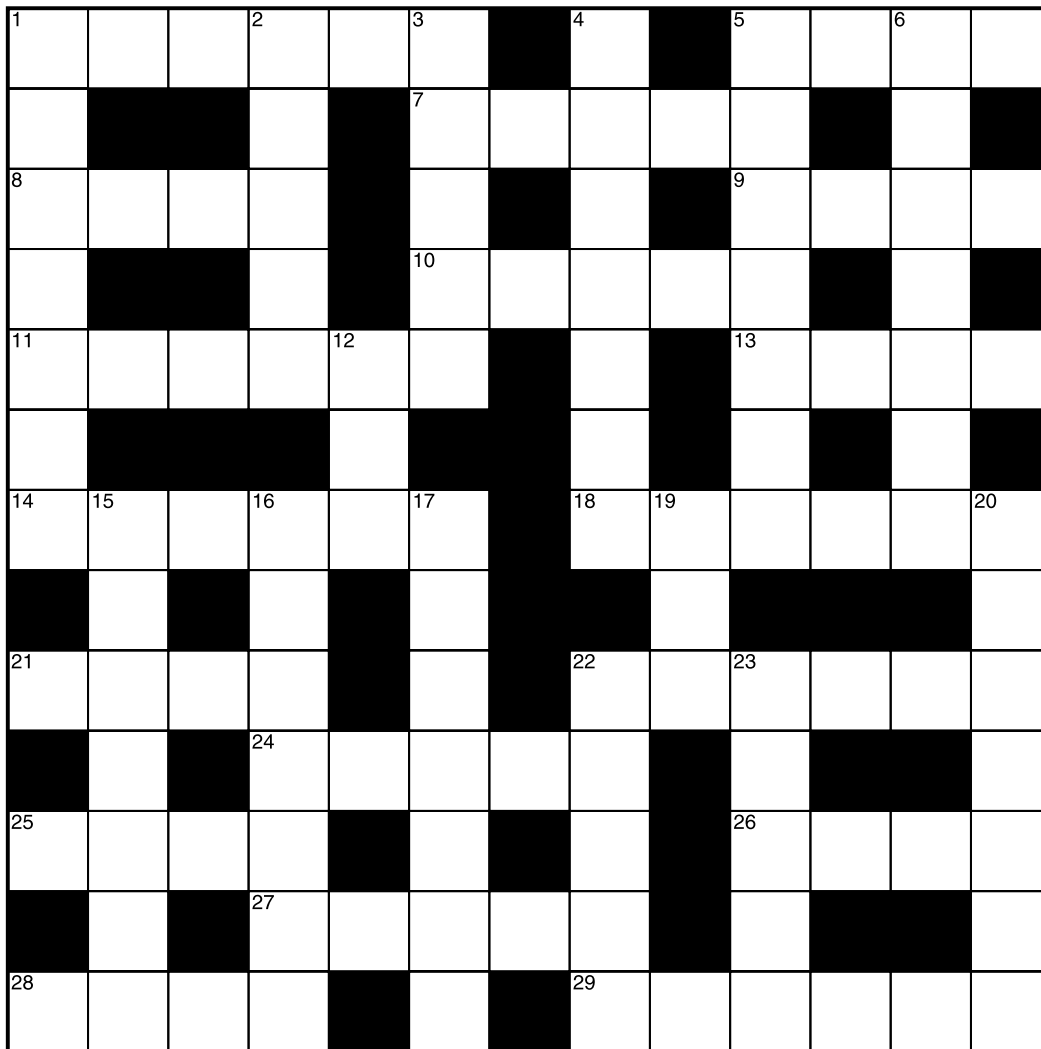
Get Council rubbish bags from any Tasman District Council office.



