

Mudcakes and Roses

SENIOR GENERATION ACTION
AND ISSUES – NELSON TASMAN



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Heritage Week
2014



Welcome to our Autumn edition, which is all about celebrating our past as well as looking forward.

In this issue we take a look at some of the events Nelson has planned for Heritage Week (12 to 20 April). The theme for this year is 'Modes of Transport' – check out t pages 4 & 5.

The year 2014 also marks 100 years since the beginning of World War One and in our What's On guide (page 14), you'll find a listing for The Anzac Experience – a total immersion experience being held at Founders Heritage Park during April – don't miss it.

We also hear from Tony Flewellen (page 9) – the man behind plans to create an annual Rutherford Day celebration.

For those who prefer to look forwards rather than back, you'll enjoy meeting the team of tech-savvy tutors at SeniorNet Nelson. This team love tinkering with all the latest technology and gadgets – and they're on the lookout for others to join them as tutors.

Helen Clements of Stoke is another woman focussed on the future rather than the past. She helps woman who have experienced breast cancer surgery on their road to recovery through her business Classic Contours. See her story on page 12.

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

How to get your copy!

Mudcakes & Roses is widely available at Council's Offices, Service Centres, Libraries and the Richmond Mall. You can also read it online at the Tasman District Council website, www.tasman.govt.nz/mudcakes.

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

Nelson Tasman Positive Ageing Expo

The annual Positive Aging Expo brings together suppliers and experts on health, hobbies, entertainment, activity, welfare, retirement and finance amongst other subjects that help make aging a positive experience. It provides an opportunity to come along and talk to stallholders, find out what they do, how they can assist you and how you can get involved.

In addition to the more than 60 stallholders confirmed, there will be recreation demonstrations including Nordic walking, Yuan Gong, Tai Chi and the cake decorating - you can watch or "have a go". You'll also be able to get your hearing tested, have a chat to the Men's Shed and get your car fitted to you by the CarFit team.

The seminars, in the Oak Room, start at 10.15 am with a welcome by Minister for Senior Citizens, The Honourable Jo Goodhew.

- The first seminar is called "Staying Active and in Control" with Dr Jenny Keightley Christchurch GP and Chair of Health of Older People work for the South Island Alliance. Jenny will discuss home-based support, respite and restorative care.
- The second will be lead by Margaret Owens, President of the Retirement Villages Association NZ, will explore the realities and explode the myths of residential care.

The second seminar session starts at 1.00 pm,

- "Life in 3D" Talking about Dementia, Delirium and Depression with Dr Mike Ball Geriatrician with Nelson Marlborough DHB. Dr Ball will differentiate between the three Ds, followed by
- Heather Lackner of Alzheimers Nelson, who will talk about local support available for dementia clients and their families.

It's all happening at Thursday 3 April 2014, 10.00 am–3.00 pm

The Headingly Centre.

Headingly Lane (off Lower Queen Street, Richmond). The Headingly Centre car park is 100m on the right.

A shuttle bus will leave from Sundial Square leaving every half hour from 10.00 am to 1.30 pm, or if you're biking ride the coastal Great Taste Trail Route to Headingly Lane.

Admission is free with complimentary tea, coffee and biscuits.

There will be a range of hot and cold lunches available for purchase.

For further information contact Tasman District Council Community Partnerships Coordinator Mike Tasman-Jones 03 543 8403 mike.tasman-jones@tasman.govt.nz

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

Mudcakes & Roses Noticeboard

Community Resilience and Good Ageing Research Programme

Learning from flood experience tool

The Community Resilience and Good Ageing Research programme is working with older people, community organisations, emergency services, housing providers, other service providers and councils to generate tools and information to support older people and their communities to prepare for and recover well from natural events such as flooding, storms, earthquakes and land slips. They have developed a prototype tool in the form of an interactive game and want to test it with a wide range of people.

We want your help to test the tool!

You are invited to play the game and give us some feedback on:

2.00 pm – 4.00 pm, Monday 7 April 2014

Constance Barnicoat Room

Tasman District Library

280 Queen Street

Richmond

Please RSVP to: Bev James (Public Policy & Research); 027 2478353; bevjames@xtra.co.nz or Ruth Fraser (CRESA) 0508 427372; ruth@cresa.co.nz

Life Linc Nelson (formerly LifeLine Nelson) is re-establishing its Home-Line Service.

This is a free service for anyone who is feeling isolated, lonely, or just struggling with life in general. Whether there are issues with mental health, physical or

intellectual disability, Life Linc provide a non-discriminatory telephone counselling service to everyone.

The fully trained and accredited Life Linc telephone counsellors are available to call clients of the Home-Line Service at a time which is convenient for the client. They are professional, confidential, and trained to deal with any issue they are working with.

If you, or anyone you know would like to receive this service, please contact the Life Linc Nelson office for more details: 03 548 2400.

Resilience Seminar

The Business Forum on Mental Health (Nelson Tasman) would like to invite you to attend this free lunchtime event on Resilience with speaker Gaynor Parkin.

Gaynor is an experienced Clinical Psychologist, Director of Umbrella Health, author and specialist in resilience. Her talk will be centred on the building blocks of good mental health and resilience for workplaces and individuals.

Wednesday 2nd April 2014

12.30 pm – 2.30 pm

Nelson City Council Chambers

Level 2a – Civic House – 110 Trafalgar Street

RSVP is not necessary, but please be early – limited seating is available. For more information contact – info@bfomh.com or Ellen-Mary Pullar – 021 265 3122

Struggling to find Trustees or Board Members?

If you're struggling to find trustees or board members, hear how Wellbeing North Canterbury manages with one

board to deliver social services across 16 community groups. Manager, Deirdre Ryan, is at the Community and Whanau network, 12 noon – 1.30 pm Wednesday 9 April, Trafalgar Pavilion. Ph. 03 546 7681 or Email jacqui@volunteernelson.org.nz

Next phase for social housing takes shape

The Government has announced the next step in delivering housing assistance to those most in need with reviewable tenancies for all social housing tenants commencing from 1 July 2014.

