

Mudcakes and Roses

SENIOR GENERATION ACTION
AND ISSUES – NELSON TASMAN



04

Conversations that
Count Campaign
Wins Awards

06

A Hidden Gem
in Wakapuaka

08

Volunteering at
Nelson SPCA

Happy new year and welcome to our first edition of Mudcakes and Roses for 2015.

This year we've been truly blessed with some stunning weather. Hopefully you've had the chance to get out and enjoy some of the magical summer events taking place around our region.

In this issue, we look at a successful campaign that's managed to prompt discussions about a topic no-one likes to talk about – see Conversations that Count on page 4. We also take a look at the Centre for Fine Woodworking on page 6, a hidden gem in Nelson and the perfect place to develop or extend your woodwork skills.

We also meet one of Nelson SPCA's amazing volunteers, Ron Guyton. Ron spent his 86th birthday volunteering at Nelson SPCA and talking to Mudcakes and Roses – what an inspirational gentleman. There are many different volunteer roles available at Nelson SPCA – from the hands-on kind to working in the op shop or fostering animals in your home. Manager Donna Walzl also explains how the SPCA can assist if you find you are no longer able to care for a much-loved pet for any reason – see page 8.

Health-wise we take a look at falls and eyesight while our resident gardening guru Philippa explains why we might be best to take a break from weeding – we like the sound of that!

The Mudcakes & 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.

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.

Mudcakes & Roses Noticeboard

Positive Ageing Expo 2015

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

The Positive Ageing Expo promises to have something of interest to seniors, their families or whanau or anyone heading towards retirement. See the ad on page 20. Stall registrations are open till Friday 6 March 2015, subject to availability. For further information contact Tasman District Council's Community Partnerships Officer, Mike Tasman-Jones, on (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 until 3.00pm. All welcome. Next meeting: Monday, 23 February

Creative Communities Scheme

Do you have a great community arts project that needs some dollars to make it happen?

Tasman District Council's Creative Communities Scheme has money to help groups and individuals running arts projects in the Tasman District.

Creative Communities provides funding to support community involvement in the arts, whether that's music, theatre, festivals, mural painting, outdoor sculptures, art in public spaces, kapa haka, singing, art workshops or something else.

Funded by Creative New Zealand, the Council's Creative Communities Scheme is designed to support opportunities for communities, urban or rural, to have a go at art whether it's for hobby or to develop a career, said fund co-ordinator Mike Tasman Jones. "We're looking for art projects with broad community involvement, involve young people or projects that support the diverse arts and cultural traditions of local communities."

There are three rounds of applications per annum. The next round closes on 10 March 2015, for projects starting after the 1st April, the next rounds later in 2015 close 10 July and 10 November.

There is \$39,007.80 allocated per annum with average allocations of \$1,000.

For application forms – www.tasman.govt.nz/council/grants-funding/available-grants-funding/creative-new-zealand-tasman-creative-communities/ or phone Mike Tasman-Jones 543 8403 for further information.

Thanks to our sponsors



tasman
district council

 Nelson City Council
te kaunihera o whakatū



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

STOP

THE STARTLE

SHARED PATHWAYS | USERS TIPS



Our region has several shared pathways designed to provide people who are walking and cycling with a safe, motor vehicle-free environment. People have reported they are sometimes startled by other users when using shared pathways. Here are some ways you can help "Stop the Startle".



Keep left

Keep to the left of the path at all times whether you are walking, running, cycling, scooting or skating. When passing others let them know you're there, give them a wide berth, ensure you have enough space to complete the pass and return to the left.



Control your dog

Owners, please keep your dog under control around other people (or dogs).



Move off the path when you stop

If you meet a friend on your journey, or want to stop to enjoy the view or have a breather, please move off the path.



Control your speed

Ensure that other people's safety is never compromised by the speed you are travelling. Cyclists who want/need to go fast are advised to ride on the road. Electric mobility scooter drivers should keep their speed moderate and alert pedestrians as they approach.



Warn when approaching – be considerate

Be seen – 'leave your invisibility cloak at home'. It is essential that faster moving path users, such as cyclists and rollerbladers, warn pedestrians before overtaking them.

Calling out "hello" or "passing" or ringing a bell will alert slower path users they are about to be overtaken. Being startled by faster path users is one of the key issues affecting people's enjoyment of our shared paths.



Don't block the pathways – they are not car parks

Drivers are asked not to park on pathways. Having to go round a parked car can create a hazard and, of course, path parkers can be fined or towed.



Nelson Nursing Service

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

Conversations that Count Campaign Wins Awards

It's the topic that no-one wants to talk about. Yet the Conversations that Count campaign which tackles issues around end of life care has somehow struck the right chord and picked up national and international awards.

The Conversations that Count campaign which ran for the first time in New Zealand in April 2014 to promote Advance Care Planning, won the Chief Executive's Award 2014 at the national Health Excellence Awards, selected from 41 other projects. It also won an award for 'co-design' – or working alongside health consumers, at the APAC International Health Improvement Conference in Melbourne in 2014.

Jane Large lives in Nelson and is employed as a Facilitator for the Health of Older Persons Service under the South Island Alliance umbrella, which enables the South Island's five DHBs to work collaboratively to develop more innovative and efficient health services than could be achieved independently. Jane is part of a small national project team responsible for planning and rolling out the Conversations that Count campaign. Because of the sensitive subject matter, Jane says the project team was aware they needed to be extremely careful with their branding and messaging to ensure that it was embraced by the public and the health workforce and not seen as threatening or misunderstood to be promoting euthanasia or limiting treatment at the end of life.

