

mudcakes & roses

THE MAGAZINE FOR NELSON TASMAN SENIORS

What's inside:

- Summer family events
- Is there an easy way to solve the housing crisis?
- Books, gardening, media and more

Letter from the editor



We human beings are an inventive lot, finding purpose and inspiration in our lives in ways that are as many, and varied as we are.

Some of the contributors to this issue find inspiration in their spiritual beliefs. Others find inspiration in nature, art, books or music. Others are inspired to make the world a better place through voluntary community work, or involvement in politics.

Yet others are inspired to create special events which celebrate community and keep the past alive.

And some of us are inspired simply by the prospect of sunny skies and a break from our workaday lives. With best wishes for summer and the Christmas holidays!

Re Cambridge

In this issue

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There's big excitement in Golden Bay this month with special events which celebrates "First Encounter 375", the arrival of Abel Tasman's two ships in Golden Bay in December 1642.



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It sounds impossible, but Nelson City Councillor Matt Lawrey, thinks there's an easy way to improve the quality and quantity of our housing stock, provide free land to build on and make it easier for the elderly to live in their own homes.



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Just how do you keep track of all those website passwords? Media Matters columnist Annabel Schuler has a few suggestions.

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Radio man Gary Hoogvliet, has an ear for music and investigates the power of music to inspire and evoke special memories.



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If you're a Good Keen Man, the Red Cross Needs You!



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A farewell

Garrick Batten, who has been our resident commentator on rural matters since last October will no longer be contributing to Mudcakes and Roses. Our good wishes and thanks to Garrick for sharing his reflections on life from a rural perspective.

In our next issue

Fingers crossed that when you read our next issue in February next year we'll be enjoying perfect holiday weather. What better time to make holiday's theme of the magazine, and to celebrate the many relaxing and recreational possibilities in the region?

Perhaps you'll be reading Mudcakes at the beach, under a brolly in your own back yard, or perhaps in a tent, sheltering from an unseasonal downpour. Wherever you are, and whatever the weather, we hope you will enjoy our emphasis in future issues on special events and happenings in the region.

Changes to the magazine

Beginning this month, the Service Directory will no longer appear in every issue of Mudcakes. Instead, the listing will be updated every 6 months and appear as a twice-yearly insert.

We understand that the directory is a handy reference, and that many of you will be disappointed by its disappearance from the magazine.

However, now we will have an additional three pages in which to bring you more local news, and detailed information about special events in the region with particular relevance to older residents of Nelson and Tasman.



Golden Bay celebrates 'First Encounter'

An event of National Significance

From the 16th to the 19th of December, the Golden Bay/Mohua community embarks on its biggest heritage event since 1992.

In 1992 Queen Beatrix of the Netherlands attended the 350th anniversary of the arrival of Abel Tasman's two ships into the place he named Moordenaers Baij, and which we now call Golden Bay.

The event, called First Encounter 375 (or FE375 for short) celebrates the 375th anniversary of Tasman's arrival in December 1642, and marks the 75th anniversary of establishment of Abel Tasman National Park, in 1942.

Penny Griffith, Convenor of the FE375 Planning Group, says they are working hard on final details of the commemoration. "We've got a really strong team, and are working closely with Manawhenua ki Mohua, DOC, schools, the Village Theatre, and community groups such as Waka Ama," she explains. Volunteers are also being co-opted to help on the day. The Pohara Hall, near Tarakohe Harbour and the Abel Tasman Memorial, will be the hub of the events. A specially developed "Welcome Aboard" exhibition and



A page from Abel Tasman's journal
National Archives, The Hague, Acquisitions
First Department, number access 1.11.01.01,
inventory number 121

other displays will be open to the public from the afternoon of 16 December. Penny says the national significance of the 1642 events in New Zealand history is by the special guests who are attending the commemoration. Five official visitors are coming from Grootegast (which includes Tasman's birthplace) in the Netherlands, as well as Netherlands Ambassador Rob Zaagman. Historians and Dutch visitors from around New Zealand are also coming.

It is particularly significant that descendants of Ngāti Tumatakokiri (the iwi who encountered Tasman in 1642) will be participating. "This may be the first time in 375 years that Ngāti Tumatakokiri and the Dutch have been together at the place where that first encounter took place" says Penny.

An interesting mix of events is planned, to attract both locals and visitors. After a powhiri for the official party at Onetahua Marae, the formal opening takes place on Saturday 16 December 4.00 – 6.00 pm. The following days will include documentaries, boat trips, talks, a water-based event in Tarakohe Harbour. There is a community variety show on Monday 18 December (from 4.00 pm), with other events continuing until Tuesday 19 December.

Tasman District Council, including the Golden Bay Community Board, is the major funder of the FE375 events, with generous additional support from ITM, Pupu Hydro Society, NBS, and the Netherlands Embassy.

More information

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An easy way to end the housing crisis?

Nelson City Councillor and the Green Party's Nelson candidate at this year's election, Matt Lawrey, argues that while more state housing will help, smarter use of privately owned land would also make a big difference.

The housing crisis is never far from the headlines and while the new government is promising to build more state houses there can be little doubt that the Nelson region will face a shortage of dwellings for some time to come.

Hands up who wants to increase the quality and quantity of our housing stock, provide people with free land to build on and make it easier for the elderly to live in their own homes?

Wow! That's a lot of hands. Okay, here's how we do it; in Canada it's called "the second suite" and it's a brilliantly simple but effective concept. In cities like Calgary and Vancouver people have the right to turn their existing house into two dwellings or to build a secondary dwelling on their property as long as it doesn't create problems for their neighbours in terms of things like daylight angles and site coverage. Think of it as super-sizing the old granny flat concept!

