

# mudcakes & roses

THE MAGAZINE FOR NELSON TASMAN SENIORS





This is the 100th issue of Mudcakes and Roses so we've chosen nostalgia as its theme.

This month, some of our contributors focus on warm memories of the past evoked by the simple pleasures of gardening and cooking, the satisfactions of sharing the hard

physical labour of pre-tractor farm work, or of building their own home. Others remember the challenges of the past and marvel at the ways in which technology has made our lives so much easier.

Our 100th issue seemed the perfect moment to redesign the magazine's cover. We've aimed for a simpler, cleaner look to complement design changes within the magazine. We hope the new look will be a cause for celebration, rather than nostalgia!

Happy New Year.

*Ro Cambridge*

## *This month's issue: Nostalgia*

### IN THIS ISSUE:

#### How good are these new-fangled all-electric cars

Page 6: Lindsay Woods reports on the performance and many advantages of his new electric car.

#### A young woman builds a home for herself in the 1980's

Page 12: Kindra Douglas reminisces about building her own house at the tender age of 28 - something that's almost impossible for young New Zealanders today.



#### Better living through technology

Page 3: Mudcakes' editor Ro Cambridge discovers that hearing aids make the world a richer and livelier place.

#### Why should we remember the past?

Page 10: Susan Arrowsmith of Age Concern's discusses the importance of sharing memories and stories about the past.

#### Whatever happened to haystacks and horses?

Page 15: Our rural columnist Garrick Batten remembers pre-tractor days on the farm.

#### Plus our other regular columns:

Food for Thought, Multi-Media Matters, Gardening, Book Reviews, Library News and Puzzle Page.

### NELSON HERITAGE WEEK

Get ready to indulge in a little nostalgia during Nelson's Heritage Week 18 - 23 April 2017.

Enjoy a stunning photographic exhibition of heritage houses at The Suter or a light-hearted play about the first flight home to Nelson. Learn about antiques at the Melrose house gala. Discover the Nelson Legacy Trail. Artists from Tape Art will transform the windows of Nelson Provincial Museum with images of homemakers and a community quilt project. In the museum, uncover the history behind your own home, and peek into some historical home renovations. The week ends at Founders Park with a special ANZAC event.

Throughout the week heritage walks, tours and exhibitions will take place. Family-focused activities, such as creating a miniature village, will all be free or low cost.

More details in the next issue of Mudcakes and Roses, the programme published by Nelson City Council or at [www.itson.co.nz](http://www.itson.co.nz).

### CONTACT THE EDITOR:

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Post: Mudcakes and Roses,  
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### CONTRIBUTE TO THE MAGAZINE:

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

### THEME FOR OUR NEXT ISSUE:

The welfare of our society relies heavily on those who work without pay within the family or community, as well paid workers in the helping professions. In our April issue we're celebrating these "helping hands" and the contribution of older people to the voluntary sector.

Proudly published by:



## THE RETRO METRO

REMEMBER THE GOOD OLD DAYS WHEN YOU COULD HEAR A PIN DROP?  
NOW SOME OF US NEED A BIT OF TECHNOLOGICAL HELP.



**CONTRIBUTOR:**  
Ro Cambridge

**For a couple of weeks last year I walked about Nelson with two and a half thousand dollars tucked behind each ear and no one noticed except me. Which was something of a relief: I was trialling a pair of hearing aids.**

Their invisibility made it easier for the vain and foolish part of me to accept that I was wearing these twin badges of age and disability. Naturally, I would much rather have been wearing diamonds as big as the Ritz in my ears. Or if wearing expensive hi-tech gadgetry was essential, I'd prefer to wear something way cooler and more youthful – the latest Apple Watch perhaps – than a hearing aid.

Self-conscious idiocy aside, the effect of wearing hearing aids was more positive, and more radical than I could have imagined. The

transformation was immediate. As soon as I stepped from the quiet of the audiologist's clinic onto the streets of Nelson wearing my hearing aids, it was as if I had walked onto a bustling movie set where they were shooting a film with fascinating sound effects and a great sweeping musical score. Watch the opening scenes of "Manhattan" the Woody Allen film which has Gershwin's "Rhapsody in Blue" as a sound track and you'll get the idea.

I couldn't stop grinning. Life suddenly seemed so ... so ... well ... so much more life-like than before. It was as if, without realising it, I had been standing in a shadow and had grown slightly chilled, but I was now basking in sunshine. This sudden access to livelier and more intelligible sound made me think, for the first time in years, of a childhood neighbour who had a radio shack in his back yard and a radio mast that seemed as tall as the Eiffel Tower. I remember listening intently as, hunched over the dials and knobs of his radio set, he would conjure up a human voice out of the surging beeps and whistles and whooshes of the universe.

Once I grew accustomed to them, the effect of the hearing aids was less dramatic. However, when I wore them, accessing that sunnier aural landscape – more varied and subtle, warmer and more colourful – still transformed my feelings and thoughts, making them somehow, richer and juicier too.

And then there were the more prosaic benefits of improved hearing. I could hear my phone ringing even if it was in the depths of my bag or in another room. I didn't need to ask someone to repeat what they'd said. Or hope that my reply to what I imagined they'd just said wasn't too bizarre. At the theatre I wouldn't have been able to enjoy "Under Milkwood" from my seat in the far reaches of the Theatre Royal, if I hadn't been wearing hearing aids.

The sharpened hearing which comes via expensive, fragile and easily-lost appliances does have its drawbacks. Jointly, the pair of hearing aids I trialled were worth more than my car.

Losing them would therefore be tantamount to writing-off my car in a traffic accident – without the whiplash and contusions. So, unless you have a very forgiving insurance

*Continued on page 4...*

company or a healthy bank balance, you need to be careful not to accidentally dislodge and lose your hearing aids.

In practice this means you can no longer touch your head as casually as you once did. Brushing your hair, taking off your glasses or pulling a jumper over your head has to be done with the utmost caution. If your sartorial preference runs to hats, head-scarves and earrings you need to be very careful when dressing up. Athletic and amorous activity needs to be embarked upon with great care too. There must be no throwing oneself with abandon onto the couch to read a book. And definitely no head-scratching. Amplified by hearing aids, scratching your own head can sound like a

Bengal tiger sharpening its claws on very coarse sandpaper.

Yes, there is such a thing as hearing too much. At the Saturday market I discovered that my usually relaxing perch at the coffee cart was actually at the epicentre of a terrible cacophony: a coffee grinder on one side and a guitar-playing busker on the other. In one of my favourite coffee shops, what is usually gentle background music and subdued murmuring from other tables, became an overwhelming din when heard through my hearing aids. High winds aren't much fun for the hearing aid wearer either: some of my danglier earrings tinkled maddeningly when I was wearing hearing aids. I nearly leapt out of my skin when a cyclist behind me on the

Maitai River path helpfully rang his bell to warn me of his approach.

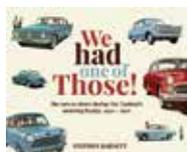
The solution isn't too difficult. You turn down the volume of the hearing aids which is as easy as pressing a small button on the hearing aid in the left ear. Press the button on the hearing aid in the right ear, and normal transmission is restored. Or, if you feel you've spent too long exposed to the razzle and dazzle of almost perfect hearing you can simply remove your hearing aids altogether and slip into the cool and restful shadows once more.