In the first year this will apply to people currently paying market rents or close to market rents to see if they can move into and sustain a private rental. About 800 reviews are expected to be completed in the first year, out of approximately 68,000 state house tenancies.

From 14 April 2014, the assessment of people's housing needs transfers from Housing New Zealand (HNZ) to the Ministry of Social Development (MSD).

It is part of the housing reforms which also include extending income-related rent subsidies to community housing providers and integrating housing assessment with the Government's wider social support services.

With reviewable tenancies, tenants will be reviewed by MSD to assess if they still have a need for a state house. If not, a plan will be developed to help them move, but only if there is a suitable property available.

Through tenancy reviews, people's housing needs can be assessed on a regular basis to work out if they still need a social house, and if their current home is suitable for them.



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SENIORNET NELSON NEEDS YOU!



(front to back): Seniornet Nelson members Graeme Valpy, E'beth McKendry, Loretta Hogg, Lindsay Bowron and Gill Shaw

If you know you know your RAM from your spam, SeniorNet Nelson wants to talk to you. The organisation is desperately short of tutors.

"We can't keep up with demand or technology, says Technical Officer and Tutor Graeme Valpy. "We could take more courses if we had more tutors. The technology is just racing ahead." Currently, SeniorNet Nelson has about 40 tutors and could use another 10.

The organisation would like to be able to offer more classes on things like Windows 8, tablets, smartphones, internet banking, Facebook and Twitter and how to make an airline booking to name just a few. "We've got all the ideas - we just don't have the people or the hours in the day," Graeme says.

SeniorNet Tutors are well prepared and eased in gently. They generally start off as observers in a class and once they're comfortable, become assistant tutors and eventually, lead tutors. Seniornet Nelson provides an induction, course materials, hands-on training sessions twice a month for tutors and mentoring. People can also take home new equipment to practise with.

Treasurer and Tutor E'Beth McKendry says many people who could become tutors feel daunted because they don't understand other technologies. "I think that throws people off wanting to be a tutor. But as long as they know how to use their own device or software, that's enough. We only need to be a week ahead!"

SeniorNet Nelson which celebrated its 20 year anniversary in 2013 has come a long way since it started in the St John's Church Hall back in 1993 with a core team of about 8 and around 50 members. Graeme has been involved right from the beginning and recalls those early days.

"Computers were very expensive and 'cutting edge' back then. We started out with one computer. I was living in St Arnaud and I'd bring it in its case and set it all up! To get a class together, you'd have to ring around everybody! Thank goodness technology has moved on!"

And moved on it certainly has. Today the organisation boasts 680 members, offers courses ranging from the absolute basics through to Skype, Tablets and TradeMe. Each of the 30 computers has four different operating systems and can switch between a Mac screen and a PC screen with the flick of a switch. E'Beth says older people enjoy learning in a SeniorNet environment. "They'll love it because they're with people their own age, the classes are small, there's a relaxed atmosphere, a slow pace and morning and afternoon tea! That's the value of SeniorNet – we're older. People will say things like 'my daughter showed me but she did things so quick'. At SeniorNet we believe in repetition. We also encourage people to ask questions."

All of the tutors say technology can enhance the life of any older person – particularly those who want to stay in touch with friends and family in other places. They know of one man who uses Skype to read his grand-daughter a bedtime story every night and others who have used the technology to 'virtually attend' weddings and even funerals.

SeniorNet Secretary and Tutor Loretta Hogg says around 10 percent of members now start with absolutely no prior experience of computers.

"We have some people who come in and they've never even seen a keyboard. However nowadays, most people have had some experience– often they can use a computer for basic functions but don't really understand how it works. Others have multiple devices. For me, one of the things is that we're not just teaching people about computers we're trying to teach people how to solve problems and create that learning pathway."

Graeme, Loretta and E'beth are all volunteers. "All we get is more grey hair and a little mileage allowance," jokes E'beth. However all say they find the work extremely rewarding and the social connection of SeniorNet is amazing. They all particularly enjoy the fortnightly help sessions.

"You never know what's going to walk through the door – but it's satisfying when you can figure out the problem and help someone out," says E'beth.

Key Facts

- SeniorNet is a community training network that supports and motivates people aged over 50 to use and enjoy technology in their everyday lives. SeniorNet Nelson provides easy and affordable computer lessons at all levels. SeniorNet is a national organisation with about 70 branches nationwide but each group runs autonomously
- SeniorNet Nelson was established in 1993 and now has 680 members. There are also SeniorNet groups in Motueka, Golden Bay and Marlborough.
- It costs just \$20 a year to become a member of SeniorNet Nelson. Classes are also very affordable at just \$20 for a four week course.
- SeniorNet Nelson runs courses from February to November, monthly meetings and a fortnightly help session where people can come in to discuss any technology problems they're experiencing
- If you're interested in joining SeniorNet, the Learning Centre is located at Pioneer Park, 11 Hastings St, Nelson (entrance opposite Spotlight). Ph. 03 548 9401 or Email contact@SeniorNetnelson.org.nz
- As well as tutors, SeniorNet Nelson also needs people to undertake a variety of other tasks and volunteer roles within the organisation including administration, Treasurer and Membership Secretary.

Get Involved

- If you're interested in becoming a SeniorNet tutor, talk to Graeme Valpy to find out more – Ph. 03 547 6007



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HERITAGE WEEK 2014

Photo Credit: Te Toki Voyaging Trust

With Heritage Week 2014 just around the corner, Mudcakes & Roses caught up on plans for this year...

Why does Nelson City Council support Heritage Week?

Celebration of Nelson's heritage was an objective in Council's Heritage Strategy adopted in 2006. Putting in place a Heritage Week was seen as an effective way to do this. The first Heritage Week was in April 2010.

What's the theme of this year's Heritage Week and why was it chosen?

