

Mudcakes and Roses

SENIOR GENERATION ACTION
AND ISSUES – NELSON TASMAN



Senior Chefs: A Recipe for Success



03

What is an
Age-Friendly City?

04

Senior Chefs:
A Recipe for
Success

06

Circle Journey

Christmas has done its usual trick and crept up much faster than expected here at Mudcakes & Roses. Hopefully you're feeling a lot more organised than we are!

In this issue we've rounded up some of the great Christmas events taking place around the region in our What's On guide on page 14. However this is only a teensy tiny fraction of what's happening. The best places to look for events are the website www.itson.co.nz or pick up a copy of the Nelson Tasman summer events guide from Council service centres, libraries and Richmond Mall.

Food shows may be all the rage on television at the moment, but it seems there are still an awful lot of us who lack the basics when it comes to cooking and nutrition. The Senior Chef course featured on page 4 is brilliant for anyone aged 65 or over who is cooking for one or two and feeling a bit uninspired, or if you haven't had much experience in the kitchen.

Researching and writing family histories and life stories is an increasingly popular pastime. If it's something you've been considering, make sure you check out Andrea Kepes inspiring story 'Circle Journey' on page 5 and Retro Metro Ro's column on page 9.

Gardening guru Philippa Foes-Lamb shares a brilliant tip for keeping your plants watered if you're heading away over summer (see page 8) and on page 20, Ken Beck shares his views about what makes Moturoa/Rabbit Island such a special place. If you love it too, make sure you have your say about its future during the Tasman District Council consultation process.

Thank you to everyone who took the time to fill in a Mudcakes & Roses survey either online or in our last issue. Your responses will help guide the future direction of this publication.

Last but not least, wishing you all a happy and safe Christmas.

With best wishes, the Mudcakes and Roses team

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

Mudcakes & Roses Noticeboard

Positive Ageing Forum

Positive Ageing Forum meetings are held at Richmond library from 1.00pm until 3.00pm. All welcome.

Next meeting: Monday 22 February 2016

Positive Ageing Expo

The Positive Ageing Expo is on again 1 April 2016. The expo continues to grow year on year and meets its aim - to be a one stop shop for groups, services and activities that help make ageing a positive experience. If your group would like to have a stall, registrations are now open subject to availability. Please note there are a limited number of stall spaces and the event does fill up.

Mudcakes & Roses Survey

We had 64 responses to the survey. Of the respondents 55 like or really like the publication, 8 were neutral and 2 didn't like it. The content people like most to read was evenly spread but the three most popular were articles on local events (49), profiles of local people or groups (46) and health information (39). Regarding the format there was a strong preference (81.25%) from respondents for the printed magazine. There was also some support (21%) for an alternate option to have the content submitted as a regular in the column of a Community Paper or Council publication. The comments were varied although the majority strongly supported retaining the publication in its current printed

format noting not all have access to or can use a computer. There was concern expressed at the cost to ratepayers and suggestions to reduce costs by reducing the print quality, ensuring only information not in other publications and encouraging readers to pass on to others when they've finished. Council staff will now consider the survey feedback and suggestions. This will help to develop a range of options for delivering information to older adults that can then be evaluated for effectiveness.

Richmond & Districts Information Centre Needs Volunteers

With the busy season arriving, volunteers are urgently required to work three hour shifts on a weekly or fortnightly basis at the Information Centre in Gladstone Road. Successful applicants would be required to work with more experienced volunteers initially before being asked to work on their own. Although applicants should preferably have a good knowledge of the local community, this is not necessary, as the Centre has a large database. They should be well presented and enjoy meeting and conversing with visitors from all over New Zealand and the world. The Centre is well appointed with good facilities. If you are interested in this type of work, call in to the Centre or phone (03) 543-9521 or Sally Symonds (03) 542-3983 (rosters) for further details.

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 Tara Fifield at the Tasman District Council Ph. 03 543 8578.

Thanks to our sponsors



What is an Age-Friendly City?

It's a place that enables people of all ages to actively participate in community activities. A place that treats everyone with respect, regardless of their age. A place that makes it easy to stay connected to those around you and those you love. A place that helps people stay healthy and active even at the oldest ages and a place that helps those who can no longer look after themselves to live with dignity and enjoyment.

Many cities and communities are already taking active steps towards becoming more age-friendly. However, many barriers persist. Some of these are physical, for example, poorly designed buildings or lack of transportation that prevents older people accessing the places they want to visit. But many barriers result simply from the way we think about ageing and the way we view and treat older people.

Sue Tilby, Manager of Age Concern Nelson is working to raise awareness of Age-Friendly cities locally and would like to see Nelson/Tasman working to become more age friendly.

The organisation hosted an event in November – a seminar on Dementia-friendly cities. Age Concern invited health professionals and social agencies along to highlight the need for cities, businesses and communities to work towards becoming age friendly.

Sue Tilby says with Nelson/Tasman's older demographic being higher than the national average, it's something the region should be thinking about in terms of future planning.

"The stats tell us that older people will live longer and there will be considerably more older people living in our communities in the future. I am sure Nelson/Tasman has interest in this concept but there is still considerable work to be done by us all to achieve this," she says.

The Global Age Friendly Cities Project started in 2006 by the WHO and has connected cities from around the world. Cities were asked to focus on supporting healthy ageing in their communities, and included research to find out what was currently done to support older people.

New Zealand cities that are working towards becoming Age-Friendly include: Tauranga, Hamilton, Palmerston North, New Plymouth and Kapiti Coast.

An Age-Friendly Community is a place where you can stay connected, healthy, active and respected, for people of all ages.

Eight key areas are:

- outdoor spaces and buildings
- transportation
- housing
- social participation
- respect and social inclusion
- civic participation and employment
- communication and information
- community support and health services

The benefits of age-friendliness include:

- making it easy for people to stay connected with each other
- helping people stay active and healthy
- supporting people who are no longer able to take care of themselves to live with dignity and enjoyment
- treating everyone with respect



Nelson Nursing Service is proud to be the ONLY Nelson-owned and operated Home Support and Community Nursing Service in the region. Our services are flexible and can be provided either in your own home or at our purpose-built clinic.

BEST SERVICE • BEST PEOPLE • BEST OUTCOMES



- 24 hour nursing in the home, including home support and personal care. On-call Registered Nurse available at all times.
- Rehabilitation self-management support.
- Wound assessment and management, including ulcer dressings and compression bandaging.
- Measure and supply of compression hosiery.
- Incontinence Products and Advice.
- Toenail clipping service.

469 Main Road Stoke • Tel: 03 547 2814 • www.healthcarenelson.co.nz



Senior Chefs – A Recipe for Success

Eating alone and difficulty with cooking are two of the issues putting many seniors at risk of poor nutrition.

Internationally there's growing evidence that a significant number of older people are poorly nourished and older people in New Zealand are no different. A nutrition study amongst 152 community-living older people in Christchurch found that 31 percent were at high risk of poor nutrition while 42 percent of older people admitted to Christchurch Hospital with fractured hips in 1996 were found to be significantly malnourished.

