

mudcakes & roses

THE MAGAZINE FOR NELSON TASMAN SENIORS



What's inside:

- Light Nelson
- Resilient ageing
- The Silver Tribe
- Books, gardening, food and more!





Letter from the editor

As we head into winter, the crisp fallen leaves of autumn are growing sodden underfoot, and without their leaves, many trees look stark and naked.

The passing of summer and the arrival of winter often brings with it a touch of melancholia – a longing for what has passed, even though the cooler months have a charm of their own.

Several of the features in this month's issue remind us to think about the changing seasons of our own lives. Hampden Street School announces its celebration of its 100th year. Chris Hickson, writes about

accepting (happily) that she's not middle-aged any more but has joined what she's dubbed "The Silver Tribe". The region's libraries suggest some creative activities which will warm the heart, mind and stomach.

If you are a victim of Seasonal Affective Disorder (SAD) and can't shake off the winter blues, Light Nelson, the festival which lights up Nelson's Queen's Garden and environs with brilliant artworks composed of light may be the perfect antidote.

Warm winter regards

Ro Cambridge

An invitation to write for Mudcakes and Roses

We welcome contributions to the magazine. Contributions should be 500 words or less, well-written, and about subjects likely to be of particular interest to readers of this magazine which is targeted at seniors in the Nelson Tasman region.

Send your contribution (or ideas for the magazine) to the editor, Ro Cambridge, at mudcakes@hothouse.co.nz.

Contact the editor

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Cover photo

Luminous Dancers by Anne Rush, photography by Ana Galloway.

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Calling all Hampden Street School old boys and old girls! This Nelson primary school is celebrating its anniversary.



Plus!

All our regular columns on gardening, nutrition, media, books, and more.



Let us know what you think

Simply fill in the survey on page 17, fold it up and post using the Freepost envelope provided.

You can also do the survey online: www.surveymonkey.com/r/mudcakes



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*Nocturnal by Lori Davis and Larisse Hall
for Brook Waimarama Sanctuary*

Light Nelson

A bright spot on the region's event calendar

Over the past few years, a number of light festivals have sprung up across New Zealand, but none of them are quite like Nelson's. Light Nelson focuses on the local community – for its support, its artists, and of course, its audience.

Light Nelson has become one of the region's favourite winter events since 2013. This year the event is promising to deliver once again, with more than 60 light installations. As per the 2016 event, the public will be able to wind their way through the delights of the festival along a one-way pedestrian circuit through Queen's Gardens, which loops back through Albion Square, and then fans out along Hardy Street and through the NMIT campus.

One of the charms of Light Nelson is the diversity of the artists. While there are plenty of works that feature the latest in whizz-bang lighting technologies and high-powered projectors, there are also works that use the simplicity of light and the power of storytelling.

Nelson artist Sue Heydon is using her artwork to tell the tale of her great-grandfather, Alfred William Surridge,

who immigrated to New Zealand in the mid-19th century. Also on board the ship were 870 English birds, courtesy of the Canterbury Acclimatisation Society. Heydon's research not only revealed the successes of Surridge's endeavours, but also the perpetual struggles of arriving in a foreign land, establishing a business, and raising five children after the premature death of his wife. Heydon's artwork, *Flight*, is set in the little brick 1871 Munitions Building on Albion Square, using a single candle to illuminate a birdcage and feather, to symbolize the birds, and Surridge's life.

Artist Anne Rush in her 60's was one of the original team for Light Nelson and has had work on display in previous festivals. She now looks after the Funding and Luminaries Donor Programme. "That first year really was a big experiment," she says. "We invited artists to make works with light, knowing that it's the perfect intersection between art, science and technology, so it really appeals to a broad cross-section of people."

"But we were truly astounded with the response from artists, and even more with the number of people who came along".

"There is a real 'can do' attitude in Nelson" continues Rush, and that's not only from creative types, but also from those who are willing to support the event.

"We're really proud of how the event has grown, and we're very aware of the high expectations of our audiences. The big challenge is keeping it financially sustainable so that it can be an ongoing event."

Although Light Nelson receives support from Nelson City Council, this doesn't fully cover costs. There are many corporate sponsors, including Port Nelson and Pic's Peanut Butter, however Light Nelson still relies heavily on donations from small businesses and individuals.

One of the benefits of having grassroots donors, is that it further embeds the event into the community, keeping that sense of ownership across artists, audiences and supporters. The fact that it takes place during the coldest time of the year adds to the charm of the event, encouraging people to venture out and see their own city in a new light.

More information

Light Nelson runs from
6 – 10 July 2018. Find out more
at www.lightnelson.org.nz

Practising the art of Renewal

Juliet Batten, an artist, writer, mentor and teacher now in her 70s, talks about keeping the inner self alive and vibrant as we age and the process of writing her latest book *A Bach for All Seasons: A Love Story*.

When I launched my eighth book, *Spirited Ageing* in 2013, its subtitle 'cultivating the art of renewal' became a keynote for my life as I entered my 70s.

People were no longer attending my workshops so I reinvented myself once more, joined the modern world, updated my tech skills and began teaching courses online. I created an online group called the Spirited Living Mentoring Group, to help other people activate their creative dreams and bring them to life. Some of those dreams had been buried or tucked away for years and years. I was really enjoying this work.

But in November 2016, something happened. I'd just completed an online session with the mentoring group. It had gone really well. I saw how their creative projects were taking off, and what joy and excitement this was generating in them – and in me. But unexpectedly, I found myself in tears.



I realised they were tears of grief. I remembered that I had an unfinished writing project filed away in a folder at the back of my tall white office cupboard. And I was really sad about it.

This manuscript was written ten years ago, after what I've come to think of as the "year of the bach" in 2006, when a personal story of transformation unfolded. But I got such a negative reaction from my reader, that I was devastated. She was shocked that I would reveal such personal material about my own life. Fortunately the reaction didn't quite kill the book, but it certainly lay stunned in my tall white office cupboard for ten years. I'd pulled out the

seasonal writing to use in a new book, called *Dancing with the Seasons*, and thought that was that.

