

# mudcakes & roses

THE MAGAZINE FOR NELSON TASMAN SENIORS



# Letter from the editor

I share my home with a dog. Twenty-eight percent of New Zealanders do. Sixty-four percent of us own at least one pet and we spend an amazing \$1.8 billion a year on pet products and services.



Why? Perhaps it's because, as research has shown, pets help relieve stress, promote social interaction and reduce loneliness. They are good for our

physical health too. They boost heart health and encourage exercise. Kids growing up with animals in the home are less likely to suffer from allergies and eczema.

Pet-owner or not, I hope you enjoy this issue of Mudcakes which explores our relationship with the animals in our lives. Now, if you'll excuse me, I must go. A certain dog is begging for a walk.

*Ro Cambridge*

## In this issue

### Compassion in action

Teen graduates of the ARK programme bring a special kind of joy into local rest homes with their canine companions.

### Going quackers in the garden

Gardening columnist Philippa Foes-Lamb chronicles her love affair with a neighbour's ducks.

### Love and loss

Ro Cambridge finds the death of a beloved pet surprisingly hard to bear.

### Puppy love

Before formal training begins, guide dogs for the blind spend 15 months living in an ordinary home.

Renee Lang tells what it's like to be a "puppy walker" for Guide Dog Services.

### Are you lonesome tonight?

Is there a cure for loneliness? Aged Concern Nelson Tasman has invited the community to help it find the answer to this serious question.

### Could you negotiate your main street blindfolded or in a wheelchair?

Tasman District Councillor Dana Wensley takes part in an interesting experiment in Richmond's Queen Street.

Plus books, healthy eating, media matters and life on the farm!



## Contact the editor:

E: [mudcakes@hothouse.co.nz](mailto:mudcakes@hothouse.co.nz)  
Post: Mudcakes and Roses,  
PO Box 688, Nelson.

### Contribute

As always, we welcome 550-word non-fiction contributions from readers on the current theme. Contributions for the August issue must be received by 11 July.

### Theme for next issue:

In our August issue we'll be focusing on growing and nurturing things. We'll be exploring the human impulse to nurture everything from children and gardens, to ideas, businesses and social movements.



## Great idea SPCA!



If you have an accident or fall ill, this wallet card explains that your pet is home alone and needs care. Available SPCA Op Shop, Vanguard St, Nelson.



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## A winning team

### Teen graduates of ARK bring joy into local rest homes with their canine companions.

"Wow!" says Carmel Duncan about a recent visit by teen and canine graduates of the Nelson ARK's A-PART programme to the Flaxmore Care Home in Bishopdale. Carmel is Activities Coordinator at Flaxmore which specialises in dementia care. "It was a wonderful experience for our residents to have the young people and their dogs here. They responded really well to the dogs coming up to them to say hello."

In addition to visiting Flaxmore, the young A-PART graduates have been taking their unique blend of animal and human sociability to other rest homes and facilities for older people including Tui Glen, Stillwater, Earnest Rutherford and Stoke Seniors Club.

A-PART (Animals, People and Rehabilitative Training) is a programme run by the ARK from a light and airy converted barn at Stonehurst Farm, in Hope. The programme matches young people who are going through tough times with a rescue dog from the dog pound, the SPCA or private surrenders. During the eight-week programme, students learn hands-on, practical skills in dog handling and participate in classroom activities learning strength, compassion and empathy along the way. At the end of the programme the dogs are ready for re-homing and many of the young people go on to become ambassadors for the ARK as part of the Youth Action Social Group (YASG).

It was YASG members who came up with the idea of resthome visits, viewing it as a way to contribute to the community by using their own newly developed skills – and those of their canine companions. Karen

Howieson, ARK's Community Co-ordinator explains that the dogs bring with them a breath of the outdoors into hospitals and rest homes. Residents relish the wordless communication that's possible with the animals, and for many, their presence seems to stir deeply-buried but happy memories of communion with their own dogs. Additionally, the dogs also act as a "social lubricant" facilitating interactions between staff, residents and visitors.

The dogs are carefully selected to ensure they have the right "manners" and temperament for the job, and two adult volunteers come along to oversee each visit and lend a hand when needed.

The Nelson ARK operates other programmes at Stonehurst Farm, including a course on child / dog safety and a compassion education and violence intervention programme called "Healing Species". "We're always looking for volunteers" says Karen. "There's all kinds of jobs they help with from caring for the dogs or transporting them, to assisting students and helping set up classrooms."

To volunteer at the ARK and become part of "Compassion in Action" contact:

Karen Howieson

03 542 3866 | [info@thenelsonark.co.nz](mailto:info@thenelsonark.co.nz)

## From the archives of the Nelson Provincial Museum

These photographs of people with their pets were selected for Mudcakes by Jessie Bray Sharpin, Collection Inventory Technician at the museum. She tells us that the dogs which feature in these photos were usually owned by the person in the photo. However, when a cat appears it is more likely to be the studio cat, or belong to the photographer.

Background: Boyce. Nelson Provincial Museum, Tyree Studio Collection: 39608.

Left: Miss Yarrell. Nelson Provincial Museum, Tyree Studio Collection: 79943.