Small bags (45 litres) – \$1.70

Big bags (60 litres) – \$2.00

Crossword



Clues

Across

1. Series of rabbit tunnels
5. Look before you ...
7. Consumption
8. Large
9. Australian gem
10. Erected
11. Recesses
13. Eve's mate
14. Masted vessels
18. Nakedness
21. Pencil end
22. Canoe oar
24. Wear by rubbing
25. Global hostel chain (1,1,1,1)
26. Charitable
27. Dessert,... pie
28. Cash machines (1,1,2)
29. Occurred afterwards

Down

1. Feminine
2. Attain
3. Anaesthetises
4. Actress, ... Monroe
5. Dancer's costume
6. Unrelenting
12. Devour
15. Try
16. Wheel covers
17. Wound with claw
19. Illinois is there (1,1,1)
20. Surrendered
22. Short pasta tubes
23. Highest ranking peers

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

AUGUST 2015

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

'Dinosaur Footprints: A Story of Discovery'

July–Sunday 13th September 2015

See first-hand the footprints of the giants that walked our land! 'Dinosaur Footprints: a Story of Discovery' features three footprints discovered in Late Cretaceous coastal sandstone rocks in northwest Nelson. They are the first dinosaur footprints ever found in New Zealand, and the first evidence of dinosaurs found in South Island. Visitors will also see a striking enlargement of an original New Zealand watercolour of the sauropods on a beach by noted freelance illustrator and author Dave Gunson, and a selection of dinosaur illustrations by New Zealand artist Geoffrey Cox. The Nelson Provincial Museum – Pupuri Taonga o Te Tai Ao, Town Acre 445, Cnr Trafalgar and Hardy Streets, Nelson, 10.00 – 5.00pm Weekdays, 10.00 – 4.30pm Weekends and Public Holidays. Nelson/Tasman/Marlborough Residents FREE, Adults \$5, Children \$3, Families \$20

Family History Month – behind the scenes tours

Monday 3rd – Tuesday 18th August 2015

St Mary's Parish Archives/ Museum, 18 Manuka Street, Nelson. Discover a wealth of material about the Parish – Tuesday 4th August, 10-12 noon
Elma Turner Library Research Room Discover the treasures of Nelson's Elma Turner Library. Saturday 15 August, Monday 17 August & Tuesday 18 August, 3.00-3.45 pm.
Research facility, Nelson Provincial Museum. Isel Park, Hilliard Street, Stoke. Find out more about the Research Facility, where staff care for regional treasures, provide research access and develop exhibitions. Bookings essential. Space is limited and so the tour is not suitable for wheelchairs or young children. Please phone the Museum on Ph. 03 548 9588 to make a booking or for more information. Free.

Crafternoons for Adults

4th August–Wednesday 9th September 2015

Explore your creative side and learn how to create things out of paper and polymer clay in our free crafternoon sessions for adults – led

by Karen Woodhall. Materials and assistance provided
Drop in Papercraft sessions – Tuesdays 1.30pm-2.30pm: 4, 11, 18, 25 August
Polymer Clay Workshops – Wednesdays 2, 9 September, 1.00 – 3.00pm. Bookings required for workshops – each will cover a different aspect of working with clay. Free. Elma Turner Library, 27 Halifax Street, Nelson. To Book contact Ph. 03 546 0406.

Takaka Library: Knitting and Crochet Open Home

7–28 August 2015

Come along and learn a new skill, brush up on an old one or complete that project that has been years in the cupboard. Bring along your wool, needles and crochet hooks and Coletta and Wendy will get you started, untangled or hooked up! A wonderful opportunity to share, learn, meet new people and enjoy your community space in the library. Date(s): August 7, 14, 21, 28, 10.00-11.30am, Takaka Memorial Library, 3 Junction Street, Takaka

Forest & Bird: "Wetlands Restoration" Talk and advice by Rhys Barrier.

Wednesday 12th August 2015

Rhys Barrier is Manager of Fish & Game Nelson/Marlborough and has extensive experience working with landowners on wetlands. He has been involved with Para Wetland restoration north of Blenheim in the Waitohi Valley. The work involved restoring and enhancing the 100 hectare fertile lowland wetland dominated by Crack willow. The area is known for both its native biodiversity values and game bird hunting opportunities. Starts 7.30pm, Tahunanui School Hall, Muritai Street, Tahunanui.