Overseas research has shown that cooking courses for seniors can have a positive impact on food choices, nutrition, health and overall wellbeing.

With this in mind, Nelson's first Senior Chef course was introduced in 2014, adapted from a successful course developed by the Canterbury District Health Board. The course aims to stimulate interest in cooking and eating, increase cooking ability, improve nutritional wellbeing and food knowledge, create

opportunities for friendship to develop and bring older people together to share meals.

Since then, five 8-week Senior Chef courses have been run in Nelson. Annette Nistor is one of the Facilitators, ably assisted by Leanne Craig. Both women are passionate about helping older adults in the community. Through her work as a dietician, Annette could see there was a need for the course in Nelson and embraced it with passion.

"Having worked with older adults in the community, I have been aware of situations where people have not previously needed to cook on a regular basis or have ended up living alone with minimal motivation to cook for themselves," she says.

One participant in the first Senior Chef course was Noel Riley, a former President of Waimea Menz Shed.

Noel says until he retired, like many men, he was busy working in a professional job and had little time for cooking.

"I think it's time the males learnt! You might find yourself on your own one day so it's very important from my point of view."

Noel says the course was excellent and the food delicious. It was also a lot of fun and the group still gets together once a month for coffee. "Sometimes I'll bring along a cake I've cooked," he says proudly.

Noel has continued to build on the skills he learnt on the course and is now doing a lot more cooking at home.

"I enjoy cooking, however it's better if my wife's not in the kitchen when I'm doing it! Once you start and get a bit of confidence, you can branch out into other things. There's also a good social appeal to it – you can invite friends around for a meal you've cooked."

Fellow participant Ruth Chignell, 81, who has a visual impairment, describes herself as an "average cook" before doing the Senior Chef course. "I had a family and raised four boys, but now I'm cooking for one, and you do get lazy," she says.



One of the things Ruth enjoyed most was the supermarket visit. "You don't always think about what you're buying -we talked about simple things like buying what's in season fresh and buying what's out of season frozen," she says.

Ruth says after doing the course, she now thinks more about what she's eating in terms of its nutritional value and also thinks about what to cook earlier in the day. She believes the course would also be beneficial for people with disabilities.

"When you have a disability you sometimes start to focus on what you can't do instead of what you can," she says.

Tony Evans, 77 says he was already a "reasonable cook" before doing the Senior Chef course, but he went along to support a friend and still found it valuable.

"The talks on different foods – what you should eat, nutrition and carbs was useful. For me, the cooking side of things was quite straightforward but there were others there who had never even made a boiled egg or an omelette."

Tony also found the supermarket visit an eye-opener. "I learnt that the things that are cheaper are often on the bottom shelves and that labels show the price per 100gms – I'd never paid attention to that before. They also showed us how to read labels and how with things like bread, often the prices are quite different but the nutritional value is the same – common sense things really."

Tony also enjoyed the social aspect of the course. "I found it a nice way to meet people as I tend not to get out all that much. It was definitely worthwhile."

Key Facts

- Senior Chef is a community based free cooking course that provides up to 8 older adults with the opportunity to improve their cooking skills and knowledge, and to socialise and share meals as a group.
- Each session runs once a week for 8 weeks. The Cooking for Older People cookbook is used and each participant receives a personal copy.
- The Senior Chef course is privately underwritten and is run on a shoestring budget. Grace Church in Richmond supplies the venue and cooking facilities free of charge, while donations are used to purchase the ingredients and cookbooks.

Get Involved

- To join a Senior Chef course you need to be 65 or over and either living with a partner or on your own in Nelson/Tasman.
- The next Senior Chef courses will begin again in 2016. Dates will be advertised through Grey Power, Age Concern and Mudcakes & Roses.



**"I'd like
Pavarotti
and poetry"**

At Marsden House we understand that everyone is different, and that your funeral should reflect and celebrate your uniqueness. We offer a wide range of options for you to pre-plan your funeral to be exactly how you want it.

**Call us today on 03 548 2770
for a FREE information pack.**



Marsden House
FUNERAL SERVICES

Need support and professional care in your own home?



Call Nelson's qualified provider of home based support services.

**Contact our branch:
Suite 3 Level 1
355 Lower Queen Street
Richmond
Ph. 0800 263 562 or 03 548 2009**



Email: nelson.office@healthcarenz.co.nz
Website: www.healthcarenz.co.nz



Circle Journey

Completing her book "Circle Journey" has been a cathartic process for local writer Andrea Ann Kepes.

She has spent over a year on her labour of love – a combined family history/ autobiography.

Andrea's family history begins in Hungary, Eastern Europe, several generations ago. Her family endured The Holocaust and many did not survive. The family trees she has included are dotted with Stars of David to indicate these family members who became Holocaust victims.

Andrea's mother, Eva, provides her haunting recollections of life in a concentration camp seen through the eyes of a child. (She was interred along with her mother and sister). Later Eva and Andrea's father, Andrew, escaped Hungary as refugees and made their way to faraway New Zealand.

Here Andrea is born, a child of the 60s, followed by her brother David and, much later, another brother Ben. Growing up middle-class in Tawa is described by Andrea, along with some of the antics of her slightly eccentric parents. She writes about her semi-religious Jewish upbringing and being the child of Hungarian immigrants. The effects of what her parents experienced during the Holocaust continued to reverberate through the family.

"It really affected everything including me and my brothers. The effects last for generations," says Andrea.

Andrea's own journey through adulthood is also documented, including a broken romance, her freelance journalism, the visual impairment which prevents her from driving and a long battle with recurrent depression.

Andrea writes at some length about her love of Nelson and she describes some humorous 'Nelson characters'. There's also an amusing chapter called 'a Tale of Forty Flatmates', as well as several poems.

The final part of 'Circle Journey' is called 'Reflections', where Andrea discusses her thoughts on a wide range of contemporary social issues.

Andrea says the writing helped her make sense of her life and see the patterns.

"From the time I turned 50 I just had it in my mind that I wanted to write my family story/life story. As a freelance writer, I'm often a channel for other people's voices – I felt it was time for me to say the things I wanted to say," she says.

In the book, Andrea also shares her tips for others interested in writing their own story or family history.

They include:

- Read other people's memoirs and autobiographies to get tips on structure and style.
- Make a rough plan of the book layout including chapter headings.
- Make a timeline of key life events and dates.
- Include visuals such as family trees and photographs.
- Write in short, regular bursts.
- Do a variety of activities in between writing to give time for ideas to germinate.
- Carry a notebook to jot down ideas as they come to you.
- Let people know that you're working on a book project, so that you become accountable for completing it.
- Edit and proof as you go and again at completion. Ask friends to help with proofing – this will need to be done several times.
- Once you have the manuscript ready, put it on a flash drive and get quotes from at least a couple of printers to compare prices.
- If you're not a writer, you could also record your story on a digital voice recorder or DVD.

