

Mudcakes and Roses

SENIOR GENERATION ACTION
AND ISSUES – NELSON TASMAN



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Festival 2014



Spring in Nelson-Tasman is glorious isn't it? The region slowly wakes up, gets dressed in its holiday finest and rolls out the welcome mat for summer visitors. This issue of Mudcakes and Roses is spring-loaded with great events and activities for people of any age – from the Nelson Arts Fest, which turns 20 this year, through to Ecofest in Motueka and Nelson.

If you haven't already been bitten by the biking bug, maybe you will be after reading our story on page 4 about how Tasman's Great Taste Trail is enticing people of all ages to get back on their bikes – no lycra required!

The Golden Bay Museum has a fascinating exhibition running at the moment – so if you live out that way or if you're heading 'over the hill' for your summer holiday, make sure you pop in and check it out. See page 6 for some of the highlights.

We also meet the family team that keeps the community heart of Motueka beating – Brent and Jody Maru who manage the Motueka Recreation Centre – see page 9.

The Waimea Community dam is a hot topic in the Richmond/Waimea area at the moment. On page 10 we take a look at some of the facts about what's proposed and what stage the project is at. We also welcome our new regular columnist Gail Collingwood, Chairperson of the Nelson Tasman Positive Ageing Forum who'll be keeping us up to date with the work of the forum.

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

How to get your copy!

Mudcakes and Roses is no longer mailed free to readers. The magazine is still widely available at Council's Office, Service Centres, Libraries and the Richmond Mall. You can also read it online at the Tasman District Council website, www.tasman.govt.nz/mudcakes.

Alternatively, readers can pay a \$10 annual subscription to receive Mudcakes in the mail. Contact Shailey McLean at the Tasman District Council Ph. 03 543 8578.

Mudcakes & Roses Noticeboard

Positive Ageing Forum

You're invited to come along to the Nelson Tasman Positive Ageing Forum meetings. Hear about what's happening locally to help make aging a positive experience. The next meeting is Monday 24 November, 1.00 pm, Constance Barnicoat Room, Richmond Library

Positive Ageing Expo 2015

Put a note in your diary now for Friday 27 March 2015!

Stroke Foundation Annual Blood Pressure Campaign

4 October 2014

Last year's campaign saw over 500 people having their blood pressure tested at five New World or PAK'nSAVE supermarkets and other sites around Nelson/Tasman. A follow up survey of participants nationally revealed that four out of ten said they had taken action to control their blood pressure as a result of the testing. Information packs and free blood pressure checks will be offered to all participants between 10am and 2pm on the day at Foodstuffs supermarkets (New World or PAK'nSAVE).

Mental Health Awareness Week

6 – 12 October 2014

Keep learning, one of the Five Ways to Wellbeing, is the official theme for MHAW 2014. For more information about MHAW, including what events are being held in your area, how to get involved, and research about the value of learning, see the website:

www.mentalhealth.org.nz/mhaw

Senior Chef Cooking Classes

Senior Chef is an 8 week cooking class where you can learn, or improve on, your practical food and nutrition skills. It's a social informative and hands-on class – all focused on cooking for one or two people. And its FREE.

If you:

- Are over 65 years of age
- Live on your own or with one other person
- Need to improve your skills or motivation around cooking for yourself
- Want to meet new people

We would love to hear from you!

Classes starting soon! Please contact:

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

Senior Chef Coordinator – Annette –
Phone 03 544 7071 or Email:
info@headinglycentre.co.nz or
www.seniorchef.co.nz Next Class
begins: Thursday 16th October 2014.

Join the team! More volunteers needed for ICC Cricket World Cup 2015 in Nelson

The ICC Cricket World Cup 2015 will be
jointly hosted by Australia and New
Zealand in February and March 2015,

with three games played in Nelson next
February and March.

Tournament organisers have been looking
for volunteers to join them and help
ensure the World Cup's success in Nelson.
The response so far has been great but
there are still some roles that need to be
filled. If you'll have free time available in
February and March next year, your help
would be much appreciated.

There are a variety of volunteer roles
available, each requiring different
skills and experience, so check out
www.cricketworldcup.com/volunteers

for more information, or email:
cwcvolunteer@ncc.govt.nz or
phone 03 546 0200.

You could also come along to the
open days at Saxton Oval on Saturday
18 October and Sunday 19 October
between 10.30am and 2.30pm to
learn more about volunteering for
the ICC Cricket World Cup 2015 and
to be interviewed for one of the roles.
Volunteers must be 17 years or older
to apply.

Motueka Goes Green for Ecofest

Green was the colour of the day at Ecofest Motueka.
The region's annual council-supported celebration
of sustainable living is this year being held in both
Tasman and Nelson. Ecofest Motueka was on at
the Motueka Recreation Centre on 21 September,
while Nelson Ecofest will be held in November. Both
feature a wide range of interesting exhibits, seminars
and hands-on workshops.

Ecofest Motueka attracted close to 40 stand-holders and
about 700 visitors and provided seminars on topics such as
basic beekeeping, food forests and getting the most out of
your heat-pump as well as a range of activities for children.

Nelson Ecofest featuring Growables

Sunday 16 November 2014

A bumper day of "green" activities, products, services and produce
for Nelsonians. 10am-5pm, Founders Heritage Park, 87 Atawhai
Drive, Nelson. Adult \$5, Children 14 & under Free

For further information about Ecofest visit:
www.ecofestnelsonstasman.co.nz/



Mother and daughter weavers Yvonne and BT Hammond



Paul Gray with some of his lead free Aqua Sinka products



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Nelson's Bryce Buckland and his granddaughter Hannah Shanks ride along the Tasman Great Taste Trail near Rabbit Island.

Why Seniors are Loving Tasman's Great Taste Trail

When Prime Minister John Key announced plans to fund a national network of cycle trails, the focus of the project was to create jobs and attract tourists.

The Prime Minister predicted that 500 people would be employed in the construction of the New Zealand Cycle Trail Great Rides which would eventually generate another 4000 jobs for tourism operators.

