

Mudcakes and Roses



Wild Things

RAISING BIRDS AND BUTTERFLIES
CREATING A HAVEN FOR NATIVE BIRDS

WILD VOLUNTEERS
BOOKS, MEDIA, FOOD, GARDENING



New Zealand doesn't always live up to its reputation of being a place that's clean, green and 100% pure. Many native birds and plants are struggling to survive. Many of our rivers and streams are polluted. Older readers will have observed the negative changes in our urban and rural environments over the years. Perhaps that's why so many of them are dedicated to environmental

restoration projects. Hardy bands of older people all over Nelson and Tasman spend many volunteer hours each month replanting, weeding and trapping predators in order to make our wild places thrive again. And, as this month's stories on raising butterflies and wild birds at home demonstrate, the less able-bodied can contribute to this "wilding" process too. Best wishes for a happy and safe holiday season – whether you spend it in the "wilds" of your garden or go further afield to enjoy our region's beautiful beaches, rivers and bush. Merry Christmas!

Ro Cambridge

BOOKARAMA

Lioness Club Motueka Project

Huia Club Rooms
26 - 29 December, 9.00 am - 4.00 pm.

Affordable prices
Holiday reading
Books, magazines, and puzzles.

(Held behind Whitwell Menswear, plenty of parking available)



POSITIVE AGEING EXPO 2017

Friday 31 March 2017, 10.00 am – 3.00 pm at the Headingly Centre, Richmond.

The Positive Ageing Expo promises to have something of interest to seniors, their families/whanau or anyone heading towards retirement. Registrations are open for stallholders now. Limited spaces available!

Contact: Mike Tasman-Jones Ph. 03 543 8403
mike.tasman-jones@tasman.govt.nz.



In this issue

ON THE COVER:

Thanks to Raewyn Shand of Milton St, Nelson for permission to feature her garage door mural on our cover. It was painted by visiting Texan artist, JJ Muzacz.

A HAVEN FOR NATIVE BIRDS:

Native birds in your garden and in the wild. Page 3.

WILD VOLUNTEERS:

Older people at work restoring the natural environment in Nelson/Tasman. Page 6.

BIRDS AND BUTTERFLIES:

Intriguing advice on raising wild creatures in your home. Page 14 and 15.

YOUR CAT - PET OR PEST?

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NEW COLUMN ON RURAL LIFE:

Garrick Battens views life from a rural perspective. Page 5.

PLUS BOOKS, MEDIA, FOOD, GARDENING & MORE

CONTACT THE EDITOR:

Email: mudcakes@hothouse.co.nz
Post: Mudcakes and Roses,
PO Box 688, Nelson.

CONTRIBUTE TO THE MAGAZINE:

We welcome 500-word contributions from readers. A bottle of Fossil Ridge wine goes to the best piece we publish, which must match the theme of the issue.

THEME FOR OUR NEXT ISSUE:

Our February issue will be the 100th issue of Mudcakes and Roses. To celebrate this milestone, the theme of our next issue is "Nostalgia". We'll be looking back at the way things used to be and how the past informs the present.

MAKING A PLACE FOR NATIVE BIRDS

ANNE HILSON EXPLAINS HOW TO MAKE A PLACE FOR NATIVE BIRDS IN YOUR GARDEN AND IN THE WILD.



CONTRIBUTOR: Anne Hilson

As I write this sitting on my deck I am distracted by a tui darting about just an arm's length away. On my other side there's a waxeye. Both birds are feeding from small flax bushes. Neither of them is concerned about me or the dog snoozing at my feet.

I have made a point of inviting birds like these into my home garden. It's as simple as ensuring they have supply of food all year around – a mixture of fruit, seeds and nectar.

I kowhai and flax (small varieties of both these are available), fuchsia, pittosporum tenuifolium to supply the nectar naturally. When this is not possible, you can put out a mixture of sugar and water in a container – where the feeding birds will be beyond the reach of cats. Fruit and seeds are supplied by astelias, fivefinger, wineberry, crab apples, karamu, and cabbage trees. Don't snip the dead flowers of annuals and perennials, let the birds help themselves to the seeds. Most birds eat insects and worms. I have deep mulch and leaf litter but also employ the old trick of laying sacks or old carpet on the ground for a few days. When you

move it to a new spot, watch the birds wolfing down the creatures that have congregated underneath



it! In today's smaller gardens its sometimes not feasible to provide trees for nesting, but birds can always nest in a nearby park or in a larger garden nearby.

Beyond my own backyard I work with two community groups which have planted over 10,000 plants to improve the habitat for native birds on the edge of the Waimea estuary. Other groups, schools and individuals plus Tasman District Council have done even more planting on the coastal margins or along the creeks flowing into Tasman Bay. Planting is the easy part: after the planting, comes the weeding!

The land bounding the Waimea estuary was once wetland and heavily forested. As the margins of the estuary have been developed for housing, industry and roading, the birds' habitat has shrunk to a few remnants of saltmarsh and seagrass, and any vegetation provided by neighbours or volunteers. The estuary is

nationally significant for its birds. Some of the rarer ones – terns, variable oystercatcher, marsh crake, bittern and banded rail – are at risk because of this.

A Mapua Community Association group has been revegetating a three-hectare block on the corner of SH60 and Mamaku Drive in Tasman. A sea of green plastic plant protectors shows where 30,000 flax, kanuka, manuka, pittosporums, coprosmas and other medium and large plants have been planted. Already the number of herons, paradise ducks, skylarks, sparrows, hawks, tui, fantail and kingfishers in the area has increased.

Meanwhile the Battle for the Banded Rail group has focused on providing specific habitat for banded rails where freshwater creeks enter the estuary although other birds benefit as well. This winter they planted about 6000 plants, mainly salt-marsh ribbonwood, but coastal edge plants like grey salt bush, flax, manuka, ngaio and sedges.

MORE INFORMATION

Mapua Community Project
Helen Bibby
Phone: 03 540 3830

Battle for the Banded Rail:
Kathryn Brownlie
Phone: 03 544 4537



NELSON PROVINCIAL MUSEUM: FROM THE ARCHIVES

These images of fishing and hunting were taken around Nelson and Tasman over 100 years ago, using a cumbersome, heavy glass plate camera which would have been difficult to carry on a hunting expedition.

