

mudcakes & roses

THE MAGAZINE FOR NELSON TASMAN SENIORS



What's inside:

Jazz radio

Baby boomer at the dentist

Have your say on Tasman's
Age-Friendly Policy

Wild animals at play

New section: Community news
and information

EDITOR'S *Letter*



If only we all experienced the picture-perfect version of Christmas we see in the media.

Happy families gathered around the Christmas tree while photogenic little poppets tear open piles of presents. Enjoying Christmas dinner with friends and family, at home or the camping ground, from a table groaning with festive food and drink.

The reality is that Christmas can sometimes mean working longer and more stress-filled hours at our jobs, and on the domestic front as well. It can involve too much family, or not enough. Often it means struggling

to make ends meet.

Whatever your circumstances, I hope that Christmas brings you some sunny skies, a break from your working life and convivial company.



Re Cambridge



Contact the editor

For topic suggestions and submissions:

E: mudcakes@hothouse.co.nz

Post: Mudcakes and Roses,
PO Box 688, Nelson.

On the cover

Thanks to the Nelson Provincial Museum for supplying our beautiful cover image!

Credit: Marsh, girl on Tahuna sands. Nelson Provincial Museum, Kingsford Collection: 160981



You'll doggone love this calendar!

The Nelson Provincial Museum 2019 calendar celebrates the bond between dogs and children with photos from its heritage photographic collection.

The images, all from the Nelson Tasman region, capture cute, quirky and charming moments from yesteryear. All proceeds will go to the Museum.

Buy online or in the Museum shop for \$19.90 each. For bulk purchases email the Museum.

Merry Christmas from all of the team at Mudcakes & Roses!

In this issue

04 Baby boomer, Chris Hickson, braves a visit to the dentist.

08 Renee Lang issues a warning about telephone and online fraudsters.

12 Tasman District Council invites you to have your say on the policy they are formulating

13 Three jazz buffs share their musical passion by hosting their own radio show.



Have you got your copy of the Tasman Summer Events guide?

Available now at all Council offices and libraries, or online at www.nelsonsummer.nz.

Proudly published by:





Thinking volumes 15 Church Street, Nelson

VOLUME is an independent bookshop stocking interesting fiction, incisive non-fiction, wonderful children's books and the best art and lifestyle books. VOLUME also hosts community events such as literary readings, writing courses, book launches and discussion groups.

Milkman by Anna Burns

Although no particulars are given names, *Milkman*, which has just been awarded the 2018 Man Booker Prize, is apparently set in Belfast in the late 1970s, in the hopeless depths of the Troubles. The eighteen-year-old narrator has learned to hide herself within the conventions of a divided society in which norms are structured and policed by gossip, but is not as successful at hiding herself as she would like: her habit of reading novels when walking, for instance, draws comment from various quarters and makes her vulnerable to the character referred to as the 'Milkman', an IRA operative who has been responsible for numerous killings and has high standing in the community. *Milkman* proceeds to stalk the narrator and to groom her as his future mistress. Everything that happens in this novel is revealed in its first sentence but both the tension of the book and its considerable enjoyability and humour (it is by no means a difficult book to read) arise from the fact that the narrative works always against the plot, resisting it, incapable of averting the inevitable crises but attempting at least to postpone them by inserting more and more thoughts, speculations, and recollections into moments of urgency.

Memory Pieces by Maurice Gee

Maurice Gee is one of New Zealand's most admired writers, both here and overseas (Plumb was recently voted 'The Great New Zealand Novel'). This book is comprised of three memoir portions: 'Double Unit' tells the story of Maurice Gee's parents – Lyndahl Chapple Gee, a talented writer who for reasons that become clear never went on with a writing career, and Len Gee, a boxer, builder, and 'man's man'. 'Blind Road' is Gee's story up to the age of eighteen, when his apprenticeship as a writer began. 'Running on the Stairs' tells the story of Margaretha Garden, beginning in 1940, the year of her birth, when she travelled with her mother Greta from Nazi-sympathising Sweden to New Zealand, through to her meeting Maurice Gee when they were working together in the Alexander Turnbull Library in 1967.

Up the Mountain by Marianne Dubuc

Old Mrs Badger climbs the hill every Sunday, right to the top. One day she helps Leo, a young cat, to climb with her. Thereafter they enjoy climbing together, and Mrs Badger shows Leo all the best things about the mountain. But

Mrs Badger is getting older and slower. When she gets too old to climb, who will climb with Leo? A gentle, beautiful book about friendship, ageing and enjoying the world from the author/illustrator of the wonderful *The Lion and the Bird* and the 'Mr Postmouse' books.

The Writer's Map: An Atlas of Imaginary Lands edited by Huw Lewis-Jones

Any work of literature set in a fictional place can be enhanced by a map – either during the writing phase or for publication, or both. This beautifully presented celebration of literary maps, with contributions from Robert Macfarlane, Francis Hardinge, David Mitchell, Coralie Bickford-Smith, Philip Pullman and others, considers the relation between verbal and visual representations of imaginary places, and the ways in which writers, designers and readers can use one to navigate the other. The book is packed with wonderful examples, all in full colour, and is completely irresistible. This stunning, fully illustrated book contains thoughtful essays, lets us appreciate the full range of Walters's activities, and restores him firmly to the front rank of New Zealand artists.

Feeling the fear but going to the dentist anyway

With the aid of her dentist, Chris Hickson bravely takes a long hard look at her baby boomer teeth and discovers what it means to be 'long in the tooth'.

I keep encountering clichés as I adjust to my new life as a semi-retired pensioner: you're only as old as you feel; growing old is mandatory, growing up is optional; age is just a number; you're not getting older, you're getting better; seventy is the new fifty, and so on.

However, I didn't think it would be my dentist who would explain to me the derivation of the expression "long in the tooth". He told me it was originally used to describe horses. The teeth of older horses (whose gums recede with age) look longer, so the age (and value) of a horse was calculated by the length of their teeth. That's why it's rude to "look a gift horse in the mouth". By doing so we would imply that we suspect we have been given an old horse!

Most baby boomers remember trips to 'The Murder House'. Like many baby boomers, my experience with dentists and the poor state of my teeth stirs up feelings of fear, guilt, confusion, anger and powerlessness. I have never felt confident about my teeth or had a healthy sense of agency when it came to caring for them.

During my last visit to the dentist the hygienist warned me about gum disease and instructed me how to floss

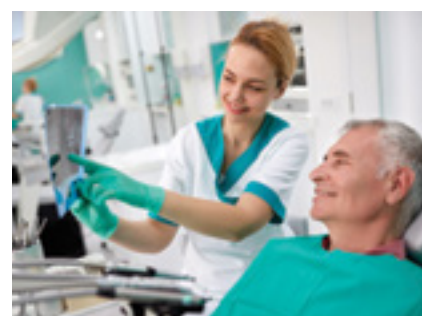
properly in order to 'disturb' the tartar between gums and teeth, as well as information about periodontal disease. My dentist, meanwhile had given me a quote for installing a crown.