And now, here I was, ambushed with grief. The forgotten manuscript was calling me strongly. With a trembling hand, I opened the door, pulled out the folder, sat down, and began to read.

To my surprise the gold of the essential story shone out with great clarity. I saw what the book was really about, and how I'd tried to overlay it with elements that would disguise its true theme.

I took up a pen and slashed lines through everything that didn't belong. And I gave big ticks and smiles for what was good. The story I'd been shy about claiming, that I'd shrouded and concealed with other material, was surprisingly easy to extract.

I realised the book was about a bach, yes, but it was also about the power to transform – a life, a physical structure, an inner rigidity or inadequacy, to change an enemy into a friend.

It was about the transformation of an invisible woman brought up to serve the talent of her man, to a woman who learned to claim her own talent, to stand and be visible; the transformation of a woman whose only strategy, when feeling unloved and pregnant in Paris, was to knit, to a woman who learned to live in the wilds in a simple bach, to garden, kill and eat possums, knead clay, build her own cabin, become an artist and then a writer.

Since *A Bach for All Seasons* was published at the end of 2017, readers have deluged me with enthusiastic responses. Their responses are an affirmation of what happens when I keep practising the art of renewal, shedding old skins and breaking through into new ones.

You can do this too, in your own way. Keep growing and transforming and even as your body grows old, your heart will stay forever young and alive.



Contributor: Juliet Batten

Juliet Batten, is an artist, teacher, mentor and creativity coach. She has a PhD in English, worked as a psychotherapist for twenty-six years and has practised meditation since 1983. She has also been involved in environmental protection, collaborative art projects and the creation of seasonal ceremonies. *A Bach For All Seasons: A Love Story* is available from independent bookshops or from www.julietbatten.co.nz which lists Juliet's other books including *Celebrating the Southern Seasons*, *Dancing with the Seasons* and *Spirited Ageing*





Resilient ageing

As a Professor of Educational Leadership, Mike Milstein has written widely about ageing. He uses his book 'Resilient Ageing' as the basis for the seminars he conducts on ageing well.



Maintaining a positive outlook

Recently my wife and I went to one of our favourite restaurants for breakfast. Seated nearby were six men who appeared to be in their late seventies and early eighties. They seemed to be thoroughly enjoying themselves, talking loudly. There was a lot of laughter and they were in high gear when we got there and they were still animated and intensely engaged when we left about an hour later.

I was really impressed by what I saw. Here were six older men gathering for the specific purpose of having some good time together. Their conversation centred around things like recent fishing trips, golf games, upcoming travels, and movies they had recently seen and enjoyed. I don't recall any chatter that dealt with ageing concerns.

Later the owner of the restaurant told me that the group met there on a weekly basis. He liked having them hold court in his place because they enlivened the environment. In fact, they seemed to make others feel better for spending time in the same space.

These older guys were just doing what good friends do, getting together and enjoying each other's company. They liked each other and made sure they spent time together to share what was going on in their lives.

What they weren't doing was "kvetching," which means complaining or whining. During the hour we were in the restaurant I don't remember a single time that the group talked about ageing issues. It's as though they had established a norm to guide group discussions, one that banned complaining about growing older.

The positive time these men spent together stands in contrast to many gatherings of older people I've been involved in or observed. Often when older people get together the conversation quickly turns to the trials and tribulations of ageing. Health issues in particular are bantered about, almost in a "can you top this" sort of way about the effects of arthritis, poor eyesight, mobility problems or whatever.

While it is happening, it may feel good to kvetch, but the long term impact is almost always negative. All it does is confirm how awful things are, for me and for others I know. It's a self-fulfilling kind of thing. The more we talk about shortcomings and issues the more they take a central place in our thinking and in our beliefs about ourselves.

Almost all of us encounter very real challenges of different sorts as we age. It comes with the territory. What we do about them is our choice. We can obsess about them, talk about them endlessly with others, let them dominate our thinking and make us feel bad. Or, we can just accept them, learn to live with them as well as possible, and get on with the job of living.

In reality, whatever age we are has challenges that we have to deal with. To live fully we need to realise how blessed we are just to be alive and do our best to focus on enjoying the trip.





Thinking volumes

VOLUME is an independent bookshop stocking interesting fiction, incisive non-fiction, wonderful children's books and the best art and lifestyle books. VOLUME also hosts community events such as literary readings, writing courses, book launches and discussion groups.



All this by chance by Vincent O'Sullivan

This compelling and thoughtful novel traces the effect of secrets through several generations. Stephen escapes the full employment, good food and unbearable dullness of rural New Zealand for a grim post-war London. Here he meets Eva, a young woman who was sent as a child from the ever-increasing chaos of Germany to adoptive parents. The couple's relationship changes when Eva's great aunt Ruth arrives, a survivor from Poland whose mind is shut to the memories that torment her and all three move to New Zealand. In Stephen and Eva's children we see the impact of the Holocaust on the next generation: David, obsessed with his family past and his Jewishness, venting against his father and frustrated by his inability to track down the answers; and Lisa, seemingly untouched by the family's past but actually affected in her closest relationships. In the next generation, Esther, David's daughter, find herself compelled to understand the mysteries at the heart of her family. Deftly written, this novel is rich in character, place and experience, and the histories that bind us.

Go girl! by Barbara Else

New Zealand's answer to the publishing sensation Good Night Stories for Rebel Girls! Written by Barbara Else and illustrated by Sarah Laing, Sarah Wilkins, Fifi Coulston, Ali Teo, Helen Taylor, Phoebe

Morris, Sophie Watkins, Rebecca ter Borg and Vasanti Unka, this 'Storybook of Epic NZ Women' is full of inspiring stories and wonderful illustrations. It includes short biographies of writers, artists, scientists, activists, politicians and sports stars. Some of those included in this informative collection are Whina Cooper, Janet Frame, Beatrice Tinsley, Frances Hodgkins, Huria Matenga, Jane Campion, Joan Wiffen, Karen Walker, Mai Chen, Merata Mita, Mojo Mathers, Patricia Grace, Suzie Moncrieff, Selina Tusitala Marsh, Lucy Lawless, Kate Sheppard, Nancy Wake, Sophie Pascoe, Margaret Mahy, Lorde, Rita Angus and Te Puea Herangi. Every story shows girls and boys that being female is no reason not to make a difference in the world.