*Images selected by Meredith Rimmer, Registrar, Nelson Provincial Museum
Top: Hunting group, 317391; Right: Fairey's shooting party, 180931;
Left: Deerstalkers with deer head and rifles, C1167;*



BEING A BEAST

by Charles Foster

The author of this book took "going wild" to an extreme. In an attempt to understand animals he lived in a hole like a badger for weeks eating earthworms. He frolicked in the water like an otter and was hunted as a red deer might be. This is a flabbergasting and eccentric book and that's putting it mildly. It's certainly a stunning read. RRP \$24.99



SO FAR, SO GOOD: A THREE MONTH TRAVERSE OF THE SOUTHERN ALPS

by Craig Potton

In 1980, Craig Potton, Paul Roy and the Burton brothers Peter & Robbie (of Potton & Burton Publishers) completed a three month traverse of the Southern Alps, from the Darrens in Fiordland to Nelson Lakes. This is the story of that traverse illustrated with wonderful photographs. A joy to behold. RRP \$49.99



KNITTING FOR THE OUTDOORS

by Gillian Whalley-Torckler

From an Auckland environmentalist comes this is a collection of merino handknits for active kiwis. Knit something for friends and family who are into tramping, climbing and just working outside in the New Zealand spring and winter. Hats, gloves, beanies vests and scarves, it's all there. RRP \$34.99



COMING RAIN

by Stephen Daisley

This novel was the deserving winner of New Zealand's premier fiction award The Acorn Foundation Literary Award in 2016. The author is a New Zealander living in Perth and writes about the hardships of life on an Australian outback sheep station. The main characters are Lew, a young shearer and an unnamed dingo bitch in pup. RRP \$37.00.



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NELSON'S AWARD-WINNING INDEPENDENT BOOKSHOP



A view from the country

NEW COLUMN: FARMERS CARE TOO...

Garrick Batten is a retired livestock and horticultural farmer, and former MAF Regional Manager for the northern South Island. In this column, he continues a lifetime of communicating with and about rural society.



Farmers in New Zealand create over 60% of the value of the country's exports and care for over half the country's environment. They therefore have a vital role to play in New Zealand society. However, this is little appreciated and frequently criticised. In other western countries, urban populations recognise and reward farmers for maintaining the rural environment, landscape and communities, and support rural infrastructure and environment with enormous subsidies directly into farm incomes.

Not so in New Zealand. Here, farmers concerned at the increasing disconnect between themselves and an increasingly urbanised population. They seek greater understanding and support of the care they give to wild spaces and the countryside.

For most New Zealanders farms and orchards are the most obvious features of the rural landscape. Environmental pressure groups, talkback radio and social media erupt over weed and pest damage, water quality and soil erosion in rural areas, because the owners and caretakers are so readily identified. However, the environment is more than wild rushing rivers, violet-shadowed gorges, towering native trees, noisy tui and other plants and animals. It also includes people.

It is easier for urbanites to overlook their own joint responsibility for worsening air, noise, water and people damage in urban areas because it is so integrated into their environment.

The health of the environment is just as critical to farmers because it forms the basis of their business, and it is where they live and work.

The media tends to focus on activities funded by rates and taxes and undertaken by largely urban volunteers to control weeds and predators on the margins of the wild environment. Yet that is more than matched by farmers. Apart from unsung, ongoing improvements on individual farms, farmers have permanently given and funded their own land, bush and physical features to all of us through the QEII Trust. Landowners have spent an average of \$9000 each to do so on over 4000 covenants. These covenants are equivalent in area to the Greater Auckland region, or twice the size of the total farmed area in Tasman region.

Despite outward appearances, farming is not as financially profitable as urban businesses, often relying on eventual capital gain for adequate reward – which might eventually turn out to be a mirage. It is difficult to be green when you are in the red: many farmer's care for the environment is constrained by farm income. However, most farmers are conscientious and to the best of their ability protect the environment in difficult economic circumstances.



KEEN TO GO WILD OR GET LOST IN THE WILDERNESS?

IF YOU'D PREFER SOMETHING A LITTLE LESS EXTREME, HOW ABOUT HELPING TO **PRESERVE AND RESTORE** OUR WILD PLACES?

CONTRIBUTOR:
Will Rickerby

There are many volunteer groups in the Nelson/Tasman area – small and large – who are doing just that.

It's not a recent fad, it's been going on quietly for many years. Many of the people involved are retirees, in their sixties and even older. Some of our reserves and wild places have been abused in the past, or simply forgotten and overlooked. However, they belong to us and need our help to make them thrive again. From Mangaraka swamp, the Cobb & Flora valleys and the Waimea Inlet, from Pelorus to St Arnaud to The Brook and all along the Richmond Hills, individuals and groups are volunteering their spare hours to trap predators which kill native birds, clearing weeds and planting native trees and shrubs. Voluntary groups work to supplement, and sometimes extend the valuable work done by local councils and D.O.C. and to work in a safe and healthy way.

These volunteers care about our environment and are making a positive difference as evidenced by an increase in native birds visiting our parks and gardens. Not that these visits are always entirely welcome: the weka who visits your house or veggie garden, or the native falcon who knocks off all your doves for example!



Larger volunteer groups working locally currently include:

- Keep Richmond Beautiful (Richmond Hills, Rabbit Island, and nearby areas)
- Paramata Flats (Cable Bay)
- Bird Life on the Grampians (BLOG)
- Able Tasman Birdsong Trust
- Waimea Inlet Trapping Group
- Pearl Creek
- The Brook Sanctuary
- Marsden Valley Trapping Group
- Friends of Rotoiti (St Arnaud)

There are a number of smaller groups and individuals working around the district too. Their to-do list includes weeding, planting, cutting pest vines, making traps, checking, maintaining and monitoring traps. It also includes gathering seeds and caring for plants until they are ready to be planted out. You could join one of these groups, or just begin looking after your own little patch of wilderness. If you aren't sure what to do or where to begin, you can tap into the experience of existing groups. Free workshops are available from time to time too.

Volunteering is a great way to meet other like-minded people. It's enjoyable working with others in the fresh air for however long is right for you. I usually run out of steam after four hours! Get out there and go wild!

Tasman-Nelson Conservation Volunteer Newsletter

It's a great source of information on what's going on and where. Email willrickerby@gmail.com if you'd like to receive the newsletter.

D.O.C Conservation Volunteer Activities Newsletter

Information on events, work days, presentations and more from D.O.C. as well as community groups and councils. Read on-line or subscribe at www.doc.govt.nz/conservationevents-newsletters

Food for Thought

MEDITERRANEAN DIET

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



According to Wikipedia, the oldest woman in the world is Emma Morano who was born in Italy in 1899 and is 116 years old and the oldest man is 113-year old Yisrael Krystal of Israel. New Zealander Madeline Anderson, who is 109 years old still lives in her own home in Upper Hutt, isn't that far behind.