Did this mean that I would at least have one good tooth that would last for ever, while the rest needed pulling? I decided I needed to know a lot more about my teeth! So, despite dark thoughts and emotions, I gathered the courage to request a full appraisal of my teeth. I wanted to be understand the true state of my teeth and options for treatment.

My dentist was so helpful. After an assessment which included probing of my gums, tests of tooth sensitivity and x-rays, my dentist sat me beside him at his computer and showed me – with photos and graphs – the state of my teeth, with animations showing gum care and inflammation. It was great that he knew all about baby boomer teeth, including amalgam fillings and the stresses they place on teeth which cause hair-line fractures. I came away feeling much better informed about my teeth, and with a treatment plan, including quotes for the cost of treatment.

I was also pleased to discover that being "long in the tooth" is not

simply caused by improper flossing. Ageing, heredity, tartar build up, the effectiveness of flossing and tooth cleaning all have an impact on gum health. As gums recede with age, more



and more of the tooth is revealed making us longer in the tooth!

I also came away with a better understanding of the history of dentistry in New Zealand, and the relationship between dentistry and public health. Oral health strategies have not been developed for the specific dental history and needs of older people. I believe we need targeted information and education to help us manage our oral health better. It is challenging for people surviving only on the pension, or not "born with a silver spoon in their mouth" to afford the ongoing costs of dental treatment.

I would love to know your thoughts on these issues. You can contact me via www.silvertribe.co.nz.

Contributor: Chris Hickson

Chris Hickson lives in Nelson and is a trained social worker specialising in education, community development and mental health, although in her early years she did her fair share of farm, factory and commercial cleaning.



Wild things

Anne Hilson was a Biologist in the Wildlife Service (a precursor of the Department of Conservation) and went on to become a member of two D.O.C. Conservation Boards. She has a long history of advocacy for the environment in work for local authorities, and is now involved in the Battle for the Banded Rail.



Considering wild animals

Have you ever shared your coffee with a tui? Has a sea lion invited you to play fetch? Had birds fighting over the socks on your feet?

I was working on a remote Nature Reserve island in Cook Strait when I first realised the potential for wild animals to interact positively with humans. At the end of a dry summer there was no fresh water for the birds so we made a dew pond, returning later to check the result. More than a couple of hundred birds checked us out in turn. In detail. With a kereru on my head, various smaller birds on my arms and three fantails hovering in my face I watched wekas fighting over my socks and bootlaces. Bellbirds and kaka pulled the hairs on the men's legs. All curiosity and no fear.

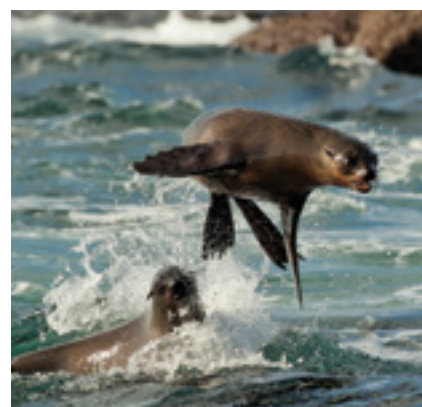
On a remote Fiordland coast I sat with tramping friends watching baby seals cavorting in a rock pool, used by seal mums as a crèche when they go to sea to feed. One baby climbed onto the nearest human lap and went to sleep. Something more than mere curiosity? Confidence and trust? The owner of the lap, a television producer, was happy to be without her camera crew for once. We sat entranced, for an hour,

before the seal woke and flopped off back to sea.

In the Galapagos Islands I strayed off the track and met a young sea lion in a saltwater lagoon. It looked me over, swam away to fetch a stick and laid it at my feet. I felt a bit silly as I made like a doting dogwalker, but the sea lion retrieved it several times before I had to catch up with my group. Learned behaviour? Had somebody taught it to play fetch? Or is this propensity to play with objects innate behaviour? And with another species?

This spring I am sharing my territory with two birds with definite agendas. A tui has been harvesting nectar from a flax bush beside a garden seat, where I drink coffee, read the paper, and contemplate life. When it's had its fill of nectar it sits less than a metre away from me, watches and waits. If I leave my mug on the deck and go inside it leaps down and puts its head deep into the mug. I've tried offering sugar water in a dish, but it's the mug it's obsessed with.

On the other side of my territory a kingfisher sits on a powerline guarding his family in a clay bank below. When I appear he shrieks intimidatingly, even when carrying an entire lizard in his beak. He has dive-bombed me several times. I push my head into the nearest bush for safety.



Recounting my delight in these wild animal encounters is a way to put my head in the sand about the environmental challenges animals face, dirty water, melting ice, disrupted ecosystems – and politicians who are fond of fake climate change news.



Our Community

News from Age Concern: Summer Activities Programme

Age Concern launches its Summer Activities programme on Monday 18 February. This series of events provides older people with many different opportunities to get out and about, try something new and enjoy the beautiful parks and reserves in the Nelson Tasman region. Previously popular activities like Tai Chi and Sing-a-Long in the Park are happening again along with a number of walks including Heritage Walks, Edible Walks and Guided Walks. Novel additions to the programme this year is a Bicycle Guided Trail which along some of Nelson’s wonderful bike trails and a Mobility Scooter Guided Trail.



The Age Concern office will close from noon on Monday 24 December but reopens on Thursday 3 January at 8.30 am. We hope you all have a very enjoyable festive season and a happy New Year.

Nelson/Tasman Age Concern offers a range of information, advocacy and support services for older people. For more information visit www.ageconcernnt.org.nz or phone 03 544 7624.

Have a merry NBus Christmas!

Take the stress out of Christmas shopping and errands. Use the NBus and you don’t have to worry about busy roads or finding a car park. You can sit back, relax and leave the driving and parking to someone else.

With the Nelson/Richmond service you can go wherever your shopping list takes you, with good connections from the local routes – Stoke, Atawhai, Victory, The Brook, Washington Valley.

Buses on local routes all operate on the “Hail and Ride” system so there is no need to wait at a formal bus stop. Just signal the driver and the bus will stop where it is safe to do so. You might be able to catch it right on your doorstep! New low floor buses operate on most routes making it much easier for anyone with limited mobility to get aboard – no steps to climb!

If you live in Stoke – because of the hours this bus operates the Stoke Loop is always FREE to Super Gold Card users. Holders of SuperGold Cards can also travel for free **on all off-peak services** (9.00 am-3.00 pm and after 6.30 pm weekdays and all weekend). Outside of these hours a full fare must be paid.

Otherwise there is a flat fare of \$2.50 for adults and \$1.50 for children (children under 5 are free on all NBus services).

For more information visit www.nbus.co.nz.

2019 Adam Chamber Music Festival

Music festivals often present a programme of artists who fly in, perform, and then fly out the next day. The Adam Chamber Music Festival is unique in that its world-class performers stay for the full ten days. Guests for the 2019 festival include the world-renowned Jerusalem Quartet, violinists Anthony Marwood (UK) and Nikki Chooi (Canada), accordionist James Crabb (Scotland/Australia) and the welcome return of pianist Dénes Várjon (Hungary).

