

Mudcakes and Roses

SENIOR GENERATION ACTION
AND ISSUES – NELSON TASMAN



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Welcome to our summer edition of Mudcakes and Roses. The year has flown by and this is our final issue for 2014.

So much is happening at this time of year, it's hard to know where to begin. From Christmas celebrations to A&P Shows and country markets, there's an event to suit every budget and taste. Although Christmas is a special time of year, it can also be a lonely one for some in our community as Gail Collingwood reminds us in her Positive Ageing column on page 20.

In this issue, we meet some of those responsible for raising awareness of the amazing godwits at Motueka estuary and take a look at the busy year ahead for Rural Women New Zealand – who'll be celebrating their 90th anniversary in 2015. We also talk to the organiser of what has to be one of the region's most colourful and photogenic events – the annual kite festival in January.

On a more serious note, we also take a look at some of the challenges facing local health services due to 'global ageing'. And if you need to take long-term medication, make sure you check out the story on page 9 about the new free pharmacy service available throughout Nelson/Tasman.

Wishing you and your family a wonderful, safe and happy Christmas.

The Mudcakes & Roses team

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 Office, Service Centres, Libraries and the Richmond Mall. You can also read it online at the Tasman District Council website, www.tasman.govt.nz/mudcakes.

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

Mudcakes & Roses Noticeboard

Positive Ageing Expo 2015

Friday 27 March 2015, 10.00 am–3.00 pm at the Headingly Centre, Richmond.

The Positive Aging Expo promises to have something of interest to seniors, their families or whanau or anyone heading towards retirement. After attracting record crowds and receiving a TrustPower Community Award commendation in 2014, the seventh Positive Aging Expo 2015 will build on its winning formula. The expo showcases Nelson and Tasman's recreational, health and social services that make ageing a positive experience. Along with 70+ stallholders there will be seminars, demonstrations and a chance to have a go at a range of activities as well as getting quick health checks. There's plenty of groups, clubs, services and government agencies that help give us all the best opportunity to age positively. The Expo provides the opportunity to come along and talk to them, find out what they do and how to get involved. The event is aimed at older adults and their families, admission is free with complimentary tea, coffee and

biscuits provided, lunch will be available for purchase.

If your group would like to have a stall registrations are open until Friday 6 March 2015, subject to availability. Please note there are a limited number of stall spaces – don't miss out.

For further information contact Tasman District Council, Community Recreation Advisor, Mike Tasman-Jones, on Ph. 03 543 8403 or email mike.tasman-jones@tasman.govt.nz

Positive Ageing Forum 2015 Meeting Dates

Meetings are held at Richmond Library from 1.00pm to 3.00pm. All welcome.

Monday 23 February

Monday 4 May

Monday 13 July

Monday 21 September

Monday 30 November

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

WW100 COMMEMORATIONS

Mudcakes and Roses is keen to hear of and promote WW100 commemoration projects that are happening. Contact Mike Tasman-Jones on Ph 03 543 8403 or Email mike.tasman-jones@tasman.govt.nz



We need you to make red poppies for Anzac Day 2015!

Help commemorate Anzac Day 2015 by knitting/crocheting/felting or sewing one or more red poppies to add to a banner to be displayed in Nelson Cathedral. This Nelson Anzac Poppies project is being co-ordinated by the Nelson Creative Fibre Group and we'd really appreciate your support. Poppies can be dropped off at the Nelson Grey Power Office, 33 Putaitai Street Stoke (Opposite the Countdown Carpark). Richmond Library or Nelson Library. Patterns for these poppies can be obtained from www.5000poppies.wordpress.com/poppy-patterns/

Relicensing your Vehicle

The cost of re-licensing a vehicle drops substantially on 1 April 2015. The drop is

about \$130 per annum or \$11 a month. If you own a vehicle that needs to be re-licensed between now and 31 March you should re-license only for the number of months from when your current licence expires, up to and including April next year. The re-licensing form allows you to re-licence for any number of months from 3 to 12. **A drop like this won't happen again, so make the most of it!**

Seniorline

Seniorline is a free resource for older people, friends and family members or service providers, trying to make or support complex decisions about staying at home or going into care. We help people figure out what the options are and what the appropriate next steps could be. Seniorline Team – Jane, Deborah and Jude – Ph. 0800 725 463.

New website for older New Zealanders

The Mental Health Foundation of New Zealand has launched a new website – Boomers and Beyond: www.boomers.org.nz

Boomers and Beyond shows people how to plan for their mental wellbeing in later life. It also tackles the stereotyping and discrimination associated with ageing and how to boost mental health.

Elder Net Gazette

Another website that may be of interest to older people is Elder Net Gazette – www.eldernetgazette.co.nz



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Birds of a Feather

These godwits were new arrivals. After arriving thin and straggly, the godwits will spend the next six months fattening up. Pictured here with a pied oystercatcher. (Photo by David Samways)



In early Spring the return of the godwits from Alaska causes a flurry of excitement on the Motueka estuary.

This migration is eagerly awaited by Beth Bryant and Pauline Samways, co-founders of Friends of the Motueka Estuary. "It's an eight to ten day flight for the godwits; they flap their wings for the entire journey. Their internal organs shrink to almost nothing except for their heart and lungs, it's just amazing," said Pauline.

In late 2002 Pauline applied for a Science, Mathematics and Technology Fellowship funded by the Royal Society of New Zealand. "I was accepted and spent a year studying the ecology of the sand spit. I spent a lot of time walking around the estuary and that was when I learned about the godwits."

