

Mudcakes and Roses

SENIOR GENERATION ACTION
AND ISSUES – NELSON TASMAN



09

St John Caring
Callers – A Friend
Indeed

06

Well Deserved
Win for Wrinklies
Express

04

The Magic
of Choirs

Sometimes it can seem like there are scams and scammers everywhere you look – from online scams to postal scams, telephone scams to dodgy salespeople knocking at your door. It's vital that we know how to spot scams and what we can do to protect ourselves. In this issue we take a look at some of the common scams doing the rounds and share some tips from Police on avoiding them. Make sure you get along to the Age Concern 'Scam Savvy' Seminar in August as well – see page 20.

Of course it's not all doom and gloom out there. There are plenty of good sorts working to make our communities better. Meet St John Caring Caller Judy who provides friendship to those in need and Henk Visser from the 'Wrinklies Express' who shares the story of how the service got started and why other areas are now interested. Plus, voice practitioner Alice Robin who is starting a new community choir in Hope tells us why choir singing is undergoing a huge resurgence in popularity right now.

Enjoy these last few weeks of winter – spring is now just around the corner!

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 and Roses is no longer mailed free to readers. The magazine is still 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.

The BIG BEACH CLEAN UP

The Department of Conservation in conjunction with NELMAC, Nelson City Council and Tasman District Council are planning a beach clean-up for Tasman Bay.



This year is the fifth annual Big Beach Clean Up, (BBC), the coastline spring clean of Tasman Bay, coordinated by our local Department of Conservation.

Many thoughtful people, as part of their walking routine at the beach regularly pick up any rubbish they see. Thank-you if you are one of these. Sadly, each year thousands of pieces of rubbish continue to be washed onto our beaches and coastlines from items carelessly discarded on land or at sea. It looks untidy and can pose a danger, especially to wildlife, so is well worth removing.

For the BBC, the coastline is divided up into adoptable sections for teams, community groups, businesses, families and friends to make it a social event. Information is shared about the most interesting pieces of rubbish, how much of it and may even include how creative the collectors can be with the rubbish pile before it gets delivered to one of the three collection spots - Tahunanui, Richmond and Motueka. In the first year, over 10 ton was collected. Since then the quantities have been reducing and last year the total was down to 3.5 ton, giving participants a sense of satisfaction that this activity is well worth repeating.

Registrations will open on the DOC website in September. You will be able to check which beaches are available and register online: <http://www.doc.govt.nz/getting-involved/events-and-awards/regional-events/nelson-marlborough/big-beach-cleanup>

Groups will be asked to nominate a team leader who will be sent an information pack about your team's role on the day, as well as rubbish bags.

Thanks to our sponsors



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

This is an annual community event and an opportunity to have fun, knowing you are not on your own doing something positive for our environment. Get your family and friends together and sign up!

When: Saturday 1 November 2014

Time: 10.00 am – 1.00 pm

Where: Marahau to Cable Bay
(approx 52 beaches)

Note: Postponement day, if required, is Sunday 2 November 2014.

If you have any questions please contact:

Janice Gravett (Project Coordinator)

Ph: 03 528-1810,

Email: motuekaao@doc.govt.nz



Mudcakes & Roses Noticeboard

Positive Ageing Forum Meetings

You're invited to come along to the Nelson Tasman Positive Ageing Forum meetings. Hear about what's happening locally to help make ageing a positive experience.

Next meeting is: Monday 25 August, 1.00 pm, Constance Barnicoat Room, Richmond Library

A Productive Ageing Workforce – Are We Ready?

Thursday 4 September 2014, Nelson

Registrations are now open for this stimulating one day symposium with high calibre local and national speakers. Learn about the make-up of our region's workforce, the impact of the ageing population, and how to enable this 'silver tsunami' of workers for high productivity without ill effect on health and wellbeing. This is a local event organised by Health Action Trust, Optimise Limited and the Nelson Regional Economic Development Agency. Programme and registration details are available via: <http://www.workresearch.aut.ac.nz/>

Nelson Hearing Association – Hearing Funds

Funds are available to assist members of the Nelson Hearing Association to purchase hearing aids or other assistive

listening devices that are beneficial to their circumstances and that they would not otherwise be able to afford. The funds are available as an Interest Free Loan to be repaid in full within two years to a maximum of \$2000. To apply for the loan an application form is available from the NHA or from your Audiologist who must complete a section of the form. For further information please contact the NHA at Hearing House Ph. 03 548 3270 or Email hearingnelson.team@xtra.co.nz

Aged Care Providers Campaign for More Funding for Elderly

Aged care providers around the country are campaigning in the lead up to the September General Election in support of increased funding for the elderly so caregivers' pay can increase. The average hourly rate paid to caregivers working for aged care providers is \$15.31 per hour. This is in contrast to care staff in District Health Board-owned hospitals and aged care facilities, who are receiving \$17.50 per hour.

The New Zealand Aged Care Association (NZACA) which represents the providers has circulated a letter to all political parties, which is available on its website whocares.org.nz, asking what each of them intends to do about the situation. The Association will then publish their responses.



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THE MAGIC OF CHOIRS



Community Choir at The Boathouse

Choir singing is undergoing a huge resurgence in popularity and voice practitioner Alice Robin who moved to Nelson from the UK 18 months ago has some theories about why.

Alice has established a community choir that attracts over 50 people to weekly sessions at The Boathouse in Nelson and now has plans to take the successful formula to Tasman residents - with a new daytime choir planned for Hope.

Alice says in the UK, there has been a "huge wave" of interest in choirs, driven partly by television programmes such as Gareth Malone's award-winning series *The Choir* which follows the London Symphony Orchestra choirmaster as he tries to train groups.