Good genes and luck are important factors in the longevity but lifestyle factors play a role and staying healthy as we age is probably more important than the actual number of years we live.

The traditional Mediterranean diet is famous for its health-conferring properties. People from places like Crete and Sardinia are known to have lower levels of heart disease and diabetes although "Mediterranean", in this context, refers to the origins of the diet, not to specific Italian or Greek foods. The Mediterranean style of eating, is characterised by an abundance of plant foods, particularly vegetables, fruits, wholegrain cereals, legumes and nuts. Fish, including oily fish, is consumed often, while red meat is eaten no more than once or twice a week. Chicken, and lower-fat dairy products are eaten in moderation. Extra virgin olive oil is used for cooking and dressings. A modest amount of red wine is consumed with most meals.

It is not only the Mediterranean diet that is associated with longevity. The so-called "Blue Zones" where people live the longest, include Okinawa in Japan, Loma Linda in California and Nicoya Peninsula in Costa Rica. These very different geographic regions but share lifestyle habits which include a plant-based diet as well as strong family connections, an active social life, no smoking and regular exercise like gardening and walking.

It is one thing to read about ideal diet and lifestyle, quite another to put this into practice! However, you can incorporate Mediterranean and Blue Zone principles into everyday eating. You can begin by eating less meat and more fish and plant protein foods such as legumes and tofu. Ensure that half of each meal is made up of vegetables. Use olive oil. Snack on fruit and nuts. Summer is the ideal time to serve raw vegetables, fruit, nuts, olives or hummus. Drink green tea and use generous amounts of turmeric in stir fries and curries to increase your intake of anti-oxidants.

Macaroni cheese, spaghetti and meat-lover's pizza may sound Italian but they are not good examples of the Mediterranean diet. However, there's

no need to deny yourself these foods. In my own day-to-day meals, I substitute lentils for mince in pasta dishes and oven-bakes. Pastas are delicious with seafood (fresh or canned), tomatoes, spinach, mushrooms or asparagus – my favourite! In winter, I make pumpkin and silverbeet pasta and add some pumpkin seeds and feta.

For pizzas I use loads of fresh tomato sauce, peppers, mushrooms and zucchini on a very thin base, topped off with sardines, mozzarella, olives, basil and rocket. If I don't have time to make the pizza base, I use wholemeal pita bread from the supermarket.

Nelson's latitude and climate is similar to the Mediterranean. We are also close to the sea and many different vegetables or fruit grow here, as well as olives, avocados and nuts. The key to the Nelson Tasman version of the Mediterranean diet is eating these locally-available and affordable foods.

SEND YOUR QUESTIONS AND SUGGESTIONS TO:

marion@mahoeills.co.nz
PO Box 9029 Annesbrook Nelson 7011



In praise of tussock

flattened by
the onslaught of winds
tussock blades
endeavour
to trap the fog
that rolls across
bare alpine heights
humps and hollows
over flatlands of icy cold
rimmed by white peaks

triumphant
where others perish

they replenish
scarce water
nourish
their habitat

unlike
mankind

Written by Panni Palasti

YOUR CAT – PET OR PEST?

New Zealanders love their cats – collectively we own 1.4 million of them. For many of us the cat is a much-loved family pet. For many others however, cats both domestic and feral, are ruthless predators who threaten the survival of native birds.

Like many other local conservation groups, the Native Bird Recovery group, headed by Neil Page, has been working to encourage native bird life by planting native trees and shrubs, and trapping rats, mice, stoats, possums and feral cats. They also record bird sightings and are frustrated that in their focus area – the hills behind Richmond – there are fewer native birds than there were five years ago. They blame this on new housing developments which have brought more cats into the area.

In recognition of the issue, a National Cat Management Strategy has been developed, and local councils, most notably Wellington City Council, have begun introducing policies and by-laws in an attempt to limit predation on native birds by the domestic cat.

This year, Tasman District Council and DoC, in partnership with local environmental groups, the Waimea Inlet Forum, Battle for the Banded Rail and Tasman Environmental Trust, ran a pilot programme aimed at reducing cat predation on part of the Waimea Inlet. The Live and Let Live project involved trapping feral cats while working with local cat-

owners to encourage the responsible management of their pets. The pilot also involved the GPS tracking of cats “volunteered” by their owners. Owners were surprised to learn just how far from home cats from their own back yards. One cat in the study had a home range of 42 hectares!

KEEPING OUR NATIVE BIRDS SAFE:

- Put a belled collar on your cat which will warn birds of your cat's presence.
- Keep your cat inside at night.
- Feed your cat inside, an hour after sunrise, and an hour before sunset, when birds are most active in the garden.
- Place bird-feeders in your garden where your cat cannot reach them.



Multi Media Matters

DRONING ON

Annabel Schuler has spent all her working life in the media – as a journalist, and tutoring journalism and communications. In this column she'll be writing about the changes that technology has made to everyday life. She will also be digging up gems of news and information from the web of relevance to older readers.



Twitcher is a glorious word. It's Northern Hemisphere slang for birdwatchers who are willing to travel long distances at a moment's notice in order to sight a rare bird.

If they succeed, they lord it over fellow twitchers. Basically it is a competitive sport for bird watchers.

But lately, technology has radically changed the bird watching world. A webcam set up by the Department of Conservation (D.O.C.) near an albatross nest has made a media star of "Moana" a Royal Albatross chick. A webcam is a video camera which can send video to a computer network in real time. This has meant anyone, anywhere, with access to a computer, tablet or smart phone has been able to follow this albatross chick's development without disturbing her or her family. Birdwatching from the comfort of well, anywhere really. Moana was hatched at the Royal Albatross nesting colony at Taiaroa Heads on the Otago Peninsula. It is a world-renowned breeding place, the only one of its kind in the Southern Hemisphere. You don't have to be a twitcher to marvel at the sight of Moana hatching and progressing through a series of nursery steps – first solids (smelly fish), first steps (clumsy flaps and belly flops), first nappy change equivalent (use imagination). Moana is now flying around the southern oceans probably getting into all sorts of scrapes and adventures like all teenagers who have fled the nest. You can watch video highlights of

Moana's early days on the DoC website (see link below).