"I really wanted to raise community awareness about these birds so in 2008/2009 I arranged for members of Bird New Zealand to bring along telescopes so the public could view them feeding in the estuary."

Beth grew up in the Tasman District and moved to Motueka in 2003. Beth and her husband, Tony, purchased a telescope to watch the godwits and other birds in the estuary. "I think the godwits' flight is incredible and I'm amazed by the length of their beaks," said Beth.

The Friends of the Motueka Estuary came about one day when Pauline and Beth were having a chat. "We're both really passionate about the estuary as a whole and especially the godwits," said Beth. In 2010 the inaugural 'Welcome to the Godwits Celebration' was held in conjunction with the Arts



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Council. The Arts Council ceased to be involved in 2012 and for the past two years it has been run with Birds New Zealand (formerly the Ornithological Society). "The main aim of the celebration is to raise awareness in the community about the godwits and how important it is to look after our estuary environment generally," says Beth.

The Motueka estuary is incredibly important for these birds. When there are very high tides in other parts of the Tasman district the sand spit is the only safe haven where they can roost. The estuary meets all of the requirements for a RAMSAR site (Wetlands of International Importance) and locally, is the second most important bird area in the top of the South Island.

Pauline has done a lot to raise community awareness of the godwits and the estuary. "For the past four years I've been talking to schools – the children love the story of the godwits flying all that way. I emphasise how important it is not to disturb them while they are here because they are fattening themselves up and resting for their return trip," said Pauline.

Beth and Tony watch the estuary every day. "We've noticed a decrease in the birds being disturbed so awareness is definitely growing, which is great."

If you would like to join the Friends of the Motueka Estuary or help with the welcome celebration in any way, contact Beth Bryant, Ph: 03 528 5212. You can keep an eye on what's happening on the estuary by checking out the Motueka Estuary webcam on the Tasman District Council's website.



Beth Barnes (left) and Pauline Samways established Friends of the Motueka Estuary and held the first 'Welcome to the Godwits' festival in Motueka in 2010.

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Catching Angels

New Zealand's longest-running kite festival will be painting the skies of Nelson again this summer. Now in its 24th year, co-organiser Gretchen Howard is hoping for sun and a good stiff sea breeze. But after more than two decades, not much can faze her. She's seen pretty much every kind of weather – from torrential rain to gusty winds to perfect sun.

"As long as people can fly their kites dry, that's all that matters," she says.

Gretchen, who is originally from the United States and her husband Ted, a Kiwi, used to own the Rainbow Flight Kite Shop and started the festival back in 1992. Ted still sells kites at the Nelson Saturday Market. The couple met in Oregon on the west coast of the United States – a place with plenty of kite shops and where the beaches are filled with kites. "He liked the kites, I liked the colour," says Gretchen.

Today, the couple live close to Neale Park in Nelson, where the festival is held each year.

"It's the perfect spot for kites because of the flying conditions, the sea breeze and the open space. People don't realise that not everyone in the world has a place like we do. It's important to keep these open spaces."

The two-day event attracts thousands of visitors and dozens of kite flyers. Many kite enthusiasts travel from overseas, and

there are families who base their summer holiday plans around it and some who have been to every festival. This year, the Nelson Kite Festival will kick off the South Island Kite Tour, with kite events in Christchurch and Ashburton on subsequent weekends. Although Gretchen and Ted own a number of kites, they are generally too busy during the festival to fly them.

Gretchen says one of the biggest misconceptions about kites is that they are 'just for kids'.

"Today's kites are made from high-tech fabrics and the larger ones can be worth thousands of dollars and require teams of experienced people to fly them. When people come along, they go 'wow!' It's a jaw dropping kind of experience.

"The great thing about kite flying is that it's an active reality activity. You're out there doing something in the elements. You can make your own kite and fly it.

"You're feeling the wind in your hands, the tugging of the kite and hearing the singing on the line – some people call it catching an angel.

"It also changes your outlook – you're looking up instead of down or at a screen. It opens you up and blows out the cobwebs!"

Over the years, there have been many notable moments – including the year there was a sudden wind-shift which saw many of the kites get tangled. Or the year that Ted cut his lip riding a wind buggy on the Saturday of the festival, had his lip stitched and struggled to make himself understood on the microphone the next day!

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The event runs on a gold coin donation basis and requires a huge amount of behind the scenes work. The festival used to be part of Nelson City Council's Summer Festival programme, but now runs as a stand-alone event. Gretchen says they are determined to make it to 25 years, but aren't sure what will happen beyond that. "We're hoping that Nelson City Council might pick the event back up again. Because we are no longer a club or incorporated society, we can't apply for public money. It costs quite a lot to put the event on – from hiring the field, to meeting all the health and safety requirements. We also like to do our best to look after the folks who come from out of town with hospitality. It's a fun community of people. Our backyard becomes a big BBQ."

24th Annual Nelson Summer Kite Festival

Saturday 17 – Sunday 18 January 2015

The skies above Neale Park will come alive with kites for the 24th time over the 3rd weekend of January 2015. Nelson is known for wonderful kite flying conditions and attracts kite fliers from all over New Zealand and beyond. Warm up day is Saturday 17 January, Main day with food stalls and all the extras on Sunday 18 January. Both days go from 12noon to 5.00 pm, gold coin donation, Neale Park, Nelson.