But the Nelson-Tasman region's own Tasman's Great Taste Trail has shown that there has been another important benefit of the project. The 175 kilometre loop around Nelson and Tasman is only 60 % finished but it is already attracting thousands of local riders who are enjoying the health and social benefits of cycling.

And what is even more interesting is that many of these riders are older people who are getting fitter and healthier as they join regular cycling groups on the trail. A survey of the trail conducted in the summer of 2012-2013 showed that up to 330 riders were using the trail each day and that 36 % of the riders were over 50. Chairperson of the Nelson Tasman Cycle Trail Trust, Gillian Wratt, says she is not surprised by that result.

"We always said it was going to be a community asset and I'm not surprised that so many older people are using it. I'm of that age

group myself and I know you want to stay active but the knees won't let you run anymore so you go bike riding instead."

"And the cycle trail is the perfect place to go riding. It's flat and safe and you can hop on your bike in Richmond and go to Brightwater for a cup of coffee without riding on the road."

Gillian says many of the older riders haven't been on their bikes since they were teenagers cycling to school and now they are buying bikes specifically to ride Tasman's Great Taste Trail.

"I bumped into one couple at the cafe in Brightwater. They had started riding again because of the cycle trail and they said they were planning to go cycle touring in the US."

Village Cycles owners Jim and Sue Matthews have certainly noticed a big change in the age of their customers after the first stage of the cycle trail opened. Jim and Sue's popular Richmond business has traditionally been a family bike shop providing schoolchildren with their first bikes as well as bikes for mountainbikers and road cyclists but all that's changed.

"The comfort bike has become the most popular bike since the cycle trail opened," Jim says. "They just keep going out the door and the people that are buying them are the 60-plus couples who are getting one each.



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"Most of them say 'I haven't been on a bike for 50 years' which is great because instead of getting old and grumpy they are going biking and getting some exercise and improving their health. It's also been a huge boost for the bike shop and they are awesome people to deal with."

The latest section of the 175 kilometre trail from Motueka to Kaiteriteri to be officially opened on 11 October. When the trail is completed, cyclists will be able to ride from Nelson to Richmond, Mapua, Kaiteriteri, Tapawera and through the Spooner's Tunnel to Wakefield and back to Nelson.

Grand opening event for cycle trail's coastal section

On 11 October 2014 a grand opening event is taking place to mark the completion of the Coastal Section of Tasman's Great Taste Trail, and everyone is welcome.

The event will start at 9.00 am at Decks Reserve in Motueka where there will be food and family entertainment all day. At 11.00 am the official bike ride will leave Motueka and navigate the cycle trail through to Kaiteriteri. On the way there will be local food and drink to sample, kindly provided by the cycle trail project's Official Partners.

New map guides the way

A new free map is available that will help guide visitors and locals around the completed sections of Tasman's Great Taste Trail.

The map, produced by the Get Moving team, breaks the completed sections of trail down into seven distinct maps, so that users can easily navigate through each section.

The map can be picked up at Tasman District Council service centres, libraries, I-SITES and various other outlets around the District. It can also be downloaded from www.tasman.govt.nz.

At 2.00 pm, in Kaiteriteri, at the end of this section of Tasman's Great Taste Trail, there will be a ceremony to officially open and bless the trail, followed by an afternoon of family fun and entertainment. Complimentary shuttle buses will leave Kaiteriteri from 3.00 pm onwards to bring the cyclists back to Motueka.

The Coastal section of Tasman's Great Taste Trail runs from Nelson to Kaiteriteri, through Rabbit Island, Mapua, Motueka and Riwaka. The section constitutes approximately one third of the full Tasman's Great Taste Trail loop. Work on the trail is now focusing on the section from Wakefield through to Tapawera.

For more information go to www.heartofbiking.org.nz.

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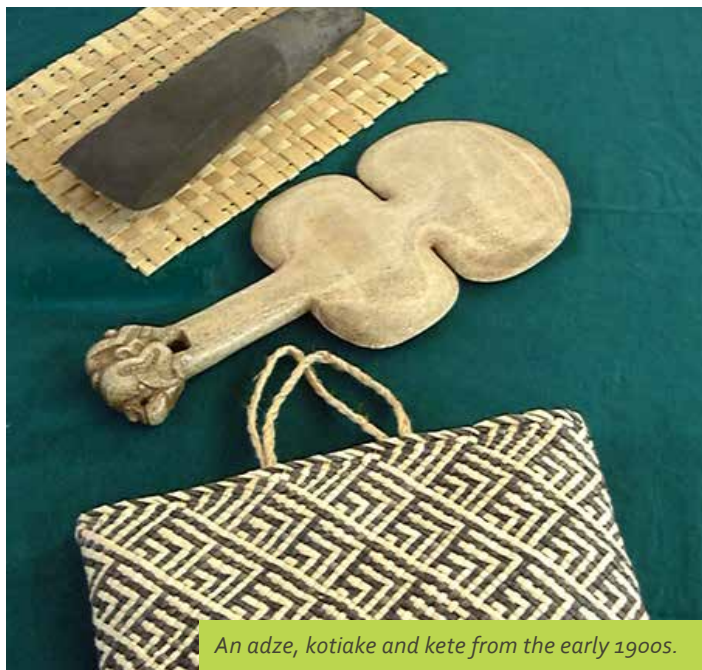
A Billiken doll, Otto Overbeck's Rejuvenator and the old Takaka Telephone Exchange are just a few of the fascinating items on display as part of "The Margaret Wilson Collection" at the Golden Bay Museum in Takaka.

Margaret Wilson was a long-time Golden Bay resident who built up a private collection of treasures – many with Golden Bay connections. Her collection started in the 1960s with shells, starfish and rock specimens from the Te Hapu area (Western Golden Bay) where she lived as well as heirlooms from her own family. The collection moved to Pohara and then later to Commercial Street, Takaka. When Mrs Wilson decided to sell her collection in 1985, the Golden Bay community rallied to raise \$75,000 to keep the collection in the Bay – a huge commitment from around 4000 residents. The Margaret Wilson Collection is the founding collection of the Golden Bay Museum.