Right: Ford. Nelson Provincial Museum, Tyree Studio Collection: 81365

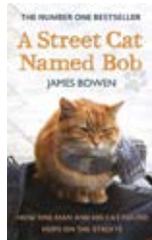


## Books of note

### A Street Cat Named Bob

by James Bowen | RRP \$25.00

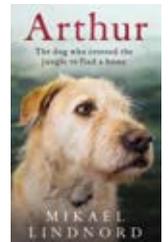
James Bowen finds an injured, ginger street cat curled up in the hallway of his sheltered accommodation and his life changes dramatically. Man and cat soon become inseparable and their comic and occasionally dangerous adventures transform both their lives. A true story which has been made into a popular movie.



### Arthur: The Dog Who Crossed The Jungle To Find A Home

by Mikael Lindnord | RRP \$25.00

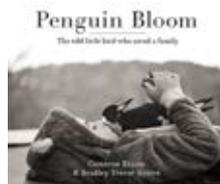
Swedish author Lindnord, in the midst of a 435-mile adventure race through the jungles and mountains of South America threw a meatball to a hungry, scruffy mongrel dog. When the dog accompanies Lindnord and his race team all the way to the finish line his loyalty is rewarded with a new home in Sweden.



### Penguin Bloom

by Cameron Bloom | RRP \$30.00

Illustrated with Cameron Bloom's exceptional photographs of his family, his wife who was paralysed after a near-fatal fall, and Penguin, a baby magpie fallen from its nest is about this "odd little bird who saves a family".



### Last Chance Mustang

by Mitchell Bornstein | RRP \$25.00

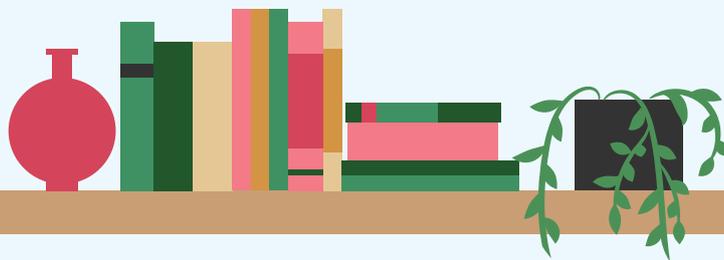
The story of Samson, a formerly free-ranging wild mustang who, abused by a succession of owners becomes a violent uncontrollable beast. Horse whisper Bornstein takes on the task of rehabilitating him.



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



## TASMAN DISTRICT LIBRARIES



### A pet-lovers' guide to the Library

Many of us know the pleasures of animal companionship. We also know the trepidation that can come with the responsibility of training and socialising a new pet.

Our library has a wide range of books to help you understand how to make your new family member feel happy and secure and how to sort out behaviours which can occasionally make living together tricky. From choosing the right dog to raising and training puppies, you'll find something to help you at the library. Cesar Millan's dog training books and DVDs are hugely popular and have plenty of sound and practical training tips.

Dog lovers looking for fiction featuring dogs could try Spencer Quinn's Chet and Bernie mysteries. Chet, the dog, narrates the stories but it's clear that author Quinn knows his canines.

For cat lovers, we have books on raising kittens and managing cat behaviour, plus some gorgeous coffee table books of cat photographs.

### Read around the world

Adult readers are invited to take part in our Read Around the World competition. Prizes include travel sponsored by House of Travel, Richmond and Motueka.

Pick up a "reading passport" from your local library, read at least one library book from four different countries between 7 June – 4 August and you're in to win! Details, including terms and conditions, at the library and on our website.

#### MORE INFORMATION

**Website:**

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

**Telephone:**

Richmond 543 8500

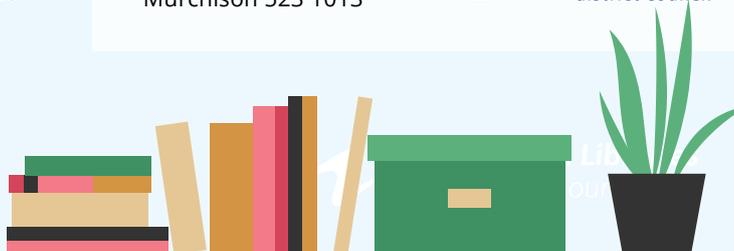
Takaka 525 0059

Motueka 528 1047

Murchison 523 1013



## NELSON PUBLIC LIBRARIES



### Animal Magnetism in the Library

Animals appear in books in many different guises. In novels, animals are sometimes lead characters. In the Timber Creek K-9 mysteries, Robo the dog is as important as his handler K9 officer Deputy Mattie Lu Cobb.

Other novels weave understanding of animal behaviours into human stories. In Leaving Time, for example, a 13 year old girl's search to find her mother is framed by her mother's research into grief in elephants. In the novel Unsaid, the narrator, a veterinarian, writes about animals from his vantage point beyond the grave.

Yet other novels highlight animal causes. In Ape House, Sarah Gruen compares the intelligence and emotions of Bonobos with the appalling way they care sometimes treated. Proceeds from sales of the book assist the Lola Ya Bonobo sanctuary.

Of course there are also many non-fiction books about animals: true stories, handbooks and guides to animal behaviour and habitat. Some excellent recent titles may change the way you think about animals and their relationship to man, and give you greater insight into both human and animal behaviour.

These include The Horse Whisperer, who employs horses to teach people about their own behaviours; Being A Beast, whose author explores what you can learn from literally living like an animal. Furry Logic reveals the physics behind many forms of animal behaviour and how this is inspiring engineers and roboticists. Other intriguing animal books in our collection include Why Did The Chicken Cross The World?, A Letter To My Cat, and Animal Madness.