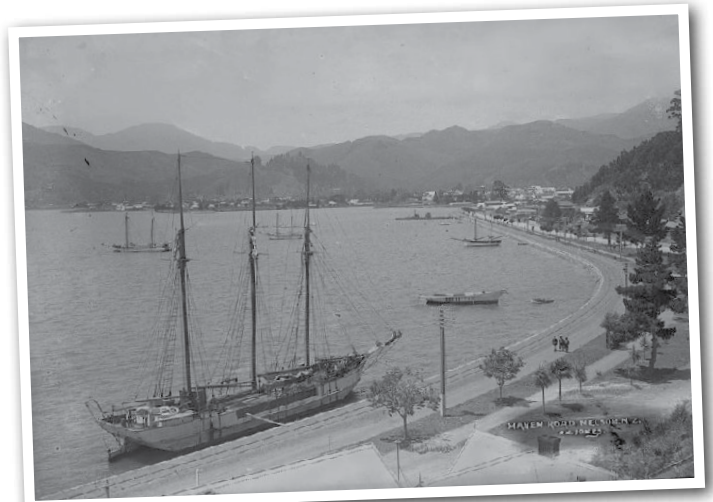
The date of Heritage Week is locked to World Heritage Day on 18 April 2014, but as we want to celebrate so much, we chose a general topic to focus on. Themes are prompted by new initiatives in the community- this year, we have the imminent opening of a new motorbike museum, the Nelson Airport and Tahuna roller rink celebrating their respective 75th and 60th anniversaries. The common link seemed to be "Modes of Transport". We

want to showcase what the community is doing! Once the theme was circulated, we started to hear about other events such as the big vintage car rally coming through Nelson and the visit of a traditional double-hulled waka.



What are some of the highlights that Mudcakes & Roses readers might enjoy?

The Port Day on Sunday 13 April has so much happening in one area. Although car-parking is limited, there are two handy bus stops for easy access. The energetic may want to do one of the trips to the Boulder Bank in the morning; those who like an easy walk can enjoy the afternoon with Nelson Historical Society guides at various sites on Wakefield Quay to entertain them. Devonshire teas are available at the Boathouse where displays can be found along with a fascinating lunchtime speaker. The Mayor will unveil a panel by the Sunderland Marine Pier at 1.00 pm honouring the Merchant Navy.





NAC map & Hosties
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Black & white photos
(including cover) courtesy of
Nelson Provincial Museum.

Heritage Week 2014 runs from 12 to 20 April 2014. A full pull-out programme will be published in the Nelson and Tasman Leader newspapers on 10 April 2014.

HERITAGE WEEK

12-20 April 2014

Welcome to our 2014 Heritage Week programme with a variety of activities for everyone to enjoy - many low cost or free of charge. See the calendar for at a glance information with more details inside and at nelson.govt.nz

>> THE PROGRAMME

SATURDAY 12 APRIL	MONDAY 14 APRIL	THURSDAY 17 APRIL
<p>1 First Responders Trafalgar Street 11am - 1.30pm Street parade & celebration.</p> <p>2 Timeless Wheels Founders Heritage Park 2pm - 4.30pm Bike fun and orienteering quiz.</p> <p>3 Vintage Treasure Sale Melrose House 9am - 5pm Find a vintage bargain.</p>	<p>1 Motoring Memories Elma Turner Library Activity Room 10.15am Archival film show.</p> <p>2 COLT The Suter Theatre 7.30pm Footnote New Zealand Dance present excellence in contemporary dance. Bookings at Everyman \$20 - \$30.</p>	<p>3 Family History Searching Elma Turner Library Tools to use when doing family history research. Bookings Ph. 545 8737.</p> <p>4 GOOD FRIDAY 18 APRIL No events today - enjoy your day.</p>
SUNDAY 13 APRIL	TUESDAY 15 APRIL	FRIDAY 18 APRIL
<p>1 Vintage Treasure Sale Melrose House 9am - 5pm Find a vintage bargain.</p> <p>2 The Life & Times of the Boulder Bank Wakafield Quay (Inet at Search & Rescue) Hourly departures 10am - 1pm Ferry ride, guided tour of Boulder Bank.</p> <p>3 Wakatipu The Boathouse 12 noon - 1pm Te Toki Voyaging Trust lunchtime speaker Hoturoa Barclay Kerr.</p> <p>4 Wave the Red Duster Sunderland Marine Pier 1pm Honour the Merchant Navy.</p> <p>5 Historic Wakafield Quay Sunderland Marine Pier 1.30pm - 5pm Nelson Historical Society guided tours.</p> <p>Vintage Car Club Action and Display</p>	<p>1 Airport Walk Nelson Airport Trent Drive Carpark 11am Guided walk in airport grounds.</p> <p>2 COLT The Suter Theatre 7.30pm Footnote New Zealand Dance present excellence in contemporary dance. Bookings at Everyman \$20 - \$30.</p>	<p>4 SATURDAY 19 APRIL 1 Sixty Years of Skating Tahuna Roller Skate Rink 1pm - 3pm Tahuna Roller skating history revealed. Gold coin donation covers entry and skate hire.</p>
WEDNESDAY 16 APRIL	THURSDAY 17 APRIL	SATURDAY 19 AND SUNDAY 20 APRIL
<p>3 The Anzac Experience Founders Heritage Park 8pm - 10pm Interactive theatrical experience of wartime realities in the trenches. \$10. R16 only. Bookings required.</p>	<p>3 The Anzac Experience Founders Heritage Park 8pm - 10pm Interactive theatrical experience of wartime realities in the trenches. \$10. R16 only. Bookings required.</p>	<p>3 The Anzac Experience Founders Heritage Park 8pm - 10pm Interactive theatrical experience of wartime realities in the trenches. \$10. R16 only. Bookings required.</p>

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

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

Gardening tips for Autumn



Hi, and welcome to my Autumn column. As leaves on deciduous trees and shrubs change colour my thoughts turn to the garden having a rest at last. I'm recovering from a hip replacement and it has been so hard watching my garden suffering from what has been a very dry late summer/early autumn.