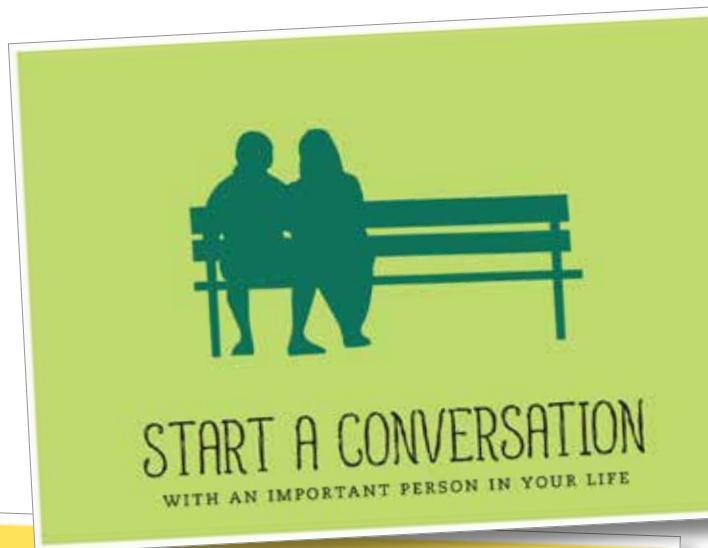
To design the campaign which had a theme of 'starting a conversation', the project team worked with a focus group of seniors to come up with ideas used to create images and messages. Postcards were selected as a good way of prompting people to start a conversation with friends and family. The focus group were given different 'personas' to stimulate ideas and discussion. Jane says while the campaign was initially aimed at active retirees, the resources ended up appealing to a much wider audience.

Despite being run "on the smell of an oily rag" the Conversations that Count campaign managed to generate significant positive media coverage as well as large spikes in traffic to campaign websites.

Jane says the project team was driven by the burning desire to see improved care experiences for people, particularly as they approach the end of their lives.

"The campaign was fundamentally about how we can encourage people to have the essential conversations about what's important to them, how they want to live the life they have left and then working with their families and healthcare providers to find the care and treatment options that will support their preferences.

"We have heaps of examples of families that didn't have those discussions and they can be wracked with guilt afterwards. People can presume that their family knows their wishes. The campaign was about trying to highlight that – 'hey look, it's OK to talk about this.'"



Some of the Conversations that Count campaign postcards.

"I know when I do it myself with my own kids they say 'mum don't talk about that', but the more we can normalise it so it's not talking about someone's imminent passing, the better," she says.

The Conversations that Count campaign will run again this year, leading up to an awareness day on April 16, linking in with an international 'Conversations that Count' day. It will use postcards from last year, with some new ones added into the mix.

Jane says she and the team were delighted with the success of the first campaign and winning the awards has been the "icing on the cake".

"The campaign exceeded our expectations in how well it went. We received good feedback and had a lot of media coverage. Personally, I was just blown away to win the awards. You work hard and try hard always, but it's humbling to be recognised by your peers," she says.

For further information about Conversations that Count and Advance Care Planning see:

www.conversationscount.org.nz/
advancecareplanning.org.nz



START A CONVERSATION
AT THE KITCHEN TABLE



START A CONVERSATION
'ROUND THE BARBIE



Jane Large with her award for the Conversations that Count campaign

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



Join an outing with Driving Miss Daisy!

Would you like to get out to enjoy the sunshine? Come on an escorted outing with Driving Miss Daisy.

It could be fish & chips at the beach, afternoon tea at Mapua, or a trip to the movies. Let us know where you want to go and we will arrange it.

You can either:

Gather a group of friends together and call us to discuss your requirements; or call us to register your interest and next time we are planning an outing we will call and see if you want to join us.



For more information please call Frances on (03) 547 2133
www.drivingmissdaisy.co.nz



Driving Miss Daisy®
We're There For You



Centre for Fine Woodworking a Hidden Gem

"I thought I'd died and gone to heaven," says Christchurch-based scientist Bob Frame, of his first visit to the Centre for Fine Woodworking in Nelson seven years ago.

"I think it's a national treasure – a taonga, a place where people can access an artistic side and experience something which is difficult to experience in most people's daily lives," he says. Bob loved his first weekend workshop so much, he decided he wanted to contribute to the running of the place, and today chairs the charitable trust which runs the centre.

The Centre for Fine Woodworking is a registered charity with the principal aim of offering high quality tuition in fine woodworking. In 2015, it will celebrate its tenth anniversary. Founded by furniture makers John Shaw and David Haig, today it's run by a trust and caters to about 120 students every year, offering full-time courses of nine months duration as well as short project-based courses and weekend workshops. The centre is modelled on international woodwork schools and is the only one of its kind in New Zealand. It attracts students and visiting teachers from all over the world. Gone are the days of woodworkers being seen as "old men in hush puppies and cords", says Bob, today's

woodwork students include people of all ages and a growing number of women.

Centre for Fine Woodworking Manager Helen Gerry says while the school is renowned in woodworking circles, it's not so well known outside of them. "If I had a dollar for every time someone said 'I've never heard of you' I'd be rich! I may be biased of course, but I think we're a hidden gem. We quietly contribute quite a lot of visitors to Nelson," she says.