Beginners Home-Crafted Brewing session

Saturday 15th August 2015

The purpose of this day is to run through some of the most important basics for people who are thinking about getting in to brewing, or who already brew but want to improve their results. Included is demonstration of some simple brewing techniques that beginners can use to start brewing respectable home-crafted beer without getting swamped in information or require

large investments of time and money. Topics to be covered include: Cleaning and sanitation, Kit brewing – what to avoid and how to Pimp My Kit, Partial extract brewing, Fermentation and temperature control, Dry hopping, Making clear beer, Bottling Vs Kegging. No experience necessary, just a relaxed afternoon going over some of the basics. Anyone interested in attending should email info@leagueofbrewers.com or call 0272463027. You must be 18 or over. Numbers will be restricted if necessary. Free – but you must pre register. 2.00pm – 5.00pm, League of Brewers, 13 Anglia St, Nelson.

Nelson Civic Choir presents Haydn's Creation

Saturday 22nd August 2015

Following 'house full' performances of Elijah last year, Nelson Civic Choir return to the stage with Motueka singers to present Haydn's Creation. The Creation is one of the most lyrical pieces in the choral repertoire. It represents the Old Testament account of the days of creation, moving from chaos to light, with the emergence of animals. The well-known choruses offer joyous comment on the unfolding story: 'The heavens are telling the glory of God', 'Achieved is the glorious work', 'Sing the Lord, ye voices all'. The performance is on at 7.00pm in Old St John's, Nelson. Tickets from Ph. 03 548 8707 choir secretary.

Appleby School Country Fair

Saturday 5th September 2015

A fantastic family fun day out with all the atmosphere of a traditional country fair. Animal nursery, produce, baked goods, books, clothing, white elephant, face painting, bouncy castles, great food and lots of great entertainment! And of course our infamous silent auction! Don't miss it! 11.00am – 2.00pm, Appleby School, Moutere Highway

Mahana School Centenary

Friday 11th–Sunday 13th September 2015

We are very excited that Mahana School will be celebrating 100 years! We welcome all past pupils to join in with our centenary celebrations. Tickets from Ticketing Website Ph. 03 543 2887 or contact info@katiedenley.co.nz

Alzheimers Nelson Memory Walk

Saturday 19th September 2015

The Alzheimers Nelson Memory Walk is at 12.30pm at Founders Park. It's not a strenuous walk and last year some people just came and enjoyed the company, had a cuppa and listened to the music. We also have a memory tree where people can place a special memory of those special to them.

Cherry Blossom Festival 2015

Sunday 20th September 2015

Come and enjoy a programme of music, food & entertainment under the cherry blossom trees to celebrate the Japanese culture and the 39-year anniversary of the Sister City connection between Nelson & Miyazu. Miyazu Japanese Gardens, Atawhai Drive, Atawhai, Nelson. 11.30am – 2.30pm. Free

Nelson Alpine Garden Society Spring Show

26th–27th September 2015

The Nelson Alpine Garden Society is holding its annual Spring Show where they will showcase unique alpine flora both exotic and native. There will be container grown plants and cut flowers in the competitions. Rare & unusual plants will be available for purchase from stall holders coming from around the South Island who bring special plants that are not readily available anywhere else. A treasure trove for plant collectors. Morning and afternoon tea is available at the hall for a minimal charge. Saturday 26th – 12.30pm – 4.30pm, Sunday 27th 10.00am – 3.30pm, Hope Hall, Main Road Hope, Richmond. Good parking and wheelchair access. Adults \$3.00 each children under 15 years free.

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

AUGUST/SEPTEMBER 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: 03 543 7838 or email Cherie.thomas@nbph.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: Graham and Denise Rogers Ph. 03 525 9948. 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 2nd & 4th Mondays of the month 2.30 – 3.45pm St John's Hall, Motueka. Light exercise with a focus on breathing and relaxation. Ph Nelson Asthma Society 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)

Monday Night. Venue: Lower Moutere Hall Time: 6:00pm Beginners Class (merges into) 6:30pm Improver Class (merges into) 7:30pm Easy Intermediate-Intermediate Classes finish at 9:00pm Contact: Sue Wilson Ph. 03 528 6788 or 027 435 8700 or email: sioux.wilson@yahoo.com.au

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 Vivienne Pearson, Ph. 03 526 6076. For details about alternate walks, contact Frances Neumann Ph. 03 528 4559.

