

mudcakes & roses

THE MAGAZINE FOR NELSON TASMAN SENIORS

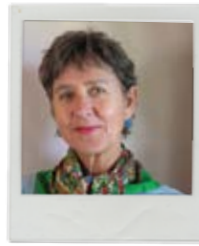


Letter from the editor

As I write, the magnolias in my street have begun blooming and jonquils have appeared in my neighbour's garden. When the weather is wintry and the days are short is wonderful to have these early portends of spring.

Appropriately, in this issue we feature stories about growing food and flowers on the farm, and in the garden. We also explore the human impulse to nurture ideas, businesses and social movements. In her gardening column, Phillipa Foes-Lamb manages to cover both aspects of this month's theme

by explaining, how her passion for growing plants led her into growing a nursery business.



Best wishes to all the green-thumbed amongst you, and to those of you who nurture talent and ideas in the community.

Ro Cambridge

Contact the editor:

E: mudcakes@hothouse.co.nz
Post: Mudcakes and Roses,
PO Box 688, Nelson.

Contribute

As always, we welcome 550-word non-fiction contributions from readers on the current theme. Contributions for the October issue must be received by 11 September.

Theme for next issue:

In our October issue we will be looking at grandparenting, and the other joys that come with age, as well as the challenge of finding meaning in later life.

Take note:



The goal of the foundation is to connect donors with local community initiatives in need of support.

The Foundation's publication "Beacon of Opportunities" lists local organisations and describes the vital work they already do. With additional financial support they could do so much more.

To find out how your donation (or bequest) could make a positive difference, download the 2017 edition of the guide at www.nbcf.org.nz.

In this issue

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From garden to plate – volunteer gardeners growing organic veggies for residents and patients of Golden Bay Community Health.



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During Family History Month, Nelson Library is encouraging locals to grow their family trees.

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Our gardening columnist reveals the story behind growing a plant nursery business.



Proudly published by:





Growing vegetables to feed the community

Fresh organic veggies, grown with devotion and love find their way onto the plates of our residents and patients – Linzi Birmingham, General Manager, Golden Bay Community Health.

Golden Bay Community Health in Takaka is an integrated rural health centre where locals can access GP services, a hospital and residential care for the elderly.

It is also the proud location of an organic garden, which supplies the Community Health kitchen with high quality greens and salads all year round as well as fresh seasonal vegetables such as leeks, red onions, squash and new potatoes. The kitchen uses the vegetables to prepare meals for residents and patients of Community Health, and for the local Meals on Wheels service.

The garden which is located on the South West corner of the Golden Bay Community Health grounds was established in 2014 by the Golden Bay Organic Employment and Education Trust which has funded the running of the garden for the last two years with help from other local funders and supporters including Sollys, the Rural Service Centre, Trash Palace, Whittacker Trust, Lone Star Holdings, St Andrews Women's Group, Bunnings and the Windle Family.

The garden uses organic growing methods and is run by a group of volunteers with the assistance of a gardener who works just two mornings a week.

The production area of the garden boasts ten raised-bed vegetable gardens and four smaller raised beds for herbs.

As well as supplying fresh, locally grown food the garden also operates as a model home garden, encouraging families to grow vegetables in their own backyards.

Visitors are welcome at any time, however on Monday and Thursday mornings the volunteer gardeners are happy to give guided tours and share growing know-how.



A healthy crop!

Volunteer gardeners Sue Shotton (left) and Katrina Thoma-koch (right).

From the archives of the Nelson Provincial Museum

These photographs from our collection date are from around the late 19th and early 20th centuries. Gardening in Nelson's history, and particularly glasshouses, are closely tied to the history of Nelson's Italian community. In the early 20th century, Italian migrants realised that the Nelson climate made it a perfect spot for market gardening, especially for growing tomatoes. The Wood was known for its abundance of glasshouses.

Photographs from the Nelson Provincial Museum's Glass Plate Negative Collection:

Background: Glasshouse – Nelson Provincial Museum, F N Jones Collection: 313848

Left: Grapevines. Nelson Provincial Museum, F N Jones Collection: 312732

Right: R. Wilke's Glasshouse – Growing Tomatoes. Brook Street, Nelson, New Zealand. 1912. Nelson Provincial Museum, F N Jones Collection: 321303.

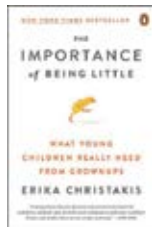


Books of note

The Importance of Being Little

by Erika Christakis | RRP \$38.00

Early childhood expert Erika Christakis challenges conventional wisdom about early childhood and offers a pragmatic program to encourage parents to rethink how, and where, young children learn best. She argues that children are inherently powerful and will flourish if we can revitalise the early learning environment.



The Plant Messiah

By Carlos Magdalena | RRP \$40.00

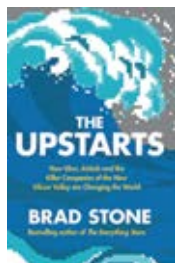
Carlos Magdalena is a botanical horticulturist at London's famous Kew Gardens – the most biodiverse place in the world and has over 7,000 species under his care in his plant nursery. Famous for his pioneering work with waterlilies, in this book he describes his battles to save rare specimens against ecological destruction, and thieves who hunt them for wealthy collectors.



The Upstarts

By Brad Stone | RRP \$40.00

Author Brad Stone takes the reader into the most radical companies of the new Silicon Valley, like Uber and Airbnb who are redefining neighbourhoods, challenging the way governments regulate business, and changing the way we travel.



My Tiny Garden

By Lucy Anna Scott | RRP \$34.99

My Tiny Garden is bursting with exciting ideas to help you transform any neglected nook into a plant paradise, with pointers on key aspects of plant selection, cultivation, and maintenance.

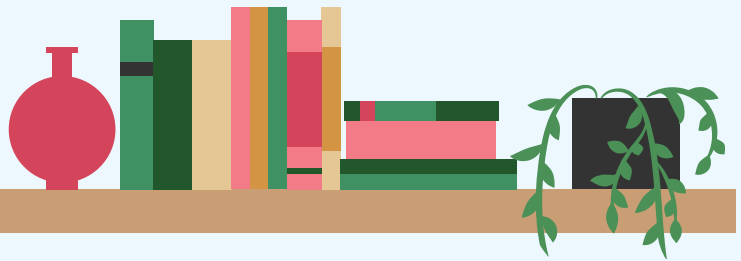


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TASMAN DISTRICT LIBRARIES



Grow yourself at the Library!

Libraries are places where people can grow and reach their full potential. They contain knowledge and wisdom from the past, information about the present and ideas which inspire and feed the imagination. Increasingly, libraries are also community hubs, the heart of their communities. At Tasman District Libraries we aim to make this true for our customers every day.

The Tasman District's Libraries bring people together. During 'Story Time' we have tiny tots making their first foray into the world of reading, while their Mums and Dads connect with other parents. Other adults make new friends through a craft or book group at the library. Others drop in to listen to a travel talk, learn a new practical skill, take a computer class or share information.

There are so many ways to grow your interests, knowledge and community connections at your local library. Check out what's on by visiting our website. Look at the 'new' section to find the latest books and DVDs in your area of interest. Log into Press Reader to

keep up with news and current affairs from around the world. The library noticeboard shows what's on in your neighbourhood. Learn to make music in the Imaginarium at the Richmond Library or meet a friend for coffee and a chat at the library's café. Visit your local library and get growing today!

MORE INFORMATION

Website:

www.tasmanlibraries.govt.nz

Telephone:

Richmond 543 8500

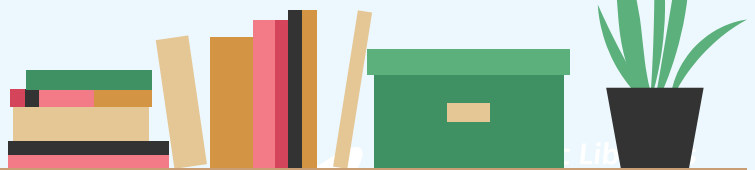
Takaka 525 0059

Motueka 528 1047

Murchison 523 1013



NELSON PUBLIC LIBRARIES



Sharing seeds at the Library

Tucked into a corner of the Elma Turner Library is the Nelson Seed Library which houses an impressive, ever-changing collection of seeds for the public to borrow, and grow in their home gardens.