"I think another reason is because in these times, people often work via computer screens rather than face to face. A choir is something that brings real people together in real time doing something creative - it seems to be what people want. The internet has also made choral music much more accessible," she says.

Valerie Schroeder of Nelson has sung with various choirs since her teens and says she was drawn to The Choir at The Boathouse because she enjoys Alice's style of leadership and wanted to be part of a large choir singing a diverse range of songs. She says the choir is "bright, lively and inspiring".

"What I've found with this style of world music singing is that it's quite easy picking up the different languages – it's not nearly as daunting as I thought it would be. Singing is just so opening and heart-warming – you feel really good afterwards."

Richard Mackay agrees. The professional violinist originally from Dunedin has been involved with The Choir at the Boathouse since it started and says he is "living proof" that singing is an enormously therapeutic activity. "It helps you feel younger, it slows down the deterioration of the brain. It makes you feel good – and the rub off of that is huge. Choirs like these are a social service to the whole of society!"

As a musician, Richard says something that has surprised him about the choir is the uniqueness of the harmonies which are sometimes just riveting. "It's not highly technically perfect music, the singing is more musically loose but it's rich in enthusiasm and I love the poignancy and simplicity of the songs – and it's fun!" he says.



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The repertoire of songs for the local community choirs ranges from pop, soul and gospel to folk and ethnic songs from around the world as well as the occasional classical piece. The choirs also get involved in community events – members from the Nelson choir recently performed with electronic band Neon at Light Nelson.

Anyone is welcome, including those with no previous singing experience. "These are non-judgemental, inclusive groups, everyone is welcome, and as we are learning by ear, joining in is easy regardless of experience," Alice says. "The more choirs sing together, the better they get. The sound of the music is part of it, but no-one is judging you. You just trust the process and in time, you'll find you can do it. I want to encourage anyone who's at all interested to come along and give it a go."

The new Hope community choir meets weekly on Friday mornings 10am – 12 noon in the Youth Hall at Hope Community Church, Ranzau Road. The first session is free with no obligation to join up. The ongoing cost is \$8 per week for the whole term or \$10 per session. For more information call Alice on 03 553 0448 or alice@leavesofgreen.co.nz. Excellent parking & disabled access.

There are also many other choirs around Nelson and Tasman – some are open and some require auditions. See the Mudcakes and Roses Recreation and Service Directory or the Soundworkz website www.soundworkz.co.nz/join-a-choir/

Photo caption: Valerie Schroeder and Richard Mackay enjoy singing with The Choir at The Boathouse in Nelson. Choir singing is undergoing a resurgence in popularity around the globe.



Valerie & Richard at The Boathouse

More good reasons to sing

As the popularity of group singing grows, researchers are looking into why singing seems to have such a calming, yet energising effect. Studies have found that:

- singers have lower levels of cortisol – an indicator of stress
- singers heart rates become synchronised as they sing together
- singing relieves anxiety and contributes to quality of life
- group singing can improve symptoms of Parkinson's, depression and lung disease
- singing triggers the release of 'happy hormones' such as oxytocin
- other health benefits include improved posture, breathing and circulation

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WELL DESERVED WIN FOR WRINKLIES EXPRESS

Their real name may be the 'Golden Bay Community Vehicle Service Trust' but they're much better known as the 'Wrinklies Express'.

The Wrinklies Express caters for people aged over 50 and the disabled. It transports members from their homes in Golden Bay to and from medical appointments in Takaka, Motueka or Nelson. Last year they transported an impressive 650 people and made 380 trips. The Trust was recently recognised at the Trustpower Nelson Tasman Community Awards where it won the Tasman award worth \$750.

Long-time Trustee and Treasurer Henk Visser says the 'Wrinklies Express' name came about through a cheeky signwriter - also a driver for the service, who wrote the words in tiny lettering under the full name on the group's first van - and it stuck! "No-one ever asks for the Golden Bay Community Vehicle Service Trust! Even when we go to the hospital, they say 'oh, are you the Wrinklies Express?'," chuckles Henk.

Henk and his wife Willa have been involved right from the start in 1999 when a group of five first started fundraising to purchase a van.

"A lot of people have no family here and it's fairly hard to ask the neighbours to drive you over to Nelson or Motueka. There is a tourist bus but it leaves at 7 o'clock in the morning and won't pick you up from home," says Henk.

In 2000, the group purchased their first van - a 12 seater and formed the trust. However they soon realised that buying a 12-seater was a big mistake, as Henk explains. "A lot of times, we've just got one or two people, not many times we've got four or five so we've now gone back to an eight-seater," he says.

Today the service runs two eight-seater vans - one which makes local trips within Golden Bay and one used to transport people to appointments in Nelson or Motueka. Both vans have chair-lifts,

so people unable to walk themselves can be transported. Henk and Willa coordinate memberships, take the bookings and book the drivers, who are also all volunteers. The drivers transport people to and from their appointments. Members pay an annual fee of \$15 and also make a donation for each trip which keeps the service running. There are about 350 members.

While the Wrinklies Express provides an impressive service, it takes a lot of work by a dedicated team of volunteers to keep it running.

"You spend a lot of hours on it, ringing drivers and answering the phone," says Henk. "To get the drivers is sometimes a bit of a hassle even if you have 15 or 16 drivers. Everyone seems to be busy. Plus we only want people to drive once a week to Nelson as it's a whole day gone. Most of our drivers are in their 70s. We could certainly do with some more drivers because they all drive for a few years but when get into 80s, they're getting too old to drive over the hill," says Henk.