As our plants start to wind down towards winter, it's time to leap into the garden to weed, feed and generally tidy up all of our perennials, annuals and shrubs that have finished flowering. Depending on the size of your garden this can seem a bit daunting. The best plan of attack is to start at one end of the garden and gradually work your way through it as time allows.

If your summer vegetable crops are starting to run out of steam, pull them out and give the soil a good dig over to help break up any clods that may have formed. What you do to the soil next depends on what you want to plant for late winter harvest. Carrots and other root crops love soil that was composted for a previous crop whereas brassicas (broccoli etc) and other leafy greens need plenty of nutrients from compost and sheep manure pellets to do well.

Brassicas love lime so if you're unsure about the pH level of your soil it's a good idea to buy a simple soil testing kit to check whether you need to add lime. I use Dolomite lime because it contains more magnesium and breaks down far more quickly than regular lime. To help your crops become well established before the weather cools down, try covering them with Mikroclima frost cloth. This helps to keep the soil slightly warmer and your seedlings will become established quickly.

April and May are the months to plant your favourite Spring-flowering bulbs. There are lots of varieties available in the hardware stores but if you are looking for something a little different try NZ Bulbs Ph. 06 323 4516, www.nzbulbs.co.nz. They have a fabulous range including daffodils, hyacinths, freesias, Dutch irises and rare and unusual beauties such as galanthus (snowdrops), fritillaria, sparaxis and ixia.

Before planting bulbs it's important to incorporate some bone flour or specialised bulb food into your soil. This helps ensure you get strong growth and plenty of flowers. If you have established bulb clumps they will also benefit from a side dressing of the above.

Crocuses flower in late winter and early spring so they really need to be in the ground as soon as possible. Anemones, ranunculus and early narcissus such as "Early Cheer" are next, followed by a myriad of daffodils and other treasures. Tulips are planted in May after a few weeks in your refrigerator which helps ensure vigorous growth.

Bulbs do exceptionally well in containers which is a perfect way to really enjoy their beauty just when we need cheering up at the end of winter. There are specific bulb potting mixes available but I just mix a little bone flour (about one teaspoon for an average sized container) into my regular potting mix and this seems to work well. It's important to ensure your containers don't become too waterlogged at any point or your bulbs may rot.

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 10.40 am, replayed the following Saturday at 2.40 pm. Happy gardening.



Philippa Foes-Lamb

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WHY WE SHOULD CELEBRATE RUTHERFORD DAY

By Tony Flewelen

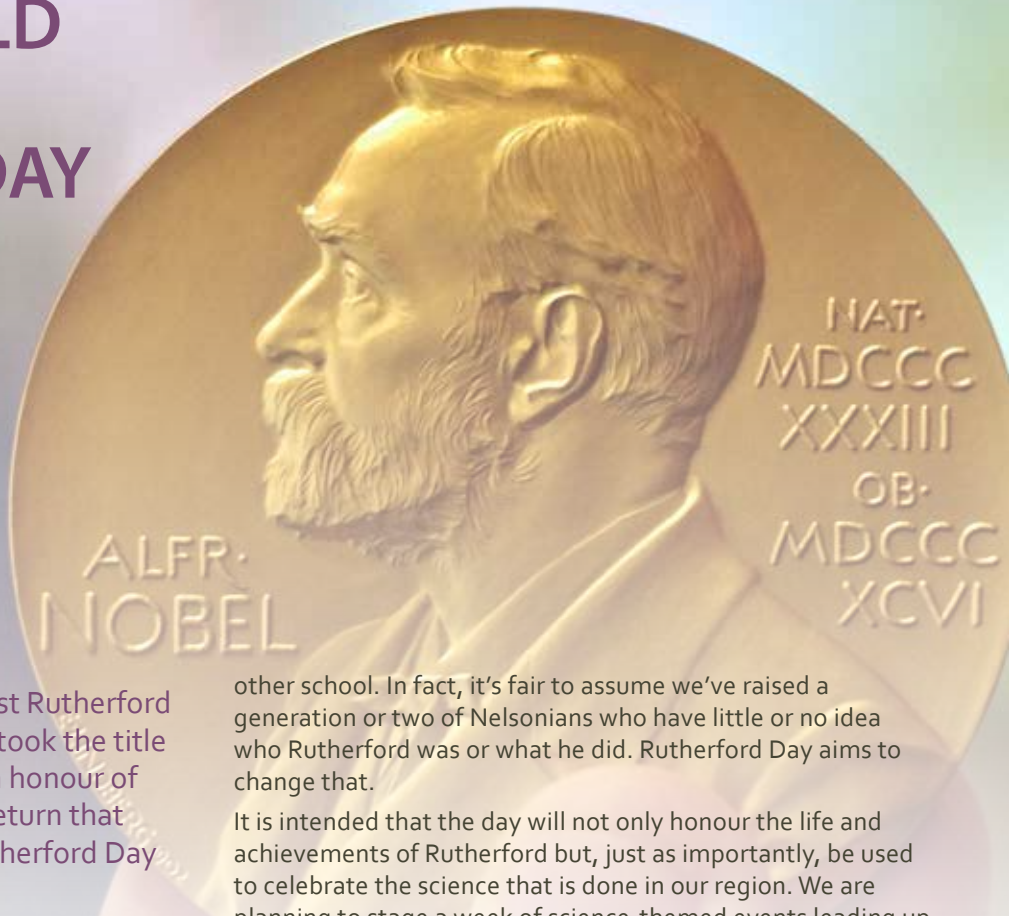
In 1931 when our Nobel Laureate Ernest Rutherford was raised to the peerage, he proudly took the title Ernest Lord Rutherford of Nelson "...in honour of my birthplace...". In 2014 Nelson will return that honour and celebrate its inaugural Rutherford Day on Rutherford's birthday, August 30th.

Just before Christmas, I was reading John Campbell's excellent biography Rutherford, Scientist Supreme when it occurred to me that we don't really do anything to celebrate our most famous son; certainly not on an annual basis.