For 20,000 years, people have relied on seed-saving for sustenance. The best seeds were shared and passed down the generations. However, since the rise of industrialised agriculture, reliance on home gardens for food has dwindled and we have entrusted our seed preservation to corporations. They mass-produce only a handful of the most commercially valuable seeds. As a result there has been a staggering loss of biodiversity over the last 120 years.

The Seed Library's aim is to encourage seed-saving in the community. Users grow plants from seeds "borrowed" from the Library. They then replace the borrowed seeds with seeds from the best plants grown from the original seeds. The new seeds are stored in the Seed Library for further sharing in the community.

The Nelson Seed Library is a free service, managed by volunteers and supported by the gardeners who use it. The Library mentors its seed guardians, and offers an Introduction to Seed Saving course. If you'd like to begin seed saving, join the Great Bean Rescue. Over 80 bean varieties were recently donated to the Library and Bean Rescue, launching in September to revitalise what is one of New Zealand's biggest seed collections and begin recovery of our seed biodiversity.

Website: www.nelsonseedlibrary.weebly.com

Facebook: www.facebook.com/NelsonSeedLibrary/

Email: nelson.seed.library@gmail.com



MORE INFORMATION

Phone, email or check our website for more information about Nelson Library programmes and services – within the Library and beyond.

Contact: 546 8100

www.nelsonpubliclibraries.co.nz





Local businesses: See how they grow

Older mentors from Nelson Tasman Business Trust are helping local start-ups and established businesses prosper.

It not surprising to learn that Beverley Mockett (71) and Bill Brett (77) have many years of successful business experience behind them. What may be surprising is that both of them are still actively engaged with business matters even though they are both well past retirement age.

Beverley and Bill use their business know-how as mentors for the Nelson Tasman Business Trust (NTBC). The Trust which was established in 1993, is an independent, non-profit organisation which provides free assistance and advice to start-up and existing businesses in the region. Each year the Trust advises over 300 businesses, and connects over 500 businesses to other sources of information and support. In addition the Trust also runs inspirational and practical workshops and meetings where business owners can hone their skills and grow their networks.

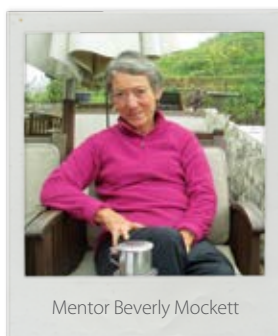
But that's not all. Free, year-long mentorships are a vital aspect of the Trust's service to local businesses. Each year, over a hundred trading businesses, start-ups and not-for-profit community organisations benefit from the confidential and objective advice and support of a mentor who has the relevant experience and expertise.

Mentees report that it's enormously helpful to talk, one to one, with a knowledgeable, empathetic person about the challenges they face. Corrin Miller of Smooch Natural Products says that her mentor was "an incredible asset... I learnt more in an hour with him than I have in two years floundering along myself." At first, Paul Blackham of 2B Insect Repellent was sceptical about the value of a mentorship but credits his mentorship with giving him business clarity and focus.



Sarah Holmes, Manager, Nelson Tasman Business Trust

Beverley Mockett has always loved projects and challenges. “Give me a mountain” she says, “and I’ll climb it”. She also enjoys helping others, particularly if it allows her to exercise body, brains and skills all at the same time. Beverley is no longer in paid employment, but she’s anything but retired.



Mentor Beverly Mockett

In addition to her business mentoring, she’s busy with other voluntary work: parent helping at Tahuna Primary School, helping former refugees adapt to life in Nelson and ushering at most of Nelson’s major arts events. For a week at a time she works as a volunteer hut warden at Salisbury Lodge, a DOC hut in the Kahurangi National Park.

It took a while for Beverley to find her true calling. When family circumstances made her girlhood dream of becoming a doctor impossible, she trained as a teacher and taught for some years. Then, when a position as a Cardiology Technician with on-the-job training became available at Wellington Hospital she leapt at the chance. She enjoyed the work enormously as it combined her interest in health and helping people. However, when her children came along, Beverley began work in fundraising and from there developed a career in communications, marketing, and managing national and international conferences. These are the particular skills and know-how she brings to her mentorship role with NTBT.

Motivated for her drive to help others, Beverley has become a mentor at NTBT when she moved to Nelson about ten years ago. Since then she has acted as guide and sounding board for around thirty different Nelson business ventures in areas as diverse as the arts, health and franchising. Beverley meets her clients wherever it suits them best: in their homes, business place or at a cafe. She feels the best thing she can do for her clients is be a good listener. “I think that helps them appreciate what they already know” she says. They often just need help to utilise the knowledge they already have, and some encouragement to establish goals and structures. Having a mentor with the relevant skills and experience is helpful but Beverley warns that having a mentor isn’t ‘a silver bullet’, they still have to do the work.

Like Beverley, Bill Brett shows no sign of slowing down any time soon. He began a life long career in the plant growing business - with a Diploma in Agriculture from Massey University. Although highly successful in roles at Ivon Watkins Dow, the New Zealand Ministry of Agriculture and Fisheries, Yates, and Botannix, Bill hated the stifling effect of corporate management. When he spotted unexploited opportunities in plant retailing, he convinced Mitre 10 to run with his ideas and for five years the company employed Bill to set up and manage its garden centres.

Then at age 50, Bill decided to combine his management experience with his technical knowledge of seeds, sprays, fertilisers and plant cultivation and reinvented himself as a consultant to garden centres in New Zealand, Australia and further afield. Over time the ‘shy country boy with a strong work ethic’ has earned a reputation as ‘Garden Centre Guru’, helping garden centres find ways to increase turn over and profitability. With Bill’s guidance, an Irish garden centre increased its turnover from 600,000 Euros to 6 million Euros in just six years.

Bill began mentoring for NTBT about seven years ago and reckons he’s helped about 25 businesses during that time, including a florist, a bakery, a travel agent and a supplier of equestrian equipment. Most recently he’s run workshops for businesses in Richmond wanting to know how to keep their businesses afloat during the disruptions caused by the Queen Street Upgrade.

**His advice to anyone considering going into business?
“Well” says Bill, “many business owners lack sufficient financial literacy. They need to get some decent business advice before they start, and definitely before they go to the bank for a loan.”**



Mentor Bill Brett

All too often he says “People buy, or start a business in order to create a job for themselves. Then they find out all they’ve got is a very hard, very poorly paid job.”

Bill and Beverley may be the oldest, but they are not the only business mentors who work with the Nelson Tasman Business Trust. Whatever the age or business interests of its clients, NTBT makes sure there is a good match between the needs of the mentees and the skills and experience of the mentor. They currently have over a hundred mentors of all ages and from a range of industries and backgrounds. If you have a business idea you’d like to explore, contact NTBT and see how they can help.

More information:

Nelson Tasman Business Trust

Phone 539 0824

Email info@ntbt.co.nz

Website www.ntbt.co.nz

It's never too late to learn computing

A SeniorNet Nelson open day way back in 2008 gave Helen Gowland all the confidence and encouragement she needed to enter the previously uncharted territory of computers and digital technology.



Helen knew nothing about computers when she bought her first computer at the tender age of 63. She barely knew how to turn it on, so she found herself with a piece of technology that was useless without the skills to use it.

It was when she noticed an 'open day' sign outside the SeniorNet Nelson building, that she saw a way to find out if help was available for a raw beginner like herself. It turned out, the help she needed was available, and that all she needed to do, was to become a SeniorNet member. She signed up as a member at the open day and she was off on her journey of discovery.