The service is well supported by the local business community. AMI provides free insurance while NBS, First National Golden Bay, Trash Palace and Golden Bay Dental Care all make regular donations. Anatoki Salmon and BP also collect donations on behalf of the trust. Last year the service cost about \$14,000 to run, leaving aside the purchase of a new van.

The Wrinklies Express has never forgotten to pick anyone up during its 14 years of operating, although there have been a couple of close calls, says Henk.

"When people make the booking, I tell them 'the driver will call you the night before to let you know what time you'll be picked up. If you haven't heard from the driver by 6pm, give me a call.' Twice I've forgotten to get a driver! So I've had a call about 7 or 8 to say 'the driver hasn't rung me!' So I say 'right, I'll get onto the driver!'"

Henk says it was great to see the service recognised at the Trustpower Community Awards and the \$750 donation was gratefully received.

Other Trustpower Nelson Tasman Community Award winners were:

Heritage and Environment

Commendation: Founders Heritage Park Front of House Volunteers
Runner-Up: Brook Waimarama Sanctuary
Winner: Natureland Wildlife Park

Health and Well Being

Commendation: St John Ambulance
Commendation: Nelson/Tasman Newcomers Network
Runner-Up: Nelson Host Lions Club
Winner: Nelson Tasman Region Hospice

Arts and Culture

Commendation: Nelson Youth Council
Joint Runner-Up: Golden Bay Community Arts Council
Joint Runner-Up: Takaka Citizens Band
Winner: Vision Motueka

Sport and Leisure

Commendation: Tasman Regional Sports Event Trust
Commendation: Nelson Tasman Positive Ageing Expo
Joint Runner-up: Nelson Underwater Hockey Club
Winner: Bowls Murchison

Education and Child/Youth Development

Joint Runner-Up: Golden Bay High School Home School Association
Joint Runner-Up: Takaka Citizens Band
Winner: English Language Part Nelson

Nelson Award

Age Concern Nelson

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Youth Spirit

Winner: Tullia Wilson
Runner-up: Emily Narbey
Finalist: Jared Kirk
Finalist: Katie Barham



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Gardening tips for Winter

Hi, it's late Winter and as I'm writing this I'm daydreaming about warmer soil temperatures, fabulous flowers and mad weed growth in Spring. Whether you are in town or country, chances are you will have some well-known invasive weeds so I thought I'd share some ways of waging war on the worst garden thugs.

The weeds that instantly spring to mind are convolvulus (also known as bindweed), couch grass, wandering jew, sheep sorrel and oxalis. Each of these can be incredibly frustrating once they become established in our gardens. Our kitchen garden in the paddock has all of these weeds and more, so keeping them at bay is a continuous battle, especially as I don't use sprays. Take heart, there are several things you can do to help keep these weeds under control.

Convolvulus and couch grass have fleshy white roots that dig deep as well as going through the surface of the soil. The roots are stark white against the soil which makes them easy to spot. Weeding regularly and thoroughly makes a huge difference even though you may not get the very deep roots out. Convolvulus is dormant in winter (I wish couch grass was too) so now is the perfect time to dig the roots up.

Wandering jew grows quickly especially in shady spots. I love weeding this out because it has very shallow roots and pulls

up perfectly. Sheep sorrel spreads by shallow runners so by lifting it and following the runners it is possible to get rid of most of it.

All of these weeds will grow from the tiniest piece of root (or stem in the case of wandering jew) so pick up all of the debris possible and put it in your rubbish bin, not your compost heap.

Common oxalis grows from tiny bulbs that are attached to a succulent-like main root. Digging around it and gently lifting will expose the bulbs and make it simpler to remove them.

Mulching heavily after weeding will definitely help curb regrowth. The weeds need to work much harder to reach daylight so this makes their growth less robust and they come away from the soil more freely. All this sounds incredibly labour intensive but a little effort is well worth it.

Spraying is another option. There are many herbicides (weed killers) on the market, some specifically for eradicating these types of weeds. Applying these sprays requires a lot of care because you can end up killing other plants. It's a great idea to mix up your sprays and apply them directly to their foliage using a paintbrush. This means the weed killer goes exactly where you want it to and you can also apply a much stronger concentration when using this method too. The herbicide will be absorbed down through the foliage to the roots without affecting surrounding plants.

Keep young children or pets away from any area you have treated at least until the spray has dried. Check the withholding period of the sprays too (the amount of time before you can replant in that area) as it can be quite long in some cases.

This brings me to my favourite saying – "a weed is just a plant in the wrong place".

If you have any questions or topic suggestions, I'd love it if you would email me at foeseamb@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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FRIENDSHIP ONLY A PHONE CALL AWAY

We all need someone to chat to, laugh with and share news with. But for people living alone or housebound, there may be limited opportunities for human contact. That's where the St John Caring Caller service comes in.

Judy* of Wakefield is one of St John's Caring Callers. She was introduced to the service through her involvement with Probus Club and thought it "sounded like a nice thing to do". She has been with Caring Callers for several years as a friendship caller ever since.

"I just ring once or twice a week and have a chat and its lovely," she says. "I've had about six or seven clients over the years and it's been good. The sad thing of course is that you lose them in the end - either they go into a rest-home, or they go to family and they've got the company, or they pass on. It's a bit sad because you get quite close to them, then they're gone."

Despite these challenges, Judy believes it's worthwhile. "Some of them don't have family and friends. Most of them don't seem to have family nearby. I think the service is very valuable. The people we call really appreciate it and we get a lot out of it too - you feel you're doing something nice for somebody."

The calls can last anywhere from five to fifteen minutes. For some clients, Judy knows that she is the only friend they will speak to regularly. The caller and client know each other only on a first-name basis, aren't given each others' addresses and clients don't have access to the callers' numbers. This is to ensure that clients don't start to make additional demands of callers and that it remains as a telephone friendship service.