Under our present rules such a move would require resource consent, which can be a challenging and expensive process. The rules date back to a time when there wasn't as much demand for housing and people were less comfortable about having others living near them. Times, of course, change and the impression I get is that these days allowing secondary dwellings could be a winner; particularly when you consider the long list of benefits.

As everyone knows, it would be a lot cheaper to build houses in the Nelson region if land wasn't so prohibitively expensive. Allowing secondary dwellings effectively provides people with free land to build on. It's free because they already own it. Imagine how much cheaper it would be to build a cottage or a studio if you didn't have to buy any land.

Not to be confused with subdividing, permitting secondary dwellings would allow many asset rich but income poor Nelsonians to make money out of their properties through rent, making it easier for them to stay in their own homes.

It would also help family members live near each other and support each other.

Imagine you're retired and your grown-up son or daughter has a young family of their own but they're struggling to find somewhere to live. A secondary dwelling could provide you with a new double-glazed, well-insulated, well-designed townhouse to live in and free up your main house for the younger ones.

Another great thing about allowing people to add a secondary dwelling to an existing property is that it would lead to more housing in existing neighbourhoods, which means they would be near schools, shops and parks.

This would result in savings for ratepayers as there would be less demand for the expensive services and infrastructure that come with new subdivisions. Allowing secondary dwellings could also reduce the amount of productive horticultural and farm land being turned into subdivisions, which would be helpful given that we rely on that land for food and jobs. It could also help to reduce congestion as it should mean more people living closer to town.

Increasing the supply of housing would also act as a handbrake on rising rents, making life less stressful for long-term renters and making it easier for would-be first-home buyers to save.

Some will argue that allowing secondary dwellings will put undue pressure on our existing stormwater and sewerage systems. I don't deny that in some areas there might be challenges but, at present, the rules allow people to add big extensions with multiple loos to their existing homes. This might get real estate agents salivating but it does little to meet today's housing needs.

After all, the average occupancy in Nelson is 2.4 people per dwelling, almost two-thirds of private dwellings are home to only one or two residents, and 40 percent of houses with four or more bedrooms have only one or two people living in them.

If you think the secondary dwelling concept is worth pursuing, please make a submission to Nelson City Council when the draft Nelson Plan is released next year or just email my fellow councillors – you'll find their addresses on the NCC website.

If you live in Tasman, let your councillors know or contact the TDC's environmental policy team.

Nelson City Councillor Matt Lawrey believes allowing secondary dwellings could help to solve the housing crisis and make a big difference in the lives of many Nelsonians, including those of us who are retired.

Photo: Linda Ly



The Retro Metro

Transcendent moment



Walking the dog one recent morning, I was blessed with a few glorious minutes of transcendence. I would like to claim the feeling was earned through meditation and long spiritual practice, but that would be completely untrue. The sensation arose out of nowhere and vanished in a few minutes.

Whatever the reason, I felt suddenly at one with the universe. There was no separation between me and the rest of world. I was no longer a distinct and separate creature buffeted by storms of feeling – transient but no less powerful for that – of love, fear, sadness, furies and hurts.

On this particular morning, everything, myself included, was miraculously imbued with this mysterious thing called “life”. Blue-hulled ships lay at anchor beyond the Boulder Bank. The grass of Founders Park

was a brilliant cared-for green. The little railway station behind Miyazu Park looked like a figment from a Rita Angus painting. The dog on her four legs tacked back and forth following invisible song-lines of smell. I walked on my two legs with the sun warm on my back and everything – the dog, the sea, the grass, gulls, park benches, gravel, railway lines, even me – seemed beautiful and made of the same essential stuff.

I could summon the same feeling as a child by lying flat on cool damp grass and closing my eyes. Then I felt that only a tiny dab of the glue called gravity stopped me drifting upwards to join the stars and the planets.

It’s a feeling which seems to happen most often in nature. “I pause, and I wait, and I listen / For one more sound \ For one more lovely thing \ That the hills might say” sings Maria Von Trapp in ‘The Sound of Music’.

Robin Morgan, U.S. Feminist, activist and poet, who has Parkinson’s disease describes sitting in her doctor’s waiting room “watching the future shuffle in and out” but also reports experiencing an hour

in her garden when “nothing mattered, all was unbearably dear.”

English playwright Dennis Potter, interviewed on television only weeks before his death from cancer, talked of the plum tree in bloom outside his window. “It is the whitest, frothiest, blossomest blossom that there ever could be, and I can see it ... the nowness of everything is absolutely wondrous ... the glory of it ... the comfort of it, the reassurance ...”

The feeling I enjoyed during my dog walk has faded. But in an effort to keep the memory fresh, I am practicing the three prayers which US author Annie Lamott are the only ones we need: Help, Thanks, and Wow!

CONTRIBUTOR:

Ro Cambridge

(Writes as the Grey Urbanist in the Nelson Mail)

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.



Passwords – The Agony and the Ecstasy

There was a time when the only password you needed to remember was “Open Sesame”. Those magical words got you into tree huts, dens at the bottom of the garden and mythical pirate ships down by the river.

But those days have passed. Now, if you use any or many forms of electronic communication the first thing you have to set up is a password. Then follows the stern warning against using birthdates, number sequences, easily guessed names and the biggest no-no of them all: don't write the password down.

That is all well and good if you are 25 years old and have an IQ of more than 130 but for those of us who have given their brains a good workout over the years the ability to remember passwords is sadly diminished.

I have just counted the number of internet sites I access (some very rarely) for which I have generated a password: grand total 75. Can I remember all those? Not on your Nellie. I get a lot of use out of the “Forgot Password?” button.

But now we hear that the man who wrote the definitive document on what comprised a good password told the United Kingdom's Telegraph newspaper that he got it wrong back in 2003. He says the style of passwords he had us develop and remember are not as effective as he thought they would be.