## Book Reviews

### We had one of Those by Stephen Barnett

This book celebrates New Zealand's golden age of motoring, from the 1950s through to the 1970s, many of them icons of New Zealand popular culture, such as the Mk II Ford Zephyr and the Trekka - the only vehicle New Zealand designed vehicle to enter commercial production for an extended period. RRP \$49.99



### Inheriting Edith by Zoe Fishman

A novel about a single working mother whose life changes when she inherits a beautiful beach house - and Edith, its aged inhabitant who suffers from Alzheimer's. What could be a disastrous relationship turns out to be nothing of the sort. A heart-warming story with rich characters. RRP \$34.99



### A Road Tour of American Song Titles: From Mendocino to Memphis by Karl Du Fresne

The New Zealand author of this musical travelogue is a journalist, former musician and keen amateur musicologist. He visits 24 United States towns and cities, from Abilene to Wichita tracking down the geographical inspiration for famous pop songs. A must-read for fans of 1960s music. RRP \$39.95



### Love Letters to a Landscape by Paul Little

Everyone has a place with which they feel a special connection - a place in the heart. Paul Little has compiled a fascinating and beautifully illustrated book featuring more than 50 well-known New Zealanders talking about their special places - from Cape Reinga to Stewart Island, from a suburban backyard to the Pacific ocean. RRP \$54.99



ALL BOOKS AVAILABLE FROM **PAGE AND BLACKMORE**  
NELSON'S AWARD-WINNING INDEPENDENT BOOKSHOP



## The way we were

Reminiscing is something that we all do, no matter our age. Tasman District Libraries has a wealth of resources to feed your appetite for nostalgia, whether it's photographs of familiar places and people, favourite music from the past, re-reading childhood stories or watching old movies. Books of traditional recipes and iconic kiwiana certainly evoke feelings and memories from the past.

All four Tasman District Libraries have an extensive range of historical material, a valuable resource for anyone researching their family history or interested in local history. Allow plenty of time to browse as these items cannot be borrowed.

If you're interested in tracking your ancestors sign up for one of our Introduction to Family History courses or find out how to use Papers Past, a treasure trove of fascinating early New Zealand newspapers. These courses run throughout the year at Richmond Library. You'll find more information on the library website.

And finally have a go at adding your memories and stories to "Kete Tasman", a community archive where you can find and share photos, audio, video and personal stories about our region. It contains heritage materials from public collections as well as photographs and other items from local families. There's a link to the "Kete" in the Heritage / Local History section of our website. Your library – celebrating the past, creating the future.



### More Information & Bookings:

**Website:** [www.tasmanlibraries.govt.nz](http://www.tasmanlibraries.govt.nz)

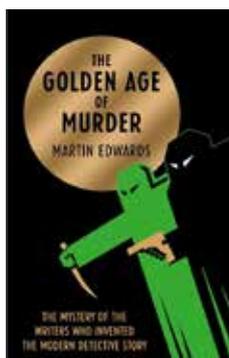
**Tel:** Richmond 543 8500 Takaka 525 0059

Motueka 528 1047 Murchison 523 1013

## Revisiting the Golden Age of Murder

Mystery writing is a very popular genre and recently there has been an upsurge of interest in classic mystery writing from the 1930s. At that time a group of British mystery writers who used to meet regularly for dinner formed The Detection Club. Founding members included Agatha Christie, Dorothy L. Sayers and Baroness Orczy. The first President was G.K. Chesterton. Members were initiated and had to swear that their "detectives shall well and truly detect the crimes presented to them using those wits which it may please you to bestow upon them and not placing reliance on nor making use of Divine Revelation, Feminine Intuition, Mumbo Jumbo, Jiggery-Pokery, Coincidence, or Act of God"

Some early books by club members were collaborative efforts with several different authors contributing chapters to the books. Recently Waterstones Publishing has published a series of titles by some of the lesser-known authors from the early Detection Club under the series



title: British Library Crime Classics. We have eight titles from the series in our collection.

The Detection Club is still going strong. The current president is Martin Edwards and in 2015 he wrote The Golden Age of Murder: The Mystery of the Writers Who Invented the Modern Detective Story, which we also have in our Library. Look for these works and other classic crime authors in our catalogue:

[www.nelsonpubliclibraries.co.nz](http://www.nelsonpubliclibraries.co.nz)



### More Information & Bookings:

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

**Tel:** 546 8100

**Website:** [www.nelsonpubliclibraries.co.nz](http://www.nelsonpubliclibraries.co.nz)

## CHARGING AHEAD WITH ELECTRIC VEHICLES

IN OUR AUGUST ISSUE LINDSAY WOOD RECOUNTED HIS EXPERIMENT USING BIO-FUEL IN HIS CAMPER VAN. NOW HE REPORTS ON HIS NEW ELECTRIC CAR AND ITS MANY ADVANTAGES.



**CONTRIBUTOR:**  
Lindsay Wood



**Marie pressed the button, and listened. “Is it really started?” She asked, laughing. “Noisy, eh?” I joked. Everyone trying my electric Nissan e-NV200 Acenta is amazed at how quiet it is.**

My new car arrived last September from the United Kingdom (Nissan New Zealand don't import them). Like many people-movers, it's no great beauty, but fits my key requirements perfectly: 100% electric, near-new batteries, and room for grand kids and gear. My first surprise was having to consult the manual before I could start it! “Depress the brake pedal and push the power button” it said, so I did. The dash-panel burst into life with a smorgasbord of symbols. Before I could check them, they vanished. The technicolour start-up over

and I was left with a compact display saying I had a full battery, 135 km of range, and I hadn't fastened my seat belt.

Click! Belt fastened, I released the hand brake and gingerly pressed the accelerator. Like silent magic the car glided across the yard. And that was it. No engine noise, no gears. Too easy. My second surprise was also too easy. In the middle of Stoke I found myself clocking 70 kph! Deceived by the amazing acceleration, and lacking speed-cues like engine noise and gear shifts, I'd blasted way past the speed limit. It was a salutary lesson. Soon I was home and reading the manual again, this time how to charge it. Just like starting, it seemed complex but proved simple, and it takes just 30 seconds to plug in and start charging.

Standard three-pin sockets are the easy, but slow, way to recharge – after a normal day round town, would take a couple of hours to top up. If the battery is near-empty it would take more like 8 hours. There are other quicker options. Campgrounds everywhere offer caravan points that charge at twice the speed. Or one can be installed at home for \$4-500. Then there are rapid-charge stations, the game-changers for long journeys and high-usage vehicles. Our region's first, in Richmond, was opened in September, and charges my car 80% as I sip a leisurely coffee nearby. It's frequently used, and could already do with an extra designated carpark. Last month saw new stations open in Nelson and Takaka, and that's just the start. Check out [www.plugshare.com](http://www.plugshare.com) for more.

Many people considering Electric Vehicles (EVs) worry about their distance limitations. It certainly can be a factor, but for 98% of my driving it hasn't even occurred to me. With improving batteries (Teslas get to Christchurch



on a single charge) and expanding rapid-charge networks, I don't see it as a problem. And if you're keen to go electric, but need the extra range immediately, there are "hybrids", offering modest electrical range at first, and petrol when the battery's low. (But get a "plug-in" for best value and least fossil fuel).



However range considerations have taught me more about efficient driving – lessons which apply equally to fossil-fuelled vehicles. For example, air-conditioning sucks 8% power and a 30 metre hill-climb takes as much energy as 1 km on the flat. But, unlike petrol engines, my "regenerative braking" recharges downhill and gets most of that energy back!