While St John always try to match callers and clients with similar interests, sometimes a bit of effort is required to brush up on topics of interest to clients, says Judy.

"I had one man who was always interested in rugby and I had no interest in rugby so I had to ask my husband to tell me what the game was at the weekend and who'd won so I could talk to my client about it!" she says. "We talk about what they're doing and of course some of them can't do very much at all, so they'll ask me what I've been doing - so I try to make my life a bit interesting so I can tell them! Some of them like TV and will talk about various programmes and some don't. You soon get to know what they like."



Judy says the key qualities required to be a caring caller are the ability to talk as well as listen. "I think you also need a little bit of empathy – to be able to think about others and that they might be lonely," she says.

** Judy's surname has been omitted to protect the anonymity of the Caring Caller service*

Key Facts

- The St John Caring Caller service operates throughout New Zealand and has about 226 clients in the South Island currently and about 1493 nationally. It differs from other telephone services such as Lifeline as it is a friendship calling service, not a counselling service.
- The St John Caring Caller service is one of St John's community services aimed at supporting people in the community. Other community programmes include Youth, Health Shuttles and Hospital Volunteers (Friends of the Emergency Department {FEDs} in Nelson).
- If callers are concerned about the cost of toll calls, they can choose to phone a local client

Get Involved

- St John Caring Caller needs both more callers and more clients. To find out more about the St John Caring Caller service either as a caller or a client, contact 0800 780 780

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Because hearing loss occurs so gradually, its effects are sometimes not immediately obvious. It's typically not easy to recognize a change in one's own hearing. Often it's a family member or friend that points it out - but often it's hard to believe that it is happening to you. We all know that our relationships and social interactions are all the more rewarding when we can confidently communicate. And hearing is vital to that.



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While your hearing loss may seem insignificant now, something you can deal with by simply turning the TV louder or asking friends to repeat themselves – it impacts more than you think.

Hearing loss can have a negative impact on your ability to socialize and enjoy life, because you miss important information and can lead to avoidance or withdrawal from social situations and loneliness.

Your journey to better hearing starts with a decision - to take control of your condition, or let it take control of you.

Do you suspect your hearing is not as good as it once was?

Take this quick test and check your ability to hear properly:

- 1. Do people seem to mumble or speak in a softer voice than they used to?
- 2. Do you feel tired or irritable after a long conversation?
- 3. Do you sometimes miss key words in a sentence, or frequently need to ask people to repeat themselves?
- 4. When you are in a group or in a crowded restaurant, is it difficult for you to follow the conversation?
- 5. When you are together with other people, does background noise bother you?
- 6. Do you often need to turn up the volume on your TV or radio?
- 7. Do you find it difficult to hear the doorbell or the telephone ring?
- 8. Is carrying on a telephone conversation difficult?
- 9. Do you find it difficult to pinpoint where an object is (e.g. an alarm clock or a telephone) from the noise it makes?
- 10. Has someone close to you mentioned that you might have a problem with your hearing?

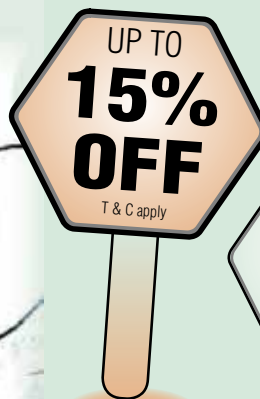
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Avoiding the Scammers

People of all ages and backgrounds can fall victim to the false promises and fake offers of scammers. However older people can be particularly vulnerable.

Police have recently released a video resource to help older New Zealanders avoid scammers' tricks. National Manager Crime Prevention Superintendent Bruce Bird says scammers will target older people for a number of reasons.

"Retirees may have spare capital for investment, they may be travelling more and booking holidays online, they may be new to online dating or buying goods online and this makes them vulnerable to online scams.

"Often they have cash on them and are more likely to be home during the day. This also makes them vulnerable to door-to-door scammers," he says.

"We want to get the message out there that if something seems too good to be true it probably is and that people need to make sure an offer is genuine before they hand over money."

Examples of recent scams featured on the Scamwatch website include:

- **Car Buying Scam** – Advertisements which appear genuine online for cars/campervans for prices too good to be true. The bogus overseas seller pitches the vehicle with in-depth detail and gives a number of reasons for the urgency of the sale and why the buyer can't inspect or test drive the vehicle. The seller also states that the vehicle is in a secure location and will be delivered within 3-4 days anywhere in New Zealand – sometimes charging extra for the delivery fee, as well as a 7-day refund policy – which cannot be enforced once the funds have been transferred. Sometimes the victims are also given a New Zealand number to call or are being called from a local number, with the scammers claiming to be from a storage company, and they confirm that the car is being held in New Zealand. These emails and calls are fakes – and any money transferred will be lost.
- **Scam targeting Telecom customers** The scammers tell customers that their Telecom services are about to be cut off because of security issues and then ask customers to go online to a fake Telecom webpage. They are being asked to

give remote access to their computer and provide personal banking information as part of this scam.

- **Tax scams** with fake IRD emails or fake IRD taxmen going door to door, claiming that they are ensuring that people are receiving their tax refunds.
- **Brochures in mail with 'scratch-and-win' competition** The scam tells you that you have won a prize and directs you to an organisation to claim your winnings. The scammer then asks you to pay some money to claim the prize.

