

mudcakes & roses

THE MAGAZINE FOR NELSON TASMAN SENIORS

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Plus puzzles and reading on sustainability, gardening, books plus a directory of local activities and clubs



EDITOR'S Letter



This modest little magazine has a modest little deadline: all content must be written, and all illustrations decided upon just two weeks before publication date. Even so, it's impossible to predict what Covid Alert Levels will apply here, or elsewhere in New Zealand by the time this issue of *Mudcakes & Roses* finds its way into your hands.

All that is certain is that our efforts to stifle the spread of Covid-19 will continue to disrupt every aspect of life in New Zealand, curtailing many of the personal freedoms we used to take for granted. It will continue to affect the way we work and play, and our relationships with family and friends. And it will continue to stress businesses, government, health services, and transport and supply systems.

The Nelson Arts Festival, planning for which began 12 months ago, is just one of the many events which have fallen victim to the unpredictability of Covid-19. The festival's organisers have made the heart-breaking decision to cancel

many planned events. But, as you will see from the feature on the festival in this issue, there is still plenty left to enjoy.

By the sheerest coincidence, this issue also happens to contain a feature on the Nelson Bays Harmony Choir, and a column on the capacity of singing to lift the spirits and build social connection.

If there was ever a time when we need to stay in tune with each other and sing from the same songbook this is it.

Warm regards

Re Cambridge

Where to pick up your next copy

Mudcakes & Roses is available at all Nelson City and Tasman District Council offices and libraries, as well as the following locations:

Richmond

- Oakwoods Retirement Village
- Tasman Medical Centre
- Night 'n Day Richmond
- Richmond Aquatic Centre
- Boulevard Café
- Summerset Richmond Ranges

Stoke

- Summerset in the Sun

Nelson

- New World
- Morrison Square
- Fresh Choice

Wakefield

- Four Square

You can also find it online at tasman.govt.nz/publications

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- 5 Top of the South Neighbourhood Support helps communities stay connected in good times and in bad.
- 8 Connection of another sort happens during the Nelson Arts Festival. Although Covid has curtailed the programme this year, there's still plenty happening!
- 11 Twenty-five years ago, the Nelson Women's Centre bought a home of its own and has been connecting and supporting women ever since.



Contact the editor

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On the cover

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Proudly published by:



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te tai o Aorere



Nelson City Council
Te Kaunihera o Whakatū



That's life



Sing yourself happy

As I write, our region is in Covid Alert Level 2 with high hopes of moving to Level 1 very soon, but Auckland still languishes in Alert Level 3.

Perhaps singing helps us live through the disruption and uncertainty that Covid has brought? The German playwright Bertold Brecht (1898 – 1956) said that “In the dark times will there also be singing? Yes, there will be singing about the dark times”.

No matter how each of us feels about our voice, the opportunity to sing in the shower or in the car or any place else where there's no chance of an audience is deeply gratifying.

It's much more than a chance to let off steam as, more importantly, it just makes you feel better. Research strongly indicates that singing can help lower stress, boost immunity and lung function, enhance memory, improve mental health,

and help you cope with physical and emotional pain. What's not to like about that line-up of benefits?

Here's another fact: it's been shown that for those with dementia, singing can improve concentration and memory recollection. If someone dear to you has this condition, especially if they live in a residential facility, you'd be doing them and everyone else there a big favour if you can encourage staff to get their residents singing.

Singing with others can be even more beneficial than singing alone. I'm not talking about necessarily exercising your vocal chords at a professional level; rather I'm extolling the virtues of getting involved in a community choir.

Not only do you get the benefits of singing I mentioned earlier, but there's also the social aspect. Choirs are great for those who live alone or are looking for the opportunity to make new friends. There's also the anticipation aspect or, to put it

more simply, having something to look forward to on a regular basis.

For reasons that I personally don't understand, singing in a choir – at any level – seems to appeal to women more than men. So, here's a message for all the women readers of *Mudcakes & Roses* – how about joining a choir and dragging your nearest and dearest with you? He might initially complain but once he realises how good it feels, there may be no stopping him!

Since I started this column with a quote, I'm going to finish with one from another German who knew what he was talking about; this time monk and theologian Martin Luther (1483 – 1546):

“
As long as we live,
there is never
enough singing.”

Columnist: Renée Lang

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.



Nelson Bays Harmony Chorus

In this unique local choir, women of varied ages and from very different backgrounds make beautiful music together – with a theatrical flourish.

The women who sing in the Nelson Bays Harmony Chorus (NBHC) range in age from 30 to 80. They work in health, education, transport, local government and construction. Some are busy mothers or retirees. Through singing together in unaccompanied four-part harmony (mainly in the barbershop style) they connect with each other and with their audiences.

“Singing is good for the soul!” says choir member Carole Brown, explaining the buzz of literally being in tune with each other. “We love being together, working to improve our personal vocal skills, helping others learn and most of all we love to sing together. Singing together as a team we create a whole other exciting energy and that connects us with the audience. It’s exhilarating for us. We love to see the joy our music brings to people in our audience”.

Carole’s feeling is backed by research which shows that solo singing is good for the body – it improves breathing and posture and relieves body tension – but singing in unison with others is even better. Science suggests this probably comes from social closeness and the release of positive neurochemicals such as β -endorphin, dopamine, and serotonin into the body.

A good *a cappella* singer must be able to sing in tune, but they must also be able to stick to their own notes when others are singing a different set of notes.

“A *cappella* singing is about working together as a team,” Carole explains, “listening to each other and following the musical director, so everyone stays in sync”.

Kathy Jamieson has provided guidance and inspiration as the choir’s musical director for the last seven years, although the choir must now begin the challenging task of finding someone to take over the role – expressions of interest are invited on the choir’s website: www.nelsonharmony.org.nz.

The choir rehearses every Thursday evening. They may also get together in smaller groups to practice during the week, or bring in an out-of-town vocal coach for weekend singing workshops.

Although the choir takes its singing seriously it also works in an encouraging and supportive way. Auditions are held for anyone wanting to join the group, but as Carole explains, “you don’t need to be a ‘pro’ to join. Women who want to sing are invited to come and find their voice with us, and we provide heaps of support for novice singers”.