We understand that passwords are the barrier which stands between us and very smart and savvy computer hackers, who want to get into our accounts to steal our money, our identities or just wreak havoc. Unfortunately, the harder we try to maintain good password hygiene, the better the bad guys get at working out what that password is.

Of the 75 sites for which I have a password, there are probably only 10 which would cause me serious issues if these were hacked.

So, what's the solution you ask? Using “Pass phrases” could be one answer. According to The Telegraph article, using a phrase like “horsecarrotsaddlestable” would take one trillion years for a “botnet” cyber-attack to crack, in contrast to a minute for “P@55w0rd.”

The internet is divided on which is better, a pass word or a pass phrase. The problem with a pass phrase is that people generally use a few words from a song or a commonly used slogan and that is easy to crack. The rhythm and cadence of lines of poetry, prose or lyrics in songs are easy to break because they contain patterns which we humans use subconsciously and which specially programmed robots can detect.

Which leaves everyone who engages with the world wide web with a problem. The need for strong passwords or paraphrases is only going to become greater as the code crackers get cleverer.

Another solution could lie in password managers such as Lastpass, Dashlane or Roboform. These can be downloaded at no cost, although some may ask you to upgrade to a paid account. In some cases, you are asked to create one master password and all your other passwords are managed for you under that; in others you are assisted to develop a raft of really strong passwords which are difficult to crack and attack.

You are putting some of your most sensitive information into the hands of a third party but is that any worse than putting it into a notebook, on some sticky notes or keeping them stored on a Word document on your computer? At the very least, you should review and renew your most important passwords, test their strength and think about improving their storage.



Christian radio host finds his inspiration in music

It's a great question. At school, it was the thought of not passing exams. Actually, that might really be telling dad I that hadn't passed them. It was trying to make the basketball team. It was trying to impress a potential girlfriend. I wonder if sometimes there's not a fine line between inspiration and fear.

But what really inspires me? Not people usually. I admire what some people do, but I find it hard to be inspired by them. I need more than the coming of spring, and the inspiration to prepare the garden.

It is music that really inspires me. While living overseas I went to the Commonwealth Games and when NZ won a gold medal they played the NZ national anthem. I was surprised to find myself crying.

In the movie Amadeus, Salieri describes Mozart writing music that soars to the heavens. Watching the movie, I was transfixed by his description of the moment, then the music played and came alive. I was inspired. I wanted to jump with joy.

It's no wonder I ended up working in radio. In radio we talk about "anchor" songs which evokes a special or dramatic event in people's lives. Usually a song that we were singing or playing at the time of the event. A reaction to a stimulus like that of Pavlov's dogs. When I hear a song, and often remember where I was when that song first came out.

For example, Joe Cocker's version of 'She Came In Through The Bathroom Window' takes me to Cumberland Street in Dunedin way back in 1972. Handel Parker's 'Deep Harmony' takes me to the Salvation Army Citadel in Oamaru. The music that opens the 'Pink Panther' movies makes me smile.

I'm also a huge fan of early black gospel. Aretha Franklin and Albertina Walker evoke an emotional response in my very being. And oh the



delight of time to myself when I can play all of Mozart's Clarinet Concerto in A Major as loud as I want.

Conversely, the opening moments of Coronation Street have me racing for the remote or needing to leave the room. I find myself muttering that the music of today is nothing like it used to be. My daughter says I'm just getting old.

So who is it I must thank for this love of music – because music is indeed a glorious thing to love? I would like to say it's my mother. She played classical music and old hymns on the Phillips record player I wasn't allowed to touch till I was fifteen.

Mum could sing! As a ten year old I remember her singing duets at church. I'd like to believe that she sang to me whilst I was in the womb. She sang like the angels. She is now with those same angels. Sing mum!

I'm currently doing the Saturday morning radio show on Star (612 AM) and because it's an 'oldies' format I'm in my element. I listen to the harmonies. One verse I'm singing the tune, the next verse I'm trying to harmonise. I've added the word trying here in case my mother-in-law reads this!

A few weeks ago I played a Dottie Rambo song. You'll know the tune I'm sure. Officially it's called the 'Londonderry air' but most of us would call it 'Danny Boy'. I started off simply enjoying the tune and the way Dottie sang, but then I listened to the words and I found myself deeply moved to the point of being inspired. It's a short song.

Amazing grace will always be my song of praise.

For it was grace that brought me liberty.

I do not know just why He came to love me so,

He looked beyond my fault and saw my need

I shall forever lift mine eyes to Calvary

To view the cross where Jesus died for me,

How marvellous His grace that caught my falling soul

He looked beyond my faults and saw my need.

That inspired me, it still inspires me. Now that I have finished writing this I'm going to listen to it again. As Nietzsche said "Music expresses that which cannot be put into words and that which cannot remain silent"

CONTRIBUTOR: GARY HOOGLIET

Gary Hoogvliet lives in Nelson and is Head of Media for Rhemamedia which is based in Auckland. He's happy to "pay the price" of commuting to work in Auckland so he can continue to live in Nelson. You can listen to his Saturday morning radio show on Star 612 AM.





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.



Not all nutrition advice is equal

Where do you find your inspiration to eat healthily or to try new foods and recipes? Finding reliable information about nutrition can be quite a challenge. The internet and other media are now top information sources. Many of us use Google to find answers to questions about nutrition. We only have to click a few times to find a wealth of information about nutrition and promises of better health.

While it is great to have all this information at our fingertips, we need to remember that anyone with access to the internet can masquerade as an expert and promote any message they want. It is not unusual to come across conflicting advice or opinions when we search a nutrition topic. We may even hear certain messages repeated so often that we start to believe them. Here are some quick tips on how to critique the nutrition information in this age of information overload.