Christmas Events



The sun is shining and the festive session is upon us. Here are some Christmas themed celebrations taking place over the coming weeks:

- | | |
|------------------------------|---|
| Saturday 13 December | Carols in the Church Upper Moutere |
| Saturday 13 December | Brightwater Carols by Glo-lites |
| Saturday 13 December | Takaka Santa Parade |
| Saturday 13 December | Motueka's Birdhurst Christmas in the Park |
| Saturday 13 December | Nelson Brass Band Carols on the Lawn at Melrose |
| Saturday 13 December | Nelson Civic Choir Christmas Concert |
| Sunday 14 December | Tapawera Christmas Fair |
| Sunday 21 December | Carols in the Vineyard Upper Moutere |
| Sunday 21 December | Carols by Candlelight Richmond |
| Wednesday 24 December | Takaka Christmas Carols |
- For more information and a listing of summer events go to www.itson.co.nz



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Gardening tips for Summer

Hi, Christmas is just around the corner and a long, hot summer could be ahead. Spring weather was decidedly fickle, with big temperature fluctuations and much less rainfall than normal. I am keeping everything crossed for regular lovely rain during the beginning of summer.



Scrumptious berry fruit will be starting to ripen now so it's time to protect your precious crops from birds. Bird netting is one option but I find birds always get trapped inside it no matter what, which can be heart-breaking. Here are a couple of other methods you can use.

If you have a strawberry patch it's a great idea to build a simple wooden frame approximately 30cm high and slightly longer than your patch. Cover the frame with fine chicken wire and pop it over your strawberries making sure it sits flush with the ground. Using fairly lightweight timber (untreated if possible) makes the frame easy to lift off while you harvest your luscious fruit.

Protecting raspberries, boysenberries, gooseberries or red and blackcurrants can be a challenge. I dream of the ultimate; a walk-in berry cage like the ones I've seen in the UK. A more practical solution is to utilise Microklima frost cloth to create not only a bird barrier but a ripening microclimate too. This open weave material lets light, air and rain through and provides a warmer environment so the fruit ripens more quickly.

Berries that are planted against a trellis or wall can be protected by attaching the Microklima across the top and down the sides, then securing it at the bottom by pushing weed mat pins or bent wire into the ground, making sure there are no obvious gaps.

My raspberries are planted in two rows so I push tall stakes into the ground around the edge at about one metre intervals then throw Microklima over the stakes to cover the entire area (one big piece is best) and pin it down to the ground securely. To harvest I lift an area of Microklima and climb in. This makes harvesting a bit more labour intensive and rather hot but it works so well it's definitely worth it.

All of our favourite summer crops will be putting on good growth so it's really important to keep them well-watered and mulched. This will help them retain their vigour and give them the energy to produce their bounty. Citrus, rhododendrons, camellias and azaleas are shallow rooted so will benefit from a good layer of mulch too. Pea straw is really good particularly if it is unsprayed. It's worth asking if it is unsprayed because sprayed pea straw can damage your worm population badly as I found out a few years ago.

Aged manure or compost is also perfect mulch. It helps retain moisture and feeds your plants at the same time. Applying a 10-15cm layer will give your soil a rich blanket and when you weed in the future it will be dug in.

Container plants and hanging baskets will benefit from regular watering and liquid feeding now. Dead-heading flowering plants will encourage them to produce more flowers.



Philippa Foes-Lamb

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

My radio show, *Green Thumbs & Dirty fingers* is full of more gardening tips and airs each fortnight on Fresh FM, Nelson-Tasman 104.8, Golden Bay 95.0 on Tuesday at 10.40am, replayed the following Saturday at 2.40pm. My last show for 2014 is on 16 December and it starts again on 13 January 2015.

Heirloom Perennial Nursery & Art Studio

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

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Turning 90 and Still Going Strong

Nelson Provincial members of Rural Women New Zealand face a busy year next year as the organisation celebrates its 90th anniversary and also holds a national conference in Nelson.

Nelson Provincial president Diane Higgins, who is also president of the Brightwater branch, says members are already preparing for the four-day conference. Based at the Rutherford Hotel, it should attract around 200 members from around the country.

Diane joined Rural Women 22 years ago as several of her friends who were members seemed to be having so much fun. Community projects the group was involved with were also an attraction.

"We give back to the community by advocating for rural communities on issues affecting rural areas," she says.

Issues include campaigning for the introduction of 20km-an-hour signage and flashing lights on school buses and for a dump station in the Nelson area to help deal with the problem of stock trucks leaking effluent. Diane says travel expenses for home care workers to visit rural areas has been a priority as it has been difficult to get carers to visit rural areas.

Rural Women have also raised a lot of money for various charities. "Over the years we have raised \$400,000 for leptospirosis research as well as funds for prostate cancer, breast cancer, mental health and Solomon Island flood victims." They raised \$130,000 for victims of the Christchurch earthquakes, which was presented to the Mayor's Fund, and then raised further funds for counselling earthquake victims.

Diane says Rural Women have also produced three cookbooks and held workshops to share information on how to preserve food, as it is a dying skill. "We want to encourage people to use what is in their garden."

Other projects include promoting the use of helmets on quad bikes, running leadership courses and campaigning for high-speed internet access and better cell phone coverage for rural areas.

Diane is well qualified to campaign on rural issues.

A former teacher, she has lived in the Waimea area nearly all her life. Brought up in Waimea West, she farmed on a sheep and cattle farm with her husband in Mt Heslington for 52 years.

Although retired and living in Brightwater, she is still passionately involved with rural communities.

"You need to be involved in the community otherwise things don't happen," she says.

Some of these projects may seem hard work but Diane stresses they are also a lot of fun.