And what about costs? Environmentally, of course, the cost of not getting off fossil fuels is unthinkable. We all realise that, and that's why I'm subsidising my kids into EVs. But, talking dollars, the "average Kiwi" could save around \$2000 annually with an EV (see side-panel).

So where to now? I'm betting we'll be amazed how quickly things will switch over. Charging networks are sprouting like spring grass, pace-setter Tesla launches in New Zealand this year, and the other car-makers are striving to catch up. The process will be fascinating, and soon we'll all be breathing a little easier.

## ENERGY COST COMPARISON:

### Petrol Car:

10 km per litre at \$2 per litre of petrol = 20c per km.

### Electric Vehicle:

5 km on 1 kWhr, on night-rate electricity at 16.5c/kWhr = 3.4c per km, a saving of 16.6c per km or over 80%.

www.rightcar.govt.nz calculates 14,000 km per car per year, giving an annual fuel saving around \$2300 for an EV.

## OTHER OPERATING COSTS:

Maintenance and other costs are complicated to compare. However, a large US study [www.nerdwallet.com/blog/loans/electric-hybrid-gas-how-they-compare-costs-2015/](http://www.nerdwallet.com/blog/loans/electric-hybrid-gas-how-they-compare-costs-2015/) found EVs were consistently 20-30% cheaper to maintain than petrol cars or hybrids. This will only improve for EVs.

Also there's free registration for EVs!

## MORE INFORMATION:

Listen to an episode of 'Our Changing World' on Radio New Zealand online to find out more:

[www.radionz.co.nz/national/programmes/ourchangingworld/audio/201799417/flicking-the-switch-for-electric-cars](http://www.radionz.co.nz/national/programmes/ourchangingworld/audio/201799417/flicking-the-switch-for-electric-cars).



## NELSON CITY PROBUS CLUB

**Probus clubs are all about friendship, fellowship and fun for people who are retired or close to retirement.**

If you have an active mind (and want to keep it that way) and have a great sense of fun (though possibly not of the cream-cake-in-the-face-variety) then Nelson's Probus Club might be just the thing for you and your friends.

Probus clubs which originated in the United Kingdom in 1965, and started up in New Zealand 1974, are non-political, non-sectarian, non-profit making and non-fundraising. The Nelson club, formed in 2007 by combining separate men's and women's clubs, is vibrant and energetic, with an enthusiastic membership of over a 100, drawn mostly from Nelson, Stoke and Richmond.

Monthly meetings form the "backbone" of the club. It's when almost all members get together. There will be a speaker talking on something topical, and often a mini-speaker or engaging short quiz. The President can usually be relied upon to entertain with a sensitively-chosen joke or amusing story. As well as providing an opportunity to socialise, the meetings allow us to host guests and visitors – many of whom go on to join the club.

Our activities include organised day trips too. For example, in November last year we celebrated the arrival of spring with a day in Marlborough, visiting five different

rural gardens. Members also get together for monthly coffee mornings, lunches and theatre/musical outings, and we've recently launched a book discussion group. We hold a mid-winter luncheon in June, a Christmas luncheon in December and a summer picnic in January. You'll find more information about our activities, and photos on our website – see below.

We're a friendly bunch and our members range in age from the late-50s to the mid-90s. We welcome enquiries and visitors – including visitors from other service clubs - at any time. Please call us to chat about the club, or visit us to sample our brand of friendship, fellowship, and fun!

### MORE INFORMATION:

Meetings Golf Club, Bolt Road, Nelson, second Thursday of every month (except Dec & Jan). Accessibility is good, plenty of parking. \$5 door fee includes morning tea.

Annual Membership \$27 single / \$45 for a married/partnered couple. No joining fee.

Note that there are other active Probus clubs in Nelson, Stoke, Richmond and Tasman – including all-women or all-men clubs.

### CONTACT:

[www.probusouthpacific.org/microsites/nelsoncity/Home](http://www.probusouthpacific.org/microsites/nelsoncity/Home)

Email [nznelsoncitygroup@gmail.com](mailto:nznelsoncitygroup@gmail.com)

Phone Club Secretary, Helen 03 544 0494.



## Multi Media Matters

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



### PHOTOGRAPHY THEN AND NOW:

This summer I dusted off the family camera to capture some images of flowers in our garden. Thanks to digital technology I took some reasonable photos with which to bore acquaintances.

The ease with which I shot, downloaded, tweaked and saved those photographs stirred nostalgia about how the art of photography has advanced during my working life.

Back in the late 1980s I edited a country newspaper and we employed a photographer whose job it was to produce the photographs for the paper. This meant he developed black and white film into negatives then worked through several more labour intensive stages until he produced grayscale “blocks” ready to be placed on pasted up pages. This could take upwards of three hours.

The photographer's own private domain was a darkroom redolent of chemicals used to develop, “fix” and wash the images. Most of the process was carried out in the dark and woe betides anyone who barged into the darkroom without knocking first. Mysterious objects such as little pieces of cardboard sellotaped onto bits of

wire, or wire fashioned into loops and hoops littered the bench. These were used to “dodge” or burn in and out parts of a black and white image to add depth and held endless fascination for those of us not qualified to use them. The developing stage was the most magical – when a seemingly blank sheet of white photographic paper yielded up an image when submerged in a bath of clear developing fluid. All of this added to the aura of mystique and alchemy which swirled around the photographer and his art.

My favourite “Heath Robinson” bit was when he put the prints into a wash to remove the fixer and water marks. You are picturing a large swirling tank of crystal clear water I know – uh huh – he put them into a bucket of tap water and whooshed them around furiously with his arm for a couple of minutes then carefully separated them and pegged them out to dry on a line – just like you see in the movies.

How things have changed in the 21st century! Purists still say that black and white photography, practiced in its original form, is the only true interpretation of this medium, but digital technology puts the production of a decent photograph within reach of almost all of us.

You can take a photograph on your camera, phone or iPad then “develop” it using a computer programme which stay largely faithful to the old process but are light years faster. You can play with the image and re-size it instantly using a mouse and a screen any time, any place – no dark arts required.

My flower photographs have been cropped and auto-corrected. I have experimented with removing the background or tweaking aspects of it. I have enhanced some colours and faded others. I have even tried to place a bee on a petal – not very well, and with a prick of conscience about the ethics of such manipulation. The one thing that is clear is that whether it's black and white or colour photography, then or now, amateur or professional, it is very hard to improve on nature.



## THE VALUE OF REMEMBERING

WE ALL LIVE IN THE PRESENT, YET WE CARRY OUR PAST SELVES WITH US THROUGHOUT OUR LIVES.



**We all have a rich history and it is the experiences and events of our lives which shape us into the people we are today. Our memories, and the stories we share are an important part of how we see ourselves.**

As people age they often lose people and aspects of their lives which have defined them: their partner, family, friends, career, home. They need to remember who they were, to help define who they are today.

We all like to talk about 'the good old days' but research is now proving just how beneficial it is to do so. Remembering the past can bring everyone understanding and satisfaction. For the elderly it is a chance to relive happy times and to affirm who they are and what they have accomplished.

For those with Alzheimer's or other memory issues this is particularly valuable. Many can no longer remember what they had for lunch or who came to visit yesterday. Yet, with a little prompting (What was your first job? What was your favourite movie or TV show? Where were you when such and such happened?) They may retrieve memories from their younger years quite readily. This can evoke feelings of self-worth and belonging, as well as preserve these precious memories for future generations.