#### MORE INFORMATION

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

**Contact:** 546 8100

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



# Love and loss

## The grief over the death of a much-loved pet cuts deep

Although Ro Cambridge now enjoys the companionship of a new dog, the loss of Pete, her old Fox Terrier, made her realise just how much his 12-year companionship had meant to her.



For twelve years my Fox Terrier, Pete was a loyal witness to a life writ small: part of my everyday domestic life – the cooking and eating, reading, sleeping, the brushing of teeth, the washing of dishes. His enduring wordless companionship helped me through bad times and added joy to the good. He took me beyond my own front door and connected me, when I most needed it, to the life of street, park, hill, river, beach.

Looking after him reminded me to look after myself – what made life good for him, shelter, food, warmth, security, company, exercise, rest, stimulation, purpose, made life good for me too.

**Pete's unself-conscious enjoyment of the everyday taught me to relish the simple pleasures of life: a patch of sunlight; good food; a warm glance; a loving touch; a cool drink of water.**

Nothing very spectacular, but knitted together these moments make a life.

Pete's death was unspectacular too. For a very few moments he was a slightly nervous, sick dog on a vet's table. Then a sedative made him a sleepy dog who leaned into me before he lay himself down. Jonathan, the vet, helped me cradle Pete's weighty head in my hands, and then he injected the drug that would stop my dog's heart. Pete twitched and made some snorting, gasping sounds, just as Jonathan had forewarned me that he might. His tongue lolled out of his mouth but his eyes did not close. Jonathan had warned me of this too.

As he had promised he would, Jonathan pressed his stethoscope into the fur on Pete's chest to check that his heart had stopped. In a minute or two, he checked again: I need not fear that I would bury him while he was still alive.

Jonathan picked up Pete's slumped, lifeless body and curled him in his basket on his old red blanket. This is why we invented religion, I thought. We need to explain this commonplace but utterly mysterious transition – a living thing becoming not-alive. In front of my eyes, a sensate creature of

particular character and intelligence had vanished and been replaced by an inanimate but exact replica: a four-footed creature with grey and white fur and eyes that still shone, a still-wet nose, one velvety ear still cocked. "Our bodies" remarked John Updike in one of his short stories, "are the ponderous residue the spirit leaves behind".

Jonathan tucked another of Pete's favourite blankets around him and carried him, in his basket, through the waiting room, to the clinic's car park. He placed Pete into the car in which my kind ex-husband would drive him to his farm for burial. Jonathan shook my ex-husband's hand. Then he turned and hugged me – an act of farewell which was as touching as it was unexpected.

Pete was lucky to have been a pretty healthy dog. Most of his vet visits were for routine matters or problems which did not need major or extended treatment although once, during a night-time walk in Victory Square he dashed into the road in pursuit of a cat and was hit by a motorbike. All I could see from the park was his body stretched out on the bitumen, lit by the twinned headlights of a van which had stopped to block oncoming traffic. My husband pushed me gently in the direction of home. "You go ... you go" he said, "I'll take care of him".

When he came back to the house with Pete in his arms I could hardly bear to look at him, imagining blood-soaked fur and crushed bones. Although it was after hours, we rang the Victory Vet Clinic. In a very short time a vet arrived, unlocked the clinic and examined Pete who, except for the print of a tyre tread over his muzzle, was completely unharmed. I was so wrecked with adrenaline and gratitude to the vet for coming so quickly, that I registered little about him except for his professional tenderness.

The vet who treated Pete that night was Jonathan Robinson, the same vet who helped Pete die so peacefully, and who helped me let him go.

Later, Jonathan left Nelson to live in Wellington after twelve years ministering to animals at Victory. There will be many, like me, who remain grateful for his frankness and his kindness, and how he helped us negotiate the difficult territory of ethics and compassion with a clear-eyed compassion for our pets – and for us.

We humans are complicated animals with clever, terrible minds which weigh and measure and compare. Our love for each other is often ambiguous, freighted with lifetimes of unresolved issues. But there is no unfinished business when a loved animal dies. We know they have been totally themselves with us – quite unable to dissemble, withhold affection or bear grudges. We in return can be our best selves with them.

## PUPPY LOVE

### What it's like to be a "puppy walker" for Guide Dog Services

**"Isn't he beautiful?" And "How can you bear to give him up?" These reactions to my canine companion were fairly standard whenever I was out and about with him, especially at the mall or in the supermarket.**

You might have already guessed that the dog in question was one of the animals bred by Guide Dog Services (GDS), an arm of the Royal New Zealand Blind Foundation (RNZFB). This not-for-profit organisation breeds and trains dogs – mostly Labradors, but occasionally other breeds – so that they can be matched with a visually impaired person to give them back their independence.

Before I moved to Nelson from Auckland, I was what is known as a "puppy walker" for GDS. It's actually a bit of a misnomer because I (and all the other puppy walkers in the country) do a lot more than take the dogs for a walk.

My experience as a puppy walker began when, after being approved by GDS, I was presented with Paddy, an eight-week-old squirming bundle of black satin. With lots of support from GDS, especially relating to feeding and exercise, it was my task to rear the puppy almost to adulthood and socialise him and expose him to as many different environments as possible.

For the next 15 months he was a major part of my life: he accompanied me on almost all my business meetings, on trips to the supermarket and to all kinds of social occasions. Going to the movies was one of his favourite activities.

He didn't watch the films but he loved the opportunity to stretch out at my feet and enjoy an uninterrupted snooze. These outings were designed to make Paddy confident in any environment. This is essential for a guide dog because, after their training the animal will spend most of its working life in many different situations.