Professor John Campbell and many others have done sterling work in the past in helping bring to fruition the Rutherford birthplace project and the Rutherford-Pickering Memorial in Havelock. Other than that, we have Rutherford Street and a slew of commercial properties and businesses with Rutherford in their title. To find a Rutherford Museum you'd have to travel to Montreal's McGill University; Rutherford's Den in Christchurch is now permanently closed. To find a bronze bust of Rutherford as an adult you'd have to travel to Thuringen in Germany. A tradition of celebrating Rutherford's achievements still exists at Nelson College but not in any

other school. In fact, it's fair to assume we've raised a generation or two of Nelsonians who have little or no idea who Rutherford was or what he did. Rutherford Day aims to change that.

It is intended that the day will not only honour the life and achievements of Rutherford but, just as importantly, be used to celebrate the science that is done in our region. We are planning to stage a week of science-themed events leading up to Rutherford Day. During the week, we hope that local media will focus on the important work done by scientists in Nelson and the contribution that science makes to our local economy. We've got off to a strong start; receiving letters or indications of support from Nelson College, University of Cambridge, McGill University, Sir Peter Gluckman (in his capacity as the Prime Minister's Chief Science Advisor), the Royal Society and the Cawthron Trust Board – but we'd love to hear from enthusiasts as well. We'd like to hear your ideas on what you think ought to happen on Rutherford Day – in the short term and in the long term. You can do that by visiting our Facebook page – www.facebook.com/RutherfordDayNZ – and leaving your comments – it's also a great way to keep up to date with the latest developments; or if you'd simply like to receive the monthly newsletter then email tony@rutherfordday.co.nz



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Life-Changing Diagnosis Leads to New Business



A cancer diagnosis is always life-changing. For Stoke woman Helen Clements, it has also led to a new business – helping other women battling breast cancer regain their shape after surgery.

Helen owns Classic Contours in Stoke. The business provides mastectomy bras and breast prostheses with fittings done in the comfort and privacy of Helen's home. Helen purchased the business from the previous owner after being a client herself. However, her own story isn't something she likes to dwell on. "Having experienced breast cancer myself, I've got a good understanding of what people are going through but I don't bring this up during fittings. When a woman comes in, it's all about her," she says.

Breast cancer is New Zealand's third most common cancer and every year 2,750 women in this country will be diagnosed. Helen sees several women a week for fittings and says fitting a good bra and a breast prosthesis is an important milestone on the road to recovery.

"Getting your confidence and shape back is important. A mastectomy can affect how your clothes fit, the health of your spine, your balance and your posture. I've seen women using hankies, socks or pins in their bras. I tell them 'I can do much better!' I love that moment of recognition in a woman's eye when she sees she's back to her shape again – I can always spot that second when they realise they're 'back to normal'."

Helen is registered with the Ministry of Health as a supplier and fitter. Women who have undergone a partial or full mastectomy, either unilateral or bilateral, and/or have undergone a lumpectomy, have congenital needs, or have undergone reconstruction surgery may be entitled to a Ministry of Health subsidy every four years for breast

prosthesis and bras. Helen also does home visits for people who aren't mobile and is able to sew pockets into bras. She holds a good range of stock including swimming prostheses. For further information phone Helen on Ph. 03 547 5378 or visit www.classiccontours.co.nz

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Put PRE-DIABETES in reverse

Nelson Bays Primary Health is offering a new two-hour information session to help prevent or delay the onset of type 2 diabetes.



Pre-diabetes (also known as impaired glucose tolerance) occurs when the glucose (sugar) in your blood is higher than normal, but not high enough to be called diabetes. Pre-diabetes increases the risk of getting type 2 diabetes and heart disease.

THE GOOD NEWS IS... there are steps you can take to reduce your risks. With knowledge and understanding, you can take the right road to improve your future health and reduce your risk of developing type 2 diabetes.

'Put PRE-DIABETES in reverse' is a FREE two-hour information session provided by Nelson Bays Primary Health and delivered in a relaxed/informal small group. The session provides information on:

- What is pre-diabetes/what to do about it
- How type 2 diabetes develops
- Planning small changes to help prevent or delay type 2 diabetes developing
- There is also the option of attending monthly follow-up sessions to help you stay on the right track.

This is what others have said about the session...

- "Complex medical terminology were made easy to understand."
- "This has helped me understand what I need to do differently."
- "I felt so motivated after this session I made lots of changes. Six months on, I no longer have pre-diabetes."

For more information please contact: **Bee Williamson, Diabetes Education Coordinator**

Phone: 03 539 1663 / Cell: 021 409 552

Free phone: 0800 731 317

Email: Bee.Williamson@nbph.org.nz

Quick facts

- Over 225,000 New Zealanders have diabetes, but just as many may have diabetes but do not know it.
- Every day 50 more people are diagnosed with diabetes.
- Age increases the risk of getting type 2 diabetes

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Change to Pension Transfer Tax Rules

By Mark Davies

Principal – Tax Advisory Crowe Horwath Nelson

If you have investments in overseas superannuation funds there are new rules which apply from 1 April 2014.

One of the main changes relates to how lump-sum withdrawals and transfers from overseas funds to New Zealand providers are taxed. Under the new rules, tax will be payable on at least a portion of lump-sum transfers or withdrawals, unless they are made within the first four years of the taxpayer being New Zealand tax resident. The tax payable will in most instances be computed on a progressive scale based on how long the taxpayer has been tax resident in New Zealand, and after taking into account the four year exemption period. In other words, the longer they have been tax resident in New Zealand, the greater the portion of the transfer or withdrawal that will be treated as taxable.

Under the old rules before 1 April 2014, your overseas superannuation funds may have been taxable under the Foreign Investment Fund (FIF) rules. If this is the case and you have transferred or drawn down on your fund before 1 April 2014, you have the option of electing to apply either the existing FIF rules or treat 15% of the transfer value as taxable income.

Pensions and annuities will continue to be taxed as they are now.