One of the services we provide at Age Concern is our Accredited Visiting Service where we match volunteer visitors with elders who are in need of some good company.

One of the most enjoyable aspects of the service for the volunteers is listening to the people they visit reminisce about the past. People have fascinating lives when you take the time to ask the right questions and listen well.

Because we recognize the value of recording these wonderful

stories we have also developed a "Life Story" book. This is a booklet in an easy-to-use format which helps in the recording of important life events and memories. These booklets are available for our volunteers to use with the people they visit and are a really nice way to get to know each other and build a good friendship. The Life Story books can also be purchased from Age Concern at a cost of \$10.

If you really enjoy talking and reminiscing over a cup of tea and have an hour a week to spare, you may like to consider becoming a volunteer visitor and find out more about the service. You may know an older person who would benefit from this service. In either case we would be delighted to hear from you.

### CONTACT:

#### Age Concern

Accredited Visiting Service  
Susan Arrowsmith, Ph. 03 544 7624  
coordinator@ageconcernnt.org.nz



## Food for Thought

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

### FAMILY FOOD TRADITIONS:

What are your childhood memories of food? If you read Mudcakes and Roses you are probably in the 50+ age-group. You might recall the traditional home-cooked meals of the 50s, 60s or even earlier! You might think of Sunday roasts with your family or home baking from the Edmonds Cookbook. Perhaps your first thoughts are not about the food itself, but about the people, the places and the occasions involved. Eating is a social activity and plays a central role in creating connections and memories.

I vividly recall the smells in my grandmother's kitchen. She prepared the main meal in the morning and cooked the meat, potatoes and vegetables for lunch at 12 o'clock. My family is from a Dutch village that was famous for its eel fishing and smoked eel was a special delicacy. My grandmother used to make fried eel and a delicious eel and chervil soup. Eel fishing is now severely restricted, and my home town is the only village on the river where eel catching is still allowed. I am always filled with nostalgia when I think of that food and other family memories come flooding back too. Not all my food memories are pleasant ones though! Having to eat everything on your plate

and swallow a dreaded cod-liver oil supplement are not exactly happy memories!

When I think about what we ate when we were younger, I wonder what present generations will remember about the food they are eating now. Because of massive changes to our food supply caused by globalisation, and an increase in processed food and fast food chains, their memories of food and the social activity around it will be quite different.

Now that our lives have become a lot busier and many parents work long hours, how can we help create memorable food experiences for young children? I don't want to sound negative or moan that "everything was better in the old days". I'm not saying we should go back to cooking cabbage for two hours the way my grandmother used to. It is more about establishing new traditions that can remain with your family for many years.

The "pot luck" meal for example. When we first came to New Zealand from the Netherlands we were very unfamiliar with this idea. Now it is part of our family tradition – part of eating together with family and friends. A weekend brunch is another way to bring people together over food in a relaxed

way. Work-day mornings are hectic in most families so a special late breakfast once a week is a great way to get together with enough time to prepare special dishes.

As a dietitian I often work with families. Some families have developed interesting ways to prepare and share food. Pizza nights are an example. Everyone prepares a pizza topping and the children design and make the pizzas. Other families have "Masterchef" and "My Kitchen Rules" type competitions. This doesn't need to be expensive if ingredients from the garden and whatever's in the fridge and pantry is used.

I'd love to hear about any food traditions you've developed in your family. You'll find my email below.

### SEND YOUR QUESTIONS AND SUGGESTIONS TO:

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





## BUILDING A HOME

**Kindra Douglas, now sixty-four reflects on the meaning of home and the empowering experience of building her own home as a young woman of twenty-eight.**

Home. It's a word that evokes a whole range of associations for me – feelings of comfort, of being cherished, being safe and secure. Home is the place where I feel restored, embraced and yet paradoxically more open to the world.

My first home was the house in a small rural north island town which my parents bought in 1941 soon after they married, and just before Dad went off to World War II. Mum had grown up in a house on the same road.

The house was weatherboard house with a blue butterfly on the front and a big back yard with a vegetable garden and fruit trees. This 1000sq foot home for five (Mum, Dad and three kids) was typical of the egalitarian 1950's: one bathroom, a kitchenette, a wash-house and yes, a flushing toilet. We also had a fridge, though many families didn't, and we had a safe as well to keep food cool. We had a one-car garage where Dad would do car repairs and general tinkering. Behind that was our hut – a little shed covered in passion fruit vines which Dad decided "could be left up to the kids".

I lived with my parents in the cosy rhythm of family life my first 17 years. Mum baked every Thursday to "fill the tins" with louse cake, afghans (my favourite), chocolate sultana bake, marshmallow cake and peanut brownies. There was a roast on Saturday, cold meat on Sunday

with salad and minced meat rissoles on Monday with any leftovers.

I shared a bedroom with my older sister, until she left home. I was grief stricken by her departure – the first break in the continuity of my home life. Then it was my turn to leave home and go flatting. The excitement of finding my own life and rhythm made this transition easier, and I was easily able to go back home for meals and to reconnect with my parents.

By the time I was 28 I felt a strong urge to create a home of my own. At the time, the government, through State Advances, provided home loans. In spite of his worry about my "going it alone" my father gave me the necessary \$5000 deposit and I got a mortgage.

With this initial governmental and family support I was able to build my own house. I did the drawings and submitted them to council. I found a builder to put the foundations in, build the basic structure and clad and roof. Dad and I and a friend did the finishing with "subbies" coming in to do the electrics and plumbing.

It's almost impossible to describe the fulfilment and deep sense of home the building process gave me. I'd love it if everyone could feel as "at home" now, as I did in my childhood home, and the home I built for myself almost 40 years ago. Shelter is such a fundamental need I am sure that individuals and society suffer when a secure home is an impossible dream for so many.

**CONTRIBUTOR:**  
Kindra Douglas

## Gardening

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



### A GARDEN OF MEMORIES:

Things quieten down a little in the garden in late summer and early autumn. Summer crops are producing their bounty and it's a bit too early to plant crops for winter harvest. The main priority is to keep your existing crops growing well by making sure they are fed and well-watered.

It's a time of the year to "stop and smell the roses". I've been thinking a lot about my passion for plants and gardening including nostalgia for fragrances, plants, gardening books and gardening tools.

How many times have you smelt fragrance that transports you back to a moment in time spent in a relative's or friend's garden? Sometimes it can literally stop you in your tracks while you locate the source of the memory.

Much-loved gardening books are packed with inspiration and memories especially when they are dog-eared or have handwritten notes in the margins. I have several of Dad's gardening books including one that has pressed leaves in it, picked from our holiday house in Arrowtown back in the 1970's. The leaves are perfect and look as though they have just been pressed.

Gardening tools that have been handed down through families are treasures that capture our hearts. There is something inexplicably special about using a tool that's been used in various gardens for many years.

I still have the heavy aluminium watering can which Dad used to water and feed his tomato plants each summer as well as the tall gardening fork both my parents used in the vegetable garden. Every time I use the fork it's as though my parent's hands are right there on the handle with mine. It's an amazing feeling. The tines are fine and fairly widely spaced which makes it perfect for Moutere clay soil.

Perhaps the ultimate feeling of nostalgia comes from cuttings or plants gifted by family, friends and fellow gardeners. Recently I visited a dear friend and she pointed out her grandmother's *Dendrobium* orchids that are approximately 60 years old. This gave me goose-bumps from head to toe – how fabulous to have such treasures.