Fifteen months sped by and the time came for Paddy to begin more formal training at GDS's purpose-built premises in Manurewa. Not every dog makes it through this programme. Occasionally an animal will display characteristics that make it unsuitable as a working dog, but I'm proud to say that Paddy flew through his training and has been a fantastic working dog for more than four years. I'm still in touch with him, thanks to the generosity of his present handler.

I ended up puppy walking three different dogs. And yes, it is hard to part with them when the time comes, but thinking about the difference they make in someone else's life makes letting go just a little bit easier.



**If the idea of being a puppy walker appeals to you, contact RNZFB's Guide Dog Services for a chat. Phone them on 09 269 0400 or email [gds@rnzfb.org.nz](mailto:gds@rnzfb.org.nz). Their website is [www.rnzfb.org.nz](http://www.rnzfb.org.nz).**

#### CONTRIBUTOR:

Renée Lang is the principal of Renaissance Publishing which specialises in book publishing and packaging, and offers non-fiction editing and proofreading services.

# Are you lonesome tonight?

## Is there a cure for loneliness?

When Elvis Presley first crooned about loneliness in his 1960 hit song "Are You Lonesome Tonight?" He was only 25 and he was singing about the loneliness attendant upon the loss of a youthful romantic relationship, not a permanent state of affairs. Even so, some of the song's lyrics evoke what loneliness can feel like at any age: "standing there / with emptiness all around" he wonders "Do the chairs in your parlor seem empty and bare?"

Admitting to loneliness in contemporary life can often seem like admitting to personal failure. Loneliness is never mentioned in the carefully curated lives presented on Facebook or other social media. On Facebook everyone's life is packed with caring friends, doting parents and grandparents, handsome lovers, adorable children and perfect pets.

In real life however, many people do suffer from loneliness. Chronic loneliness is psychologically painful, and it damages physical health too. John Cacioppo, a social neuroscientist at the University of Chicago, says that the effects of social isolation or rejection are as real as thirst, hunger, or pain.

Recent studies suggest that loneliness is associated with negative changes in the cardiovascular, hormonal and immune systems resulting in chronic inflammation which in turn damages the heart, reduces a person's capacity to resist infection and promotes loss of bone and muscle.

Surprisingly, the Social Report published by the Ministry of Social Development in 2016 shows that "younger" old people (65–75) have lower rates of loneliness than any other age group in New Zealand. However, the prevalence of loneliness rises again in those 75 and older.

And of course older people in Nelson Tasman are not exempt from loneliness. Caroline Budge of Age Concern Nelson Tasman says that some older people in the region "go for days without seeing or speaking to anyone else, or are unable to get out of their homes to socialise and feel connected." The agency's manager Sue Tilby adds that "Loneliness can become more of an issue as our members age. It is often the result of the loss of a partner, poor health, geographic isolation or lack of transport."

Troubled by the loneliness they see amongst some of their members, Age Concern Nelson Tasman, supported by Nelson City Council and Tasman District Council, have launched an initiative to encourage frank and open discussion of the issue, and uncover low-cost ways to better connect our communities in the region, and encourage more social contact for those who seek it. The first step was to issue open invitation to a workshop in April, and a public meeting on 2 May at the Saxton Pavilion in Stoke.

The response says Sue Tilby, was simply amazing. "We were expecting maybe 40 people to the public meeting but over a 100 came along. People know loneliness is an important community issue and want to work together on how we can create more opportunities and help people find their place in their community. We feel that approaching this from a grassroots level is the best way forward"

The unexpectedly large turnout meant there was a scramble to find enough chairs for everyone at the meeting, and some "loaves and fishes" magic was needed to make the morning tea stretch. The café style workshop was introduced and facilitated by Bevan Grant, the founder of the University of Waikato's Department of Sport and Leisure Studies, who has a special interest in the well-being of older people. Professor Grant began by asking participants to describe what an ideal community for older people would be like and then to suggest ways to realise that ideal. The workshop also brainstormed novel ways to combat loneliness and how to encourage more collaboration.

But, Sue Tilby warns, the conversations on the day "were just the beginning of a journey towards finding new ways to tackle loneliness and to making this an "age-friendly" region". Age Concern has set up a working party to progress ideas into actions. They very much hope that the community will get in behind the project and become involved.

**To become involved or simply be kept up to date on progress contact Age Concern Nelson Tasman  
Tel 03 544 7624 or email: [support@ageconcernnt.org.nz](mailto:support@ageconcernnt.org.nz)**



**"Imagine if the most powerful health intervention for the at-risk elderly ... is the simple exchange of stories over a steaming cup of tea." From a 2012 feature in *The Atlantic* magazine on the health risks of loneliness.**

## 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.*



### EBOOKS AND EREADERS

Books have been such an integral part of our lives for so long that for many they have been the last bastions to fall in the face of technology.

An avid reader for 60 years, I wore the "Real Books Only" badge with honour. Not for me words on a screen which appear and disappear at the press of a button. Not for me the cold, impersonal feel of an eReader or iPad; nor would I forsake visits to the library browsing among the shelves with coffee in hand.

Hah! How soon will our lofty ideals crumble for the sake of convenience? A recent trip to Australia with baggage restrictions meant that packing the usual three books plus one more "just in case" was not an option. The household iPad has an eReader function and it was the work of moments to download a programme (OverDrive, Bolinda, or Wheelers' e-Platform) which links to your local library's eBook collection. Then you can browse the catalogue and check out your choices with your library card number and PIN.