The Centre for Fine Woodworking work is situated on a hill in Wakapuaka, looking out towards the western ranges and Kahurangi National Park. Co-founder John Shaw teaches the full-time students while Thorkild Hansen tutors the short courses. The centre also runs specialist workshops with visiting tutors. It caters for every level of woodworker from absolute beginners to the more experienced, with the majority of students starting with the two week introductory course and then returning each year to learn something new. "Students think they will never achieve the level of skill that they actually do, and go home feeling very proud and satisfied of their achievements," says Helen Gerry. The number of participants in each course is limited to just eight students, ensuring everyone gets quality one on one tuition time and courses include everything from guitar-making to crafting tables, chairs and coopered wall cabinets.

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**

Bob Frame says the centre provides a unique opportunity for people to connect with others from all walks of life in an environment that has an international reputation but still retains a sense of "Kiwi caring and homeliness."

"Top salaried physicians rub shoulders with unemployed aspiring young artists. That's really unusual and quite special. It's a great leveller."

"There are no exams, no prizes here. It's not about qualifications or ticking boxes or having the best tools or looking right. It's just the pleasure of taking your time – not doing it from 9 to 3, you do it until you're happy with the end product for yourself. Everyone helps each other out – there's a real community aspect."



Centre for Fine Woodworking
Trust Chair Bob Frame



For a full list of 2015 Courses & Workshops, see the website www.cfw.co.nz or phone 03 545 2674. The best way to start for someone with little or no previous woodworking experience is with a two day 'Taste of Woodwork' weekend workshop. The next Taste of Woodwork workshop is 6 & 7 June 2015 and costs \$300 including all materials.



"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



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



Nelson SPCA Centre Manager Donna Walzl and Volunteer Ron Guyton with Hazel the goat

Volunteers the lifeblood of Nelson SPCA

An “amazing team” of dedicated volunteers keeps Nelson SPCA running smoothly, says Manager Donna Walzl.

“Volunteers are the lifeblood of Nelson SPCA. We only have four full-time staff and three part-time staff, so we rely heavily on the support and goodwill of our dedicated volunteers.”

Each year the Nelson SPCA provides shelter to around 1,600 animals in need, from across the Nelson/Tasman region. The animals arrive at the centre for reasons including neglect, abuse, lost or stray and unwanted animals. These numbers have fallen from peaks of over 2,000 in 2010. Donna believes this is partly due to the success of initiatives such as free de-sexing.

Nelson SPCA re-homes hundreds of animals as well as providing educational advice on caring for animals and responding to complaints about animal cruelty and neglect. There are currently a core group of about 50 volunteers at Nelson SPCA and a wide range of different volunteer roles available –from hands-on roles at the centre that involve working directly with animals to working in the op shop or fostering animals at home.

Ron Guyton

Ron Guyton has been a volunteer with the Nelson SPCA for ten years and although he recently celebrated his 86th birthday, has no plans of stopping.

He started out in the cattery and now works at weekends and as required, helping care for the outside animals – everything

from goats to pigs, llamas and chickens. He cleans the cages, feeds the animals, and, if he gets time, “gives them a bit of a pat as well”.

Ron, a former musterer, shearer and miner, has done several different volunteer roles over the years but says of all the places he has volunteered, he has been more at home at Nelson SPCA than anywhere else.

“It’s most rewarding. You see a dog or other animal that’s been very badly treated and the next time you come in, you can see for yourself the difference in them – the tail is wagging again. It’s great the work they do here. I never wake up and think ‘I wish I didn’t have to go up there.’”

Ron says the Nelson people are “a credit to themselves” with their support for the society. He cites one example where he had been scratched by a wildcat while volunteering. “I had to go and see the doctor. When he heard that it had happened while volunteering for the SPCA, there was no charge,” he says.

For manager Donna Walzl, having volunteers like Ron on hand is invaluable.

“Ron is just a fantastic role model, he’s someone you can rely on and trust – and he keeps coming back.”



About Nelson SPCA

- The Nelson Society of Prevention of Cruelty to Animals (SPCA) was established in 1887 and is a member society based in Bishopdale, Nelson. It is a voluntary organisation which provides help to animals and owners 24 hours a day, seven days a week.
- Nelson SPCA is purely a voluntary organisation which relies on donations, bequests and fund-raising efforts to continue its work.
- Nelson SPCA has warranted inspectors to investigate complaints of cruelty and to enforce the Animal Welfare Act 1999.
- Nelson SPCA covers the area from the Whangamoa saddle to Murchison and Golden Bay. There are also SPCA branches in Motueka and Golden Bay which are linked to Nelson SPCA
- The Society for the Prevention of Cruelty to Animals (SPCA) started in England in 1824 (five years before Britain's first police force) and is recognised as the world's oldest and most influential animal welfare organisation.

How you can help Nelson SPCA

- **Volunteering** – There are many different types of volunteer roles available. See the website for details or call into the centre and pick up an application form.
- **Donate goods to the SPCA Op Shop** – The SPCA Op Shop has just moved to 21 Vanguard Street (behind Summit Real Estate) and is always seeking donations of good quality household items suitable for re-sale. Pick-ups are done on Fridays.
- **Re-homing an animal** – Nelson SPCA is always seeking loving homes for pets. Older animals are often more difficult for the SPCA to re-home, but they could be the perfect option for someone who would prefer a less energetic pet!
- **Donations or Bequests** – see the website for details or contact centre manager Donna Walzl to discuss on 03 547 7171

How Nelson SPCA can help you

- For older people no longer able to care for pets or unable to take them with them when moving, the first option should be see if family or friends can take them. If that's not an option however, Nelson SPCA is there as a back-up. "Definitely get in touch with us as early as you can if you think it's likely to be an issue," says Donna. "We had one lady recently who went into a rest-home and was unable to take her much-loved Papillion dog. We found a good home for it really quickly with another wee dog. With older pets that have some health concerns, it's ideal if people are able to make some provision for them which makes re-homing easier, but we would understand in this day and age if that's not possible. Ensuring pets are healthy and well socialised also makes them much easier for us to re-home."