Whether we realise it or not, we are influenced by how our ancestors gardened before us. Growing tips and tricks, colour combinations, likes and dislikes flow through our gardening veins from the past.

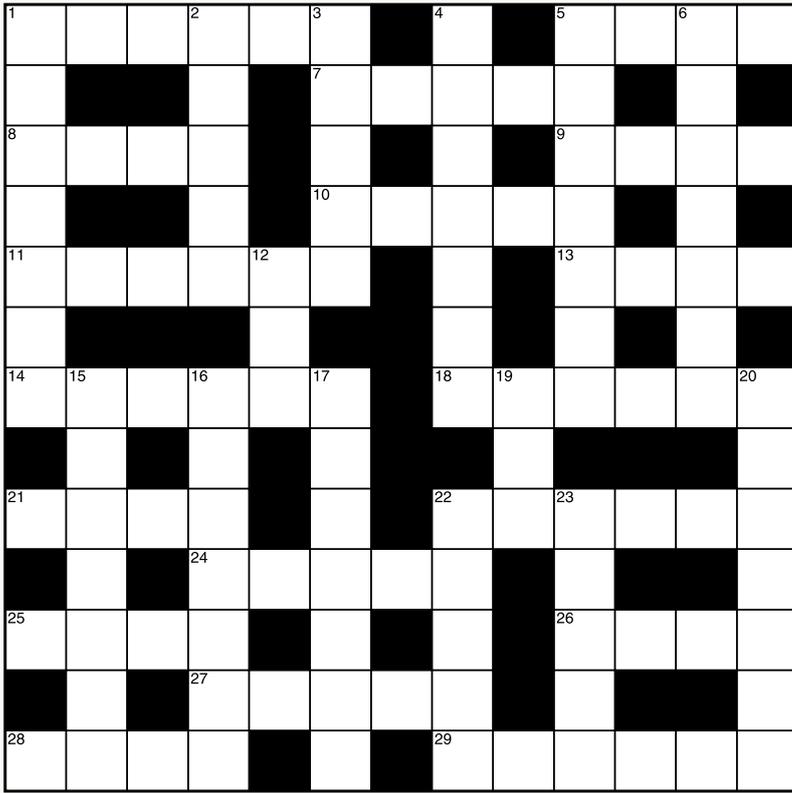
Gardeners are inherently generous souls, loving nothing more than to share special plants. This is lovely for the recipient because they will grow something that's meaningful and it helps ensure that the plant species will continue to exist. As Gertrude Jekyll said "love of gardening is a seed once sown that never dies."

### SEND YOUR QUESTIONS AND SUGGESTIONS TO:

[foeslamb@xtra.co.nz](mailto:foeslamb@xtra.co.nz)



## CROSSWORD



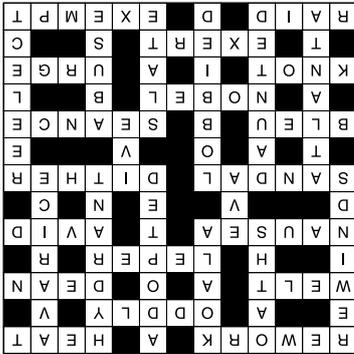
### ACROSS

1. Redo
5. Qualifying race
7. Peculiarly
8. Lash scar
9. Cult actor, James ...
10. Outcast
11. Morning sickness
13. Ardent
14. Strappy shoe
18. Shillyshally
21. Cordon ... cookery
22. Ouija session
24. Peace prize
25. Tangle
26. Beseech
27. Strain
28. Sudden invasion
29. Excused (from tax)

### DOWN

1. Reverses (tape) to start
2. Promises
3. Bear-like marsupial
4. Took in (child)
5. Water-main outlet
6. Greed
12. Evita, ... Peron
15. US capital of Georgia
16. Disheartened
17. Sought to influence (legislator)
19. I have (1'2)
20. Vote in again (2-5)
22. Bluish-grey
23. Mistreatment

### Crossword Solution



### Sudoku Solution

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

## SUDOKU

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

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

Thanks to Tasman resident 80 year-old Diny van Oeveren for creating our Sudoku puzzles



## A view from the country

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



### YESTERYEAR ON THE FARM

Sitting in the office, which used to be just the crowded kitchen table, to fill in the forms required under new Workplace and Safety legislation evokes nostalgia for when such regulatory paper shuffling did not exist. For days when local and central government bureaucrats did not try and manage farmers lives and businesses. There are not as many people injured and killed on farms as there are on roads and at sea. As always. In the past, those risks were managed without someone else thinking they knew better because they were given the power to say so.

Everyone, rural and urban, remembers the past in similar ways. You recall the good and the bad in two ways. Something in the past that was very different and has got better over time. Or something in the past that was good, but has become worse. These kinds of memories – many rural, appear in “NZ Memories” magazine every month.

Although memories are personal, they are often very similar. Grown men can recall small-boy delights at letterbox firecracker raids which are now met with societal and parental disapproval. Parents remember being able to administer punishment not then labelled as child abuse.

Nostalgia for the past is shared to varying degrees depending on the impact of the memory, and of course memory itself. Some feel nostalgia for the comradeship and singsongs in air-raid shelters during the London blitz, not the nightly drama of descending into the bowels of the earth, cold and waiting half-asleep for the next crump of a bomb.

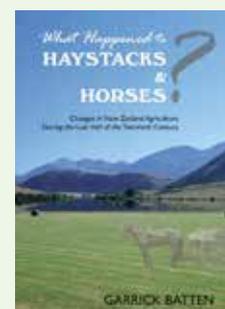
Nostalgia for the rural past is similar. I remember the day when the first tractor arrived. From the seat I could plough the Back 20 Paddock in two hours after

tea. I no longer had to get up at 5 o'clock to run in the horses, and spend eight hours plodding behind creaking harness and clanking metal in a dust cloud. By contrast a neighbour fondly remembers using horses on the farm – their companionship, their smells and snuffly breath. He remembers one-sided conversations with his horses, munching his lunchtime bread and cheese under the totara tree. For him, tractors brought diesel fumes, a cold metal seat and rattling engine clamour.

The strongest common theme of rural memories of the past is people. There's a nostalgia for a time when instead of ringing the contractor and later counting bales in the shed, haymaking was a gang of neighbours going farm to farm. Wives and children followed with hot and cold drinks, bacon and egg pies, fresh baked bread and homemade gooseberry jam. There are fond memories of the weekly trip to town on Friday night. Parking on the main street to eat fish and chips with the kids and watch people passing. Then later, leaving the kids asleep to chat to fellow farmers on the footpath until nine o'clock. All of us doing the same thing. No texts and emails. Ah! Those were the days.

### MORE RURAL MEMORIES

Garrick Batten writes more about the changes in farm life and agriculture during the last half of the 20th Century in his book “What Happened to Haystacks & Horses?” Available from The CopyPress, Nelson [www.copypress.co.nz](http://www.copypress.co.nz) RRP \$34.95.



# SERVICE DIRECTORY

## COVERS BOTH THE TASMAN AND NELSON DISTRICT

### Age Concern

Offering support services, information and advocacy. Our services include Elder Abuse & Neglect advice and support, and an accredited visitor service.  
Ph. 03 544 7624. Richmond Office: 62 Oxford Street.

