

Mudcakes and Roses

SENIOR GENERATION ACTION
AND ISSUES – NELSON TASMAN



Alan Kissell and Clarence Merrick from Waimea Menz Shed



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A Lasting Legacy

Isn't it wonderful to see the first blossoms of spring after a long, cold winter? Makes you feel positively festive doesn't it?

Luckily, Nelson Arts Festival is ready to get the party started on October 14 with the famous Masked Parade followed by a street party with food stalls, live band and more. We're incredibly fortunate to have this two week festival bringing local, national and international theatre, dance, music and writers to our doorstep each year – let's get out and support it.

The phenomenon of Men's/Menz Sheds is a great idea that's really taken off since the first one opened in New Zealand back in 2007/8. On page 4 we catch up with what's been happening locally with new and established Menz sheds.

You won't believe the creativity of crafters who entered the recent Cosy Crazy competition held in Motueka – check out the gorgeous creations on page 6. Plus, discover one of the region's oldest institutions you've probably never heard of – The Nelson Institute, and learn more about Thomas Cawthron, one of New Zealand's greatest philanthropists.

It's been two years since we last asked your opinion about Mudcakes and Roses. You gave us some really valuable feedback on what you did and didn't like as well as some great ideas about what you'd like to see included and your preferred format. We hope you'll do it again. Please check out the survey on pages 9 and 10 and get it back to us before 20 November 2015.

The Mudcakes & Roses team

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

Mudcakes & Roses Noticeboard

Positive Ageing Forum

Charles Tyrell has been voted as the new chairperson for the Nelson Tasman Positive Ageing Forum after Gail Collingwood stood down.

Positive Ageing Forum meetings are held at Richmond Library from 1.00pm until 3.00pm. All welcome. Next meeting: 30 November.

Age Concern Nelson Tasman free driving courses

Staying Safe – aims to give older drivers an update on road rules and help maintain safe driving practices, this is a one-off classroom-based refresher course:

Wednesday 21 October 2015 at 10.00am at Stoke Baptist Church, Main Road, Stoke.

Life Without a Car – aims to give people information and tips about what transport options are available when you no longer drive, this is a one-off classroom-based course.

Wednesday 18 November 2015 at 10.00am at Ernest Rutherford Retirement Village, 49 Covent Drive, Stoke.

How Well Are You Eating?

Find out using Nutri-eSCREEN, an online eating habits survey for older people. Nutri-eSCREEN® is for people aged 65 and over living in their own homes. It's not suitable for people in rest homes, hospital or with memory problems. Nutri-eSCREEN, the web-based nutrition risk screening questionnaire for older people. Visit www.nutritionscreen.org/nz/escreen/

Men's Health and Wellbeing Survey

The Movember Foundation are commissioning a Global Health and Wellbeing survey. The survey is designed to gather insights and ultimately help change the way the world thinks about men's health and wellbeing. Men and women (aged 16 years and over) across Australia, Canada, New Zealand, the UK and US can participate. Please fill out the survey at www.globalhwsurvey.com

SuperSeniors website launched

A new website for New Zealand's SuperSeniors has been launched by Senior Citizens Minister Maggie Barry.

SuperSeniors pulls together in one place the wealth of information available for older New Zealanders online, including superannuation entitlements, finances, health and SuperGold discounts.

The website will be run by the Office for Senior Citizens and will include information from a wide variety of organisations for seniors, including Government and non-government agencies.

The website can be accessed at <http://superseniors.msd.govt.nz>

Positive Aging Expo 2016

The Positive Aging Expo is on again 1 April 2016. If your group would like to have a stall registrations are open now. Please note there are a limited number of stall spaces and the event does fill up.

For a registration form Contact Tasman District Council, Community Partnerships Coordinator, Mike Tasman-Jones, email mike.tasman-jones@tasman.govt.nz

Thanks to our sponsors



How to get your copy!

Mudcakes and Roses is no longer mailed free to readers. The magazine is still widely available at Council's Office, Service Centres, Libraries and the Richmond Mall. You can also read it online at the Tasman District Council website, www.tasman.govt.nz/mudcakes.

Alternatively, readers can pay a \$10 annual subscription to receive Mudcakes in the mail. Contact Tara Fifield at the Tasman District Council Ph. 03 543 8578.

Nelson Arts Festival 14 – 26 October

Spanning 13 magical days and nights this year's festival offers a gobsmacking smorgasbord of local, national and international theatre, dance, music, and readers and writers talks in a range of unique venues throughout the region.

Started as a small collection of events to support the World of Wearable Arts, today the festival is a sophisticated celebration of global and national acts, hosting up to 140 visiting performers and artists and attracting over 12,000 people to ticketed events.

The first weekend of the festival will kick into action with the famous Nelson Arts Festival Masked Parade, the biggest parade in Australasia. After the parade is a massive street party, complete with food stalls, live bands and plenty of other family attractions in Nelson's main street.

From then on, the festival is in full swing right through until Labour Weekend when festival goers can sample some big names of the New Zealand music scene, award-winning physical theatre from Germany, live poetry at the spectacular Mahana Vineyard and thought-provoking talks by well-known Kiwi authors.

For details of what's on offer pick up a programme from local libraries and council offices or visit www.nelsonartsfestival.co.nz



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The logo for Wensley House, featuring a stylized bird in a circle above the text 'Wensley House' in a cursive font, with 'REST HOME & RETIREMENT VILLAGE' in smaller text below it.

STUDIOS AVAILABLE

A photograph of a large, modern, single-story building with a white facade and large windows, surrounded by green lawns and trees.

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The logo for RVA New Zealand, featuring the text 'RVA NEW ZEALAND' in green and white, with 'Rest Home & Retirement Village Association' written below it.

Please phone Tony or Helen Coombs at Wensley House - 49 Wensley Road - Phone 544 4099



Mens Sheds Taking Off

Members from Tapawera Men's Shed

The concept of Men's/Menz Sheds has taken off in New Zealand since the first one opened its doors in the Dunedin/Mosgiel area in 2007. Men's Sheds aim to address the lack of practical support networks for men – especially those in their later years. In Nelson/Tasman there are three Men's Sheds up and running. Others are in various stages of development and planning.

While the sheds provide an invaluable community service, getting a Men's Shed up and running isn't always smooth sailing as some of the groups are discovering. Here's a round-up of the latest local activity...

Men's Shed Waimea

The Men's Shed Waimea has gone from strength to strength since it opened in 2011. Coordinator Alan Kissell says they now have about 120 financial members. For the past eight months members and community service workers have been busy making 8,000 predator traps which are used by the Department of Conservation Motueka, Friends of the Cobb Valley and the Brook Waimarama Sanctuary. Other community projects have included building shelving for the new IHC shop in Richmond, building wheelchair access ramps for hospice and assisting NMIT carpentry students with building planter boxes for Broadgreen Intermediate. A new engineering shed has just opened on site and there are plans to upgrade the toilets and add a new wheelchair access ramp.

Men's Shed Waimea

www.menzshed-waimea.kiwi.nz

Email: menzshed.waimea@gmail.com

Richmond Park, Lower Queen Street, Richmond.

Opening Hours;

Tuesday – Friday: 9.00 am to 4.00 pm

Saturday: 9.00 am to 3.00 pm

Tapawera Men's Shed Inc

The idea of a shed for Tapawera was first floated in 2012. Secretary Roger Bowman says support and a visit to the Waimea Men's Shed was helpful in seeing what they could become. While seeking a suitable base, the group enjoyed regular visits to other members' sheds and assisted at community events to raise funds. They were delighted to be able to buy the Tapawera Scout Den in April 2014. Tapawera Men's Shed Inc now meet on Saturdays. The shed has a lathe, two work benches, bench grinders and a modern chain saw sharpener – and provides a community sharpening service. Recent projects have included a memorial friendship seat built for Tapawera Area School. They also support their community at the Tapawera BGAC Show and the Tapawera Christmas Fair by managing car parking and they're waiting for warmer weather to finish a painting job for the Toy Library.

Tapawera Men's Shed Inc

www.menzshedtapawera.wordpress.com or see them on Facebook.

Tapawera Scout Den, Tapawera Recreation Reserve (entrance from Matai Crescent). Open each Saturday from 10am.

Menzshed Whakatu

Chairman Graeme O'Brien says the group has been at it for just over a year, and they've got a shed out the back of Habitat for Humanity (the old Save Mart building) in Quarantine Road. While there is "a bit of fixing up to do to get it ready", the group will be ripping into it in the next few weeks, says Graeme. "We're looking for donations of corrugated iron, old roller doors and things like that. We've got to get it secure and fit for purpose." Menzshed Whakatu has 15 signed up members and about 20 people attended their recent AGM. Menzshed Whakatu has plans to operate a "time bank" for members who would prefer to do work in lieu of paying a membership fee. Graeme says he can't wait to get it all up and running and they are hoping to have it ready in time for

next winter. The building has been donated for use for free but Habitat for Humanity only has the lease for the next five years. Anyone wishing to donate materials or interested in further information can contact **Graeme on Ph. 022 194 2516** or **Email: menzshed.nelson@gmail.com**

Menzshed Nelson

Geoff Golding says Menzshed Nelson has had "a couple of false starts" with premises not suitable. They're currently seeking approximately 150m2 in an industrial area of Nelson with three phase power and a toilet – a kitchen would be a bonus. Geoff says there are all sorts of things already in place including a major business sponsor, administration and a constitution.