Museum manager Karen Johnson says Mrs Wilson was a "true collector" with diverse tastes that ranged from taxidermied



A Billiken Doll from the early 1900s. The dolls originated from the United States and came with the promise of 99 years of good luck. Hundreds of thousands of the dolls were sold in the early part of the century.



An adze, kotiake and kete from the early 1900s.

animals to musical instruments to children's tin toys, photographs and Maori taonga.

"A lot of the collection is normally held in storage because apart from being owned by Mrs Wilson, it doesn't have a great deal of provenance to the Bay. We thought it was time to bring it out. It's been pretty amazing to open up the boxes. However we've also realised how much work there is to get everything properly accessioned," she says.

Karen is not sure how many items there are in the collection, but says it would number in the high hundreds or thousands.

The exhibition will run until In October 2015 when the museum will celebrate its 25th anniversary. Mrs Wilson's collection will continue on display until then, with items regularly being changed out.

Golden Bay Museum is supported by Tasman District Council and is located at 67 Commercial Street, Takaka.

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Gout – Not just “the disease of kings”

In New Zealand, it's thought that at least 4 % of adults aged over 20 years have gout, with higher rates in Māori and Pacific peoples.

What is gout?

Gout is often called “the disease of kings”, as it has always been linked to too much good food and beer, but this is not true. Gout is caused by having too much of a chemical called uric acid in your blood. Your body makes uric acid when you eat food, and it is normal and healthy to have some uric acid in your body. Most people can get rid of excess uric acid through their urine. Māori and Pacific people have a genetic variation which causes uric acid levels to build up and gout to develop.

If there is too much uric acid in your blood, the acid can turn to crystals in your joints, particularly toes, elbows, wrists and fingers, causing pain, swelling and heat in that joint.

Raised uric acid levels, which cause gout, are also linked to heart disease and diabetes, so it is very important that gout is diagnosed.

The good news is that gout is preventable!

There are two types of medicines used in gout that work in different ways:

- Treatment for when you have an attack of gout
- Uric acid lowering medicines to prevent attacks of gout.

If you suffer from gout, talk to your doctor.

General healthy lifestyle advice to prevent gout and other conditions like diabetes:

- Eat healthy food – not too much meat or seafood
- Drink water and other fluids – not sugary, fizzy drinks and beer
- Exercise to keep your weight under control.

Be Well with NBPH – contact your practice for more information on gout



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Philippa Foes-Lamb

Gardening tips for Spring

Hi, Spring is here and our gardens are bursting into life. This is such a gorgeous time of year and it's well worth taking a moment or two each day to notice the tiny miracles that happen overnight. Daylight saving is back too and whether you love or loathe it, it means we have an extra hour to enjoy our gardens.

Over the past few years vegetable gardening has been to the fore and now gradually growing flowers is regaining popularity. This is wonderful because there is something so special about picking a bunch of flowers for the house or to brighten someone's day.

Growing flowers for picking is so rewarding – they're beautiful, most are easy to grow and there's a large variety to choose from. If you have room you can establish a 'picking' garden and by sowing or planting successively you can harvest flowers over a long period. I love the idea of taking over a corner of the vegetable garden or better still mix and match your vegetables and flowers for a stunning show. If you have limited space growing flowers in containers is a fabulous option and works really well.

Most flowering plants love fertile, well-drained soil. Digging in fish compost (odourless) from Bay Landscapes and sheep manure pellets or other aged manure is a perfect way to provide nourishment over the growing season. If using containers, choose a good quality potting mix and sprinkle a few sheep manure pellets on top once you have planted.

A few of my favourite annual flowers that are perfect for posies are antirrhinums (snapdragons), cornflowers (both dwarf and tall), cosmos, escholtzia (California poppy), nigella (love in the mist), shirley poppies, calendula, marigold and salvia. I mix seeds in a pretty tea cup and wander around the garden sprinkling as I go. Sunflowers are also wonderful for picking, especially the dwarf branching varieties.

Perennials are wonderful in the picking garden - some favourites include dahlias, daisies, delphiniums, dianthus, lavender, penstemons and scabiosa. Flowering shrubs are invaluable too.

In the vegetable garden it's time to plant all the scrumptious summer treats we love so much. Tomatoes, courgette, cucumber, pumpkin, melons are best planted outdoors from

mid-October. Leafy vegetables including lettuce, silverbeet, and brassicas can be sown directly into the soil now. Digging in plenty of nourishment before planting will help ensure a good harvest. From November onwards plant rocket, coriander and silverbeet in semi-shade – this helps stop them bolting to seed.

Root vegetables prefer a site that has been composted for a previous crop. Home-grown parsnips are far superior to shop bought varieties. They are a long-term crop so will occupy space right through until the first frosts next Autumn. Parsnips can be tricky to grow so here are a couple of tips that work for me. Sowing fresh seed each year is really important – I put seed raising mix in the furrow, sow my seeds, then cover them to twice their depth with more seed-raising mix, firming it down. I then pour boiling water gently over the row which sounds strange but really works. Some people also swear by putting a wooden plank over them after the boiling water until they start to germinate.

If you have any questions or topic suggestions, I'd love it if you would email me at foeslamb@xtra.co.nz or write to me c/- Mudcakes and Roses. My radio show, *Green Thumbs & Dirty Fingers* is full of more gardening tips and airs each fortnight on Fresh FM, Nelson-Tasman 104.8, Golden Bay 95.0 on Tuesday at 10.40am, replayed the following Saturday at 2.40pm. Happy gardening.

Heirloom Perennial Nursery & Art Studio

My nursery specialises in hardy perennials, particularly gorgeous cranesbill geraniums. A selection of my mixed-media creations (unique gift tags, journal covers, decorative magnets etc), most with a botanical theme, are available for purchase from my studio. Commissions welcomed.