The New Zealand String Quartet (NZSQ) will once again be the festival’s Quartet in Residence, with two members of the quartet, Helene Pohl (violin) and Gillian Ansell (viola) as Artistic Directors.

The festival programme features chamber music by the great composers interspersed with new works by New Zealand composers.

Festival runs from 31 January to 9 February 2019. Full programme and booking information at www.music.org.nz.





News and Information

Positive Ageing Expo 2019 Stallholder registrations now open

Community groups and commercial business offering services, activities or opportunities for the over-60s are invited to reserve a stall at the 2019 Positive Ageing Expo, 22 March 2019, Headingly Centre, Richmond from 10.00 am – 3.00 pm.

The Expo which has run annually since 2008, typically attracts around 2000 people and showcases arts, leisure, recreational, health and social services which help make ageing a positive experience. The programme includes presentations, entertainment and activities for attendees.

Visit www.tasman.govt.nz for stall information and registration. Places are limited, early registration is advised.

Tasman gets in the Christmas spirit! Family-friendly Christmas events in Tasman in December include:

- Carols in the Park, Friday 7 December, 5.00 – 8.00 pm, Brightwater Domain, Brightwater.
- Golden Bay Santa Parade, Saturday 15 December, 10.00 am – 1.00 pm, Commercial Street, Takaka.
- Carols on the Green, Sunday 16 December, 6.30 pm – 7.30 pm, Broadgreen House, Stoke.
- Carols by Candlelight, Sunday 23 December, entertainment from 6.30 pm, carols 8.00 pm, Washbourn Gardens, Richmond.
- Carols on the Green, Monday 24 December, 7.30 pm, Village Green, Commercial Street, Takaka.
- Richmond Community Christmas Dinner, Tuesday 25 December, 11.30 am, Richmond Primary School Hall. Tickets available from Monday 3 December. Register and collect your tickets from Richmond Mall, Age Concern (62 Oxford St, Richmond) or Holy Trinity Anglican Church office (27 Dorset St, Richmond).

Summer events in Nelson and Tasman

There's plenty of fun and entertainment for visitors and locals of all ages in the region this summer. The full programme appears in the printed Summer Events Guide produced by Nelson City and Tasman District Council.

Highlights include:

- Summer Movies Al Fresco Friday 14 December – Sunday 27 January – classic films screened in our beautiful parks and reserves.
- Lantern Celebration 15 December – a magical evening of light and entertainment at the Centre of New Zealand.
- Children's events, including Teddy Bears' Picnics at Isele Park, Stoke, on Sunday 6 January and Decks Reserve, Motueka, on Sunday 27 January. Plus the ever-popular family favourite Children's Day event at the Richmond Aquatic Centre on 3 March.
- Nelson Buskers' Festival 31 January to 3 February – international and national talent in the central city.
- Motueka Kai Festival – Sunday 7 April.

If you haven't received a copy of the Summer Events guide in your letterbox, pick one up at Council offices and libraries, or check Council websites.

Planning for end of life

Are you confused about enduring power of attorney and advance care plans? Grey Power, Nelson Marlborough Health and Public Trust invite you to meet with people who can help with planning your end of life care.

When and where:

Fairfield House, 48 Van Dieman Street, Nelson.

Friday 14 December, 1.00 pm – 3.00 pm.





Have you ever

Renée Lang runs Renaissance Publishing, specialising in book publishing and packaging. She also offers non-fiction editing and proofreading services. When she's not glued to her computer, she enjoys cooking up a storm and walking her dog.



Have you ever ... been tempted by a scammer?

Modern technology is truly a wonderful thing. It enables us to stay in touch with faraway friends and family via Skype or other apps. However, it pays to be very cautious about revealing personal information to people we don't know – there are many fraudsters out there who are determined to part you from your money.

Those who live alone or are perhaps, socially isolated, can be very vulnerable to scammers. These days it's perfectly acceptable to look for company online, but you need to be alert to the fact that the people you're communicating with are not always who they claim to be. Typically these fraudsters will establish a comfortable online friendship, encouraging your desire to meet them in the flesh. They will almost certainly claim to be living overseas, perhaps in Europe, the US or elsewhere. When it comes time for them to travel to see you, they will pretend to have encountered a temporary financial setback and ask to borrow money from you. They will promise to pay you back, and you might find it hard to resist lending them the cash because by this stage they feel like a friend.

Does this sound unlikely? Do you think you'd see through this trick immediately? Many people do not. After collecting information from the country's four largest banks – ANZ, BNZ, Westpac and ASB – the Banking Ombudsman Nicola Sladden estimated that as much as \$70m was lost in fraud-related scams this year.

Some scammers use email to ask people for information. Each year they become more devious and are very good at passing themselves off as someone from your bank or other legitimate company or financial institution. The emails they send out – this process is known as phishing – look very professional and it can take a very beady eye indeed to be able to identify them as fake.

Other scammers use the telephone. Most people with a landline are familiar with calls from people purporting to be from Microsoft. With this particular scam, the caller tells you they need access to your computer in order to 'fix' a particular problem. The scam has been running for years but it obviously still pays off.

The one thing all scammers have in common is a desire to get hold of passwords in order to access your bank, or other private information which could put you in a compromising position.

Keep yourself and your information safe by being sceptical about approaches from people you don't know. NEVER give your password or any other personal information to them whether they phone and ask for it, or request it by email. It cannot be said often enough that no authentic bank or any utility service will ever ask you for this information.

If you'd like to know more about the latest scams, visit Scamwatch at www.consumerprotection.govt.nz/general-help/scamwatch/.

For further advice, education or to report an online scam visit www.cert.govt.nz.





Food for thought

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

Enjoy a guilt-free Christmas

Knowing that I was born in the Netherlands, people often ask me if I miss the European winter Christmas.

My answer is absolutely not. Although I miss my family, I do not miss the dark days spent inside to escape the winter cold.

I had my first Kiwi Christmas in 1985 when my partner and I visited New Zealand on a 6-month working holiday. My partner was working in forestry on the West Coast and one of his co-workers invited us to join his family for Christmas, camping at a remote lake. We had the lakeside all to ourselves. We spent our days bush-walking and swimming and in the evenings, we cooked dinner on the barbecue. I was sold on this New Zealand Christmas!

Now, more than 30 years later, I am still trying to hold on to this simple, quintessential New Zealand Christmas experience. Advertising slogans like “shop till you drop” and “shopathon” just don’t do it for me. In fact, this promotion of blatant consumerism has the very opposite of its intended

effect on me. My family share my desire to keep Christmas as simple as possible. We all agree on giving small homemade or second-hand gifts and spending time in the outdoors together.

In my work as a dietitian I often hear conversations about the stresses of the Christmas season. Although people very much look forward to family time, many also worry about food and eating during the festive season. So many people I speak with nurture their families but feel guilty about their own relationship with food. People who feel they need to be dieting are often caught in a web of rules and expectations that are inflexible, guilt-driven and punishing.