NBHC is affiliated with Sweet Adelines, a singing organisation which resources and teaches more than 20,000 women worldwide to sing four-part *a cappella* music, and links to a network of other singers and vocal coaches nationally and internationally.

Amongst the choir’s extensive repertoire there are classic pop songs, upbeat modern *a cappella* songs, rousing anthems, beautiful ballads, and songs from musicals such as *Phantom of the Opera*. At Christmas the choir is in high demand for community and public performances of Christmas carols.

Most years the choir will travel to one of the main centres to compete at the women's barbershop convention.

The choir does more than just sing beautifully in harmony. It also incorporates a lot of showmanship and theatre into its performances. Earlier this year NBHC won Audience Choice Award at the Sweet Adelines convention in Christchurch. Dressed in head scarves and aprons (see photo) the choir sang *Nine to Five* in a light-hearted demand for better working conditions in a Covid mask-making factory. Their award-winning performance is available on YouTube.

In other performances also available on YouTube, the choir strikes a more glamorous and sophisticated note with the women wearing shimmering black evening dresses, or red frocks accented with sequined scarves.

Enjoy performances of Nelson Bays Harmony Chorus without leaving home!

- The choir's winning performance of *Nine to Five*: <https://youtu.be/xHw2Nc1neRQ>
- Singing *One Moment in Time* at the Theatre Royal, Nelson: <https://youtu.be/wuWYG6IREsw>
- Singing *In My Room* also at the Theatre Royal, Nelson: <https://youtu.be/8E7dpY6ChMw>

More information: www.nelsonharmony.org.nz

Neighbourhood Support

Connecting with neighbours, giving and receiving support is particularly important during challenging times like Covid lockdowns. Neighbourhood Support is an organisation which exists to help you do that – and more.



The aim of Top of the South Neighbourhood Support is to connect and support neighbourhood groups in order to drive improvements to community safety, resilience, and well-being.

The organisation is a charitable organisation formed in 2020 by unifying three separate organisations covering Marlborough, Nelson and Waimea.

Volunteer Street Coordinators (many of whom are over 60) understand just how much individuals and the community can benefit through facilitating neighbourhood connections.

When people are connected to the community around them, they feel less isolated, and their well-being gets a boost too. Neighbourhood Support facilitates community members to undertake activities that create connection including welcoming new residents, neighbourhood social events such as street BBQs, skills exchanges and shared neighbourhood projects.

The Top of the South Neighbourhood Support group also runs a series of free workshops to help you build neighbourhood connections and neighbourhood resilience.

For more information about workshops or how you can become part of the movement towards creating safe, resilient and connected communities, email admin@tsns.org.nz phone 0800 87 67 46 or visit www.tsns.org.nz

It's never too late to know your neighbours...

Whether you live in the city, in the suburbs or rurally - getting to know your neighbours is as easy as 1, 2, 3!



Start (or join) a NS group by exchanging contact info

Register your group with your local NS Coordinator

Put together a group plan to keep in touch and help out

Neighbourhood Support New Zealand | Creating safe, resilient and connected communities.



Our environment

On the home front

For many years it has disturbed me that although we spend so much money on our homes we leave them empty all day while we go to work.

In lockdown, home is being used full time as many of us have to stay there all day. If you're like me, staying at home all day means you probably eat more, drink more alcohol, sloth about more and generally indulge in dissipation. No wonder the supermarket shelves are half-empty!

However, in lockdown you may also have time to consider whether your home environment is the eco-friendly and pleasant environment you'd like it to be.

Nelson City Council has a free advisory service for locals who want to improve the sustainability of their homes. Even without the council's help, you can consider some of the following. Put a timer on your heating system. Install solar panels and use

energy efficient light bulbs. If you are redecorating use water-based paints, choose tradies who live locally and go for floor length, insulated curtains (not blinds). Bunnings makes curtains to your specifications at a very reasonable price. Their fabrics are limited in range, but I found one that suited. I enjoy cheerful colours and it is difficult to find premade curtains or blinds that appeal to me, but it can be done. Compost food and garden waste. Boil only enough water for your cuppa; don't fill the jug. I do all of those things, though I'm a bit shambolic about timing when my heating should be on.

If you have modified your home environment to be more sustainable and healthier, let's look at how pleasing it is to live in. If you favour minimalist interior decor stop reading now – your perfect home may be different from mine!

I like a house that looks as if a personality lives there. I have

thought about de-cluttering, but I love all my stuff: my books that I may lend or re-read; my prints and paintings which were all given or made by friends; my clothes, bought for wearing to my office job, but mostly redundant now.

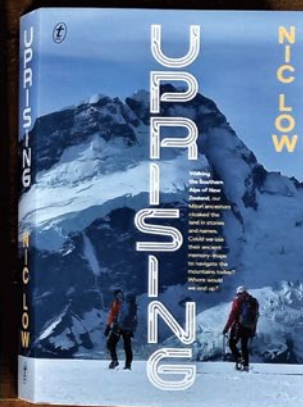
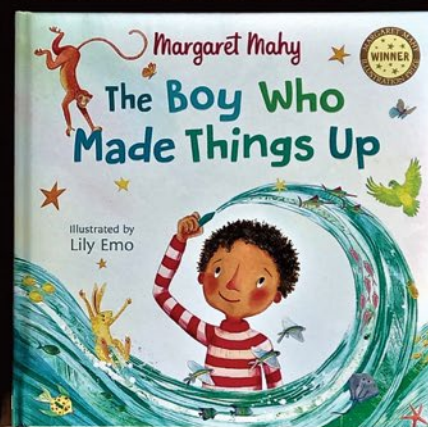
I had a big wardrobe built in the master bedroom when I moved into my house. I will never forget the builder's remark: "You Wellington people with your fancy clothes! We Nelsonites, we don't need huge wardrobes. We just wear shorts all the time." I now wear shorts most of the time too. Soon I'll be able to sell all my fancy Wellington clothes as retro items for vast sums on TradeMe. They are an investment. Yeah, right!

Finally, I love to create atmosphere with flowers, plants, candles and joss sticks, lights that dim and table lamps for a dinner party.

Lockdown may be over for now, but any time is the time to make your home environment truly your own.