For more information contact
Mark Davies 03 548 2139 or email:
mark.davies@crowehorwath.co.nz



STUDIOS AVAILABLE



OWNER OPERATED FACILITY
For independent older people who wish to have security and services available.

- 24 hour Nurse Call
- Meals provided
- Licence to occupy available
- Access to activities programme, spacious grounds, weekly shopping



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



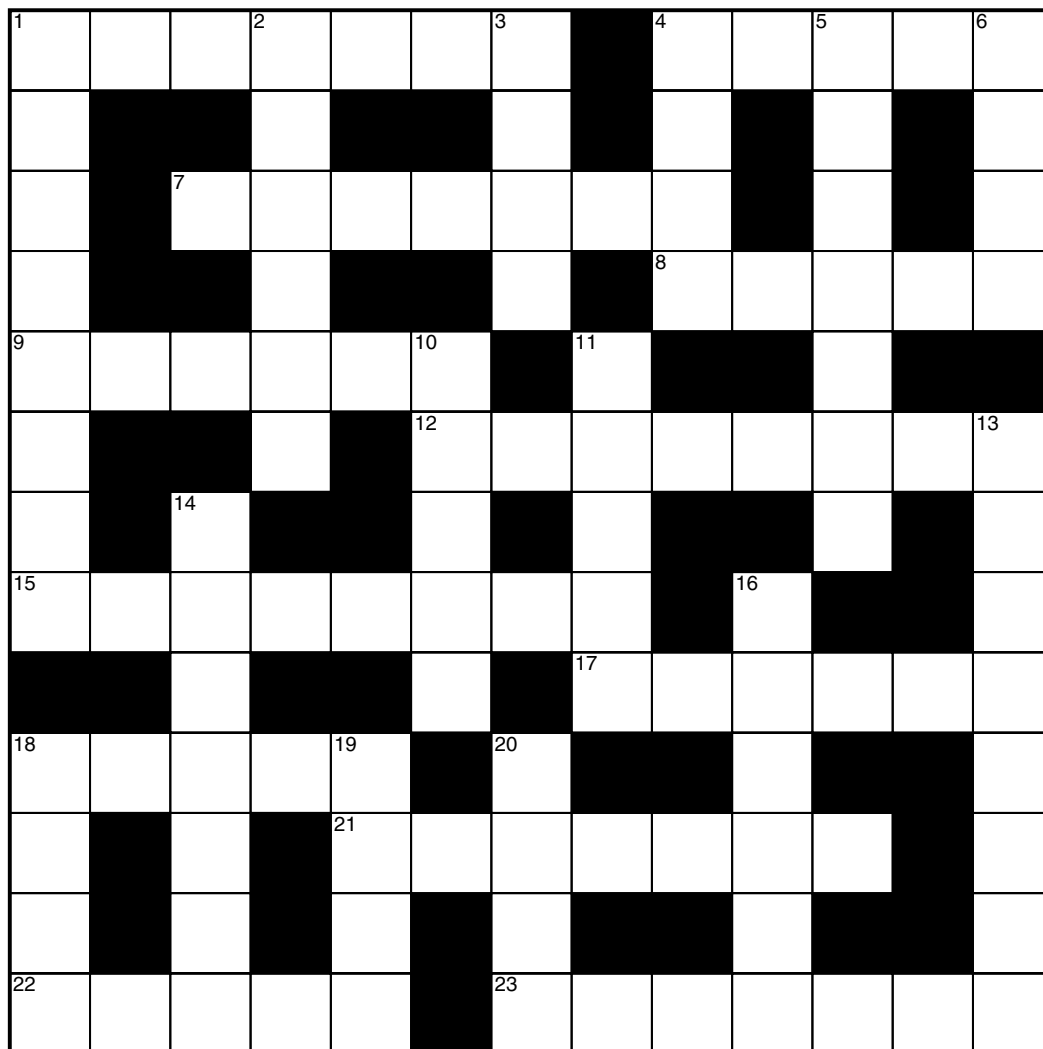
NELSON TAXIS

Your safe and trusted local community taxi.
We have five mobility taxi's in our fleet.
Anywhere Anytime call a Blue Bubble Cab

Ph. 03 548 8225
0800 108 855



Crossword



Clues

Across

1. Adds spices to
4. Producer
7. Banner
8. Number of spider's legs
9. Keyboard instruments
12. Slaughterhouse
15. Arctic animal
17. Alpine melodies
18. Rise to feet
21. Stretches (for)
22. Early locomotive, ... engine
23. Wandered

Down

1. Drowsier
2. Support (broken bone)
3. Aquatic mammal
4. Fabricated
5. Realm
6. Defeat soundly
10. Auctions
11. Hirsute
13. Used logic
14. Remarkable event
16. Verb modifier
18. Moral crimes
19. Barrel
20. Impartial

Answers page 19.

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
- Total Professional Care for Denture Patients

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EXPERIENCE
COUNTS

*"Someone has to make
the best teeth"*



Gilbert Matravers, Clinical Dental Prosthetist Ph/Fax: 548 1478 (0800 2 SMILE) 35 Waimea Road, Nelson

What's On

APRIL/MAY 2014

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

1 March – 2 June 2014

Canterbury Quakes Exhibition



The exhibition at the Nelson Provincial Museum tells the geological and human stories of the Canterbury earthquakes and their aftershocks. The exhibition has three main themes; science, humanity and recovery. It will have a strong and wide appeal to Cantabrians, to those with friends and relations affected by the quakes and to those

who wish to reflect upon their experiences. It offers historical and scientific information, compelling and evocative stories.



6 April 2014

Motueka Rudolf Steiner School Autumn Fair

Where dragons come alive... magical entertainment for all. Celebrate

Harvest • Bonfire • Conquer the dragon. Circus performances, music, food, children's crafts, and games, raffles, white elephant stall, plants, harvest produce, handmade toys, Easter presents & more.

11.00 am – 6.00pm, 480 High St, Motueka. Stay on for the bonfire at 5.00pm and see the dragons fly. Entry by gold coin donation.