I have noticed that in December, at the height of Christmas advertising, very few advertisements or TV programmes are about dieting. But, come the new year, they begin to reappear. We are then bombarded with messages that tell us to feel guilty about food and begin dieting.

The festive season should be a time for family, friends and relaxation. I try to help ease people’s feelings

of guilt about overeating or eating unhealthily. Many dietitians are now working from a non-diet model. This way of eating and thinking about food and our bodies is flexible, accepting, enjoyable and welcomes all food.

Diets don’t work and if you have a non-dieting approach you will be less vulnerable to buy-in to the next diet craze. Enjoying food and healthy eating don’t need to be two different things. If you adapt a philosophy of mainly eating a wide variety of fresh whole foods, you can enjoy all food.

For me the holiday season is about connecting with each other. My best wishes to you all for an enjoyable summer. I hope you will be able to relax, sharing guilt-free meals with family and friends made from local and seasonal foods.

Send your questions and suggestions to Marion:

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





Resilient ageing

As a Professor of Educational Leadership, Mike Milstein has written widely about ageing. He uses his book 'Resilient Ageing' as the basis for the seminars he conducts on ageing well.



What makes people resilient?

People who have survived, and live positive lives in spite of difficult circumstances such as poverty, broken families, or anti-social environments are often referred to as 'resilient.' What can resilient people teach us about how to live well in later life?

Firstly, resilient people know that connecting with others gives life meaning. I know that my friends, family, neighbourhood, and community contribute to my sense of wellbeing. When my wife and I moved from the US to live in New Zealand we left behind many of these positive connections. We felt the loss deeply and made major efforts to build new connections in our new home.

Secondly, resilient people know that while the norms of behaviour, as set by the cultures we live in, can be useful guides for our behaviour, they may not be as useful in our later years. When I left home and retired, many of the "rules" I had lived by became less central to my life. I had to develop new

ways to live with integrity on my own terms.

Thirdly, resilient people set goals, plan how to achieve them, deal with problems and conflicts, and communicate with others about what they are trying to achieve. These are skills we accumulate over a life time but it can be difficult to apply them in a society that does not easily honour the needs of older people or their skills and experience. I have chosen to become involved in a variety of volunteer roles and participate in social and sports groups, finding ways to apply my knowledge in ways that are positive for my physical and mental wellbeing.

Fourthly, resilient people know that we thrive in relationships where we can give and receive care, support, and trust. This has been even more true for me in later life, although it has also been more challenging. Babies just have to gurgle and smile to get tons of attention. Us grey beards don't often get such lavish attention!

We also need our lives to have meaning. Meaning is the fuel for life. It certainly helps me get out of bed in the morning.

Without goals about the future I feel adrift. As we grow older it is tempting to look backwards and end up living in the past. Instead we need to create something new and relevant to ourselves for the life we still have ahead of us.



Finally, resilience comes from feeling we are part of something larger than ourselves. When I retired I found I had more time to participate, I just had to figure out the best way to do it. It feels good to use my skills and knowledge to help others and to return the support I have received during my life.

These factors form the foundation of resiliency at any age. Many older people understand this intuitively, and as a result, are living with passion and meaning.

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.



A fragrant summer

December is here and this can only mean one thing – Summer has arrived!

Spring was gorgeous (if a little dry) and my garden has been a constant source of joy over the last three months – simply bursting with new growth, lots of flowers and fragrance at every turn. Fragrance in the garden is so evocative – it can bring back childhood memories, soothe our frayed nerves at the end of a stressful day or remind us of a loved one. I have five *Pseudotsuga menziesii* (Douglas Fir) in our paddock and I often run my hands through the needles and sniff them, transporting myself back to childhood holidays at my Aunt and Uncle's crib in Wanaka. They had a Douglas Fir hedge and the fragrance on a hot summer's day was divine.

Michelia figo (Port Wine Magnolia) is another beauty, filling the evening air with a scent reminiscent of bubble-gum crossed with port. Mine flowers at the same time as my highly perfumed *Wisteria sinensis* "Alba" – a heady combination. *Rhododendron maddenii* "Virginalis" is next; a species rhododendron with highly fragrant,

large trumpet-shaped pure white flowers in mid-November – a sight and scent to behold.

A few years ago, I fell across *Dianthus* "Rainbow Loveliness" with beautiful shaggy flowers in shades of pink or white. Her fragrance captured my heart (or should I say nose), slightly reminiscent of "Eau de Cologne" – fresh and slightly spicy. This treasure is now a permanent fixture on my website: heirloomplantnursery.co.nz.

As gardeners we know there are lots of beautifully fragrant roses and one in particular holds a very special place in my heart. *Rosa rugosa* "Roseraie de la Haye" is the most beautiful, hardy rose with voluptuous semi-double rich magenta blooms that have an incredibly strong "true rose" scent. I vividly remember seeing her for the first time, with Dad, in a heritage rose garden in my hometown of Invercargill. We stood for a long time drinking in her beauty and overwhelming fragrance.

Fragrance is not just limited to our flower gardens – beautifully scented flowers are also present in the vegetable garden. Broad bean flowers

smell delicious, especially in the evening. I regularly poke my nose into them when I'm harvesting vegetables for dinner, after checking for bumble bees first of course. Brassicas that have gone to seed produce small yellow flowers that also smell lovely.

Speaking of vegetable gardens, now is the time to concentrate on getting summer crops well-established before the really hot weather hits. Deep watering every two to three days is more effective than a light daily sprinkle. Watering deeply encourages your plants to form strong deep roots and this will stand them in good stead if things get really dry. It's also important to try to water the ground rather than the foliage because that's where the moisture is needed. Mulching where possible is a good idea too – pea straw, barley straw, red clover straw, compost and sheep pellets will all help to retain moisture. Merry Christmas!

Send your questions and suggestions to Philippa

foeslamb@xtra.co.nz





Tasman's Proposed Age-Friendly Policy



Tasman District Council has developed a new Age-Friendly Policy to guide Council's planning and better meet the needs of the growing number of older residents.

We want Tasman District to be a vibrant age-friendly community where older people are valued, visible and socially connected, and Council services are accessible and affordable.

The Policy aims to address the issues raised by our community on the needs of older people such as accessibility, transport services and infrastructure, housing, social connection, and affordability, and how the Council can help develop an age-friendly community.

The Policy proposes goals and objectives across a range of areas where Council has a role in developing an age-friendly community. It also includes examples of the methods or actions that will achieve the goals

and objectives. These will mostly be implemented through other key planning documents, particularly the Long Term Plan 2021 – 2031 and the Tasman Resource Management Plan review. Adoption of the policy has been timed to inform the development of those plans. In some areas, a wider review or further research is required to identify the best method or solution to address issues.

The policy is open for consultation until 25 January 2019. We want to know if you think this policy identifies and addresses the opportunities and challenges of an ageing population? Will its objectives improve the wellbeing of older residents?