Back at Taiaroa Heads, Moana's whanau are under threat from a different technological device – the drone. Drones are unmanned flying craft – often quite small – which are remotely controlled. DoC has banned drones at Taiaroa to deter the use of camera-carrying drones to photograph the endangered birds by creating a "no drone fly zone".

and drone footage can have practical uses too, allowing potential buyers to check out the property from previously hard-to-reach angles.

Drones are being used for all sorts of other tasks – from the delivery of mail and pizzas, to military reconnaissance and bombing. Whether they allow us to access to wild places and wild creatures, bird's-eye views of up-



Drones have other uses. For example, they can be used to capture flattering aerial views of real estate for sale. One morning recently, something which sounded like a gnat on steroids buzzed outside my home office window. I looked out, face screwed up with annoyance, to see a giant spider-like object landing sweetly on the neighbours' lawn. The house is up for sale so thanks to the drone, when I found its listing on the internet, I could watch superb video of the house from the air. The house looks spectacular

market homes, or to deliver letters and bombs, technology is having an increasing impact – both negative and positive – on our domestic and wild environments.

Me thinks this is just the start.

WATCH ALBATROSS AT TAIAROA HEADS, OTAGO:

www.doc.govt.nz/nature/native-animals/birds/birds-a-z/albatrosses/royal-albatross-toroa/royal-cam/meet-the-albatross/



THE RETRO METRO

COLUMNIST RO CAMBRIDGE BECOMES ONE WITH THE NATURAL WORLD

Walking the dog one morning last week I was blessed with a few glorious minutes of transcendence. I would like to say that I earned this feeling through meditation and long spiritual practice. But that would be completely untrue.

It might have been sudden shift in air pressure or hormones, or serotonin levels. Maybe the ineffable was able to reach my soul because I have, at last, shed my down-filled jacket. Whatever the reason, I felt suddenly at one with the universe. There was no separation between me and the rest of world. I was no longer a distinct and separate creature buffeted by storms of feeling – transient but no less powerful for

that – of love, fear, sadness, furies and hurts. On a different morning I might have seen nothing but the detritus of careless humans: fast food cartons, empty beer bottles and drink cans, burnt remnants of fireworks, a supermarket bag and pages from a porn mag fluttering in the wind.

But on that morning, everything, myself included, was miraculously imbued with this mysterious thing called “life”. Blue-hulled ships lay at anchor beyond the Boulder Bank. The grass of Founders Park was a brilliant cared-for green. The little the railway station behind Miyazu Park looked like a figment from a Rita Angus painting. The dog on her four legs tacked back and forth following invisible song-lines of smell. As I walked with the sun on my back, everything – the dog, the sea, the grass, gulls, park benches, gravel, railway lines, even me – seemed beautiful and made of the same essential stuff.

It was a feeling which I could summon as a child by lying flat on cool damp grass and closing my eyes. Then I felt as if only a tiny dab of the glue called gravity that anchored me to the curve of the

earth had stopped me drifting up to whirl and spin with the invisible planets overhead.

Thankfully it’s not a sensation that is restricted to the young. English playwright Dennis Potter, interviewed only weeks before his death, talked of the plum tree blooming outside his window as “the whitest, frothiest, blossomest, blossom that there ever could be... the nowness of everything is absolutely wondrous... the glory of it... the comfort of it, the reassurance...”

The feeling I had on that walk has faded. The sensation arose out of nowhere and vanished after about twenty minutes. But to keep the memory fresh I am going to practice the prayers recommended by Annie Lamott. Lamott, who writes wonderfully about writing and the writing life, most notably in her book “Bird by Bird”, suggests there are just three essential prayers: Help! Thanks! And Wow!

NATURAL GARDENS

Philippa Foes-Lamb is a passionate plantwoman and gardener, as well as an artist, writer and radio show host. She runs her own heirloom perennial nursery and grows top quality vegetable and flower seedlings, and perennials for Bay Landscapes.



Wasn't it wonderful to have a real spring with lots of rain, very little wind and perfect temperatures? My trees, shrubs, roses and perennials have all put on a huge amount of growth, giving our property an air of wild abundance.

For the last twelve years, we have kept our garden spray-free and we now have a lovely ecological balance with very few pests or diseases. Wild or, as I prefer to call them, natural gardens like ours provide a wonderful environment for bees, beneficial insects and birds.

The terms wild or natural tend to conjure up images of a messy, high-maintenance garden but it is possible to create a natural garden that requires little maintenance – no matter what size your section is.

A combination of fruit trees, ornamental trees and shrubs, perennials and grasses all planted in the same area creates a very natural look and feel. Recently the emphasis has been on planting big drifts of one variety of plant in order to create impact. However, if like me, you love lots of different varieties it's quite OK to plant just one of each. That's what I do

and the overall effect is magical, like a giant tapestry.

One of the secrets to keeping this type of garden low-maintenance is to plant your treasures close together. When planting perennials or grasses take into account approximately how wide the clumps will grow and then plant just within that margin. When they eventually touch each other, they block the light from the surrounding soil, acting as a natural mulch and weed inhibitor.

Some weeds will make their way through. This is the case in my garden at the moment – buttercups are flowering amongst some of my perennials. Not only are the flowers very pretty but the plants are easier to pull out because their energy is focused on flowering and trying to set seed, so the roots are weaker. Tall grassy weeds come away from the soil really easily and I just climb into my borders to pull them out as they appear above the plants. The best time for major weeding is in winter when a lot of plants are dormant. One of the loveliest aspects of creating a natural wilderness

is that all the colour rules can fly out the window. Dotting grasses throughout your plantings is also a good way of adding height while introducing movement and sound into the garden. Wildflowers are spectacularly pretty. Add them to your existing plots by filling a teacup with a mixture of seeds such as cosmos, cornflowers, corn cockle, linaria, echium, california poppies, shirley poppies and sweet william. Mix a bit of seed raising mix with them and then walk around your garden scattering the seeds in sunny areas as you go.

If you have a small garden or are in an apartment you can use plants in containers to create a natural feel. Try grouping containers of various sizes together and plant grasses, perennials and some herbs or annual flowers.