6 April 2014 – 4 May 2014

Broadgreen Historic House exhibition "A Path Well Travelled"

How did people travel between Nelson, Stoke and Richmond in the 1800s? Modes of Transport or Shanks's Pony. Open Daily. 276 Nayland Road, Stoke.

25, 26 & 27 April 2014

The Anzac Experience

From the moment you enter Founder's Heritage Park, you'll experience total World War One immersion. Our WW1 Trench Experience will show both sides of the conflict. The German trenches concrete lined, made to last. The Germans will experience a mustard gas attack, the Allies, a trench invasion – men from both sides will be wounded. There will be a mine being dug under No Man's Land, a working field kitchen, bunk room, first aid room. The sights, sounds and smell of World War One trenches. 10.00am-4.30pm, Founders Heritage Park, Nelson. \$5 per adult and \$2 under 16 for The Trench Experience.

16 – 18 May 2014

Motueka Quilting Connection Quilt Show 2014



The fabulous three day annual event showcases our members' work. There will be quilts of all shapes and sizes, themes and colour and the ever popular MQC Members Challenge. We'll also have The Hoffman Challenge Quilts – always spectacular and The Nutex and NZ Quilter 'Colours of NZ' Challenge Quilts from quilters around New Zealand. 10.00am to 4.00pm daily, Motueka Recreation Centre, Admission \$5 includes refreshments. No stiletto heels please.



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.



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

Janet

Access

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.



Recreation & Service Directory

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

APRIL/MAY 2014

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 – 4.00 pm. 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 03 539 1812 or Email Cherie.Thomas@nbpho.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: Erhard Wingels Ph. 03 524 8372 Jenny Maclaren Ph. 03 525 7440 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.

Arthritis New Zealand

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

Better Breathing Classes

Held 3rd Monday of the month 2 – 3.15 pm, Motueka Community Health rooms. Light exercise with a focus on breathing and relaxation. Phone Hilary for support and information, Nelson Asthma Society 03 546 7675.

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)

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

Marching

Motueka Veteranettes Marching Team Bev Ph 03 528 9125.

Motueka 50+ Walking Group

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

Motueka and District Historical Association

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

Motueka Bowling Club

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

Motueka District Museum

Summer Hours: (Dec – March) Mon to Friday 10.00 am – 4.00 pm and Sun 10.00am – 3.00pm. Rest of year: Tues – Fri 10.00am – 3.00pm and Sun 10.00am – 3.00pm, 140 High St. Ph 03 528 7660.

Motueka Recreation Centre Senior Activity Programmes Term 1 2014

Silver Sneakers – specific to Falls Prevention Focus on posture and balance. Mon 9.30 am Cost \$4
Social Badminton Mon 11am Cost \$4
MOVE2MUSIC Fun 50+ Aerobic Class/Weights 9.30am Tues & Thurs Cost \$4
SitnbeFit Fun seated aerobic Class / weights. 10.30am Tues & Thurs Cost \$4

Walking Circuit

2 min intervals walk 2 mins weights 2 mins
Fri 9.30am \$4
Fitness Centre: Open 9.00 am-8.30 pm Monday to Friday, 9.00 am-4.00 pm Saturday, Closed Sunday.
Wendy, Ph. 03 528 8228, Email wendy.b@sportasman.org.nz

Motueka Social Dance Group

Dances at Mapua Hall, 7.30-11.00 pm. Ph. 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.

Sport Tasman

Jogging-Entry level jogging group in Motueka. Learn how to jog gradually & safely we focus on enjoyment rather than distance Sarah.H@ sportasman or Ph Sarah 9232313 for more info.

Recreation & Service Directory

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

APRIL/MAY 2014

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. 03 539 1812 or Email Cherie.Thomas@nbpfo.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 Ngawhata 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 dbsummer@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 Hilary 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.nbpfo.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 service 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

Suzy Ph. 03 539 0409.

Nelson Dance Along

Rosalie Ph. 03 548 2236.

Nelson Electronic Organ and Keyboard Club

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

Nelson 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 1.15 pm at Highland Pipe Band Hall Paru Paru Rd. Boules and tuition provided. Adrienne Ph. 03 545 0070.

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.ltsn.co.nz or Ph. 03 546 8100.

Nelson Savage Club

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

Nelson Social Dancing Club

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

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.

Probuc

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@ sporttasman or Ph Sarah 923 2313 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 (except April 11th) 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, floor talks, lectures and films. See www.thesuter.org.nz for details. 208 Bridge 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. 03 539 1812 or Email Cherie.Thomas@nbpho.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.

Walking

Nelson 50+ Walking Group 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 Wednesday of the month 11-12.15pm at Richmond Snr Citizens. Light exercise with focus on breathing and relaxation. Phone Hilary for support and information, 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.

Club 50

A social group of mature adults looking for companionship, recreation and enjoyment. Sport Tasman, Richmond Town Hall, Cambridge Street. Enquiries: Ph. 03 544 3955. Email:

Club50.rrc@sporttasman.org.nz or www.sporttasman.org.nz

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

For all trips, meet at Richmond Town Hall to carpool. If raining, please call.

April 1st: Waimea Estuary Boardwalk to view the birdlife & coffee at Vanilla Bean

April 8th: Visit to the various Opshops around Tahuna

April 15th: Tour around the outside & inside of the Airport, part of Heritage week – Tour Time 11am. (NB MEET AT 10.30am at Town hall)

April 22nd: Easter Egg Hunt in Washbourn Gardens, Richmond

April 29th: Walk on Rough Island & Coffee at the New Rabbit Island Coffee Company Container!

May 6th: Visit to Nelson Provincial Museum – “Canterbury Quakes”

May 13th: Club 50 FilmShow: Calendar Girls. MOVIE STARTS at 10am in meeting room

May 20th: Wander around Founders Park and Coffee at the Cafe

Entry by gold coin donation plus session cost \$4

May 27th: CLUB 50 Coffee Morning at Wooden Spoon and Renew-Registration.