Now Open Mondays and Thursdays 10.00 am – 4.00 pm

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



Young and Old Catered for at Motueka Recreation Centre

The Motueka Recreation Centre in Old Wharf Road is a hidden treasure with activities for everyone, young and old. The centre was officially opened in 1987 and owes its existence to a wonderful group of enthusiastic locals who felt it was important to have somewhere for young people to gather for various sporting activities.

After a ten year search, the Co-op Packhouse became available, a Trust was formed and thousands of community hours went into developing the site. It was a labour of love with the community and local businesses involved. The centre is now owned by the Tasman District Council and managed by the Sports Tasman Charitable Trust.

It has a roller-skating rink, main sports stadium, aerobics lounge, gym, child-friendly café, martial art dojos, netball courts and a State Cinema.

Fitness classes for older adults include 'Silver Sneakers' aiming to help improve balance, aiding in fall prevention. 'Sit n Be Fit' is seated exercise for those who have trouble standing and 'Move to Music' is an exercise programme set to music that everyone knows the words to.

Brent Maru, Facilities Manager and his wife Jody, Facility Manager both really enjoy their roles and are very passionate about the centre. Brent began his involvement just as he finished school, working 30 hours as a volunteer and moving on from there. "I became a staff member under the wing of the Tasman District Council in the mid-90's and became Facilities Manager under Sports Tasman in 1998."

"I've been surrounded by community-minded women all of my life so my love of working in the community is a part of me. It's a bit of a family affair. Both Jody's and my parents were linked with the centre through the Motueka roller skating club and our daughter works here too", said Brent.

"I thoroughly enjoy interacting with all sorts of different people and age groups – it's interesting and great to be able to yak with them."



After working as a student volunteer under the holiday programme, Jody found herself becoming more involved. "I literally fell into my role here. Brent needed a cleaner so I started working part-time. I organised sports activities involving kindergartens and gradually progressed to office administration, picking up more programmes from there and committing a number of years to re-training through Skills Active New Zealand," said Jody.

"Our most popular older adult class is 'Move to Music', which is held on Tuesday and Thursday. We've just started a Wednesday class too."

The latest addition is a new music room which is a work in progress. "Not everyone wants a drum kit or other musical instruments in their home so we wanted to provide somewhere for kids to be able to come and have some music sessions", said Brent. "We're also looking at a swap of skills, someone older teaching someone young an instrument – that sort of thing."

The next upgrade on the horizon is the installation of a lift which will give easy access to the primary exercise area upstairs. One thing is for sure the Motueka Recreation Centre is going from strength to strength. For any enquiries phone the centre on (03) 528-8228.

Motueka Recreation Centre – Open Day

Sunday 19 October 2014

10.30am – 2.30pm, \$2.00pp

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The Waimea Community Dam and You

If the Waimea Community Dam is built in the Lee Valley to store water and make it available to the Waimea River and groundwater beneath its plains, you are likely to benefit. You are also likely to be asked to pay, wherever you live in the Tasman District. If the dam isn't built then you are also likely to face costs.

While the proposal for a dam in the Lee Valley has been in the spotlight for several years now, some residents can be excused for thinking that it's 'not about me'. Please be assured – it is!

Water is the key to the future prosperity of the Tasman District – economically, environmentally, socially and culturally. We do not have enough of it in the Waimea Plains and surrounding areas when it is needed nor do we have enough for the future.

For the last 10 years community representatives and the Tasman District Council have been looking at ways to solve the problem. The solution is to build the Waimea Community Dam in the Lee Valley. The proposed dam will store water to be released at times when demand is high and natural flows are low. Water users – urban, rural and industrial alike will have improved security of supply. The dam will also have the capacity to meet our future growth needs over 100 years and to ensure that the Waimea River continues to flow during times of drought.

Everyone in the community will benefit and is likely to be asked to pay their share, wherever they live in the District. On the other hand, if the dam doesn't go ahead, everyone will face some challenges and costs. So this is a proposal that affects all residents of Tasman District.

It would be a mistake to think of the dam as benefitting irrigators alone – that's not how it is. While there is no doubt about the direct benefit to water permit holders on the Waimea plains, for example, horticulture and agriculture businesses that irrigate, there are other and wider benefits.

Urban water users who have water supplied to their homes and businesses will benefit directly, now and well into the future by having a much more reliable supply. Other benefits will be indirect and shared by all such as having a greater flow of water in the river for the environment and for people to enjoy. The spin offs that come from the activities of the industries and growers will also benefit our regional economy.

So what has changed – why is this an issue now?

For many years we've known that the Waimea River can run dry. The Council is obligated by law, wearing its regulator hat, to manage the river sustainably. A recent change to the Tasman Resource Management Plan provides for the river to be managed with and without a dam. That has meant that, unless there is a dam, people with consents to take water (including the Council's own consent for urban supplies) will have to be cut back in order to conserve water, and to stop salt water coming in from the sea and ruining the aquifer. It is clear that without a dam the cut-backs and water restrictions will severely limit current use when the weather is dry as well as constrain future growth. There will be effects on the economy and employment.

So the community has choices – store water for times of high demand and for the future or live with less; much less, more often, more prolonged.

Beginning next month the Council will be consulting the wider community on some of the key issues affecting the project such as governance and funding of a dam. A final decision about whether or not to build a dam is expected in June 2015. Please take an interest and get involved. The project will benefit you, to a greater or lesser extent depending where you live and you will be asked to pay an equitable share of the cost through your rates. If the dam does not proceed, all users, including those of us on urban supplies drawn from the river or its aquifers, will also have consequences to face. These are tough choices – please be part of the process.



16 - 27 OCTOBER 2014

...celebrating 20 years

Arts Festival Director's Top Picks

Nelson Arts Festival Director Sophie Kelly recommends her picks for Mudcakes & Roses readers...

Sisters in Arms

Incorporating live Serbian music and song, and the physical traditions of East European theatre, *Sisters in Arms* is a fascinating collaboration between New Zealand artists and a Serbian theatre company.