"The need is there, I probably get one enquiry a week," he says.

Geoff can be contacted on Ph. 03 929 5222, Email: nelson.menzshed@gmail.com or see menzshed-nelson.org.nz

Motueka Menz Shed

Secretary Tony Small says the group currently meets regularly at the bus garage by Weka House however for the past three years they've been searching for a shed of their own. They originally planned to build a new shed at the A&P Showgrounds in Marchwood Park and have leased a plot of land there, but haven't been able to raise sufficient funds yet to start building. In the meantime, they're looking for alternative premises – somewhere easily accessible and long-term. Currently there are about 15 members and the group is restricted in the size of projects they can take on, due to not having a suitable space. Tony is confident that numbers will grow once they can find new premises.

"It is frustrating. For the last three years people have been saying 'there's got to be a shed around somewhere you can use' – but we still don't have one." Despite the frustration, Tony says he has found the group a good place to hang out. "I've met guys I wouldn't have met and made friends. I see us a bit like a church – we're a congregation of people who support one another." Anyone who can help out with finding suitable premises can contact **Tony on Ph. 03 528 5221** or **Email: tonysmall@xtra.co.nz**



Key Facts

- Men's Sheds originated in Australia following concerns about men's health - there was little encouragement for men of all ages to socialize and discuss their feelings and wellbeing. Sheds were seen as a way of improving men's health by removing social isolation. Today, there are shed movements in Ireland, the United Kingdom, Canada and NZ.
- The Men's Shed movement in New Zealand started around 2007 in the Dunedin/Mosgiel area with formation of a Dunedin Bloke's and Taieri Bloke's Sheds. Early 2008, the Hamilton Community Men's Shed was opened. As more sheds opened, the idea of establishing a national organization gained momentum, culminating in the establishment of MENZSHED New Zealand Inc in 2013 at the Waimea Men's Shed. Since then, annual meetings have been held in Kapiti and Wairarapa with Canterbury to host the 2016 event.
- There are 90 sheds recorded now, some very well established while others are more modest and some are still in "start-up" mode with an establishment group seeking premises.
- Well-resourced sheds may run programmes for youth and most sheds are involved in community projects.



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Cosy Craziness in Motueka

Motueka went Cosy Crazy this winter with a popular new crafting competition sparking some wonderful creations.

Convener Shirley Wallace said they received 102 entries from Ashburton to Rotorua for the "Cosy Craziness" competition run by Motueka Arts Council and Our Town Motueka. It's the third year that a winter craft competition has been run. Previous competitions have included "Make a Beanie" and "Make a Dog's Coat" and the entries are displayed in local shops. This year, a one day exhibition of all the entries at St Thomas Church Hall was added which attracted over 200 people from as far afield as Nelson and Golden Bay.

Shirley said the response to Cosy Craziness was "absolutely brilliant".

"We (the Motueka Arts Council) were all very thrilled with the response we got and for the exhibition. I think people enjoyed seeing their work in an exhibition format."

Shirley, who is involved with Creative Fibre, says she believes there's a real resurgence of interest in crafting.

"I think people are getting back into knitting and sewing especially in this area. The momentum seems to be building. It's fun to make something small and winter is the ideal time for crafts – to sit by the fire and knit or sew.

"Every tea cosy was individual – there were no two the same."

This was a first time that the Arts Council worked with both Our Town Motueka and the Nelson/Marlborough Buller Area of Creative Fibre.



Top: Cottage by Jane Hender

Above Left: Titti Titti Bang Bang by Robbie Francis – 1st in Most Outrageous

Above Right: Lillies by Janet Maxwell, Rotorua – 1st in Wool Section

The Nelson Institute – what is that?

The Nelson Library has its origins in the Nelson Literary and Scientific Institute, founded on the Whitby en-route to the new colony of New Zealand in May 1841. By September 1842, a library and reading room was open for fee-paying members in Trafalgar Street, Nelson near the Church Steps. The Examiner newspaper commented in October 1842 that:

"If the tastes likely to be encouraged by such institutions were not kept alive in some way we should become altogether barbarous,

unrefined and with the worst species of unrefinement, that of relapse...".

It was clearly felt that the Institute would provide, for some at least, relief from the rigours and realities of pioneer life. The Nelson Literary, Scientific & Philosophic Institute continues to this day (albeit usually referred to as simply 'The Nelson Institute'), a proud reminder of the hopes and aspirations of those early settlers.

Still relevant today? We think so... and we are looking for more members. Indeed if you join now then we will accept the \$10 joining fee as a subscription valid till the end of March 2017!

What do we do? Regular excellent

speakers at the Nelson Library. Typically one every other month and on a Sunday afternoon. Examples this year have been Julie Catchpole of the Suter Art Gallery and Nigel Costley, author of "Teak and Tide" about the Edwin Fox.

And what is coming? Our next talk is by Nelson Hydrologist Martin Doyle about the Amethyst power scheme, and later in the year we will have a talk about philosophy which promises to be fascinating.

So do join us – Send your name, contact details and \$10 to The Treasurer, 13 Wainui St. Nelson 7010

See www.theprow.org.nz/society/nelson-institute/

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Art Expo Nelson Benefits Local Artists

Art Expo Nelson attracted over 6,000 visitors in 2014 and for local artists like Jean Jackson, its become her major exhibiting exhibition.

Jean, a member of Art Group Nelson and the Tasman Visual Art Society, works mainly in oils and has painted seriously for the past 30 years. In 2010/2011, Jean's artwork "Busy Bees" was selected as winner for the Nelson and Bays Yellow Art Award which saw it appear on the cover of the telephone directory. Her first experience of Art Expo Nelson was as a viewer three years ago. Impressed by the presentation and organisation, she made it a 'must' to apply for selection for the next event, and has exhibited each year since.

"Nic Foster and his team have a very pleasant and helpful approach to artists, making it a most enjoyable and fun weekend," says Jean. "As an exhibitor, I enjoy the opportunity to discuss my art creations with visitors whilst at the same time making lasting connections with fellow artists from all over New Zealand. I now consider it to be my main local exhibiting exhibition."



Jean Jackson at Art Expo Nelson

Art Expo Nelson 2015

Saturday 24 October – Monday 26 October 2015

Saxton Stadium, Nelson

Three days of...

- Unique, affordable art from 175 emerging and established artists from all over New Zealand
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Great Time to Plant Veges

Hi, it's mid-Spring and our gardens are bursting into life. We had a cold winter this year and I've noticed everything seems to be flowering more vigorously because of it. My established daffodil clumps have had a lot more flowers than usual and my plum trees are packed with blossom.



Beautiful Sugar Snap peas

Early-flowering daffodils and other Spring bulbs may be starting to die off so it's the perfect time to give them a boost with some bone flour or bulb fertiliser. It is important to leave the foliage to die off naturally because the bulbs absorb all the goodness ready for the next season.

If you love growing vegetables this is a fabulous time of year because there is so much you can sow and plant during mid-late Spring. Tomato, courgette, eggplant, pumpkin, watermelon, cucumber and capsicum/chilli seeds can all be sown now ready for planting in November. You can also sow all of your favourite leafy greens too, plus your root crops such as carrots and parsnips. Bay Landscapes have a fabulous range of my seedlings and all your summer favourites can be planted in the ground from mid-October onwards.

Peas are one of my favourite crops at this time of year. There are all sorts of varieties that do really well in our climate from October through until the end of December. An added bonus is peas are 'nitrogen fixing' which means they help make nitrogen available for other plants. The secret to successful crops is a combination of soil preparation and good ventilation which helps prevent mildew.

Peas love lots of food so it's a great idea to dig a trench about 30cm deep, add some fish compost and sheep manure pellets,

water well then top with a mixture of soil and fish compost before sowing your seeds. This method can be used for sweet peas and beans too. Before sowing your pea seeds put stakes or a tepee in place and soak your seeds for approximately 30 minutes to help soften their shells as this aids speedy germination. Water the soil before sowing then try not to water until they have germinated because this can cause them to rot.



Philippa Foes-Lamb

I grow lots of different varieties and have had fun trying some of the ones from Kings Seeds (www.kingsseeds.co.nz) including 'Rondo' (organic) which has huge dark green pods; 'Petit Provencal' a gorgeous French heirloom variety with small, sweet, tender peas and 'Carouby' which is the original "mange tout" (eat all) pea we hear about in French cuisine. Egmont Seeds (www.egmontseeds.co.nz) also have 'Dwarf Massey' which is the perfect pea to sow now for Christmas and it doesn't need staking. If you don't have a lot of room, peas can also be grown very successfully in containers.