Read the full Proposed Age-Friendly Policy at www.tasman.govt.nz/link/age-friendly.



Information and submission forms available at Council offices and libraries, and online www.tasman.govt.nz/feedback or phone your local Council office to ask for forms to be posted to you.



Put on your dancin' shoes!

Two Nelsonians with a passion for jazz play beautiful music together – on radio.



Peter Sutton (88) and Ron O'Reilly (76) first met in 2011 at a University of the Third Age (U3A) meeting. Discovering a mutual interest in jazz, they formed a U3A study group focused on the history of jazz and the group has been meeting monthly ever since. Membership fluctuates but currently includes four men and five women who meet to watch jazz documentaries, listen to recordings and debate their personal enthusiasms for particular musicians or jazz styles.

Although Peter and Ron both played instruments, some of the other members of the study group are just curious or interested in learning more about jazz. Peter, who worked as a registered psychologist, played the sousaphone as a young man. He left

this much-loved instrument in England but took up the clarinet and the banjo after he migrated to New Zealand in 1953. Ron played the clarinet. A Canadian by birth, Ron has lived in New Zealand since 1970 and was a Lecturer in Forestry and served as a Dean at the University of Canterbury before his retirement.

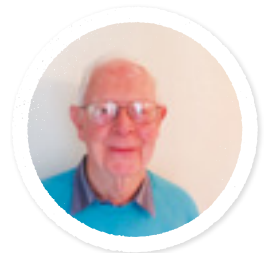
When Rona Abbott, who presents a programme about positive ageing on Fresh FM Community Access Radio, suggested that jazz would make a great radio show, Peter and Ron responded with enthusiasm. They had almost no experience in radio but FreshFM gave them all the necessary advice and technical support they needed.

Peter and Ron broadcast the first episode of their hour-long show, *Seminal Jazz*, on Christmas Day 2016 and continue to co-host the fortnightly show which explores the evolution of jazz from the date of the very first recordings in 1917. Between them they write the scripts, undertake historical and musical research, and locate jazz recordings.

FreshFM:

Listen to *Seminal Jazz* and other locally-made radio programmes live on FreshFM Nelson/Tasman 104.8, Eastern Golden Bay 95.0, Blenheim 88.9 or listen online www.freshfm.net. Nelson's University of the Third Age: www.u3anelson.org.nz.

David Atkinson (80), another study group member, played the trombone for 50 years with the Savage Club, the Social Band and Citizens Band in Nelson, has made guest appearances on the show to share his knowledge of international and early New Orleans jazz.

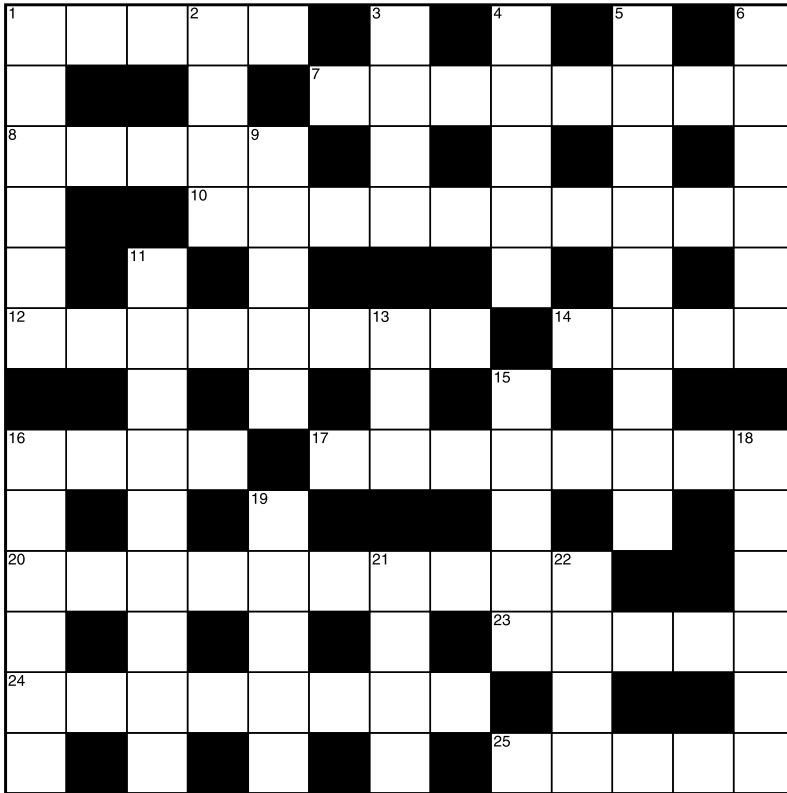


The show has developed a very loyal audience. In fact, it's the most-listened to show on FreshFM with fans in Canada, the U.S., Australia and England who listen live, or stream the show. Ron and Peter hope that the show's evident popularity will encourage some more local sponsorship for the show.

Ron and Peter chose a 1927 Jelly Roll Morton recording as the show's signature tune, "Doctor Jazz" he sings:

"He's got what I need, I'll say he has – when the world goes wrong and I've got the blues – He's the guy who makes me put on both my dancin' shoes."

Crossword



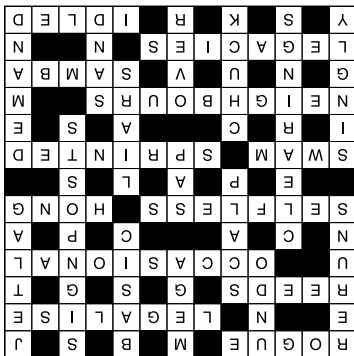
ACROSS

1. Rascal
7. Decriminalise
8. Water grasses
10. Infrequent
12. Thinking only of others
14. Chinese city, ... Kong
16. Did breaststroke
17. Ran flat-out
20. Adjacent householders
23. South American dance
24. Birthrights
25. Lazed

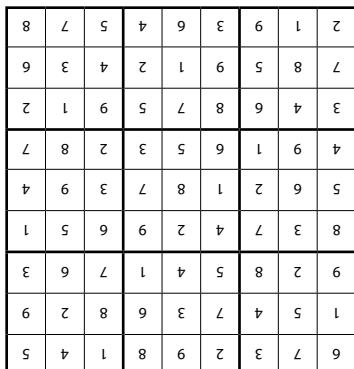
DOWN

1. Second movie showings
2. Unfasten
3. Huge
4. Simple
5. Roadside indicators
6. Flyer's fatigue (3,3)
9. Resell (tickets) for profit
11. Open spaces in forest
13. Tree blood
15. Fibbers
16. Solely
18. Supply & ...
19. Actor, ... Norris
21. Yonder, ... there
22. Beach surface