Supported by Creative New Zealand's WWI centenary fund, Sophie says she felt it was important to include *Sisters in Arms* in the festival programme in a year when the impact of The Great War is remembered.

Based on true stories from the writers' own great-grandmothers, this play offers a unique look at the challenges of war time, capturing the passionate Slavic imagination with the reserved rationalism of the New Zealand psyche of the time.

Date: Saturday 18 October, 7pm and Sunday 19 October, 7pm.

Gao Shan Liu Shui (High Mountain Flowing Water)



Gao Shan Liu Shui is a new work the festival team has brought to Nelson as part of its New Zealand premiere season. Directed by the talented choreographer Sara Brodie, who brought her incredible dance work *Fault Lines* to last year's festival, this piece tells the ancient tale of the unlikely friendship between a master musician and an untutored woodcutter.

Combining music, theatre and dance, the work features highly celebrated Chinese musicians, Gao Ping and Dong

Fei, who collaborate for the first time in this unique performance.

Date: Friday 24 October, 7.30pm.

Modern Maori Quartet



After attempting to get the Modern Maori Quartet to Nelson for the last year, Sophie says she is delighted to

have secured their latest work for the festival's 20th anniversary programme.

"The Modern Maori Quartet take you back to the old Maori show band era with familiar songs that you can't help but sing along to. They're absolutely beautiful singers and performers, and also very, very funny. Their banter throughout the show puts a smile on your face and a swing in your step," she says.

Date: Saturday 18 October, 8.30pm and Sunday 19 October, 7.30pm.

The Grenell Family Band



New Zealand country music legend John Grenell, of *Welcome to our World* fame, and his four talented

children come together as The Grenell Family Band for a special night of music at the Festival Mainstage.

"We know Amiria Grenell and her music well as she has played at the festival in previous years. I thought it would be a treat to combine the more contemporary music styles of Amiria and her brother's performances with the country music of their father John," says Sophie.

"They're a unique family with an amazing upbringing in which music is very much part of the package. It'll be wonderful to see them on stage together, sharing their music with Nelson."

Date: Friday 24 October, 8.30pm

The Demolition of the Century



In this new work, talented screenwriter, playwright and novelist Duncan Sarkies (*Two Little Boys*, *Scarflies*, *Flight of the Conchords*)

and musician Joe Blossom (aka Sean O'Brien) together re-create the world from Sarkies' new novel *The Demolition of the Century*.

"Duncan Sarkies is such an engaging and funny character, who truly understands the art of story-telling. When he presented to a group of us at the Wellington Fringe Festival, we were completely transfixed and just didn't want it to end. It was an easy decision to include this work in the programme and I know our older festival goers will just love it."

Date: Wednesday 22 October, 6.30pm (Mussel Inn) and Thursday 23 October, 6.30pm (Granary Festival Cafe, Nelson).

View the full Arts Festival programme online at www.nelsonartsfestival.co.nz or pick one up from Nelson City Council, libraries, retailers, cafes and key visitor outlets in Nelson.

Tickets are available online or through all Ticket Direct outlets.

WIN! Mudcakes and Roses has free double passes to give away to: *Sisters in Arms*, *Modern Maori Quartet* and *White Cloud*. Contact us via email on mudcakes@hothouse.co.nz or by post with details of your name, address, contact telephone number and which shows you're interested in, before 5pm on Friday, 10 October 2014.

Home Delivery Service

For most of us a trip to the library is something we take for granted, dashing in to pick up a couple of books or DVDs on our way to somewhere else, or maybe leisurely reading the papers, chatting to staff, using the computers, and browsing the shelves for interesting reads.

For people who are housebound, whether because of age, illness, or disability, visits to the library are very difficult if not impossible, which is where the Home Delivery Service can help.

The Home Delivery Service run by Nelson Public Libraries provides a full library service to housebound customers. The three team members, Sue, Katie, and Chris, select books and liaise with volunteers and customers to ensure the service runs smoothly. When a person is referred to the team, we visit them in their home and have a chat about their reading needs: e.g. large print, talking books, DVDs, weight of books; and reading preferences: e.g. mysteries, sagas, magazines, biographies, non-fiction. A library volunteer is appointed to each customer, and they deliver and return books on a regular basis throughout the year.

The service is free, and currently has 65 customers and 25 volunteers.

If you, or someone you know, needs our service, or if you would like to enquire about becoming a volunteer, please ring 546-0412 and leave a message.

Our Little Library at Founders in October!

Come and visit us in our Little Library in Duncan House, Founders throughout the week of this year's Readers & Writers Festival (18 – 26 October).

Drop in for a sit down and a read anytime that week. Check out the Readers & Writers programme in the Arts Festival brochure – available at all our libraries. We will be there before each of the author sessions to chat to you about books and reading and about our services. There will be books for sale and watch out for information about our Victorian afternoon, where we will be dressed in Victorian garb!

On Wednesday 22nd at 5.30pm we will have an adult 'story time' – pop in after work or on your way to that evening's events at Founders. We will be reading from some of the earlier works of this year's featured fiction authors: Eleanor Catton, Tim Wilson, Paul Cleave, Duncan Sarkies and Sarah-Kate Lynch.

There will also be a quiz – entries only accepted at the Little Library – and there will be an event for children after the Craig Smith session on the morning of Saturday 25th.

On the last day, prior to Davinia Caddy's talk, there will be live music at the Library from 3pm-3.30pm. See you there!