### Arthritis New Zealand

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

### Asthma Society (Better Breathing Classes)

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

### Brook Sanctuary

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

### 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 held in Stoke, Richmond, Motueka and Golden Bay. Please phone for an appointment.  
Ph. 03 548 3270

### Hearing Therapy Services Life Unlimited

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

### Mobile Toe Nail Cutting Service

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

### Nelson Public Libraries

Branches at Stoke, Tahunanui and Nelson, provide free library services

to the community. We also have free computer and wifi access, computer classes, a home delivery service, local and family history information and hold regular events.  
Ph. 03 546 8100.

### Senior Net (Nelson)

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

### Stroke Foundation

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

### Upright and Able for Falls Prevention

Free four week course for those over 65 who have had a fall. For more info: Ph. 03 543 7838  
E. [cherie.thomas@nbph.org.nz](mailto:cherie.thomas@nbph.org.nz)

## GOLDEN BAY

### 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

### Friends of Golden Bay

Ph. 03 524 8130 (Don)

### Genealogical Group

St John Rooms, A&P Showgrounds,  
Ph. 03 525 8086 (Sally)  
E. [pands@gaffneys.co.nz](mailto:pands@gaffneys.co.nz)

### Gentle Exercise Class

(through Golden Bay Physio Clinic) Golden Bay Community Health, Mondays 10.00 – 11.00 am (Free).  
Ph. 03 525 0105 (Erica)  
E. [ericaphysiogoldenbay.co.nz](mailto:ericaphysiogoldenbay.co.nz)

### Golden Bay Contract Bridge Club

Golden Bay Community Centre, Commercial St, Takaka. Weds 7.00 pm & Fri 1.00 pm.  
Ph. 03 525 9744 (Leigh)

### Golden Bay Garden Club

Ph. 03 525 8455 (Anne)

### Golden Bay Patchwork and Quilters Guild

Ph. 03 524 8487 (Liza)

### Indoor Bowls/Cards

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

### Marble Mountain Country Music Club

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

### Motupipi Indoor Bowling Club

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

### Pohara Bowling Club

Ph. 03 525 9621 (Jennifer)

### Puramahoi Table Tennis

Ph. 03 525 7127 (Rene)

### Relaxation and Restoration Yoga

Yoga for all in Takaka township. Small groups for individual attention. Private sessions as well. Learn how to use your breath and gentle movements to calm the body and mind.

Ph. 03 525 7422 (Terry)

### SeniorNet (Golden Bay)

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

### Sit and Be Fit

Golden Bay Community Centre: Tues, 10.15 am – 11.15 am.  
Ph. 03 525 8770 (Jacinda)  
Collingwood Memorial Hall: Thurs 10.00 am – 11.00 am.  
Ph. 03 525 8770 (Jacinda) or Ph. 03 525 9728 (Jo). \$2 donation.

### Takaka Golf Club

Ph. 03 525 9054

### Takaka Golf Club Ladies Section

Ph. 03 5259 573 (Rhonda Lash)

### Takaka Spinning Group

Ph. 03 524 8146 (Margaret)

### Takaka Table Tennis

Ph. 03 525 7127 (Rene)

### University of the Third Age (U3A)

Ph. 03 525 7202 (Maira)

### Urwhenua Women's Institute

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

### Wednesday Walkers

Meet at Information Centre Carpark, Takaka – leaving 9.00 am. Bring morning tea/lunch, raincoat, light boots or walking shoes.  
Ph. 03 525 7440 (Piers Maclaren).

## HOPE

### Hope Midweek Badminton Club

Wednesday mornings.  
Ph. 03 541 9200 (Carolyn).

### Nelson Veterans Tennis Club

Hope Courts every Thursday.  
Ph. 03 547 6916 (Leona)

## MAPUA

### Sioux Line Dance

Tuesday – Mapua Community Hall  
Beginner Class, 9.00 am – 10.00 am. Improver Class, 10.00 am – 11.30 am

Ph. 03 528 6788

E. [sioux.wilson@yahoo.com.au](mailto:sioux.wilson@yahoo.com.au)

### Low-Impact Aerobics and Pilates

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

### Mapua Craft Group

Meets every Friday in the supper room at Hills Community Church from 10.00 am – noon (term time only) for simple craft work. Plus guest speakers, demonstrations & group outings. Morning tea provided.  
Ph. 03 540 3602 (Julie Cox)  
E. [juliecox@xtra.co.nz](mailto:juliecox@xtra.co.nz)

### Mapua Friendship Club

Mapua Public Hall.  
Ph. 03 540 3685 (Valerie)

### Mapua Bowling Club

Ph. 03 540 2934 (Dave)

## MOTUEKA

### Cycling

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

### Indoor Bowls

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

### Sioux Line Dance

Thursday – Motueka Memorial Hall. Beginner Class, 6.30 pm – 7.30 pm. Improver Class, 7.30 pm – 8.30 pm.  
Ph. 03 528 6788  
E. [sioux.wilson@yahoo.com.au](mailto:sioux.wilson@yahoo.com.au)

### Marching

Motueka Veteranettes Marching Team  
Ph. 03 528 9125 (Bev)

### Motueka 50+ Walking Group

All walks leave Deck's Reserve car park, where transport is arranged. Meetings last Thurs each month in RSA Club, High St, Motueka at 9.30 am.  
Ph. 03 528 7276 (Secretary Yvonne Hope)  
Ph. 03 528 6290 (President Nora Morris)

Alternate walks:  
Ph. 03 528 4559 (Frances Neumann)  
Walk schedule:  
W. [motueka50pluswalkers.org.nz](http://motueka50pluswalkers.org.nz).

### Motueka and District Historical Association

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

### Motueka Bowling Club

Ph. 03 528 5412 (Peter)

### Motueka District Museum – Pupuri Taonga

(Dec–March) Monday to Friday 10.00 am – 3.00 pm. Sunday 10.00 am – 2.00 pm. (April–November) Tuesday to Friday 10.00 am – 3.00 pm. Sunday 10.00am – 2.00 pm. Closed Public Holidays. 140 High Street.  
Ph. 03 528 7660

E. [savepast@snap.net.nz](mailto:savepast@snap.net.nz)

### Motueka Scottish Country Dancing Club

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

### Motueka Senior Citizen's Assn Inc – 50+

Pah St Motueka: (behind the Motueka Library)

### Indoor bowls:

Mon & Wed 1.00 – 3.00 pm.  
Ph. 03 528 7104 (Terry)  
Ph. 03 528 7960 (George)

Rummikub: Thursdays

1.00 – 3.00 pm.  
Ph. 03 526 8796. (Mavis)

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

Housie: 3rd Friday of the month 2.00 – 3.00 pm.

Ph. 027 717 018 (Dot)

Ph. 03 528 8960 (Dylis)

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

### Motueka Recreational Centre

Senior Activity Programmes: Mondays: Silver Trekkers, 9.30 am, Cost \$4; Social Badminton, 11.00 am, Cost \$4; Ease into Boot Camp, 1.00 pm, Cost \$5.

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

Wednesdays: 60+ Gymmers, 9.30 am, Cost \$4 or \$40 concession card

# SERVICE DIRECTORY

of 10; KickStart (Green Prescription), 1.00 pm, Cost \$4; Badminton, 2.00 pm, Cost \$4. Ease into Boot Camp, 11.00 am, Cost \$5.