Lisboeta by Nuno Mendes

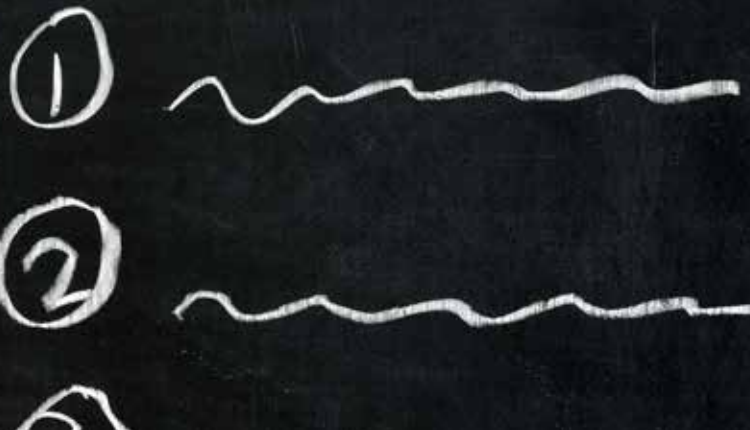
People who buy this beautiful cookbook frequently come back and tell us how much they love it. Its pages are a perfect distillation of the food of Lisbon, Portugal's 'City of Light', the food actually eaten by Lisboetas for the various meals of their day. The recipes are authentic enough to please actual Lisboetas, particular enough to impress gastronomes, approachable enough to welcome ordinary cooks and delicious enough to please everyone. As well as recipes for everything from pasteis de nata (custard tarts) to roasted sardines with green capsicum to bolas de Berlim (beach-style doughnuts), the book has sections devoted to Lisboan food culture: cafes, tascas (neighbourhood restaurants),

festivals and beach life. Throughout, beautiful photographs by Andrew Montgomery evoke the neighbourhoods and people of Lisbon and display the irresistible virtues of the dishes

Exactly: How precision engineers created the modern world by Simon Winchester

Technological progress, though it may be fuelled by mixes of quite unspecific impulses, cannot proceed through vague gesture. Without absolute precision, mechanisms will not work or will soon wear and break. This book, by the author of The Surgeon of Crowthorne, Pacific and Krakatoa, introduces us to key engineers whose struggle with and mastery of the finer points of making have underlaid the scientific and industrial revolutions and made possible all those everyday things we take for granted (cameras, computers, watches, telephones, washing machines, cars). Winchester has the remarkable ability to give a vivid immediacy to the moments he describes and give depth to bits of pivotal history that are usually passed over too quickly. It is this ability to give a third dimension to overlooked pieces of fact that makes Winchester's books always completely absorbing.

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Have you ever...

Renée Lang runs Renaissance Publishing, specialising in book publishing and packaging. She also offers non-fiction editing and proofreading services. When she's not glued to her computer, she enjoys cooking up a storm and walking her dog.



Have you ever thought about ... what would happen if you were no longer able to make important life decisions for yourself?

Chances are, as you read this, that you're making the most of your life because you're still relatively fit and you enjoy getting out and doing things. In fact, you probably can't begin to imagine someone else making decisions for you.

But the reality is that at some point you may not be able to make important decisions relating to your own life. It's never too soon to put things in place to ensure that whatever happens, your wishes are respected and carried out so that you retain your autonomy – and maintain your dignity – for as long as possible.

Making decisions now, relating to your health and welfare in the future, is called Advance Care Planning and more and more people are taking the time to give this process careful thought. But where do you start?

First of all, be aware that it is nothing to do with making or adding to your will. Your will covers the things you want to happen after you've died. Advanced Care Planning covers what you want to happen while you are alive but in the event that you cannot communicate your wishes through illness or diminished capacity.

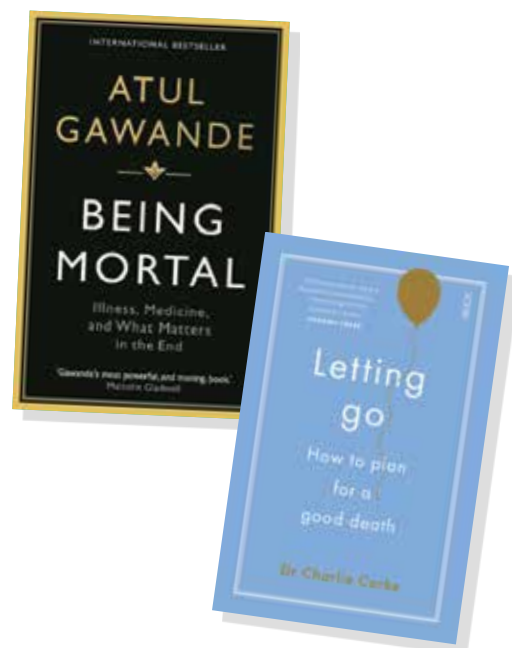
A good place to start is by initiating a conversation with your GP, who is likely to have a fair amount of experience in this area already and will be happy to discuss the bigger picture with you. He or she will probably refer you to a brochure that covers the subject in some detail. If you have access to a computer, then it's highly recommended that you visit www.advancecareplanning.org.nz, a practical and informative website that is full of useful resources.

So that's the practical stuff you need to know. And once you've worked through the questions and made the relevant decisions, the next thing to do is to share this information with someone you trust, and then establishing an Enduring Power of Attorney (EPA). Effectively this is a legal document that sets out who can take care of you – in this case personal – matters if you are not in a position to do so. That person – and there can only be one for obvious reasons – must be at least 20 years old, may not be bankrupt and, of course, must have the mental capacity to do what may be required of them. Clearly you need to have a conversation with whoever you choose in which you explain what's involved and then ask them if they are willing to undertake the role.

