

Mudcakes and Roses

SENIOR GENERATION ACTION
AND ISSUES – NELSON TASMAN



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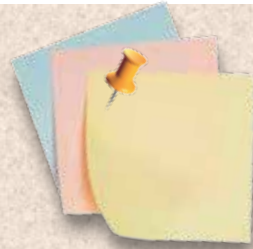
Silent Leadership Challenge

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 Shailey McLean at the Tasman District Council Ph. 03 543 8578.

Mudcakes & Roses Noticeboard



Safe Driving Booklet for Older Drivers

The NZTA have released a new booklet. The resource is designed for friends and family of senior drivers to help them stay mobile-safely. The booklet highlights ways people can help older drivers and also guidance if people are concerned about a drivers ability.

To order copies please fill out the online form at www.nzta.govt.nz/traffic/senior-road-users/driving/keeping-moving.html

Age 2 Be – Positive Ageing Expo

Thursday 3 April 2014, 10.00 am – 3.00 pm
Headingly Centre, 2-46 Headingly Lane, Richmond

The Age to Be Positive Aging Expo is on again in 2014.

Designed for families of seniors, people heading for retirement and those over 65, the expo showcases Nelson Tasman recreational opportunities and social services that make ageing a positive experience. There will also be informative and entertaining seminars arranged by Age Concern.

The Expo organisers invite all local interest, training, recreation, health and hobby groups to have a stall and promote your services or information to the public and other stall holders. We encourage you to make your stalls creative and interactive.

Stall fees are \$20 for Community Groups or not for profit organisations, or \$50 for Commercial Businesses and Government Agencies.

Please note stall numbers are limited and will be allocated on a first in first served basis.

The event is targeted at older adults and their families, admission is free. Complimentary tea, coffee and biscuits are provided to keep the energy levels up.

We regularly get in excess of 2000 people attending so make sure you join us at the Age to Be Positive Aging Expo.

For further information or to get a registration form contact Tasman District Council, Community Recreation Advisor, Mike Tasman-Jones, on Ph. 03 543 8403 or Email mike.tasman-jones@tasman.govt.nz

'Sauté in lashings of Golden Sun...'

It's a line borrowed (or should we say stolen?) from Margaret A. Fearn's beautiful poem 'Smorgasboard' which so deliciously captures the essence of a Nelson-Tasman summer on page 19. Mix in some freshwater fishing, a love of learning and a pinch of passionate fundraising and you have the basic recipe for this issue of Mudcakes and Roses. We hope it gives you something to sink your teeth into over summer!

In our last issue we ran a reader survey and you gave us some valuable feedback. You told us the Recreation and Service directory pages needed a major overhaul and we've listened. We will now begin checking each and every directory listing to ensure it's as up to date as possible for February 2014. In addition, we've revamped the 'What's On' pages to give greater focus to one-off events you might be interested in. (But don't worry, the regular events such as Club 50 and Stoke Seniors can still be found in the Recreation & Service Directory).

Wishing you all the very best for the festive season.

The Mudcakes & Roses team.

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

P.S – Congratulations to Diana McClean of Collingwood who has won the Tasman Collection of books for completing the reader survey.

Thanks to our sponsors



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

Get Your Grandkids Hooked on Fishing

If you're looking for something a bit different to do with the grandchildren or children this summer, why not encourage them to learn the new skill of freshwater fishing?

Following a big win at the 2013 Trustpower Nelson Tasman Community Awards, the Sport Fishing for Youth Trust is preparing for the summer season at its purpose-built Waimea River Park Fishing Ponds, where children and teens aged 6 to 16 can try to land a trout or a salmon under the guidance of expert volunteers.

The Trust consists of eight trustees – all keen freshwater fishermen and was set up after a couple of the older trustees realised that there was a lack of opportunity for kids to just go fishing, says Trust Chairman Ian Kearney.

"When some of the older members were young, they used to be able to go to the Appleby River or Maitai Stream and catch a trout fairly easily. There's just not the opportunity to do that these days and kids are spending more time sitting indoors and playing on computers.

"We thought if we can give them the opportunity to go fishing - and a fair chance of catching one, some will form a lifelong affinity with fishing, rivers and the outdoors."

There are 'fish-out' ponds at other locations around the country, and the Waimea ponds were modelled on the popular 'The Groynes' in Christchurch - although operated differently. The Trust

worked closely with Tasman District Council on the project and under the Council's long-term plan, the ponds will eventually become a part of a larger river park. The three inter-linked ponds were formed in areas where gravel had been extracted and a lot of re-contouring work was done to make them safe and suitable for fishing off the banks. The Trust also worked closely with Nelson Marlborough Institute of Technology. Aquaculture students reared and released the fish (rainbow trout and salmon) as part of their course work, while Trainee Ranger students built the fishing platforms at the side of the ponds - to enable wheelchair access.

So far, more than 360 children have already had the opportunity to try their luck at catching a trout or salmon. Volunteers from the Nelson Trout Fishing Club teach youngsters the correct technique for catching the fish. And once they land one, the fish are weighed, cleaned and popped in a bag along with a recipe on how to cook it. Each youth also receives a certificate celebrating their catch.

Over summer, the Trust will be running regular 'Getting Kids Starting in Fishing Events' and dates will be advertised in The Leader and Waimea Weekly. In future, the Trust hopes to be able to open the ponds to young people for unsupervised fishing.



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Oakwoods Residents Get Behind the Fence

"I never learnt to be a lady," says June Ward of Oakwoods Retirement Village, describing her teenage years spent helping her father rescue Kowai Bush, a patch of native lowland Beech forest near Springfield, Canterbury, "but I did learn to wield an axe and a slasher - and gained an appreciation of our native forest and bird-life!"

The spritely (and very ladylike!) 85-year-old may no longer be up to axe-wielding herself, but that hasn't stopped her from doing her bit for the Brook Waimarama Sanctuary – a project to create a pest-free wildlife sanctuary close to Nelson city centre which includes construction of a 14km pest-proof fence. After hearing about the project and the 'Get Behind the Fence' campaign at a Probus meeting, June decided to do her bit by wielding a fund-raising bucket instead. Her passion for the project stems from those early experiences at Kowai Bush. "My father took us on many trips to bush areas – this was 70 years ago when there were still numerous native birds. The morning chorus was incredible. I got to love it all. So when I realised that our native species were disappearing, it was in my heart to do something," she says.

June arranged for the General Manager of the Brook Waimarama Sanctuary, Hudson Dodd, to speak to Oakwoods Village residents and also made a lot of one-on-one visits herself to her neighbours. She also fashioned a fund-raising box – which slowly began to fill. A final generous donation from fellow resident Jocelyn Griffin enabled the group to sponsor a fencepost in 'zone 4' – which is close to the visitor's centre and will be accessible by wheelchair. The plaque on the post will read: "Donated with best wishes by residents and staff of Oakwoods Retirement Village, Richmond."

Hudson Dodd says the strong support shown by the community for the project demonstrates the enthusiasm locals have for the Brook Waimarama Sanctuary vision.

"June Ward is a great spokesperson for the project in the community, and did a fantastic job as an enthusiastic individual of organising her fellow residents at Oakwoods Village to pool their resources and sponsor a \$2500 fence post. That's the kind of grassroots-based fund-raising that anyone can do—whether it's organising neighbours, co-workers, fellow students, or club members to leverage the power of the many," he says.