Working from home: Nelson Provincial president Diane Higgins

Key Facts

- Rural Women New Zealand was established in 1925.
- It was founded to provide friendship and support for women living in isolated communities.
- It is divided into seven regions which includes the Top of the South region comprising Nelson, Golden Bay, Marlborough to Westland.
- Nelson Provincial is further broken down into branches set up in areas from Maruia, Murchison, St Arnaud, Moutere, Brightwater and Motueka.
- Most branches meet once a month but there are also four provincial meetings each year as well as one regional and one national conference.

Get Involved

- Rather than join a particular branch, some women, especially younger members busy working in the day, join as individuals. There are 24 individual members in the Nelson area.
- There are approximately 100 members in the Nelson region but Rural Women say they are always keen to welcome new members.
- For further information contact Diane Higgins on Ph 03 542 4388 or Email: dmhiggins@xtra.co.nz

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Seismic Shift in Global Ageing Presents Challenges

“Longevity can be either a benefit or a burden to an individual and to society depending on the presence of disability and quality of that longer life.” – Report

A new report into mental health for older people in Nelson-Tasman says major changes are needed across the entire health sector to cope with a “seismic shift” in global ageing.

Health Action Trust’s Mental Health Promotion team is using Chris Allison’s report Promoting Mental Health for Older People: Global Ageing and the Challenges and Opportunities for Nelson-Tasman and Aotearoa New Zealand to help inform the public, the health sector and other organisations of the opportunities and challenges facing the local population.

The report, released earlier this year, shows that by 2051, New Zealand’s over 65 age group is expected to more than double to between 1.17 million and 1.48 million, representing a quarter of the population. Within the Nelson, Tasman and Marlborough regions, the population is older than the national average and in Nelson and Tasman, growing faster than the national average. The report says this will have huge implications for societies and public services – and how they are funded in future.

Some of the key issues highlighted included:

- New Zealand data showing a trend for disability to increase with age. Physical and mental health issues are often interconnected, with losses in one area potentially leading to losses in the other.
- Widespread public health issues such as obesity impacting on the health resources available for other health sectors.
- If making wellbeing becomes a population wide goal, a particular focus on mental wellbeing will be important since high levels of psychological wellbeing have a strong association with greater productivity, better social relationships, better health and life expectancy.
- Currently, almost half of the New Zealand population will experience some form of mental illness over their lifetime (Pakeha 46.6 % and 50.7 % for Maori).
- Co-morbidity, where an individual has more than one mental illness or a mental and physical illness is common, particularly for older people. Risk factors for the loss of mental wellbeing in older people include loss, social isolation and loneliness, financial stress, physical inactivity and substance abuse.
- The mix of illnesses and risk factors, and the way these interact with and compound each other, creates a complexity in older people’s ill health that is a challenge for health systems.
- Society’s values, attitudes and policies can shape the structure of health services. For example if older people are devalued, they may receive lower quality assessment and treatment and be less likely to be upwardly referred.

The report outlines how New Zealand’s health system is currently focused on a treatment-based model – providing

hospital-centred services and treat-and-discharge interventions. By contrast, the funding of prevention and public health services makes up as little as 5.9 % of total health and health-related expenditure.

Allison’s report says a shift is needed – so that the promotion of health and the prevention of illness are valued equally to treatment. It outlines a number of key areas for further development and possible pilot projects. These include:

- Expanding sound health and mental health policies and practices across workplaces – and amongst healthcare workers especially
- Supporting the role of general practices and other primary healthcare providers to more effectively assess the mental wellbeing and illness of older people and to engage both this group and the wider population in illness prevention and health promotion activities. Appropriate activities will need to be available at a sufficient level and be accessible.
- Working with local councils so that their approach to issues such as urban design and other planning and provision functions all act to support the basic principles of wellbeing.

A full copy of the report is available from the Health Action Trust. Ph 03 548 2798

Five Ways to Wellbeing

Health is more than just the absence of disease. Evidence suggests that building the following five actions into our day to day lives is important for our own wellbeing and that of our workplace and community:

Connect...

Social relationships are critical to our wellbeing. Survey research has shown that choosing life goals involving family, friends, social and political life supports and enhances our lives:

Be active...

If you do 20 minutes of moderately intensive exercise, research shows that your mood can be elevated for up to 12 hours afterward:

Take notice...

Research shows that raising the awareness of sensations, thoughts and feelings can improve our knowledge of ourselves and our wellbeing for several years:

Keep Learning...

In achieving personal goals to learn something new, research has shown that higher levels of life satisfaction are achieved:

Give...

We are hard-wired to help each other! Research shows that cooperative behaviour activates the brain, and that giving and receiving is the simplest way of developing trust between people and communities.

Pharmacy Long Term Conditions Service

The Long Term Condition (LTC) Service is a new service available from pharmacies to help people get the best from their medicines. The service is targeted at people who have one or more long-term medical conditions that require regular medication (such as asthma, diabetes or heart disease). People register for the service with their pharmacy. The pharmacy team will then work with them to tailor the service to meet their needs. Most of the time this service will include three stages of review of the person and their medicines.

If you are registered, the first stage involves making sure that you are aware what medication you are taking, why you are taking it and how best to take it. This will involve a pharmacy staff member comparing your medication with both the pharmacy record and the doctor's prescription. By comparing the different sources of information the pharmacist ensures that you are taking the correct medication, at the correct time, in the correct way. The pharmacy may write a "Yellow Card" for you. This is a single page list of all your medications and is a handy reminder that can be shown to your doctor, pharmacist or any other member of the health team when there are queries about your medication.