Most people find that setting up an Advanced Care Plan gives them a great sense of relief. Once it's done they know

their wishes are clear, and that within reason, these will be respected. This also takes away much of the pressure on immediate family and friends if you fall ill very suddenly.

It's interesting to note that there are many books being published now which address the concerns of older people. Most of them are written in everyday language, avoiding jargon, and have much in the way of interesting and constructive information. Two in particular, *Being Mortal* by Atul Gawande, and *Letting Go* by Charlie Corke, are written by doctors with significant experience in end-of-life care.





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.



The ugly side of the internet

I get so riled up about the topic of this month's column that I am almost as bad as the people I am railing against.

Go back 10 to 15 years and people had their opportunity to comment on stories in the media, or other issues, largely through a Letters to the Editor column or in the smoko room. Now most of the larger online newspapers invite comments at the end of many news stories.

This has opened the door to people who appear to have little else to do than make rude, negative, nasty and ghastly comments about others and their endeavours. They are often called either trolls, or haters.

The online Urban Dictionary (www.urbandictionary.com) which explains the meanings of new-ish or re-engineered words, defines a troll as "One who posts a deliberately provocative message to a newsgroup or message board with the intention of causing maximum disruption and argument." A hater is "A person that simply cannot be happy for another person's success. So rather than be happy they make a point of exposing a flaw in that person".

A recent example involved responses to the Duchess of Cambridge after the

birth of her third child. Only hours after giving birth she appeared on the steps of St Mary's Hospital, London, to provide a glimpse of the latest royal. She was looking pretty darn good. Stories and photos ran on many news sites around the world and in New Zealand the haters and the trolls had a field day. They were mocking, insulting, petty and rude. Imagine if she had appeared on those steps in a tatty old dressing gown with unwashed hair and no make-up? Guess what – the haters and trolls would still have had a field day.

They hide behind noms-de-plume while broadcasting their spite and venom on almost all forms of social media and it is now well documented that their behaviour can take a serious toll on the mental health of their victims.

New Zealand has taken a leading role in dealing with trolls and in 2015 introduced the Harmful Digital Communications Act

which Netsafe says is aimed at making it illegal to deliberately send messages and post material online intending to cause somebody serious emotional distress.

Netsafe (www.netsafe.org.nz) promotes a safer mobile media environment and will provide support and advice to people who are being harassed or denigrated online. The Act also gives the police the power to bring charges against trolls and others; the penalties are a fine of up to \$50,000 or up to two years in jail for an individual, and up to \$200,000 for a body corporate.

The trolls have been put on notice, and there is help available to anyone who is being preyed upon.

This is my last column. It has been a pleasure bringing Multi Media Matters to you every second month. My best wishes to all readers, and to Ro and her team.



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.



The latest from the experts

In April I attended a study day at Massey University on evidence-based nutrition for positive ageing. There had been a huge storm in Auckland the day before and large parts of the city were without power.

Luckily our venue was unaffected and a great line-up of experts presented the latest nutrition research findings from their specialist areas.

UK Professor Hilary Powers summarised nutrition and cancer research from around the world. Although cancer has a wide range of causes, she said that about one third of cancers are caused by what we eat and drink. Consuming larger quantities of red meat, processed meats, high sugar drinks and alcohol increase cancer risk. The advice is to eat little or no processed meat and to eat less than 350-500 grams of red meat per week. This means a palm-sized portion of meat about three to four times per week. Eating lots of vegetables, fruits, wholegrain foods and legumes is a protective against cancer, and so is regular physical activity.

Physical activity was mentioned frequently during the day as it goes hand in hand with nutrition. Professor Cameron-Smith from the University of Auckland talked on the subject of muscle loss during the

ageing process. A combination of age-related changes, less activity and less than optimal food intake can lead to significant loss of muscle mass and strength. Studies show beneficial effects of exercise in combination with a nutritious diet and in particular higher protein intakes for those over 70 years old. The research is ongoing but having protein spread out over the day with every meal and every snack appears to be the way to go. Healthy protein foods are fish, legumes, nuts and seeds, eggs, lean meat and also dairy products.

Two other speakers also discussed the importance of having dairy products for bone health. Calcium is one of the factors that can help limit bone loss in middle and older age. Healthy fats from fish, nuts and olive oil as well as a high intake of plant foods help with maintaining bone mass and there is increasing evidence that the same factors also help in the prevention of osteo-arthritis. The importance of vitamin D was also highlighted and supplementation needs to be considered in the older years.

Each stage of the life cycle makes distinct nutritional demands. During our adult years the focus is on maintaining our health and preventing conditions such as heart disease and type two diabetes. In our later years the focus includes maintaining strong bones and muscles. Studies consistently show that diets containing

plenty of vegetables, fruits, wholegrains and legumes as well as healthy fats, calcium and unprocessed protein rich foods contribute to positive ageing.

One practical tip is to focus not only on healthy meals but to also think about snacks. Snacking on nutritious foods instead of biscuits, bars and other refined foods is a great way to include more plant and protein foods. Yoghurt and fruit, nuts, wholegrain toast or crackers with cheese and tomato, tinned fish or hummus are great snacks.



Send your questions and suggestions to Marion:

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Becoming a member of the Silver Tribe

Social worker Chris Hickson describes the moment she realised that she was no longer middle-aged – and what she’s decided to do about it.

Are you about to join the “Silver Tribe” too, or do you already belong? I can pinpoint the exact moment when I realised that I had joined the tribe. Until then I’d thought of myself as just middle-aged.

I was caring for my mother who had a Transient Ischaemic Attack (a TIA or mini stroke). I decided to accompany her to Operatunity a monthly show in Hope which she loves. I discovered that attending one of these shows involves quite a process. First you have to collect your tickets, then reserve your seat by leaving a coat or bag on it before queuing to pour yourself a \$2 self-serve cuppa and cookie to relax with and recover from a long car ride. Finally, we had to make an all-important pre-show visit the loo (with 30-odd other women) before taking our seats for the show.