June is now challenging other retirement villages to look at sponsoring a fence-post as well. "I think it's such a great venture – it's for future generations," she says.

About the Brook Sanctuary Get Behind the Fence Campaign

- The overall fund-raising stands at \$3.2m of \$4.7m target (exactly two-thirds)
- The public phase of the campaign (sponsoring fence posts) has raised over \$175,000 since it launched in April 2013
- There are 7,000 fence posts available for sponsorship, at varying prices depending on the post's visibility
- Fence post prices are: \$100, \$500, \$1000, \$2500, \$5000. Fence posts can easily be sponsored through the sanctuary website: <http://brooksanctuary.org/save-our-babies/sponsor-fence-post>
- To reach the \$4.7m target the Brook Waimarama Sanctuary Trust is also seeking funding from central Government, Lottery Grants Board, high net worth individuals, corporate sponsorship, and community and family trusts. The Trust is committed to taking on little or no debt for the fence project, so is seeking to complete fund raising prior to commencing fence construction
- The BWS Trust is proceeding with planning and contracting for fence construction while completing its fund-raising, so that once funding is in place, they can proceed. Formal tender processes are well advanced for both fence construction and the preceding earthworks and labour works. The Trust's goal, dependent upon fund raising, is for fence construction to begin in the first half of 2014.



Photo: Oakwoods Retirement Village residents Jocelyn Griffin (left) and June Ward are challenging other retirement villages to support the Brook Waimarama Sanctuary's 'Get Behind the Fence' campaign.

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How to safely use your mobility scooter

A mobility scooter can be your key to independence and freedom.

If you have limited mobility, or are unable or unwilling to drive a car, a mobility scooter is a great way to get you where you want to go safely – particularly if you're just going to the local shops or anywhere that's a little too far to walk.

You do not need a drivers licence to operate a mobility scooter and they are not required to have a warrant of fitness or to be registered. However, there are some important legal safety requirements that you need to know about.

For example:

- You must operate your mobility scooter in a careful and considerate manner
- You must use the footpath when one is readily accessible, and stay close to the side of the road where a footpath is not readily accessible

- When on the footpath, you must not travel at a speed that endangers others
- It is illegal for you to ride, or let any person ride, in a way that may cause you or them injury
- It is recommended that a GP agrees with the purchase and use of a mobility scooter.

Nowadays there is an increasing number of shared pathways across the Nelson and Tasman districts. There are a few safety and courtesy tips to remember when using these and when traveling along footpaths...

- Keep to the left
- Warn when approaching others from behind (some scooters are silent and so might not be heard from those who are hard of hearing)
- Pass on the right
- Move off a shared path if you have stopped so others can pass.

The NZ Transport Agency has put together a booklet titled Keeping Mobile – How to safely use your mobility scooter or power chair. A copy of this can be obtained from the NZ Transport Agency on Ph. 0800 108 809 or by Emailing info@nzta.govt.nz. The booklet covers planning your route, tips for a safe journey, parking, what to do if the going gets tough and how to care for your power scooter or power chair.

There will also be a display at the Richmond Library in December where you can pick up a copy of this booklet.

So please remember to use your mobility scooter in a safe and responsible manner. It is important to be aware that careless use of a mobility scooter or power chair does carry legal implications. This now extends to shared paths and there are fines for people who ride a mobility device, wheeled recreational device or cycle on a shared path at a hazardous speed.

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Love of Learning Unites U3A Members

Crazy about Classical Music? Passionate about Political Science? Inspired by Ireland?

U3A provides people aged 50 and over the opportunity to learn together and share their knowledge, skills and experience with others. The Nelson branch of U3A has around 175 members and 45 different study groups covering everything from astronomy to ballet, geology to scrabble.

Kay Hunter is the President of Nelson U3A and says the organisation is ideal for those who love learning and want to keep the grey matter ticking over in retirement. "Its really just the love of learning that brings people together. There's such a lot of research about the importance of keeping your brain working as you get older – its so important to 'use it or lose it.'"

The U3A Nelson membership is wide and varied – from those who've been stay at home mums to those who've had high-profile jobs and ranging in age from 50 to 90-plus. Members come from Mapua to the Kenepuru Sounds.

Kay says she first became involved with U3A in 2010 after retiring from her work as an educator.

"I retired at the end of 2009 and came to live in Nelson - I didn't know anyone. I got involved with U3A because I like learning and meeting people - but the learning is the main aspect of it for me. I enjoy the mental stimulation and the challenge."

Kay is now involved with seven different study groups which meet fortnightly, which means she attends three or four meetings each week. The meetings are mostly held during weekdays and in members' homes. While a few study groups are run by subject experts, in most study groups, everyone takes a turn to research and present on a topic.

While some study groups run as a 'series' over a few weeks or months, others run for years - such as the art history group which has been going for an impressive 17 years! Study group numbers are normally limited to eight or ten which is a good number for group discussions. "The numbers are also limited

because the meetings are held in people's homes," says Kay. If there are no vacancies in a study group, people can put their name on a wait-list or start another group on the same topic. Not all of the subjects are academic – there are also groups that meet for lunch, go for walks or play scrabble.

While U3A is primarily about learning, it's also very social, says Kay. "Once you get settled into a group, it becomes a friendly social occasion. It's a good way to meet people and make friends if you're new to Nelson."

While all of the U3A groups around the country are autonomous, there are links between them.

"After the February 2011 quake in Christchurch, we invited people from ten Christchurch chapters of U3A up to Nelson. We had 65 people come and we billeted them and gave them a really nice time," says Kay.

Anyone over 50 can join U3A and new members are always welcome.

"You don't need to have been at university to join, and you don't get a qualification however there is sometimes homework! All you need is some free time and an interest in the world around you," says Kay.

What U3A Members have to say...

Jill Ford has recently moved from Christchurch and says that as a new Nelsonian, U3A has been an 'amazing organisation' in more ways than one. "I've met lots of very good people, made new friends and it has really helped me to settle into a new city. For example, the 'Up the Garden Path' group has given me the knowledge of where to find plants, the places to buy them, and I've visited a lot of beautiful gardens in the area, as well as learning a great deal about plants."

Carl Horn joined four years ago and says "U3A gives me the opportunity to connect with a wide range of people whom otherwise I probably wouldn't get to know. I very much enjoy getting together with them as we share a mutual curiosity

about various aspects of our world. Through discussion with them and other U3A activities, I've gained a much deeper and realistic understanding of this world in which we live."

Barry Davis says "In joining U3A in Howick, I saw an opportunity to meet new people. With them, I could extend my knowledge of familiar topics, by joining study groups and attending meetings. I also had the opportunity and incentive

to learn with them and others, about ideas, philosophies and activities I hadn't the time or incentive to explore. In Nelson, I have again met new people and made friends in a similar environment. U3A has been a stimulating and worthwhile activity for me. It has extended my knowledge and understanding of the world we live in, and how we came to be the peoples we now are."