Now is a great time to check the pH of your soil for various vegetable crops. A simple pH testing kit will quickly tell you what your soil pH is. Peas, beans and brassicas, for example, all love lime but it is possible to over-lime your soil. By testing the pH you can avoid this.

There is a survey included in this issue which is a great way to have your say about content. I'd love you to let me know if I can improve my page in any way.

If you have any questions or topic suggestions, I'd love it if you would email me at foeslamb@xtra.co.nz or write to me c/- Mudcakes and Roses.

My radio show, Green Thumbs & Dirty Fingers is full of more gardening tips and airs each fortnight on Fresh FM, Nelson-Tasman 104.8, Golden Bay 95.0 on Tuesday at 10.40am, replayed the following Saturday at 2.40pm. Happy gardening.

Heirloom Perennial Nursery & Art Studio

My nursery specialises in hardy perennials, particularly gorgeous cranesbill geraniums. A selection of my mixed-media creations (unique gift tags, journal covers, decorative magnets etc), most with a botanical theme, are available for purchase from my studio. Commissions welcomed.

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Philippa Foes-Lamb,
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Ph: 03 544 3131 or 021 522 775
Email: foeslamb@xtra.co.nz



Mudcakes and Roses

SURVEY

We would like to know if the Older Adults Magazine Mudcakes and Roses meets your needs and if you have suggestions on how it could be done better?

Please take a moment to fill out this survey and tell us what you think so we can ensure Mudcakes and Roses is meeting community needs. Or, you can have your say by visiting www.surveymonkey.com/r/mudcakes and completing the survey online.

1. Please indicate which area you live in

- Nelson City
- Richmond Ward
- Motueka Ward
- Moutere / Waimea Ward
- Golden Bay Ward
- Lakes / Murchison Ward
- Other (please specify):

2. Please tell us which of the following age brackets you are in

- Under 50 years
- 50 – 59 years
- 60 – 69 years
- 70 – 79 years
- 80 – 89 years
- 90 and over

3. Computer use and internet access, tick those that apply

- I have a home computer
- I use the Library computers
- I'm a regular computer user
- I have home internet access
- I'm a regular Facebook or Twitter user
- I don't use computers

4. We offer Mudcakes and Roses as a magazine and as an online pdf. Which of the following would be your preferred format for future editions?

- Printed magazine
- Electronic pdf newsletter that I receive via email only
- Online version, notified via email, that I could visit and read in my own time
- Column in a Community Paper; e.g. The Leader or Weekly
- Community groups Newsletters; e.g. Be Well, Grey Power, Age Concern
- Other (please specify)

5. Which of the following best describes you as a reader of Mudcakes and Roses?

- Subscriber (I pay to have the magazine delivered)
- Non-subscriber, regular reader (I pick the magazine up on a regular basis)
- Non-subscriber, would read more often, but struggle to get access to it
- Non-subscriber, occasional reader (I pick the magazine up occasionally)
- Never read



Mudcakes and Roses

SURVEY

6. Where else can you access the information covered in Mudcakes and Roses?

- Online?
- Community Paper e.g. The Leader or Weekly?
- National or Regional Newspaper?
- Community Newsletters - e.g Age Concern; Grey Power, Be Well?
- Council Publications - e.g. Newslines; Live Nelson.
- Other (please specify):

7. Where do you normally collect your copy of Mudcakes and Roses from?

- Richmond Mall
- Library
- Council Office
- Club or group
- Service provider
- Mail
- Other (please specify):

8. What do you most like to read about in Mudcakes & Roses?

- Profiles of local people or groups
- Articles on events or activities
- Advice columns
- Health Information
- Council services; e.g. Parks, Libraries, Grants
- What's On events calendar
- Other (please specify):

9. Which of the following best describes your overall level of satisfaction with Mudcakes & Roses?

- I really like it
- I quite like it
- Neutral
- I don't really like it
- I don't like it at all

10. Please feel free to make any additional comments here about Mudcakes & Roses

That's it! Thanks for taking part.

Please send your completed survey to: Mudcakes Survey, Tasman District Council, 189 Queen Street, Private Bag 4, Richmond, Nelson, 7050 by 20 November 2015.

What's Happening at Tasman Libraries?

Alzheimers and Dementia information

Back in June we were impressed by the number of people who attended the talk given by Dr Chris Perkins, a leading dementia expert, at Richmond Library.

Following on from Chris's visit, Alzheimers Nelson and Richmond Library are joining forces to run monthly Alzheimers and dementia information drop in sessions.

These informal sessions run on the fourth Wednesday of the month from 9.30-11.00am. Field workers from Alzheimers Nelson will be at Richmond Library to answer your questions and help you find the information you need for your particular situation.

No bookings are required – just drop in and have a chat with the friendly staff

from Alzheimers Nelson. The next drop in information session is on Wednesday 28 October. See you there.

Get gardening at Motueka Library

If you're a keen gardener or you want to know more about raising plants and creating a garden at your place, Motueka Library is the place to go in October.

A week of garden talks starting on Monday 12 October covers a huge range of garden-related ideas and information. From permaculture to plant propagation, peonies to community gardens, bonsai and Japanese gardens to Gardens of the World, local experts and enthusiasts will share their knowledge and skills with you. And if you want to get more hands-on, then check out the cardmaking

workshop or create a floral posy. Finish the week with a visit to a gorgeous garden in Tasman Village.

Full details are on the library website Featured Events page <http://www.tasmanlibraries.govt.nz/about-us/events/featured-events/>

Toys from the past

Do you have fond memories of the toys you played with when you were young? Perhaps you'd like to see some of them again? You'll have an opportunity to do so in November.

Richmond Library is hosting a display of mostly metal toys ranging from the 1880s through to the 1960s. The collection includes NZ-made Fun Ho cast toys, early money boxes and tin plate toys.

The exhibition runs for a month from Tuesday 3 November. You'll find the toys in the glass display cabinets by the Research Room.

Elma Turner Library Carnival Wednesday 21 October 10.00am till late



Nelson City Council
te kaunihera o whakatū



While you are enjoying this year's Page & Blackmore Readers and Writers' Festival why not pop along to our Carnival celebrations on Wednesday 21?

You can enjoy book displays, performers and an exhibition of portrait photography of 43 New Zealand authors.

Events will include:

- Launch and pre-school dancers from A Star Academy (10 am)
- Small Time by the Red Wall (10.30am)
- Natureland presenting a bird, a reptile and a mammal (11am)
- Writer Matt Lawrey and artist Peter Lole talking about the process behind their internationally successful cartoon, The Little Things (12 noon)
- Django Schmango gypsy jazz – Pete Rainey and his band (1pm)
- Morris Dancing (3pm)
- Irish dancers and Cheerleaders (4pm)

And from 6.15pm we will continue the celebrations by announcing the winner of our Nelson Public Libraries' Award for NZ Fiction 2015.

The shortlist is:

- Chappy by Patricia Grace
- Starlight Peninsula by Charlotte Grimshaw
- The Writers' Festival by Stephanie Johnson
- James Cook's Lost World by Graeme Lay
- The Hiding Places by Catherine Robertson
- The Chimes by Anna Smail

Votes go into prize draws and voting is open until 12 October – online voting form at: www.nelsonpubliclibraries.co.nz

Paper voting forms available at all Nelson Public Libraries.

Thomas Cawthron: A Lasting Legacy

Thomas Cawthron was born at Newington, Surrey, on 25 May 1833. He was 15 years old when his family set out for Nelson in the sailing ship 'Mary'. Described as tall, broad shouldered and slow of speech, Cawthron had a good nose for business and made his fortune as a shipping agent, trader and merchant investor throughout the mid to late 1800's which was put to good use in Nelson supporting humanitarian causes.

His quiet generosity extended to the needy, worthy educational, sporting and recreational projects and religious organisations. He was known for helping anyone in genuine distress, often paying the medical bills of poor families and supporting disaster relief funds. In 1866 he gave generously to an appeal in aid of miners in the Wakamarina whose fluming was wrecked by floods while they were helping search for the victims of the Maungatapu murders.

After his retirement he lived quietly and frugally with his sister, Mrs Wright. It was at this time that his gifts became larger and more public. In 1912 a man was seriously injured in a fall at Wakefield Quay. When Cawthron became aware of the accident, he paid for the erection of chains along the unprotected portion of Wakefield Quay and Rocks Road.

His gifts also included donations to the rebuilding of the Nelson Institute Library and Museum after it burned down; to the Nelson School of Music and its pipe organ; and towards a public hospital and nurses' home. He fully funded Nelson's granite cathedral steps (the Cawthron Steps) – a small inscription can still be found "These steps were presented to the City by Thomas Cawthron Esq., A.D. 1913", and to commemorate their centenary in 2013, a story board near Trafalgar St in the cathedral grounds was unveiled by Arts, Culture and Heritage Minister Chris Finlayson. In 1913 he purchased 2500 acres near Dun Mountain, donating it to the city for the purposes of establishing a sanctuary for native flora and fauna.