After making sure my mother was comfortable, I looked around at the people around me. I suddenly became very aware that I was surrounded by a lot of older people, in fact a lot of quite old, old people.

Buses had arrived from local retirement villages, and car-loads of people had arrived from Golden Bay, Motueka, and all over Nelson Bays. Some of the new arrivals walked with the aid of zimmer frames and walking sticks, some moving at a smart pace but many moving quite slowly.

I was now one other grey-haired person in a sea of grey-haired people. To amuse myself, I counted just how many members of the silver tribe were in the room. The full realisation hit: there were 500 shades of grey, assembled here, and I was actually one of them!

The Operatunity Show turned out to be wonderful. The cast was talented and funny. Refreshments were served afterwards. “No bun fights please!” instructed the M.C. as 500 of us made our way, at varying speeds to the muffins and coffee.

Now, I take a day of Annual Leave each month to take my mother to Operatunity.

Each time we go, I write ‘retirement practice day’ on the notice board at work. My colleagues find this concept both amusing and intriguing.

It’s estimated that by 2043, one third of the population of Nelson Bays will be aged 65 and over. Although I see clearly that I am part of this cohort, for me, retirement isn’t going to mean retiring from life.

In fact, using my skills and experience as a social worker I have pledged to help myself - and other members of the Silver Tribe - plan for an active, creative old age so that together, we will continue to learn, and contribute to our families, neighbourhoods and communities.

Transitioning to Retirement Workshop

Come along to my workshop in Nelson on 28 June! Visit www.silvertribenz.weebly.com or email me at silvertribenz@gmail.com for more information.

Contributor: Chris Hickson

Chris Hickson is a trained social worker specialising in education, community development and mental health, although in her early years she did her fair share of farm, factory and commercial cleaning. She lives in Nelson.



Gardening

Phillipa 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.



Winter planting

Autumn is behind us, leaving glorious memories of golden light and a tapestry of colour from all the deciduous trees. As we head into winter, I'm hopeful we'll get a good run of lovely harsh frosts because they are perfect for breaking up difficult soils as well as killing pests, diseases and viruses.

At this time of year, a feeling of peace descends as plants settle down to "sleep". Any vegetables you planted in autumn will slow their rate of growth too because soil temperatures are dropping. Leafy greens such as silverbeet and lettuce can become slightly tough and bitter at this time of year but you can help them by creating a simple microclimate.

Cloches are fabulous but can be expensive to buy. You can create your own very simply by cutting some flexible plastic piping into lengths and then poking it into the ground to form arches. Clear plastic or Mikrolima frost cloth can then be placed over the piping and secured at the sides and ends with weed mat pins. If you are using clear plastic it's important to ensure good ventilation during the day by lifting the ends. Mikrolima is a fabulous product and I use it year-round

in my vegetable garden. It keeps my crops warmer in winter and stops sparrows and white butterflies attacking them in summer.

In our district you can still plant leafy greens in winter. Mounding the soil up and planting your seedlings on top of the mound will help keep their roots warm. Cover them with a cloche and then place pea straw or barley straw along either side of the mound. This acts as a garden "duvet", keeping your plants as warm as possible.

Most deciduous trees will have dropped their bounty now so it's a good time check that your garden beds aren't smothered in leaves. This is especially important if you have lots of perennials in amongst your trees and shrubs because when the leaves get wet and start to break down, they can cause the plant's crowns to rot.

When removing leaves in amongst plants, it's best not to use a metal rake because it can damage the foliage of smaller plants. A plastic leaf rake is perfect because you can rake the leaves over the top of the plants and they will just bounce back. Recently I had to rake large fig leaves from my main perennial garden and I imagined I was giving my treasures a good back scratch as I was doing it.

June/July is the perfect time to plant new trees and shrubs. Before purchasing a new plant always check they are not root

bound by squeezing the pot or planter bag – you ought to be able to push the sides in slightly. Rootbound plants are



already stressed and may never reach their full potential. If you are purchasing trees, it's a good idea to take a step back from them and have a good hard look at their overall shape.

Email your questions and suggestions to Phillipa:

foeslamb@xtra.co.nz



Urban design for social connection and good health

Artist David Kemp, is a man on a mission to bring people together through good urban design.



There's a vibrant new addition to the streetscape in Richmond. A tiny piece of land hugging the side of the Tasman District (TDC) library has become a focal point, with the addition of a sculpture by Korean-born artist Seung Yul Oh. On 11 May the sculpture, entitled 'Form in Formation', was blessed by Archdeacon Andy Joseph before it was formally handed over to Tasman District Council by the Nelson Sculpture Trust (NST).



Arguably no one greeted the new sculpture with more enthusiasm than local artist and retired teacher, David Kemp. A strong advocate for encouraging social cohesion through urban design,

David Kemp spoke passionately to the Positive Ageing Forum recently about the importance of urban spaces. A life-member of the Arts Council in Hastings, David was involved in the reimagining of Hastings. When he moved to Mahana in 2002 – where he now has a studio, he brought with him a determination to make a difference.

"A healthy social society is where you have people able to walk to a local destination and sit and talk" explains David. He hears of people who can walk to the shops, but can't walk back home due to the lack of seating along the way.

"The average person who stays inside their house for the day walks less than 100 metres. The first step to dealing with depression is to walk out the door," says David.

Local destinations, especially those involving art which "lifts our spirits" are important, and should be planned in conjunction with social seating.

David is not alone in his campaign to change the way we live and interact with public spaces. The World Health Organisation (WHO) recognises that urban design can have a huge impact on the health and wellbeing of communities. WHO advocates that local councils do more to invest in green spaces, and to think about how the community can be more involved in the design, and upkeep, of these areas.

The new sculpture in Richmond is a great example of how a relatively small area can become a "destination" which draws people out of their homes and into public spaces. The "pocket" greenspace at the library fronts on to the refurbished Queen Street, and connects well with the new-look seating, which was designed by TDC to encourage community bonding by allowing groups to sit facing each other. The low table height also allows a wheelchair or stroller to be pushed up to one side so the area can be used by a diverse range of people.