Key Facts

- U3A began in France in about 1975. Since then it has spread to over thirty countries and has several million members. The Nelson branch of U3A has been running for 21 years and currently has about 175 active members.
- Originally named The University of the Third Age, U3A arose from the idea that life can be divided into three periods: Firstly childhood and schooling, next child rearing and work and thirdly retirement. The Third Age allows us time, as older people, to listen, learn and gain greater understanding of life.
- Each U3A is a self funded, self managing and self help organisation, which aims to provide learning for life for retired and semi retired people of mature years (50 plus)

Get Involved

- To find out more, visit www.u3anelson.co.nz, Email Kay at president@u3anelson.org.nz, Ph. 03 547 7274 or come along to a general meeting. These are held on the last Wednesday of the month every second month (starting from February). Dates are advertised in The Leader and Waimea Weekly.
- There are also U3A groups in Motueka, Golden Bay and Blenheim. See the Recreation & Service Directory for contact details
- Membership of U3A Nelson costs just \$15 a year, plus you might be asked to bring a plate to study group meetings. It also costs \$6 to attend the bi-monthly general meetings.
- There are currently 45 different study groups running with U3A Nelson but not all have vacancies. New study groups are starting all the time.

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Each month there are day trips visiting different locations, attractions and events. There are also tours, ranging from overnights, through to 10-days.

To receive our newsletters, contact Tom or Christine at Leisure Travel on PH: 03 539 0834 or Email: tomh@nelsoncoaches.co.nz

Gardening tips for summer

Hi, I can't believe it's December already - where has this year gone? Summer is here and with it comes the heat.

At this time of year I start to struggle to garden during the day and it makes me so glad I'm not a plant. That aside one of the loveliest aspects of this time of year is the extended daylight hours which means we can garden for longer.

One of my favourite things to do over the next few months is to eat outside as much as possible. There is something about eating food outdoors that makes everything taste much more delicious. Unfortunately this can mean we consume more food and vigorous gardening is necessary to compensate.

A deck or verandah offer the perfect space for an outdoor table and chairs but if you don't have these, try thinking "outside the square". Is there an area in your garden where you could place a table and chairs, small or large? Imagine lunch under a shady tree on a hot day, or dining in the evening tucked away in a corner of the garden.

If you have an outdoor eating or barbeque area already established, think of ways you can make it more inviting. Placing pots of salad greens, herbs or flowers around the area is just perfect and you can pick them to add to barbequed meats or salads, right there on the spot.

Tomatoes, capsicums, aubergines, courgettes and other summer vegetables will be putting on a lot of growth now. All of these plants love regular water and plenty of nourishment. One of the most important things is to water very deeply. I give my vegetables a thorough soaking approximately every two to three days, making sure the water is poured around the roots rather than on the foliage. Watering in the evening gives your plants time to soak all that lovely moisture up overnight, whereas it will evaporate very quickly during the day if they are watered in the morning.

A good liquid feed every two weeks is also a great idea – try soaking a few sheep manure pellets in a watering can and then top them up with water for fairly instant liquid fertiliser. Tomorite is a fabulous liquid food especially formulated for tomatoes and I swear by it. It's also good for capsicums, courgettes, eggplants and dahlias (surprisingly).

Because of our fairly mild winter there has been a bit of a pest explosion around our district. Keep an eye out for aphids, whitefly and green vegetable bugs to name but a few. Getting on to them early will help stop a total garden invasion. If using sprays, even organic ones, try to apply them in the evening after the honeybees and bumblebees have gone to bed because once the sprays have dried they are slightly less harmful to them. Whitefly are hard to eradicate but you can try smearing the outside of a yellow plastic bucket with petroleum jelly and suspending it from the roof of your glasshouse or on a stake in amongst susceptible plants. They are attracted to yellow and get permanently stuck.

If you have any questions or topic suggestions, I'd love it if you would email me at foelslamb@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. My last show for 2013 is on 24 December and it starts again on 21 January 2014.



Philippa Foes-Lamb

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Silent Leadership Challenge Offers Insight

By Cr Judene Edgar

The Silent Leadership Challenge – a hearing loss challenge for corporate and community leaders – took place in August 2013.

I joined 43 other leaders throughout New Zealand and helped raise over \$55,000 for the one in six of us with hearing impairment, and to challenge workplace and community attitudes.

The day involved wearing ear protectors to simulate hearing impairment and undertaking four challenges – a group meeting, a one-on-one meeting, a social occasion and watching TV.

The day started with a group meeting with three other people from St Pauls' School. I found I had to turn my head to face the speaker in order to follow the conversation and on one occasion found myself faking following a joke, simply because I hadn't heard all of it. Facing people when listening to them made an amazing difference; it's not as though I could suddenly read lips, but it made a very real difference in my ability to follow and understand. I found myself having to concentrate so much more than normal just to follow the conversation. I would hear someone starting to talk to my left, for example, and would have to quickly turn to face them.

I then went to pay a bill at the Council. Walking up the street was an experience in itself. I could feel the vibrations of walking up through my body as I walked in total silence. I could feel every time the footpath surface changed underfoot. I would be startled when someone suddenly rushed past me from behind, brushing past me. Crossing the street was an exercise in vigilance.

The lovely soft-spoken customer services officer at the Council was quite hard to hear, but it was okay as there were no other customers at the time. The tone, not just the volume of the person speaking to you seemed to make quite a difference. I had lunch with a friend who has a very deep voice, but is also relatively softly spoken. We were sitting outside at a café so there was lots of traffic sounds and general background noise.

The situation was basically impossible. I found myself leaning in closer and closer and in the end took my headset off when I felt that I was becoming inappropriately close!

My one-on-one meeting was also hard. The person I was meeting with didn't seem to move/open their mouth very much and he spoke quite quickly. I found it very hard to keep up with him and I felt like I couldn't highlight my "impairment" continually. There was a sense of embarrassment that this was my "issue", and I didn't particularly feel that I could put it upon them. This must happen frequently for people with a hearing impairment, especially in group settings.

The second social occasion I went to was in a large open venue with a lot of people, and this was very difficult. The degree of background noise and extraneous sounds made it incredibly hard to focus on and clearly differentiate the voice of the person I was listening to. I would imagine that you could end up becoming quite socially isolated as these group situations – large venues, outdoor functions, bars, cafes etc., – could become quite exhausting and frustrating to attend.

At home that night was also somewhat isolating. I turned on the TV to watch the news. I turned it up until I could hear the presenter – they then began interviewing someone whose voice was softer – so the TV got turned up again – another person joined the interview and the quality of recording was quieter again, so I found myself turning the TV up further until I could hear all of the variances in the different voices, sounds etc. When my husband got home he got my attention and I took the headsets off to listen to what he had to say and found myself deafened by the TV volume. We couldn't be in the same room to watch TV.

It was an eye-opening (or ear-opening) experience and well worth the minor one-day inconvenience.

Have you had a heart and diabetes check?

Type 2 Diabetes can be prevented. Healthy hearts means longer lives. Get a heart and diabetes check – it could save your life.

The Health Promotion Agency (HPA) has teamed up with the Ministry of Health, Heart Foundation Diabetes New Zealand and Nelson Bays Primary Health to encourage New Zealanders to get a heart and diabetes check.

Heart disease and diabetes paint a serious picture in New Zealand – one New Zealander dies every 90 minutes from heart disease and more than 225,000 people have diabetes (mostly type 2) – but many don't even know they have diabetes. A simple heart and diabetes check can help save a person's life, so get one for yourself and your family, and be there for your team.