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 Senior Citizen's Assn Inc

Pah st Motueka (behind the Motueka Library) If you are 50 plus you are welcome to come and participate **Indoor bowls** – Mon & Wed 1.30-3.00pm. Fun sessions-great light exercise, no serious competition. Contact – Terry 03 528 7104 or George 03 528 7960 **Rummikub** – Thursdays 1-3pm. Scrabble-like game but using numbers. Contact-Mavis Win 03 526 8796 **Various activities** – 2nd Friday of the month 1.30-3.30pm

Fun, simple games, darts, cards etc. Contact – Dylis Rutter 03 528 8960

Housie – 3rd Friday of the month 2-3 pm. Contact – Dot McNabb 027717018 or Dylis Rutter 03 528 8960

Monthly social – 4th Friday of the month, 2-3.30pm Speakers or entertainment. Light refreshments served at each session. Annual subs \$15.00 and \$2.00 for each session. No prior experience needed as assistance is available.

Motueka Recreation Centre Senior Activity Programmes

Senior 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

Recreation & Service Directory

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

AUGUST/SEPTEMBER 2015

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)

Vonnie Ph. 03 528 7817.

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: 543 7838 or email Cherie.

thomas@nbph.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 Sue 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

Suzu Ph. 03 539 0409.

Nelson Dance Along

Saturday 22nd August 2015 –

Richmond Town Hall, 7.30pm

to 11pm, Music by Warren

Fenemor, \$6.00 per person,

Supper Provided. Saturday

12th September 2015 –

Richmond Town Hall, 7.30pm

to 11pm, Music CD'S, Supper

Provided, Cost \$5.00per

person, Everyone welcome.

Saturday 26th September 2015

- Music by Warren Fenemor

Cost \$6.00 per person. Ph.

Rosalie 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 1.15pm.

You will find us behind the

Trafalgar Park grandstand.

Drive in off Trafalgar Park

Lane. Boules and tuition

provided. Ph. Adrienne

03 545 0070 or Maria 03 548

9006.

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 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

Sport Tasman

Jogging-Entry level jogging group in Nelson. Learn how to jog gradually & safely we focus on enjoyment rather than distance Sarah.H@ sporttasan 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@ sporttasan 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@ sporttasan 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 coordinates services for people affected by disability. For a free assessment, Ph. 03 546 3980 or freephone 0800 244 300.

Suter Art Gallery

Exhibitions, floor talks, See www.thesuter.org.nz for details. 28 Halifax 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: 03 543 7838 or email Cherie.thomas@nbph.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 Tuesday of the month 10.30-11.45pm at Oakwoods Village, Richmond. Light exercise with a focus on breathing and relaxation. Ph 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@sporttasan.org.nz or www.sporttasan.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.

Line Dancing

Wednesday Night Venue: Club Waimea, Queen Street, Richmond. Time: 6:30pm Improver Class (merges into) 7:30pm Easy Intermediate-Intermediate. 8:30pm Class Finishes

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 9am – 12pm open for visits and Morning Tea Wed 9am-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:

Recreation & Service Directory

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

AUGUST/SEPTEMBER 2015

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.

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
03 923 2313
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
03 923 2313

**SPORTTASMAN,
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).

**Richmond Creative
Fibre Group**
Meets every 2nd & 4th
Thursday of the month,
Felting & Weaving group

meets 9.30am, 3rd 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. 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. 03 543
7838 or email Cherie.
thomas@nbph.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.classiccoutours.co.nz

Chair Yoga 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
Cornelia Ph. 03 543 2669.

Sport Tasman

**Cycling – Entry level/Social
Cycling group Nelson,**
Stoke & Richmond join us
for weekly cycles around
our wonderful cycle ways,
focus is on enjoyment rather
than distance Sarah.H@
sporttasman.org.nz or Ph.
Sarah 9232313. No Charge.
Give it a go – here's your
opportunity to try out a
variety of easy activity
options. Don't be old be
bold, GIVE IT A GO, Table
Tennis, ChairYoga, Tai Chi,
Self-defence, bowls, Frisbee
+ many more Sarah.H@
sporttasman.org.nz
or Ph. Sarah 9232313

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 Old Time Country
Music Club**
Stoke School Community
Hall. Every 2nd Sunday 6.30
pm. All welcome to a lovely
evening enjoying singing,
keyboards, piano accordians
etc. Contact: Dick Knight,
President 03 542 3527

Stoke Seniors Club
Contact Ruth, Karen or
Anne, on Ph. 03 547 2660
Email:
stokeseniors@xtra.co.nz
Regular activities:
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.
Sit and Be Fit exercises
to music – Tuesday and
Wednesday at 11 am. Gold
coin donation. **500 Club** –
Thursdays 1.00 pm.
The Sun City Ukés –
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 \$10
(members), \$12 (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: 03 543 7838 or email
Cherie.thomas@nbph.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.