She signed up for a Beginners' Course, where she learned the basics and gained the skills to take charge of her computer. From there, she went on to do a word processing course.

"It was amazing," Helen says of her newfound world. "It was fun, and I loved the technology. It gave me a lot of enjoyment and I went on to do as many courses as I could lay my hands on." In short order Helen found herself stepping up as a tutor and teaching a Microsoft Word Processing course herself. Helen later enrolled on a Photoshop Elements course, in which she learned how to edit and manage her photos. She already had an interest in photography, and this course gave her the tools to further engage her creative talents. She joined

the Digital Imagery Group and she regularly attends meetings that this SeniorNet group puts on for camera buffs.

Photography is now high on her list of pastimes, and she has garnered much recognition for her creative efforts.

It wasn't long before Helen was able to fully engage with the digital world with confidence. She taught herself to use a Mac computer, and then an iPad. Of course, she went on to teach others how to use these devices and their applications.

Helen now has a huge range of knowledge tucked away in her head and has tutored or facilitated courses on topics as varied as card and calendar making, Dropbox, Movie Maker, Facebook and Photoshop Elements.

"Being a SeniorNet member made me more tech-savvy," Helen says. She gained the confidence to use modern devices knowing that 'they're not going to blow up', and to use technology to keep in touch with family and friends.

Helen's story echoes that of many other SeniorNet members who now reap the benefits of belonging to this nationwide organisation. As well as all the courses and activities, SeniorNet also offers its members the enjoyment of mixing with other people and sharing knowledge and experiences.

SeniorNet Nelson is open to anyone 50+ who is interested in learning and keeping up with modern technology. Courses, workshops and interest groups cover a variety of topics including computers, tablets, smart phones, cameras and other devices. Courses and workshops are held for Apple and Windows devices. Drop in to the local SeniorNet Learning Centre – Pioneer Park, 11 Hastings St, Nelson, opposite Spotlight – to find people who are happy to share their expertise... or simply have a chat over a cuppa.

CONTRIBUTOR: TONY MILNER

Tony is a writer and artist. He joined SeniorNet over ten years ago in order to share his knowledge of word-processing and has gone on to tutor SeniorNet members in presentation, desktop publishing and file management software. In the process, Tony says he's learned a lot about computing himself and met many interesting people into the bargain.



Multi Media Matters

Annabel Schuler has spent all her working life in the media – as a journalist, and tutoring journalism and communications. In this column she'll be writing about the changes that technology has made to everyday life. She will also be digging up gems of news and information from the web of relevance to older readers.



TECHNOLOGICAL HELP FOR GARDENERS

To identify plants, get answers about bugs and other blighters and ideas for next summer's garden – download an app or get clicking!

One of the pleasures of moving into a new house is wondering what will come up in the garden as the seasons unfold. Sometimes – à la poet William Wordsworth – rows of golden daffodils appear in July – August. Even people with very little interest in gardening must be moved by the familiar sunshine yellow flowers brightening up our lives after a drab winter.

But if your new garden throws up a mystery plant or two, you want to give it a makeover, spark some new ideas, or even check how it would look covered in concrete, 'there's an App for that', as they say at Apple.

I have passable plant knowledge but when several small, nondescript leaves pushed through some gritty soil I was at a loss to identify them. Gardening books are useful for plant identification, but you have to know what you are looking for and trawling through the pictures can take hours.

This is not so with an app called 'My Garden Answers' (www.gardenanswers.com) which I downloaded onto my iPad. Using your iPad, iPhone, or android device, you simply photograph your mystery plant. It's best to photograph leaves and flowers to give the

experts behind the app the best shot at identifying the plant. They usually come up with the right answer within a few hours. My mystery plants were 'trilliums' and continue to give lots of pleasure every spring.

What is an 'app' you ask? It's custom-made software which you can download and use online or on your mobile device. There are apps for just about everything you can think of these days, some good, and some mediocre, so be sure to check out the user comments before downloading. But more on apps another day – let's get back into the garden.

There are a plethora of websites and apps which lead you right up the garden path. Type 'garden images New Zealand' into your search engine (e.g. Google) and you will gain access to hundreds of photographs of gardens. Click on those you want to explore further. The image will be enlarged with some prompts on the right hand side. Click on 'visit page' and you will be taken to the image's website where another world of ideas opens up in front of you.

Save your ideas to a folder to mull over anytime you like. Be aware, you might reach northern hemisphere websites. Their seasons are opposite to ours, and you might not be able to access the plants and hard landscaping materials they feature.

Another way to use your phone or iPad is to take a photograph of the part of the garden

you want to revamp, or that shady spot where nothing grows. If you show the photo to your local plant nursery they will be able to see the growing conditions and are much more likely to be able to recommend plants which will do well.

A USA website with an app called HOUZZ has recently added a local domain (www.houzz.co.nz), it's like browsing a glossy magazine in a doctor's waiting room, full of wonderful home and garden design ideas and images. Again, you can save any images you want to refer to later.



Begin your adventure in online gardening with these websites:

www.flamingpetal.co.nz
www.gardeningkiwi.wordpress.com
www.ediblebackyard.co.nz/blog

Love food but hate waste?

From its new Ecoland site in Vanguard Street, the Nelson Environment Centre rescues edible food before it is dumped and makes sure it nourishes the community instead.



In the first 20 weeks of its operation Kai Rescue saved 20 tonnes of perfectly edible food from ending up in landfill. A crew of volunteers, most of them over sixty, begin by collecting food which is 'good enough to eat, but not good enough to sell' from supportive local growers, manufacturers and supermarkets. Then they deliver it by refrigerated truck to Ecoland in Vanguard St, where it is weighed and sorted by other volunteers and made ready for free distribution to those in need. The actual distribution of the food is undertaken by 30 community organisations including Food for Families, Te Korowai Trust, Victory Community Centre, the Night Shelter, the Male Room and C.C.S.

Rescuing and redistributing food is good for people and good for the environment: in New Zealand 122,547 tonnes of food goes to landfill each year. Much of this food is quite safe to eat, but releases methane, a harmful greenhouse gas when it decomposes without oxygen in landfill.

Ruth Seabright, who is Development Manager for the Nelson Environment Centre (NEC), has worked in the not-for-profit sector since 2010 and in the environment sector for the last four years. She developed a food rescue operation while working as General Manager at the Waikato Environment Centre and has utilised that know-how in setting up Kai Rescue.

Ruth is very grateful to the supermarkets and food producers who are already backing Kai Rescue but she'd like to get more involved. "Some of them are still a bit doubtful" she says, "possibly because they are worried about liability, and health and safety issues." But she's confident that more donors will come on board once they know that

the Centre shoulders all liability and has safe food handling processes, including refrigerated transport. Kai Rescue has a very fast turn-around too, food collected in the morning is on its way out by the afternoon.

Kai Rescue is just one of the practical ways in which (NEC) works towards minimising waste, reducing consumption of natural resources, and building a more sustainable future for the region. From its new Ecoland site, NEC operates the only local environmentally-safe electronic waste disposal service. New Zealand generates around 80,000 tonnes of e-waste per year, much of which contains substances which can be toxic to the environment and human health. So, in a small workshop at the back of Ecoland, electronic waste such as old computers, printers and TVs are dismantled and component parts are sorted for environmentally-safe disposal. It's a labour intensive process so the centre charges for the service – prices range from \$45 for a CRT TV, and \$6 for a laptop computer, to \$2 each for fluorescent tubes.

Ecoland has recently become the home of the Nelson Organic Co-operative which, working in synergy with the aims of NEC, runs a shop selling organic food and products.

"It's a community organisation" says Ruth "which is working to make organics affordable and accessible for everyone."

NEC, particularly its Kai Rescue programme is highly reliant on volunteers. About three quarters of the 25-strong Kai Rescue volunteer crew is over sixty. Contact Ecoland if you'd like to help rescue food that's too good to waste.