Prevention tips

- If something sounds too good to be true it usually is. Don't respond to letters or emails saying you won the lottery – you haven't – it is always a scam.
- If you are offered a deal or you are interested in investing in then you need to spend some time researching it to make sure it is genuine.
- Talk to people you can trust about it, friends and family or if it is an investment opportunity, a qualified financial expert. This may involve a fee, but it is better to have done this than to lose your life-savings.
- Don't get pressured into making a decision. If someone is offering you a bona-fide deal and they are genuine then they will wait for you to check it out – in fact they should encourage you to check it out.
- Remember it is unlikely you will get your money back once you have given it to a scammer.
- If you or someone you know has been scammed you need to report it as soon as possible.
- Check out the video on how to avoid being scammed at the Police You tube channel [youtube.com/policenz](https://www.youtube.com/policenz)
- If you believe you've been scammed, you should contact Police immediately. Even if Police can't get the money back, they can try and stop anyone else from becoming a victim.
- You can report scams and get further information on common scams by going to www.scamwatch.govt.nz
- Older people can also get support through Age Concern Nelson which has staff available to provide intervention and advice to older people on topics relating to elder abuse and scams.

Helpful websites

- www.heartpredatorsexposed.com
- www.netsafe.org.nz

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**WAIMEA RICHMOND
FUNERAL SERVICES**

Nelson Libraries Great Spaces to be in August!

Throughout August we will be thinking about 'space' - outer space, inner space, library space, design space ... and celebrating New Zealand books and authors as we await the announcement of this year's New Zealand Post Book Award winner on August 27.

August 7, 9am - 'Speed Date with an Author' for school children. In collaboration with the New Zealand Book Council, Elma Turner Library will be a venue for five New Zealand authors to talk to children about writing.

August 12, 10.30am - our Nelson Library BookChat.

August 17, 11am - Elizabeth Knox in conversation. Bookings essential: \$2 tickets can be purchased at Elma Turner Library and Page & Blackmore Booksellers.

August 18 - All this week you can add poems to our poetry board in the Elma Turner Library.

August 20, 5pm - Stoke Library BookChat.

August 22 - National Poetry Day. Open mic session for adults 12.30-1.30 pm and a 'pikelets for poems' session for young adults, 4-5 pm.

August 26, 6.15pm - Readers' Evening exploring the different aspects of 'space' - all welcome.

August 26, 9pm Join us on Twitter to continue the #spaceread theme with our International online book group.

And don't forget to enter our short story competition, Nelson at War. Entries must be received by **August 30**.

Ebooks at Nelson Public Libraries

Enjoy e-books and e-audio from Nelson Public Libraries, through Overdrive. These resources can be downloaded directly to your e-reading device (e-reader, tablet or phone) from anywhere with wifi connection, and enjoyed at home and on the move. Many people enjoy e-books because the device can be easier to hold than a book (not as heavy) and the text can be enlarged to a size to suit you (this works better on a tablet than a phone). There is a growing selection of e-audio titles - easy to download, and always playable. No more faulty CD's! You can find all our e-book and e-audio titles on our library catalogue: <http://nelson.kotui.org.nz/>. A few of our newer titles:

E-books:

- Luminaries/ Eleanor Catton
- Lone Wolf/ Jodi Picoult
- Calendar Girl/ Stella Duffy
- Considering Kate/ Nora Roberts

E-audio

- The Aviator's wife/ Melanie Benjamin
- Big Brother/ Lionel Shriver
- C.S. Lewis - a life/ Alister McGrath

For more information about e-books and August events, please contact us: Ph. 03 546 8100 or Email library.info@ncc.govt.nz



Ecofest comes to Motueka!

Tasman District Council is pleased to bring a special event to the Motueka Ward this year: Ecofest@Motueka will be held on Sunday, 21st September at the Motueka Recreation Centre.

A week-long programme of events will start on Sunday, 14th September with an ecohome tour, starting and finishing at Motueka, followed by workshops, demonstrations, talks and special events held through the week. Anyone who has an ecohome in the Mapua, Moutere, Motueka Valley and Motueka area and would like to inspire others is invited to get in touch.

Since its inception in 2001, Ecofest has become one of the region's biggest events for environmentally friendly products, services and messages. Winner of the prestigious Green Ribbon Award, Ecofest is a joint initiative of the Nelson City and Tasman District Councils, supported by our sponsors and community organisations.

This year, we are excited to offer two Ecofest events, with a Motueka Expo taking place at the Motueka Recreation Centre on Sunday 21 September, followed by a Nelson Expo at Founders Heritage Park on Sunday 16 November

Ecofest@Motueka will showcase local businesses that support sustainability in some way, together with highlighting all relevant community programmes. Any businesses, community groups, or ecohome owners that are interested in this special Ecofest@Motueka programme should contact Jo Reilly, Email Ecofest@xtra.co.nz or Ph. 03 543 3663.