Crossword solution

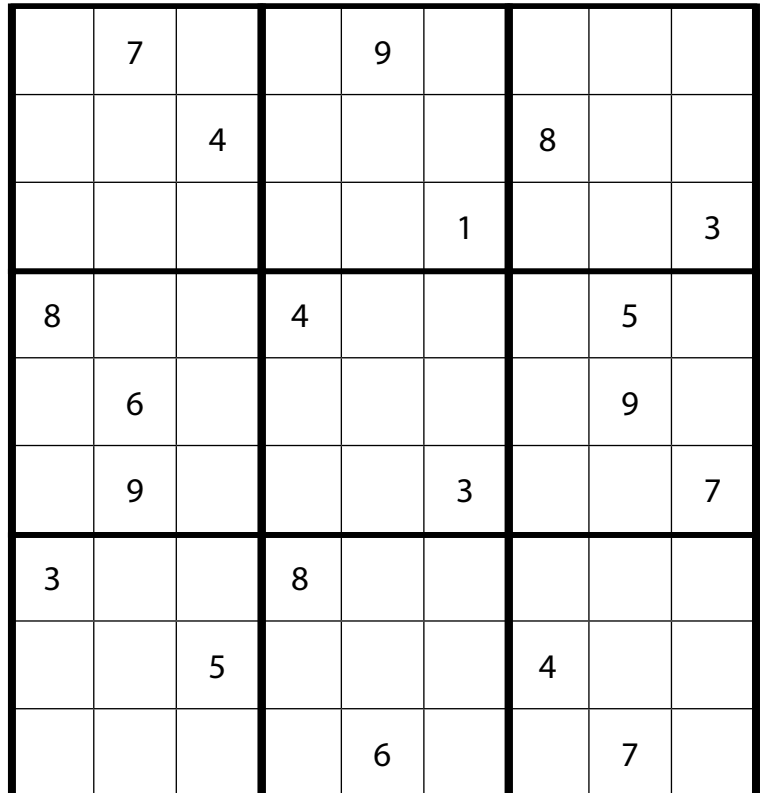


Sudoku solution



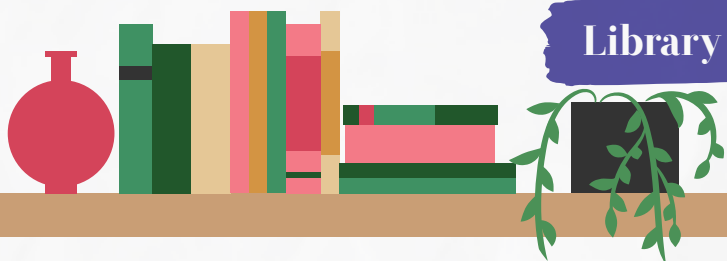
Sudoku

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



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

Tasman District Libraries



Make this summer a library summer

Summer is almost here and your library is ready with a huge range of books, magazines, DVDs and e-books to help you chill out and relax during your the summer holidays.

Holidays are also when many of us finally have the time to read that autobiography we've had on our must-read list, indulge in making some exotic recipes from the cookery section or catch up on new crafting ideas. Whatever your interests are, you'll find something to satisfy them at your local library.

If you want to keep track of what's new in the library check out the lists on New in the Libraries on the library website. They are updated weekly and link directly to the library catalogue so you can see the availability of titles that interest you.

And if you're a news and current affairs fan, keep up with what's happening in the world with PressReader. This amazing e-resource brings you over 7000 publications from

120+ countries in 60+ languages. All free to you with your library card and PIN.

Alternatively, you can visit the e-Library page of the Council library's website and browse the online shelves there.

New titles are regularly added so it's worth checking every few weeks to see what's new.

MORE INFORMATION



Website:

www.tasmanlibraries.govt.nz

Telephone:

Richmond 543 8500 Motueka 528 1047
Takaka 525 0059 Murchison 523 1013

Nelson Public Libraries



Summer reading challenges

Our summer reading challenges are here to inspire every family member over the holiday months ahead.

For our first ever Biblio Bingo Bonanza, we have come up with 25 reading challenges to create a summer reading bingo board. All you need to do is complete five of the tasks to form a line on the board and return your card to the library. All entrants receive three \$2 vouchers which can be used for DVD loans or hold charges. And you'll be in the draw to win a Kobo Clara ereader, or one of two \$50 book vouchers.

If you are busily entertaining grandchildren over the holidays you'll be pleased to know that our Children's Summer Reading Programme is back. Join Bastet the Cat Goddess as she tries to prevent the evil serpent Apep from plunging Egypt into darkness. Follow Bastet's adventures and challenges by reading 20 mins a day over the summer holidays. Every child who enters will receive a free book to get them started. Open to children aged 6 – 12.

Our Young Adult Summer Reading Programme means that teenagers won't miss out on the fun. Participants aged

13 – 19, will receive a series of challenges and be asked to send in a photo of each one they complete. Each photo earns one entry in the draw to win one of four \$50 book vouchers.

All challenges run throughout December and January. Register in person at any of our branches.



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



TASMAN AND NELSON DISTRICT

Age Concern

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

Alzheimers Society

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

Arthritis New Zealand

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

Asthma Society (Better Breathing Classes)

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

Brook Sanctuary

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

Found Directory

An online directory of social and community groups and organisations across Nelson and Tasman. www.found.org.nz or contact Volunteer Nelson for more information. 546 7681, admin@volunteernelson.org.nz

Hearing Association Nelson

Card group Mondays from 1.15 pm. Free talks on all hearing issues, free hearing aid clinics (cleaning and drying) first Friday of the month held in Stoke, Richmond, Motueka and Golden Bay. Please phone for an appointment. Ph. 03 548 3270

Hearing Therapy Services Life Unlimited

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

Mobile Toe Nail Cutting Service

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

Nelson Public Libraries

Branches at Stoke, Tahunanui and Nelson, provide free library services to the community. We also have free computer and wifi access, computer classes, a home delivery service, local and family history information and hold regular events. Ph. 03 546 8100.

Marching for Women 50+

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

Senior Net (Nelson)

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

Stroke Foundation

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

Upright and Able for Falls Prevention

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

Volunteer Nelson

Volunteering opportunities across Nelson and Tasman. A great way to connect socially and do something that interests you. 03 546 7681, admin@volunteernelson.org.nz, www.volunteernelson.org.nz

GOLDEN BAY

Astanga Yoga

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

Friends of Golden Bay

Ph. 03 524 8130 (Don)

Genealogical Group

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

Gentle Exercise Class

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

Golden Bay Contract Bridge Club

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

Golden Bay Garden Club

Ph. 03 525 8455 (Anne)

Golden Bay Patchwork and Quilters Guild

Ph. 03 524 8487 (Liza)

Indoor Bowls/Cards

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

Marble Mountain Country Music Club

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

Motupipi Indoor Bowling Club

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

Pohara Bowling Club

Ph. 03 525 9621 (Jennifer)

Puramahoi Table Tennis

Ph. 03 525 7127 (Rene)

Relaxation and Restoration Yoga

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

SeniorNet (Golden Bay)

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

Sit and Be Fit

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

Takaka Golf Club

Ph. 03 525 9054

Takaka Golf Club Ladies Section

Ph. 03 5259 573 (Rhonda Lash)