**TO YOUR
LEGAL ISSUES**

PITT & MOORE
LAWYERS AND NOTARIES PUBLIC

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

LawXLink

Gardening tips for Summer

Hi, and welcome to my first column for 2015. It's late summer and things are slowing down a little in the garden. We've had some very hot, dry weather periods this summer and this can make it difficult to keep all of our treasures happy.



One way to help avoid plant stress in your flower garden is to stop weeding until mid-Autumn. It can be hard to leave weeds to grow but I've discovered they can help keep the soil more shady and cool which means there is less water evaporation in the heat of the day. If there are water restrictions in place it can also mean you will need to water the area less.

My large garden by the house has a mix of perennials, fruit trees and a few roses. At the moment lots of wild grasses, clover and other weedy interlopers are amongst them and it's really noticeable that the flowering plants in this garden are suffering less from the summer heat than the ones in beds that have been weeded regularly. I love my "natural" border so much and so do all of the birds that consume the weed seeds.

If you have quite large gaps between your flowering plants and can't bear the thought of seeing weeds, mulching after watering or rainfall is a wonderful idea. If pea straw or barley straw is unavailable, fine bark mulch is a good option but it's best to put compost on first as bark can make the soil acidic over time.

While leaving weeds alone can be a good idea amongst flowers, it's a totally different story in the vegetable patch. Weeds compete for the vital nutrients that summer vegetables need so it is really important to keep all of your vegetable crops as weed-free as you can. To help conserve moisture, mulch well after you've watered deeply, or after it's rained.

As your early summer crops finish, dig the ground over well and add a generous layer of compost (fish compost from Bay Landscapes is my absolute favourite), aged chook manure or sheep manure pellets ready for planting crops in autumn.

Sow seeds of all your favourite brassicas, lettuce, silverbeet and more for winter harvest now so they're ready for transplanting in autumn. At this time of year it's best to place

them in an area that gets dappled light after sowing. Check them once or twice a day because the seed raising mix can dry out very quickly. It's a good idea to use a watering can with a fine rose rather than a misting bottle too. Start the flow and then use a backwards and forwards motion so the droplets are spread evenly rather than hitting one spot and flooding the punnet or tray. As soon as the seeds have germinated, move them to a spot that gets morning sun and afternoon shade. This will help ensure you get strong seedlings without them becoming too sun-stressed.

Lawn growth has slowed right down and in some areas the grass is definitely not greener, it's very brown. As autumn progresses evening temperatures will start to get cooler and this will encourage new growth again. To help protect your lawn's recovering root system keep your mower at a fairly high level.



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.

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 Mondays and Thursdays 10.00 am – 4.00 pm

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



Eyesight and Falls

Make the most of your vision

Your eyes not only see where you are going, but they also help with balance and movement. As you age, your eyes change. Some changes are normal, but some aren't. All changes can lead to increased falls risk.

- Your eyes are more sensitive to glare and need more time to adjust to sudden light changes.
- Your eyes may lose depth perception. It then becomes harder to judge distance and depth. This can affect how you see stairs and curbs.
- You need more light to see at night. A 60-year old needs 10 times more light to see at night than a teenager.

Take Action

- **Have your eyes checked each year by an optometrist.**
- **If you have Diabetes** (or other medical conditions), you may need more regular checks.
- **Make sure you clean your glasses regularly.**
- **If you have bifocal lenses, tilt your head down** to look through the top half of your glasses when using the stairs. Please also use the handrail.
- Talk to your optometrist about getting **single vision glasses** (a pair for walking and a pair for reading).
- **Remove your reading glasses when walking.**
- **Pause and give your eyes time to adjust** to changes in light.
- **Have a lamp by your bed** with a switch that is easy to reach.
- **Use the maximum wattage recommended in each light fixture.**
- **Watch out for glare.** Use blinds or light curtains on your windows to reduce glare. Wear sunglasses outside in winter and summer. Eliminate exposed or bare bulbs.
- **Keep pathways well lit inside and outside.** Use night lights or motion sensor lights (that sense movement from all directions).
- **Use non-skid or reflective strips at the edge of each step.** Use a different colour on the stairs to make it easier to see the edges and use the reflector strips on door thresholds. Remove patterned carpet on stairs.
- **Eat plenty of fruit and leafy green and yellow vegetables.**

Falls can happen to anyone

Slips, trips and falls have many causes, but there are simple things you can do to help prevent falls.

Upright & Able is a free Falls Prevention programme available in the Nelson Bays region that provides the "how to" for preventing falls. To find out more:

- Phone: (03) 543 7838
- Email: Cherie.Thomas@nbph.org.nz
- Or read the on-line booklet: "Staying Active and On Your Feet" at: www.nbph.org.nz/programmes-and-services/falls-prevention



Wensley House

REST HOME & RETIREMENT VILLAGE

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



Waitangi Workshops

The Iwi of Te Taihū (Top of the South) have come to the end of their historical Treaty Settlements and in February Elma Turner Library will hold three workshops to provide an opportunity to find out about the process and the outcomes.

From early February there will be static displays in the library of taonga from the Iwi of Te Taihū. These taonga tuku Iho (ancient treasures) represent a way of life prior to European settlement and the artistry and technology of those ancient times. They are also a visible connection to Te taiao (the natural environment) and usage of the taonga that Papatūānukū (Earth mother) and Ranginui (Sky Father) and their whanau provide.