'Circle Journey' costs \$35 or two for \$60.

Contact Andrea:

Ph. 03 548 2824,

Ph. 027 858 7580,

Email. aakepes@slingshot.co.nz,
www.andreaswritingservices.com



All About Apples

Motueka's history as an apple growing region will be celebrated in an exhibition at Motueka Museum this summer.

Curator Pauline Westall says All About Apples will cover the apple industry's growth and development in Motueka from the time of the early settlers when apples were hand-picked from trees straight into cartons through to today's high tech packing sheds. The exhibition will be strongly visual, with hand-painted backdrops as well as old apple packing and grading equipment on show – including the Bensemann grader which was made locally and used worldwide.

The industry has waxed and waned over the years, but has always been a vital part of the region's economy. Pauline says with every exhibition, she discovers something interesting and new.

Here are a few fascinating apple facts:

- The first cool store in Motueka was built in 1916 adjacent to the present wharf. It was cooled by water running down the outside walls.
- 1941 was the beginning of Apples in the Schools scheme. Every child was given an apple a day for 6 months of the year. A healthy way to help combat the surplus caused by the lack of exports in WWII.
- Pomona was the Roman goddess of fruit. The science of growing apples is called Pomology. Pomona Road in the Tasman district is named after the goddess.

All About Apples runs from 7 December 2015 until June 2016 at Motueka Museum, 140 High Street. An Apple Week will be held during February, which will feature competitions and activities such as apple bobbing.



WE BRING
CLARITY
TO YOUR LEGAL ISSUES

PITT & MOORE
LAWYERS AND NOTARIES PUBLIC

Nelson 03 548 8349 • Richmond 03 543 9090
www.pittandmoore.co.nz
LawXLink

Great Time to Plant Veges

Hi, summer is officially here and it's predicted to be an incredibly dry one in our district. The weather in Spring was challenging to say the least, with big fluctuations in temperature and very little rain. Now is the time to give your summer vegetables some tender loving care to help them produce their gorgeous bounty under what could be tough conditions.



Tomatoes will be setting fruit so it's time to start feeding them fortnightly with your favourite liquid food. Liquid feeding provides instant nourishment whereas dry tomato fertiliser takes longer to be absorbed and can be too strong, especially if your tomatoes are planted in containers or planter bags.

Keeping your summer vegetable crops, citrus and other treasures moist can be a challenge, especially if water restrictions are in place or you are going away over the Christmas period. Collect 1.5 and 2 litre water or soft drink bottles, fill them almost to the top with water and invert them quickly into the soil. Your plants will draw the water out of the bottles as they need it. If you are going away ask a friend or neighbour to refill them for you or upend as many bottles as you can around your plants.

White butterflies will be out in force so help protect your broccoli, cabbage and cauliflower crops with open-weave Mikroklima frost cloth. Prefabricated metal hoops are a perfect frame or you can fashion your own from plastic tubing. For a cheaper option pop stakes into the ground around your plants then toss the cloth over the stakes and pin down. Mikroklima lets light, air and moisture through but keeps white butterflies out.

Hanging baskets and container plants will be drying out very

quickly from now on so it's a great idea to sit them in a tub or bucket of water until the top layer of soil is thoroughly damp. This is particularly effective when water restrictions are in place because it avoids wasting precious water.

Evergreen hedges such as buxus, escallonia or pittosporum (to name a few) and deciduous hedges such as hornbeam or beech will have put on a lot of growth in Spring and can be trimmed now. Choose a cloudy, dry day as this will help avoid the cut surface of the leaves getting sunburn. Keep new hedges well-watered at the base, watering deeply and less often for best results, then mulch. This will help them remain healthy in their first summer, becoming established with a strong root system.

It's time to dead-head your roses, perennials and annuals regularly to encourage more flowers. All of these will benefit from a good dose of fish compost and sheep manure now. They will repay you with magnificent displays well into the New Year.

Brighten up your Christmas with hanging baskets and containers filled with red and white petunias, bedding begonias (full sun) or impatiens (partial or full shade). Bringing them indoors on Christmas day is the perfect way to enhance your table display. If rain is forecast, move your large-flowered petunias under the eaves or other sheltered spots to help prevent the flowers being ruined. Have a wonderful Christmas season and happy gardening.



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/- 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 show will run through the holiday period.

Happy gardening.

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.

Now Open Wednesdays 10am-4.30pm, other times by appointment.

Philippa Foes-Lamb,
25 Maisey Rd, Redwood Valley
Ph: 03 544 3131 or 021 522 775
Email: foeslamb@xtra.co.nz



The Retro Metro

Ro Cambridge

The Seekers were 26 when they recorded their song "Turn, Turn, Turn". I was 13. I blithely sang along with them about there being "A time for every purpose under heaven... A time to be born, a time to die ... A time to build up, a time to break down." Now that the Seekers are old-age pensioners, and I'm heading in that direction myself, I finally understand - in my possibly osteoporotic bones – that I am part of all this being born, breaking down and dying malarkey.

With this realisation comes a host of very big questions. Should we as we age, look inward or outward, engage more fully with the world around us, or disengage from it? How should we deal with a body that doesn't look or function the way it used to? How can we bear the griefs and regrets which inevitably accumulate over a lifetime?

There's no shortage of books by experts keen to help you with these questions. However, I prefer memoirs to manuals. You might like to try these on for existential fit

In **Teach Us to Sit Still**, novelist Tim Parks refuses surgical intervention for mysterious and crippling abdominal pain and searches for an alternative cure while negotiating the fine line between the "reasonable, pragmatic, and scientific" and the "desire to transcend reason, to escape from pragmatism and science".

Writer Stephen King was hit by a car while he was out walking one morning in 1999 and wrote his book **On Writing** during the

months of rehabilitation. It's about the experience of recovering from sudden, traumatic injury as well as about writing.

In **Levels of Life**, Julian Barnes writes about the death of his wife within 6 weeks of a diagnosis of brain cancer. He described the death of his father just as movingly, in another memoir **Nothing to Be Frightened Of**.

Australian Maggie MacKellar dealt with her husband's suicide and the sudden death of her mother by leaving her academic job retreating with her two young children to a family-owned farm in western New South Wales. She recounts her recovery from her grief in her memoir **When It Rains**.

Not all memoirs are about such grim experiences. Some, like **Mustn't Grumble**, columnist Joe Bennett's account of his return to England, the land of his birth, after living 15 years in New Zealand, are light and amusing but allow us to understand ourselves through reading the experience of others.

Writing a memoir isn't an easy process but many older people have an urge to record and make sense of their lives or to preserve family and community history. If you share this yearning, **The Memoir Book** by Patti Miller and **Writing the Story of Your Life** by Carmel Bird are excellent guides to the art and craft of telling your life story. Miller and Bird are both Australian, but New Zealand writer and memoirist Deborah Shepard offers more guides to the journey on her website www.deborahshepardbooks.com



Ro Cambridge

Abel Tasman Visit Commemoration

In December 1642 Dutchmen Abel Tasman and his crew on the Heemskerck and Zeehaen made the first recorded sighting of New Zealand as they sailed towards the west coast of the South Island for their first encounter with local Maori.