Firstly, check the source of the information. Is it from a reputable professional organisation or is it from a self-proclaimed expert? Secondly, be aware that there is

nothing magical about individual foods and that there are no cure-all products. Also be wary if a single food, or a whole food group, is classed as "bad". Healthy eating is about our complete dietary patterns over the long term. If a quick fix sounds too good to be true, it usually is!

Currently, saturated fats are the subject of much confusion and controversy. Just for fun I put this topic into Google and the results on the first page provided me with a wide variety of websites. I clicked on two random articles and the first article was from an American Fitness Magazine singing the praises of saturated fats. The second article was also American (Harvard Medical School) and provided a detailed report on all the different fats in our diets. As a registered dietitian, it is my role to carefully evaluate information and evidence about food and nutrition, and translate it into practical advice. My interpretation of the saturated fat debate is that some saturated fats – such as those in dairy products – may be less harmful than what we previously thought. But there is no evidence that increasing our intake of dairy fats such as butter is beneficial for our health.

On the other hand, there is convincing evidence that the oils from olives, avocados, nuts and seeds have benefits for our health. Personally, I will continue to use mainly low-fat dairy products that are high in calcium

and get most of my fat intake from olive oil, nuts and seeds and their oils.

I encourage you to keep looking online for inspiration and information about healthy eating. Always ensure that the author of the information, as well as the information itself, is credible and balanced. Be suspicious when you see extreme claims or black and white emotive statements. I have suggested some reputable websites at the foot of this column.

Send your questions and suggestions to Marion:

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Nelson 7011



If you have a health concern you should consult your GP or health professional. A registered dietitian can give you sensible, personalised dietary advice.

- www.nutritionfoundation.org.nz
- www.heartfoundation.org.nz/wellbeing
- www.healthyfood.co.nz

The Red Cross is looking for some good keen men

Having a whole lot of extra time after you've retired is a bit like winning Lotto – what are you going to do with it all?

If you're in reasonable health, have your own transport and would like to do something satisfying with some of that spare time – oh, and if you're male, even better – then New Zealand Red Cross' Pathways to Settlement programme could do with your help.

This year approximately 30 families will be supported by Red Cross as they settle in Nelson. While the nuts and bolts of the process are firmly in place, there is always room for locals who are prepared to go the extra mile in helping these families adjust to their new lifestyle.

Currently there are a lot fewer male Red Cross Refugee Support Volunteers (RSVs) than female. Patrick Steer, Volunteer Programme Team Leader here in Nelson, says he would like to see more men get involved.

"Having more male refugee support volunteers provides additional role models for boys and young men who arrive in Nelson as refugees. And it helps us create gender balanced volunteer teams which benefit from the varied experiences of its members."

Being a RSV is also a fantastic opportunity to share knowledge and experience of sporting and outdoor activities as one of the male volunteers discovered when he was matched with a Colombian family with three boys. Within the first week, John Sauer had introduced them to the local club, FC Nelson; six days later, the boys were playing on Saturday mornings.

"Within two weeks, all of them had scored a goal for their teams," John says proudly.

RSVs are placed into teams, which allow individuals to play to their strengths and previous experience. Comprehensive training is provided over a weekend course to prepare you for the role.

Once volunteers are matched with a family, the next step – after meeting them at the airport and introducing them to their new home – is to get them through the official bits. This includes supporting them at WINZ appointments, enrolling them at a doctor, helping the family find their way around the local shops, and

other practical day-to-day support they need. Volunteers themselves are supported throughout the whole process by Red Cross, which helps keep everyone in the team on top of what needs to be done.

In the first couple of weeks, a volunteer might spend around six to eight hours per week helping, but once all the essential stuff is sorted, this time commitment reduces, and one can start to have some fun as evidenced by John's experience. It doesn't have to be sport: a trip to the beach, a taste of local ice cream, a walk beside the river – there's really no limit to recreational activities that are low cost but will mean a lot to the family.

Trevor Strohfeldt, who has been a refugee support volunteer for seven years now, says he enjoys the experiences volunteering brings.

"I really enjoy meeting people from different countries. So often they arrive here looking lost and uncomfortable, and then, within a few months, I see the joy on their faces as they make new friends and have happy experiences – it's very satisfying."

Some RSVs are able to utilise their links with employers and organisations to help adult former refugees find employment further down the track.

So, if the idea of remaining involved in the community, with the added bonus of making new friends and learning about diverse cultures, appeals, becoming a Refugee Support Volunteer is for you.

More information

**Contact: Patrick Steer – Volunteer Team Leader, Nelson
Pathways to Settlement**

DDI 03 922 7234

Email patrick.steer@redcross.org.nz



Pictured (Left): John Sauer with the Cuero family, former refugees from Columbia. (Right) John Sauer (blue jacket), Patrick Steer (red jacket) and Cuero family

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.



Joy and inspiration in the garden

When I think about what inspires me the most, it has to be nature. I have always felt a strong connection to the natural world – it fascinates me and stirs my soul.

As a child growing up in Southland we used to take Sunday drives to the Catlins and other wild and wonderful spots. We had a crib in Arrowtown for several years and used to spend all of our holidays there exploring the Arrow River and skiing in the winter. Those days are long gone but the natural beauty of Southland, West and Central Otago has stayed with me, right to my core.

This passion for nature has swept me into a chaotic love for all things gardening. I love every aspect of it from growing vegetables, planning a planting scheme, planting new treasures, to dead-heading, pruning and weeding.

Our property is a wonderful spray-free haven for birds and other wildlife. We have a gorgeous 3 acre paddock which has small copses of larch, Italian alder, Douglas Fir and other beauties planted in it, with more to come. I also have a large kitchen garden there which I've nicknamed "The Folly of Philippa" because it is huge and has couch grass, convolvulus and buttercup galore – but I love it!