The sculpture itself is designed to be used on multiple levels. It is child-friendly, colourful, and engaging. NST Chairman Andrew Greenough described it as being on a human-scale, "which invites

Contributor: Dana Wensley

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.





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people to come and sit and move around” The artist, Seung Yul Oh, says the work is a “visualisation of ideas and abstract thought in form and colour” and was inspired by the idea of a library as a public place to gather knowledge with one idea building on another.

Community participation is important to ensure that urban spaces are used and maintained. Richmond woman Nicky Denmead (see photo) has taken matters into her own hands and put a seat outside her house for people to use when they walk from the newly established Olive Estates into town or the cemetery. Initiatives like these show how low-cost options can play an important part in our community. The Tapawera Men’s Shed Inc is another group showing that grassroots initiatives are crucially important. To mark the anniversary of the Tapawera School 75th Reunion, they built and installed seating at the Tapawera School netball courts (see photo).

As our world becomes busier, it’s good to see that we have not lost sight of the importance of connecting with one another to combat loneliness and encourage social bonding.

There are a number of local destinations like the new sculpture in Richmond, with seating where you can walk and rest so, in the words of David Kemp, “Get out the door and walk!”

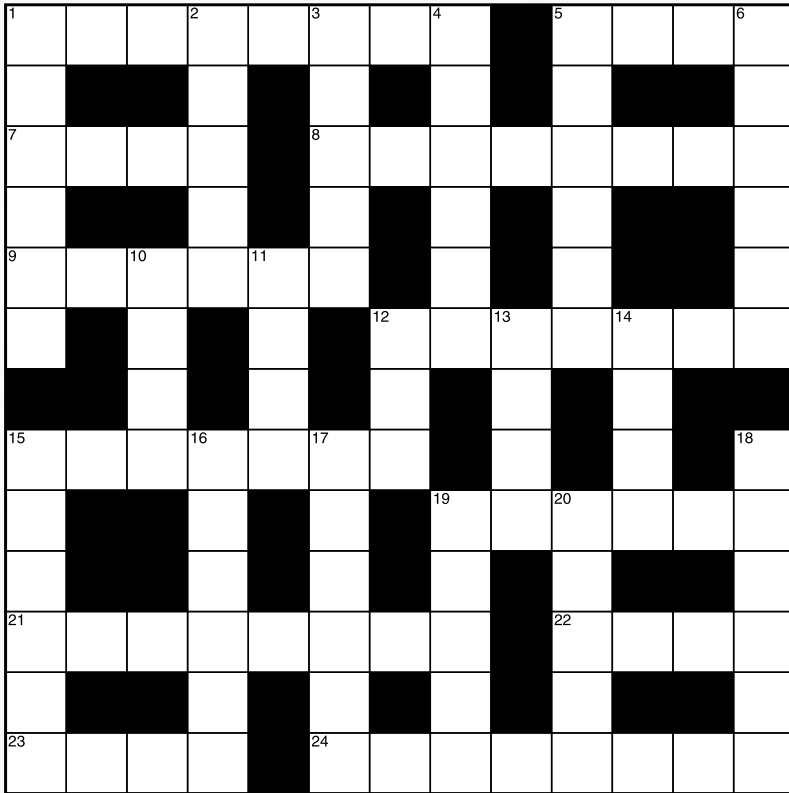


5

Images

- 1 *New sculpture Richmond – and David Kemp*
- 2 *New sculpture Richmond – Blessing Ceremony: Archdeacon Andy Joseph, Tasman Mayor Richard Kempthorne, and Tasman District Council Community Partnerships Coordinator Mike Tasman-Jones.*
- 3 *Seat built by Men’s Shed Tapawera*
- 4 *Seat in Golden Bay – Penny Griffith Photographer*
- 5 *Mosaic seat Nelson on Days Track, above Rocks Road – David Kemp photographer*
- 6 *Seat in Golden Bay – Penny Griffith Photographer*
- 7 *Nicky Denmead with seat*

Crossword



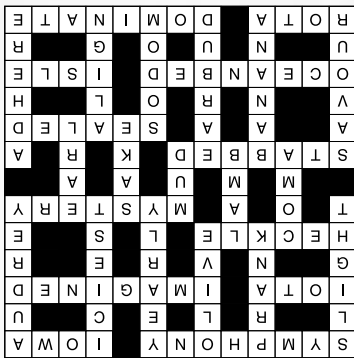
ACROSS

- 1. Orchestral composition
- 5. Des Moines is there
- 7. Minuscule amount
- 8. Mentally pictured
- 9. Catcall
- 12. Enigma
- 15. Knifed
- 19. My lips are ...
- 21. Sea floor (5,3)
- 22. Capri or Wight
- 23. Duty list
- 24. Monopolise

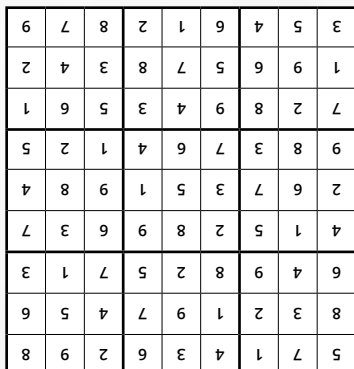
DOWN

- 1. Insignificant
- 2. Trick
- 3. Martini garnish
- 4. Per annum
- 5. Chilliest
- 6. Actress, ... Hepburn
- 10. Unnatural sleep
- 11. Ewe's young
- 12. Wet earth
- 13. Benefit (of)
- 14. Tea, ... Grey
- 15. Taste
- 16. Curved fruit
- 17. Small earphone
- 18. Hold fast (to)
- 19. ... & Gomorrah
- 20. Straighten