Preparations are underway in Golden Bay for the annual commemoration of the explorer's visit. Golden Bay Museum board chairwoman, Penny Griffith, says it's a special milestone in New Zealand's history as well as local history. "So it's important each year to remember that first meeting of the two worlds."

The commemoration will take place on December 18 + 19 in Golden Bay.

The Netherlands' Ambassador to New Zealand, Rob Zaagman, recently recognised the special connection between his country and Golden Bay with a visit to the region. Mr Zaagman met representatives of the Council, iwi Manawhenua ki Mohua, the Department of Conservation and local schools and researchers, and visited the Golden Bay Museum.

Penny says the ambassador was keen to see New Zealand's only permanent displays marking explorer Abel Tasman's 1642 voyage and encounter with local Maori.

"He also wanted to discuss plans for the 375th commemoration in 2017, which will be a major event."



Netherlands Ambassador Rob Zaagman (centre) at Golden Bay Museum on 12 October, with researchers Dave Horry (L) and Robert Jenkin (R), creator of the 1642 'first meeting' diorama behind them.

Commemoration Events

Friday 18 December 2015

10.30 am: Tasman Monument, Ligar Bay

5.30-7.00 pm: Golden Bay Museum, Takaka

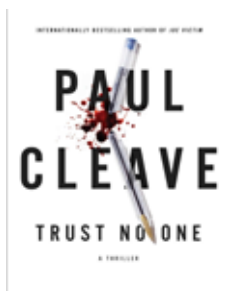
Saturday, 19 December 2015

9.00 am-2.00 pm: Walk: Wainui Bay to Taupo Point

Sunday, 20 December 2015

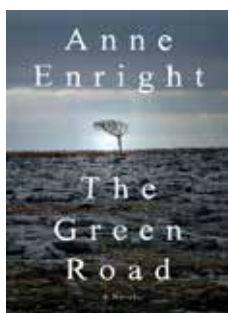
11.00 am-2.00 pm: Boat trip following Tasman's course

Summer Reading Suggestions



Trust No One by Paul Cleave

Jerry, a thriller writer, confesses to a murder that all around him insist is a fictitious murder from one of his novels - Jerry in fact has early onset Alzheimer's and is living in a nursing home, from which he is a frequent absconder. But is he a serial killer? A roller coaster of a read if you want an adrenaline rush for Christmas.



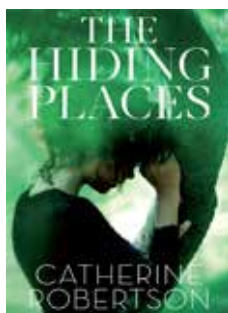
The Green Road by Anne Enright

An engaging novel about five members of the Madigan family. The book is a series of individual tales moving from one family member to the next. At the centre of the novel is the mother Rosaleen, recently widowed she has hinted she wants to sell the family home. A novel with Christmas at its climax, but a Christmas you may not want for your family.



Something to Hide by Deborah Moggach

The lives of five different women, each woman encountering a set of circumstances which involves secrecy and each somehow linked to Orya, West Africa. A cleverly interwoven mix of very different lives, linked by a very slim thread. A great read for the holiday season.



The Hiding Places by Catherine Robertson

April Turner is living a bleak life feeling responsible for the death of her son. She travels to the UK after discovering she has inherited a country estate in Buckinghamshire. As she works on getting the estate ready for sale with the mischievous but 'man with secrets' Oran; spends time with the irascible

octogenarian Sunny and the dapper lawyer Edward Gill; and with the mysterious 'man of the woods' Jack, she finds it hard to maintain her penitential façade. A lovely read for Christmas.



Arkie's Pilgrimage to the Next Big Thing by Lisa Walker

Arkie was a successful trend spotter – until she strayed from her marriage and things started disintegrating – enter Haruko, an eccentric and mysterious young woman – who Arkie engages as a pilgrimage guide – pilgrimages having been identified as the next 'big thing'. But finances reduce their pilgrimage to the 'big things' of the Australian countryside – giant prawns, bananas, redback spiders ... – a nice inspirational read for Christmas.

Find more summer reading suggestions at our Libraries!

Elma Turner Library: Monday, Tuesday, Thursday, Friday: 9.30am - 6pm; Wednesday: 10am - 6pm; Saturday: 10am - 4pm; Sunday: 1pm - 4pm

Stoke Library: Monday, Tuesday, Thursday, Friday: 9.30am - 5.30pm; Wednesday: 10am - 5.30pm; Saturday: 10am - 1pm (closed Sunday)

Nightingale Library Memorial: Monday, Wednesday, Friday: 1pm - 4.30pm; Tuesday, Thursday, Sunday: 10am - 2pm (closed Saturday)

Closed 25-28 December incl. and 1-4 January incl.



Your safe and trusted local community taxi.
We have five mobility taxi's in our fleet.

Anywhere Anytime call a Blue Bubble Cab

Ph. 03 548 8225
0800 108 855



Tasman Libraries

Book a Librarian Service at Richmond Library

Having trouble downloading a library e-book or setting up an email account? Not sure where to start with your family history research? You can now book a free 45 minute one-on-one session with one of our friendly library staff at Richmond Library and get in-depth help with these and many more information queries.

"It's great to get this service up and running", says Information Services Librarian, Helen McCubbin. "It means we can dedicate one-on-one time with customers and spend longer using our expertise to help people find the answers to their questions."

Some examples of the types of things we can help with are using the library website and catalogue, research help,

downloading e-books and e-audio, accessing family history information and slide scanning.

The Book a Librarian service runs on Tuesdays, Wednesdays and Thursdays. If these days don't work for you, you can suggest an alternative day or time and we'll do our best to make it happen. The service is only available at Richmond Library at this stage.

To book your session go to the library website Services page and fill in the online booking form. Or call into Richmond Library and talk with one of our friendly staff.

Happy holidays

It's hard to believe that another year has flown by and we're heading into the holiday season. Remember to stock up soon with all your holiday reading and entertainment from your local library.

We look forward to seeing you over the summer and in 2016.

Happy holidays from everyone at Tasman District Libraries.

HEALTH

Kiwis not taking heart attack symptoms seriously

A 'she'll be right' attitude and concerns about the cost of an ambulance are among the reasons Kiwis delay calling for help when they have symptoms of a heart attack.

New research by the Heart Foundation has found that New Zealanders are not taking heart attack symptoms seriously, risking premature death or permanent damage to their hearts.

To combat these findings, the Heart Foundation launched its largest ever public awareness campaign earlier this year.

"Heart disease is New Zealand's biggest killer," says Heart Foundation Medical Director Dr Gerry Devlin.