A few years ago I noticed what looked like a wild rose growing up by my studio. I knew I hadn't planted it so was fascinated to see if it would flower. To my delight and absolute astonishment it turned out to be *Rosa gallica* "Charles de Mills", an intensely fragrant, fully-double, rich magenta pink rose with hints of purple and crimson. A bird must have dropped the seed and I'm so grateful – it is glorious and brings everyone who sees it immense pleasure.

My main perennial garden is a very natural one. My perennials are planted close together and at this time of year they are in full flower. There are always weeds amongst them but rather than feeling demoralised by this I'm inspired by the overall beauty and the knowledge that it creates a special haven for beneficial insects and more.

Aside from gardening, I'm a confirmed beautiful-things-aholic. Botanical art, fabrics, jewellery and anything that shimmers or sparkles makes me happy. I came up with a saying "life is too short not to sparkle" and my collection of earrings and sparkling mixed media art embellishments are testimony to that. It's the way the light catches them, which brings me back full circle, to nature.

I truly believe that recognising the simple things in life brings happiness. A few weeks ago I was giving a talk at the

Heritage Rose Society about under-planting roses. While I was speaking, someone pointed out that one of my perennials, a gorgeous lemon evening primrose (*Oenothera* "Lemon Sunset") was unfurling from its bud. Within the space of ten minutes the flower had completely opened and it was such a special moment, enjoyed by everyone there. It's the little things!



Rosa gallica "Charles de Mills"

Email your questions and suggestions to Philippa:

foeslamb@extra.co.nz





Dammed if we don't

Ken Polgase, now retired, farmed on the Waimea Plains for over 40 years. He and his family lived through droughts and rationing year after year and so irrigation was a constant concern. Here Ken argues in favour of the Waimea Dam, and explains why he believes the dam is essential if the Nelson Tasman community is to grow and thrive.

It doesn't seem that long ago that there was heated public debate when the Aquatic Centre was proposed. Different numbers, I know, but still the same naysayers and visionless arguments that, with the passing of time, have proved to be without substance. There doesn't seem to be too much criticism about that great public asset now. We should thank those people who persisted for what they believed in, often in the face of passionate and bitter opposition.

The Maitai Dam is another case in point, but thanks to visionaries like the late Peter Malone, the public now benefit from his strong leadership and determination.

The need for the Waimea Dam has not been brought about by "greedy capitalist farmers" as seems to be portrayed in the media. These horticulturalists and business owners simply want to be able to continue irrigating with the water historically allocated to them by the Tasman District Council (TDC).

The facts are that there has been an historic over-allocation by local authorities with a lack of real information. Environmental standards now require higher minimum river flows, and the region needs more water for ongoing growth and urban expansion.

Based on historic water rights issued by local authorities, land owners on the

plains have, in good faith, established multimillion dollar businesses that have and will continue to bring huge benefit in terms of revenue, jobs and financial security to our local community and New Zealand. If the dam does not proceed, the water cuts that will follow to create greater summer low flows in the Waimea River will decimate many of these enterprises. The effects will be far-reaching through our community.

If the resource had not been over allocated, if the area did not need more water for urban expansion, and if the rules for environmental low flows had not changed, then a dam would not be required. However, the situation we find ourselves in must be addressed to ensure that our whole community will thrive in the future.

When coal mines, freezing works and paper mills are closed, whole communities suffer, property values plummet, unemployment skyrockets and people's health and general wellbeing deteriorates. Without a dam, we can expect to see similar outcomes in our own community. Is that what we want?

Most land owners, while not enthusiastic about forking out significant amounts of money for a dam that is not of their making, will do so because they realise the rules have changed, and if they are

to have a future, they need to commit to this dam.

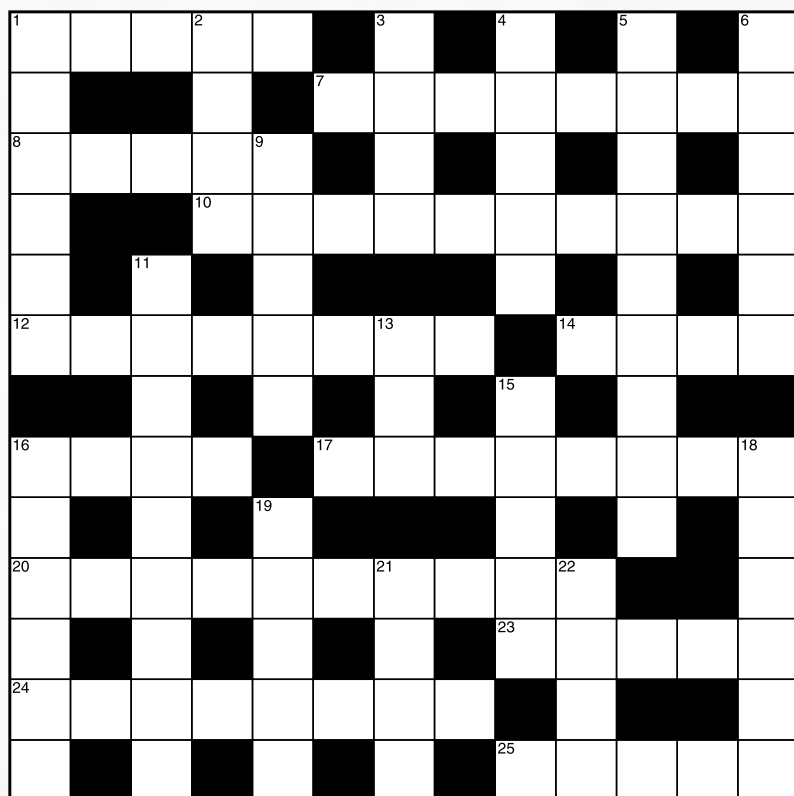
It is wrong to say, "if the irrigators want a dam let them pay for it". The truth is, every business in the district will benefit from the dam. This whole debate is not so much about what we will gain from a dam but rather how much will we lose without a dam. This dam is about the future of the Nelson Tasman region, it's about urban growth, environmental enhancement, sustainable agriculture and the ongoing wellbeing of our whole community.