When you are taking several medications for several medical conditions, and they may be prescribed by different doctors or specialists, it is easy for your medications to get out of line.

The next stage of the service involves putting your medications back in line, so they will all run out at the same time. This makes things easier to manage and it may also reduce the number of times you need to visit the doctor or pharmacy.

Finally, the pharmacist will work with you to find out what support you need to help you take your medicines as prescribed. This can be as simple as the pharmacy dispensing your medication in monthly lots to help keep them in line, reminding you when your repeat prescriptions are due or when you need to see the doctor for a new prescription. The pharmacy may also pack your medicines into Medicopaks. Medicopaks make it easier to remember when to take your medicines, especially if you need to take a number of medicines at different times of the day.

Combining these steps ensures that you are in control of your medication and are getting the maximum benefit from your treatment.

If you (or a relative) are having trouble remembering to take your medicines, finding them confusing and taking too little or too much and then running out of things at different times, or if you are just wanting more information about the LTC service, please call in to your local pharmacy and speak to your pharmacist. We are here to help.

Further information about pharmacy services is available at the pharmacy or the website:
www.nbph.org.nz/programmes-and-services/pharmacy/



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As part of our World War I commemorations, Nelson Public Libraries, Tasman District Libraries and Page & Blackmore Booksellers held a short story competition: Nelson at War. The competition was judged by local author Adrienne Frater. Here's the winning entry.

Unravelling Pa

by Kat Bailey

Today my Pa finally came back from the war.

Not like he did a year ago when he just showed up swaying in the doorway of our whare making Mum cry, first with happiness, then in that strange, choked way us kids had been hearing a lot at night after Pa shipped out, no, today Pa looked at me, really looked at me. And he finally came back.

Back that first day, when I saw him standing in the doorway, even though inside my heart was jumping all around in my chest cos he was finally home, I saw the swaying and thought 'uh oh, he's drunk, Mum's going to go crook!' See Mum doesn't tolerate the drink at all, and us kids have seen her slapping Uncle around when she thinks he's been drinking – all 5 foot nothing of her smacking whatever bits of big Uncle Whetu she can reach, it's too scary to be funny, so I thought Pa was going to cop it right there! But she just screamed and grabbed him, all crying and laughing at the same time she was. Only, Papa just stood there.

Mum stepped back to look up at him and her eyes got all wide and she just stood there staring at him. That's when I saw Pa wasn't drunk after all, and that's when I saw he wasn't my Pa anymore neither.

It was me who finally brought him back though, just like he taught how years ago, before he'd gone to war when we lost baby Joe and Mum was so sad it seemed like she was pakaru inside. Pa said sometimes people hurt so much they get unravelled inside and you've got to gentle the hurt out and smooth the tangles. 'You got to remind them 'now' is still happening and it ain't so bad' he said.

I'd been trying for months to wind Pa back up again, like I did with Nan's wool that time I got in trouble for not paying attention while Nan was winding her wool up using my hands when was visiting her over in Nelson, and it suddenly all unravelled everywhere in this big loopy mess – see that's what Pa's been, unravelled.

Only way to fix a mess like that is to find that loose end and start again, smoothing and winding.

I decided that first night after us 3 kids all piled into bed early, not cos we was in trouble this time neither, just all that strangeness of Pa being here but not here, made us all tired and, even though none of us said nothing to the other, I reckon we wanted to be cuddled up in the quiet softness of the bed we share, and I lay there thinking 'bout how he needed that loose end teased out and smoothed.

I started pick, pick, picking for that loose thread, 'Pa look at that photo of you and Mumma on your wedding day, whooo flash aye!', 'you kids, let's make Pa a cuppa, he'll be thirsty after sitting there in the sun all afternoon', 'Pa, look at my school journal, see I wrote a story about you coming home, and how we're a family again'. I made sure we all looked after him and showed him our school work and what we'd been doing every single day and every single day I looked to see if he was winding back in.

But what got him in the end was our fishing box. See Pa's Pa, Granpa John, who brought Pa and them all over from England to Nelson which was right good otherwise him and my Mum would have never met her being Maori and all, and who I never did meet cos he got killed near the end of the Boer war, something Nan never did get over Pa says, which is why I reckon she gets so worked up about such things as knotty wool, well, Granpa John had given Pa this big old wooden fishing box years ago. It needed work, lots of the little wooden dividers where the flies and hooks and such go was pakaru, and me and Pa was fixing it.

I'd put it aside while Pa was busy at the war cos he promised to help fix it when he was back and I think I could have felt a bit superstitchus, not like not jumping on cracks like my little sister, cos that's straight out silly, but more like a feeling I had that it was meant just for him and me to do together.

I think he'd been home about a month just sitting and looking off somewhere in his head, I mean he did things to help out and all, but mostly he sat and he didn't talk, which is how I knew he was unravelled, because usually whewee could he talk, worse than Mrs Davis at the Post shop in Motueka and that's saying something what with all her tribulations with the fishermen and her chilblains and all. Well I decided to bring out that fishing box and just start fixing it.

At first I did the measuring and the cutting and Pa would just sit, so I'd put the new dividers I'd cut out just like he'd showed me to do, in his hand with a bit of broke up glass for him to smooth it with. It was like his hands just did that smoothing all by themselves, he never did seem to look at what he was doing.