Thomas Cawthron died in his home at the age of 83 on October 8, 1915. 100 years since Cawthron's death, the name of this reserved but generous man lives on in one of New Zealand's leading scientific research organisations, Nelson's Cawthron Institute. In his will, he left the city of Nelson £231,000 for the "purchase of land and the construction and maintenance of an industrial and technical school, institute and museum, to be called the Cawthron Institute". Since its opening in 1921 the Cawthron Institute has gained an international reputation for its work in supporting freshwater, marine and terrestrial environments.

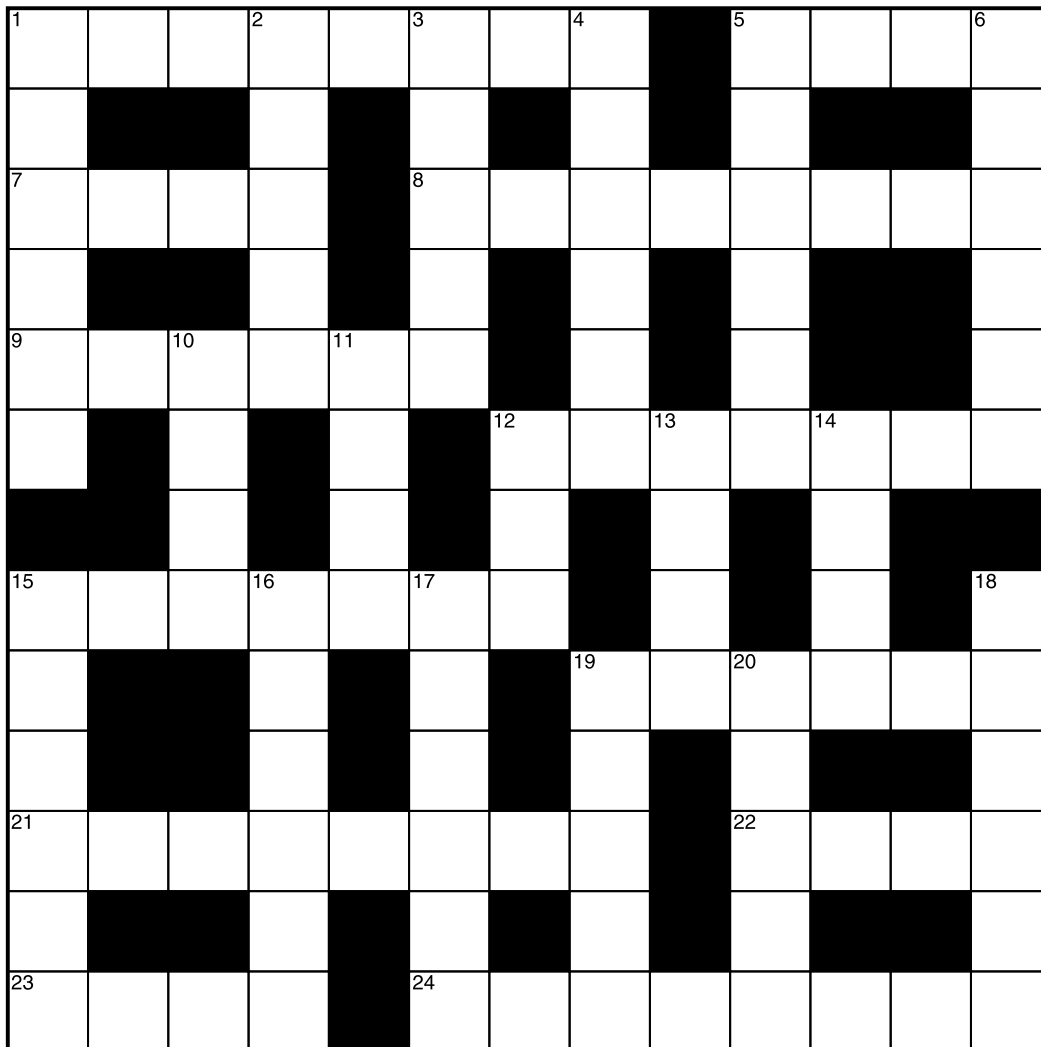
Shunning publicity and public acknowledgement in his lifetime, the breadth of Cawthron's beneficence has since established his reputation as one of New Zealand's leading philanthropists. It will never truly be known exactly how much Thomas Cawthron contributed to Nelson's economy, community and lifestyle. There are many people of Nelson who appreciate his various contributions every day, but do not know that Cawthron was responsible for them. He was a driven, but responsible and caring individual, whose philanthropic nature created a legacy that will last a long time into the future.



Through the Cawthron Foundation you now have the opportunity to leave your legacy and support the continuation of the world-class work at the Cawthron Institute. You can find out how you can contribute towards science for a better world at www.cawthron.org.nz/foundation or email Cherie Johansson at foundation@cawthron.org.nz

Sources: Margareta Gee, *Dictionary of New Zealand Biography*, 2007; Theodore Rigg, *Encyclopaedia of New Zealand*, 1966; Karen Stade, www.theprow.org.nz, 2009; Karamea Fossett, *Nelson Historical Society Journal*, 2011; David Miller, *Thomas Cawthron and the Cawthron Institute*, 1963.

Crossword



Clues

Across

- 1. Child absconders
- 5. Indonesian isle
- 7. Post of doorway
- 8. And so forth (2,6)
- 9. Congenital
- 12. Mode of transport
- 15. Seat divider
- 19. Lyrics
- 21. Makes shipshape (6,2)
- 22. Carnival
- 23. Lengthy story
- 24. Eden

Down

- 1. Renew membership of
- 2. Beer colour
- 3. In advance
- 4. Feed from breast
- 5. Water scooter (3,3)
- 6. N American tribe
- 10. Edge of hat
- 11. Great Lake
- 12. Animal physician
- 13. Humans, ... sapiens
- 14. Castro's land
- 15. Eases off
- 16. Back of eye
- 17. Recaps (4,2)
- 18. Large property
- 19. Adder
- 20. Imprisoned

Answers page 14.

Nelson Denture Clinic

The Smile Designers

Specialising in:

- BPS Dentures - latest technology injection moulded dentures. Excellent fit and extremely natural appearance
- New Dentures
- Cosmetic Dentures to Support and Improve Facial Structures
- Replacement Dentures
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IS IN YOUR SMILE

EXPERIENCE
COUNTS

"Someone has to make the best teeth"



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What's On

OCTOBER 2015

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



Steam Up at Founders

Friday 2nd–Saturday 10th October 2015

Nelson Railway Society is showcasing small scale working engines in the Motor Garage at Founders Heritage Park on Friday and Saturday afternoons of the school holidays. These "Steam Up" afternoons will be hosted by volunteers who will show off a range of running stationary model engines, model steam locomotives and traction engines and a 20 foot steam launch. You will also get a chance to see Nelson Railway Society's WF 403 steam locomotive which is currently being restored and is hoped to be running on their tracks next year. This is sure to be a hit with engine enthusiasts young and old, donations to the Railway society at the door. October 2–3, 9–10, 1.00pm–4.00pm, Founders Heritage Park, 87 Atawhai Drive, Nelson. Donation to Nelson Railway Society at door.

Nelson Home & Garden Show 2015

Friday 9th–Sunday 11th October 2015

Gorgeous Home Improvements Made Easy - The Nelson Home & Garden Show is packed with all the ideas and information that you need to make transforming your house or garden a breeze. Be thrilled by the variety, amazed by the innovations and impressed by the expert advice. Save with massive show-only specials, preview the hottest trends, enter the draw to win a fabulous show prize, source accessories for a new look, listen to free daily seminars, or simply turn up and prepare to be inspired. Better still, it's all under the one roof and there's free parking! 10am - 5pm daily, Saxton Field Sports Complex, Saxton Road East, Stoke, Nelson. Adult - \$6, Senior Special Friday - \$3, Under 16 - Free (must be accompanied by an adult). Tickets from Door sales only.

Walk 4 Support

Sunday 11th October 2015

Join us for a 10km fun run/walk around Motueka to show your support for the Nelson Regional Breast Cancer Trust on Sunday 12 October at 2.00pm. Participants are encouraged to dress in pink and spot prizes will be presented at a post event function. Meet at the bus stop beside the Motueka Information Centre. The fun run/walk will start at 2pm - registrations will begin at 1. A \$10 donation to enter.

Nelson Arts Festival 2015

Wednesday 14th–Monday 26th October 2015

Nelson Arts Festival 2015 will wow residents and visitors with a line-up of fabulous shows. See page 3 for details.