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foeslamb@xtra.co.nz

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GREEN THUMBS & DIRTY FINGERS:

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

Puzzles



CROSSWORD

1				2		3		4		5		6	
						7							
8										9			
						10							
11					12					13			
14	15			16		17		18	19				20
21								22		23			
				24									
25										26			
				27									
28								29					

ACROSS

- Material
- Muscle rupture
- Encourages
- Leave, go ...
- Make well
- Mushrooms and toadstools
- Marsupials
- Chessman
- Union Army combatant
- Beauty queen ribbons
- Took to court
- Dejectedly
- Protracted, ... out
- SW Pacific nation
- At what hour?
- Head supporters
- Eagerly expectant
- Leafy fences

DOWN

- Earnestly
- Majestic
- Sleeve edges
- Great pains
- Casual tops (1-6)
- Prized shellfish
- Beer
- Maltreating
- Teasing
- Improve
- Sicken
- Proverbs
- Grind (teeth)
- Single

Crossword Solution

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

Sudoku Solution

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

SUDOKU

Each row, column and 3x3 square should contain the digits 1 - 9

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

Summer's on the horizon and our region has an amazing backyard to explore. Now's the time to check out how your library can help you plan your summer adventures.

If you intend to go bush, tramping in one of our wonderful national parks or just strolling somewhere off the beaten track, take a look at "Tramping in New Zealand: 40 Great Tramping Tracks" by Shaun Barnett or Philip Holden's classic "Walking the Abel Tasman Coastal Track".

If you are heading out of town this summer, Peter Janssens' "Best Short Nature Walks of New Zealand" covers a lot of the country. Short walks are great if you're short on time or don't want to lug a heavy pack around. And then there's the excellent "Day Walks of New Zealand" series and Mark Pickering's "Wild Walk"s series.

If biking's your thing, you can't go past guides by a couple of local boys. Consult the Kennett brothers' "Short Easy Bike Rides: 52 Of New Zealand's Best" or go the whole hog with their "Classic New Zealand Cycle Trails: A Guide To 46 Fantastic Holidays".

Not fussed about exerting yourself? If picnicking in a peaceful wild spot is more your thing, you'll find plenty of ideas for delicious picnics in our wide range of cooking

magazines. While you're relaxing with a cuppa, you could read "Wild", Cheryl Strayed's memoir about hiking the Pacific Crest Trail after the death of her mother and the breakup of her marriage.



More Information & Bookings:

Website: www.tasmanlibraries.govt.nz

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

NELSON PUBLIC LIBRARIES: HEADING OUTDOORS WITH BOOKS



QUIZ

This summer we are have a competition with a difference for you. We have joined forces with our Heritage colleagues to create a quiz which can only be answered by visiting each of our libraries – Elma Turner, Stoke and Nellie Nightingale Memorial – plus Founders Park, and Isel and Broadgreen Houses.

The competition runs through the school holidays from 20 Dec to 6 Feb 2017 and should be great family fun with extra prizes for cycling between each location. Pick up and drop off quiz sheets at any Nelson City library.



SUMMER READING

Our Summer Reading programme and other activities also runs throughout the holidays.

If you prefer to do your adventuring from the comfort of

your deckchair, hammock or armchair, we have plenty of great books with wilderness settings. Try one of these:

- "Girl Underwater", a novel by Claire Kells tells the story of a young competitive swimmer whose plane crashes in the Rockies.
- In "Amazing Grace", Danielle Steel describes the urban wilderness created by a San Francisco earthquake, and how survivors cope afterwards.
- Carol Birch's novel, "Jamrach's Menagerie", shortlisted for the 2011 Man Booker, contains vivid descriptions of being adrift on the ocean.
- In "The Quiet Spectacular" New Zealand author Laurence Fearnley writes about three women and their journeys into a small urban wetland wilderness.
- Dana Stabenow's mysteries are set in the wilds of Alaska and feature a female private investigator.

Have a great summer!

More Information & Bookings:

Phone, email or check our website for more information about Nelson Library programmes and services – within the library and beyond.

Tel: 546 8100

Website: www.nelsonpubliclibraries.co.nz



WILD ABOUT BUTTERFLIES

The courtyard of our Nelson home is devoted to raising monarch butterflies. In one corner there is a 'castle', a small structure of fine mesh, where caterpillars can be reared. The garden borders contain swan plants, as well as annual and perennial plants with nectar-rich flowers for butterflies to feed on.

My partner Tony and I have been members of the Moths & Butterflies NZ Trust (MBNZT) since it began in 2005. In N.Z. monarchs have always needed to be 'managed' by humans. It was once a case of trying to provide enough food for hungry caterpillars. Now it's trying to find any caterpillars.

Three years ago we raised 460 butterflies; two years ago it was 240; last season, only 174. People all over Nelson and Tasman tell me: 'I've got all these swan plants, but not a single caterpillar. What's happened?

Predators, that's what. The worst are wasps, particularly paper wasps. They take monarch eggs, and caterpillars at every stage, to feed their larvae. Small caterpillars are carried away whole, larger ones are chopped into pieces. Where paper wasps have become established, the monarchs haven't got a chance without our protection.

Wasps can be swatted, and Tony is adept at catching them with a home-made butterfly net. There are various poisons and traps available for German and common wasps, but they don't work for paper wasps, which only feed on living insects. Look for their nests on fences and under house eaves, and spray them with fly spray. When we see butterfly eggs and caterpillars, we move them into the cover of our castle. As the caterpillars grow, they have to be provided with fresh food and the area needs to be kept clean – like mucking out a very small stable!

Once it's time to form a chrysalis, some caterpillars crawl up the castle and suspend themselves from its ceiling. If they make their chrysalis on a plant they have to be moved, as other caterpillars may eat the leaf they are attached to. We bring them inside the house and hang them from a rod with clips.

“A sunny window sill is the ideal place to watch a new butterfly emerge.

Some might wonder why we go to all this trouble, but summers would be the poorer without these beautiful butterflies.”

They are comparatively easy to handle, and their large size means that their whole life cycle can easily be studied; an ideal way of introducing children to the concept of metamorphosis. All butterflies are pollinators, and a garden which is butterfly-friendly will attract other beneficial insects such as bees, hoverflies, ladybirds and moths.

This is a type of conservation which can be done in the back yard by ordinary citizens. It takes up time, but butterfly rearing is an ideal hobby for retirees.

FOR MORE INFORMATION

Visit www.monarch.org.nz



CONTRIBUTOR:
Chrissie Ward

RAISING A WILD BIRD

MARY CELESTE'S HAND-REARED BABY STARLING HAS GROWN INTO A DELIGHTFUL COMPANION



CONTRIBUTOR: Mary Celeste

We found the baby starling when she was only a week old. She lay on the ground, tiny, fragile, covered in black fuzz, with delicate spindly legs and a huge bright yellow beak. My first thought was to return her to her nest but it was inaccessible even with a long ladder. So it was up to me.