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

**Friday:** Interval Walking Circuit, 9.30 am, Cost \$4; 60+ Gymmers, 11.00 am, Cost \$4 or \$40 concession card of 10.

## Motueka Social Dance Group

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

## Riwaka Bowling Club

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

## Riwaka Croquet Club

Ph. 03 528 9704 (Sally)

## Scottish Country Dancing

Ph. 03 543 2989 (Valerie)

## Social Recreation

Kiwi Seniors (Motueka)  
Ph. 03 528 7817 (Vonnice)

## Yoga

Dru Yoga classes in Upper Moutere.  
Ph. 03 527 8069 (Jill)

## MURCHISON

### Murchison Sport, Recreation & Cultural Centre

Find out what is happening:  
[www.murchisoncentre.co.nz](http://www.murchisoncentre.co.nz)  
E. [murchison.centre@clear.net.nz](mailto:murchison.centre@clear.net.nz)

Ph. 03 523 9360

Murchison Golden Oldies  
Ph. 03 523 9792 (Hamish Reith)

## NELSON

### 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.  
Ph. 03 547 0198 (Angie)

### Aquatics/Swimming/Gym

Riverside Pool  
Ph. 03 546 3221

### Belly Dancing

Zenda Middle Eastern dancing  
Ph. 027 689 0558 (Debbie)  
E. [dbsumner@xtra.co.nz](mailto:dbsumner@xtra.co.nz) or  
Ph. 03 548 8707 (Gretchen)

### Breast Prostheses and Mastectomy bras

11 Keats Crescent, Stoke Helen Clements  
Ph. 03 547 5378  
W. [www.classiccontours.co.nz](http://www.classiccontours.co.nz)

### Cardiac Support Group

Information and support to people affected by cardiovascular disease.  
Ph. 03 545 7112 (Averil)

### Community Heart and Diabetes Services

Nelson Bays Primary Health for education, awareness and support.  
Ph. 03 543 7836 (Bee Williamson)  
M. 021 409 552  
Free Ph. 0800 731 317

### Golf Croquet

Nelson–Hinemoa,  
Ph. 03 548 2190 (Bev)

### Government Superannuitants association

Ph. 538 0233 (Margaret)  
E. [nelson@gsa.org.nz](mailto:nelson@gsa.org.nz)

### Grandparents raising Grandchildren

Ph. 03 544 5714 (Paula)

### Line Dancing

10.00 am Tuesday/  
Thursday. Nelson Suburban Club. Free morning tea. All ages & gender, gentle cardio.  
Ph. 03 547 9280  
M. 0274 491 569  
E. [dianeneil@ts.co.nz](mailto:dianeneil@ts.co.nz)

### Marching

Silveraires Leisure Marching.  
Ph. 03 548 9527 (Diana)

### Nelson Electronic Organ and Keyboard Club

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

### Nelson Grey Power

Nelson Grey Power is a lobby organisation promoting the welfare and wellbeing of all those citizens 50+.  
Ph. 03 547 2457  
E. [nelsongreypower@xtra.co.nz](mailto:nelsongreypower@xtra.co.nz)

### Nelson Male Voice Choir

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

### Nelson Petanque Club

Wed and Sun 1.15pm. Behind the Trafalgar Park grandstand, off Trafalgar Park Lane. Boule and tuition provided.  
Ph. 03 545 0070 (Adrienne)

### Nelson Philatelic Society

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

### Nelson Provincial Museum

For details, visit [www.nelsonmuseum.co.nz](http://www.nelsonmuseum.co.nz)

### Nelson Social Dancing Club

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

### Nelson Scottish Country Dancing Club

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

### Nelson Scrabble Club

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

### Nelson Senior Citizens Social Indoor Bowling Club

Ph. 03 544 1487 (Valda)

### Pottery

Nelson Community Potters, 132 Rutherford Street, Nelson. Social group Thursday mornings or Twilight Pottery Monday 7.00 – 9.00 pm. Free to members, \$7 casual.  
Ph. 03 548 3087 (Annie)  
Ph. 03 548 1488 (Elizabeth)  
E. [ncpotters@gmail.com](mailto:ncpotters@gmail.com)

### Stoke Tahunanui Ladies Club

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

### Sit and Be Fit

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

### Super Seniors (65+)

10.30 am – 12.30 pm 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. 548 2601 (Anne-Marie)

### Support Works

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

### Suter Art Gallery

Exhibitions, floortalks – see [www.thesuter.org.nz](http://www.thesuter.org.nz) for

details, 28 Halifax St, Nelson  
Ph. 03 548 4699

### Table Tennis

Nelson Table Tennis Club  
Ph. 03 547 5066 (Kay)  
Ph. 03 544 8648 (Glenda)

### Tahunanui Bowling Club

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

### Tahunanui Community Centre

A range of activities and services on offer, walking, gardening, cycling and free counselling.

Ph. 03 548 6036 (Katie or Jacqui)

W. [www.tahunanui.org](http://www.tahunanui.org)

### Tai Chi with Gretchen

Classes in Nelson, Stoke & Richmond  
Ph. 03 548 8707 (Gretchen)  
E. [kitesfun@ihug.co.nz](mailto:kitesfun@ihug.co.nz)

### Taoist Tai Chi Internal Arts for Health

A variety of classes. Help yourself to better health. Suitable for all ages.  
Ph. 03 545 8375

### The Probus Club

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

### Ukulele with Gretchen

Nelson and Richmond, groups or private.

### U3A

Ph. 03 548 7889 (Paul)  
E. [membership@u3anelson.org.nz](mailto:membership@u3anelson.org.nz)

### Victory Community Centre

Offers a variety of classes during term-time.  
Ph. 03 546 8389  
E. [reception@victory.school.nz](mailto:reception@victory.school.nz) (for a programme brochure)  
W. [victorycommunitycentre.co.nz](http://victorycommunitycentre.co.nz)

### Victory Laughter Yoga Club

Stretch, breathe, laugh, relax.  
Ph. 03 546 8389 (Gareth)

### Victory Senior Support

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

### Victory Sit & Be Fit

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

### Nelson 50+ Walking Group

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

### Yoga

Dru Yoga classes  
Ph. 03 543 2125 (Sue)

### Yoga

Hot Yoga Nelson  
Ph. 03 548 2298

## RICHMOND

### Badminton Richmond

Morning Badminton  
Ph. 03 544 44120 (Dawn)

### Body Power Pilates & Yoga Centre

Richmond Town Hall.  
Ph. 029 281 3735 (Sue)

### Hope-Ranzau Women's Institute

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

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

### Creative Fibre Group

Meet others who enjoy working with fibre. Learn to spin, knit, crochet, weave or felt. Birch Hall, Richmond Showgrounds 9.30 am 2nd, 3rd & 4th Thursday of the month.  
Ph. 03 986 007 (Margaret)

## RICHMOND

### Chair Yoga

Thursday mornings 11.00 am. A gentle stretch and breathing class for every ability. Richmond Town Hall meeting room.  
Ph. 021 2398 969 (Delia)

### Club 50

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

### Croquet

New members very welcome. Golf croquet Thursday & Sunday 1.00 pm. Association croquet Winter – Wednesday & Saturday 1pm, Summer 10.00 am. Lawns opposite Health Centre lower Queen Street.

# SERVICE DIRECTORY

Ph. 03 541 0623 (Sherly)  
Ph. 03 544 7268 (Betty)

## Easy Exercise

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

Ph. 03 546 4670 (Maureen)

## Euchre (May to Sept only)

Warm & friendly. Cuppa  
and raffles. Richmond  
Bowling Club. Fridays  
1.30 to 4.00 pm. \$3.00 per  
session.