Garden and Art Trail on the Ruby Coast

Sunday 18th October 2015

Mapua Women's Recreation Group, will once again have a team in the Cancer Society's Relay for Life 2016. Our Garden and Art Trail will offer a variety of interesting gardens and art works to discover on the Ruby Coast. Many of the gardens will be new and different from our very successful Trail two years ago. There will be plant sales, garden raffles, devonshire teas/coffee and other interesting things to discover at the

various locations. A great day out exploring our fantastic region, with all money raised going to the Relay for Life. 10 am - 4.00pm, \$10 per person. Contact janettaylor@kinect.co.nz

'The Bidvest Chefs Project' presents Kevin Hopgood Supporting 'Big Brothers, Big Sisters'

Monday 19th October 2015

All proceeds from this event will be donated to 'Big Brothers, Big Sisters', which matches volunteer mentors with children in need of one-to-one relationships with caring adults. Kevin will present and teach a select few of his favourite dishes, promising to provide an unforgettable evening. Hosted at the NMIT training restaurant, all facilities and ingredients are supplied, so all you need to bring is yourself! 6.15pm - 10.00pm, The Rata Room (71 Nile Street 7010), NMIT, 322 Hardy Street, Nelson, \$105, Tickets from Ticketing Website ph. 021 0402204.

Art Expo Nelson

Saturday 24th–Monday 26th October 2015

Art Expo Nelson 2015 is a three-day showcase of works by artists from all over New Zealand. The perfect time for you to choose your next art purchase with over 1500 creations in the one location. See page 7 for details.



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.

PLEASE NOTE: What's On is for one-off events in Nelson and Tasman that are likely to be of interest to Mudcakes & Roses readers. Most of the information is taken from the regional events database – www.itson.co.nz and preference for inclusion is given to community events. Details of regular events and activities that used to feature on this page can now be found in the Recreation & Service Directory.

This issue's crossword solutions

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

Recreation & Service Directory

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

OCTOBER/NOVEMBER 2015

Golden Bay

Age Concern

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

Astanga Yoga

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

Belly Dancing

Senior Citizens Hall, Mondays 5.00-6.00 pm. Leena, Ph. 03 525 9393.

Genealogical Group

Sally Ph. 03 525 8086 or Email pands@gaffneys.co.nz

Gentle Exercise Classes

(through Golden Bay Physio Clinic) Held at Golden Bay Community Hospital, Mondays 10.00 – 11.00 am. No charge. Erica Ph. 03 525 9708.

Golden Bay Contract Bridge Club

Leigh Ph 03 525 9744.

Golden Bay Garden Club

Diane Ph 03 525 6121.

Golden Bay Patchwork and Quilters Guild

Liza Ph 03 524 8487.

Hearing Therapy Services Life Unlimited

Free MOH service 16+ providing screening, guidance with management of hearing loss issues including tinnitus 2 Monthly clinic. Bookings Contact Heartlands 03 525 6151

Indoor Bowls/Cards

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

Marble Mountain Country Music Club

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

Motupipi Indoor Bowling Club

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

Pohara Bowling Club

Jennifer Ph 03 525 9621.

Probus

Joan Ph 03 525 9224.

Puramahoi Table Tennis

Rene Ph 03 525 7127.

Relaxation and Restoration Yoga

\$10 per class, regular classes and private sessions in Takaka. appointments essential. Terry Ph. 03 525 7422.

SeniorNet [Golden Bay]

Beginner courses in home computing, based in clubrooms at the Takaka Showgrounds. Morfydd Ph 03 525 7465.

Sit and Be Fit

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

Tai Chi for Arthritis

Ann Ph 03 525 8437.

Takaka Golf Club

Ph 03 525 9054.

Takaka Golf Club Ladies Section

G. Turley Ph 03 525 9122 or Email cgturleys@xtra.co.nz

Takaka Spinning Group

Jan Ph 03 525 9374.

Takaka Table Tennis

Rene Ph 03 525 7127.

University of the Third Age (U3A)

Moira Ph 03 525 7202.

Upright and Able for Falls Prevention

Free 4-week course for those over 65 who have had a fall. Ph: 03 543 7838 or email Cherie.thomas@nbph.org.nz for more information and registration.

Uruwhenua Women's Institute

2nd Tuesday each month Anglican Church Hall, 1.30 pm Nancy Ph 03 525 9491.

Wednesday Walkers

Meet at Information Centre carpark, Takaka, leaving 9.00 am. Bring morning tea, raincoat etc, light boots or walking shoes. Contacts: Graham and Denise Rogers Ph. 03 525 9948. Alan Gotlieb Ph. 03 525 8209.

Hope

Hope Midweek Badminton Club

Carolyn Ph 03 541 9200.

Nelson Veterans Tennis Club

Hope Courts every Thursday Ph 03 547 6916.

Mapua

Low-Impact Aerobics and Pilates

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

Mapua Friendship Club

Mapua Public Hall Valerie Ph 03 540 3685.

Mapua Bowling Club

Dave Ph 03 540 2934.

SeniorNet (Motueka)

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

Motueka

Age Concern

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

Better Breathing Classes

Held 2nd & 4th Mondays of the month 2.30 – 3.45pm St John's Hall, Motueka. Light exercise with a focus on breathing and relaxation. Ph Nelson Asthma Society 546 7675.

Chair Yoga

Fridays at 11a.m. Weekly, gentle stretch and breathing sessions at Weka House, Old Wharf Road. Ph Delia 0212 398 969.

Cycling

Thursday night social biking

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

Diabetes Support Group

Heather Smith Ph. 03 528 9689.

Gym & Fitness Centre

Studio Gym 275 Catherine Ph. 03 528 4000.

Hearing Therapy Services Life Unlimited

Free MOH service 16+. Screening, guidance with management of hearing loss issues including tinnitus Monthly clinic JIF Hospital Community Health Services. Bookings @ Nelson NNS reception 03 547 2814

Indoor Bowls

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

Line Dancing (Beginners)

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

Marching

Motueka Veteranettes Marching Team Bev Ph 03 528 9125.

Motueka 50+ Walking Group

All walks leave Deck's Reserve carpark, where transport is arranged. To see the walks schedule, go to www.motueka50pluswalkers.org.nz. Meetings on the last Thurs of each month in the RSA Club, High Street, Motueka, 9.30 am. Contacts: Secretary Gill Gately Ph. 03 528 5399, President Vivienne Pearson, Ph. 03 526 6076. For details about alternate walks, contact Frances Neumann Ph. 03 528 4559.

Motueka and District Historical Association

Meets fourth Saturday of the

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

Motueka Bowling Club

Sue Ph. 03 528 9121 Peter Ph. 03 528 5412.

Motueka District Museum

Summer (Dec-March) Monday to Friday 10-3, Sunday 10-2. Winter (April – November) Tuesday to Friday 10-3, Sunday 10-2. Closed Public Holidays. 140 High St. Ph 03 528 7660.

Motueka Senior Citizen's Assn Inc

Pah st Motueka (behind the Motueka Library) If you are 50 plus you are welcome to come and participate
Indoor bowls – Mon & Wed 1.30-3.00pm. Fun sessions-great light exercise, no serious competition. Contact – Terry 03 528 7104 or George 03 528 7960
Rummikub – Thursdays 1-3pm. Scrabble-like game but using numbers. Contact-Mavis Win 03 526 8796
Various activities – 2nd Friday of the month 1.30-3.30pm
Fun, simple games, darts, cards etc. Contact – Dylis Rutter 03 528 8960
Housie – 3rd Friday of the month 2-3 pm. Contact – Dot McNabb 027717018 or Dylis Rutter 03 528 8960
Monthly social – 4th Friday of the month, 2-3.30pm Speakers or entertainment. Light refreshments served at each session. Annual subs \$15.00 and \$2.00 for each session. No prior experience needed as assistance is available.

Motueka Recreation Centre Senior Activity Programmes Mondays

Silver Sneakers: 9.30am, Cost \$4
Social Badminton: 11am, Cost \$4
Mini Spin /Weights: 1pm, Cost \$5
Tuesdays
Sit n Be Fit: 10.30am, Cost \$4
Boot Camp: 1pm, Cost \$5

Recreation & Service Directory

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

OCTOBER/NOVEMBER 2015

Wednesday

60+ Gyms: 10.30am, Cost \$4

Kick Start (GRx): 1pm, Cost \$5
Badminton: 2pm, Cost \$4

Thursday

Sit n Be Fit: 10.30am, Cost \$4
Boot Camp: 1pm, Cost \$5

Friday

Walking Circuit: 9.30am, Cost \$4

Mini Spin: 1pm, Cost \$5

Motueka Social Dance Group

Dances at Mapua Hall, 7.30-11.00 pm.
Ph. Prue 03 540 2242.

Riwaka Bowling Club

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

Riwaka Croquet Club

Sally Ph. 03 528 9704

Scottish Country Dancing

Valerie Ph. 03 543 2989.