More information:

Ecoland
31 Vanguard Street, Nelson

Phone 03 545 9176

Email info@nec.org.nz

Website www.nec.org.nz

Food for Thought

Marion van Oeveren is a Registered Dietitian who specialises in nutrition for older people. She is also a passionate cook and gardener. Marion runs a part-time dietitian practice alongside offering nutrition and craft workshops from her home, Mahoe Hills, in the Wairoa Gorge, Brightwater.



FOOD THOUGHTS FROM ABROAD

I am currently in the Netherlands visiting my 82-year old father, and today it is 28 degrees and sunny. One of my favourite things to do while I am back here is visiting the weekly markets where they sell everything from cheese and socks to bicycle accessories.

I love selecting locally grown fruit and vegetables and everything gets weighed the old-fashioned way and they only use brown paper bags. Eating locally-grown cherries is a highlight.

It is a different story in some supermarkets where fruit and vegetables are packaged in plastic wrap. There is so much choice with big coolers full of packaged salads and cut up vegetables but everything is in plastic. Plastic shopping bags are however not available and everyone brings recycled shopping bags and packs their own bags.

Dutch consumers are concerned about all the plastic packaging but the official message is that it saves energy and prevents waste. The produce stays fresh for longer and therefore there is less waste both in the supermarket and in the home fridge. This means that transport costs are lower. The

plastic is also not made from oil but from plant based materials.

After being here for two weeks the novelty of buying packaged pre-cut combinations of vegetables has worn off. The notion that wrapping fruit and vegetables in plastic is best for the environment does not sit well with me. I can't wait till spring in New Zealand and getting back into the garden. Home grown vegetables do not need to be shrink wrapped or transported as they can be harvested just before mealtimes. I also miss my chickens who eat all my food scraps and strangely enough I miss my compost heap. Being away from home makes you appreciate the little things. Eating lots of fresh fruit and vegetables is probably my number one priority when it comes to my food choices. It not only

tastes good but it reduces the risk for heart disease and protects against certain types of cancer. The natural environment and physical work can also improve mental well-being. Gardening is just a very nice thing to do and it sets a different pace in a world full of stress and deadlines.

For now, I am going to enjoy the sunshine and tomorrow morning I will bike to another market and buy strawberries and cherries in a brown paper bag.

Send your questions and suggestions to Marion:

marion@mahoe hills.co.nz
PO Box 9029, Annesbrook
Nelson 7011



FAMILY HISTORY MONTH

Nelson Public Library joins with libraries throughout New Zealand to help celebrate Family History Month.

Identifying and researching the lives of our forebears is a fascinating way to understand our families and the times they lived in. Recently however, the New Zealand Society of Genealogists has been encouraging people to think about their own lives and the family stories they can hand down to children and grandchildren.

Family stories are often passed on through hobbies and occupations and can be told in creative ways through music, memoir writing and crafts as well as digital sound and visual recordings.

Celebrating your own leaf on the family tree could include recording a memory, putting together a photo album, creating a family blog online or putting up a family Facebook page. It could mean creating an heirloom by sewing a quilt, or sewing a cushion cover from your mother's favourite scarf. It could mean preserving an old letter written in copperplate handwriting.

Māori tribal traditions care often passed on through music, verbal storytelling and traditional crafts such as rafter patterns and weaving.

During August, Nelson Public Libraries are offering a range of talks and workshops to encourage an interest in family history. Be inspired by displays of work by local artists Clare Makwana, Mike Ward and Fleur Woods. Learn how to do genealogical research online, how to store digital records or preserve family photographs, or record your memories in an interesting way. Join a tour of Fairfield cemetery, or visit the Nelson Provincial Museum's Research Facility in Isele Park, or hear about history of Isele House and the Marsden family who once lived there.

The full programme is available at all Nelson City Libraries or online at nelsonpubliclibraries.co.nz



Family History Month has started in the Library.

Come to an entertaining lunchtime talk, get some help with your searching on ancestry and storing your digital memories. Find out how you could be preserving those old family photos and be inspired by artists Clare Makwana, Mike Ward and Fleur Woods displays.

Dates and details will be available at the library, and on the website. Genealogy courses and the Ancestry class have limited numbers, so please enrol.

View the full programme on the Nelson Public Library website.

Email or phone to enrol.

Phone 03 546 8100

Email library@ncc.govt.nz

www.nelsonpubliclibraries.co.nz

Gardening

Philippa Foes-Lamb is a passionate plant woman and gardener, as well as an artist, writer and radio show host. She runs her own heirloom perennial nursery and grows top quality vegetable and flower seedlings, and perennials for Bay Landscapes.



GROWING A NURSERY BUSINESS

As many of you may know I love growing plants, especially perennials, flowers and vegetables. I've also been growing a small perennial nursery business since 1995, with a few twists and turns along the way.

My journey began in 1993 when I began working part-time at a garden centre. This decision completely changed my life in more ways than I ever thought possible, allowing me to find my niche in life.

At the time, I was establishing a garden in Island Bay, Wellington so plants, especially perennials were always coming home to fill the many gaps I was creating. Taking cuttings and splitting up clumps of perennials followed and before long I had lots of plants I didn't know what to do with. My boss suggested trying mail-order by advertising in the NZ Gardener. I was a bit sceptical but decided to give it a try. You can imagine my shock when I was inundated with requests for my catalogue, which didn't exist as yet!

Eden Cottage Perennials, my mail-order perennial nursery, was born in 1995, specialising in hardy cranesbill geraniums

and other treasures. I began sending my plants all around the country. My nursery was open two days a week and my local customer base swelled. It was a very exciting time but in 1999 I had to make the tough decision to put my thriving small business to sleep because of changing personal circumstances. I had to leave a lot of my rare perennials behind which was incredibly hard.

I didn't doubt that my precious nursery would re-awaken at some point. This happened when we moved to Redwood Valley in 2004 after being overseas. I threw myself into establishing a perennial garden again and hunted high and low for the treasures I had lost, especially cranesbill geraniums. Every time I found one it was like finding a tiny part of myself again, just delightful.

I renamed my nursery 'Heirloom Perennial Nursery & Art Studio'. As well as an extensive range of perennials I now also grow vegetable and flower seedlings (supplying Bay Landscapes and the Mapua Country Store).

It's not all plain sailing. The weather has a huge effect on the process, including germination of seeds, seedling growth rates (very slow in an unheated tunnel house in winter) and low sales in very dry

summers, or prolonged cold, wet periods. Even the hardiest gardener tends to stop planting then.



This year I've taken a huge leap of faith and with a website www.heirloomplantnursery.co.nz which includes my perennials, art and more, with online shopping. I'm focusing on mail-order again too, so I can make gardeners all over the country happy.

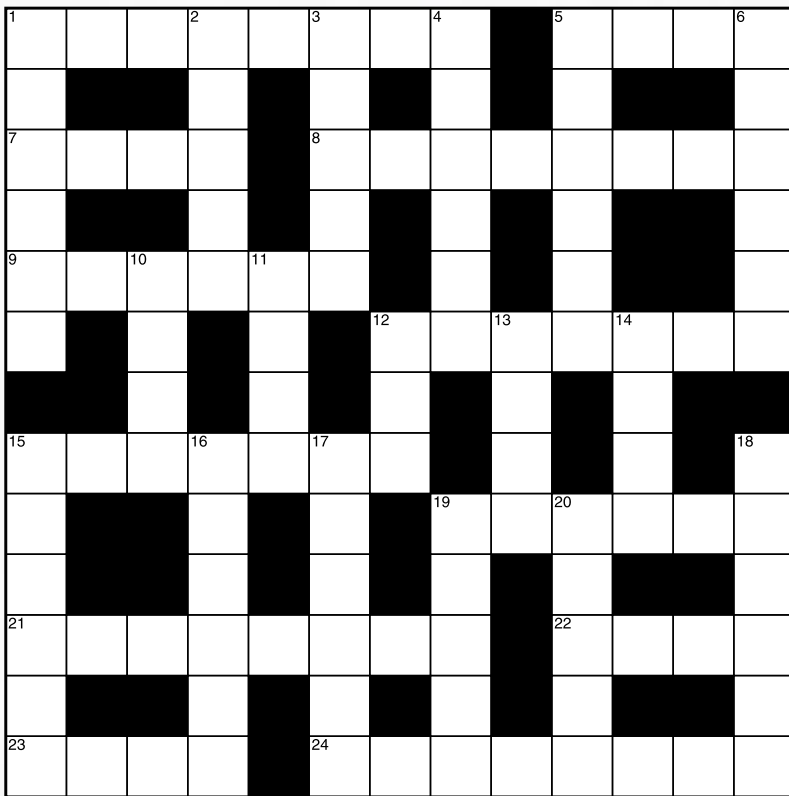
With the demise of many specialist nurseries, I am determined that my nursery will continue to grow as long as I draw breath! My nursery and art studio are open, but only by appointment and I'd love you to visit. Details appear in my advertisement on the inside back cover.