Takaka Spinning Group

Ph. 03 524 8146 (Margaret)

Takaka Table Tennis

Ph. 03 525 7127 (Rene)

University of the Third Age

Ph. 03 525 7202 (Moir)

Uruwhenua Women's Institute

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

Wednesday Walkers

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

HOPE

Hope Midweek Badminton Club

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

Nelson Veterans Tennis Club

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

MAPUA

Sioux Line Dance

Tuesday – Mapua Community Hall Beginner Class, 9.00 am – 10.00 am. Improver Class, 10.00 am – 11.30 am Ph. 03 528 6788 E. sioux.wilson@yahoo.com.au

Low-Impact Aerobics and Pilates

Wakefield, Upper Moutere & Mapua. Ph. 03 543 2268 (Lynda)

Mapua Craft Group

Meets every Friday in the supper room at Hills Community Church from 10.00 am – noon (term time only) for simple craft work. Plus guest speakers, demonstrations & group outings. Morning tea provided. Ph. 03 540 3602 (Julie Cox) E. juliehcox@xtra.co.nz

Mapua Friendship Club

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

Mapua Bowling Club

Ph. 03 540 2934 (Dave)

The Coastal Stringers

Meet at the Boat Club rooms, Mapua Wharf, Friday's 1.30 pm – 4.00 pm. Contact Colleen, 540 3010 or Diane 540 2627

MOTUEKA

Cycling

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

Indoor Bowls

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

Sioux Line Dance

Thursday – Motueka Memorial Hall. Beginner Class, 6.30 pm – 7.30 pm. Improver Class, 7.30 pm – 8.30 pm. Ph. 03 528 6788 E. sioux.wilson@yahoo.com.au

Marching

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

Motueka 50+ Walking Group

All walks leave Rec Centre car park, Old Wharf Road 9.00am, where transport can be arranged. Meetings are held on the last Thursday in each month at RSA Club, High Street, Motueka at 9.30am.

President Trevor Michel, Secretary Shirley Hurrell Ph 03 528 9434

Wed: 60+ Gymmers, 9.30am \$5

Pickle Ball, 11.00 am \$5

Badminton, 2.00 pm \$5

Thurs: Sit n Be Fit \$5

Ph. 03 5288228 (Wendy)

Motueka Social Dance Group

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

Riwaka Bowling Club

School Rd, Riwaka.
Pauline: 021 1235974
Vince: 021 2633441.

Riwaka Croquet Club

Ph. 03 526 6237 (Nini)

Scottish Country Dancing

Ph. 03 543 2989 (Valerie)

Social Recreation

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

Yoga

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

MURCHISON

Murchison Sport, Recreation & Cultural Centre

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

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

NELSON

Angie's Aerobics

Burn calories and increase muscle and energy levels in this fun, easy aerobics and circuit class. Thurs 9.15 am – 10.15 am, Tahuna Presbyterian Church, Muritai St 56.
Ph. 03 547 0198 (Angie)

Aquatics/Swimming/Gym

Riverside Pool Ph. 03 546 3221

Belly Dancing

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

Breast Prostheses & Mastectomy bras

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

Cardiac Support Group

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

Community Heart and Diabetes Services

Nelson Bays Primary Health for education, awareness and support.
Ph. 03 543 7836 (Bee Williamson)
M. 021 409 552. Free Ph. 0800 731 317

Golf Croquet

Nelson-Hinemoa, Ph. 03 548 2190 (Bev)

Gentle Yoga with Connie

Hearing House, 354 Trafalgar Square, Nelson Tuesday's (during school term) 10.30 – 11.45am. Suitable for anyone who is inflexible, thinks yoga too hard for them, or has a sedentary lifestyle. Numbers are limited to 12. Ph 035475331 or 0272976147 Email: jnc@jnc.co.nz

Government Superannuitants Association

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

Grandparents raising Grandchildren

Ph. 03 544 5714 (Paula)

Line Dancing

10.00 am Tuesday/ Thursday. Nelson Suburban Club. Free morning tea. All ages & gender, gentle cardio.
Ph. 03 547 9280 M. 0274 491 569
E. dianeneil@ts.co.nz

Marching

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

Nelson Antique Bottle and Collectables Club

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

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

Nelson Electronic Organ and Keyboard Club

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

Nelson Grey Power

Nelson Grey Power is a lobby organisation promoting the welfare and wellbeing of all those citizens 50+.
Ph. 03 547 2457
E. nelsongreypower@xtra.co.nz

Nelson Male Voice Choir

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

Nelson Petanque Club

Wed and Sun 1.15 pm. Behind the Trafalgar Park grandstand, off Trafalgar Park Lane. Boules and tuition provided.
Ph. 546 6562 (Roger or Shirley).

Nelson Philatelic Society

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

Nelson Provincial Museum

For details, visit
www.nelsonmuseum.co.nz

Nelson Social Dancing Club

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

Nelson Scottish Country Dancing Club

Thursday night dancing, 7.30 pm YMCA Hall, 156 Toi Toi St, Nelson. Ph. 03 547 5721 (Kelly) Ph. 03 547 7226 (Ian)

Nelson Scrabble Club

Meets every Wednesday 7.00 pm at the Nelson Suburban Club, 168 Tahunanui Drive. Ph. 03 545 1159 (Tony).

Nelson Senior Citizens Social Indoor Bowling Club

Ph. 5466562 (Roger or Shirley).

New Zealand Society of Genealogists, Nelson Branch

Meetings every 4th Monday 7.30pm Feb Oct at Nick Smiths Rooms Quarantine Road, Stoke. Library 67 Trafalgar Street, Nelson, Mon 1-4, Thur 10-4, Sun 2-4. All welcome. nelson@genealogy.org.nz

Pottery

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

Silver Yogis

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

Stoke Tahunanui Ladies Club

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

Sit and Be Fit

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

Super Seniors (65+)

10.30 am – 12.30 pm Meets third Friday each month. All Saints Church Foyer, 30 Vanguard St (city end) Nelson. Includes: morning tea, guest speaker, activities, light lunch, suggested donation \$5
Ph. 548 2601 (Anne-Marie)

Support Works

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

Suter Art Gallery

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

Table Tennis

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

Tahunanui Bowling Club

Welcomes summer and winter bowlers.
Ph. 03 547 7562 (Barry)

Tahunanui Community Centre

A range of activities and services on offer, walking, gardening, cycling and free counselling.
Ph. 03 548 6036 (Katie or Jacqui)
W. www.tahunanui.org

Tai Chi with Gretchen

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

Taoist Tai Chi Internal Arts for Health

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

The Probus Club

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

Ukulele with Gretchen

Nelson and Richmond, groups or private.
U3A: Ph. 03 548 7889 (Paul)
E. membership@u3anelson.org.nz

Victory Community Centre

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

Victory Laughter Yoga Club

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

Victory Senior Support

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

Victory Sit & Be Fit

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

Nelson 50+ Walking Group

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

Yoga

Dru Yoga classes Ph. 03 543 2125 (Sue).