SeniorNet [Motueka]

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

Social Recreation

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

Stroke Foundation

Two Monthly Stroke meetings for people who have suffered a stroke and their carers.
Inquiries to Anne-Marie, Community Stroke Advisor on Ph. 03 545 8183 or 027 216 0675

Upright and Able for Falls Prevention

Free 4-week course for those over 65 who have had a fall.
Ph: 543 7838 or email Cherie.thomas@nbph.org.nz for more information and registration.

U3A (University of the Third Age)

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

Yoga

Dru Yoga classes in Upper Moutere. Contact Jill for details. Ph. 03 527 8069

Murchison

Age Concern

Offering support services, information and advocacy to older people in Murchison. Our services include Elder Abuse & Neglect advice and support, and an accredited visitor service. Phone the office,

62 Oxford St, Richmond, on Ph. 03 544 7624.

Nelson

Age Concern

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

Angie's Aerobics

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

Aquatics/Swimming/Gym

Riverside Pool
Ph. 03 546 3221.

Art Group Nelson

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

Arthritis New Zealand

Services available to members in Nelson: Toenail clinics, Sit and be fit, Pool sessions at Ngawhatu and Nelson hospital pools. All services managed from Christchurch please call 0800 663 463 for more information. Arthritis educator available through Nelson Bay Primary Health - Ph 03 539 1170

Belly Dancing

Sabina Ph. 03 546 8511

Belly Dancing

Zenda Middle Eastern dancing with Gretchen and Debbie.
Ph. Debbie 027 689 0558 or Email: dbsumner@xtra.co.nz or Gretchen Ph. 03 548 8707.

Better Breathing Classes

Held 2nd & 4th Wednesdays of the month 2 - 3.15pm Reformed Church, Enner Glynn. Exercise with focus on breathing and relaxation. Phone Sue for support and information, Nelson Asthma Society 03 546 7675.

Better Breathing Hydrotherapy pool classes

Held 3rd Wednesday of the month 1-2pm at Nelson hospital. Supervised exercise

with focus on breathing and relaxation. Phone Hilary for support and information, Nelson Asthma Society 03 546 7675.

Brook Waimarama Sanctuary

Volunteering can be an extremely rewarding experience and there are plenty of opportunities at the Brook Waimarama Sanctuary to learn new skills and experience. Volunteer roles include Visitor Centre Volunteers, Public Events, Track Cutting, Invasive Plant Control, Trapping, Lizard Monitoring, Bird Monitoring. For more information visit www.brooksanctuary.org.nz/ support or Ph. 03 539 4920

Cardiac Support Group

Information and support to people affected by cardiovascular disease. Contact Averil for support and information.
Ph. 03 545 7112.

Diabetes Support

Nelson Bays Primary Health for education, awareness and support. Bee Williamson Ph. 03 539 1663.
www.nbph.org.nz

Diabetes Support Group (Nelson)

Joan Whipp Ph. 03 548 6263

Golf Croquet

Nelson-Hinemoa
Bev Ph. 03 548 2190.

Government

Superannuitants' Association
Graeme Ph. 03 547 6007
Email nelson@gsa.org.nz

Grandparents Raising Grandchildren

Paula Ph. 03 544 5714

Gym

Cityfitness, Quarantine Rd, Nelson. Ph. 03 547 4774 or see website for class timetables www.cityfitness.co.nz

Hearing Association Nelson

Card Group Mondays from 1.15 pm. Free talks on all hearing issues, free hearing aid clinics (cleaning and drying) first Friday of the month at Presbyterian Support, Annesbrook Drive, Nelson. Please phone for an appointment. Other clinics available as well.
Ph. 03 548 3270.

Hearing Therapy Services Life Unlimited

Clinic now at Nelson Nursing

Services Building 469 Main Road Stoke
Free MOH services 16+.
Hearing screening, hearing loss management, tinnitus. Bookings phone reception NNS 547 2814

Housie Evening

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

Marching

Silveraires Leisure Marching
Diana Ph. 03 548 9527.

Nelson Community Patrol

Suzu Ph. 03 539 0409.

Nelson Dance Along

Ph. Rosalie 03 548 2236

Nelson Electronic Organ and Keyboard Club

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

Nelson Grey Power

Nelson Grey Power is a lobby organisation promoting the welfare and well-being of all those citizens in the 50 plus age group. Ph. 03 547 2457 or Email nelsongreypower@xtra.co.nz

Nelson Male Voice Choir

Rehearsals: old St John's Hall, Hardy Street, Monday evenings. Dick Ph. 03 548 4657 or Ernie Ph. 03 548 7291.

Nelson Petanque Club

Wed and Sun 1.15pm. You will find us behind the Trafalgar Park grandstand. Drive in off Trafalgar Park Lane. Boules and tuition provided. Ph. Adrienne 03 545 0070 or Maria 03 548 9006.

Nelson Philatelic Society

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

Nelson Provincial Museum

For details, visit www.museumnp.org.nz

Nelson Public Libraries

Branches at Stoke, Tahunanui and Nelson, provide free library services to the community. We also have free computer and wifi access, computer classes, a home delivery service, local and family history information and hold regular events, eg: Elma Turner Library Bookchat - second Tuesday of each month, 10-11.30am

Stoke Library Bookchat - third Wednesday of each month, 5.00 pm - 6.00 pm
For more events, our reader's evenings, book launches and more, see www.ltsOn.co.nz or Ph. 03 546 8100.

Nelson Social Dancing Club

Dance at Stoke Memorial Hall, Main Road, Stoke, Nelson 7.30 pm to 11.15pm the second Sat of each month. Ballroom, Latin, Rock 'n Roll and sequence dancing. Live music. Members \$10; non members \$15. Please bring a supper contribution, and your own drinks (including water) and a glass. Note: no stiletto heels please!! Enquiries Ph. 03 544 2324 on 021 177 4943.

Nelson Scrabble Club

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

Nelson Senior Citizens Social Indoor Bowling Club.

Valda Ph. 03 544 1487.

Probus

Stoke-Tahunanui ladies branch meets third Wednesday each month. Pauline Ph. 03 547 5238.

SeniorNet [Nelson]

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

Senior Service - Nelson Baptist Church

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

Sit and Be Fit

A 35min class to music. Victory Community Centre, Totara St, Nelson, Tuesdays 10.00 am. Leigh Ph. 03 548 1689.

Sport Tasman

Jogging-Entry level jogging group in Nelson. Learn how to jog gradually & safely we focus on enjoyment rather than distance Sarah.H@spportasman or Ph Sarah 9232313 for more info
Cycling-Entry level cycling groups in Nelson and Richmond join us for weekly cycles around our wonderful cycle ways focus is on enjoyment rather than

distance
Sarah.H@sporttasman or
Ph Sarah 923 2313
Walking-Entry level Walking groups in Nelson and Richmond, join us for weekly walks around our wonderful shared pathways focus is enjoyment rather than distance
Sarah.H@sporttasman or
Ph Sarah 923 2313

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

Super Seniors (65+)
10.30am – 12.30pm
Meets third Friday each month. All Saints Church Foyer, 30 Vanguard st, (city end) Nelson
Includes: morning tea, guest speaker, activities, light lunch.
Suggested donation \$5
Ph Anne-Marie 548 2601

Support Works
Assesses the needs and coordinates services for people affected by disability.
For a free assessment,
Ph. 03 546 3980 or freephone 0800 244 300.

Suter Art Gallery
Exhibitions, floortalks,
See www.thesuter.org.nz for details. 28 Halifax Street, Nelson.

Table Tennis
Nelson Table Tennis Club Inc.
Ph Kay 03 547 5066 or Glenda Ph. 03 544 8648.

Tahunanui Bowling Club
Welcomes summer and winter bowlers.
Barbara Ph. 03 547 5071.

Tahunanui Community Centre
A range of activities and services on offer, walking, gardening, cycling and free counseling.
Monday Movers: Gentle bike ride along railway reserve. Monday \$2, 9.30am
Tuesday: Fun Group Fitness: Ladies only outdoor group fitness, all abilities. \$5, 6pm
Wednesday: Rusty Riders: Regain confidence on your bike, supportive group, bikes provided. \$2, 1.30pm
Wednesday: Garden group, 1st Wed of the month \$3, 10.30am.
Thursday: Way2Go walking group: 9.45am
Thursday: Book Club \$80 per year membership, 7pm.
Contact Jo at TCC Ph. 03 548 6036 for details on any of our activities or visit

www.tahunanui.org
Tai Chi with Gretchen
Classes in Nelson, Richmond and Stoke. Gretchen Ph. 03 548 8707 or Email kitesfun@ihug.co.nz

Taoist Tai Chi Internal Arts for Health
A variety of classes available. Ph. 03 545 8375 and leave a message and we will call you back. Help yourself to better health. Suitable for all ages.