I searched the internet for information how to look after her. The experts said she needed to be kept warm and fed a high protein diet every 45 minutes. Every 45 minutes? Oh dear! So, for two months, I fed her with chopsticks (shredded raw meat, supplemented with egg, vegetables, fruit and chook pellets) for twenty minutes, each hour of long summer days. It was exhausting. But we bonded.

I named her Matisse. As soon as she could walk she climbed onto my arm, and then onto my shoulder where she stayed for as long as I would allow. Once, she rested her tummy on my arm and went to sleep. And the first time she flew, she flew to me! I was so touched that tears sprang to my eyes.

Starlings stand at about two weeks, fly at about three weeks and feed themselves at eight weeks. During this time, they stay with their parents and learn, among other things, to find food and recognise predators. They also learn to sing the flock song. Without it they can't attract a mate or gain territory.

Starlings imprint during their second week of life and that's exactly what Matisse did. Imprinting is a form of learning in which a bird gains its sense of identification with its species... or in this case, a surrogate like me.

“Matisse, having imprinted on me, thinks that I am her flock and would not survive in the wild with other starlings”.

Matisse is now three years old. She's a beautiful, energetic bird, a beloved and delightful companion. She lives in a big aviary in my living room, but spends part of each day flying, or riding on my arm, shoulder or head. She loves a daily bath in the bathroom hand basin. She sings along to music or machinery. She talks. If I do something she likes she says

“good!” Occasionally she'll say “you're just gorgeous”. Who did she learn that expression from I wonder!



When I worry about how “unnatural” Matisse's life is, I remind myself that she would be dead if I hadn't rescued her. Also, wild starlings live for three to five years, but rescued birds like Matisse live for fifteen to twenty. Vets have vouched for her health and happiness and she engages in every part of her life with enthusiasm – even joy.

Matisse has even taught me a song which we whistle together several times a day. She starts a phrase and I finish it. When we've done that a dozen times, she'll cluck and say “just gorgeous!”

SERVICE DIRECTORY

COVERS BOTH THE TASMAN AND NELSON DISTRICT

Age Concern

Offering support services, information and advocacy. Our services include Elder Abuse & Neglect advice and support, and an accredited visitor service.

Ph. 03 544 7624. Richmond Office: 62 Oxford Street.

Arthritis New Zealand

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

Asthma Society (Better Breathing Classes)

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

Brook Sanctuary

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

Hearing Association Nelson

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

Hearing Therapy Services Life Unlimited

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

Mobile Toe Nail Cutting Service

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

Nelson Public Libraries

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

Senior Net (Nelson)

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

Stroke Foundation

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

Upright and Able for Falls Prevention

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

GOLDEN BAY

Astanga Yoga

GB Community Centre, Tuesdays 5.45pm, Doris or Keryn Ph. 03 525 9525 Thursdays 9 am, Michelle or Pam Ph. 03 525 9033

Friends of Golden Bay

Don Ph. 03 524 8130

Genealogical Group

St John Rooms, A&P Showgrounds, Ph. Sally 03 525 8086 or email pands@gaffneys.co.nz

Gentle Exercise Class

(Through Golden Bay Physio Clinic) Held at Golden Bay Community Health, Mondays 10.00 – 11.00am. No charge. Erica Ph. 03 525 0105 or email erica@physiogoldenbay.co.nz

Golden Bay Contract Bridge Club

Golden Bay Community Centre, Commercial St, Takaka. Ph. Leigh 03 525 9744, Weds 7pm & Fri 1pm

Golden Bay Garden Club

Anne Ph. 03 525 8455

Golden Bay Patchwork and Quilters Guild

Liza Ph. 03 524 8487

Indoor Bowls/Cards

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

Marble Mountain Country Music Club

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

Motupipi Indoor Bowling Club

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

Pohara Bowling Club

Jennifer Ph. 03 525 9621

Puramahoi Table Tennis

Rene Ph. 03 525 7127

Relaxation and Restoration Yoga

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

SeniorNet (Golden Bay)

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

Sit and Be Fit

Golden Bay Community Centre, Tues 10.15am–11.15am. Jacinda Ph. 03 525 8770 & Collingwood Memorial Hall, Thurs 10am–11am. Jacinda Ph. 03 525 8770 or Jo 03 525 9728. \$2 donation

Takaka Golf Club

Ph: 03 525 9054

Takaka Golf Club Ladies Section

Rhonda Lash Ph. 03 5259 573

Takaka Spinning Group

Margaret Ph. 03 524 8146

Takaka Table Tennis

Rene Ph. 03 525 7127

University of the Third Age (U3A)

Moira Ph. 03 525 7202

Uruwhenua Women's Institute

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

Wednesday Walkers

Meet at Information Centre Carpark, Takaka – leaving 9am Sharp! Bring morning tea/lunch, raincoat, light boots or walking shoes. Contact Piers Maclaren Ph. 03 525 7440

HOPE

Hope Midweek Badminton Club

Wednesday mornings. Carolyn Ph. 03 541 9200

Nelson Veterans Tennis Club

Hope Courts every Thursday. Leona Ph. 03 547 6916

MAPUA

Line Dancing

Tasman Bible Church Hall – Thursdays 10–11.30am, Sue Wilson Ph. 03 528 6788 or email sioux.wilson@yahoo.com.au

Low-Impact Aerobics and Pilates

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

Mapua Craft Group

Meets every Friday in the supper room at Hills Community Church from 10am–noon (term time only) for simple craft work. Plus guest speakers, demonstrations & group outings. Morning tea provided. Contact: Julie Cox, Ph. 03 540 3602 or Email: juliecox@xtra.co.nz

Mapua Friendship Club

Mapua Public Hall. Valerie Ph. 03 540 3685

Mapua Bowling Club

Dave Ph. 03 540 2934

MOTUEKA

Cycling

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

Indoor Bowls

Motueka Senior Citizens Hall. George Ph. 03 528 7960

Line Dancing

Thursdays 6–8.30pm, Motueka Memorial Hall, Pah St, Sue Wilson Ph: 03 528 6788 or email sioux.wilson@yahoo.com.au

Marching

Motueka Veteranettes Marching Team Bev Ph. 03 528 9125

Motueka 50+ Walking Group

All walks leave Deck's Reserve Carpark, where transport is arranged. To see the walks schedule go to www.motueka50pluswalkers.org.nz. Meetings on the last Thurs of each month in the RSA Club, High St, Motueka 9.30am. Contacts: Secretary Yvonne Hope Ph. 03 528 7276 or President Nora Morris Ph. 03 528 6290. For details about alternate walks, contact Frances Neumann Ph. 03 528 4559.