The process of selecting a book has travelled well from bricks and mortar libraries to cyberspace. After logging in you can browse the "shelves" where

you see images of book covers; one click and you can read a synopsis of the story; one more click takes you to a sample of the book itself so you can check out the writing style. If the book you want is not available you can place a hold on it.

After some satisfying online browsing I downloaded four e-books onto the iPad. This can be done on any smart phone, android tablet, iPod Touch, and Kobo eReaders (although you need a computer to complete the transfer). It's also possible on PCs running Windows 7 and above, or any Apple computer. Kindle eReaders are not compatible.

The eBooks you download remain accessible to you for three weeks at which point they disappear. Each time I log back in, the eBook I am reading opens just where I left off and there is also a handy electronic book mark.

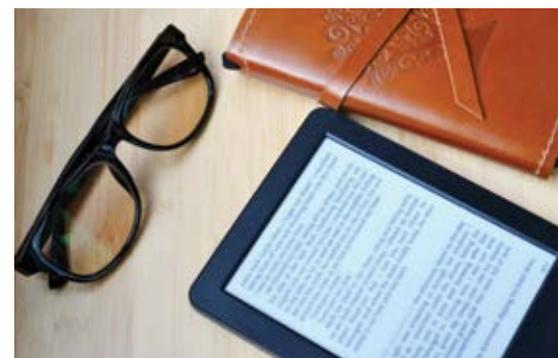
Worldwide there are sites which offer "open access" to books that are out of copyright or free. You do not need a library card to access them and these collections hold some wonderful classics and non-fiction texts. Alternatively you can buy eB, some very cheaply, from websites like Amazon, or the websites of local retailers like Paper Plus.

**If you have found yourself lingering in the large print aisles at the library, eReaders are a kindness to your eyes.**

I am a convert to eBooks because the font size on the screen can be made larger than most hard copy books, and you can change the text/background contrast to suit yourself.

I read all four books while I was away especially on the plane – air travel without a book is akin to purgatory for me – but remember to turn your device to "flight mode" before take-off.

Tasman District Council and Nelson libraries have similar arrangements for their eBook collections. Googling "Tasman eBooks" or "Nelson eBooks" will take you to the right place on their websites. And if you need assistance with set-up you can book a help session with a librarian.



# Queen Street: Safe and user-friendly

## How we interact with our urban environment affects our ability to thrive as individuals

It's a cliché (but nonetheless true) that few of us know what we've got until it's gone. This May, councillors, the mayor, and staff from both Nelson City Council and Tasman District Council got to experience this first-hand. The occasion? A "walk-around" our urban spaces, but with one proviso. Each person had to use equipment that enabled us to experience what it was like to have an impairment affecting our ability to use public spaces.

I took my turn with a wheelchair and a blindfold. Others used mobility scooters, ear-muffs, crutches, or goggles that mimicked cataracts and glaucoma. It was amazing how quickly we found the familiarity of Richmond disappear into a foreign land that was a struggle to navigate. I don't think any of us would have managed without the aid of members from the Deafblind Association, Blind Citizens New Zealand (Nelson Branch), Nelson Hearing Association, and independent members of the Accessibility for All forum as guides.

We all utilise outdoor spaces and urban environments differently. How we interact with our environment affects our ability to thrive as individuals. Urban areas are important for a range of reasons, from basic shopping and recreational activities to our ability to access medical services. Green spaces, are also important. The World Health Organisation's statement on urban green spaces recognises them as important to our mental health, by reducing health inequalities, improving wellbeing, and aiding in the treatment of mental illness.

Councils have a role to play in reducing social isolation, through making public spaces more accessible. Businesses too, can play their part, by making the shopping experience more user friendly. Tasman District Council and Nelson City Council have a checklist for businesses to help them along the way, called Good Access = Good Business, which is currently being updated.

While social isolation and isolation are two different things, when people age, they may be hit by a sequence of events (the death of friends and spouse, the loss of sight or reduction in hearing, and health issues) that create a "perfect storm" reducing their ability to interact in our environment. It was therefore heartening to hear that over

160 people from 40 different community groups attended the workshops held by Age Concern Nelson Tasman recently, looking for ways to reduce loneliness in seniors.

Amanda Stevens, the Executive Officer of the Deafblind Association described to participants at the Tasman District Council's "walk-around" how those who are visually or hearing impaired are challenged by a constantly changing environment. Twenty minutes in a blindfold highlighted for me how uneven pavements, outdoor seating, sandwich boards, and lack of tactile tiles to indicate crossings created a "critical mass" of obstacles. Stevens described how as seniors move "increasingly along the spectrum of dual sensory loss", they may be prevented from going out. It was important to create user friendly spaces and safeguard against what Kaye Halkett, from the Nelson branch of Blind Citizens New Zealand, aptly terms "visual clutter".

Accessibility for All is not just for the ageing population. With three new zebra crossings, a design based around a key principle of "safety and use", wider footpaths, and new seating areas, the upgrade will create a model of urban design that can be utilised around the district.



*Dana Wensley and Mayor Richard Kempthorne*

As painful as the Queen Street upgrade is for retailers in Richmond, the result will be an urban design that not only addresses storm water needs, but creates a more user friendly and accessible environment for all of us.

Adapting our environment to meet the needs of the changing community won't happen overnight. But events like the "walk-around" are a great step along the way.