U3A
Paul Ph. 03 548 7889, Email membership@u3anelson.org.nz

Ukulele with Gretchen
Nelson and Richmond, Groups or private sessions. Ph. 03 548 8707.

Upright and Able for Falls Prevention
Free 4-week course for those over 65 who have had a fall. Ph: 03 543 7838 or email Cherie.thomas@nbph.org.nz for more information and registration.

Victory Community Centre
Offers a variety of classes during term-time. Ph. 03 546 8389 or Email reception@victory.school.nz for a programme brochure or visit www.victorycommunitycentre.co.nz

Victory Laughter Yoga Club
Stretch, breathe, laugh, relax. Gareth Ph. 03 546 8389.

Victory Senior Support
Meet every Tues at 1.30pm at Anglican Church, 238 Vanguard St, Nelson for cards and games.
Jan Ph. 03 546 9057.

Victory Sit and Be Fit
Thursdays 10.00-10.45 am, 238 Vanguard St. Shirley Ph. 03 546 9057 or 03 547 1433.

Nelson 50+ Walking Group
Mini-walks and longer walks every week to suit all fitness levels. Everyone welcome. Noel Ph. 03 544 2286.

Yoga
Hatha Yoga classes with Maureen. Classes in Nelson and Stoke and Summertime Yoga on the Beach. Ph. 03 546 4670.

Yoga
Dru Yoga classes with Sue. Ph. 543 2125 for details.

Yoga
Hot Yoga Nelson

Ph. 03 548 2298.

Richmond

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

Badminton Richmond Morning Badminton
Dawn Ph. 03 544 4120.

Better Breathing Classes
Held 1st Tuesday of the month 10.30-11.45pm at Oakwoods Village, Richmond. Light exercise with a focus on breathing and relaxation. Ph Nelson Asthma Society 03 546 7675.

Body Power Pilates & Yoga Centre Richmond Town Hall
Sue Ph. 029 281 3735.

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

Chair Yoga
Thursday mornings 11a.m. A gentle stretch and breathing class for every ability. Richmond Town Hall meeting room. Ph Delia 0212 398 969

Club 50
A social group of mature adults looking for companionship, recreation and enjoyment. Sport Tasman, Richmond Town Hall, Cambridge Street. Ph. 03 544 3955. Email: Club50.rrc@sporttasman.org.nz or www.sporttasman.org.nz
Meet every Tues 9.30am at the Richmond Town Hall. All sessions cost \$4.

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

Easy Exercise
For men and women. Tuesdays, 10.00 am at Indoor Bowls Stadium, opposite Neill

Ave. \$3. For Arthritis NZ. Maureen Ph. 546 4670.

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

Gym
Contours Health & Fitness. Ph. 03 544 0496.

Hope-Ranzau Women's Institute
1.15 pm on the first Wednesday of each month at Age Concern Hall, 62 Oxford Street, Richmond. Visitors welcome. Brenda Ph. 03 544 5872.

Indoor Bowls for Seniors
Church of Christ Hall. Cnr Croucher & D'arcy Sts. Tuesday 1.00 - 3.00 pm
Mary-Anne Ph. 03 544 2596.

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

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

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

Pottery
Tutored classes at Craft Potters, 202 Ranzau Rd, Hope. Wednesdays 10.00 am - 12noon. Any or no experience. Ph. 03 541 8953.

Richmond Bowling Club
Have a go. Tuesday 1.00pm, Thursday 1.00 pm and 5.45pm. Bowls and shoes provided. Jean Ph. 03544 8060 or club Ph. 03 544 8891.

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

Richmond Physiotherapy
Weekly classes in their spacious, sunny gym

Exercise For the Older Adult. Monday 10.30-11.30 am, \$8.
Knee Class: Physiotherapist-led exercises to strengthen the lower limbs. Suitable for those with achy or arthritic knees wanting to keep or improve their strength to remain active Thursday 10.00 am-11.00 am, \$10.

Richmond Senior Citizens Assn Inc
Seniors on the Go!
62 Oxford St Richmond
Costs are only \$2 per daily visit. Tues 9am – 12pm open for visits and Morning Tea
Wed 9am-2pm Quiz, Housie and Activities and Indoor bowls. Cards from 1pm-4pm
Thursday 9am-Noon Craft & Company Morning Cards from 1pm-4pm. Friday 9am-Noon Light Exercises 10am-11am OR Join us for lunch at Noon. Cards-Rummikub 1.30pm-4pm. First Wednesday of each month an outing is organised, costs will vary. Contact Elaine Mead the Custodian/Coordinator for further information or hall bookings Ph. 03 544 5654 or A/H 03 970 0023

Richmond Slimmers Club
Meets every Wednesday at the Richmond Town Hall. Fun club. \$3 a meeting. Margaret Ph. 03 544 7293.

Richmond Waimea Community Whanau Group
A networking group to share information and learn more about your community. (Just turn up.) Meets the first Tues of each month, 12 noon-1.00 pm, Richmond Library. Guest speaker at most meetings. BYO lunch (tea & coffee provided). For further information contact Sue Tilby, Age Concern 03 544 7624.

Saxton Seniors
Classes are designed to improve flexibility, strength, balance and general wellbeing.
Senior Walking Group: Tuesday and Thursday 9.30-10.30 am. \$5.
Senior Circuit: Tuesday 10.00 am \$5. A low impact all-over workout using resistance bands and light weights. An indoor, all-weather activity, followed by a cup of tea.
Senior Shape Up: Tues & Thurs 10.00—10.30am
Sit & Be Fit: Mon 10.30am
Chair Yoga: Wed 10.30am
Tai Chi for Health: Call us

Recreation & Service Directory

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

OCTOBER/NOVEMBER 2015

to find out when the next course starts.
Ph. 03 538 0072 or email stadium@sporttasman.org.nz

Social Cards

Richmond Senior Citizens Rooms 62 Oxford St Richmond Tuesday & Thursday 1pm-4pm Friday Rummikub 1.30pm-4pm. Contact Kath Ph. 03 544 5563.

Sport Tasman

Cycling-Entry level cycling groups in Nelson and Richmond join us for weekly cycles around our wonderful cycle ways focus is on enjoyment rather than distance Sarah.H@sporttasman.org.nz or Ph Sarah 03 923 2313

Walking-Entry level

Walking groups in Nelson and Richmond, join us for weekly walks around our wonderful shared pathways focus is enjoyment rather than distance Sarah.H@sporttasman.org.nz or Ph. Sarah 03 923 2313

SPORT TASMAN, Richmond

Richmond Town Hall 9 Cambridge Street Enquiries 03 544 3955 \$5 fitness (20% Grey Power discount on concession card)

Monday Easybeat: 9am Shapeup: (seated exercise)

10.10am

Ease in2 Easybeat: 11.15am

Tuesday Club50+ senior social & recreation group, Meet 9.30am \$4

Wednesday Body Define 11.15am

Friday Easybeat 9am Shapeup (seated exercise) 10:10am

Ease n2 Easybeat 11.15am
FUN Housie: designed for those with special requirements \$3 (ALL WELCOME).

Richmond Creative Fibre Group

Meets every 2nd & 4th Thursday of the month, Felting & Weaving group meets 9.30am, 3rd Thursday of the month at at Birch Hall, Richmond Showgrounds, 9.30 am. New members & learners welcome. Mary Ph. 03 547 2611.

Tasman Tennis Club

Social tennis Tuesday mornings 9.30 am, beside

the Badminton Hall, Gladstone Rd. Coaching sessions available. Kolie Ph. 027 829 3306 or the centre Ph. 03 544 6083.

Tasman Visual Arts Group

Last Wed of the month (Feb to Nov) Richmond Town Hall, Cambridge St. New members welcome. Steph Ph. 03 544 5126

Tai Chi with Gretchen

Richmond Town Hall and Oakwoods. Gretchen Ph. 03 548 8707.

Ukulele

Friday afternoons, Oakwoods, lower Queen St. Gretchen Ph. 03 548 8707.

Upright and Able for Falls Prevention

Free 4-week course for those over 65 who have had a fall. Ph. 03 543 7838 or email Cherie. thomas@nbph.org.nz for more information and registration.

Veterans' (55+) 9 hole golf

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

Yoga

DruYoga class in Richmond, Contact Fiona for details Ph. 03 527 8095.

Stoke

Aqua-therapy

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

Arthritis New Zealand

Sit and Be Fit classes each Tuesday morning – Call 0800 663 463 for more information.