Getting a heart and diabetes check with your family doctor or nurse, will let you know what your risk of having a heart attack or stroke is. It will give you an opportunity to discuss what you can do to manage your health better to prevent a heart attack or diabetes (type 2) developing. Be there for your team – phone your family doctor and ask if you need a heart & diabetes check!

Another chance to dump unwanted medicine

Disposal of Unwanted Medicines (DUMP) is a campaign where people are asked to bring unwanted medicines back to their pharmacy for safe disposal.

Nelson Bays Primary Health (NBPH) would like to thank everyone who returned medicines during the DUMP campaign in 2012. The campaign received 782 different types of unwanted medicines worth \$45,000. That's equivalent to one cardiac bypass, two hip or knee replacements or 11 cataract removals.



What can we all do to avoid wastage?

- Tell your Doctor, Nurse or Pharmacist if you have a supply of medicines at home. Or better still; take your medicines with you, so they can work out exactly what you need.
- Some medicines are only taken when you have symptoms, so you may not always need the full amount of these every time. But remember, if you have been prescribed a medication – it is for a good reason.
- We encourage you to take your medicines as prescribed and if you are not sure how or when to take them, it's OK to ASK 3 Questions:
 - What is this medication for?
 - Why am I taking this?
 - How do I take it?

If you have medicines that you don't use anymore

- Your health may change over time so it's normal for your medicines to change.
- Return unwanted medicines to your pharmacy. Only keep your current medicines - make your home safer for you, your family and your visitors.
- Remember, prescribed medicines should never be given to anyone else.
- If someone you know dies, please return their medicines to a pharmacy promptly for safe disposal.

Keeping everyone informed

- Please tell (or show) your doctor what you are actually taking, as it might differ from what they think you are taking. It is important that your doctor (and you) have the correct information.
- Being informed and having the right information will help reduce waste and save everyone money.

Together we can reduce medicine waste.

This will mean more money in our local health budget for medicines, treatments and better health for us all.

For more information please contact your local Pharmacy or contact Caroline Allen for a free copy of the publication 'Medication and You'.

Ph. 03 539 1651 or 0800 731 317 or

Email caroline.allen@nbph.org.nz



Flating for the Young at Heart

Flating is for youngsters – or is it? This is certainly not the case at Abbeyfields in Golden Bay.

The Abbeyfields concept was begun by an Englishman in 1956 and Dr Ted Bassett of Wakefield introduced it to New Zealand. What makes this concept wonderful is the houses are not like a retirement village or rest home. The main requirement is for residents to be independent.

Each house is committee run with one live-in housekeeper and volunteers help with various other tasks.

Abbeyfield House, Golden Bay, situated in the Lake Killarney Reserve is reached via a turnoff in the main street of Takaka.

Speaking to Ann Jones, Chair of the Committee, it is obvious this is a special place. "The house was specifically built to have a view of Lake Killarney and residents get to enjoy it from the living and dining areas especially."

"Our residents don't 'buy in' to the house. Each resident pays a weekly rental and has a self-contained unit including a patio where they can eat outdoors plus a small area of garden. There is also a big community garden. Superb food is provided by our wonderful live-in housekeeper, Marianne Short."

"Potential residents can stay for up to two weeks to see if they enjoy it and this also gives the existing residents a chance to decide if they will 'fit in'."

"We are close enough to the township that it can be reached by foot, mobility scooter or other means and this allows our residents to still feel part of their community, which is so important."

Abbeyfields, Golden Bay is about to celebrate its seventh birthday. Locally, there are Abbeyfields Homes in Stoke, Tahunanui and Motueka. For further information see, www.abbeyfield.co.nz

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- Compresses
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New Chair for Positive Aging Forum

The Nelson-Tasman Positive Aging Forum has a new Chair - Gail Collingwood who recently stepped down after serving 18 years as a Nelson City Councillor, including six as Deputy Mayor. Mudcakes & Roses caught up with Gail to discuss views on aging and the work of the forum.

What does positive aging mean to you?

Positive aging for me personally means having the freedom and ability to continue to participate and contribute as much as I am able within the community I live in. Making sure I am well, healthy and to maintain a positive outlook on my life as I grow older. Adjusting to and accepting physical changes and the changes around me, financial and technical especially and knowing the extent of my ability, my strengths and weaknesses!

Positive Aging on the bigger scale is a government strategy that seeks to promote the value and participation of older people in communities. Knowledge and skills of older people is something to be valued and treasured, as are our older people.

When and why was the Nelson-Tasman Positive Aging Forum set up and how successful has it been so far?

The Positive Aging Forum was set up in 2001 and initially funded by Nelson Marlborough District Health Board, followed by Tasman District Council taking responsibility for the administration, management and provision of a venue for meetings. The forum has links with the National Positive Ageing Strategy and the establishment resulted from a widely-attended community meeting facilitated by the Office for Senior Citizens. At the request of the forum, both Nelson City Council and Tasman District Council developed a joint Positive Aging Policy.

The forum has been fortunate to have Ruby Aberhart as the chair for a number of years - she brings invaluable information from her position as a Volunteer Community Coordinator for the Office for Senior Citizens.

The strength of the forum has built over time, the scope of the attendees and the speakers is wide - from health and housing issues to recreation and leisure activities. The agendas are always full and there appears to be a need to hold five meetings a year. A highlight is the increasingly popular Age 2 Be Positive Ageing Expo - 2000 attendees, 67 stallholders and 350 at the seminars.

The forum has supported and promoted seminars such as Good Homes, Enduring Power of Attorney, Privacy Commissioner, as well as car-fit programmes, emergency cards, medicine record cards and life tubes.

What age are you (if you don't mind us asking!) and what have you personally found to be the greatest challenge about getting older?

I am 68. My greatest challenge is budgeting; especially the hours each day to do what I want to do around our home and garden, my interests such as genealogy and the voluntary work I do in the community - combined with the more recent budgeting challenge, a financial one of stretching the superannuation income as far as possible to allow me to continue to contribute as I would like to.

Are there also some benefits?

Yes - many benefits, in particular freedom of choice, not being bound by any constricting time frames for day to day activities - having the space to enjoy (the roses) and to live the day - responding to the weather and the family.

What's your recipe for 'positive aging'?

Up until recently I have been so occupied in my role as a Nelson City Councillor that my age and change of hair colour just caught up with me! Any recipe would have to follow and respond to what I am able to do and give at any particular time - a little like going to the pantry to make a meal, making use of what you have at the time and making sure your health, skills and ability are nurtured and retained if possible.

What do you see as the key issues for the Positive Aging Forum in the near future?

Nationally two important key issues I see are financial security and the increasing number of people in the older age group.

Financial planning to cover the older years, along with guidance and understanding of changing financial needs as individual circumstances change is a key issue. I believe that gathering the experience and knowledge of older people to build this understanding and in turn pass it on down the chain could be very useful.

Another key issue that is on the horizon - contributed to by increasing good health and wellness, is the growing number of older people in NZ. The compounding issue is the smaller number of younger people meaning some people will have to stay in the workforce longer to ensure there are enough skilled workers to ensure the older generations are well cared for.