### CONTRIBUTOR:

**Dana Wensley is a Tasman District Councillor. She is Chair of Accessibility for All and Deputy Chair of the Community Development Committees, a member of the Environment and Planning Committee and the Councils representative on the Positive Ageing Forum.**



## 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.

### HARD CHOICES AT THE SUPERMARKET

I am always impressed when I see people in the supermarket with a shopping list. I'm not one of them so I often arrive home with something extra, or something missing. I stop at the supermarket to buy just bread, milk, vegetables and toilet paper, I arrive home without the toilet paper but find a block of dark almond chocolate has made its way into my trolley!

According to Marion Nestle, a US professor of nutrition, there are three times as many products on supermarket shelves now compared to 1980. The vast majority of new foods are processed packaged foods amongst them 100+ variety of cereals and dozens of salad dressings. Maybe there is such a thing as too much choice?

One of the questions I'm asked most frequently by clients is how to read food labels.

In the last two years a new tool has been introduced to help with healthy food choices. The health star rating gives information at a glance, with products given ratings from half to five stars. The number of stars is calculated on the nutrient profile of the product.

Although this is helpful it doesn't answer all questions, and this is only voluntary.

Pictures, slogans and health claims on the front of food packaging can be very enticing. "Superfood Granola" in a beautifully designed packet may look healthy, but closer inspection may reveal it only contains three blueberries per serving and have lots of added fats and sugars. Here are my top tips on supermarket shopping.

#### SUPERMARKET SHOPPING TIPS

- Read the small print to find out exactly what's in packaged food. The ingredient that weighs the most is listed first, ingredient that weighs the least is listed last. A product described as "low fat" on the front of the packet may have "sugar" as the largest ingredient. "Superfoods" such as blueberries and flaxseeds may only be a very small percentage of the food. You are often better off to add your own fruits, nuts and seeds.
- Compare foods like breakfast cereals or crackers by looking at the 100g column in the nutrition information panel. I look for less than 2g saturated fat, less than 15g



sugar, less than 400mg sodium per 100grams but more than 6g fibre.

- Price comparisons are easiest to make by checking the cost of the product per 100 grams. The item on special is not always the cheapest.
- Country of origin labelling is not yet compulsory in New Zealand but some packages do note this on the label. For me it is important to buy local and seasonal foods.

By buying mainly basics and single-ingredient foods your shopping will be easier, faster and more likely to be healthier. You don't need to consult the label on fresh or frozen vegetables, fruit, oats, brown rice, sunflower seeds, olive oil or milk.

#### SEND YOUR QUESTIONS AND SUGGESTIONS TO:

marion@mahoe hills.co.nz  
PO Box 9029 Annesbrook  
Nelson 7011



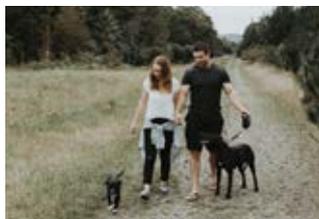
## DESIGN-WISE AND ANIMAL-FRIENDLY

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Readers have commented on how much they like the new design of Mudcakes and Roses. They've told us that the magazine now looks better and is easier to read too.

Renee Edwards of HotHouse is the graphic designer behind the new-look magazine. Renee also happens to be an animal lover and a photographer. She loves using her camera to capture the spontaneity of animals and their interaction with the human species.

This issue of Mudcakes which focuses on the role of animals in our lives, gives us the perfect opportunity to acknowledge Renee's design work on the magazine, and to feature some of her animal photography. So, here's a selection of photos from her portfolio.



## 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.*



### GOING QUACKERS IN THE GARDEN

Winter is here and I'm hoping it is going to be a cold one because frosts kill pests and diseases and help improve soil structure, breaking up lumps. We live on five acres of Moutere clay so frosts are welcome visitors.

We moved here nearly 13 years ago and I was delighted when I realised our neighbours had some large domestic ducks that they fed each day. As a passionate animal and bird lover it didn't take me long to coax the ducks through the fence so I could feed them too. This soon became a daily ritual and one that I grew to love very quickly – country living at its finest in my eyes. I never dreamt I'd live anywhere with a resident duck population.

I began establishing my perennial gardens the weekend after we moved in so you can imagine my joy when I realised the domestic ducks brought with them an added bonus – slug and snail control.

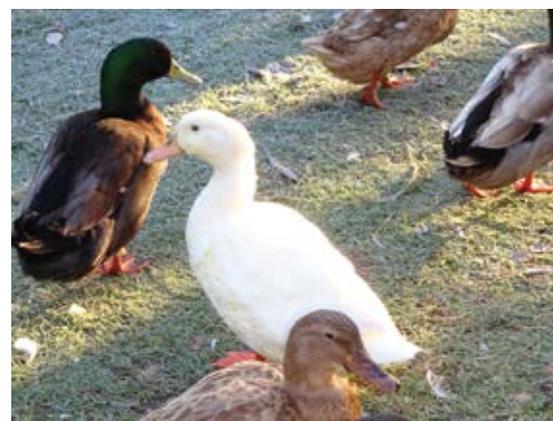
Several times a day they wander through our gardens shovelling under plants with their beaks. At first I thought they were searching for worms but then I noticed hostas and

other slug and snail "caviar" were staying in perfect condition all season long. The ducks also help to keep the grass and other weeds in the lawn under control, grazing as they walk.