Crossword solution

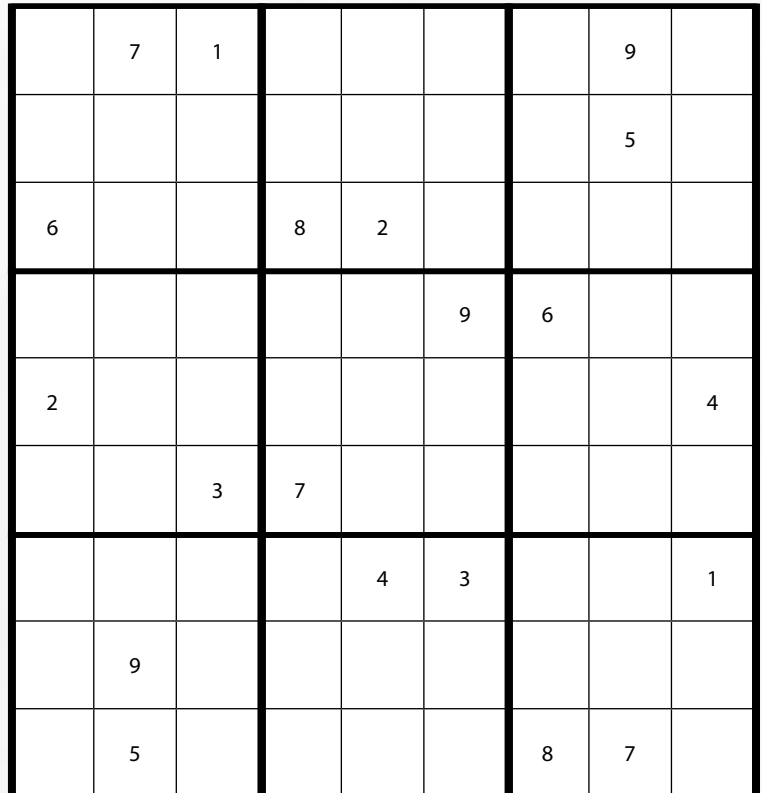


Sudoku solution



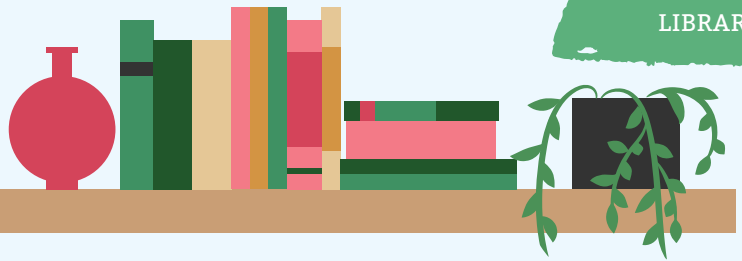
Sudoku

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



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

Tasman District Libraries



New Writing Group in Richmond

Have you always wanted to write but haven't known where to start? Perhaps there's a family memoir that's aching to be told, or maybe you have a burning desire to write poetry. If you're interested in writing – whether it's actually putting pen to paper, talking about writing, or listening to professionals talking about the nitty gritty of writing – then the new Richmond Writing Group is for you.

The group meets on the third Tuesday of the month at Richmond Library from 1.00 pm until 3.00 pm. At the next meeting, on Tuesday 19 June, award-winning playwright and author Michelanne Forster will be providing some insights into the writing process and will be suggesting some great tips and tricks for getting started.

The group is free, everyone is welcome to attend and there's no need to book.

Our "Community Matters" meeting space

Did you know that there is space at Richmond Library set aside purely for the people to meet and connect with community

groups? The space is called Community Matters, and where you can have an informal chat with representatives from community groups like the Nelson Budget Service, Alzheimers New Zealand and many others.

It's where you can ask questions and get the information you need, without having to make an appointment and it's free.

To find out which community groups will be in the library and when, visit our website www.tasmanlibraries.govt.nz click on About Us, and then Services.

MORE INFORMATION



Website:

www.tasmanlibraries.govt.nz

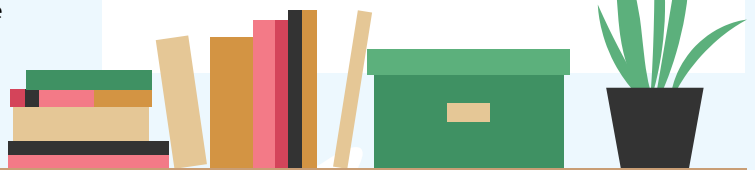
Telephone:

Richmond 543 8500

Motueka 528 1047

Takaka 525 0059

Murchison 523 1013



Nelson Public Libraries

Winter Tucker and Sweet Treats

With winter officially upon us, snuggling up with a good book by the fire seems a wise course of action. Although you could stay warm this winter by dusting off your cake tins and cooking up a feast in the warm kitchen. The library has an ever-growing collection of cookbooks sure to suit anyone's taste – vegetarian, classic or something exotic. Here are three recent publications sure to inspire your next culinary adventure and keep you toasty this June.

Modern Comfort Cooking: Feel-Good Favourites Made Fresh and New by Lauren Grier is full of hearty recipes with a modern twist. Enjoy classic belly-warming dishes with this fresh take on ingredients.

Solo: The Joy of Cooking for One by Signe Johansen includes 80 recipes for happy, solo cooking. This beautiful book features no-cook, one-pot and make-ahead recipes to suit your day as well as plenty of easy week-night meals. And lastly, closer to home, Annabel Langbein has released her second Essential cookbook. Essential Volume Two: Sweet Treats for Every Occasion is exactly that – a culmination of Langbein's favourite and most popular recipes for all things sweet. Inside you'll find everything from classic baking like banana bread, to show-stopping desserts like berry crème brûlée.

These books are sure to add a bit of vibrancy to the dreary June days ahead. Bon appetite and happy cooking.