Gail Collingwood



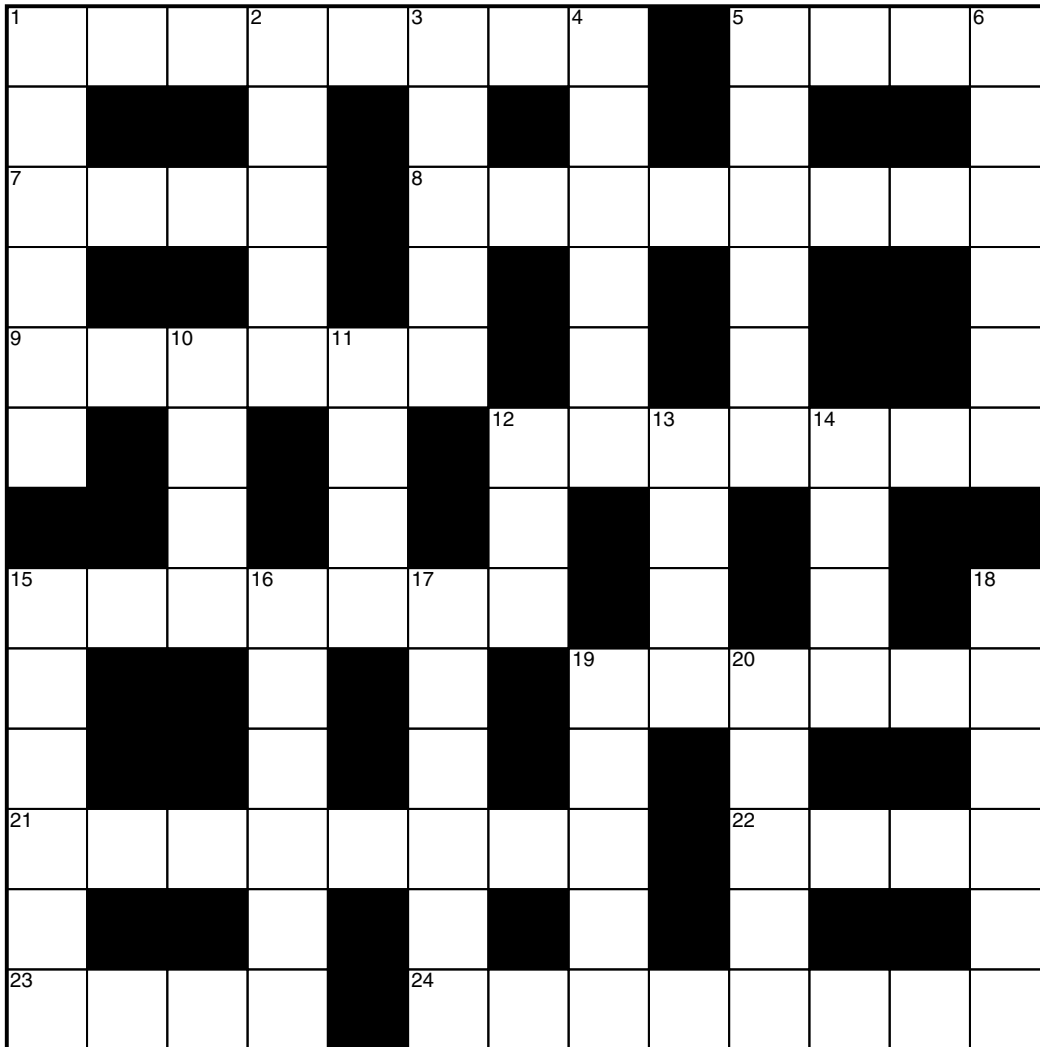
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Crossword



Clues

Across

1. Protruding part of cliff-face
5. ... & foot
7. Rear (legs)
8. Dreamer
9. Canine disease
12. Fastest-running bird
15. Teetered
19. Unfastened
21. Information bank
22. Golfer's warning
23. Pit
24. Unpunctuality

Down

1. Alternate ones
2. Diameter halves
3. Corrosive fluids
4. Hotel patrons
5. Receptacle
6. Disconnect
10. Fish-hook point
11. Wicked
12. Antiquated
13. Short-term worker
14. Sacred effigy
15. Good sense
16. Watch out!
17. Involve
18. Lazy people
19. Unconcealed
20. Impish

Answers page 19.

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What's On

DECEMBER 2013

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



For more events, see www.itson.co.nz or pick up a copy of Hummin in Tasman from Tasman District Council offices, libraries or Richmond Mall

October 2013 - February 2014

Trees Exhibition

Showcasing the work of 50 well known and established artists, 25 of whom are Golden Bay locals. Time 10.00 am - 4.00 pm, Fairholme Gallery, 637 East Takaka Road Golden Bay. Free entry.

6 December

New World Motueka Starlight Parade

A family event running through the town with events for children and with floats down the High St. 6.00 pm to 10.00 pm. Free entry.

7 December 2013

Carols in the Church, Upper Moutere

Sing through the Christmas Story by

candlelight with the Light of Christ Singers in the beautiful St Paul's Lutheran Community Church, 3 Supplejack Valley, Upper Moutere. Supper provided. Family Friendly, Free. Starts 7.00pm



8 December

Richmond Santa Parade

Free family event for everyone of all ages. Come on down and line Queen Street to welcome the floats. Great fun for children and a special guest will be available to chat to children afterwards in Sundial Square. Family Friendly, Free. Starts 12 noon.

Tiny Tots, Toys and Teddies Christmas Party

The magical and mystical Washbourne gardens are to become alive with the annual Tiny Tots, Toys and Teddies Christmas Party. A spectacular lineup of children's performers will be on display featuring larger than life stilt walking cartoon characters, along with Kath Bee and her catchy 'sing and dance-a-long' songs. Interactive play activities and games will also be available - sure to keep both young and old amused and active for ages. So come along, bring your teddy, and join in the celebration. Free community event, cancelled if wet. Time: 2.00 - 4.00pm

Motueka A&P Show & Fishing/Hunting Expo

We are very excited to be hosting the Inaugural Fishing & Hunting Expo at this years show. Time: 10.00 am to 4.00 pm, Marchwood Park, Queen Victoria St, Motueka. Free Parking. Tickets: \$5 per person, preschoolers free, \$20 Family.

21 December

Motueka's Birdhurst Christmas in the Park

Decks Reserve, Motueka. This is a family-friendly free event, with all proceeds going towards the 24-7 Youth workers at Motueka High School. This is a not-for-profit event where our heart is simply to give back to our community. The evening begins at 4.00pm. Bring down a picnic dinner while enjoying carols, dances, guest performances, Santa with gifts for all children, and much more! The evening will conclude at 10 pm with a BANG!

22 December

Carols by Candlelight

The serene Washbourn Gardens plays host to Richmond's Carols by Candlelight where all your favourite Christmas tunes are to be sung and celebrated in true festive spirit. Pack a picnic, bring some warm clothing and come along to share in the christmas tradition that has been spreading Christmas joy in Richmond for over 20 years. Free community event, cancelled if wet. Time: 7-10pm



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14 December

Brightwater Carols by Glo-lites

The event is held at Snowden's Bush Reserve, Brightwater with the local school and preschool children singing songs followed by a selection of Christmas Carols sung by members of the local Church. Santa will be there and it is a great event to mix and mingle with friends and family. Food, refreshments, glo-lites available for purchase or bring your own and enjoy the festive atmosphere. Time: 5.30 pm - 9.00pm



30 December

Richmond Market Day

An event for all the family. Stalls line Queen Street, there is entertainment in Sundial Square and a vast variety of food. Starts 9.00am. Family Friendly 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 free, school and 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

DECEMBER 2013

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 03 525 9393.