"We're losing more than one Kiwi every 90 minutes and it's not good enough that many of these deaths are premature and preventable. One in three of us will be personally affected by cardiovascular disease. It's time for Kiwis to start taking their heart health seriously."

Past research had shown that Kiwis take too long to seek medical attention when they or someone nearby presents with the symptoms of a heart attack.

This new study, carried out in May this year, looked at why New Zealanders behave in such a way. It canvassed the views of 1422 people through focus groups and a survey.

Reasons include a 'she'll be right' attitude, concerns about the cost of an ambulance and medical care, and a fatalistic view that 'this was meant to happen'.

Another problem is that people experiencing a heart attack, and those witnessing, often feel like they need permission to call for an ambulance.

"It's as if people are looking for someone to tell them it's okay to call for help," says Dr Devlin.

"What we want to do with our Heart Attack Awareness campaign is empower every Kiwi to recognise the symptoms of a heart attack and be confident enough to call for medical help."

Dr Devlin says many people do recognise symptoms like chest discomfort, but many don't recognise the less obvious symptoms of an attack, which can include pain in the jaw, shoulders or back; or excessive sweating, shortness of breath and nausea.

"It's not always like the dramatic chest-crushing pain you see on TV or in the Hollywood movies. The most common symptoms of a heart attack can be subtle but still have a very serious outcome."

While some seek prompt medical attention, many don't. Dr Devlin says it was disappointing to hear stories about people experiencing symptoms but waiting hours and in some cases days to receive life-saving medical care.

"It's even more disappointing to think this is happening across New Zealand every day," he added.

The research also revealed that communities most likely to delay calling for urgent medical care are those in lower socio-economic areas.

Do you get stroppy?

By Gail Collingwood

A friend suggested I read a recently published book 'Stroppy Old Women' where 52 New Zealand women happy to be labelled stroppy shared their opinions.

What causes a stroppy reaction for you – especially from the perspective of an older person?

I suspect many people, women in particular, were raised to be agreeable, to hide stroppy feelings, not to be feisty, crabby or grumpy about anything that touched them.

My current pet stroppiness is pedestrians who blithely walk directly towards me on the footpath with seemingly no thought they might avoid me. Sometimes there might be four or five people in a line right across the width. Having moved into another decade I now play the stroppy or the feisty card, walking determinedly straight ahead, a quick smile and we seem to pass without accident. However on some occasions it seems to take a few moments for the penny to drop and an evasive detour occurs.

Courtesy around cell phone use seems to be taking time to evolve – I really get stroppy when I am trapped and subjected to a one sided conversation. These conversations can be loud, revealing many personal details that could be used for nefarious purposes which concerns me.

I guess the other side of being stroppy is the danger of becoming narrow minded and seemingly judgemental as we become older. The contributors to 'Stroppy Old Women', (which incidentally has proceeds going to Alzheimers NZ) identified numerous issues that stirred acts of stroppiness like;

Annoying advertisements, changed family values, indifferent restaurant service, retail workers who abandon you for the phone, able-bodied users of accessible car parks, passwords, computers, thank you letters, familiar first name use and table manners.

This book left me thinking about the Jenny Joseph poem 'When I grow old I shall wear purple...'

When I am an old woman I shall wear purple

With a red hat, which doesn't go, and doesn't suit me,
And I shall spend my pension on brandy and summer gloves

And satin sandals, and say we've no money for butter.

And I shall sit down on the pavement when I'm tired

And gobble up samples in shops and press alarm bells

And run my stick along the public railings

And make up for the sobriety of my youth.

I shall go out in my slippers in the rain,

And pick flowers in other people's gardens

And learn to spit.

You can wear terrible shirts and grow more fat

And eat three pounds of sausages at a go

Or only bread and pickles for a week

And hoard pens and pencils and beer mats and things in boxes.

But meanwhile we must stay respectable

And must not shame the children; they mind more,

Even than we do, being noticeable

We will keep dry with sensible clothes and spend

According to good value, and do what's best

To bring the best for us and for our children

But maybe I ought to practice a little now?

So people who know me are not too shocked and surprised

When suddenly I am old, and start to wear purple.



STUDIOS AVAILABLE



OWNER OPERATED FACILITY

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

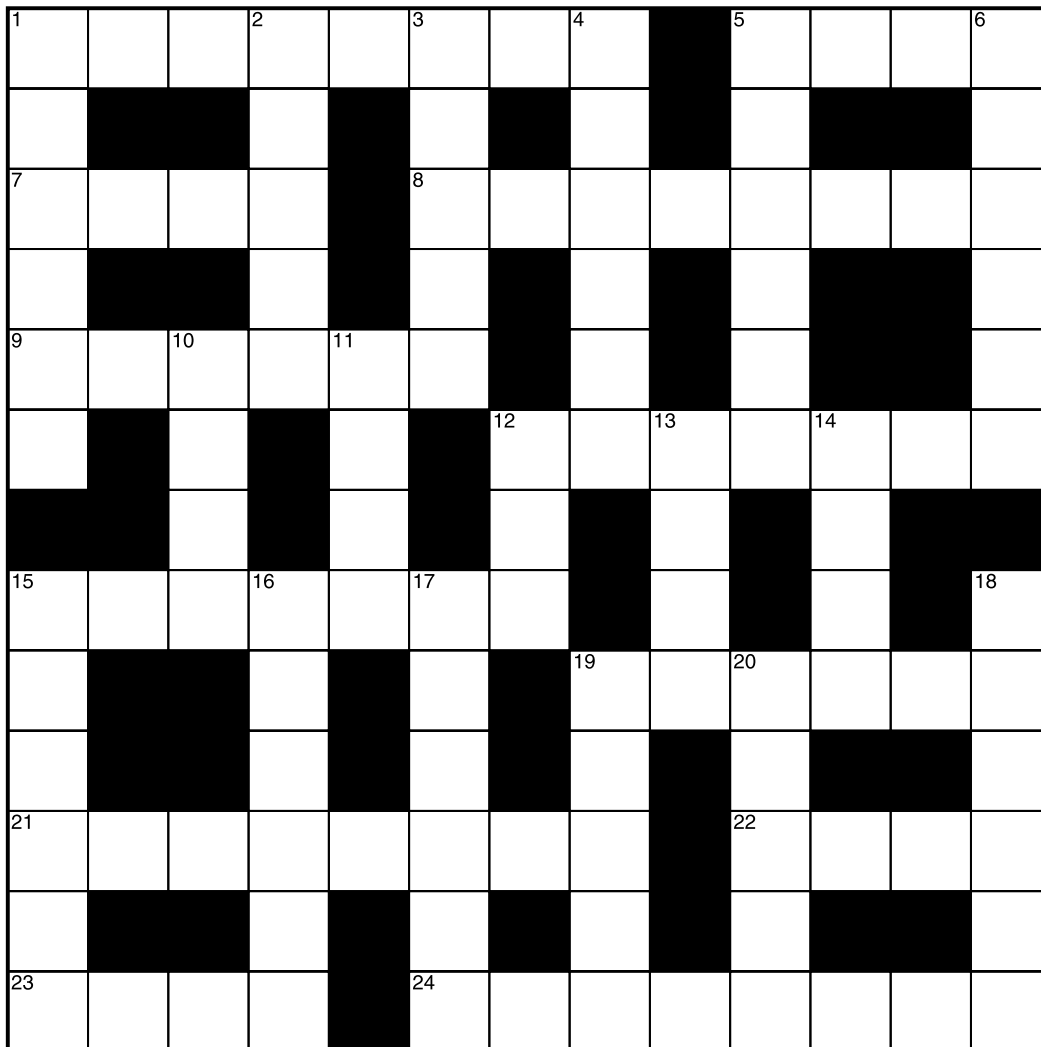
- 24 hour Nurse Call
- Meals provided
- Licence to occupy available
- Access to activities programme, spacious grounds, weekly shopping