Yoga

Hot Yoga Nelson Ph. 03 548 2298

RICHMOND

Aqualite:

Hydrotherapy Pool, Richmond. Aquatic Centre, Salisbury Road, Richmond. \$5.00 per session, Mondays & Wednesdays. 8.00am and 8.40am. Increase strength, improve balance and manage pain

Badminton Richmond

Morning Badminton
Ph. 03 544 44120 (Dawn)

Bfit4ever

Nicola Rae, 021 0788609 or 546 8444

Body Power Pilates & Yoga Centre

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

Hope-Ranzau Women's Institute

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

Richmond Bridge Club

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

Creative Fibre Group

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

Chair Yoga

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

Club 50

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

Croquet

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

Easy Exercise

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

Euchre (May to Sept only)

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

Sioux Line Dancing

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

Lunch on the Hill

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

MenzShed Waimea

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

Nordic Walking

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

Pilates Classes

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

Pottery

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

Richmond Bowling Club

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

Richmond Creative Fibre Group

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

Richmond Indoor Bowls

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

Richmond Physiotherapy

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

Richmond Scottish Country Dancing Club

Tuesday evening 7.30 pm. Methodist Church Hall, Neale Ave, STOKE. Contact 5440902 or 5418211. C Stanton, Sec RSCD club. cstanton@actrix.co.nz

Richmond Senior Citizens

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

Richmond Slimmers Club

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

Richmond Waimea Community Whanau Group

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

Social Cards

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

Sit and Be Fit

Mondays 10.15 am. AMI Nelson Suburbs Soccer Clubrooms Saxton Field, Stoke. Gentle exercise to music, \$5.00 pp.

Sport Tasman Richmond

Richmond Town Hall (RTH)
9 Cambridge Street
Enquiries 544 3955 (All \$5 per group)
Discounted non expiry concession cards available

Monday & Friday

EASY-BEAT: 'high intensity' Aerobic & Circuit class for the more active (9am-10am)

SHAPE-UP: 'low intensity' Aerobic & Circuit class for those getting back into fitness (10.30am- 11.30am)

ACC Approved strength and balance programmes

CLUB60+ SENIOR ADVENTURES (under 60's welcome too)

Active fun, social recreation with weekly planned outings and activities

Meet RTH every Tuesday 9.30am / carpooling available

Tasman Tennis Club

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

Veteran's (55+) 9 Hole Golf

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

Yoga Classess for stiff and sore spots

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

STOKE

Chair Yoga at Saxton

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

Clogging/Tap Dancing

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

Give It A Go

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

Housie Evening

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

Just Us Drama

Meets each Monday 10.30 am - noon at Whakatu Presbyterian Church Hall Lounge, Upper Songer Street Stoke to rehearse skits and plays for to performing to various groups. No previous experience necessary! Enquiries to Marion 5470509 or Jane 0210578754

Nelson Savage Club

A social club for all entertainers. Variety Concert held at 7.30 pm on the second Wednesday of every month at Stoke Primary School Hall, Main Rd, Stoke. Ph.

03 547 7022 (Philipa) 03 547 2660 (Anne)

Ngawhatu Bowling Club

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

Presbyterian Support

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

Safety & Confidence

Ph. 03 543 2669 (Cornelia)
Saxton Seniors, Saxton Stadium

Senior Walking Group:

Tuesday & Thursday 9.30 to 10.30 am \$5.00.

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

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

Chair Yoga: Wednesday 10.30 am.

Tai Chi for Health:

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

Stoke Bowling Club

Ph. 03 547 1411 (Allen)

Stoke Central Combined Probus Club

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

Stoke Old Time Country Music Club

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

St Barnabas Stoke

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

Stoke Seniors Club

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

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

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

Mah Jong: Tuesdays, 1.00 pm \$3.

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

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

Stoke Seniors Hall:

Scrabble Club: Mondays 1.00 pm. \$3.

SERVICE DIRECTORY

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

Tuesday – Thursday Meals. A two course midday meal for \$10 (members) \$12 (non-members). Please book (preferably by 9.30am the day before). Housie: second Tuesday and last Wednesday of the month. \$5 a card.

Monthly movie: Contact office for details.

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

Special trips:
Monday outings – café lunch/picnic.

Thursday – out @ about local tiki tour from 11.00am.

Girls Own:
Monthly on Friday.

Lads @ Large:
Monthly on Friday

TAPAWERA

MENZSHED

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

Visual Art Society

Ph. Kay 03 522 4368

Walking – Tapawera
Rural Ramblers Ph. 04 541 9200

WAKEFIELD

Live Well, Stay Well Activity Group

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

Willowbank Heritage Village

Open every first Sunday in the month (September – May). Stroll the village and visit the stores + our Victorian Cafe, 1950s Burger Bar and 1970s Milkshake Bar. More info: willowbank2002@gmail.com

Walking – Wakefield
Rural Ramblers Ph. 03 541 9200

WOULD YOU LIKE TO JOIN OUR DIRECTORY?

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

HEIRLOOM PERENNIAL NURSERY AND ART STUDIO

Specialising in hardy perennials and gorgeous cranesbill geraniums.

Also available: Mixed-media creations gift tags • Journal covers
Decorative magnets • Art commissions welcome

Visits by appointment only.

E foelamb@xtra.co.nz

P 03 544 3131 or 021 522 775

A 25 Maisey Rd, Redwood Valley

www.heirloomplantnursery.co.nz

www.tinyurl.com/

Phippa-Foes-Lamb-on-Facebook



Your Professional Celebrant with Soul

Weddings • Renewal of Vows • Elopements

New Beginnings • Funerals • Memorials • Interments

Scattering of Ashes • All Life Celebrations



Phone 03 5410646 or 021 1371921

www.margpalmercelebrant.co.nz

Create a unique and meaningful farewell



We can provide every service and option, and leave you with memories of a lifetime of love.

544 4400

www.wrfs.co.nz



WAIMEA RICHMOND
FUNERAL SERVICES

Need support and professional care in your own home?



Call Nelson's qualified provider of home based support services.

Contact our branch:
Suite 3 Level 1
355 Lower Queen Street
Richmond
Ph. 0800 263 562 or 03 548 2009



Email: nelson.office@healthcarenz.co.nz
Website: www.healthcarenz.co.nz



Your safe and trusted local community taxi.
We have five mobility taxi's in our fleet.

Anywhere Anytime call a Blue Bubble Cab

Ph. 03 548 8225
0800 108 855



"I'd like Pavarotti and poetry"

At Marsden House we understand that everyone is different, and that your funeral should reflect and celebrate your uniqueness. We offer a wide range of options for you to pre-plan your funeral to be exactly how you want it.

Call us today on 03 548 2770 for a FREE information pack.



Marsden House
FUNERAL SERVICES



I needed help to feel confident in my home again - Access was there.

Janet



Make yourself at home with Access

Whether you require nursing services, personal care or even just a hand around the house, our fully qualified team supports you to live independently in your community.

Talk to your GP or give us a call on 0800 284 663.