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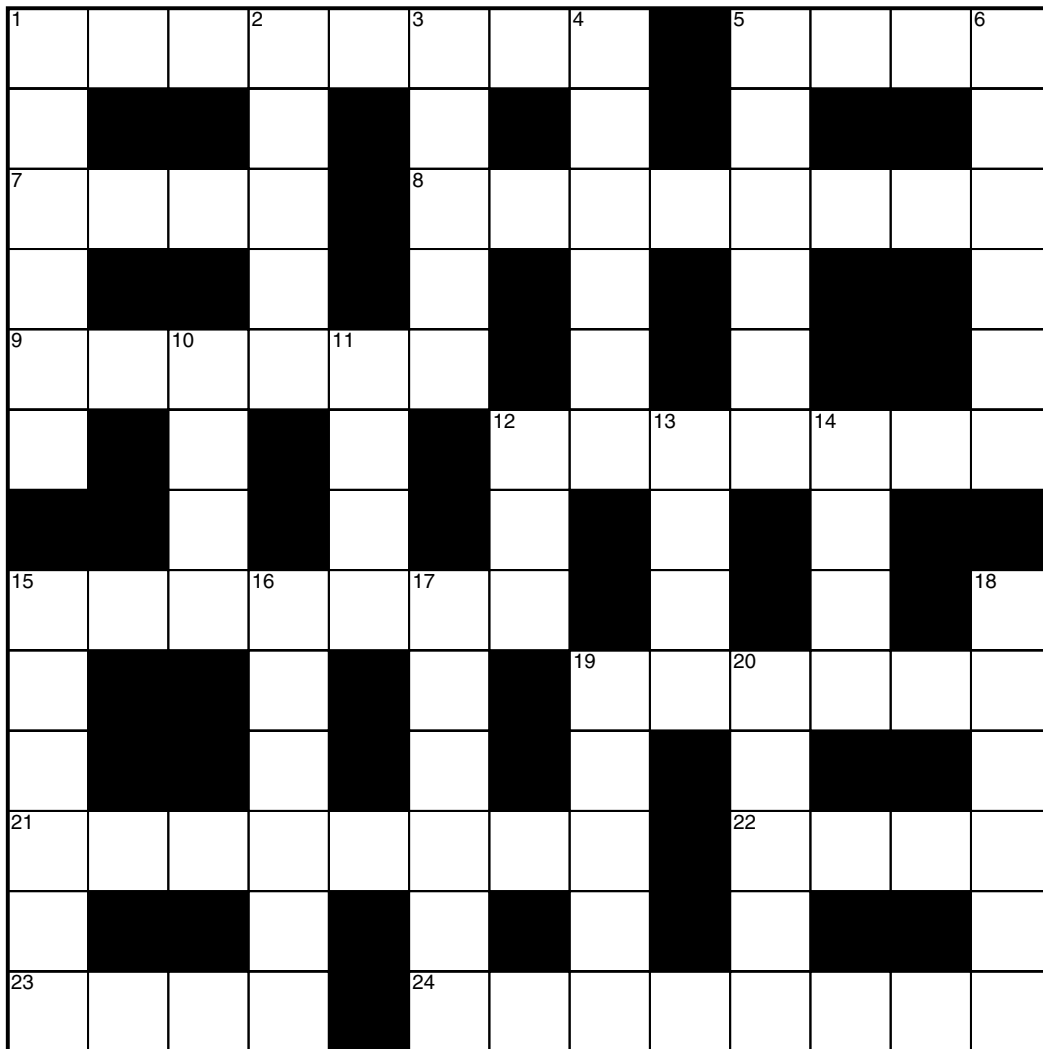


Carole Horrell
B H Sc (Podiatry)

Mobile: 021 0247 4037
Phone: 03 927 5120
www.mobilefeet.co.nz

design by kreativkitchen

Crossword



Clues

Across

1. Dislodge (jockey)
5. Prolonged unconsciousness
7. Critically examines
8. Flying around (planet)
9. Construes
12. Shellfish
15. Violinist
19. Bite of food
21. Pursed (mouth)
22. Weekly pay
23. Starchy tubers
24. Surround

Down

1. Reveal
2. Supermarket lane
3. Entrances
4. Personify
5. Prettiest
6. Cherubs
10. Absconded
11. Throw (dice)
12. The O of SOS
13. Grain store
14. Large deer
15. Droopy
16. Male ducks
17. Appear
18. Arm covering
19. Field hospital worker
20. Oarsman

Answers page 19.

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What's On

AUGUST/SEPTEMBER 2014

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



Monday 28 July – Wednesday 6 August 2014

BOYS-ZONE

A first for Nelson as the Refinery explores the phenomenon of Man Caves, six diverse and standout examples on show by six Nelson blokes. The Gallery will be open to 7.00pm during this free exhibition for blokes to pop in after work and check it out. Time: Monday – Friday 10.00am – 7.00pm Saturday 10.00am – 2.00pm, Refinery ArtSpace, 3 Halifax Street, Central City, Nelson.

Tuesday 5 August 2014

Water Whisperers and Trevor James

Movie screening of Water Whisperers and discussion with Trevor James from TDC, discussing the state of our local water ways. Free entry with drink purchase. This wonderfully optimistic movie about the state of NZ's rivers and fresh water is a timely reminder that we can do something about our fresh water if we try! Trevor James is here to discuss how we

can do that within our local Nelson community. 7pm, Free House Yurt, Collingwood Street, Nelson.

Wednesday 6 – Thursday 7 August 2014

Love Your Water NELSON

Sustainable Coastlines nationwide Love Your Water tour is coming through Nelson. Come join us! We work hard to motivate and support people around Aotearoa and the Pacific to look after their local waterways and coastlines. We are excited to be travelling across New Zealand this winter training people to use the educational and engagement methods that we have proven effective. Our two hour Presentation Training Workshops are free to attend and will pass on the core public speaking skills and knowledge necessary to deliver our 'Love your Water' freshwater restoration presentation, which teaches simple steps and creative changes that we can all make to look after our waterways. Workshops will be held at the Nelson Environment

Centre, 1 Braemar Place, Upper Franklyn Street 6.30pm to 8.30pm. Register online at sustainablecoastlines.org/events