Over allocation is historic and there is nothing we can do about that now. We all want healthy rivers with increased low flow levels being a new reality and we all want to see our community growing and that requires more water.

Seventeen years of investigation, research, collaboration between TDC, NCC, Iwi, Fish & Game, DOC, landowners and Council staff have brought us to this point. We need to be careful that we don't let the loud minority sway the not so well-informed majority. We need reality not rhetoric, facts not fallacy, vision not self-interest.

I will happily put my name with those who have promoted the dam because in the future the community will thank us for it!

CROSSWORD



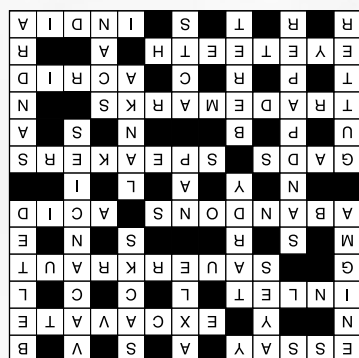
ACROSS

- 1. Student's written assignment
- 7. Dig
- 8. Bay
- 10. Cabbage dish
- 12. Forsakes
- 14. Non-alkali
- 16. Gallivants (about)
- 17. Lecturers
- 20. Logos
- 23. Bitterly pungent
- 24. Fangs
- 25. New Delhi is there

DOWN

- 1. Puzzle
- 2. Positive votes
- 3. Wheel shaft
- 4. Lays off (worker)
- 5. Unfilled jobs
- 6. Hit hard
- 9. Belated
- 11. Abrasive sheet
- 13. Siesta
- 15. Island nation, Sri ...
- 16. Roof channel
- 18. Actress, ... Bullock
- 19. Soft cap
- 21. Plays (the fool)
- 22. Quick look-over

Crossword Solution



Sudoku Solution

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

SUDOKU

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

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

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



Positive Ageing Expo Stallholder registrations open now

We're seeking positive ageing champions – do you offer a service, activity or opportunity that allows over-50s to make the most of their golden years?

Registrations for stall-holders for the 10th annual Positive Ageing Expo are open now.

The 2018 expo will be held on Friday 6 April, 10.00 am–3.00 pm at the Headingly Centre, Richmond.

The Positive Aging Expo has run annually since 2008 and attracts an average of 2000 people. The expo showcases the recreational, health and social services that make ageing a positive experience. There will also be presentations,

entertainment and activities for attendees to take part in.

Stall information and the online registration are on the Tasman District Council website, www.tasman.govt.nz/link/expo-registration.

There are a limited number of stall spaces so get in early to avoid disappointment.

Books of note

The Paranormal is Normal

By Alastair Bruce Scott-Hill | RRP \$45

Alastair Bruce Scott-Hill has written a book that not only investigates the paranormal but also seeks answers to other big questions, such as whether mind, our soul and senses can likely survive death, whether life could have existed before the Big Bang, and even the plausibility of an afterlife existence.



The Faber Book of Christmas

By Simon Rae | RRP \$45

This lovely anthology will brighten the spirits. Edited by poet and playwright Simon Rae, it brings together a festive collection of stories, carols, prose and poetry from writers ranging from Charles Dickens to Jilly Cooper to John Milton. A perfect Christmas gift, unless you're the Grinch!



Superstition and Science

By Derek Wilson | RRP \$38

Renowned Tudor historian Derek Wilson delivers a multi-faceted story of heroes and villains, mystics and sceptics, earnest seekers of truth and charlatans, with a well-researched narrative that bristles with the names of remarkable scholars, many famous, some now obscure.



PHONEY WARS: New Zealand Society in the Second World War

By Stevan Eldred-Grigg | RRP \$50

In his latest book, New Zealanders Eldred-Grigg, argues that NZ had no business going to war against Germany in 1939, or Japan in 1941, and that the country's motives for doing so were muddled and contradictory.

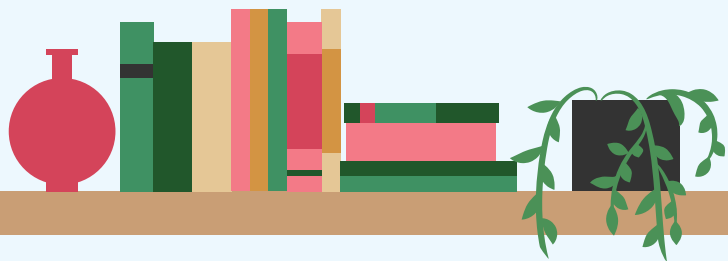


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TASMAN DISTRICT LIBRARIES



Inspiration in the Library

Libraries are many things to many people: places to study, to read, to drink coffee and browse the latest magazines, to travel into worlds of imagination and play, to find information. And to find inspiration.

Whether it's pursuing ideas for creating art, up-cycling tired décor at home, developing your cooking skills, listening to new music or making changes in your life, your library has a book, DVD, magazine or online resource to inspire, and excite you.

The biographies section is one of our most popular and inspirational areas in the Tasman District Libraries. Here you can leave your own life for a moment, step into someone else's shoes and travel for a short while with someone else on their life journey. Many biographies contain insightful stories of overcoming challenges that can inspire a new appreciation for life and all it brings.