The three workshops will be held on the 17th and 18th of February and will look at the Treaty Settlements from a local and central government perspective and with an overview of the history and the tools available to help the wider community understand the implications of Treaty Settlement for them. Guest speakers will be present at each workshop.

The displays and information available in the library will also provide information on the Te Taihū Settlements which came into effect on the 1st of August 2014.

The workshops will be at the following times at Elma Turner Library

Tuesday 17, 9.30 am – 11.30 am

Wednesday 18, 12.30 pm – 2.30 pm

Wednesday 18, 3.00 pm – 5.00 pm

The workshops will have special interest to iwi, councillors, teachers and community leaders, however, they are open to all.

All sessions will be in the Activity Room and space is limited to 30 per session, so bookings are recommended. To book, call 03 5460414 or email library@ncc.govt.nz

Treaty of Waitangi resources

Nelson Public Libraries holds, or provides access to, a range of resources about the Treaty of Waitangi:

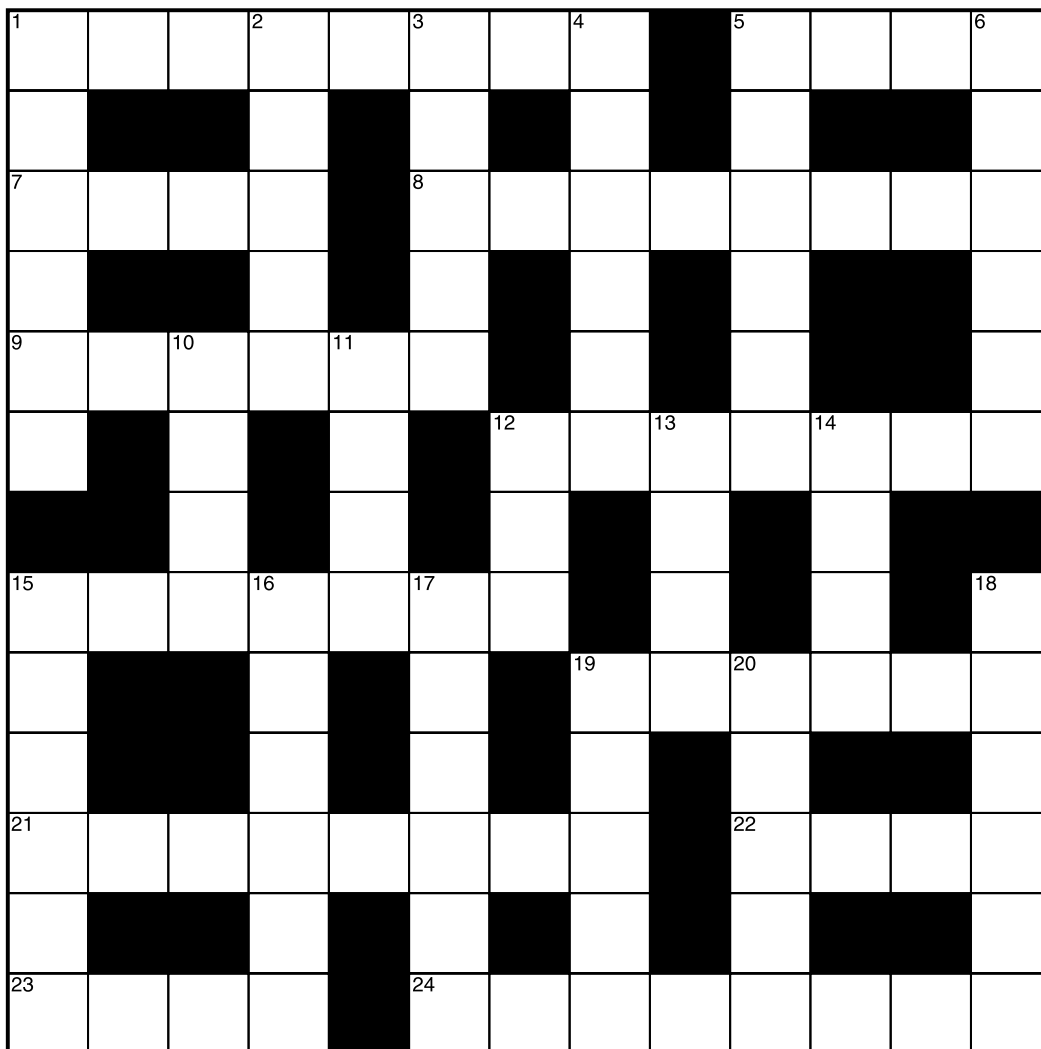
In the Library

- Claudia Orange: The Treaty of Waitangi An Illustrated history of the Treaty of Waitangi
- Calman Ross: The Treaty of Waitangi
- Janine Hayward: Local Government and the Treaty of Waitangi
- Bob Consedine: Healing our history: the challenge of the Treaty of Waitangi
- Malcolm Mulholland: Weeping waters: the Treaty of Waitangi and constitutional change
- Paul Moon: Te ara ki te Tiriti: the path to the Treaty of Waitangi
- Ranganui Walker: Nga pepa a Ranginui = The Walker papers

Online resources

- Te Tau Ihu Statutory Acknowledgements, 2014 – <http://nelson.govt.nz/assets/Environment/Downloads/TeTauIhu-StatutoryAcknowledgements.pdf>
- Waitangi Tribunal – includes reports and background documents: <http://www.justice.govt.nz/tribunals/waitangi-tribunal>
- Office of Treaty Settlements – includes Settlements, under Documents: <http://www.ots.govt.nz/>
- Tangata whenua tribes of Te taihū – on the Prow website: <http://www.theprow.org.nz/index.php/maori/the-tangata-whenua-tribes-of-te-tau-ihu>