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



Crossword



Clues

Across

1. Boxer
5. Honey pots
7. Cosmetics gel, aloe ...
8. Pocket blade
9. Afternoon crockery (3,3)
12. Taunting
15. Cigar
19. Theatre entrance halls
21. Broad vista
22. Soft drink
23. Feat
24. Food supplement

Down

1. Swivels
2. Welsh actor, Rhys ...
3. Data entered
4. Pins & needles sensation
5. Office underling
6. Glimpsing
10. WWII diarist, ... Frank
11. Resound
12. Protrude
13. Italy's currency unit
14. Ireland, the Emerald ...
15. Topped
16. Vinyl 78
17. Canada's capital
18. Flee
19. Impostor
20. Pleasure cruiser

Answers page 19.

Nelson Denture Clinic

The Smile Designers

Specialising in:

- BPS Dentures - latest technology injection moulded dentures. Excellent fit and extremely natural appearance
- New Dentures
- Cosmetic Dentures to Support and Improve Facial Structures
- Replacement Dentures
- Total Professional Care for Denture Patients

OUR GUARANTEE
IS IN YOUR SMILE

EXPERIENCE
COUNTS

"Someone has to make the best teeth"



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

What's On

OCTOBER 2015

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

Carols by Glo-lite

Saturday 12th December 2015

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. Free event, 5.30pm, Snowden's Bush, Brightwater.

Carols in the Church

Saturday 12th December 2015

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. Free. Starts 7.00 pm. St Paul's Lutheran Community Church, Supplejack Valley Rd, Upper Moutere.

Carols by lamplight

Sunday 13th December 2015

Annual celebration held in Bev & Ernie Dyke's woolshed, singing traditional Christmas Carols accompanied by Motueka District Brass, and musical items from "The Sisterhood" quartet. This popular event has been held here for about 30 years - a time to reflect on the true meaning of Christmas. Interruptions from the 'pet sheep' are a 'special feature' of the evening! People are advised to arrive early to get a seat and wear warm clothing. 7.30 pm, 297 Central Road, Lower Moutere.

Carols in the Vineyard

Sunday 12th December 2015

A friendly community carols event held in the beautiful gardens of Neudorf Vineyard. Celebrate the Christmas season with a band, soloist performances and even a visit from local Muppets Millie and Bonzo. Bring a rug and some nibbles and join with us. Neudorf Wines available for purchase on the night. Moutere Hills Community Centre if it's raining. Free event, 7.00pm, Neudorf Vineyard.

Richmond Carols by Candlelight

Sunday 12th December 2015

Pack a picnic, bring some warm clothes and share in the festive spirit, as Washbourn Gardens once again hosts an evening of Christmas carol singing and celebration. Free event, 8.00 pm. Cancelled if wet.

Christmas Carols on the Village Green

Thursday 24th December 2015

Come join our Christmas Carols on The Village Green led by the Candle Light Choir for everyone's favourite traditional Christmas carols. Song Sheets provided. If wet, Carols at the Takaka Village Theatre across the road. 7.30 pm, Takaka Village Green. FREE, No alcohol.

Carols by Candlelight on the Cathedral Steps

Thursday 24th December 2015

Annual Community Carols by Candlelight on the Cathedral Steps, music provided by the Nelson City Brass Band. We invite the community of Nelson to come along and start Christmas by joining us in singing traditional Christmas Carols. Arrive in plenty of time to get a space. Starts at 8.45 pm, Christ Church Cathedral, on Steps in front of Cathedral. Gold Coin Donation for the Candles.

Mayors' Christmas Dinner

Friday 25th December 2015

Every year the Mayors of Tasman District and Nelson City hold a Christmas Dinner for senior citizens who may otherwise spend the day alone. Nelson College Hall, Nelson. 11.00 am - 1.30 pm. Tickets \$15. Live entertainment, drinks, sing-along, Christmas dinner giveaways, entertainment, door prizes, and surprises! Tickets from Tasman District Council's Richmond Office, Stoke Library and Nelson City Council offices until 19 December. If transport is required (within Nelson and Richmond only) please phone Brian McGurk on 01 027 444 0170.

Richmond Community Christmas Dinner

Friday 25th December 2015

Traditional Christmas Dinner at the Richmond School Hall in Cambridge St on Christmas Day. 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. 11.30 am - 2.00 pm. Koha entry. Tickets from Richmond Mall. Contact Ph. 03 544 8844 seniors.onhill@xtra.co.nz

Motueka Christmas Dinner

Friday 25th December 2015

Our guests enjoy entertainment and carols beginning at 11.30 am at Memorial Hall, Pah Street, Motueka, with the beautiful meal served at noon. Father Christmas will also be arriving. This is a completely free event and anyone who would like to share their Christmas Day with us is most welcome. You need to register early for catering purposes as places are limited. You can go in person to the Salvation Army, Greenwood Street or to Community House, Decks Reserve. Alternatively phone Pat on 528 9802, Rankeilor 528 5089; text Sandra 0212 645233; Email motuekachristmasdinner@gmail.com.



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

Janet



Make yourself at home with Access

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

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



Summer Guides

Look out for Your Guide to Events in Nelson Tasman, and the Tasman District Summer Service Guide - both out in December 2015.

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

DECEMBER 2015/JANUARY 2016

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: 03 543 7838 or email Cherie.thomas@nbph.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: Graham and Denise Rogers Ph. 03 525 9948. 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 2nd & 4th Mondays of the month 2.30 – 3.45pm St John's Hall, Motueka. Light exercise with a focus on breathing and relaxation. Ph Nelson Asthma Society 544 1562. Cost \$2 per class unless you are a Nelson Asthma Society member (\$10 per year) and then classes are free of charge, refreshments following class.