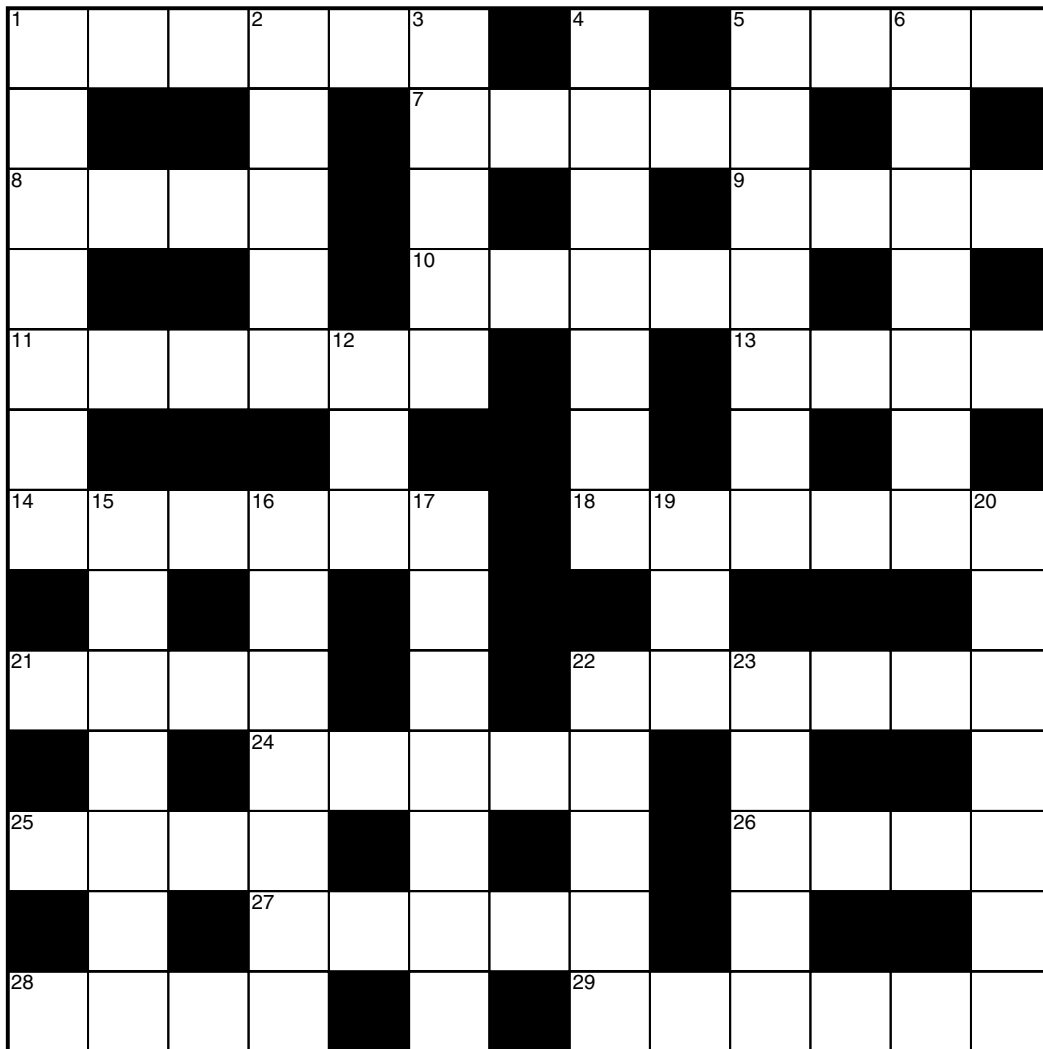
There were a lot of wee dividers and it took a lot of work, months, just like when we all helped build the new bedroom on back of our whare after my baby brother was borned, that was some work too, and just like that it took time. I'd talk to Pa while we worked, explaining what I was doing so's he knew I was doing it right, talked about Granpa John and I'd retell Pa the stories Pa had told me about Granpa using our fishing box back in England and here in New Zealand too before that war got him, and I told on Uncle Whetu too, getting whipped good by our Mum. Pa would smooth and I'd check every now and again to make sure he didn't just smooth my dividers all away, swap the glass for some rag so he could work the wax Mum gave me into the wood and I'd do my unravelling talk.

Pa and me, sat and worked and I talked all the tangles right on out of him I guess cos we was on the last bit we had to mend and I was talking up a storm like my Nan says I do, not sure where she gets that idea from though, I tend to keep quiet around her in case I get noticed and get chores, not that I have to worry about winding wool anymore as that seems to be Gracie's job now, well, there we were and wouldn't you know it, I must have forgot to concentrate again because I slipped with that glass right across the wood and into my hand, not a big cut but wheewee it hurt!. I sort of forgot where I was and used that bad word Ned Michaels had said at school that we'd been whispering to each other for weeks, I said it right out loud! 'Blast!' There was blood on my hand, the glass, the divider and I was hooting and hollering – when it happened.

My Pa came back.

And he hit me. He reached out slapped me upside the ear with one hand, wrapped my hand in that waxing cloth with the other and he held it tight and he looked right at me.

Crossword



Clues

Across

1. Outdoor meal
5. Calf meat
7. Banish from own country
8. Temper
9. Tiny cut
10. Tendency
11. Shines (at)
13. On top of
14. Finnish steam baths
18. Oppose
21. Author unknown
22. Underground room
24. Nook
25. Poker stake
26. Related
27. Floating log platforms
28. Catch sight of
29. Vitality

Down

1. Treats indulgently
2. Prod with elbow
3. Dollar divisions
4. Preserving liquid
5. Sellers
6. Arrow marksmen
12. Meadow (poetic)
15. Window shelters
16. Convent
17. State explicitly
19. Facial feature
20. Authoritarian rule
22. Desist
23. Depart

Answers page 19.