Columnist: Pam Henson

Columnist Pam Henson, a retired English and Art History teacher, is also an outdoors enthusiast, having studied the geology, flora and fauna of natural landscapes including caves. As a writer, she worked towards a master's degree in environmental studies with the intention of advocating for the environment. Contact Pam at pam.e.henson@gmail.com



Thinking volumes

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.



The Magician by Colm Tóibín

Tóibín brings his immense sympathies and verbal prowess to bear upon the life of Thomas Mann, a writer forced to cope with the turmoil in both his public and his private lives caused by war, exile, doubt and suicide. Mann's re-evaluation of his relationship to his homeland and his family underlies his best novels, and Tóibín reveals the many layers and contradictions of a complex genius.

The Boy Who Made Things Up by Margaret Mahy

"There was once a dad who had a little boy. It was a bit of a waste for this dad to have a boy, because

he was much too interested in work". Luckily for the boy – and luckily for the dad – the boy knew how to make things up, and tell some very good stories. Margaret Mahy's memorable story has been beautifully illustrated by award-winning Nelson illustrator Lily Emo.

He Ringatoi O Ngā Tūpuna: Isaac Coates And His Māori Portraits by Hilary and John Mitchell

Meticulously researched, beautifully designed, and full of important information, this is a landmark book by the Te Tau Ihu historians. Between 1841 and 1845 Isaac Coates painted portraits of 58 Māori in the Nelson, Marlborough and Wellington areas. This super

book reproduces the portraits and provides whakapapa and biographical details of the subjects, as well as new information on Coates's own story.

Uprising: Walking The Southern Alps Of New Zealand by Nic Low

Guided by Ngāi Tahu's ancient oral maps supplemented by a modern satellite atlas, Low crossed the Southern Alps more than a dozen times, trying to understand the relationship between people and land – both now and in history – and seeking to reclaim his ancestors' view of a world in which these mountains loomed large. If walking is in itself a form of knowing, what can we learn from tracing the backbone of the island on which we live?



VOLUME: The Space For Books • Nielsen New Zealand Bookshop of the Year 2018
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The 2021 Nelson Arts Festival

Covid means a scaled-back festival – but there’s still plenty to enjoy!

Because of the ongoing impact of Covid-19, Nelson Arts Festival has had to cancel many of the shows and events in the 2021 programme.

As we go to print however, a number of locally focused events are still likely to go ahead, including most visual arts exhibitions, Pukapuka Talks, Pecha Kucha, Couch Stories, Night Vision, a concert at Neudorf Vineyards and the ever-popular community event Mask Carnivale.

The Mask Carnivale Parade first exploded onto Nelson’s streets in 1995 and was the brainchild of Suzie Moncrieff who launched World of WearableArt in 1987. So many school children auditioned to take part in the WearableArt show that Moncrieff decided they deserved their own parade. Fellow Nelsonian Kim Merry became involved and the parade soon reflected his infectious energy and enthusiasm.

The parade has since become an annual event, and an integral part of the Nelson Arts Festival, synonymous with colour, movement, music and dance and inclusivity.

The parade depends on community involvement and thrives with the endless creativity of people like Lynda Duncan of Victory Primary School. As a Syndicate Leader on the school’s management team, she encouraged and

inspired colleagues and kids to begin participating in the parade and to make their own masks and costumes.

“For many children the parade is their first experience of being in a performance with a such a substantial audience,” says Lynda, “so we try and make it an authentic experience for the kids, with a big focus on achievement and accomplishment”.

Lynda says it’s always a challenge to let the children run with their imaginations and still create overall coherence in their costuming: “Over the years we’ve had everything including sharks, complete with waka, and sunglasses with feet!”

The theme of this year’s parade is *Connections*, which has a particular resonance for Victory Primary. “Many of our kid’s families have come to Nelson from elsewhere,” explains Lynda, “and they learn to connect and find connections amongst this diversity”.

Unfortunately, bad weather derailed the school’s participation in the parade in 2019 and Covid had a similarly devastating effect in 2020. So, all fingers at Victory are crossed for this year’s parade which is scheduled for Friday 29 October.



NB: The Festival Trust and team will make a further decision about the remaining 2021 programme in early October. Full refunds will be made for purchased tickets to cancelled shows. Purchasers will be contacted directly.

For up-to-date programme details: Visit www.nelsonartsfestival.nz



Recollections... of Nelson College Football



*Pictured:
Young John White
with football boots
over his handlebars*

An edited extract from John White's life story *A Bloody Opportunist – Life and Times of John 'Whitey' White*.

At about the age of twelve, I became a dead keen soccer player – let's call it football. Coming from Seacliff, I never played football as we didn't have sports fields. That changed when my friend Peter Weeks called on me one Sunday soon after I'd moved to Nelson. Peter asked me what I was up to.

"Nothing," I said.

"A few of us are getting together for a game of soccer up at Victory Square. Do you have any soccer boots?"

I didn't but grabbed my rugby boots and Peter and I headed down to Victory Square to meet some other boys and have a kick around. It was my first taste of football and I loved it. That day changed my sporting life for many years.

Nelson College was renowned as a rugby school and didn't have a

soccer team. However, head boy in my second year was an English chap by the name of Peter Bevan and quite a few boys were keen to play football. About fifty of us trudged into the headmaster's office, led by Peter, who told the headmaster, "All these fellows and I are very keen to set up a soccer team".

The headmaster, H V Searle, a big fleshy man, stood there in his long black robes and barked, "Bevan! We don't play soccer here. Nelson College is a rugby school, and it will *always* be a rugby school and you will never play soccer here – get out!"

We filed out, thinking that was the end of it. However, another master by the name of Harold Nelson was a New Zealand long-distance runner who'd won two medals in the 1950 British Empire Games in Auckland. He was a dapper little fellow, very athletic and a hell of a nice bloke.

He told Peter Bevan, "Get all your boys to join the harriers. We'll run down to Victory Square and have a game of soccer. Tell them to

put their soccer boots into their backpacks so Searle won't see them".

So, one Tuesday afternoon, the other students and I followed Harold Nelson to Victory Square with our boots hidden in our bags. We had a great game and afterwards jogged back to college. H V Searle eyed us suspiciously. "Got a good group of harriers there, I see Mr Nelson," he said.

"Yes sir!" said Harold Nelson, as we ran past snickering. It was a long way to run from college to Victory Square, so we didn't continue. It's a shame the school didn't have a team as by then I was captain of the under-fourteen Nelson representative team and I'd like to have played football for Nelson College too.