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)

Monday Night. Venue: Lower Moutere Hall Time: 6:00pm Beginners Class (merges into) 6:30pm Improver Class (merges into) 7:30pm Easy Intermediate-Intermediate Classes finish at 9:00pm Contact: Sue Wilson Ph. 03 528 6788 or 027 435 8700 or email: sioux.wilson@yahoo.com.au

Marching

Motueka Veteranettes Marching Team Bev Ph 03 528 9125.

Motueka 50+ Walking Group

All walks leave Deck's Reserve carpark, where transport is arranged. To see the walks schedule, go to www.motueka50pluswalkers.org.nz. Meetings on the last Thurs of each month in the RSA Club, High Street, Motueka, 9.30 am. Contacts: Secretary Yvonne Hope Ph. 03 528 7276, President Vivienne Pearson, Ph. 03 526 6076. For details about alternate walks,

contact Frances Neumann Ph. 03 528 4559.

Motueka and District Historical Association

Meets fourth Saturday of the month, April to November, Community House, Decks Reserve, 1.30 pm. Coralie Ph 03 528 8241 or email tw-cr.smith@xtra.co.nz

Motueka Bowling Club

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

Motueka District Museum

Summer (Dec-March) Monday to Friday 10-3, Sunday 10-2. Winter (April – November) Tuesday to Friday 10-3, Sunday 10-2. Closed Public Holidays. 140 High St. Ph 03 528 7660.

Motueka Senior Citizen's Assn Inc

Pah st Motueka (behind the Motueka Library) If you are 50 plus you are welcome to come and participate Indoor bowls – Mon & Wed 1.30-3.00pm. Fun sessions-great light exercise, no serious competition. Contact – Terry 03 528 7104 or George 03 528 7960

Rummikub – Thursdays 1-3pm. Scrabble-like game but using numbers. Contact- Mavis Win 03 526 8796

Various activities – 2nd Friday of the month 1.30-3.30pm

Fun, simple games, darts, cards etc. Contact – Dylis Rutter 03 528 8960

Housie – 3rd Friday of the month 2-3 pm. Contact – Dot McNabb 027717018 or Dylis Rutter 03 528 8960

Monthly social – 4th Friday of the month, 2-3.30pm Speakers or entertainment. Light refreshments served at each session. Annual subs \$15.00 and \$2.00 for each session. No prior experience needed as assistance is available.

Motueka Recreation Centre Senior Activity Programmes Mondays

Silver Sneakers: 9.30am, Cost \$4

Recreation & Service Directory

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

DECEMBER 2015/JANUARY 2016

Social Badminton: 11am, Cost \$4
Mini Spin /Weights: 1pm, Cost \$5

Tuesdays
Sit n Be Fit: 10.30am, Cost \$4
Boot Camp: 1pm, Cost \$5

Wednesday
60+ Gyms: 10.30am, Cost \$4
Kick Start (GRx): 1pm, Cost \$5
Badminton: 2pm, Cost \$4

Thursday
Sit n Be Fit: 10.30am, Cost \$4
Boot Camp: 1pm, Cost \$5
Friday
Walking Circuit: 9.30am, Cost \$4
Mini Spin: 1pm, Cost \$5

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.

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: 543 7838 or email Cherie. thomas@nbph.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 Sue for support and information, Nelson Asthma

Society 03 544 1562. Cost \$2 per class unless Nelson Asthma Society member (\$10 per year) and then classes are free of charge, refreshments following class.

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-Hinema 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

Suzu Ph. 03 539 0409.

Nelson Dance Along

Ph. Rosalie 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 1.15pm. You will find us behind the Trafalgar Park grandstand. Drive in off Trafalgar Park Lane. Boules and tuition provided. Ph. Adrienne 03 545 0070 or Maria 03 548 9006.

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

Nelson Social Dancing Club

Dance at Stoke Memorial Hall, Main 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, Members Bar. Boards provided. New members welcome. Tony Ph. 03 545 1159

Nelson Senior Citizens Social Indoor Bowling Club.

Valda Ph. 03 544 1487.

Probuss

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

SeniorNet [Nelson]

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

Senior Service - Nelson Baptist Church

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

Sit and Be Fit

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

Sport Tasman

Jogging-Entry level jogging group in Nelson. Learn how to jog gradually & safely we focus on enjoyment rather than distance Sarah.H@ sporttasman or Ph Sarah 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@sporttasman or Ph Sarah 923 2313

Walking-Entry level Walking groups in Nelson and Richmond, join us for weekly walks around our wonderful shared pathways focus is enjoyment rather than distance

Sarah.H@sporttasman or Ph Sarah 923 2313

Stroke Foundation Caregivers Support Group Meets once a month.

Anne-Marie Ph. 03 545 8183.

Super Seniors (65+)

10.30am – 12.30pm

Meets third Friday each month. 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, See www.thesuter.org.nz for details. 28 Halifax 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.

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: 03 543 7838 or email Cherie.thomas@nbph.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

DruYoga 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 Tuesday of the month 10.30-11.45pm at Oakwoods Village, Richmond. Light exercise with a focus on breathing and relaxation. Ph Nelson Asthma Society 03 544 1562. Cost \$2 per class unless Nelson Asthma Society member (\$10 per year) and then classes are free of charge.

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.

Line Dancing

Wednesday Night Venue: Club Waimea, Queen Street, Richmond. Time: 6:30pm Improver Class (merges into) 7:30pm Easy Intermediate-Intermediate. 8:30pm Class Finishes

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 9am – 12pm open for visits and Morning Tea Wed9am-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 Pauline & Terry Stott Ph. 03 544 9174

Richmond Slimmers Club

Meets every Wednesday at the Richmond Town Hall. Fun club. \$3 a meeting. Margaret Ph. 03 544 7293.

Richmond Waimea

Community Whanau Group A networking group to share information and learn more about your community. (Just turn up.) Meets the first Tues of each month, 12 noon-1.00 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.

Senior Shape Up: Tues &

Thurs 10.00—10.30am **Sit & Be Fit:** Mon 10.30am

Recreation & Service Directory

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

DECEMBER 2015/JANUARY 2016

Chair Yoga: Wed 10.30am
Tai Chi for Health: Call us to find out when the next course starts.
Ph. 03 538 0072 or email stadium@sporttasman.org.nz

Social Cards

Richmond Senior Citizens Rooms 62 Oxford St Richmond Tuesday & Thursday 1pm-4pm Friday Rummikub 1.30pm-4pm. Contact Kath Ph. 03 544 5563.

Sport Tasman

Cycling-Entry level cycling groups in Nelson and Richmond join us for weekly cycles around our wonderful cycle ways focus is on enjoyment rather than distance Sarah.H@ sporttasman or Ph Sarah 03 923 2313

Walking-Entry level

Walking groups in Nelson and Richmond, join us for weekly walks around our wonderful shared pathways focus is enjoyment rather than distance Sarah.H@ sporttasman or Ph. Sarah 03 923 2313

SPORT TASMAN,

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).