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



Activities and events



Classic Film Night: His Girl Friday

15 June, 8.30 pm // Ghost Light Theatre, 146 Bridge Street Nelson (upstairs venue, no chair lift, please contact us for accessibility) // Tickets \$7 online, \$10 at the door // www.ghostlight.nz

It's our classic film night again! This time it's Cary Grant in "His Girl Friday." When hard-charging New York newspaper editor Walter Burns (Cary Grant) discovers that his ex-wife, investigative reporter Hildy Johnson (Rosalind Russell), has gotten engaged to milquetoast insurance agent Bruce Baldwin (Ralph Bellamy), he unsuccessfully tries to lure her away from tame domestic life with a story about the impending execution of convicted murderer Earl Williams. But when Hildy discovers Williams may be innocent, her reporter instincts take over.

Cancer Society Annual Charity Ball

22 June, 6.30 pm – 12.00 am // Trafalgar Centre, Paru Paru Rd, Nelson // Tickets \$1500.00 (table of 10) \$150.00 (individual) // Ph. 03 5391137

This year's charity ball will be held at the Trafalgar Centre on Friday 22 June with fabulous food, local wines and beers, entertainment and the opportunity to bid for some amazing auction items. A listening ear; an information booklet or reputable website; a turban or a beanie to help with hair loss during treatment and practical assistance in navigating our complex are among the regular services freely offered by the Cancer Society.

Thank you to our main sponsor Anjela Sharma, Barrister & Solicitor.

Mapua Makers Market

15 July, 10.00 am – 3.00 pm // Mapua Community Hall, 72 Aranui Road, Mapua

This event is a contemporary craft fair featuring unique and affordable handcrafted items.

We have a wide variety of stalls featuring local craftspeople, many of whom do not sell elsewhere. There is something for everyone at this unique market. Come along and check out the amazing products. As well as the usual variety of crafted items there will be a smattering of Epicurean stalls featuring locally made gourmet food items. There will truly be something for everyone! Spend the day in Mapua and grab a coffee from Java Hut to enjoy while you are browsing the market and then go for lunch at the Sprig & Fern or Village Bakery.

Nelson's Hampden Street School: Celebrating its 150th anniversary in October this year!



If you're a past student or staff member of Hampden Street School you'll be interested to know that the school is celebrating the school's 150th anniversary with a reunion on 19 – 20 October 2018.

The celebration begins with an Open Day at the school on Friday from 10.00 am – 3.00 pm. This is an opportunity for anyone who once attended or taught at the school to reminisce about their school days and experience the school as it is today.

Later in the day – between 5.00 pm – 7.00 pm – there will be a welcome function in the school hall. This will be the perfect time for past staff and students to reconnect and to meet with current staff, and parents of current pupils.

On the Saturday between noon and 4.00 pm a professional photographer will be taking reunion class photos at the school. Entertainment and refreshments will be on hand to make the occasion even more enjoyable. A Celebration Dinner is planned the same evening involving dining, dancing and shared memories. The school looks forward to welcoming back as many former students and staff as possible.

Are you interested in attending the reunion?

If you would like to attend any of the reunion events, please register your interest by emailing, or visiting or phoning Hampden Street School. Full information and invitations will be sent to all registrants a little closer to the event.

How to register

Visit www.hampdenstreet.school.nz and complete the form online; Phone 03 548 1825; or pop in to 250 Hampden St, Nelson. You can also find us on Facebook at www.facebook.com/hss150/ for more updates!



Pupils in this 1955 photo of Standard 1 at Hampden Street School will now be in their 70s.

Do you love it? Or hate it? We want to know if our monthly magazine Mudcakes and Roses meets the needs of its readers.



Please fill in the survey to help us make sure Mudcakes and Roses remains relevant.

Where do you live?

- Nelson City
- Richmond
- Motueka
- Moutere/Waimea
- Golden Bay
- Nelson Lakes
- Murchison
- Other (please specify below)

How old are you?

- Under 50
- 50 – 59
- 60 – 69
- 70 – 79
- 80 – 89
- 90 and over

Where do you normally pick up a copy of Mudcakes and Roses?

- Library
- Council office
- Richmond Mall
- Other (please specify)

Is there anywhere else you would like to find Mudcakes and Roses?

Which content do you most enjoy in Mudcakes and Roses?

Which content do you least enjoy in Mudcakes and Roses?

Do you like the writing style?

- Yes No

If no, what could we improve about the writing style?

Have you used the Events Guide or Recreation and Service Directory to find an event, activity or club?

- Yes No

Do you think the advertising in Mudcakes and Roses, which offsets the cost of producing the magazine, is appropriate?

- Yes No

Are there any topics you would like to read about in Mudcakes and Roses that are not covered at the moment?

Are there any changes to the layout, font or design that would make it easier for you to read? Please specify.

Any other comments about Mudcakes and Roses?

Mudcakes and Roses costs about \$52,000 to produce annually. Of that, \$15,000 comes from the Nelson City Council, \$4000 from advertising revenue, and the rest from Tasman District Council. The cost per copy produced is about \$2.50. Do you support the funding of Mudcakes and Roses?

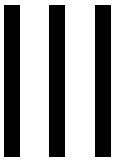
Yes

No

1. Fold here

Freepost Authority 172255

Free 



Mudcakes and Roses Survey
Tasman District Council
Private Bag 4
Richmond 7050



Please fold both ends of this form inwards along the dotted lines in order and fasten with tape where indicated above.

2. Fold here

Fill in the survey, fold it up and post using the Freepost envelope provided.

You can also do the survey online:
www.surveymonkey.com/r/mudcakes.



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Help at hand for Community Grant applicants

Online applications for this year's Community Grants are open now, and we're running drop-in sessions in July for anyone who needs a little help getting started. Council staff will be on hand to help you fill out and submit the online form. You will need to bring all the information for your application, including details of your organisation (such as a Charities Commission number if you have one), the project you're applying for funding for, the community benefits it will bring and the budget.

Drop-in sessions (Library drop-in sessions run from 1.00 pm to 3.00 pm at):

- Richmond, Tuesday 3 July
- Motueka, Wednesday 4 July
- Takaka, Thursday 5 July

For more information: Contact Community Partnerships Coordinator Mike Tasman-Jones on 03 543 8403 or email mike.tasman-jones@tasman.govt.nz. Or head to our website, www.tasman.govt.nz/link/grants.



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