Nelson Denture Clinic

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What's On

DECEMBER 2014

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



A Victorian Christmas

**Saturday 15th November 2014–
Sunday 11th January 2015**

Visit Broadgreen Historic House and find out how a family would celebrate Christmas in 1855. Time 10.30am to 4.30pm daily. Adults \$5, Seniors \$4, Children \$1. Broadgreen Historic House, 276 Nayland Road, Stoke.

Tiny Tots, Toys and Teddies Christmas Party

Sunday 7th December 2014

The magical and mystical Washbourn gardens come alive with the annual Tiny Tots, Toys and Teddies Christmas Party. A spectacular line-up of children's performers will be on display to create a truly memorable experience. Interactive play activities and games available - So come along, bring your teddy, and join in the celebration. Free community event, cancelled if wet. 2-4pm

Nelson Brass Band Carols on the Lawn at Melrose

Saturday 13th December 2014

Join the Nelson Brass Band for

Christmas Carols on the Lawn at Melrose House. Bring a rug and a candle and join us for this special event for the whole family. Refreshments available. 6pm-8pm, Melrose House, 26 Brougham Street, Nelson (parking on upper Trafalgar or 5 minute walk from the city centre).

Carols in the Church

Saturday 13th December 2014

Sing through the Christmas Story by candlelight with the Light of Christ Singers in the beautiful Upper Moutere Heritage Church Building. This family friendly event is an annual event that starts the Christmas season in Upper Moutere with a chance to relax and be entertained amidst the rush of the busy season. Supper is provided. 7:00pm, St Paul's Lutheran Community Church, 3 Supplejack Valley Road Upper Moutere.

Birdhurst Christmas in the Park

Saturday 13th December 2014

Come along on the 13th December to Decks Reserve in Motueka for our 3rd

Annual Christmas in the Park. With features including: School group dance and cultural performances, carols, amusement rides, food, BYO picnic dinner, special visit from Santa, Operatic voice Miriam Fraser from Christchurch and so much more! Bring your friends and family along for an awesome night! 4pm -10pm.

Brightwater Carols by Glo-lites

Saturday 13th December 2014

Brightwater Glo-lites is a highlight on the Brightwater Community calendar. The event is held at Snowden's Bush with the local fire brigade, school, kindergarten, and church coming together to provide a fun filled evening of entertainment. Come along and enjoy a picnic tea with live music and Christmas carols. Food, refreshments and glo-lites available for purchase or bring your own and enjoy the festive atmosphere. Santa will be making an appearance again this year. 5:30pm - 9:00pm, Snowdens Bush, Ellis Street, Brightwater.

Tapawera Christmas Fair

Sunday 14th December 2014

Come to the country for a fab day out. You'll be inspired by the goods for sale, fall in love with the venue, drink in the scenery, relax with refreshments, meet friends, kick back and soak up the atmosphere. This is the place to be to find that unusual Christmas gift. Stall holders, dress up yourselves and your stall using Christmas as your theme. 10am. to 3pm, The Hidden Sculpture Garden, 4854 Motueka Valley Highway Tapawera. Adults \$2 Children Free.

ITM Motueka A&P Show

Sunday 14th December 2014

A show for everyone! From the animal nursery, pets, and horses, to farm machinery, vintage engines and cars, there's lots to see and do. Ferris Wheel, merry-go-round, bouncy castles, displays of WW1 re-enactments and more! 10am - 4pm, Marchwood Park, Queen Victoria St, Motueka. Free parking on-site. Family \$25, Adult \$10, Child \$5, preschool free.

Carols by Candlelight

Sunday 21st December 2014

The serene Washbourn Gardens plays host to Richmond's Carols by

Candlelight where all your favourite Christmas tunes are to be sung and celebrated in true festive spirit. Pack a picnic, bring some warm clothing and come along to share in the Christmas tradition that has been spreading joy in Richmond for over 20 years. Candles available to purchase (gold coin) at the event. Free community event, cancelled if wet. 7pm - 10pm

Carols in the Vineyard

Sunday 21st December 2014

A friendly Community Carols event held in the beautiful gardens of Neudorf Vineyard (Moutere Hills Community Centre if it's raining). This is a great chance to celebrate the Christmas season with a band, soloist performances and even a visit from local Muppets Millie and Miri. Bring a rug and some nibbles and join with us. Neudorf Wines available for purchase on the night. A fun night for all ages. 7.00pm, Neudorf Vineyards, 138 Neudorf Rd, Upper Moutere.

Christmas Carols – Takaka

Wednesday 24th December 2014

Come join in our Christmas Carols led by the Candle Light Choir for everyone's favourite carols and Christmas songs. Song sheets provided. 7.30 pm, Takaka Village Green, 39 Commercial Street, Takaka. FREE.

Richmond Community Christmas Dinner

Thursday 25th December 2014

Traditional Christmas Dinner at the Richmond School Hall in Cambridge St. Non-alcoholic drinks served from 11.30am, dinner served at 12, live music to sing along to. Whether you are a visitor to the area, on your own this year, struggling to make ends meet or just want to be part of a larger event, you are welcome. Wheelchair access, children provided for. No alcohol please. Places are limited so please register early. Koha entry on the day, Tickets from Richmond Mall.