Email your questions and suggestions to Philippa:

foeslamb@xtra.co.nz



CROSSWORD



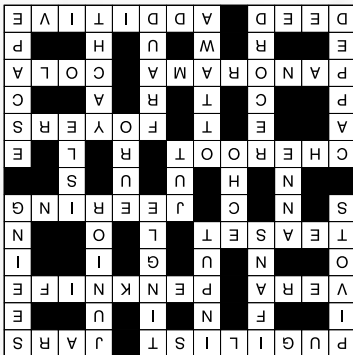
ACROSS

- 1. Boxer
- 5. Honey pots
- 7. Cosmetics gel, aloe ...
- 8. Pocket blade
- 9. Afternoon crockery (3,3)
- 12. Taunting
- 15. Cigar
- 19. Theatre entrance halls
- 21. Broad vista
- 22. Soft drink
- 23. Feat
- 24. Food supplement

DOWN

- 1. Swivels
- 2. Welsh actor, Rhys ...
- 3. Data entered
- 4. Pins & needles sensation
- 5. Office underling
- 6. Glimpsing
- 10. WWII diarist, ... Frank
- 11. Resound
- 12. Protrude
- 13. Italy's currency unit
- 14. Ireland, the Emerald ...
- 15. Topped
- 16. Vinyl 78
- 17. Canada's capital
- 18. Flee
- 19. Impostor
- 20. Pleasure cruiser

Crossword Solution



Sudoku Solution

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

SUDOKU

Each row, column and 3x3 square should contain the digits 1 – 9

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

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

A view from the country

Garrick Batten is a retired livestock and horticultural farmer, and former MAF Regional Manager for the northern South Island. In this column, he continues a lifetime of communicating with and about rural society.



WHAT DRIVES UP FOOD PRICES?

Maybe you went on your annual berry farm foray and didn't find so many pre-Christmas crowds or holiday makers amongst the rows?

Or maybe there were restrictions on grandkids running around with berry-stained fingers and faces? Why? The farmer was probably trying to balance cost, risk, and compliance challenges with farm visits by hordes of casual pickers.

Farmers have always been responsible for safety of themselves, their families and staff. However politicians have recently imposed more responsibility on them, and a costlier compliance regime. New health and safety legislation means that farmers are now responsible for all sorts of new rules, regulations and this increases their expenses. The apparently unexpected consequence has been to increase the cost of our food, including berry prices.

Farmers have the knowledge, skills and experience to use soils, water, plants and animals to grow food. All these resources must be sustainably protected and enhanced at a cost. At the same time, food retailers face increasing demands from eco-warriors which affect prices. Those personal agendas, and current

pre-occupation with fresh water and animal welfare also increases the cost of food production. Having to bear future costs for greenhouse gas emissions will also have to be passed on. These business costs, and new rules, must be recovered, just as builders must do when building material prices go up. Increased food prices reflect all the new costs, not an increase in profit for the farmer.

Prices are also influenced by what we want from the food we demand, and the thousands of choices we expect on supermarket shelves. Take eggs as an example. Choices include eggs from cage, barn and free range chickens, different sizes, age, brown or white, the producer, and price. Then there are the ways we choose to eat them – confused and prejudiced by nutritional and wellbeing 'experts' pushing personal agendas, or by seasonal or annual food fads just like clothing fashions.

Like all purchases, it is usually what we can afford that influences what food we buy. Imports help keep some prices low as overseas producers do not have the same costs and controls imposed on them – subsidies sometimes provide more than half of an EU farmer's income. In New Zealand we have advantages of open spaces, clean environments, and

innovative farmers who operate with an integrity sometimes not found overseas. As well as paying for existing and new controls, local farmers have to cover the expense of their fundamental role in maintaining the rural environment, landscape and community. Farmers in other western countries enjoy public subsidies, while our farmers often cop only criticism.



Other influences on food prices include lobby from groups such as Auckland-based Environmental Defence Society, SAFE, and Fish and Game as well as pressure on politicians from urbanites to control what farmers can and cannot do. You might like to think about who and what influences the cost of food at the September election.

SERVICE DIRECTORY

COVERS BOTH THE TASMAN AND NELSON DISTRICT

Age Concern

Offering support services, information and advocacy. Our services include Elder Abuse and Neglect advice and support, and an accredited visitor service. Ph. 03 544 7624. Richmond Office: 62 Oxford Street.

Alzheimers Society

Supporting all those living with dementia in our community. Our service provides information, education and advice to all those affected by dementia. Ph. 0800 004 001/546 7702

Arthritis New Zealand

Services available in Nelson; Sit and be Fit, Pool sessions at Nelson Hospital Pool. All services managed from Christchurch. Free Ph. 0800 663 463 for more information. An arthritis educator is also available.

Asthma Society (Better Breathing Classes)

Ph. 03 544 1562 for times and venues in each region.

Brook Sanctuary

Volunteering can be an extremely rewarding experience and there are plenty of opportunities at the Brook Waimarama Sanctuary. We need Visitor Centre Volunteers, Hosts for Public Events, Track Cutting, Invasive Plant Control, Trapping and Lizard Monitoring volunteers. W. www.brooksanctuary.org.nz/support Ph. 03 539 4920

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 held in Stoke, Richmond, Motueka and Golden Bay. Please phone for an appointment. Ph. 03 548 3270

Hearing Therapy Services Life Unlimited

Free MOH service 16+ providing screening, guidance with management of hearing loss issues including tinnitus. Bookings Ph. 0800 008 011

Mobile Toe Nail Cutting Service

A new option for people who are unable to reach or see to trim their own toe nails. In your own home or residential care facility. Contact Lisa who has 28 years of nursing experience. Ph. 03 526 7420 or 027 821 1803

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. Ph. 03 546 8100.