About the author: *John White grew up in Seacliff and Nelson. After ten years with the Department of Lands and Survey he left to set up business ventures in Hokitika. Now retired, he lives in Nelson with wife Liz. His book is available from Page & Blackmore and The Copy Press.*

Columnist: Sarah Ryder

Sarah Ryder, who curates this column, joined the Forget Me Not Life Stories team in 2018. She now helps people from all walks of life capture and preserve their stories in print, audio and on the internet. www.forgetmenotlifestories.co.nz



Gardening tips and tricks

Spring zing with zinnias

Spring is here! This year the joy of watching our gardens come alive as blossom buds burst open seems more poignant. In August we were thrust with a bang back into lockdown. I found myself feeling a bit shell-shocked, although nothing really changed for me apart from not being able to ship plants and no ballet classes until we went back to Level 2.

More than ever, I feel being in the garden is a good way to stay grounded. It's the one place where we can have a certain amount of control over what happens, and this is important in very unsettled times.

There is so much to do in the garden at this time of year. All of your favourite summer vegetables can be planted. Annuals such as marigolds (wonderful companion

plants in the vegetable garden), petunias, salvias, verbena and so many more can be planted to brighten up your gardens, courtyards or decks. I love growing annuals in containers on the paved area just beyond the steps from our verandah. As I'm typing this, I have Iceland poppies, pansies, polyanthus, primula and wallflowers in full flower, with "Madam Butterfly" antirrhinums (snapdragons) coming into bud. Once these have finished, I'll replace them with my absolute favourite summer flowers, zinnias.

The selection of zinnias available in garden centres tends to be very limited. This makes me very sad because these treasures are worth their weight in gold in the garden. Their vivid colours brighten even the darkest day, they are fabulous cut flowers and are in flower for literally months. I planted some in November last year and they

were still flowering their heads off in March. One of the loveliest things about zinnias is their ability to stand up to strong winds and rain as they have very strong stems. They do exceptionally well in containers and will tolerate dry conditions, which is vital at the height of summer.

When I realised how hard it can be to get different types of zinnias, I decided to source seed for some of the most beautiful ones in a range of heights and flower sizes. My favourites are the Benary's Giant varieties, with their 11cm wide flowers – including Giant Mix, and single colours Giant Coral, Giant Golden Yellow, Giant Lilac, Giant Scarlet and Giant Lime, to name a few. Check out all of my varieties on my website or email foeslamb@xtra.co.nz for more information.

www.heirloomplantnursery.co.nz/products/category/seeds

Columnist: Philippa Foes-Lamb

Philippa Foes-Lamb is a passionate plant woman and gardener, artist, writer and radio show host. She runs her own heirloom perennial nursery and grows top quality vegetable and flower seedlings and perennials. Philippa sells spray-free vegetable seedlings from home. Contact Philippa at foeslamb@xtra.co.nz for further information.



Nelson Women's Centre: celebrating 25 years

The Nelson Women's Centre (formerly Women in Nelson) has owned its own premises in Nelson for a quarter of a century and is celebrating the fact with a fundraising concert at Founder's Heritage Park on 19 November.

The concert is also celebrating that for over 25 years the Centre has supported women and children in the Nelson Tasman region with services such as social worker support, low-cost counselling sessions, advocacy, information on women's rights, food services, an op shop and workshops. It has also provided a warm, safe drop-in space where women can enjoy a cup of tea and meet other women.

The Centre had its beginnings in the early 1970s when Women in Nelson (WIN) was established to advance women's interests. WIN members helped to establish Nelson Rape Crisis and supplied the umbrella for other women's initiatives including Young Women's Support and the Cervical Screening Pilot Project, which then became Nelson Women's Health. In 2013 WIN and Nelson Women's Support merged to create the Nelson Women's Centre with the mission of "empowering women to be safe, resourceful, to value themselves, and to reach their potential".

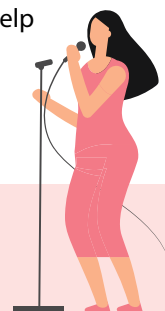
Penny Molnar was a founding member of the Women's Centre and is still a member of the Governing Collective.

She remembers the 18 months of fundraising required to buy the Centre's home at 44 Trafalgar Street in 1996 through a rent-to-buy agreement with Nelson City Council. "It was hard work," says Penny, "but it was also great fun and the beginning of many long-lasting friendships."

Hilary Mitchell, who was a member of the Governing Collective for five years until April 2020, is proud that the Collective has managed to keep the Centre running for so long through their own fundraising efforts and maintaining relationships with funders and donors. She points out that although women do not need to be "in crisis" to use the Centre, many women in Nelson Tasman have "regained their equilibrium after traumatic life events or hard times" with the support of the Centre.

The Centre's building and grounds will be refreshed in the coming year with local landscape architect Heidi Stewart donating her time and expertise to the project.

The celebratory concert at Founder's Park on Friday 19 November features a great line-up of local talent including Evey McAuliffe, Te Mana Hā and Anna Heinz so book your tickets now. All proceeds from the concert will help the Centre continue its valuable work supporting women and children in Nelson Tasman.



Concert: Friday 19 November 2021, 7.00 pm – 10.00 pm · The Granary, Founder's Park

Tickets are available for \$20 each from the Centre. Phone 03 546 7986 or email accounts@nelsonwc.org.nz

Contact: Centre Manager Anna Mae Angeles for information and donations on 03 546 7986 or manager@nelsonwc.org.nz
44 Trafalgar Street, Nelson · Monday–Thursday 9.00 am – 3.00 pm, Friday 9.00 am – 1.00 pm · www.nelsonwomenscentre.org.nz



Food for thought

A taste of the exotic

Have you ever looked at one of these big green-skinned fruit in the supermarket, wondered what they were, then walked straight on because you didn't have a clue?

They are papaya, a tropical fruit native to Mexico, although India also produces a very large number. We were even able to cultivate some healthy papaya plants growing in the community gardens (in our tunnel house), but unfortunately, they never fruited and so we pulled them out to make room for other plants.