Wednesday 6 August – Friday 24 April 2015

WW1 – Their Stories – Our History

Over the next few years the Nelson Provincial Museum will present an exhibition honouring the memories of men and women from the Nelson Province who served in what we now call the First World War. The exhibition marks the centennial of 'the war to end all wars' and draws on the strengths of Museum's collection to tell the stories of the war both at home and abroad. At the heart of the exhibition and of every small community in the Province is a recreation of a community hall complete with portrait of the King but importantly with a full alphabetical listing of all the people involved. 1914 – A Jolly Big Adventure is the first installment of this centennial commemoration. It follows the story of men and women as they enlist and train for war service. The camp at Tapawera played an important role. The departure of the men was very well documented and the photographs from the Collection are printed at almost life-size scale. The first engagement in German Samoa passed without a shot being fired in anger. The same cannot be said for the battles along the Suez Canal where the Nelson Regiment fought with distinction. All the while training for battles that would take place in the Balkans and in Europe continued in the Egyptian desert. Time: 10 – 5pm Weekdays, 10 – 4.30pm Weekends and Public Holidays, The Nelson Provincial Museum - Pupuri Taonga o Te Tai Ao, Town Acre 445, Cnr Trafalgar and Hardy Streets, Nelson.

Library on (03) 543 8500. Date(s): August 8, 15, 22, 29, 1.00-2.30pm, Richmond Library, 280 Queen Street, Richmond.

Sunday 10 August 2014

SBS Bank Makos Family Funday

SBS BANK presents the MAKOS FAMILY FUNDAY. Hosted by the 2014 Tasman Makos Squad. 9am – 12.30pm, Trafalgar Park. Meet the Makos, get photos & autographs. Take part in the SBS Bank Can Kick competition from 9.30am and the 4Km Fun Run (or 1 km Kiddies Fun Run) from 11.00pm. Sponsored by SBS Bank, McDonalds, Nelson Mail & More FM.

Saturday 30 August 2014

Richmond Library: World War I – The Nelson Experience

Ever wondered what life in Nelson was like during World War I? Join Karen Stade, Nelson Provincial Museum's WW100 Project Content Curator. Her presentation uses photographs from the museum's photographic collection and concentrates primarily on experiences at home. Included are enlistment, farewells, patriotic fundraising, welcoming men home, the Nelson German experience, the end of the war and post-war reflection as well as fundraising for war memorials. 11.00am-12.00pm, Richmond Library, 280 Queen Street, Private Bag 3, Richmond 7050, Free No bookings required but space is limited.

Saturday 30 August 2014

NCG 3rd Annual Spring Fashion Fling

You don't want to miss this fabulous spring event: The NCG 3rd Annual Spring Fashion Fling. Mark your calendars now. Tickets on sale from NCG reception. 6:00pm, Nelson College for Girls Hall, 400 Trafalgar Street South. Ph. 03 548 3104.



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0800 284 663.

Friday 8 August – Monday 29th September 2014

Richmond Library: Go Digital with Your Slides and Photos

Turn your photographs and slides into long lasting memories. Scanning photographs and slides will ensure you can keep those precious memories for longer. During August you can book a librarian to help you transform your photographs, certificates, slides and film negatives into a digital format. Bookings are essential. Phone Richmond

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.

Recreation & Service Directory

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

AUGUST/SEPTEMBER 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 – 4.00pm. Mary Ph 03 525 8445.

Marble Mountain Country Music Club

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

Motupipi Indoor Bowling Club

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

Pohara Bowling Club

Jennifer Ph 03 525 9621.

Probus

Joan Ph 03 525 9224.

Puramahoi Table Tennis

Rene Ph 03 525 7127.

Relaxation and Restoration Yoga

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

SeniorNet [Golden Bay]

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

Sit and Be Fit

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

Tai Chi for Arthritis

Ann Ph 03 525 8437.

Takaka Golf Club

Ph 03 525 9054.

Takaka Golf Club Ladies Section

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

Takaka Spinning Group

Jan Ph 03 525 9374.

Takaka Table Tennis

Rene Ph 03 525 7127.

University of the Third Age (U3A)

Moira Ph 03 525 7202.

Upright and Able for Falls Prevention

Free 4-week course for those over 65 who have had a fall. Ph 03 539 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.

Better Breathing Classes

Held 3rd Monday of the month 2 – 3.15pm, 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.

Chair Yoga

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

Cycling

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

Diabetes Support Group

Heather Smith Ph. 03 528 9689.

Gym & Fitness Centre

Studio Gym 275 Catherine Ph. 03 528 4000.

Hearing Therapy Services Life Unlimited

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

Indoor Bowls

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

Line Dancing (Beginners)

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 Peter Allborn, Ph. 03 528 8515. 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

AUGUST/SEPTEMBER 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@nbpho.org.nz for more information and registration.

U3A (University of the Third Age)

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

Yoga

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

Murchison

Age Concern

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

Nelson

Age Concern

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

Angie's Aerobics

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

Aquatics/Swimming/Gym

Riverside Pool Ph. 03 546 3221.

Art Group Nelson

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

Arthritis New Zealand

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

Belly Dancing

Sabina Ph. 03 546 8511

Belly Dancing

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

Better Breathing Classes

Held 2nd & 4th Wednesdays of the month 2 - 3.15pm Reformed Church, Enner Glynn. Exercise with focus on breathing and relaxation. Phone 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.nbph.org.nz

Diabetes Support Group (Nelson)

Joan Whipp Ph. 03 548 6263

Golf Croquet

Nelson-Hinemoa Bev Ph. 03 548 2190.

Government

Superannuitants' Association

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

Grandparents Raising Grandchildren

Paula Ph. 03 544 5714

Gym

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

Hearing Association Nelson

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

Hearing Therapy Services Life Unlimited

Clinic now at Nelson Nursing Services Building 469 Main Road Stoke Free MOH 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.ltsOn.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 11.15pm the second Sat of each month. Ballroom, Latin, Rock 'n Roll and sequence dancing. Live music. Members \$10; non members \$15. Please bring a supper contribution, and your own drinks (including water) and a glass. Note: no stiletto heels please!! Enquiries Ph. 03 544 2324 on 021 177 4943.