Drop-in Yoga

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

Genealogical Group

Sally Ph. 03 525 8086. Gentle Exercise Classes (through Golden Bay Physio Clinic) Held at Golden Bay Community Hospital, Mondays 10.00-11.00 am. No charge. Erica Ph. 03 525 9708.

Sit and Be Fit

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

Golden Bay Contract Bridge Club

Leigh Ph 03 525 9744.

Golden Bay Garden Club

Diane Ph 03 525 6121.

Golden Bay Patchwork and Quilters Guild

Liza Ph 03 524 8487.

Guided Gym Session

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

Indoor Bowls/Cards

Senior Citizens Club rooms. Mary Ph 03 525 8445.

Mah Jong

Ethel Ph 03 525 8615.

Marble Mountain Country Music Club

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

Motupipi Indoor Bowling Club

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

Pohara Bowling Club

Jennifer Ph 03 525 9621. Probus Jan Ph 03 525 9224.

Puramahoi Table Tennis

Rene Ph 03 525 7127.

SeniorNet [Golden Bay]

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

Tai Chi for Arthritis

Ann Ph 03 525 8437.

Takaka Golf Club

Ph 03 525 9054.

Takaka Golf Club

Ladies Section. G. Turley Ph 03 525 9122.

Takaka Spinning Group

Jan Ph 03 525 9374.

Takaka Table Tennis

Rene Ph 03 525 7127.

University of the Third Age (U3A)

Maira Ph 03 525 7202.

Upright and Able for Falls Prevention

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

Uruwhenua Women's Institute

2nd Tuesday each month. Anglican Church Hall, 1.30 pm. Nancy Ph 03 525 9491. Wednesday Walkers. Bron Ph 03 525 8627. Bob Ph 03 525 9958.

Wednesday Walkers

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

Workouts

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

Hope

Hope Midweek Badminton Club

Carolyn Ph 03 541 9200.

Nelson Veterans Tennis Club

Hope Courts every Thursday. Ph 03 547 6916.

Mapua

Indoor Bowls

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

Low-Impact Aerobics and Pilates

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

Mapua Bowling Club

Dave Ph 03 540 2934.

SeniorNet (Motueka)

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

Taoist Tai Chi

55 Muritai St, Tahunanui. Ph 03 545 8375.

Motueka

Age Concern

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

Arthritis New Zealand

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

Cycling

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

Diabetes Support Group (Motueka)

Heather Smith 528 9689.

Gym & Fitness Centre

Studio Gym 275. Catherine Ph 03 528 4000.

Indoor Bowls

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

Line Dancing (Beginners)

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

Marching

Motueka Veteranettes Marching Team. Bev Ph 03 528 9125.

Motueka 50+ Walking Group

All walks leave Deck's Reserve carpark, where transport is arranged. To see the walks schedule, go to www.motueka50pluswalkers.org.nz. Meetings on the last Thurs of each month in the RSA Club, High Street, Motueka, 9.30 am. Contacts: Secretary Gill Gately Ph. 03 528 5399, President Tim Rich Ph. 03 528 6922. For details about alternate walks, contact Lesley or Ray Cranefield Ph. 03 527 8113.

Motueka and District Historical Association

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

Motueka Bowling Club

Don Ph 03 528 7208. Tony Ph 03 528 9175.

Motueka District Museum

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

Motueka Recreation Centre Senior Activity Programmes Term 4, 2013

Silver Sneakers - specific to Falls Prevention. Focus on posture and balance. Mon 9.30 am. Cost \$4.

Social Badminton

Mon 11am. Cost \$4.

MOVE2MUSIC

Fun 50+ Aerobic Class / Weights. 9.30am Tues & Thurs. Cost \$4.

SitnbeFit

Fun seated aerobic Class / weights. 10.30am Tues & Thurs. Cost \$4.

Freedom in Motion

Fun seated exercise class for the LESS ABLE. 11am Wed & Fri. Cost \$4. Weka house (blue house behind the rec).

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 Margaret 03 528 7564 or 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 8296.

Scottish Country Dancing

Valerie Ph 03 543 2989.

SeniorNet [Motueka]

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

Social Recreation

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

Upright and Able, Falls Prevention

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

U3A (University of the Third Age)

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

Yoga

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

Murchison

Age Concern

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

Recreation & Service Directory

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

DECEMBER 2013

Nelson

Age Concern

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

Angie's Active Circuit

Burn calories and increase muscle and energy levels in this fun, easy aerobics and circuit class. Thurs 9.15 am-10.15 am, Tahuna Presbyterian Church, Muritai St. \$5. Ph Angie 03 547 0198.

Aquatics/Swimming/Gym

Riverside Pool
Ph 03 546 3221.

Art Group Nelson

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

Arthritis New Zealand

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

Belly Dancing

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

Bodyvive (Low-impact)

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

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 Team, Track Cutting Team, Invasive Plant Control Team, Trapping Team, Lizard Monitoring, Bird Monitoring. For more information visit www.brooksanctuary.org.nz/ support or Ph. 03 539 4920

Cardiac Club/Gym & Fitness Centre

City Fitness
Sharon Ph 03 539 0348.

Cardiac Support Group

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

Diabetes Support

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

Diabetes Support Group (Nelson)

Joan Whipp 548 6263

Dining4Twelve

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

Golf Croquet

Nelson-Hinemoa
Bev Ph 03 548 2190.

Government Superannuitants' Association

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

Grandparents Raising Grandchildren

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

Gym Contours Health & Fitness

Ph 03 544 0496.

Hatha Yoga

Maureen Ph 03 546 4670.

Hearing Association Nelson

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

Hot Yoga

Claire Ph 03 548 2298.

Housie Evening

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

Marching

Silveraires Leisure Marching Diana Ph 03 548 9527.

Marybank Garden Club

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

Nelson Caravan Club

Allan Ph 027 319 7427.

Nelson Community Patrol

Suzy Ph 03 539 0409.

Nelson Dance Along

Rosalie Ph 03 548 2236.

Nelson Electronic Organ and Keyboard Club

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

Nelson 50+ Mini-Walks

Gwenda Ph 03 544 5307.

Nelson Male Voice Choir

Rehearsals: School of Music, Monday evenings. John Ph 03 547 5181 or Ernie Ph 03 548 7291.

Nelson Petanque Club

Wed and Sun 1.15 pm at Highland Pipe Band Hall Paru Paru Rd. Boules and tuition provided. Noeline Ph. 03 546 8699.

Nelson Philatelic Society

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

Nelson Provincial Museum

For details, visit www.museumnp.org.nz

Nelson Savage Club

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

Nelson Social Dancing Club

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

Nelson Scrabble Club

Meets every Wednesday 7.00 pm at the Nelson

Suburban Club, 168 Tahunanui Drive. Steve Ph 03 544 0475.

Nelson Senior Citizens

Social Indoor Bowling Club. Valda Ph 03 544 1487.