Marching for Women 50+

Join a group of fantastic mature women for fun, fitness, and friendship. No experience required, if you can walk, you can march. Uniforms supplied. Ph. 548 9527 (Diana) E. dianatony@xtra.co.nz

Senior Net (Nelson)

Computer instruction for people aged 50+. Clubrooms at Pioneer Park, Hastings Street. Ph. 03 548 9401

Stroke Foundation

Inquiries to Anne-Marie, Community Stroke Advisor on Ph. 03 545 8183 or 027 455 8302

Upright and Able for Falls Prevention

Free four week course for those over 65 who have had a fall. For more info: Ph. 03 543 7838 E. cherie.thomas@nbph.org.nz

GOLDEN BAY

Astanga Yoga

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

Friends of Golden Bay

Ph. 03 524 8130 (Don)

Genealogical Group

St John Rooms, A&P Showgrounds, Ph. 03 525 8086 (Sally) E. pands@gaffneys.co.nz

Gentle Exercise Class

(through Golden Bay Physio Clinic) Golden Bay Community Health, Mondays 10.00 – 11.00 am (Free). Ph. 03 525 0105 (Erica) E. ericaphysiogoldenbay.co.nz

Golden Bay Contract Bridge Club

Golden Bay Community Centre, Commercial St, Takaka. Weds 7.00 pm & Fri 1.00 pm. Ph. 03 525 9744 (Leigh)

Golden Bay Garden Club

Ph. 03 525 8455 (Anne)

Golden Bay Patchwork and Quilters Guild

Ph. 03 524 8487 (Liza)

Indoor Bowls/Cards

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

Marble Mountain Country Music Club

4th Sunday of each month at the Senior Citizens Clubrooms. Ph. 03 525 9966 (Margaret)

Motupipi Indoor Bowling Club

Thursdays 7.30 pm at the Senior Citizens Clubrooms. Supper & games for \$3. Ph. 03 525 9491 (Nancy)

Pohara Bowling Club

Ph. 03 525 9621 (Jennifer)

Puramahoi Table Tennis

Ph. 03 525 7127 (Rene)

Relaxation and Restoration Yoga

Yoga for all in Takaka township. Small groups for individual attention. Private sessions as well. Learn how to use your breath and gentle movements to calm the body and mind. Ph. 03 525 7422 (Terry)

SeniorNet (Golden Bay)

Beginner courses in home computing, based in clubrooms at Takaka Showgrounds. Ph. 03 525 9569 (Sally) Ph. 03 525 7465 (Morfydd)

Sit and Be Fit

Golden Bay Community Centre: Tues, 10.15 am – 11.15 am. Ph. 03 525 8770 (Jacinda) Collingwood Memorial Hall: Thurs 10.00 am – 11.00 am. Ph. 03 525 8770 (Jacinda) or Ph. 03 525 9728 (Jo). \$2 donation.

Takaka Golf Club

Ph. 03 525 9054

Takaka Golf Club Ladies Section

Ph. 03 525 573 (Rhonda Lash)

Takaka Spinning Group

Ph. 03 524 8146 (Margaret)

Takaka Table Tennis

Ph. 03 525 7127 (Rene)

University of the Third Age

Ph. 03 525 7202 (Moira)

Uruwhenua Women's Institute

2nd Tuesday each month 1.30pm. Ph. Nancy 03 525 9491 for venue.

Wednesday Walkers

Meet at Information Centre Carpark, Takaka – leaving 9.00 am. Bring morning tea/lunch, raincoat, light boots or walking shoes. Ph. 03 525 7440 (Piers Maclaren).

HOPE

Hope Midweek Badminton Club

Wednesday mornings. Ph. 03 541 9200 (Carolyn).

Nelson Veterans Tennis Club

Hope Courts every Thursday. Ph. 03 547 6916 (Leona)

MAPUA

Sioux Line Dance

Tuesday – Mapua Community Hall

Beginner Class, 9.00 am – 10.00 am. Improver Class, 10.00 am – 11.30 am

Ph. 03 528 6788

E. sioux.wilson@yahoo.com.au

Low-Impact Aerobics and Pilates

Wakefield, Upper Moutere & Mapua.

Ph. 03 543 2268 (Lynda)

Mapua Craft Group

Meets every Friday in the supper room at Hills Community Church from 10.00 am – noon (term time only) for simple craft work. Plus guest speakers, demonstrations & group outings. Morning tea provided.

Ph. 03 540 3602 (Julie Cox)

E. juliehcox@xtra.co.nz

Mapua Friendship Club

Mapua Public Hall. Ph. 03 540 3685 (Valerie)

Mapua Bowling Club

Ph. 03 540 2934 (Dave)

MOTUEKA

Cycling

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

Indoor Bowls

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

Sioux Line Dance

Thursday – Motueka Memorial Hall. Beginner Class, 6.30 pm – 7.30 pm. Improver Class, 7.30 pm – 8.30 pm. Ph. 03 528 6788

E. sioux.wilson@yahoo.com.au

Marching

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

Motueka 50+ Walking Group

All walks leave Deck's Reserve car park, where transport is arranged. Meetings last Thurs each month

in RSA Club, High St, Motueka at 9.30 am.

Ph. 03 528 7276 (Secretary Yvonne Hope)

Ph. 03 528 6290 (President Nora Morris)

Alternate walks:

Ph. 03 528 4559 (Frances Neumann) motueka50pluswalkers.org.nz

Motueka and District Historical Association

Meets fourth Saturday of the month, April to November, Community House, Decks Reserve 1.30 pm.

Ph. 03 528 8241 (Coralie)

Motueka Bowling Club

Ph. 03 528 5412 (Peter)

Motueka District Museum – Pupuri Taonga

(Dec – March) Monday to Friday 10.00 am – 3.00 pm. Sunday 10.00 am – 2.00 pm. (April – November) Tuesday to Friday 10.00 am – 3.00 pm. Sunday 10.00 am – 2.00 pm. Closed Public Holidays. 140 High Street.

Ph. 03 528 7660

E. savepast@snap.net.nz

Motueka Scottish Country Dancing Club

Wednesday night dancing, 7.30 pm Scout Den, Lower Moutere Hall.

Ph. 03 543 2134 (Roger)

Ph. 03 526 7096 (Vicky)

Motueka Senior Citizen's Assn Inc – 50+

Pah St Motueka: (behind the Motueka Library)

Indoor bowls:

Mon & Wed 1.00 – 3.00 pm.

Ph. 03 528 7104 (Terry)

Ph. 03 528 7960 (George)

Rummikub: Thursdays

1.00 – 3.30 pm.

Ph. 03 526 8796. (Mavis)

Various Activities: 2nd Friday of the month

1.30 – 3.30 pm. Fun, simple

games, darts, cards etc.

Ph. 03 528 8960 (Dylis)

Housie: 3rd Friday of the month 1.30 – 3.30 pm.

Ph. 027 717 018 (Dot)

Ph. 03 528 8960 (Dylis)

Card Games: Flag 500 and Cribbage, alternate Tuesdays, 1.00 – 3.30 pm.

Ph. 03 528 9651 (Judy).

Monthly Social: 4th Friday of the month, 2.00 – 3.30 pm, speakers or entertainment. Annual subs \$15 and \$2.00 for each session.

Light refreshments served at each session. No prior experience needed as assistance is available.

Motueka Recreation Centre

Senior Activity Programmes:

Mon: Silver Sneakers, 9.30 am \$5 Social Badminton, 11.00 am \$5 Pickle Ball, 1.30 pm \$5

Tues: Sit n Be Fit \$5

SERVICE DIRECTORY

Wed: 60+ Gymmers, 9.30 am \$5
Pickle Ball, 11.00 am \$5
Badminton, 2.00 pm \$5

Thurs: Sit n Be Fit \$5

Ph. 03 5288228 (Wendy)

Motueka Social Dance Group

Dances at Mapua Hall,
7.30–11.00 pm
Ph. 03 528 5363 (Gary)

Riwaka Bowling Club

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

Riwaka Croquet Club

Ph. 03 526 6237 (Nini)

Scottish Country Dancing

Ph. 03 543 2989 (Valerie)

Social Recreation

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

Yoga

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

MURCHISON

Murchison Sport, Recreation & Cultural Centre

Find out what is happening:
www.murchisoncentre.co.nz
E. murchison.centre@clear.net.nz
Ph. 03 523 9360

Murchison Golden Oldies
Ph. 03 523 9792 (Hamish Reith)

NELSON

Angie's Aerobics

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

Aquatics/Swimming/Gym

Riverside Pool
Ph. 03 546 3221

Belly Dancing

Zenda Middle Eastern dancing
Ph. 027 689 0558 (Debbie)
E. dbsumner@xtra.co.nz or
Ph. 03 548 8707 (Gretchen)

Breast Prostheses and Mastectomy bras

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

Cardiac Support Group

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

Community Heart and Diabetes Services

Nelson Bays Primary Health for education, awareness and

support.