Nelson Scrabble Club

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

Nelson Senior Citizens Social Indoor Bowling Club.

Valda Ph. 03 544 1487.

Probus

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

SeniorNet [Nelson]

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

Senior Service - Nelson Baptist Church

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

Sit and Be Fit

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

Sport Tasman

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

Cycling-Entry level

cycling groups in Nelson and Richmond join us for weekly cycles around our wonderful cycle ways focus is on enjoyment rather than distance Sarah.H@ sportasman or Ph Sarah 9232313

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@ sportasman or Ph Sarah 9232313

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, floortalks, 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.

Nelson 50+ Walking Group

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

Yoga

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

Yoga

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

Yoga

Hot Yoga Nelson Ph. 03 548 2298.

Richmond**Age Concern**

Support services, information and advocacy to older people in the community. Our services include Elder Abuse & Neglect advice and support, and an accredited visitor service for older people. We also distribute the Total

Mobility Taxi Voucher scheme for Nelson & Richmond. Our office is at 62 Oxford St, Richmond. Ph. 03 544 7624.

Badminton Richmond Morning Badminton

Dawn Ph. 03 544 4120.

Better Breathing Classes

Held 1st 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.

Chair Yoga

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

Club 50

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

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
Saturday 8th, 22nd February 2014
Saturday 8th March 2014
22nd March 2014
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. 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.

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

Recreation & Service Directory

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

AUGUST/SEPTEMBER 2014

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 9232313

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 9232313

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 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 663 463 for more information.

Breast Prostheses and Mastectomy Bras

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

Chair Yoga at Saxton

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

Clogging/Tap Dancing

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

Hydrotherapy

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

Nelson Savage Club

A social club for all entertainers. Variety Concert held at 7.30 pm on the second Wednesday of every month @ the Stoke Primary School Hall, Main Road, Stoke. Admission \$2. Raffles. Supper. Everyone welcome. Contact: Sunny Ph 03 548 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 Probuss 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.

Tai Chi

Wakefield Village Hall, starting Friday 9 May from 10-11am, \$3. Contact Julia 03 541 8521

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
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Creative Writers

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

Congratulations to **Bobby Besley**

Solstice Snapshot

by *Bobby Besley*

www.raggedpoet.com

Two tiny sparrows are dancing
between a Lemonwood tree and my
sugar frosted deck railing.
Winter sky iced with pink
becoming white and vacant
as it hits a cold relentless sea.
I can see three church spires,
definitely the dreaming variety,
and a renovated castle.
Almost like a view
over a medieval village
in Italy or Portugal.
Smoke from the chimneys
of the houses below
puffs dirty smudges over the trees,
mostly naked now,
but a few are still clinging

to their vibrant autumn dress.
Across the brook,
the Norfolk pines,
with their branches like magic wands
stand on the ridge of the hills,
stark, against their
washing powder blue-white backdrop.
They are repairing
a rig down at the port,
(cheap labor here)...
Three giant steel towers,
which are lit up at night,
they are our midwinter Christmas trees
in this town.
Two innocent looking white clouds
are headed towards us
from over the dark pine clad hills
way up the valley.
Benign they may be,
but they say it will rain later.
Hurry, cover the solstice bonfires,
for we must dance to their flame tonight...

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

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

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wine@fossilridge.co.nz Closed Monday and Tuesday



Being safe online – come to our Scam Savvy seminar

Have you ever had an email asking you for bank account passwords, or an offer to claim some money you've won, or inherited? Perhaps you feel as though you're being put under pressure by someone to hand over your money, or sign something you're not sure about?



Financial abuse of the elderly is the most prevalent form of abuse against the elderly in New Zealand – and it's on the rise. Here at Age Concern Nelson we've dealt with many cases where people have been scammed into handing over money – sometimes substantial amounts.

Because we've seen what can happen, we're putting on a seminar in Nelson in August, with one of the country's leading experts in this field as our guest speaker. Bronwyn Groot is the Security and Fraud Coordinator with BNZ and travels the country educating people on topics such as credit card scams, lottery scams, card skimming and more.

She's passionate about educating people on how to recognise and avoid scammers and fraudsters, and says financial abuse comes in many forms, including taking money or property, forging a signature, getting an older person to sign a will or power of attorney (POA) through deception or undue influence.

Bronwyn says many individuals and companies particularly target the elderly to exploit them of their money – and it's on the increase.

"The worst one in my opinion would be where a vulnerable older person has been specifically preyed on with the intent of exploiting them. For example, an older person is befriended; continual contact is made, pretending to have their best interests at heart. But sooner or later a request for money has come through. This is extremely emotional and damaging for the vulnerable person and difficult to recover from as their trust has been betrayed."

The seminar is open to anyone 60 and over. If you'd like to come along, please contact our office to register as places are limited.

When: Thursday 21 August 2014

Where: The Pavilion, Trafalgar Park, Nelson (entry via Trafalgar Park Lane, off Trafalgar Street) .

Time: 1.30pm to 3.30 pm

Entry fee: Koha/donation

To register: Call 03 544 7624, or email: ageconcern.nelson3@clear.net.nz

To register please call Age Concern on 544 7624, or email: ageconcern.nelson3@clear.net.nz.

Do you dream of wearing shorts this summer?

Suffering from unsightly, aching, varicose veins?



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Member of Skin Cancer College of Australasia



7 Buxton Square, Nelson : 03 548 8216 : www.enhanceskin.co.nz