Motueka and District Historical Association

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

Motueka Bowling Club

Peter Ph. 03 528 5412

Motueka District Museum – Pupuri Taonga

(Dec–March) Monday to Friday 10–3, Sunday 10–2. (April–November) Tuesday to Friday 10–3, Sunday 10–2. Closed Public Holidays. 140 High Street. Ph. 03 528 7660 or email savepast@snap.net.nz

Motueka Scottish Country Dancing Club

Wednesday night dancing, 7.30pm Scout Den, Lower Moutere Hall. Contact Roger Ph. 03 543 2134 or Vicky Ph. 03 526 7096

Motueka Senior Citizen's Assn Inc

Pah St Motueka: (behind the Motueka Library) If you are 50 plus you are welcome to come and participate.

Indoor bowls: Mon & Wed 1–3 pm.

Contact Terry Ph. 03 528 7104 or George Ph. 03 528 7960.

Rummikub: Thursdays 1–3pm. Contact Mavis Win Ph. 03 526 8796.

Various Activities: 2nd Friday of the month 1.30–3.30pm. Fun, simple games, darts, cards etc. Contact Dylis Rutter Ph. 03 528 8960

Houseie: 3rd Friday of the month 2–3pm. Call Dot McNabb Ph. 027 717 018 or Dylis Rutter 03 528 8960.

SERVICE DIRECTORY

MOTUEKA

Monthly Social: 4th Friday of the month, 2–3.30pm Speakers or entertainment. Annual subs \$15 and \$2.00 for each session. Light refreshments served at each session. No prior experience needed as assistance is available.

Motueka Recreational Centre

Senior Activity Programmes:

Mondays: Silver Trekkers, 9.30am, Cost \$4; Social Badminton, 11am, Cost \$4; Ease into Boot Camp, 1pm, Cost \$5.

Tuesdays: Sit n Be Fit 10.30am Cost \$4.

Wednesdays: 60+ Gymmers, 9.30am, Cost \$4 or \$40 concession card of 10; KickStart (Green Prescription), 1pm, Cost \$4; Badminton, 2pm, Cost \$4. Ease into Boot Camp, 11am, Cost \$5.

Thursday: Sit n Be Fit, 10.30am, Cost \$4.

Friday: Interval Walking Circuit, 9.30am, Cost \$4; 60+ Gymmers, 11am, Cost \$4 or \$40 concession card of 10.

Motueka Social Dance Group

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

Riwaka Bowling Club

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

Riwaka Croquet Club

Sally Ph. 03 528 9704

Scottish Country Dancing

Valerie Ph. 03 543 2989

Social Recreation

Kiwi Seniors (Motueka)
Vonnice Ph. 03 528 7817

Yoga

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

Murchison Golden Oldies

Contact: Hamish Reith
Phone: 03 523 9792

NELSON

Angie's Aerobics

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

Aquatics/Swimming/Gym

Riverside Pool
Ph. 03 546 3221

Belly Dancing

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

Breast Prostheses and Mastectomy bras

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

Cardiac Support Group

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

Community Heart and Diabetes Services

Nelson Bays Primary Health for education, awareness and support. Bee Williamson
Ph. 03 543 7836 or 021 409 552 or freephone 0800 731 317

Golf Croquet

Nelson–Hinemoa, Bev
Ph. 03 548 2190

Government Superannuitants association

Margaret Ph. 538 0233
Email: nelson@gsa.org.nz

Grandparents raising Grandchildren

Paula Ph. 03 544 5714

Marching

Silveraires Leisure Marching.
Diana Ph. 03 548 9527

Nelson Electronic Organ and Keyboard Club

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

Nelson Grey Power

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

Nelson Male Voice Choir

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

Nelson Petanque Club

Wed and Sun 1.15pm. You will find us behind the Trafalgar Park grandstand, drive in off Trafalgar Park Lane. Boules and tuition provided. Ph. Adrienne 03 545 0070

Nelson Philatelic Society

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

Nelson Provincial Museum

For details, visit
www.nelsonmuseum.co.nz

Nelson Social Dancing Club

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

Nelson Scottish Country Dancing Club

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

Nelson Scrabble Club

Meets every Wednesday 7.00pm 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

Pottery

Nelson Community Potters, 132 Rutherford Street, Nelson. Social group Thursday mornings or Twilight Pottery Monday 7–9 pm. Free to members, \$7 casual. Contact: Annie 03 548 3087 or Elizabeth 03 548 1488. Email: ncpotters@gmail.com

Stoke Tahunanui Ladies Club

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

Sit and Be Fit

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

Super Seniors (65+)

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

Support Works

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

Suter Art Gallery

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

Table Tennis

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

Tahunanui Bowling Club

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

Tahunanui Community Centre

A range of activities and services on offer, walking, gardening, cycling and free counselling. Contact Katie or Jacqui 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, Stoke & Richmond Ph. Gretchen for times & venue 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 all you back. Help yourself to better health. Suitable for all ages

The Probus Club

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

Ukulele with Gretchen

Nelson and Richmond, groups or private

USA

Paul Ph. 03 548 7889 or Email: membership@u3anelson.org.nz

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

Victory Sit & Be Fit

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

Nelson 50+ Walking Group

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

Yoga

Dru Yoga classes with Sue. Ph. 03 543 2125 for details

Yoga

Hot Yoga Nelson
Ph. 03 548 2298 for details

RICHMOND

Badminton Richmond

Morning Badminton
Ph. Dawn 03 544 44120

Body Power Pilates & Yoga Centre

Richmond Town Hall.
Ph. Sue 029 281 3735

Hope–Ranzau Women's Institute

1.15 pm first Wednesday of each month at Age Concern Hall, 62 Oxford Street, Richmond, Visitors welcome.
Ph. Brenda 03 5445872

Richmond Bridge Club

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

MURCHISON

Murchison Sport, Recreation & Cultural Centre

Find out what is happening: www.murchisoncentre.co.nz
Contact us: murchisoncentre.clear.net.nz
P: 03 523 9360

SERVICE DIRECTORY

RICHMOND

Chair Yoga

Thursday mornings 11am. A gentle stretch and breathing class for every ability. Richmond Town Hall meeting room. Delia Ph. 021 2398 969

Club 50

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

Croquet

New members very welcome. Golf croquet Thursday & Sunday 1pm. Association croquet Winter – Wednesday & Saturday 1pm, Summer 10am. Lawns opposite Health Centre lower Queen Street. Ph. Sherly 03 541 0623 or Betty 03 544 7268.