Sometimes called pawpaw, papaya have a sweet flavour, beautiful golden coloured flesh and offer numerous health benefits. Nutritionally they are loaded with protein, fibre, carbohydrates, folate, Vitamins A, Bs, K and E as well as magnesium, copper, lycopene, lutein, zeaxanthin, calcium and potassium. If mashed and applied

to wounds the enzymes in papaya even promote healing.

Papaya have a dark green skin so it's sometimes difficult to tell if they are fully ripe. Use unripe fruit to make the very popular Thai Som Tam salad in which they are grated. Even the seeds are edible, either fresh or dried. They have a bitter, peppery taste and are a good source of antioxidants.

Some people do find the smell a little unpleasant, but this can be minimised with the application of lime juice.

I often cut the flesh into chunks and freeze it for later use in a smoothie. Chunks can also be incorporated into a fresh fruit salad or, depending on your taste, tossed with smoked chicken to make a savoury salad.

After you've read the following suggestions for utilising this delicious fruit you may never walk past them in the supermarket again!

Serving suggestions

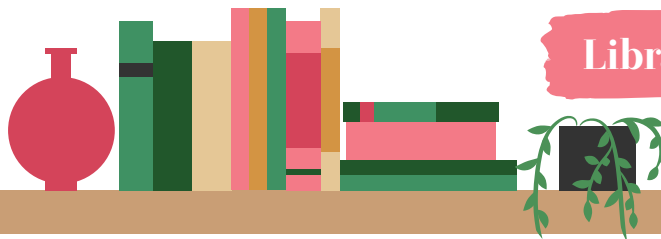
- Cut papaya in half and remove the seeds. Squeeze lime juice into the resultant hollows and eat with a spoon right out of the skin.
- Use in a tropical fruit salad combined with fresh diced pineapple and mango.
- Make a delicious tropical fruit smoothie using frozen papaya chunks, half a frozen banana, pineapple juice, Greek yogurt and pineapple juice.
- Make a salsa by combining papaya, mango, red onion, olive oil, apple cider vinegar, coriander, salt and pepper. Serve over avocado quarters arranged in a star shape on serving plates.

Columnist: Sally Rees

Sally Rees, a qualified chef, and Home Economics teacher, loves working with raw food and fermented foods. She teaches food classes in Nelson and enjoys no-dig gardening at the Waimarama Community Gardens. Website: www.naturalnosh.nz. Facebook: Natural Nosh.



Tasman District Libraries



Stay Connected with Our Help: in person or on Zoom.

Even at Alert Level 4 there's no need to lose contact with friends and family – if you have a computer or a digital device and know how to use it. If the library is open, we can help you solve your digital dilemmas in person at the library. If the library must stay closed, we can still help – just book one of our 15-minute Digi Drop-In sessions. No problem is too big, or too small. Contact teresa.besley@tasman.govt.nz to book or visit www.tasmanlibraries.govt.nz/my-library/forms/digi-drop-in.

Click and collect and housebound services

We can also help if you love reading but find it difficult to get to the library, or don't have the energy to browse the library in person. Using our Book a Book service you can let us know the kind of books you like and we will put them aside for you or a friend to collect.

You can make a selection of up to five books/DVDs plus five magazines at a time. If you are physically unable to visit the library because of disability, age or major illness and you are a resident in the Richmond, Motueka or Tākaka urban areas, you may be eligible to receive our Housebound Library Service. Contact the library to find out how we might be able to help you.

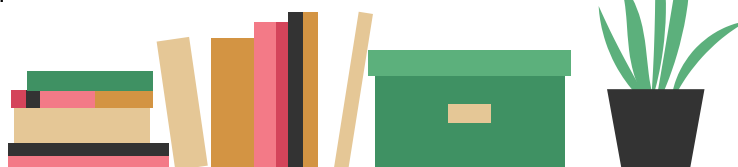
MORE INFORMATION

Phone: 03 543 8500

Website: www.tasmanlibraries.govt.nz



Nelson Public Libraries



Telling your story

In lockdown, many of us have been getting creative. Whether it is with writing, crafting or photography, the library is here to help you capture your stories to share with your family or the wider public.

STEM Writers is for anyone who loves writing. Everyone is welcome join the group in the Elma Turner Library, on Tuesday 12 and Tuesday 26 October from 1.00 pm – 3.00 pm. You could even celebrate the launch of their sixth book *Lunch Books Pack One* with a picnic in the library! This free event is on Saturday 9 October at 12.00 pm.

If you would like to embrace the strange, and describe the indescribable, register for the Pure Psychic Automatism writing workshop at the Elma Turner on Friday 22 October. Led by writer Ruby Solly, this workshop explores exercises and techniques inspired by surrealist writers. Book your place through the Nelson Arts Festival website.

The Prow is always a fantastic place to read Top of the South history or share your own stories. The website covers historical and cultural stories contributed by people living in Nelson, Tasman and Marlborough.



Help us capture other stories by joining the *Life in the Bubble* project, a collaboration with the Nelson Provincial Museum and Tasman District Libraries to collect stories about life during lockdown. Stories can be told in any medium, from words to artworks or craft projects. To submit your experience, email library@ncc.govt.nz or ask one of our friendly librarians.

MORE INFORMATION

Phone: 03 546 8100

Website: www.nelsonpubliclibraries.co.nz



WE'VE GOT YOU



People of Nelson Tasman, we need your help!

We all know a lot of local businesses are doing it tough at the moment. They've had to deal with lockdowns, shipping delays, labour shortages and cost increases. But just as the locals got behind our business community last year for the We've Got This campaign, we're getting behind them again by making local joints our focal points. We've Got YOU!

The truth is, where you spend your money matters right now and as a community each and every one of us can play a role in our region's economic recovery. It's time to get that regional money-go-round spinning again Nelson Tasman! Here's how you can help:

- Have a hoon on some local hospitality, take your family and friends out for local delights.
- Do your Christmas shopping early and stock up on locally made things.
- Roam your own region and support our tourism operators and small towns.
- Spread the word by sharing and tagging some of your favourite local businesses on social media.

Where you spend your money really matters, so let's give the local businesses that feed us, water us, dress us, entertain us, help us, provide for us and employ us a real shot in the arm.

So, who've you got?

WWW.WEVEGOTYOU.NZ





Our Community News and Information

Looking after yourself – with the support of Age Concern

Life can be a challenge at the best of times, but especially now, with the risks of Covid-19 and the measures which have been put in place to reduce its transmission.