Having ducks isn't all sunshine and roses though. Our grass suffers badly during the winter because they tread the same beaten path every day rain or shine. I also need to criss-cross twigs over any newly planted treasures so they won't sit on them or shovel them out.

I used to love growing vegetables in amongst my flowers but I soon decided this wasn't such a great idea as I watched the ducks devouring my tomatoes and whittling down my brassicas and leafy greens. Woe betide any vegetable that grew over the sides of the raised vegetable plots on the north side of the house too. This prompted my decision to have a kitchen garden in our paddock, surrounded by a hornbeam hedge.

Occasionally they will plunder some of my kitchen garden crops but only during hot, dry summers when they are desperate for greens. I fence off my crops with stakes and chicken wire – a simple solution.



During the mating season (late winter until around mid-summer) the ducks break up into various groups and disappear all over ours and our neighbours' property. We lost quite a few on the road this past season which was really sad to witness.

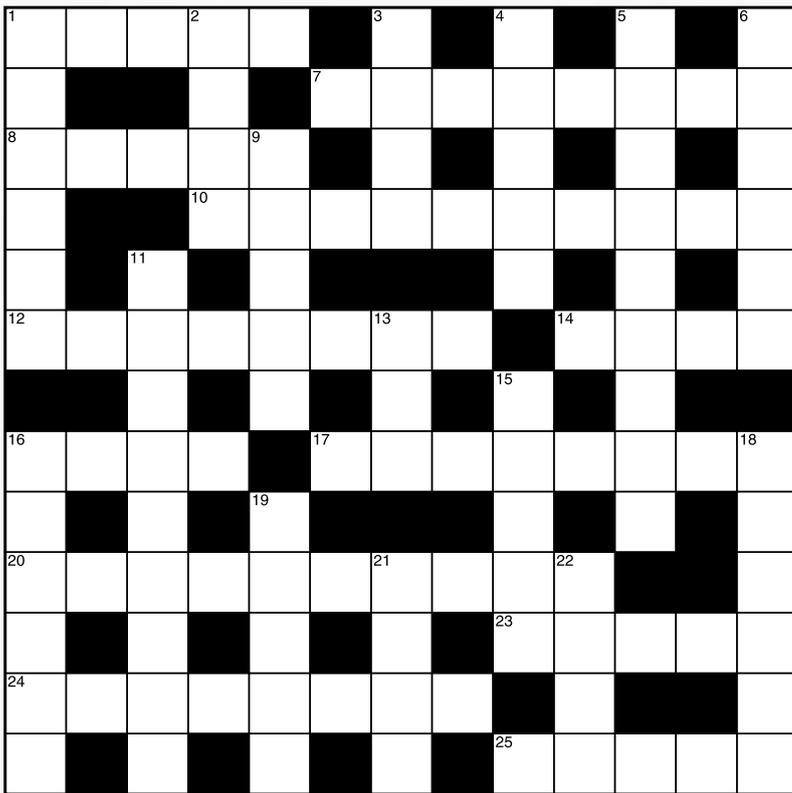
Ducks are very intelligent and are definitely creatures of habit. They tend to follow the same regime at the same time every day and the male ducks definitely look after their partners. A lot of shenanigans go on at various times of the year and I've learned a lot about duck behaviour.

I've become known as a "duck whisperer" because I am totally in tune with their health and well-being. I can't imagine life without them now.

**SEND YOUR QUESTIONS AND SUGGESTIONS TO:**

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

## CROSSWORD



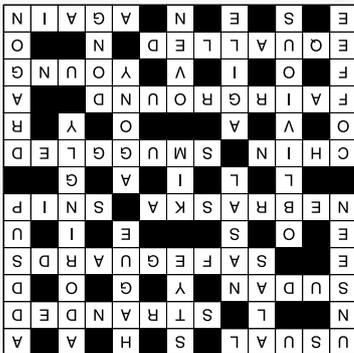
### ACROSS

- 1. Regular
- 7. Abandoned
- 8. N African nation
- 10. Protects
- 12. US Midwest state
- 14. Trim
- 16. Front of jaw
- 17. Imported illegally
- 20. Carnival site
- 23. Youthful
- 24. Levelled (series)
- 25. Encore!

### DOWN

- 1. Invisible
- 2. Woe!
- 3. Eyelid inflammation
- 4. Dutch city, The ...
- 5. Lovingly
- 6. Tots up (4,2)
- 9. Of the nose
- 11. Unaware
- 13. Actress, ... Basinger
- 15. Great pain
- 16. Cappuccino or latte
- 18. Fire-breathing monster
- 19. Nimble
- 21. Stove
- 22. Deep bell sound

### Crossword Solution



### Sudoku Solution

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

## SUDOKU

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

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

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.



### FOUR-PAWED FARMING

In a bottom drawer, under the baby photos and Plunket book is a photo of me, in a row with three somewhat wary little friends, during our first week of school. The response to the inevitable question, our grown-up ambitions were written on the cards we each held in front of us.

Maureen, who later became my six year-old girlfriend wanted to be a nurse; my card said "dogfarmer". My five year old brain had obviously figured that if you could farm sheep, you could farm the dogs that I liked so much. And I wanted to be a farmer too. As it turned out, the dogs ran the farm for me.