Nelson Social Dancing Club

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

Over 50s Pilates and Yoga

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

Pottery Craft Potters Nelson

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

Probus, Stoke-Tahunanui ladies branch

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

SeniorNet [Nelson]

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

Senior Service - Nelson Baptist Church

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

Sit and Be Fit A 35min class

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

Stroke Foundation

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

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

Table Tennis

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

Tahunanui Bowling Club

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

Tahunanui Community Centre

A range of activities and services on offer, walking, gardening, cycling and free counseling. **Way2Go Walking group** – Meet TCC 9.45am Thursdays. Varied and interesting walks each week, bring your gold card as sometimes we bus and walk sometimes just walk.

Garden Group – Meet 1st Wed of each month 10.30am. Different topic and venue of gardening interest with great group of gardening enthusiasts. \$3.

Rusty Riders – Regain your confidence on a bicycle with this supportive group. Bikes provided along with tips to get you back on the saddle. Mon 2pm \$2.

Shiny Riders – Ready to go for a bike ride again? Join us for a great ride around the scenic Stoke bike paths. Tues 1pm \$2. Please Ph Jo at TCC 458 6036 for details on any of our activities

Tai Chi with Gretchen

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

Taoist Tai Chi Internal Arts for Health

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

The New Hub

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

U3A

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

Ukulele with Gretchen

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

Upright and Able for Falls Prevention

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

nz for more information and registration.

Veterans' (55+) 9 hole golf days

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

Victory Laughter Yoga Club

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

Victory Senior Support

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

Walking

Nelson 50+ Walking Group Noel Ph 03 544 2286.

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

Zenda Middle

Eastern Dance

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

Richmond

Age Concern

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

Badminton Richmond

Morning Badminton Dawn Ph 03 544 4120.

Body Power Pilates & Yoga

Centre Richmond Town Hall Sue Ph 029 281 3735.

Bodyvive (Low-impact)

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

Bridge Lessons

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

Club 50

A social group of mature adults looking for companionship, recreation and enjoyment. Sport Tasman, Richmond Town Hall, Cambridge Street. Enquiries: 03 544 3955. Email: Club50.rrc@sporttasman.org.nz or website www.sporttasman.org.nz.

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

For all trips, meet at Richmond Town Hall to carpool. If raining, please call. **December 3rd:** Leisurely Walk at Sandeman Reserve, Visit to Eyebright followed by Coffee at Grape Escape.

December 10th: Our Movie "The King's Speech" Movie Starts at 10am

December 17th: Twinkling Celebratory Christmas Lunch for Club50 at Richmond Town Hall. Bring your dancing shoes, your festive cheer & a dessert to share. Wine & Fizzy provided by Sport Tasman.

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

Easy Exercise

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

Euchre

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

Hope-Ranzau Women's Institute

1.15 pm on the first Wednesday of each month at 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.

Laughter Yoga, Richmond

Nourish your wellbeing. Marion Ph 021 145 3027.

MenzShed Waimea

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

Nelson Dance Along

Old Time Sequence/New Vogue, Richmond Town Hall, 7.30pm to 11pm Tape Music, Cost: Members \$4.00, Non Member \$5.00 Saturday 14th & 28th December 2013 Saturday 11th & 25th January 2014. For further information contact Rosalie Winter (03) 548-2236

Pedometers from the Library

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

Pilates Courses

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

Pottery

Tutored classes at Craft Potters, 202 Ranzau Rd, Hope. Wednesdays 10.00 am - 12 noon. 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. Richard Ph 03 544 7076 or club Ph 03 544 8891.

Richmond Indoor Bowls

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

Richmond Joggers

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

Richmond Physiotherapy

Weekly classes in their spacious, sunny gym **Exercise For the Older Adult:** A well-balanced, physiotherapist-led mix of strengthening, balance and cardio exercises. Monday 10.30-11.30 am, \$8. **Knee Class:** Physiotherapist-led exercises to strengthen the lower limbs. Suitable for those with achy or arthritic

knees wanting to keep or improve their strength to remain active Thursday 10.00 am-11.00 am, \$10.

Richmond Recreation Centre & Town Hall

9 Cambridge St. Ph. 03 544 3955 www.sporttasman.org.nz or www.way2go.org.nz

Body Define Circuit, Weds 11.15 am. Gym-style circuit class. \$4. Suitable for all levels of fitness, and children's play area available. \$4

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

NEW Cardiac Club, Shapeup

4 Healthy Hearts: (Heart Foundation affiliation programme), Mon & Fri 10.10 am - 11.10 am. \$4. **Club 50:** Tues 9.30 am. A fun social recreation & activities group. All welcome.

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

Fun Housie: With prizes. Designed for all ages and those with special requirements. Fridays 2-4.00 pm. \$3. **Ease In2 Cycling:** Easy social cycling. Wed 1-3.00 pm. \$4. Enjoy the sights of Richmond/Nelson on your bike.

Richmond Senior Citizens Assn Inc

Seniors on the Go! 62 Oxford St Richmond Costs are only \$2 per daily visit

Tuesday Indoor Bowls from 10am with Morning Tea Cards from 1pm-4pm Wednesday gam-2pm Quiz, Housie and Activities Thursday gam-Noon Craft & Company Morning Cards from 1pm-4pm Friday gam-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 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. Ph. Eileen Ph 03 544 6392.

Richmond Waimea Community Whanau Group

Community groups, services or organisation

representatives come together to share information. (Just turn up.) Meets the first Tues of each month, noon-1.00 pm, Senior Citizens Rooms 62 Oxford St, Richmond. Guest speaker at most meetings. BYO lunch (tea & coffee provided).

Richmond Walking Group

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

Saxton Seniors

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

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

Senior Circuit: Tuesday 10.45 am after walking group, \$4. A lowimpact all-over workout using resistance bands and light weights.

An indoor, all-weather activity, followed by a cup of tea.

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

Tai Chi for Health: Ph 03 538 0072 to book, or email saxtonstadium@xtra.co.nz

Silver & Strong

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

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's Club Recreation

9 Cambridge St, Richmond Ph 03 544 3955.

\$4 Fitness Easybeat: Monday & Friday 9.00 am

Ease in2 Easybeat: Monday & Friday 11.15 am

Shapeup: Mon & Fri 10.10 am **Sit & Be Fit:** Fridays 11.15 am

Recreation & Service Directory

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

DECEMBER 2013

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

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

Walking Group: Mondays 9.30 am, no charge.

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

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

Tasman Tennis Club Social tennis Tuesday mornings 9.30 am, beside the Badminton Hall, Gladstone Rd. Coaching sessions avail-able. Kolie Ph 0278 293 366 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, Falls Prevention Free 6-week course for those over 65 with a fear of falling. Ph Cherie Thomas 03 539 1812 for more information and registration.

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

Stoke

Angie's AquaFitness Get back into activity in a warm-water pool. All abilities, shapes and sizes welcome. Tuesdays, 10.45 am-11.45 am, Thursdays 6.00 pm -7.00 pm. \$6.

Ngawhatu Pool, Stoke. Angela Ph 03 547 0198.

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

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

Breast Prostheses and Mastectomy Bras 11 Keats Crescent, Stoke, Nelson. Helen Clements Ph 03 547 5378 www.classiccoutours.co.nz

Clogging/Tap Dancing Nelson Sun City Cloggers. Georgina Ph 03 545 1037.