Crossword



Clues

Across

- 1. Sang in unison
- 5. Tiny amount
- 7. Small island
- 8. Faintest
- 9. Camera glasses
- 12. Jury finding
- 15. Most pious
- 19. Annul
- 21. Kept steady
- 22. Freezes, ... over
- 23. Ore seam
- 24. Esteems

Down

- 1. Cools
- 2. Smells strongly
- 3. Open wounds
- 4. Injure
- 5. Mean
- 6. Painter
- 10. Not binding
- 11. Otherwise, or ...
- 12. Critically examine
- 13. Talk excitedly
- 14. Novel thought
- 15. Of medicinal plants
- 16. Inherited
- 17. UFO, flying ...
- 18. Tightens (muscles)
- 19. Plant stem lumps
- 20. False appearance

Answers page 18.

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

FEBRUARY 2015

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

A sampling of some of the many exciting events happening around our region. For more events and further details, see www.itson.co.nz

Nelson Motor Show

14th & 15th February 2015

Nelson's biggest and best Motor Event! See all Clubs and Enthusiasts with their vehicles and displays. Come down to the Tahuna Beach Holiday Park and see the largest range of machines with motors. Classic Cars, Vintage Cars, Hotrods, Custom Cars, Work in Progress, Aircraft. Also model cars and model aircraft. Automotive related stalls and childrens entertainment. Guaranteed something for all the family. Time 10.00 am to 4.00 pm, Tahuna Beach Holiday Park, Entry from Parkers Cove. Free parking for all cars inside the venue.

Trafalgar Street Market Day 2015

14th February 2015

Thousands of holidaymakers and bargain hunters will fill the streets of Nelson City for the annual Trafalgar Street Market Day. This year it is being held as part of the Nelson 111 Street Party, to celebrate the opening of the Cricket World Cup Festival (this will take place in the top end of Trafalgar Street). Head to Nelson City for the biggest day on the street. Trafalgar Street Market Day is on from 9.00 am – 3.00 pm, Saturday 14th February 2015. The street is closed between Bridge & Hardy Streets. There are more than 80 market stalls with everything from clothes and food to arts and crafts and more! Be entertained with roving musicians, street performances, face painting and balloons. The Saturday Market is also on in Montgomery car park. Trafalgar Street Market Day is a Uniquely Nelson promotion. Visit www.uniquelynelson.co.nz for more information.

Brightwater Wine & Food Festival

15th February 2015

Hold onto your holiday groove, grab a friend and head to the Brightwater Wine & Food Festival, for all-day entertainment, fantastic food, and award-winning wine and beer. Set in a stunning vineyard location, Brightwater Wine and Food festival is all about local! For those partial to a glass of something classy in the sun, explore the best Nelson has to offer with our leading wineries, or snaffle a beer or cider from our stellar craft breweries. For the foodies, there will be gourmet food stalls to explore. Entertainment line up to be confirmed - check our website for more details. Time: 11.00 am – 5.30 pm, Middle-Earth™ Vineyards, Bryant Road, Brightwater. Tickets, Bookings and Entry: \$15 pre sales \$20 gate sales No BYO Alcohol, No Pets

Dovedale Country Affair Festival

15th February 2014

This year's annual Dovedale Country Affair is bigger and better than ever. A real country occasion with entertainment and lots of free activities for the whole family. Live music all day, including headline duo the Gypsy Pickers. Experience life in the country and join in with traditional country games; marvel at the sheepdogs, duck roundup (yes), and shearers; learn how Dovedale played its part in the first world war from a great exhibition, and browse the art from Motueka Art Group; kids water slide, silent auction, motorcycle sidecar rides, farm animals, vintage machinery, plenty of craft and food stalls, raffles and lucky dips! Ample parking, including disabled parking, with a shuttle bus between the Hall, Church and Reserve for those needing assistance. Cash EFTPOS facility for a small fee. Entry is \$2 for adults, children free. Dovedale Recreational Reserve, Dovedale Road

ICC Cricket World Cup 2015

February – March 2015 -

The ICC Cricket World Cup 2015 is being jointly hosted by Australia and New Zealand with the world's best 14 teams doing battle across 14 venues over 44 days. It's going to be a huge event on and off the field. There are three games being hosted

in Nelson. Venue: Saxton Field Sports Complex, Saxton Road East, Stoke, Nelson. Tickets, Bookings and Entry: Tickets from just \$5 for children and \$20 for adults. Tickets from Ticketing Website <http://tickets.cricketworldcup.com> or ph. 0508 292 2015. Monday 16th February – West Indies v Ireland Thursday, 19th February – Zimbabwe v United Arab Emirates Thursday, 5th March – Bangladesh v Scotland

NZ Sun City Country Music Awards

27th February – Sunday 1st March 2015

For the enjoyment and pleasure of the local region and community as audience with top class entertainment. Showcase of some top country music acts in the local community and from around New Zealand. Date(s): February 27–28 and March 1. Venue: Club Waimea, 345 Lower Queen St, Richmond, Nelson. Contact: Ph. 03 544 7009 or email ml.hahn@kinect.co.nz

Autumn Fair, Motueka Rudolf Steiner School

22 March 2015

Take your children and grandchildren and come along to this unforgettable event, relax into the festive atmosphere and enjoy a carefree family day! Fair-goers will enjoy great live music & performances and the big impressive dragon bonfire at 5pm; eat yummy harvest snack, make dragon masks, garlands and other autumn crafts; try favourite and brand new fun-filled games. Plus: exciting raffles, abundant harvest produce, autumn plants and seedlings, a quality white elephant stall, face painting and more. Time: 11.00 am – 6.00 pm. Entry by gold coin donation.