For more information about our Home Delivery Service or the Little Library please contact us: 546 8100 or library.info@ncc.govt.nz or homedelivery@ncc.govt.nz

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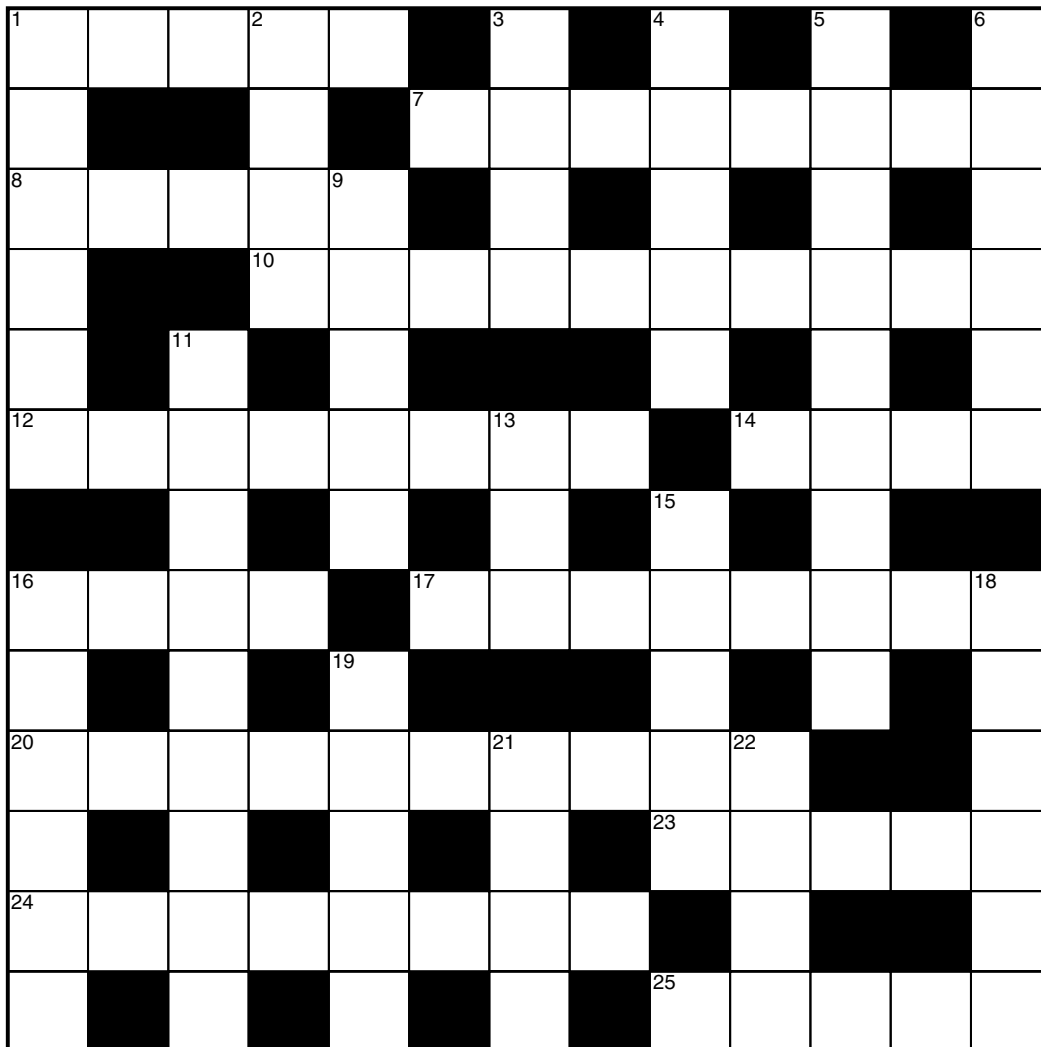
For independent older people who wish to have security and services available.

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



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

Crossword



Clues

Across

- 1. Duck's call
- 7. Sliding out of control
- 8. Church table
- 10. Enticement
- 12. Floor hatch
- 14. Volcanic flow
- 16. Labels
- 17. Small brimless hat
- 20. Without commander
- 23. Disliked
- 24. Before birth
- 25. Son or daughter

Down

- 1. Daintily odd
- 2. Jacket
- 3. Jump rope
- 4. Notions
- 5. Watchfulness
- 6. Meeting schedule
- 9. Prepared
- 11. Dialects
- 13. Acorn bearer
- 15. Gash
- 16. Dutch bulb flowers
- 18. Cushioned
- 19. Blossom part
- 21. Hop
- 22. Silk band

Answers page 19.

Nelson Denture Clinic

The Smile Designers

Specialising in:

- BPS Dentures - latest technology injection moulded dentures. Excellent fit and extremely natural appearance

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What's On

OCTOBER 2014

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

Motueka's War – WWI commemorations

Now – Friday 1st May 2015

We tell the story of how the war affected those living in Motueka and surrounding district – those who went off to fight, those who didn't return and those left behind to carry on with life as best they could. This part of the exhibition goes up to Gallipoli. 10am to 3pm, Tues to Fri, 10am – 2pm Sun, Motueka Museum and Muses Café, 136-138 High Street Motueka. Entry is free.

Nelson Bays Harmony Chorus show "Postcards from Abroad" with guest singers Key Note

11 October 2014

The Nelson Bays Harmony Chorus will present a show "Postcards from Abroad," a fun-filled musical world tour with NZ champion women's barbershop quartet Key Note as our special guest singers. Also joining them is the NZ Harmony Chorus made up of Sweet Adeline singers from around the country. Thousands

of Kiwis all across the country enjoy the buzz and excitement of barbershop singing. Now Nelson can hear the best by coming to the show at 7pm, Club Waimea, Richmond. \$10 tickets. Ph 544 8876.

Nelson Home & Garden Show 2014

Friday 10th – Sunday 12th October 2014

Enjoy huge variety from a multitude of exhibitors offering the latest in home and garden products/services. Save with massive show-only specials, go in the draw to win a fabulous show prize, listen to free daily seminars, preview the hottest trends and innovations, gather expert advice, source accessories for a new look - or simply turn up and be prepared to be inspired. We do our utmost to nurture your home or garden project through all its stages, from concept to reality – and it's all under the one roof. Fri, Sat & Sun 10:00am–5:00pm daily, Saxton Field Sports Complex, Saxton Road East, Stoke, Nelson. Adult: \$6.00, Senior Special Friday Only \$3.00, Under 16 Free. Tickets from Door Sales Only

Monster Trash 'N Treasure Fundraiser

Saturday 11th October 2014

Soroptimist International of Nelson are hosting a Monster Trash 'n Treasure fundraiser with over 16 Community groups, sport & hobby group stalls. There will be raffles, home baking, preserves, plants, fruit & vegetables, pre loved books, clothes and white elephant. You won't want to miss out... Something for everyone! Entry: Gold coin donation (children under 10 free), 9am to 1pm, Stoke Memorial Hall, 548 Main Road, Stoke

Motueka Fun Run/Walk for Breast Cancer

Sunday 12th October 2014

Join us for a 10km fun run/walk around Motueka to show your support for the Nelson Regional Breast Cancer Trust. Participants are encouraged to dress in pink and spot prizes will be presented at a post event function. Meet at the bus stop beside the Motueka Information Centre. The fun run/walk will start at 2pm - registrations will begin at 1. A \$10 donation to enter.