We need to take particularly good care of ourselves during this stressful time. We need to give ourselves the same care and kindness that we might extend to others. You probably already have a few strategies to get you through challenging times, but here are a few ideas for keeping yourself well in body and mind.

Even with the best self-care there may be times when you don't feel on top of the world. This is absolutely normal. Please talk to us at Age Concern if you are finding things hard. We will be happy to listen and to connect you with the support you need.

- Maintain a daily routine. Go to bed at a regular time. This gives purpose to your day and helps with getting a good night's sleep.

- Get active. Moving your body (in a way that works for you) is good for mental and physical well-being and important for maintaining mobility, strength and balance.
- Eat well. Don't forget to give yourself some treats.
- Stay connected. Keep in touch with people who brighten your day. Phone someone or text or email them. Chat over the fence with a neighbour. Write a letter or send a card. Perhaps write to an elderly friend who is in a rest home and brighten their day. If you are really feeling lonely, we can organise one of our lovely phone volunteers to ring you regularly for a chat.
- Reminisce. Take yourself on a trip down memory lane by looking at your old photo albums, listening to those old songs or watching your favourite movies. Have you thought about writing your life story?
- Get creative. Try art, music, writing, gardening, crafts. This is about what makes you feel good even if it's just rearranging your tools or books, or colour coding the clothes in your wardrobe!
- Get fresh air. If you can't get out of the house, sit next to an open window or maybe have your morning cuppa sitting in the sun by an open door.



Photos © Tim Cuff

Age Concern Nelson Tasman supports older people to have a healthy lifestyle, full of opportunities and free from harm. We provide information, support, advice and referral for people aged 65+ and their whānau. We also promote social connections and to help reduce isolation among older people.

Get in touch:

Phone 03 544 7624 • 62 Oxford St, Richmond

Email ageconnect@ageconcernnt.org.nz

Website www.ageconcernnt.org.nz



Our Community News and Information

Zooming in on computer skills

By offering workshops on Zoom, SeniorNet Nelson is making sure that older people don't miss out on social interaction during lockdowns.

SeniorNet, a not-for-profit group which teaches computer skills to the over 50s, usually operates from its fully equipped Learning Centre in Hastings Street, Nelson. However, during lockdown it has been using digital technology to bring together people from across the top of the South Island.

Many of the group's 350 members were unfamiliar with Zoom and other video conferencing facilities prior to lockdown but with encouragement from SeniorNet, they have been taking tutorials online.

Rod Lewis, a tutor with SeniorNet, held the first regional online tutorial to members in Nelson, Motueka, Golden Bay and the Marlborough Sounds.

For one and a half hours participants were transported from home lockdown to a happy, informal get-together in the same virtual room.

Roger Pittman, SeniorNet's Top of the South representative, says that virtual gatherings are often the only social interaction some members have during lockdown. It gives them an opportunity to improve their computer skills and help resolve any frustrating computer issues.

Roger jokes that "with dozens of knowledgeable SeniorNet members available on your computer screen, you no longer need to ask your grandkids to help. And they don't need to be bribed with lollies either!"

More information: Contact Roger Pittman on 021 708 309 or seniornet.topsouth@gmail.com

Antenno app

Tasman District Council is using Antenno, a free mobile app that sends you alerts and notifications about places and topics you care about.

With Antenno there is no need to check multiple sources of information – Antenno sends information directly to you. It lets you choose the places you want to be alerted about, so you're not being alerted about things that don't affect you. You can have multiple "places" which could be your home, work and school.

Examples of what Antenno might notify you about include:

- Road closures
- Water shutdowns
- Recycling and rubbish reminders and changes
- Events
- Consultations

You can also engage with us more easily and get involved in your community by reporting issues, responding to surveys and providing feedback through Antenno. Seen some graffiti, found a pothole, or have a new idea? Simply open Antenno, go to "Your reports" and add a report to tell us about it.

Antenno is simple and easy to use – no personal information or log on details required.

Download Antenno for free on your mobile phone.



City For All Ages

A Community Steering Group (supported by Nelson City Council) wants your help planning for a city that will be more age friendly.



AGE FRIENDLY
AOTEAROA
NEW ZEALAND
NELSON

By the middle of this century, it's estimated that there will be 1.5 billion people over 65 in the world. That's one person in every six. This number will be even higher in Nelson – estimates suggest that in 20 years, one in every three Nelson residents will be over 65.

A Community Steering Group is developing a strategy to tackle the issues (and opportunities) which will arise from Nelson's ageing population. As Chair of the Steering Group local businessman Paul Steere points out, "It's wonderful that we are living longer, but unless we prepare our community for these changes many will struggle and the extra years may not a gift, but a burden".

A city that's better for older residents is also a better city for everyone, so the Steering Group has called the strategy *Nelson: City For All Ages*. The strategy will look at many aspects of life in Nelson, including wellness, social, work, housing, mobility, information and outdoors.

The older residents of today are viewed as "the experts" on what would make Nelson more age-friendly in the future. The Steering Group would therefore love to hear from *Mudcakes & Roses* readers about their views.

More information: www.cityforallages.nz

Share your ideas

If you have practical ideas which would make Nelson more age-friendly, please get in touch. These ideas could involve activity by community groups, Council, media, government agencies – anyone who operates in the Nelson community. There is a \$50 supermarket voucher for the most helpful idea!

Send your ideas to: cityforallages@ncc.govt.nz

Share a story

The Group is also looking for stories about age-friendly successes or challenges in Nelson. Hearing about the real-life experiences of older residents helps the wider community understand what it's like to grow older. If you have a story about something that has helped or hindered you as an older Nelsonian, the Steering Group would be grateful if you would share it.

Challenges might include finding the right housing, accessing information online, or perhaps finding support for a partner needing care. Successes might include a community group which provides companionship, how you've managed to stay fit and active, or discovering something that gives you a sense of purpose.

Send your stories to: cityforallages@ncc.govt.nz

Wakefield celebrates 175 years of village history

Wakefield is a small village with a big story. Long before roads existed in the area, Wakefield was a haven for those travelling on foot, or by horse and cart on their way from Nelson to the goldfields of the Wangapeka or heading to the West Coast down the Buller Gorge.