PLEASE NOTE: What's On is for one-off events in Nelson and Tasman that are likely to be of interest to Mudcakes & Roses readers. Most of the information is taken from the regional events database – www.itson.co.nz and preference for inclusion is given to community events. Details of regular events and activities that used to feature on this page can now be found in the Recreation & Service Directory.



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

Janet


Access

Make yourself at home with Access

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

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

Recreation & Service Directory

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

FEBRUARY/MARCH 2015

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

FEBRUARY/MARCH 2015

Stroke Foundation

Two Monthly Stroke meetings for people who have suffered a stroke and their carers. Inquiries to Anne-Marie, Community Stroke Advisor on Ph. 03 545 8183 or 027 216 0675

Upright and Able for Falls Prevention

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

U3A (University of the Third Age)

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

Yoga

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

Murchison

Age Concern

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

Nelson

Age Concern

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

Angie's Aerobics

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

Aquatics/Swimming/Gym

Riverside Pool Ph. 03 546 3221.

Art Group Nelson

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

Arthritis New Zealand

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

Belly Dancing

Sabina Ph. 03 546 8511

Belly Dancing

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

Better Breathing Classes

Held 2nd & 4th Wednesdays of the month 2 - 3.15pm Reformed Church, Enner Glynn. Exercise with focus on breathing and relaxation. Phone Hilary for support and information, Nelson Asthma Society 03 546 7675.

Better Breathing Hydrotherapy pool classes

Held 3rd Wednesday of the month 1-2pm at Nelson hospital. Supervised exercise with focus on breathing and relaxation. Phone Hilary for support and information, Nelson Asthma Society 03 546 7675.

Brook Waimarama Sanctuary

Volunteering can be an extremely rewarding experience and there are plenty of opportunities at the Brook Waimarama Sanctuary to learn new skills and experience. Volunteer roles include Visitor Centre Volunteers, Public Events, Track Cutting, Invasive Plant Control, Trapping, Lizard Monitoring, Bird Monitoring. For more information visit www.brooksanctuary.org.nz/ support or Ph. 03 539 4920

Cardiac Support Group

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

Diabetes Support

Nelson Bays Primary Health for education, awareness and support. Bee Williamson Ph. 03 539 1663. www.nbph.org.nz

Diabetes Support Group (Nelson)

Joan Whipp Ph. 03 548 6263

Golf Croquet

Nelson-Hinemoa Bev Ph. 03 548 2190.

Government

Superannuitants' Association

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

Grandparents Raising Grandchildren

Paula Ph. 03 544 5714

Gym

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

Hearing Association Nelson

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

Hearing Therapy Services Life Unlimited

Clinic now at Nelson Nursing Services Building 469 Main Road Stoke Free MOH service 16+. Hearing screening, hearing loss management, tinnitus. Bookings phone reception NNS 547 2814

Housie Evening

Stoke Rugby Clubrooms, Neale Ave, Stoke. Wed nights, 7.15 - 9.45 pm. Buddy Ph. 03 547 3230 John Ph. 03 547 1689.

Marching

Silveraires Leisure Marching Diana Ph. 03 548 9527.

Nelson Community Patrol

Suzy Ph. 03 539 0409.

Nelson Dance Along

Rosalie Ph. 03 548 2236.

Nelson Electronic Organ and Keyboard Club

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

Nelson Grey Power

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

Nelson Male Voice Choir

Rehearsals: old St John's Hall, Hardy Street, Monday evenings. Dick Ph. 03 548 4657 or Ernie Ph. 03 548 7291.

Nelson Petanque Club

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

Nelson Philatelic Society

Stamp collectors meet second Tuesday of the month, 7.30 pm, Stoke School. Ph. 03 547 7516 or 03 548 6269.

Nelson Provincial Museum

For details, visit www.museumnp.org.nz

Nelson Public Libraries

Branches at Stoke, Tahunanui and Nelson, provide free library services to the community. We also have free computer and wifi access, computer classes, a home delivery service, local and family history information and hold regular events, eg: Elma Turner Library Bookchat - second Tuesday of each month, 10-11.30am Stoke Library Bookchat - third Wednesday of each month, 5.00 pm - 6.00 pm For more events, our reader's evenings, book launches and more, see www.ltsOn.co.nz or Ph. 03 546 8100.

Nelson Savage Club

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

Nelson Social Dancing Club

Dance at Broadgreen Intermediate School Hall, Nayland Road, Stoke, Nelson 7.30 pm to 11.15pm the second Sat of each month. Ballroom, Latin, Rock 'n Roll and sequence dancing. Live music. Members \$10; non members \$15. Please bring a supper contribution, and your own drinks (including water) and a glass. Note: no stiletto heels please!! Enquiries Ph. 03 544 2324 on 021 177 4943.

Nelson Scrabble Club

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

Nelson Senior Citizens Social Indoor Bowling Club.

Valda Ph. 03 544 1487.

Probus

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

SeniorNet [Nelson]

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

Senior Service - Nelson Baptist Church

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

Sit and Be Fit

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

Sport Tasman

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

Cycling-Entry level

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

Walking-Entry level

Walking groups in Nelson and Richmond, join us for weekly walks around our wonderful shared pathways focus is enjoyment rather than distance Sarah.H@ sportasman or Ph Sarah 9232313

Stroke Foundation

Caregivers Support Group Meets once a month. Anne-Marie Ph. 03 545 8183.