Ph. 03 543 7836 (Bee Williamson)
M. 021 409 552
Free Ph. 0800 731 317

Golf Croquet

Nelson–Hinemoa,
Ph. 03 548 2190 (Bev)

Government Superannuitants association

Ph. 538 0233 (Margaret)
E. nelson@gsa.org.nz

Grandparents raising Grandchildren

Ph. 03 544 5714 (Paula)

Line Dancing

10.00 am Tuesday/Thursday.
Nelson Suburban Club. Free morning tea. All ages & gender, gentle cardio.

Ph. 03 547 9280
M. 0274 491 569

E. dianeneil@ts.co.nz

Marching

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

Nelson Antique Bottle and Collectables Club

First Tuesday of each month, 7.30 pm, Broadgreen House, Nayland Road, Stoke. Informal, informative, friendly and fun. Bring along your treasures.

Ph. 03 545 2181 (Judy)
E. randjpittman@gmail.com

Nelson Electronic Organ and Keyboard Club

First Tuesday of each month, Stoke School Hall, 7.30 pm. \$2 Supper provided. All new members welcome.
Ph. 03 540 3288 (Valerie)

Nelson Grey Power

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

Ph. 03 547 2457
E. nelsongreyreppower@xtra.co.nz

Nelson Male Voice Choir

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

Nelson Petanque Club

Wed and Sun 1.15 pm. Behind the Trafalgar Park grandstand, off Trafalgar Park Lane. Boules and tuition provided.

Ph. 546 6562 (Roger or Shirley).

Nelson Philatelic Society

Stamp collectors meet second Tuesday of the month (Summer) 7.30 pm. Second Sunday (Winter) 1.30 pm, Stoke School.
Ph. 03 547 7516 (Len)

Nelson Provincial Museum

For details, visit
www.nelsonmuseum.co.nz

Nelson Social Dancing Club

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

Nelson Scottish Country Dancing Club

Thursday night dancing, 7.30 pm YMCA Hall, 156 Toi Toi St, Nelson.

Ph. 03 547 5721 (Kelly)
Ph. 03 544 7226 (Ian)

Nelson Scrabble Club

Meets every Wednesday 7.00 pm at the Nelson Suburban Club, 168 Tahunanui Drive.

Ph. 03 545 1159 (Tony)

Nelson Senior Citizens Social Indoor Bowling Club

Ph. 5466562 (Roger or Shirley).

Pottery

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

Silver Yogis

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

Stoke Tahunanui Ladies Club

Meets third Wednesday each month. Pauline
Ph. 03 547 5238

Sit and Be Fit

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

Super Seniors (65+)

10.30 am – 12.30 pm 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. 548 2601 (Anne-Marie)

Support Works

Assesses the needs and coordinates services for people affected by disability. For a free assessment:
Free Ph. 0800 244 300

Suter Art Gallery

Exhibitions, floortalks – see www.thesuter.org.nz for details, 28 Halifax St, Nelson
Ph. 03 548 4699

Table Tennis

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

Tahunanui Bowling Club

Welcomes summer and winter bowlers.

Ph. 03 547 7562 (Barry)

Tahunanui Community Centre

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

Ph. 03 548 6036 (Katie or Jacqui)
W. www.tahunanui.org

Tai Chi with Gretchen

Classes in Nelson, Stoke & Richmond
Ph. 03 548 8707 (Gretchen)
E. kitesfun@ihug.co.nz

Taoist Tai Chi Internal Arts for Health

A variety of classes. Help yourself to better health. Suitable for all ages.
Ph. 03 545 8375

The Probus Club

The Probus Club of Nelson City welcomes men and women as new members. We meet on the 2nd Thursday each month (except December and January) at 10.00 am, at The Nelson Golf Club, 38 Bolt Rd, Tahunanui.
Ph. 03 548 0272 (Jennifer)

Ukulele with Gretchen

Nelson and Richmond, groups or private.

U3A: Ph. 03 548 7889 (Paul)
E. membership@u3anelson.org.nz

Victory Community Centre

Offers a variety of classes during term-time.
Ph. 03 546 8389
E. reception@victory.school.nz (for a programme brochure)
W. victorycommunitycentre.co.nz

Victory Laughter Yoga Club

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

Victory Senior Support

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

Victory Sit & Be Fit

Thursdays 10.00–10.45 am, at Anglican Church, 238 Vanguard St, Nelson.
Ph. 03 546 9057 or
03 547 1433 (Shirley)

Nelson 50+ Walking Group

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

Yoga

Dru Yoga classes
Ph. 03 543 2125 (Sue)

Yoga

Hot Yoga Nelson
Ph. 03 548 2298

RICHMOND

Badminton Richmond

Morning Badminton
Ph. 03 544 44120 (Dawn)

Body Power Pilates & Yoga Centre

Richmond Town Hall.
Ph. 029 281 3735 (Sue)

Hope–Ranzau Women's Institute

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

Richmond Bridge Club
Bridge lessons – Monday evenings & Tuesday afternoons.
Ph. 03 544 6734 (Shirley)
348 Lower Queen Street

Creative Fibre Group

Meets at Birch Hall, Richmond Showgrounds at 9.30 am every 2nd, 3rd and 4th Thursday of the month. Learn to Spin, Knit, Crochet, Weave or Felt.
Ph. 03 986 0079 (Margaret)

Chair Yoga

Thursday mornings 11.00 am. A gentle stretch and breathing class for every ability. Richmond Town Hall meeting room.
Ph. 021 2398 969 (Delia)

Club 50

A social group of mature adults looking for companionship, recreation and enjoyment, meets every Tuesday 9.30 am at Sport Tasman, Richmond Town Hall, Cambridge Street.
Ph. 03 544 3955
E. club50@sporttasman.org.nz. All sessions \$4.00.

Croquet

New members very welcome. Golf croquet Thursday & Sunday 1.00 pm. Association croquet Winter – Wednesday & Saturday 1 pm, Summer 10.00 am. Lawns opposite Health Centre lower Queen Street.
Ph. 03 541 0623 (Sherly)
Ph. 03 544 7268 (Betty)

Easy Exercise

For men and women. Tuesdays 10.00 am at Indoor Bowls Stadium, opposite Neill Ave \$3 for Arthritis NZ.
Ph. 03 546 4670 (Maureen)

SERVICE DIRECTORY

Euchre (May to Sept only)

Warm & friendly. Cuppa and raffles. Richmond Bowling Club. Fridays 1.30 to 4.00 pm. \$3.00 per session.
Ph. 03 5442749 (Monica)

Sioux Line Dancing

Wednesday – Club Waimea, Richmond. Beginner Class, 6.00 pm – 7.00 pm. Improver Class, 7.15 pm – 8.30 pm.
Ph. 03 528 6788
E. sioux.wilson@yahoo.com.au

Lunch on the Hill

Looking for food and friends? Church on the Hill, 27 Dorset St, Richmond offers coffee and lunches. 11.30 am coffee, lunch served at 12.00 pm, first and third Tuesday of each month. Koha admission.

MenzShed Waimea

A&P Showgrounds, Richmond
Ph. 027 289 0185

Nordic Walking

Taster classes & courses with Physiotherapist Jacqui Sinclair. Full details go to
W. www.jacquinclair.com
Ph. 03 544 1645

Pilates Classes

Richmond Recreation Centre. Mondays 12.30 to 1.30 pm or Wednesdays 9.15 to 10.15 am.
Ph. 03 538 0318 (Sue)
M. 021 034 4109.