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 **Kelly May Winton**

BLUE LIGHTNING

By Kelly May Winton

A sapphire blue sky pierced with sparkling stars.

Mother's linen tablecloth punctured by a thousand fork tines.

Shadowed marle hills dominate the lush emerald paddocks.

Father's gumboots crush the livid leaves and dewy grass.

Stale rambling creek stained brown, embraces the withered banks.

Mother's grubbied hands paw at our Sunday-best.

Late indigo streaks of sunset steal across the sapphire sky.

Father's crackling fireworks challenge the lightning-lit storm clouds.

SEND ENTRIES TO:

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

This issue's crossword solutions

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

**FOSSIL RIDGE
BOUTIQUE WINES**

Wine Tasting in attractive surroundings.
Café Lunches in Summer, bookings welcome.



72 Hart Rd, Richmond. Phone/Fax 03 544 9463

wine@fossilridge.co.nz

11am – 4.30pm Wed – Sun SUMMER

Closed Monday/Tuesday & Public Holidays

www.fossilridge.co.nz

Positive Ageing Update

What do you know about the Citizens Advice Bureau (CAB)? Have you used the CAB? Heather Thomas from the Citizens Advice Bureau Nelson Tasman (CAB) provided the Positive Ageing Forum with an extensive overview of the services and advice available from the Bureau. The CAB office is located in Paru Paru Road Nelson opposite the trade entrance to "Trafalgar Countdown" Supermarket. For phone enquiries from around the region, the number to call is 0800 367 222.

Advance notice for the 21 September forum is the confirmed visit of the Office for Senior Citizens. A full hour will be allocated to allow for presentations of the 2014 Positive Ageing Strategy report, The Business of Ageing 2015 update and an issue that will not go away – social isolation. You will be very welcome at this special meeting in the Richmond Library, as well as any groups and organisations who have an interest in older people.

Changes are happening at the Positive Ageing Forum. In April, the Office for Senior Citizens appointed a new Volunteer Community Coordinator (VCC) for the region. Annette Nistor has taken over this task, replacing Ruby Aberhart ONZM, QSM who held the position from 2001-2015. Ruby's commitment during this period has been 100 percent, championing older people across the region and the country. The agenda space at the forum for the VCC will continue to be available when there are matters to report on.

Following the Office of Senior Citizens presentations in September, an election of a new forum chair will be held. It is nearly two years since I took on the role following on from Ruby and the time has come for me to refocus my direction and concentrate on other things such as Sister Cities NZ and genealogical research to continue to age successfully.

Gail Collingwood,
Chair, Positive Ageing Forum

Time to Enter the Masters Games and be part of the Fun!

Now's your time to get your entry into the NZCT South Island Masters Games!

Join the fun with 2400 expected participants in one of the 45 sports on offer including lawn bowls, golf, cycling, badminton, cribbage, euchre, disc golf, croquet, pool, shooting, quiz night, running and athletics, swimming, yachting, racquet sports such as tennis and many many more. There's something for everyone!

Participants compete for medals in their own age group and don't have to qualify or belong to a club to enter. The only criteria for entry is a minimum age and for most sports that's 35 years. Entries are encouraged from any area of New Zealand or overseas, not just the South Island. Simply put, anyone can enter as long as they're old enough!

Games entry is now happening and it is time for you to get involved. Pick up an entry book at council offices in Nelson, Tasman, Motueka and Takaka or from Sport Tasman offices at Saxton Field, Richmond Recreation Centre of Motueka Recreation Centre.

Remember you are never too old to have a good time.

The easiest way to find out more information and to register is on the website www.simasters.co.nz or by phoning Belinda at 03 923 2310