Super Seniors (65+)

10.30am – 12.30pm
Meets third Friday each month. 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

FEBRUARY/MARCH 2015

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.

This issue's crossword solutions

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

**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 **Judith Cowley**

LAST CARD

By Judith Cowley

Last summer, Uncle Joe came to stay with us. I think he was running away from the Law. Dad said us kids could come to take Uncle Joe to the airport on Saturday. Uncle Joe was flying to Australia. Mum said he was running away from his responsibilities. Dad said, "Everyone deserves a new start" I thought it would be fun with Uncle Joe staying. But it wasn't. I had to give up my room and sleep on the lilo in Martin's room. Uncle Joe didn't play much with us. He was smoking in his room and listening to the radio. There were two things I was looking forward to. Seeing the planes at the airport and getting my room back.

On Saturday, Uncle Joe was up early. His suitcases were standing on the back verandah. He got out some cards and he asked if we wanted to play Last Card, Just like we used to. We were having a laugh. Then Annie, our little sister, found us. She grabbed the cards off the table.

"I wanna play?"

"Let's play 'flying to Australia instead'" he said. He picked her up and ran onto the lawn. She was squealing and flying like a plane. Uncle Joe swooped back to the porch and sat on the steps with Annie on his lap.

"Where's Tralia, Uncle Joe?"

"Next to New Zealand."

"Where is Noozillin?"

"Here is New Zealand!" I showed her. I pointed all around and then jumped onto the lawn. "Here! We live in New Zealand!"

"Why?" she said.

Oh no not why again!

"Because, because."

"I want us go to Tralia!"

Uncle Joe smiled. "You can come and visit, and see the snakes and kangaroos!"

"Uncle Joe," said Martin, "Why isn't Aunty Marion going with you?"

Joe lifted Annie off his lap. He walked over to his bag, took his ticket out of the side pocket, read it, and slipped it back.

"She's staying here until I've got a job.", he said.

I knew Uncle Joe couldn't live with Aunty Marion. I heard Mum and Dad talking about it. He wasn't allowed to see her because he had been mean to her.

"Unca Joe I don't like snakes. Will I like kangaroos?" Annie again.

"You bet!"

When Dad came home from work, we helped pack the suitcases into the boot of the car.

"Hurry, you three in the back", he said.

Mum walked out onto the lawn. Uncle Joe put his arms out. She turned away from him. Dad grabbed Uncle Joe in his famous bear hug.

"Things will work out for you."

"I haven't gone yet!" said Uncle Joe.

Then we were on our way. It was hot. Annie fell asleep against me. Her spit dribbled down my arm. Martin and I played 'I spy' and in the quiet gaps I could hear Dad and Uncle Joe talking about the police. I realised that Uncle Joe could be a fugitive, like the programme on TV. Maybe he had to get away because the police were after him.

At the airport Dad asked if us boys could stay in the car with Annie. "I'll just be a tick", he said.

Uncle Joe reached his big hand in the window to shake ours. He had hairy knuckles with bruises on them. Then he kissed his fingers and touched Annie's cheek.

"See you crew. Love you and leave you!" he said.

Dad was taking ages. Martin and I were watching the planes taking off and coming into land.

"Where's Noozillin?" Annie was awake.

"Here" said Martin, kicking the back of the seat.

"Where's here?" She was rubbing her eyes.

"Here! I'll show you" I said, opening the door.

I reached my sandal onto the tar seal.

"This land is New Zealand!"

"Is there snakes here?" she asked me.

"Yeah big slimy ones!" Martin wriggled his hand down her back. She squealed. Then I remembered what my teacher said. "We have no snakes or poisonous spiders in New Zealand. We are the safest country in the world."

"Good" she said.

**FOSSIL RIDGE
BOUTIQUE WINES**

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



72 Hart Rd, Richmond. Phone/Fax 03 544 9463
wine@fossilridge.co.nz
11am – 4.30pm Wed – Sun SUMMER
Closed Monday/Tuesday & Public Holidays

www.fossilridge.co.nz

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

Positive Ageing Forum Update

2015 is well underway and what a wonderful summer it has been as we indulged in some old fashioned hot, sunny days that saw our beaches and rivers full of people enjoying the special place we are fortunate to live in.

For the Positive Ageing Forum, it looks as though the year will bring a full, action-packed agenda for older people and service providers in the Nelson Region and also on the New Zealand scene.

Ruby Aberhart, the Volunteer Community Coordinator for the Office for Senior Citizens (OSC) in our region has advised that the report prepared by the OSC on the goals contained in the New Zealand Positive Ageing Strategy and the key actions up to June 2014 will be released early in the year. This report will make interesting reading as the achievements of Government and councils working in-conjunction with the community to promote ageing positively are released. I believe the report may highlight possible gaps in the action plans that could well be delivered against in the future.

Our first Positive Ageing Forum takes place in the Richmond Library at 1 pm on 23 February. A feature topic (but not the only one) will be a "Life Unlimited and NMDHB Project – Tips and Tools for managing hearing difficulties". Please come along if you have an interest in ageing positively and I encourage all organisations that work in this field to attend.



Also a reminder about the 2015 Positive Ageing Expo being held in the Headingly Centre on Friday 27 March. Annually, there is an overwhelming response to the expo from the people of all ages who attend as well as stall-holders. The Expo is a not to be missed calendar event and an opportunity to attend high quality seminars on a wide range of topics and to hear the Minister for Senior Citizens – The Hon Maggie Barry speak.

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

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