Women's Health Day

Friday, 17 October 2014

The Nelson Provincial of Rural Women New Zealand invites you to a day of fun and facts on women's health including falls prevention and dietitian, pre diabetes and heart health and green prescriptions. Afternoon speaker Alana Riley on Oxygen Skincare. 9.30am morning tea for 10am start, Hope Hall, Main Rd, Hope. Admission \$5 includes lunch.

Dollhouse & Miniatures Show and Sale

Friday 24th – Monday 27th October 2014

Miniaturists from around NZ, Australia, UK and USA will be displaying their dollhouses and miniature scenes in the Waimea College Assembly Hall. There will be a wonderful model of Hogwarts Castle to delight Harry Potter fans and many other new and exciting exhibits, based on the theme: Bon Appétit. Traders will be selling miniatures and model-making supplies. There will be raffles – including a furnished, 3-storeyed Tudor House – and a competition for

children: great family entertainment. There has never been such an ambitious display of miniatures in the region before; we hope families take the opportunity to visit the show over Labour Weekend. Open to public: 10.00am – 4.00pm Sat/Sun, Waimea College, Adults \$6, Seniors \$5, Children \$2, Tickets from Door sales only.

Cycle trail's coastal section Official Opening event

11 October 2014



OFFICIAL OPENING
THE COASTAL SECTION OF TASMAN'S GREAT TASTE TRAIL
SATURDAY 11 OCTOBER 2014
MOTUEKA DECKS RESERVE FROM 9.00 AM
OFFICIAL BIKE TO KAITERITERI LEAVES MOTUEKA AT 11.00 AM.
OFFICIAL OPENING CEREMONY AND BLESSING IN KAITERITERI AT 2.00 PM FOLLOWED BY THE ACTIVITIES FOR THE WHOLE FAMILY.
FREE SHUTTLE BUS FOR PEOPLE AND BIKES BACK TO MOTUEKA FROM 8.00 PM

FOR MORE INFORMATION GO TO WWW.HEARTOFBIKING.ORG.NZ



9.00 am at Decks Reserve in Motueka
11.00 am Official bike ride leaves Motueka to Kaiteriteri
2.00 pm Kaiteriteri opening
A grand opening event to mark the completion of the Coastal Section of Tasman's Great Taste Trail, and everyone is welcome. There will be food and family entertainment all day. At 2.00 pm in Kaiteriteri there will be a ceremony to officially open and bless the trail. Complementary shuttle busses will leave Kaiteriteri from 3.00pm onwards to bring the cyclists back to Motueka.
For more information see page xx or go to www.heartofbiking.org.nz.

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



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Janet


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

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

Recreation & Service Directory

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

OCTOBER/NOVEMBER 2014

Golden Bay

Age Concern

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

Astanga Yoga

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

Belly Dancing

Senior Citizens Hall, Mondays 5.00-6.00 pm. Leena, Ph. 03 525 9393.

Genealogical Group

Sally Ph. 03 525 8086 or Email pands@gaffneys.co.nz

Gentle Exercise Classes

(through Golden Bay Physio Clinic) Held at Golden Bay Community Hospital, Mondays 10.00 – 11.00 am. No charge. Erica Ph. 03 525 9708.

Golden Bay Contract Bridge Club

Leigh Ph 03 525 9744.

Golden Bay Garden Club

Diane Ph 03 525 6121.

Golden Bay Patchwork and Quilters Guild

Liza Ph 03 524 8487.

Hearing Therapy Services Life Unlimited

Free MOH service 16+ providing screening, guidance with management of hearing loss issues including tinnitus 2 Monthly clinic. Bookings Contact Heartlands 03 525 6151

Indoor Bowls/Cards

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

Marble Mountain Country Music Club

2nd and 4th Sunday of each month at the Senior Citizens Club rooms. Nancy Ph 03 525 9491.

Motupipi Indoor Bowling Club

Thursday nights, 7.30 pm at The Motupipi Hall. Supper and games for \$1. Nancy Ph 03 525 9491.

Pohara Bowling Club

Jennifer Ph 03 525 9621.

Probus

Joan Ph 03 525 9224.

Puramahoi Table Tennis

Rene Ph 03 525 7127.

Relaxation and Restoration Yoga

\$10 per class, regular classes and private sessions in Takaka. appointments essential. Terry Ph. 03 525 7422.

SeniorNet [Golden Bay]

Beginner courses in home computing, based in clubrooms at the Takaka Showgrounds. Morfydd Ph 03 525 7465.

Sit and Be Fit

Golden Bay Community Centre, Tuesdays 10.30 am-11.30 am. \$2 donation. Jacinda, Ph 03 525 8770.

Tai Chi for Arthritis

Ann Ph 03 525 8437.

Takaka Golf Club

Ph 03 525 9054.

Takaka Golf Club Ladies Section

G. Turley Ph 03 525 9122 or Email cgturleys@xtra.co.nz

Takaka Spinning Group

Jan Ph 03 525 9374.

Takaka Table Tennis

Rene Ph 03 525 7127.

University of the Third Age (U3A)

Moira Ph 03 525 7202.

Upright and Able for Falls Prevention

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

Uruwhenua Women's Institute

2nd Tuesday each month Anglican Church Hall, 1.30 pm Nancy Ph 03 525 9491.