Easy Exercise

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

Euchre (May to Sept only)

Warm & friendly. Cuppa and raffles. Richmond Bowling Club. Fridays 1.30 to 4pm. \$3.00 per session. Ph. Monica 03 5442749.

Line Dancing

Wednesday night at Club Waimea, 346 Queen Street, Richmond. 6pm beginners, merges into 7.00 improvers and upwards, finish at 8.30pm. Ph. Sue 03 528 6788 or 027 435 8700.

Lunch on the Hill

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

MenzShed Waimea

A&P Showgrounds, Richmond Ph. 027 289 0185

Nordic Walking

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

Pilates Classes

Richmond Recreation Centre. Mondays 12.30 to 1.30pm OR Wednesdays 9.15 to 10.15am. Ph. Sue 03 538 0318 or 021 034 4109.

Pottery

Tutored classes at Craft Potters, 202 Ranzau Road, Hope. Wednesdays 10.00 to 12 noon. Any or no experience Ph. 03 542 8953.

Richmond Bowling Club

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

Richmond Creative Fibre Group

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

Richmond Indoor Bowls

Mondays 1.30–3.30pm Richmond School Hall, Oxford St. A friendly session, all welcome. Gwen Ph. 03 544 7953

Richmond Physiotherapy

Knee classes: Wednesday 10 to 11am \$10.00. Pilates Tuesday 12 to 1pm \$15.00. Better Back classes Wednesday 5 to 6pm \$15.00. Ph. 03 544 0327.

Richmond Scottish Country Dancing Club

Monday night dancing, 7.45pm, Church Hall, 11 Florence St, Richmond. Contact Christine Ph. 03 544 0902 or Pam Ph. 03 541 8211

Richmond Senior Citizens

62 Oxford Street, Richmond. Cards Tuesday – 1.30 to 4.00pm. Bus trip & lunch first Wednesday of each month, cost varies depending on outing. Craft Group – Thursday 9 – 12 noon. Cards – Thursday 1.30 to 4.00pm. Exercise classes & cuppa – Friday 10.00 to 11 am. Hot lunch – Friday 12 noon \$5.00. Contact Pauline or Terry Ph. 03 544 9174.

Richmond Slimmers Club

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

Richmond Waimea Community Whanau Group

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

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 Richmond

(RTH) 9 Cambridge Street Ph. 03 5443955. \$5 per session, discounted concession cards available. Mondays & Fridays: 9am – 10am: Easy-beat (Highest intensity class) 10.30am – 11.30am: Shapeup (Lower intensity, with seated options). Tuesdays: CLUB50+ 9.30am: Meet at the centre to join in the Social, recreational activities & outings. Programmes available at the centre or enquire at number above. \$4 per session, with some extra costs being incurred.

Tasman Tennis Club

Social tennis Tuesday mornings 9.30am beside the Badminton Hall, Gladstone Rd. Coaching go to our website www.tasmantennisclub.info

Veteran's (55+) 9 Hole Golf

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

Yoga Classess for stiff and sore spots

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

STOKE

Chair Yoga at Saxton

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

Clogging/Tap Dancing

Nelson Sun City Cloggers. Georgina Ph. 03 545 1037

Give It A Go

A variety of easy activity options. New activity each week such as Tai Chi, Croquet, Petanque and Aqua Aerobics. Contact Sport Tasman on

Ph. 03 546 7910 or email wendy.get@sporttasman.org.nz to get up to date information and or to book a space.

Housie Evening

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

Nelson Savage Club

A social club for all entertainers. Variety Concert held at 7.30 pm on the second Wednesday of the every month at the Stoke Primary School Hall, Main Rd, Stoke. Everyone welcome. Contact: Sunny Ph. 03 547 2467 or Anne 03 547 2660 (wk)

Ngawhātu Bowling Club

300 Montebello Ave, Stoke. Friendly welcoming club. Roll-ups Thursdays at 1pm. Ph: Kay 03 547 7485

Presbyterian Support

Visit us at 360 Annesbrook Drive, Nelson. 10 am to 3pm most days. Enliven Positive Ageing Services – social & activity day groups. Totara for older people. Harakeke for those with dementia. Refreshments & lunch provided. Van transport to & from the centre. Ph. Trish 03 547 9350.

Safety & Confidence

Ph Cornelia Ph. 03 543 2669

Saxton Seniors

Saxton Stadium.

Senior Walking Group:

Tuesday & Thursday 9.30 to 10.30 am \$5.00.

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

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

Chair Yoga: Wednesday 10.30 am.

Tai Chi for Health: Call 03 538 0072 or class times or email stadium@sporttasman.org.nz

Stoke Bowling Club

Allen Ph. 03 547 1411

Stoke Central Combined Probus Club

Meets every 4th Tuesday 10am, Nick Smiths Rooms, Waimea Rd. Ph. Colleen 03 547 0941

Stoke Old Time Country Music Club

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

Stoke Seniors Club

Contact Karen, Mel or Anne at 548 Main Road, Stoke. PH: 547 2660 email: stokeseniors@xtra.co.nz

Regular activities:

Stoke Memorial Hall:

Art Class: Mondays 10 am Cost: \$3. Art tutorial once a month – \$5.

Mah Jong: Tuesdays @ 1pm \$3.

Sit & Be Fit exercises to music: Tuesday and Wednesday at 11 am. \$3 500 Club – Wednesdays at 1pm \$3.

Stoke Seniors Hall:

Scrabble Club: Mondays 1pm. \$3.

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

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

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

Monthly movie: Contact office for details.

Stoke Seniors Choir: meets Thursdays from 11 am to noon. Contact Anne.

Special trips:

Monday outings – café lunch/picnic. Thursday – out @ about local tiki tour from 11 am.

Girls Own: Monthly on Friday.

Lads @ Large: Monthly on Friday.

TAPAWERA

MENZSHED

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

Visual Art Society

Ph. Kay 03 522 4368

Walking

Rural Ramblers Ph.04 541 9200

WAKEFIELD

Live Well, Stay Well Activity Group

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

Walking

Rural Ramblers Ph. 03 541 9200

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MUST READ:

GO WILD

Guiding Native Restoration
in Tasman District by Maggie
Atkinson & Michael North

An inspirational and practical manual to restoring native
environment in the Nelson Tasman region. \$29.99 from
Tasman District Council and bookshops.



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Richmond
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