A stand-out biography published this year is *The Resilient Farmer* by Doug Avery. "I had a destroyed farm, a destroyed bank account and destroyed hopes. I couldn't afford to move, so I decided

to make good of what I had." So begins Doug Avery's story of resilience in the face of what at times seemed a hopeless situation on a drought-depleted Marlborough farm.

You'll find many more stories of courage, determination and wisdom in your library. Make this an inspirational summer. Explore different cultures, countries, cuisines, art – the list is endless and as wide as your imagination. See you in the library!

MORE INFORMATION



Website:

www.tasmanlibraries.govt.nz

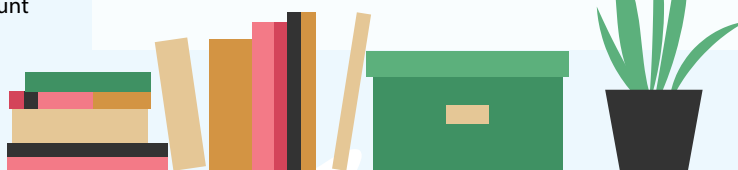
Telephone:

Richmond 543 8500

Motueka 528 1047

Takaka 525 0059

Murchison 523 1013



NELSON PUBLIC LIBRARIES

Novelists Explore Spiritual Themes

You'll find many non-fiction books about belief and religion in the library. But these subjects have inspired poetry, plays and novels too.

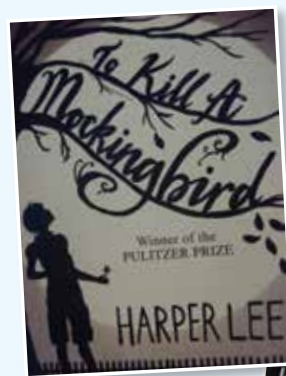
Many novelists tackle the subject by creating a plot in which a protagonist is faced with moral or ethical choices, or which challenges their faith. Others explore the effect of beliefs on personal and family values, and on the judicial system.

Harper Lee explored themes of belief, conscience, and social injustice in her 1960 novel *To Kill a Mockingbird*. More recently published novels also examine the theme of belief including the *Abraham's Daughters* series by Beverly Lewis. In this series Lewis creates characters who find themselves in situations in which they must examine their religious beliefs in a secular world and find ways to balance their loyalty to family and with their belief in God.

Paulla Simons explores this issues in *Eleven Hours* a psychological thriller in which a pregnant women is kidnapped by a man seeking to avenge the death of his son. Belief triggers violence in one character while bringing solace to another.

In *Keeping Faith*, by Jodi Picoult a young girl believes she is seeing God. Her mother, who is an atheist is torn between her daughter's perceptions and her own beliefs. *Second Glance*, also by Picoult, features a ghost hunter whose fiancée's death prompts a belief in the supernatural.

Find these novel, plus many others in our Library.



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



Summer Activities and Events

Christmas events:

Carols on the Green

Sun 17 Dec, 5.30 – 7pm // Broadgreen House, Stoke // **FREE**

Carols by Candlelight

Sun 17 Dec, 6.30pm pre-entertainment, 8 – 10pm carols // Washbourn Gardens, Richmond // **FREE**

Carols by the Beach

Thu 21 Dec, 5.30 – 8pm // Tahunanui Amphitheater and stage area // **FREE**

Carols on the Green

Sun 24 Dec, 7.30 – 9pm // Village Green, Takaka // **FREE**

Carols on the Cathedral Steps

Sun 24 Dec, 8pm // Top of Trafalgar Street, Nelson // **FREE**



Community and culture:

Richmond Market Day

Fri 29 Dec, 9am – 4pm // Sundial Square, Richmond // **FREE**

Join the biggest market in the top of the south during this lovely holiday period. Stalls line Queen Street with shopping, food and entertainment. Fun for all the family.

Nelson Jazzfest

Tue 2 – Sat 6 Jan // Various Nelson locations // nelsonjazzfest.co.nz

A mix of jazz style gigs at various locations around town, plus a Billie Holiday tribute show at The Boathouse on Thursday.

Wakefield Country Fete

Fri 5 Jan // 9am – 2.30pm // Wakefield Village // **FREE**

Bring the whole family to a special country day. Variety of stalls from food, preserves and plants to wooden furniture, jewellery and crafts. There will be demonstrations, music and fun activities.

Jazz on the Village Green

Most Sundays from 7 Jan – 18 Mar, 1.30 – 4pm // Founders Heritage Park, Nelson // **\$2 per person**

Relax on the Village Green with live jazz. Bring a picnic and enjoy the summer sounds.

Wet weather venue: The Energy Centre, Founders Heritage Park, Nelson.

Community and culture:

Nelson Summer Shakespeare – Twelfth Night

Thu 11 – Sat 20 Jan, Fairfield House Meadow, Nelson // Thu 25 & Fri 26 Jan, Washbourn Gardens, Richmond // Sat 27 & Sun 28 Jan, Riverside Community, Upper Moutere // 6.30pm // **Decide your price**

If music be the food of love, play on. Shakespeare's hilarious and heart-breaking tale of unrequited love performed in beautiful outdoor settings.

Cancelled if wet. Check 'nelsonsummershakespeare' Facebook page.

Motueka Country Music Festival

Fri 12 – Sun 14 Jan // Marchwood Park, Motueka // **FREE**

A family friendly Country Music Festival held in beautiful Marchwood Park, Motueka.

Pokororo Arts & Craft Fair

Sun 14 Jan, 9am – 4pm // Pokororo Hall, West Bank Road, Pokororo // **Gold coin donation**

Arts and craft fair with a variety of stalls and entertainment.

Heron's Feather

Wed 17 Jan, Ghost Light Theatre, Nelson // Fri 19 Jan, Mapua Community Hall // Sat 20 Jan, Pohara Hall, Golden Bay // Wed 24 Jan, Victory Community Centre, Nelson // Wed 31 Jan, Riverside Café, Upper Moutere // **Pay what you can, \$5 – \$15**

A delightful show for the whole family, with puppetry, comedy and magic.