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.

MenzShed Waimea

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

Nelson Dance Along

Old Time Sequence, New Vogue, Richmond Town Hall 7.30pm to 11pm Live Music by Richard Wakelin, Cost: \$6.00 per person Contact Rosalie Winter Ph. 03 548 2236.

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: A well-balanced, physiotherapist-led mix of strengthening, balance and cardio exercises. Monday 10.30-11.30 am, \$8. Knee Class: Physiotherapist-led exercises to strengthen the lower limbs. Suitable for those with achy or arthritic knees wanting to keep or improve their strength to remain active. Thursday 10.00 am-11.00 am, \$10.

Richmond 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. Eileen Ph. 03 544 6392.

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.

Recreation & Service Directory

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

APRIL/MAY 2014

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.

Sit and Be Fit:

Monday, 10.00-11.00 am. \$4.

Tai Chi for Health:

Ph. 03 538 0072 to book, 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 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 on enjoyment rather than distance Sarah.H@ sporttasman or Ph Sarah 923 2313

Sport Tasman's Club Recreation

9 Cambridge St, Richmond Ph. 03 544 3955.

\$4 Fitness

Easybeat: Monday & Friday 9.00 am

Ease in2 Easybeat: Monday & Friday 11.15 am

Shapeup: Mon & Fri 10.10 am

Sit & Be Fit: Fridays 11.15 am

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

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

Walking Group: Mondays 9.30 am, no charge.

Fun Housie with prizes. Designed for those with

special requirements.

Fridays, 2.00 pm-4.00 pm, \$3.

Spinning, weaving

Richmond Spinning & Weaving Group meets every 2nd & 4th Thursday of the month, 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. 03 539 1812 or Email Cherie.Thomas@nbpho.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

Angie's AquaFitness

Get back into activity in a warm-water pool. All abilities, shapes and sizes welcome. Tuesdays, 10.45 am-11.45 am, Thursdays 6.00 pm-7.00 pm. \$6. Ngawhatu Pool, Stoke. Angela Ph. 03 547 0198.

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 66346 for more information.

Breast Prostheses and Mastectomy Bras

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

Clogging/ Tap Dancing

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

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 03 548 6683 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.

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. 9.00 am Wednesday, St Barnabus Church Hall, Stoke. Ph. 03 547 2386.

Stoke Seniors Club

Contact Ruth, Karen or Anne, on Ph. 03 547 2660

Email:

stokeseniors@xtra.co.nz

Regular activities:

Drama Group - Mondays from 10.30 am-noon. Gold coin donation.

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.

Tai Chi - Tuesday 1.30 pm. \$6.

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

500 Club - Wednesdays 1.00 pm.

Strength & Balance with Cher - Wednesdays 1.30 pm Cost: \$4

The Sun City Ukles - 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 \$8 (members), \$10 (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. 03 539 1812 or Email Cherie.Thomas@nbpho.org.nz for more information and registration.

Yoga - Hatha

Maureen Ph. 03 546 4670.

Tapawera

MENZSHED

Contact

Graham Ph. 03 522 4938 or

Roger Ph. 03 522 4560

Email: tapaweramensshed@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 to the winner each month. Congratulations to **Barry Southam**, who takes the prize for April/May.

MOVING ON by Barry Southam

The Golden Moon Cafe shines still
in the dusty hallways of my memory
where youthful bravado dared to meet
the girl of the challenging eyes
for milkshakes and jukebox dancing
as the city started its infant nightlife.
The formica table tops, curved chrome
legs and decor from an Asian
untraveller land,

backstopped furtive glances and
uncertain
words in the oldest game.
No longer the same. Lovers over latte
have a language much more explicit,
the decor has leapt forward in style
and the venue choice now exceeds one.

SEND ENTRIES TO:

Fossil Ridge Creative Writers, Mudcakes and Roses, HotHouse Communications, 4/203 Queen Street, Richmond 7050
or Email mudcakes@hothouse.co.nz

This issue's crossword solutions

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

**FOSSIL RIDGE
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www.fossilridge.co.nz

72 Hart Rd, Richmond 11am – 4.30pm Wed – Sun SUMMER
Phone/Fax 03 544 9463 12noon – 3.00pm Wed – Fri WINTER
wine@fossilridge.co.nz Closed Monday and Tuesday



Free Age Concern Workshops

We'd love to see as many people as possible coming along to one of our courses/workshops in the next few months that we put on at no cost to attendees. Please call Age Concern Nelson to register.



Staying Safe Driving Course

How well do you know the road rules? This is a refresher workshop for senior road users that aims to maintain and improve safe driving practices.

Tuesday, 15 April 2014 – 10.45 am – 12.30 pm
Nick Smith Meeting Rooms, 544 Waimea Road, Nelson

Another session will be held on Wednesday, 25 June 2014.
Time and venue to be confirmed.

Cooking for Older People

Learn about healthy eating for one or two people with a free recipe book given to all attendees.

Stoke – Friday, 11 April 2014 – 10.00 am – 11.30 am
Stoke Baptist Church, 648 Main Road, Stoke

Motueka – Wednesday 30 April 2014 – 12 noon to 2.30 pm
Anglican Parish Church, Motueka

Nelson – Wednesday, 28 May 2014 – 10.30 am to 12 noon
Victory Community Centre, Nelson

Life Stories

This is a wonderful opportunity to learn how to record your life stories in a specially designed book to be used as a keepsake for you and your family.

Stoke – Friday, 11 April 2014 – 1.00 pm – 2.30 pm
Stoke Baptist Church, 648 Main Road, Stoke

Motueka – Wednesday, 30 April 2014 – 12 noon to 2.30 pm
Anglican Parish Church, Motueka

Nelson – Wednesday, 28 May 2014 – 1.00 pm to 2.30 pm
Victory Community Centre, Nelson

To register call 03 544 7624 or email ageconcern.nelson3@clear.net.nz

Suffering from unsightly, aching varicose veins?

Would you like to wear shorts again?



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