Dogs have an important role in our lives and society, so it's strange that we use the word "dog" so negatively. There's dog-tired, dogsbody, doghouse and dog-eared, and some that sound specifically rural, like dogged. Urban dogs could be described as intelligent, four-footed animals – walking around with some dope on the end of a leash. They have become pets, humanised companions (even if they don't like hugging) with some specific roles to play. They come in a variety of breeds and characteristics, as motivation for exercise, a common meeting point on

four legs and bragging rights. Apart from an occasional guard dog role, the major work of the urban dog is fetching the paper from the gate and will soon be made redundant by social media.

In contrast a farm dog wants to work because, as Holbrook Jackson said last century, "Man is a dog's idea of what God should be."

While farm dogs vary in shape, size, coat and colour they are basically heading dogs, which bring stock to the farmer, or huntaways, which chase the stock in the required direction. They don't feel guilt, but do feel jealousy. As such, every stock farm needs them. Guard dogs protect livestock against two and four-legged predators in many countries, though not usually in New Zealand.

In the future, dogs may be partly replaced by drones, but there's no substitute for their superior intelligence, essential companionship on the lonely hills, warmth in a storm, or as the target for verbal emotional rebalancing. Many farmers keep a Jack Russell or Foxie for extra companionship.

The dog-dosing strip at Dunsandel no longer provides farmers with a



meeting point, but dog trials continue to provide major sport and social gatherings although John Gordon may no longer entertain TV audiences. "Dog" the central character of Footrot Flats helped many urban people hear the otherwise silent voice of farming.

In the mid-1800s Thomas Carlyle claimed that dogma was the collected wisdom of individual ignorance, and every dogma has its day but we should remember an earlier saying: if an old dog barks he gives counsel and one ought to take heed of an old dog.

### A GOOD READ:

Garrick Batten has recently published a book of shorter short stories centred on country dog trials. Entitled "Short Head and Yard" it is available from The Copy Press, Pascoe Street, Nelson. \$12.99.

# 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.

### Alzheimers Society

Supporting all those living with dementia in our community. Our service provides information, education and advice to all those affected by dementia. Ph. 0800 004 001/546 7702

### 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 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

### 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

## GOLDEN BAY

### Astanga Yoga

GB Community Centre, Tuesdays 5.45 pm. (Doris or Keryn) Ph. 03 525 9525 Thursdays 9.00 am Ph. 03 525 9033 (Michelle or Pam)

### 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

### 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

### 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

Ph. 03 525 7202 (Moiria)

### Uruwhenua 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

### 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. juliehcox@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

### 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)

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

### 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 – 3.30 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 1.30 – 3.30 pm.

Ph. 027 717 018 (Dot)

Ph. 03 528 8960 (Dylis)

**Card Games:** Flag 500 and

Cribbage, alternate Tuesdays,

1.00 – 3.30 pm.

Ph. 03 528 9651 (Judy).

**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 of 10; KickStart (Green Prescription),

1.00 pm, Cost \$4; Badminton,

2.00 pm, Cost \$4. Ease into

Boot Camp, 11.00 am, Cost

# SERVICE DIRECTORY

**\$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. 03 526 6237 (Nini)

## **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. [dbsummer@xtra.co.nz](mailto:dbsummer@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. Boules and tuition provided.

Ph. 546 6562 (Roger or Shirley).

### **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 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. 5466562 (Roger or Shirley).

### **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 11.00 am.

Ph. 03 546 8389 (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)

### **Taotist 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)

### **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.  
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)

# SERVICE DIRECTORY

## **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.jacquinclair.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 Rd, Hope. All welcome. No experience needed. E. craftpotters@ts.co.nz

## **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 – 11.00 am, \$10.00. Pilates: Tuesday 12.00 – 1.00 pm, \$15.00. Pilates: Thursday 5.00 – 6.00 pm, \$15.00. Senior Fit Class: Tuesday 10.00 – 11.00 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. Friday Rummicub 1.00 pm – 3.00 pm. 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 Cards 1.30 pm – 4.00 pm. Friday Rummicub 1.00 pm – 3.00 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.jacquinclair.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 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.

#### **St Barnabas Stoke**

**Coffee and Chat –** Wednesdays, 10.30 am. No charge. **Out To Lunch –** community lunch. First Wednesday of each month, 11.45 am. Donation accepted.

#### **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. menzshedtapawera@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

## JOIN OUR DIRECTORY

If you would like to promote your service in our directory, please email: mudcakes@hothouse.co.nz

Registrations now open for the South Island Masters Games, Nelson from 4–8 October.



SOUTH ISLAND  
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NELSON 2017

The Games are a great way to get social and meet new friends, especially if fitness, and staying active is your goal. The games feature over 40 sports including, croquet, lawn bowls, golf, pool, badminton, cribbage, euchre, cycling, run/walk events, a quiz night, and ten pin bowling.

For more information and to register visit:  
[www.simasters.com](http://www.simasters.com) or Ph. 03 923 2310.

Register by 1 July for an early bird discount of \$15.



## The best way to promote your special event

Increasingly we are being asked by community groups to help promote their special events in Mudcakes and Roses. Although we would love to be able to help you promote local fundraisers, exhibitions or shows we simply don't have the space to do so.

An excellent way to promote events in the region is through It's On, an online event listing funded by Nelson City Council and Tasman District Council. It's On even has some handy workbooks and guides to help you plan, promote and run a successful event. Better still – it's free!

### MORE INFORMATION ABOUT IT'S ON

Website: [www.itson.co.nz](http://www.itson.co.nz)  
Anne Smith: Phone 03 545 6858 or  
email [events@nrda.co.nz](mailto:events@nrda.co.nz)

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



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