Richmond Market Day

Monday 29th December 2014

Richmond Market Day is an event for all the family. Stalls line Queen Street, there is entertainment in Sundial Square and a vast variety of food. 9am - 3pm.



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Janet

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Whether you require nursing services, personal care or even just a hand around the house, our fully qualified team supports you to live independently in your community.

Talk to your GP or give us a call on 0800 284 663.

Recreation & Service Directory

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

DECEMBER/JANUARY 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

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

DECEMBER/JANUARY 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@ sporttasan 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@ sporttasan 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@ sporttasan 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. 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 co-ordinates 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 at the Richmond Town Hall. All sessions cost \$4.

Croquet

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

Easy Exercise

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

Euchre

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

Gym

Contours Health & Fitness. Ph. 03 544 0496.

Hope-Ranzau Women's Institute

1.15 pm on the first Wednesday of each month at Age Concern Hall, 62 Oxford Street, Richmond. Visitors welcome. Brenda Ph. 03 544 5872.

Indoor Bowls for Seniors

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

MenzShed Waimea

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

Pilates Courses

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

Pottery

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

Richmond Bowling Club

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

Richmond Indoor Bowls

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

Richmond Physiotherapy

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

Richmond Senior Citizens Assn Inc

Seniors on the Go! 62 Oxford St Richmond Costs are only \$2 per daily visit. Tues gam – 12pm open for visits and Morning Tea

Wedgam-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

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

Recreation & Service Directory

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

DECEMBER/JANUARY 2014

wonderful cycle ways focus is on enjoyment rather than distance Sarah.H@ sporttasan 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@ sporttasan or Ph Sarah 9232313

SPORTTASMAN, Richmond

Richmond Town Hall
9 Cambridge Street

Enquiries 03 544 3955
\$5 fitness (20% Grey Power discount on concession card)

Monday

Easybeat: 9am
Shapeup: (seated exercise) 10.10am
Ease in2 Easybeat: 11.15am

Tuesday

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

Wednesday

Body Define 11.15am

Friday

Easybeat 9am
Shapeup (seated exercise) 10:10am
Ease n2 Easybeat 11.15am
FUN Housie: designed for those with special requirements \$3 (ALL WELCOME).

Spinning, weaving

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

Tasman Tennis Club

Social tennis Tuesday mornings 9.30 am, beside the Badminton Hall, Gladstone Rd. Coaching sessions available. Kolie Ph. 027 829 3306 or the centre Ph. 03 544 6083.

Tasman Visual Arts Group

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

Tai Chi with Gretchen

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

Ukulele

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

Upright and Able for Falls Prevention

Free 4-week course for those over 65 who have had a fall.
Ph. 03 539 1812 or Email Cherie.Thomas@nbpho.org.nz for more information and registration.

Veterans' (55+) 9 hole golf

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

Yoga

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

Stoke

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 Masectomy Bras

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

ChairYoga 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
Comelia Ph. 03 543 2669.

Stoke Bowling Club

Allen Ph. 03 547 1411.

Stoke Central Combined Probus 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
BOUTIQUE WINES**

Creative Writers

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

Congratulations to **June Bowen**

THE VELVET GLOVE

By June Bowen

Today I watched a spider
spin a gossamer web in my garden
there he sat, centred
within a geometric masterpiece,
taking hours of meticulous engineering
I destroyed it in a second
I've never liked spiders.

From beneath the mash of thresh
and black gore
crawled another smaller version
pulling her round white orb of future
generations
I felt kind today, compassionate,
I dispatched her in a moment,
Saved her the anguish of a partner lost.

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

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

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wine@fossilridge.co.nz
11am – 4.30pm Wed – Sun SUMMER
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Positive Ageing Forum Update

This is the last Mudcakes and Roses for 2014, the year is rapidly coming to a close with the freedom and relaxation of summer in front of us. Summer can mean special, busy times with family and friends coming and going, staying for a few days or dropping in for a cuppa and chat.

Or it might be the reverse, with some long warm days alone and quiet times as family, friends and neighbours leave town going on holiday. As well as the loss of relatives during the summer, groups and organisations are usually closed so volunteers and workers can catch their breath, relax and recharge their batteries to plan the services for the coming year.

Summer can be a lonely time even if throughout the year people are active in the community – loneliness and isolation for older people is a concern that has been identified as an issue in New Zealand for many years. I found evidence of this in a document that was passed on to me recently “Senior Citizens Speak” produced by the Senior Citizens Unit in 1990 following a comprehensive consultation process.

Many of the concerns raised back 24 years ago are the same or similar to those discussed right now, for example; the standard of living, difficulty with managing on the then current levels of income and the need to draw on savings. Similar to 2014.



Personal safety and protection was a major theme in 1990 as it is now, safety on the streets and footpaths and the totally unacceptable elder abuse, physical, mental and financial.

Spare a thought or two for someone who might be on their own this summer, phone them, drop in to visit, take a treat or go out for a cuppa, pay it forward.

I hope you all have a wonderful Christmas, enjoy the summer and remember someone who might be alone.

Gail Collingwood

Chairperson, *Nelson Tasman Positive Ageing Forum*

The Positive Ageing Expo

Friday 27 March 2015, 10.00 am – 3.00 pm

Dozens of stalls, Fantastic Seminars, Entertainment and much more

Advice and information on how to enjoy getting older

Admission is free + free bus rides from Sundial Square, Richmond, throughout the day

Headingley Centre, Headingley Lane, off Lower Queen Street, Richmond.