Pottery

Tutored classes at Craft Potters, 202 Ranzau Rd, Hope. All welcome. No experience needed.
E. craftpotters@ts.co.nz

Richmond Bowling Club

Club Waimea – A roll up, Tuesdays 1pm. Bowls provided.
Ph. 03 544 8060 (Jean)

Richmond Creative Fibre Group

Meets at Birchwood Hall, Richmond Showgrounds. 9.30 am every 2nd, 3rd & 4th Thursday of the month. Learn to spin/knit/weave/crochet/felt or if you just want to meet others who enjoy working with fibre.
Ph. 03 544 9982 (Dianne)

Richmond Indoor Bowls

Mondays 1.30 – 3.30 pm
Richmond School Hall, Oxford St. A friendly session, all welcome.
Ph. 03 544 7953 (Gwen)

Richmond Physiotherapy

Knee classes: Wednesday 10.00 – 11.00 am, \$10.00.
Pilates: Tuesday 12.00 – 1.00 pm, \$15.00. Pilates: Thursday 5.00 – 6.00 pm, \$15.00. Senior Fit Class: Tuesday 10.00 – 11.00 pm, \$15.00.
Ph. 03 544 0327.

Richmond Scottish Country Dancing Club

Monday night dancing, 7.45 pm, Church Hall, 11 Florence St, Richmond.
Ph. 03 544 0902 (Christine)
Ph. 03 541 8211 (Pam)

Richmond Senior Citizens

62 Oxford Street, Richmond. Cards Tuesday – 1.30 to 4.00 pm. Bus trip & lunch first Wednesday of each month, cost varies. Craft Group – Thursday 9.00 – 12 noon. Cards – Thursday 1.30 to 4.00 pm. Exercise classes & cuppa – Friday 10.00 to 11.00 am. Friday Rummicub 1.00 pm – 3.00 pm. Hot lunch – Friday 12 noon \$5.00.
Ph. 03 544 9174 (Pauline or Terry)

Richmond Slimmers Club

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

Richmond Waimea Community Whanau Group

Network, share information and learn more about your community. Meets the first Tues of each month, 12 noon – 1.00 pm, Richmond Library. Guest speaker at most meetings. BYO lunch (tea & coffee provided)
Ph. 03 544 7624 (Sue Tilby, Age Concern)

Social Cards

Richmond Senior Citizens Rooms, 62 Oxford St Richmond, Tuesday & Thursday Cards 1.30 pm – 4.00 pm. Friday Rummicub 1.00 pm – 3.00 pm.
Ph. 03 544 5563 (Kath)

Sport Tasman Richmond

(RTH) 9 Cambridge Street Ph. 03 544 3955. \$5 per session, discounted concession cards available. Mondays & Fridays: 9.00 am – 10.00 am: **Easy-beat** (Highest intensity class) 10.30 am – 11.30 am: **Shapeup** (Lower intensity, with seated options). Tuesdays: **CLUB50+** 9.30 am: Meet at the centre to join in the Social, recreational activities & outings. Programmes available at the centre or enquire at number above. \$4 per session, with some extra costs being incurred.

Tasman Tennis Club

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

Veteran's (55+) 9 Hole Golf

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

Yoga Classes for stiff and sore spots

Go to www.jacquinclair.com for full details or
Ph. 03 544 1645

STOKE

Chair Yoga at Saxton

Weekly gentle stretch and breathing sessions in the cricket oval lounge.
Ph. 0212 398 969 (Delia)

Clogging/Tap Dancing

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

Give It A Go

A variety of easy activity options. New activity each week such as Tai Chi, Croquet, Petanque and Aqua Aerobics.
Ph. 03 546 7910
E. wendy.get@sporttasman.org.nz to get up to date information and or to book a space.

Housie Evening

Stoke Rugby Clubrooms, Neale Ave, Stoke. Wed nights, 7.15 – 9.45 pm.
Ph. 03 547 3230 (Buddy)

Nelson Savage Club

A social club for all entertainers. Variety Concert held at 7.30 pm on the second Wednesday of every month at Stoke Primary School Hall, Main Rd, Stoke. Everyone welcome
Ph. 03 547 7022 (Philipa)
03 547 2660 (Anne)

Ngawhatu Bowling Club

300 Montebello Ave, Stoke. Friendly welcoming club. Roll-ups Thursdays at 1.00 pm.
Ph. 03 547 7485 (Kay)

Presbyterian Support

Visit us at 360 Annesbrook Drive, Nelson. 10.00 am to 3.00 pm most days. Enliven Positive Ageing Services – social & activity day groups. Totara for older people. Harakeke for those with dementia. Refreshments & lunch provided. Van transport to & from the centre.
Ph. 03 547 9350 (Trish)

Safety & Confidence

Ph. 03 543 2669 (Cornelia)

Saxton Seniors

Saxton Stadium

Senior Walking Group:

Tuesday & Thursday 9.30 to 10.30 am \$5.00.

Senior Circuit: Tuesday 10.00 am, \$5.00 – low impact, all weather activity followed by a cuppa.

Senior Shape Up: Tuesday & Thursday 9.30 to 10.30 am.

Chair Yoga: Wednesday 10.30 am.

Tai Chi for Health:

Ph. 03 538 0072
E. stadium@sporttasman.org.nz

Stoke Bowling Club

Ph. 03 547 1411 (Allen)

Stoke Central Combined Probus Club

Meets every 4th Tuesday 10.00 am, Nick Smiths Rooms, Waimea Rd.
Ph. 03 547 0941 (Colleen)

Stoke Old Time Country Music Club

Stoke School Community Hall. Every 2nd Sunday 6.30 pm. All welcome to a lovely evening of singing, and musical instruments.
Ph. 03 542 3527 (Dick Knight)

St Barnabas Stoke

Coffee and Chat – Wednesdays, 10.30 am. No charge. **Out To Lunch** – community lunch. First Wednesday of each month, 11.45 am. Donation accepted.

Stoke Seniors Club

Contact Karen, Mel or Anne at 548 Main Road, Stoke.
Ph. 547 2660
E. stokeseniors@xtra.co.nz

Regular activities:

Stoke Memorial Hall:

Art Class: Mondays 10.00 am, Cost: \$3. Art tutorial once a month – \$5.

Book Chat: 1st Wednesday each month, 11.00 am. All welcome.

Mah Jong: Tuesdays, 1.00 pm \$3.

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

Sit & Be Fit exercises to music: Tuesday and Wednesday at 11.00 am. \$3 500 Club – Wednesdays at 1.00 pm \$3.

Stoke Seniors Hall:

Scrabble Club: Mondays 1.00 pm. \$3.

Weekly Afternoon Entertainment (Tuesday – Thursday.) Contact office for programme details.

Tuesday – Thursday Meals. A two course midday meal for \$10 (members) \$12 (non-members). Please book (preferably by 9.30 am the day before).

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

Monthly movie: Contact office for details.

Stoke Seniors Choir: meets Thursdays from 11.00 am to noon. Contact Anne.

Special trips:

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

Girls Own:

Monthly on Friday.

Lads @ Large:

Monthly on Friday.

TAPAWERA

MENZSHED

Contact: John
Ph. 03 522 4616
E. menzshedtapawera@gmail.com

Visual Art Society

Ph. Kay 03 522 4368

Walking

Rural Ramblers
Ph. 04 541 9200

WAKEFIELD

Live Well, Stay Well Activity Group

Meets every 2nd Tuesday (mornings)
Ph. 03 541 9693 (Margaret)
Ph. 03 542 2235 (Yvonne)

Walking

Rural Ramblers
Ph. 03 541 9200

JOIN OUR DIRECTORY

If you would like to promote your service in our directory, please email:
mudcakes@hothouse.co.nz

Registrations now open for the South Island Masters Games, Nelson from 4 – 8 October.



The Games are a great way to get social and meet new friends, especially if fitness, and staying active is your goal. The games feature over 40 sports including, croquet, lawn bowls, golf, pool, badminton, cribbage, euchre, cycling, run/walk events, a quiz night, and ten pin bowling.



For more information and to register visit:

www.simasters.com or Ph. 03 923 2310.

Register by 1 July for an early bird discount of \$15.

Advertise your community event on It's On!

Website: www.itson.co.nz

Anne Smith: Phone 03 545 6858 or

email events@nrda.co.nz



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Website: www.healthcarenz.co.nz



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