Edward and Mary Ann Baigent established a timber business in Wakefield, and in 1846 helped to build St. John's Anglican Church, which became a beacon on the hill to travellers and locals alike.

It's fitting then that celebrations of the village's 175th anniversary will be at the centre of a programme of activities including a guided walk, a hangi, art exhibitions and horse and cart rides.

More information: Phone
Rita Bell on 027 228 8902 or
email ritabell67@gmail.com

Saturday 9
and Sunday 10
October 2021





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E: sarah@yourlifestory.co.nz

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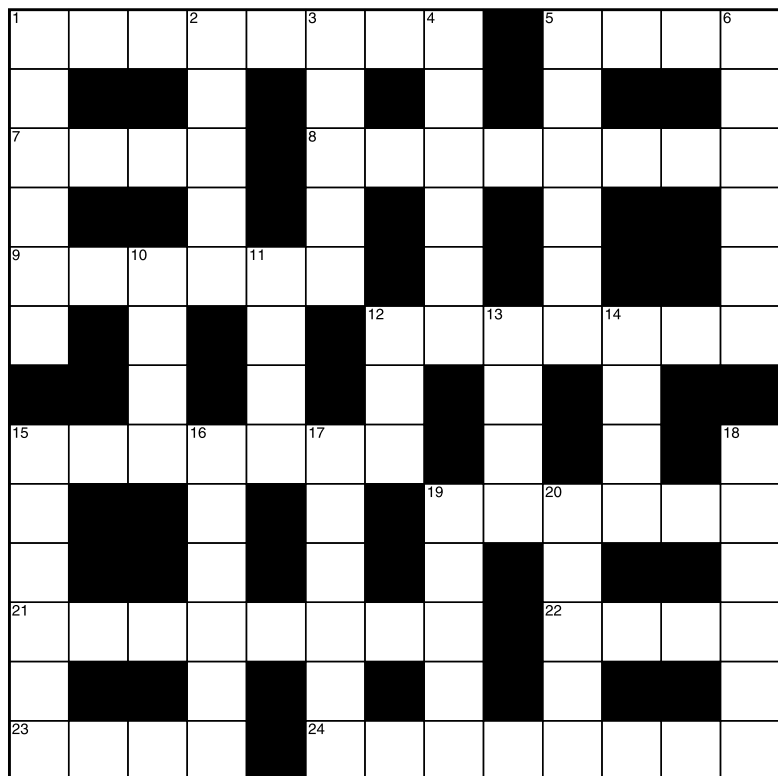
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SUBJECT LINE: Mudcakes Advertising

Crossword

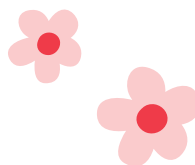


ACROSS

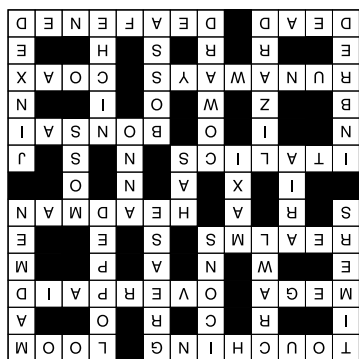
1. Heart-warming
5. Weaving frame
7. Very
8. Given excess salary
9. Dominions
12. Tribal leader
15. Sloped letters
19. Tree-dwarfing art
21. Absconders
22. Cajole
23. Cul-de-sac, ... end
24. Impaired hearing of

DOWN

1. Oven clocks
2. Bow and scrape
3. Holy pictures
4. Lubricant
5. Pruned
6. Crazy guys
10. Tenor's solo
11. Long skirt
12. Must, ... to
13. The A of AD
14. Green growth on stone
15. Inborn
16. Gecko
17. Faint-hearted person
18. Made unlucky
19. Brazilian dance, ... nova
20. Nook

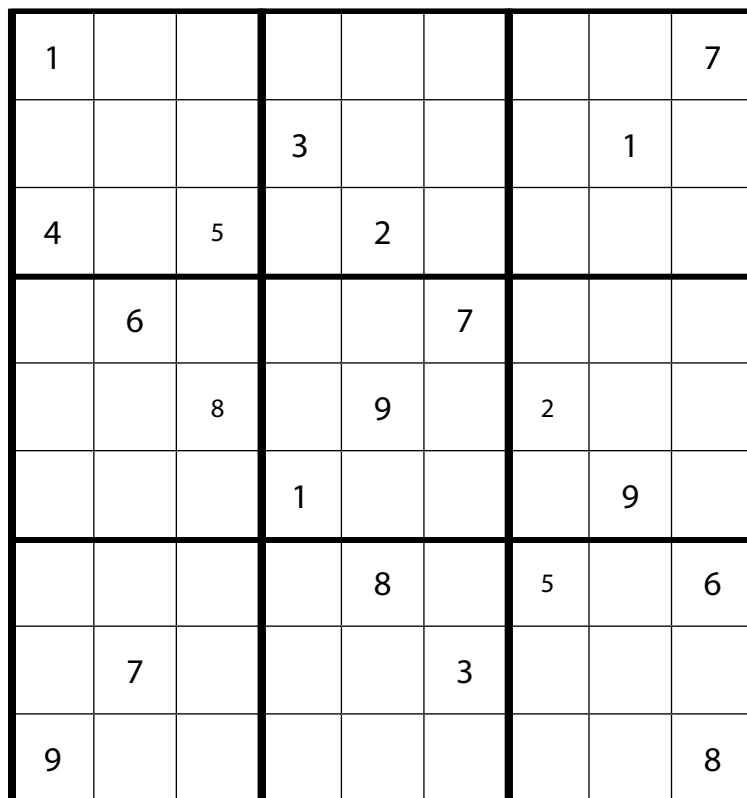


Crossword solution

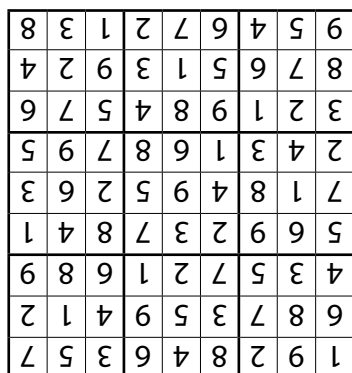


Sudoku

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



Sudoku solution



Thanks to Tasman resident 85 year-old Diny van Oeveren for creating our Sudoku puzzles

SERVICE DIRECTORY

Presbyterian Support

360 Annesbrook Drive, Nelson, 10.00 am – 3.00 pm (most days). Enliven Positive Ageing Services – social and activity day groups. Totara for older people. Harakeke for those with dementia. Refreshments and lunch provided. Van transport provided. Phone 03 547 9350 (Trish).