Richmond Creative

Fibre 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. 03 543 7838 or email Cherie. thomas@nbph.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

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

Stoke

Arthritis New Zealand

Sit and Be Fit classes each Tuesday morning – Call 0800 663 463 for more information.

Better Breathing Classes

Class held at Ernest Rutherford Retirement Village, Covent Drive, Stoke on the 1st Wednesday of the month at 1.30 – 2.30 pm. Light seated exercise, focusing on better breathing techniques to help respiratory health and learn relaxation techniques. Ph. 544 1562 for more details. Cost \$2 per class unless Nelson Asthma Society member (\$10 per year) and then classes are free of charge.

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. 03 547 2467 Anne Ph. 03 547 2660 (Wk)

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.

Sport Tasman

Cycling – Entry level/Social Cycling group Nelson,

Stoke & Richmond join us for weekly cycles around our wonderful cycle ways, focus is on enjoyment rather than distance Sarah.H@ sporttasman.org.nz or Ph. Sarah 9232313. No Charge. **Give it a go** – here's your opportunity to try out a variety of easy activity options. Don't be old be bold, GIVE IT A GO, Table Tennis, Chair Yoga, Tai Chi, Self-defence, bowls, Frisbee + many more Sarah.H@ sporttasman.org.nz or Ph. Sarah 9232313

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. 9.15am, Wednesdays, Stoke Methodist Hall. Ph 547 6364.

Stoke Old Time Country Music Club

Stoke School Community Hall. Every 2nd Sunday 6.30 pm. All welcome to a lovely evening enjoying singing, keyboards, piano accordians etc. Contact: Dick Knight, President 03 542 3527

Stoke Seniors Club

Contact Ruth, Karen or Anne, on Ph. 03 547 2660 Email: stokeseniors@xtra.co.nz

Regular activities:

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.

Sit and Be Fit exercises to music – Tuesday and Wednesday at 11 am. Gold coin donation. **500 Club** – Wednesdays 1.00 pm.

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 \$10 (members), \$12 (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: 03 543 7838 or email Cherie.thomas@nbph.org.nz for more information and registration.

Yoga – Hatha

Maureen Ph. 03 546 4670.

Tapawera

MENZSHED

Contact: John Ph. 03 522 4616 or Email: menzshedtapawera@gmail.com

Tapawera – Golden Bush Garden Club

Meets once a month every second Thursday. Kathy Ph. 03 522 4550

Visual Art Society

Kaye Ph. 03 522 4368.

Walking

Rural Ramblers. Ph. 03 541 9200.

Wakefield

Live Well, Stay Well Activity Group

Meets every two weeks on Tuesdays. Contacts: Margaret Ph. 03 541 9693 or Yvonne Ph. 03 542 2235.

Walking

Rural Ramblers Ph. 03 541 9200.

Way2Go activities

Pilates – Village Hall, Mon at 7.00 pm. **Active Seniors Class** – Village Hall. Tues at 11.00 am. **Sit and Be Fit Classes** – Village Hall. Thursdays at 10.00 am.

**FOSSIL RIDGE
BOUTIQUE WINES**

Creative Writers

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

Congratulations to **Deborah Taylor, Motueka**

DAY & NIGHT

By Deborah Taylor, Motueka

My day is my night
 And my night is my day (with the lights on)
 Triviality gets in my way
 The needs of society
 Are not what it thinks
 Eternity knows no time
 The bills, the people...
 It stinks since you went
 Our capacity can rarely be seen
 Only in dreams or drugs
 does it ever feel right
 Our world is a sham
 So I hesitate with man
 His belief of what's right...
 For hell is here
 But for heaven it's a fight

This issue's crossword solutions

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

**FOSSIL RIDGE
BOUTIQUE WINES**

Wine Tasting in attractive surroundings. Café Lunches in Summer, bookings welcome.



www.fossilridge.co.nz

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



Moturoa/Rabbit Island “a truly remarkable place”

This summer Tasman District Council wants to hear your thoughts and ideas about Moturoa/Rabbit Island, Rough Island and Birds Island. We'll use this feedback to develop a draft reserve management plan for the three islands.

Richmond resident Ken Beck has kindly agreed to share his thoughts in this article. Ken was the County Engineer for Waimea County (now part of the Tasman District Council) in the 1970s and 80s and the main road through Moturoa/Rabbit Island is named after him.

My line was Civil Engineering. When I took on the job as County Engineer, almost half a century ago, I found the position had all sorts of add-on responsibilities.

One of those was the responsibility for Moturoa/Rabbit Island, which I came to cherish. When I retired some 18 years later and found that the council had called the road through the island after me, I felt very, very honoured. It was a privilege, rather than a job, to be entrusted with the welfare of such a wonderful place.

Moturoa/Rabbit island is a truly remarkable place. It is unique and there is no other place quite like it in our country. We all need to look after it.”

Moturoa/Rabbit Island is Crown land, vested in the Tasman District Council for its control and welfare for two basic purposes. One is as plantation areas, which provide quite a tidy income to Council from wood sales. If it wasn't for this, I guess we'd all be paying a bit more in rates. Its other purpose is to provide the recreational areas that we all enjoy and cherish. Part of the income from the forestry area must be used to support those recreational areas.

All this combines to give Moturoa/Rabbit Island its wonderful natural atmosphere.

Countless people have told me that, when they come to the island, they can feel the stress and strains of their daily lives simply melting away and a great feeling of wellbeing take its place. People can just take a picnic lunch, let the children run about in safety, walk, swim, or do whatever they want to do in a way that cannot be done anywhere else.

As the population increases, Moturoa/Rabbit Island's unique characteristics will become more and more important to both local people and visitors.

We once had a Māori caretaker [on the island] called Sol. He treated the place as his own property. One day, Sol arrived at the front beach to find people drinking from the half gallon beer flagons of those days and then smashing the flagons. Sol was a man of great mana. He said "You are despoiling this place. You will pick up every piece of glass, take it away with you and never come back to this place". And so they did.

We all need to follow Sol's example, so that Moturoa/Rabbit Island will always remain as it is – a wonderful, unspoiled place for future generations to cherish and enjoy.”



Get involved – tell us what you love about Moturoa/Rabbit Island

We'd like to know what you love about the islands, whether they could be improved in any way and what your long-term vision is for the islands. How would you like them to be 10, 50 or 100 years from now? Feedback is open until the end of February 2016.

This is the first step in the plan development process. Later in 2016 you'll have an opportunity to view the draft plan, prepare a written submission and speak to your submission at a hearing.

- Post your ideas to: Strategic Policy, Tasman District Council, Private Bag 4, Richmond 7050.
- Find out more about the project and fill in an online feedback form at www.tasman.govt.nz/feedback
- Phone Anna Gerraty on (03) 543-7281 or email anna.gerraty@tasman.govt.nz

Create a unique and meaningful farewell



We can provide every service and option, and leave you with memories of a lifetime of love.

544 4400
www.wrfs.co.nz



**WAIMEA RICHMOND
FUNERAL SERVICES**