Community and culture:

Trafalgar Street Market Day

Sat 3 Feb, 9am – 3pm // Trafalgar Street, Nelson // **FREE**

Nelson City's biggest one day street market. Entertainment, food and fabulous stalls.

International Kai Festival

Tue 6 Feb, 10.30am – 3.30pm, Po-whiri at 11am // Founders Heritage Park and Whakatu- Marae, Nelson // **Koha**

Share food and celebrate our Nelson communities at the tenth annual International Kai Festival. Small portions of food are priced at \$4 or \$8 to encourage visitors to try a wide variety.

Nelson Wine & Food Festival

Sun 18 Feb, 11am – 5pm // Middle Earth Winery, Bryant Road, Brightwater // **Early bird \$20, gate sales \$25, under 12 free**

Celebrate sensational sounds, wine, food and summer. Hold onto your holiday groove, grab a friend and head to the Nelson Wine & Food Festival for all-day entertainment, fantastic food, and award-winning wine and beer. Fun for all ages.



Outdoor activities

Sing-a-long in the Park

Thu 22 Feb, 10 – 11.30am // Washbourn Gardens, Richmond // Meet at Fuchsia House

Wed 28 Mar, 10 – 11.30am // Queens Gardens, Nelson // Meet by the fountain in the middle of the park

Heritage walk

Wed 28 Feb, 10 – 11.30am // Miyazu Gardens, Nelson // Meet at carpark, off Atawhai Drive

Wed 14 Mar, 10 – 11.30am // Queens Gardens, Nelson // Meet by the fountain in the middle of the park

Edible walk

Fri 2 Mar, 10 – 11.30am // Orphanage Stream, Stoke // Meet at Saxton Road East by Covent Drive – where walkway commences

Fri 23 Mar, 10 – 11.30am // Stoke Railway Reserve // Meet at Standish Place, off Main Road Stoke

Nelson Summer Kite Festival

Sun 21 Jan, 12 – 5pm // Neale Park, Nelson // **Gold coin donation**

Once again the skies over Neale Park will fill up with amazing kite creations for the 27th annual Nelson Summer Kite Festival.

Outdoor activities

The Lantern Celebration Theme: Trail of Dreams

Sat 16 Dec, 7 – 10pm (postponement date Sun 17 Dec) // Centre of NZ (Botanical Reserve), Nelson // **FREE**

The celebrations begin with a sprinkling of sleep dust as you make your way up the hill to the Centre of New Zealand. Along the track you will discover ethereal installations and surreal performances. Once at the top of the hill, listen to the band, watch the sun set and join in the lantern-lighting ceremony.

Then it's time to sleepwalk back down the hill to bed. Use your lanterns to light your way, bringing to life the wonders that the night offers. Get creating and make yourself a homemade lantern. Remember to use a battery powered light to avoid fire risk.

Bring a picnic and warm clothing. Children under 13 must be supervised by an adult. This is a zero waste event.

Lantern Making workshop

Sat 16 Dec, 10am – 12pm // Community Art Works, 81 Achilles Avenue, Nelson // **\$2 per person**

Lanterns and paints supplied. Create the lantern of your dreams to bring to the Lantern Celebration.

Supported by Community Art Works Nelson.

www.nelsonsummer.nz



Image: Tim Cuff

Summer Movies Al Fresco

A great selection of classic movies that will appeal to different ages. Gather a group, a picnic, even a couch and join us from 7.30 pm to play giant board games, enjoy the park and watch those glorious summer sunsets. Wrap up warm, especially if you're wearing your PJs! And please pocket a torch to light your way home. For the full programme and venues visit www.itson.co.nz or www.nelsonsummer.nz.

Tue 2–Sun 21 Jan (not on Mondays), 9–11pm (movies start at dusk) // Adult \$2, child \$1

Movies

The Wizard of Oz

1939 // G // 102 mins

Join Dorothy (Judy Garland) on her magical, musical adventure through the land of Oz. While she searches for a way home, she meets new friends and realises that some of the things she was searching for she had all along.

Rebecca

1940 // PG // 130 mins

A classic atmospheric Gothic thriller directed by Alfred Hitchcock and starring Laurence Olivier as the tortured Maxim de Winter and Joan Fontaine as the second Mrs de Winter. The newlyweds return to Mandalay, where the secrets of the house begin to emerge.

The Court Jester

1955 // G // 101 mins

Danny Kaye is Hubert Hawkins, posing as a court jester as part of a plan to restore the rightful king to the throne. Much laughter and singing ensues, with people falling in love, a little bit of magic and a wonderful cast including Basil Rathbone and Angela Lansbury.

Bride of Frankenstein

1935 // PG // 75 mins

Directed by James Whale and inspired by Mary Wollstonecraft Shelley's novel, this sequel to the 1931 Frankenstein tells the second part of the story where scientists Dr. Frankenstein (Colin Clive) and Dr. Pretorius (Ernest Thesiger) attempt to build The Monster (Boris Karloff) a mate.

La Grande Vadrouille Don't Look Now... We're Being Shot At

1966 // G // 132 mins

In this French comedy caper a British bomber crew gets shot down and lands in Paris, where they seek assistance to escape from German territory. Directed by Gérard Oury and starring Bourvil and Louis de Funès. In French, English and German with English subtitles.

Ladri di Biciclette Bicycle Thieves

1948 // PG // 89 mins

This poetic and philosophical but also deeply realistic drama, directed by Vittorio De Sica, follows a father and son on their journey as they search for a stolen bike in post-war Italy. In Italian with English subtitles.

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