Breast Prostheses and Mastectomy Bras

11 Keats Crescent, Stoke, Nelson. Helen Clements Ph. 03 547 5378 www.classiccoutours.co.nz

Chair Yoga at Saxton

Mondays 10-11a.m. Weekly, gentle stretch and breathing sessions in the cricket oval lounge. Ph Delia 0212 398 969

Clogging/Tap Dancing

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

Hydrotherapy

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

Nelson Savage Club

A social club for all entertainers. Variety Concert held at 7.30 pm on the second Wednesday of every month @ the Stoke Primary School Hall, Main Road, Stoke. Admission \$2. Raffles. Supper. Everyone welcome. Contact: Sunny Ph. 03 547 2467 Anne Ph. 03 547 2660 (Wk)

Ngawhatu Bowling Club

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

Pottery

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

Presbyterian Support

Harakeke Club welcomes people who have had a diagnosis of Alzheimer's Disease or another dementia. We provide opportunities for socialising, participating in a varied activities programme, and more. Mon-Fri, 10.00 am to 3.00 pm. Totara Club offers day programmes for older people, socialising and participating in a personalised activity programme. Tue-Fri 10.00 am – 3.00 pm. Both clubs also provide a two-course cooked lunch and door-to-door transport to and from the centre. Trish Armstrong. Ph. 03 547 9350.

Safety & Confidence

Kidpower, Teenpower, Fullpower Trust Cornelia Ph. 03 543 2669.

Sport Tasman

Cycling – Entry level/Social Cycling group Nelson, Stoke & Richmond join us for weekly cycles around our wonderful cycle ways, focus is on enjoyment rather than distance Sarah.H@sporttasman.org.nz or Ph. Sarah 9232313. No Charge.

Give it a go – here's your opportunity to try out a variety of easy activity options. Don't be old be bold, GIVE IT A GO, Table Tennis, Chair Yoga, Tai Chi, Self-defence, bowls, Frisbee + many more Sarah.H@sporttasman.org.nz or Ph. Sarah 9232313

Stoke Bowling Club

Allen Ph. 03 547 1411.

Stoke Central Combined Probud Club

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

Stoke Companions Inc.

Fellowship and aerobics group for 50+ years. A reasonable level of fitness. 9.15am, Wednesdays, Stoke Methodist Hall. Ph 547 6364.

Stoke Old Time Country Music Club

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

Stoke Seniors Club

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

Regular activities:

Art class – Mondays 10.00 am. \$6.

Scrabble Club – Mondays 1.00 pm.

Euchre – Tuesdays 10.30 am.

Mah Jong – Tuesdays 1.00 pm.

Walking group – Tuesdays 10.00 am from the Stoke Memorial Hall carpark. A casual walk of about 1 hour.

Sit and Be Fit exercises to music – Tuesday and Wednesday at 11 am. Gold coin donation.

500 Club – Wednesdays 1.00 pm.

The Sun City Ukés – Thursdays, 10.00 am - noon. Gold coin donation.

All the above classes meet in the Stoke Memorial Hall.

Monthly Movie – Ph. 03 547 2660 for details.

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

Social Seniors Choir – The Musical Demons meet Thursdays from 11.00 am to noon. Contact Anne.

Girls Own – Fridays

Lads @ Large – Fridays

Monday Out & About Trips & picnics. Thursday Out & About 11.00 am. A van tiki-tour. **Weekly Afternoon Entertainment** – contact office for details. Also Tues-Thurs Meals – a two-course meal at midday for \$10 (members), \$12 (non-members). Ph. 03 547 2660 to book (preferably by 9.30 am the day before).

Upright and Able for Falls Prevention

Free 4-week course for those over 65 who have had a fall. Ph: 03 543 7838 or email Cherie.thomas@nbph.org.nz for more information and registration.

Yoga – Hatha

Maureen Ph. 03 546 4670.

Tapawera

MENZSHED

Contact: John Ph. 03 522 4616 or Email: menzshedtawawera@gmail.com

Visual Art Society

Kaye Ph. 03 522 4368.

Walking

Rural Ramblers. Ph. 03 541 9200.

Wakefield

Live Well, Stay Well Activity Group

Meets every two weeks on Tuesdays. Contacts: Margaret Ph. 03 541 9693 or Yvonne Ph. 03 542 2235.

Walking

Rural Ramblers Ph. 03 541 9200.

Way2Go activities

Pilates – Village Hall, Mon at 7.00 pm. **Active Seniors Class** – Village Hall. Tues at 11.00 am. **Sit and Be Fit Classes** – Village Hall. Thursdays at 10.00 am.

**FOSSIL RIDGE
BOUTIQUE WINES**

Creative Writers

Our literary section salutes the short-story writers and poets in the Nelson-Tasman region. Fossil Ridge winery awards a bottle of fine wine for published entries in each issue.

Congratulations to **Sue Heydon**

THE TREE

By Sue Heydon

You began life,
as a small seedling,
possibly planted in the Colonial era.
Later you became large, worldly wise, twisted,
hallowed and marked by the hand of time.
Grey lichen covered your bark,
you were dramatic and powerful.
Wire sprouted from your trunk where a fence had been.

Spring was announced abundantly when you dressed
extravagantly,
in red and green luminous leaves.
Your branches held lace white flowers to surround your
brassica like growth,
a little like a very large cauliflower,
though still spectacular!
You dwarfed the house with your proud stance.
When green changed to red and drifted to the base of the
tree,
then autumn was heralded.
Covering your roots and later transforming,
to return to the earth,
a soft decomposing brown.

Lights were added to reflect up into your boughs,
creating a sight that stopped the breath,
a wonderful glowing figure of a tree.

You must have remembered countless scenes,
From your sentinel position,
bordering the garden.
War torn parents coming through the gate to the house,
as possible purchasers.
A new baby carried carefully from the old Morris Minor,

People gathered under your spreading branches
to offer respect for a father.

A mother with her children,
on bicycles and off to school,

hurrying to keep up with the oldest child.

Affected by a fungal growth you declined in vigour,
Twisted aged growth was broken most cruelly,
by strong winds,
that destroyed your marvelous configuration,
creating something heart rending to behold.
You collapsed to the ground
Eventually you were burnt to ashes,
to foster others yet to live.

Old friend you are no more,
except as a photograph in a yellowing album,

and in our memories

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Richmond 7050 or Email mudcakes@hothouse.co.nz

The Retro Metro

Books and Films for the Thinking Older Person

One morning last week I stepped into my backyard with a full laundry basket. My neighbours' houses were still in darkness. The grass was still wet with dew. I hadn't yet washed my face or combed my hair, but I was smugly happy at the prospect of getting my washing hung out before work. Then the door slammed and locked itself behind me. Light, warmth, dog and breakfast were now on one side of the door, and I was on the other. The dog stuck a curious head through the porthole of her dog door to look at me, then vanished, leaving me stranded in the semi-dark backyard, hair standing on end, wearing nothing but ratty old slippers and a decidedly homely blue fleece dressing gown.

Another day I went into town for groceries and library books, but forgot my purse. I knew perfectly well that I was me, and so did the dog: she's never yet asked me for I.D. However,



the library demanded something more than a self-guarantee or a tail-wag from the dog. No books, they said, without a library card, or an alternative form of identification. I would have treated myself a coffee to get over the disappointment, but I didn't have any money or an EFTPOS card to buy it. Neither could I buy groceries, a stamp at the Post Office, or catch a bus. I couldn't even use the pay toilets in the Montgomery Square car park.

My carelessness had given me a small, but still unsettling, glimpse into how much one's survival and sense of self relies on shelter, an official identity, and access to money. There are over 50 million refugees and displaced persons who live as vulnerable non-persons when war or persecution robs them of these basics. So many of them are streaming across Europe and Africa and our TV screens that it is impossible to understand and feel the texture and weight of their individual lives.

To understand more fully we need to turn to the work of photographers like Sebastiao Salgado, the subject of a recent documentary called *The Salt of the Earth*. Or documentaries like *Mary Meets Mohammad* which documents the relationships between the Christian inhabitants of a small Hobart town and the Muslim Afghani refugees who live in a detention centre on its outskirts. Another Australian film, *Rabbit Proof Fence*, based on a true story, tells the story of three Aborigine girls taken from their homes and put into an orphanage in the 1930s. They are so bereft that they trek 1500 miles to get back to their families.

Dirty Pretty Things depicts the precarious lives of refugees and asylum seekers in London whose desperation gets them ensnared in an organ transplant racket.

A young Tunisian crosses Europe illegally in search of her child in the novel *Hand Me Down World* by New Zealander Lloyd Jones who asks us to ponder all that is "handed down" including identity, nationality and law.

Another novel, *Preparation for the Next Life* by Atticus Lish, is a much more gruelling read as it follows the doomed trajectory of a young Muslim woman, illegally in the U.S., and an American veteran of the Iraq war suffering from PTSD.



Ro Cambridge

An advertisement for Pitt & Moore. It features a pair of black-rimmed glasses. The word 'CLARITY' is written across the lenses, and 'WE BRING' is written above the bridge. To the right of the glasses, the text 'TO YOUR LEGAL ISSUES' is written in a bold, sans-serif font. At the bottom, the firm's name 'PITT & MOORE' is displayed in a large, serif font, with 'LAWYERS AND NOTARIES PUBLIC' underneath. Contact information for Nelson and Richmond offices is provided, along with the website and a 'LawXLink' logo.

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