Safety and Confidence

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

Senior Walking Group

Tuesday and Thursday, 9.30 am – 10.30 am. Walk for the full hour or choose to do the Shape up class at 10.00 am. Walking and exercises followed by a cuppa. For more details phone 03 538 0072.

Tai Chi Chu'an and Qigong

Thursday mornings: beginners 10.00 am, intermediate 11.00 am at Saxton Netball Pavilion Stoke. Phone 03 545 2960 or 027 271 3323 (Anne-Marie – Tai Chi Instructor).

Stoke Bowling Club

Phone 03 547 1411 (Allen).

Stoke Old Time Country Music Club

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

Stoke Tahunanui Men's Club

A club for active retirees. Activities include a regular monthly meeting with guest speaker on the third Tuesday of every month, plus outings and activities each week. Phone 03 547 7841 (Ian).

Stoke Seniors Club

Greenmeadows Community Centre, 391 Main Road Stoke. Phone 03 547 2660 (Karen or Mel). Email stokeseniors@xtra.co.nz Regular activities at Greenmeadows:

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

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

Mah Jong: Tuesdays, 1.00 pm, \$3.

Sit n Be Fit: Exercises to music, Tuesday and Wednesday at 11.00 am, \$3.

500 Club: Wednesdays at 1.00 pm, \$3.

Scrabble Club: Mondays at 1.00 pm, \$3.

Weekly afternoon entertainment: Tuesday – Thursday. Contact the office for programme details.

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

Housie: \$5 a card. Phone 03 547 2660 for dates.

Monthly movie: Contact office for details.

Stoke Seniors Choir: Meets Thursdays from 10.50 am – 11.50 am. Contact Anne.

Special trips: Monday outings – café lunch/picnic. Thursday – out and about local tiki tour from 11.00 am.

Girls Own: Monthly on Friday.

Lads @ Large: Monthly on Friday.

Stoke Central Combined Probud Club

Welcomes both men and women as new members. Join us on the fourth Tuesday of each month (except Dec and Jan) at 10.00 am, at The Stoke Methodist Church Hall, 94 Neale Avenue, Stoke. Phone 03 970 6872 (Rosemary).

Variety Entertainment Club of Nelson

A social club for all entertainers. Variety concert held from 1.30 pm – 4.30 pm on the second Saturday of every month between March and October, at Whakatu Presbyterian Church Hall, 271 Songer Street, Stoke. Phone 03 547 4301 (Ken Holmes) or 03 547 3231 (Robyn Walsh).

TAPAWERA

MenzShed

Phone 03 522 4616 (John). Email menzshedtapawera@gmail.com

Sioux Line Dancing

Learners class, 7.00 pm – 8.30 pm Tuesdays, Tapawera Druids Hall. Phone 03 528 6788 (Sue Wilson) or 03 522 4352 (Kirsty Griffith). Email sioux.wilson@yahoo.com.au

Visual Art Society

Phone 03 522 4368 (Kay).

Walking – Tapawera

Rural Ramblers. Phone 04 541 9200.

WAKEFIELD

Live Well, Stay Well Activity Group

Meets every second Tuesday (mornings). Phone 027 609 9202 (Sandra) or 027 374 0500 (Sonja) or 027 677 0080 (Christine).

Higgins Heritage Park

Pigeon Valley Road, Wakefield. Open first and third Sunday of each month (September to May). Monthly "Steam Up" and other event days. www.higginsheritagepark.co.nz for details. Email info@higginsheritagepark.co.nz Phone 544 7096 (Diane).

Wakefield Bowling Club

Outdoor bowls, summer and winter. Phone 021 220 1289 (Margaret). Email wakefieldbowlssecretary@gmail.com www.sporty.co.nz/wakefieldbowls

Walking – Wakefield

Rural Ramblers. Phone 03 541 9200.

Willowbank Heritage Village

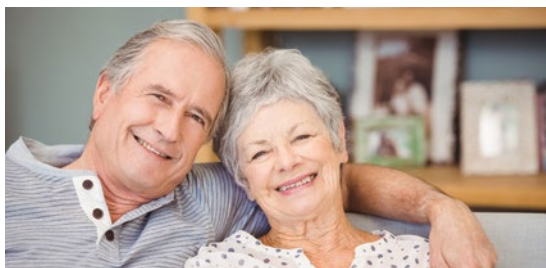
In Wakefield, open first Sunday every month from September to May. Stroll the village and visit our Victorian Café, 50s Burger Bar and 70s Milk Bar. www.willowbankwakefield.co.nz

DO YOU NEED TO UPDATE YOUR DIRECTORY LISTING?

Email mudcakes@hothouse.co.nz with your updated content, and we'll edit it for you. If you would like to add a new listing, simply email us to request a copy of our handy directory template.

Thinking ahead for peace of mind

Planning your funeral in advance is a sensible way of ensuring your wishes are adhered to as well as sparing your family or loved ones unnecessary worry about arrangements in their time of grief. There is no age limit. Young or old, the best time to plan is now. Planning leaves nothing to chance and gives you one less thing to worry about. It is also important to realise that once your plan is made, you are not locked into it. Our funeral planning offers flexibility to make alterations as circumstances change. Speak to the team at Waimea Richmond Funeral Services – Here to help with any questions you may have about options available.



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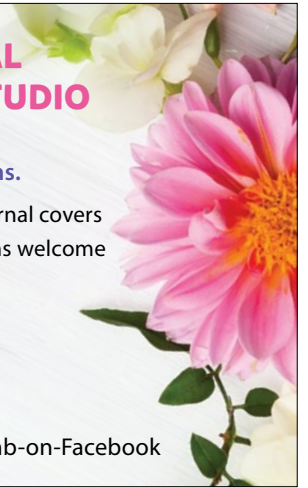
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Janet




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