Ph. 03 5442749 (Monica)

## Sioux Line Dancing

Wednesday – Club Waimea,  
Richmond. Beginner  
Class, 6.00 pm – 7.00 pm.  
Improver Class, 7.15 pm –  
8.30 pm.

Ph. 03 528 6788

E. sioux.wilson@yahoo.com.au

## Lunch on the Hill

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

## MenzShed Waimea

A&P Showgrounds,  
Richmond

Ph. 027 289 0185

## Nordic Walking

Taster classes & courses  
with Physiotherapist Jacqui  
Sinclair. Full details go to  
W. www.jacquisinclair.com

Ph. 03 544 1645

## Pilates Classes

Richmond Recreation  
Centre. Mondays 12.30 to  
1.30 pm or Wednesdays  
9.15 to 10.15 am.

Ph. 03 538 0318 (Sue)

M. 021 034 4109.

## Pottery

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

Ph. 03 542 8953.

## Richmond Bowling Club

Club Waimea – A roll up,  
Tuesdays 1pm. Bowls  
provided.

Ph. 03 544 8060 (Jean)

## Richmond Creative Fibre Group

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

Ph. 03 544 9982 (Dianne)

## Richmond Indoor Bowls

Mondays 1.30 – 3.30 pm  
Richmond School Hall,  
Oxford St. A friendly  
session, all welcome.

Ph. 03 544 7953 (Gwen)

## Richmond Physiotherapy

Knee classes: Wednesday  
10.00 to 11.00 am \$10.00.  
Pilates Tuesday 12.00 to  
1.00 pm \$15.00. Better Back  
classes Wednesday 5.00 to  
6.00 pm \$15.00.

Ph. 03 544 0327.

## Richmond Scottish Country Dancing Club

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

## Richmond Senior Citizens

62 Oxford Street, Richmond.  
Cards Tuesday – 1.30 to  
4.00 pm. Bus trip & lunch  
first Wednesday of each  
month, cost varies. Craft  
Group – Thursday 9.00 –  
12noon. Cards – Thursday  
1.30 to 4.00 pm. Exercise  
classes & cuppa – Friday  
10.00 to 11.00 am. Hot lunch  
– Friday 12 noon \$5.00.

Ph. 03 544 9174 (Pauline or  
Terry)

## Richmond Slimmers Club

Meets every Wednesday at  
the Richmond Town Hall,  
fun meeting.

Ph. 03 544 7293 (Margaret)

## Richmond Waimea Community Whanau Group

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

## Social Cards

Richmond Senior Citizens  
Rooms, 62 Oxford St  
Richmond, Tuesday &  
Thursday 1.00 pm – 4.00 pm  
Friday Rummikub 1.30 pm –  
4.00 pm.

Ph. 03 544 5563 (Kath)

## Sport Tasman Richmond

(RTH) 9 Cambridge Street  
Ph. 03 544 3955. \$5 per  
session, discounted  
concession cards available.  
Mondays & Fridays: 9.00 am  
– 10.00 am: **Easy-beat**  
(Highest intensity class)  
10.30 am – 11.30 am:  
**Shapeup** (Lower intensity,  
with seated options).  
Tuesdays: **CLUB50+**  
9.30 am: Meet at the  
centre to join in the Social,  
recreational activities &  
outings. Programmes  
available at the centre or

enquire at number above.  
\$4 per session, with some  
extra costs being incurred.

## Tasman Tennis Club

Social tennis Tuesday  
mornings 9.30 am beside  
the Badminton Hall,  
Gladstone Rd.  
www.tasmantennisclub.info

## Veteran's (55+) 9 Hole Golf

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

## Yoga Classes for stiff and sore spots

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

## STOKE

### Chair Yoga at Saxton

Weekly gentle stretch and  
breathing sessions in the  
cricket oval lounge.

Ph. 0212 398 969 (Delia)

### Clogging/Tap Dancing

Nelson Sun City Cloggers.

Ph. 03 545 1037 (Georgina)

### Give It A Go

A variety of easy activity  
options. New activity each  
week such as Tai Chi,  
Croquet, Petanque and  
Aqua Aerobics.  
Ph. 03 546 7910  
E. wendy.get@sporttasman.  
org.nz to get up to date  
information and or to book  
a space.

### Housie Evening

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

### Nelson Savage Club

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

### Ngawhatu Bowling Club

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

## Presbyterian Support

Visit us at 360 Annesbrook  
Drive, Nelson. 10.00 am to  
3pm most days. Enliven  
Positive Ageing Services –  
social & activity day groups.  
Totara for older people.  
Harakeke for those with  
dementia. Refreshments  
& lunch provided. Van  
transport to & from the  
centre.

Ph. 03 547 9350 (Trish)

## Safety & Confidence

Ph. 03 543 2669 (Cornelia)

## Saxton Seniors

Saxton Stadium

## Senior Walking Group:

Tuesday & Thursday 9.30 to  
10.30 am \$5.00.

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

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

**Chair Yoga:** Wednesday  
10.30 am.

## Tai Chi for Health:

Ph. 03 538 0072

E. stadium@sporttasman.  
org.nz

## Stoke Bowling Club

Ph. 03 547 1411 (Allen)

## Stoke Central Combined Probus Club

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

## Stoke Old Time Country Music Club

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

## Stoke Seniors Club

Contact Karen, Mel or Anne  
at 548 Main Road, Stoke.  
Ph. 547 2660  
E. stokeseniors@xtra.co.nz

## Regular activities:

### Stoke Memorial Hall:

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

**Mah Jong:** Tuesdays @ 1pm \$3.

### Sit & Be Fit exercises

to music: Tuesday and  
Wednesday at 11.00 am. \$3  
500 Club – Wednesdays at  
1.00 pm \$3.

## Stoke Seniors Hall:

**Scrabble Club:** Mondays  
1.00 pm. \$3.

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

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

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

**Monthly movie:** Contact  
office for details.

**Stoke Seniors Choir:** meets  
Thursdays from 11.00 am to  
noon. Contact Anne.

## Special trips:

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

## Girls Own:

Monthly on Friday.

## Lads @ Large:

Monthly on Friday.

## TAPAWERA

### MENZSHED

Contact: John  
Ph. 03 522 4616  
E. menzshedtawapawera@gmail.  
com

### Visual Art Society

Ph. Kay 03 522 4368

### Walking

Rural Ramblers  
Ph. 04 541 9200

## WAKEFIELD

### Live Well, Stay Well Activity Group

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

### Walking

Rural Ramblers  
Ph. 03 541 9200

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Website: [www.healthcarenz.co.nz](http://www.healthcarenz.co.nz)



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Special guests speakers have been invited to discuss the property market, with specific focus on the shortage of homes available. These dedicated professionals will join me to answer your questions as you consider what is possible.

Our guest speakers:  
**Zoe Bond, Associate (Fletcher Vautier Moore Lawyers)**  
**Amanda James, Owner Harcourts Tasman**

On Tuesday 28<sup>th</sup> February from 10:30am til 12 noon  
At The Richmond Library, 280 Queen Street, Richmond.

Please RSVP to me, Marie Swarbrick 027 548 8578

Be my guest, it will be down to earth, informative and a pleasure.  
PS: there will be a special door prize draw and small bag of goodies to take home.

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