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

Hatha Yoga Maureen Ph 03 546 4670.

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

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

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

Presbyterian Support Our Harakeke Club welcomes people who have had a diagnosis of

Alzheimer's Disease or another dementia. We provide opportunities for socialising, participating in a varied activities programme, and more. Mon-Fri, 10.00 am to 3.00 pm. Tue-Fri 10.00 am - 3.00 pm Totara Club. Day programmes for older people, socialising and participating in a personalised activity programme. Both clubs also provide a two-course cooked lunch and door-to-door transport to and from the centre. Ph Sasha Spargo 03 547 9350.

Safety & Confidence Kidpower, Teenpower, Fullpower Trust Cornelia Ph 03 543 2669.

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

Stoke Bowling Club Allen Ph 03 547 1411.

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

Stoke Companions Inc. Fellowship & Aerobics Group for 50 yrs of age & over, a reasonable level of fitness. 9.15 am Weds. St Barnabas Church Hall, Main Road Stoke. Ph 547 2386.

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

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

Regular activities: **Drama Group** - Mondays from 10.30 am-noon. Gold coin donation.

Scrabble Club - Mondays 1.00 pm.
Euchre - Tuesdays 10.30 am.

Mah Jong - Tuesday 1.00 pm. 500 Club - Wednesdays 1.00 pm.

Art class - Mondays 10.00 am. \$4.

Walking group - Tuesdays 10.00 am from the Stoke Memorial Hall carpark. A casual walk of about 1 hour. **Tai Chi** - Tuesday 1.30 pm. \$6. Sit and Be Fit exercises to music - Tuesday and Wednesday at 11 am in the Stoke Memorial Hall. Gold coin donation.

The Sun City Ukcs - Thursdays 10.00 am - noon. Gold coin donation. Contact Ruth. All the above classes meet in the Stoke Memorial Hall. Monthly Movie - Ph. 03 547 2660 for details.

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

Social Seniors Choir - The Musical Demons meet Thursdays from

11.00 am to noon. For details, contact Anne.

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

Cruisin' with Karen - Fridays

Girls Own - Fridays **Lads @ Large** - Fridays Monday Out & About Trips & picnics.

Thursday Out & About 11.00 am. A van tiki-tour. Weekly Afternoon

Entertainment - contact office for details.

Also Tues-Thurs Meals - a two-course meal at midday for \$8 (members), \$10 (non-members).

Ph. 03 547 2660 to book (preferably by 9.30 am the day before).

Stoke Sit and Be Fit Stoke Sit & Be Fit for Men & Women. Tuesdays, 10.00 am at the Indoor Bowls stadium, Songer Street, opposite Neil Ave. \$3 for Arthritis New Zealand. Ph Maureen Ph 03 546 4670.

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

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

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

Upright and Able, Falls Prevention Free 6-week courses for those over 65 with a fear of falling. Ph. Cherie Thomas 03 539 1812.

Tapawera

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

Visual Art Society Kaye Ph 03 522 4368.

Walking Rural Ramblers. Ph 03 541 9200.

Wakefield

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

Live Well, Stay Well Activity Group Meets every two weeks on Tuesdays. Contacts: Margaret 03 541 9693 or Yvonne 03 542 2235.

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

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.

Our literary section salutes the short-story writers and poets in the Nelson-Tasman region. Fossil Ridge winery awards a bottle of fine wine to the winner each month. Congratulations to **Margaret A. Fearn**, who takes the prize for December.

Smorgasbord

Take a bunch of lush green
Season it with Tasman salt

Marinate in clear water for two hours
Sauté in lashings of golden sun

Stir in with a lighthouse
boulders and crushed marble

Layer with cafes, galleries and a museum
to give it the WOW factor

Don't forget the seasoning of festivals
and parades
and toss in a few buskers

Pepper with native bush
sift blue sky over the top

Garnish with writers, artists, potters,
jewellers, musicians, singers and dancers

Place on a platter for all to enjoy
Taste Nelson

Margaret A. Fearn



NBCF Grant Reception, 2013

Community Groups Benefit from Nelson Bays Community Foundation Funds

Murchison Theatre Trust, Alzheimers Takaka-Nelson, Motueka Victim Support, the Hearing Association, Nelson Multicultural Council and both Richmond and Wakatu Riding for the Disabled were the 2013 recipients of grants from the Nelson Bays Community Foundation (NBCF). The grants will be used for things like expanding hearing outreach clinics into Tasman, new pamphlets outlining services for Victim Support, fixing the roof of the Murchison Theatre, workshops for new migrants and families living with Alzheimers and buying new stirrups and nutritional feed for horses.

Nelson Bays Community Foundation aims to attract funds from local bequests and endowment funds

for either general or more specific named distributions throughout Nelson and Tasman. If you would like to leave a bequest in your will for general distribution or to a specific charity/s or want to create a named fund during your lifetime, please contact NBCF on 0800 777 880 or email info@nbcf.org.nz

Photo caption: NBCF 2013 Grant Recipients at a function held at Crowe Horwath offices in Richmond. The drinks and nibbles were donated by Richmond Fresh Choice.

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

O	V	E	R	H	A	N	G		H	A	N	D	
T			A		C		U		O			E	
H	I	N	D			I	D	E	A	L	I	S	T
E			I		D		S		D			A	
R	A	B	I	E	S		T		E			C	
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72 Hart Rd, Richmond 11am – 4.30pm Wed – Sun SUMMER
Phone/Fax 03 544 9463 12noon – 3.00pm Wed – Fri WINTER
wine@fossilridge.co.nz Closed Monday and Tuesday



Age Concern Nelson Events 2014



The end of the year is drawing near. Age Concern Nelson is already planning for 2014. We plan to hold a series of interesting FREE workshops which you may want to consider in the New Year.

Staying Safe workshops

These are for older drivers and help to maintain and improve safe driving practices, increase knowledge of road code changes and outline transport options available to help senior road users remain mobile. These are extremely valuable courses.

Car fit Clinics

These clinics are where an occupational therapist will work with you and your car to ensure you are best positioned in your car and know how to adjust and use mirrors and ABS brakes, to drive safely and comfortably. These courses are designed to be helpful and cut down serious injuries in accidents.

Life Story Workshops

Age Concern has produced a great book called 'Reflections of my Life' where you can record details about you and your

life. The FREE books are easy to follow and allow space for photographs also. We run workshops getting people together to share stories and write their own stories. They are very valuable as all people have a story to tell and we encourage writing these very important memoirs. We are happy to run these with your groups ie: Probus, Lions, Rotary, Church.

We also sell the books in our office at \$10.00 each if you do not wish to come to a workshop.

Healthy Eating Workshops

We are holding workshops next year for people who are living alone or couples, to encourage and support healthy nutrition and meal planning. We plan to give participants of the workshops a FREE cookbook entitled : Healthy Eating – Cooking for one or two. These courses and books encourage older people to consider their nutritional requirements and also have fun whilst cooking with exciting recipes.

All that remains is to wish you all a very Happy Christmas and New Year.

If any of these courses interest you, please phone our office on 544 7624 and register your interest, we would love you to attend.

Suffering from unsightly, aching varicose veins?

Would you like to wear shorts again?



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