Wednesday Walkers

Meet at Information Centre carpark, Takaka, leaving 9.00 am. Bring morning tea, raincoat etc, light boots or walking shoes. Contacts: Erhard Wingels Ph. 03 524 8372 Jenny Maclaren Ph. 03 525 7440 Alan Gotlieb Ph. 03 525 8209.

Hope

Hope Midweek Badminton Club

Carolyn Ph 03 541 9200.

Nelson Veterans Tennis Club

Hope Courts every Thursday Ph 03 547 6916.

Mapua

Low-Impact Aerobics and Pilates

Wakefield, Upper Moutere and Mapua. Lynda Ph 03 543 2268.

Mapua Friendship Club

Mapua Public Hall Valerie Ph 03 540 3685.

Mapua Bowling Club

Dave Ph 03 540 2934.

SeniorNet (Motueka)

Computer learning for the over 55s at 42 Pah St. Maureen Ph 03 528 0630.

Motueka

Age Concern

Support services, information and advocacy to older people in Motueka. Our services include Elder Abuse & Neglect advice and support, and an accredited visitor service for older people. Office: 62 Oxford St, Richmond. Ph 03 544 7624.

Better Breathing Classes

Held 3rd Monday of the month 2 – 3.15pm, Motueka Community Health rooms. Light exercise with a focus on breathing and relaxation. Phone Hilary for support and information, Nelson Asthma Society 03 546 7675.

Chair Yoga

Fridays at 11a.m. Weekly, gentle stretch and breathing sessions at Weka House, Old Wharf Road. Ph Delia 0212 398 969.

Cycling

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

Diabetes Support Group

Heather Smith Ph. 03 528 9689.

Gym & Fitness Centre

Studio Gym 275 Catherine Ph. 03 528 4000.

Hearing Therapy Services Life Unlimited

Free MOH service 16+. Screening, guidance with management of hearing loss issues including tinnitus Monthly clinic JIF Hospital Community Health Services. Bookings @ Nelson NNS reception 03 547 2814

Indoor Bowls

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

Line Dancing (Beginners)

Huia Clubrooms, High St. Mondays 7.00-9.00 pm. Sue Ph 03 528 6788.

Marching

Motueka Veteranettes Marching Team Bev Ph 03 528 9125.

Motueka 50+ Walking Group

All walks leave Deck's Reserve carpark, where transport is arranged. To see the walks schedule, go to www.motueka50pluswalkers.org.nz. Meetings on the last Thurs of each month in the RSA Club, High Street, Motueka, 9.30 am. Contacts: Secretary Gill Gately Ph. 03 528 5399, President Peter Allborn, Ph. 03 528 8515. For details about alternate walks, contact Lesley or Ray Cranefield Ph. 03 527 8113.

Motueka and District Historical Association

Meets fourth Saturday of the month, April to November, Community House, Decks Reserve, 1.30 pm. Coralie Ph 03 528 8241 or Patsy Ph 03 528 5003.

Motueka Bowling Club

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

Motueka District Museum

Summer Hours: (Dec – March) Mon to Friday 10.00 am - 4.00 pm and Sun 10.00am – 3.00pm. Rest of year: Tues – Fri 10.00am – 3.00pm and Sun 10.00am – 3.00pm, 140 High St. Ph 03 528 7660.

Motueka Recreation Centre Senior Activity Programmes

Silver Sneakers – specific to Falls Prevention Focus on posture and balance. Mon 9.30 am Cost \$4 Social Badminton Mon 11am Cost \$4

MOVE2MUSIC

Fun 50+ Aerobic Class /Weights 9.30am Tues & Thurs Cost \$4 SitnbeFit – Fun seated aerobic Class / weights. 10.30am Tues & Thurs Cost \$4

Walking Circuit

2 min intervals walk 2 mins weights 2 mins Fri 9.30am \$4 Fitness Centre: Open 9.00 am-8.30 pm Monday to Friday, 9.00 am-4.00 pm Saturday, Closed Sunday. Wendy, Ph. 03 528 8228, Email wendy.b@sportasman.org.nz

Motueka Social Dance Group

Dances at Mapua Hall, 7.30-11.00 pm. Ph. Prue 03 540 2242.

Riwaka Bowling Club

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

Riwaka Croquet Club

Sally Ph. 03 528 9704

Scottish Country Dancing

Valerie Ph. 03 543 2989.

SeniorNet [Motueka]

Computer learning for the over 55s at 42 Pah St. Wendy Ph. 03 528 7105 Helen Ph. 03 528 6305.

Social Recreation

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

Sport Tasman

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

Recreation & Service Directory

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

OCTOBER/NOVEMBER 2014

Stroke Foundation

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

Upright and Able for Falls Prevention

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

U3A (University of the Third Age)

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

Yoga

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

Murchison

Age Concern

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

Nelson

Age Concern

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

Angie's Aerobics

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

Aquatics/Swimming/Gym

Riverside Pool Ph. 03 546 3221.

Art Group Nelson

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

Arthritis New Zealand

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

Belly Dancing

Sabina Ph. 03 546 8511

Belly Dancing

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

Better Breathing Classes

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

Better Breathing Hydrotherapy pool classes

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

Brook Waimarama Sanctuary

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

Cardiac Support Group

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

Diabetes Support

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

Diabetes Support Group (Nelson)

Joan Whipp Ph. 03 548 6263

Golf Croquet

Nelson-Hinemoa Bev Ph. 03 548 2190.

Government

Superannuitants' Association

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

Grandparents Raising Grandchildren

Paula Ph. 03 544 5714

Gym

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

Hearing Association Nelson

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

Hearing Therapy Services Life Unlimited

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

Housie Evening

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

Marching

Silveraires Leisure Marching Diana Ph. 03 548 9527.

Nelson Community Patrol

Suzy Ph. 03 539 0409.

Nelson Dance Along

Rosalie Ph. 03 548 2236.

Nelson Electronic Organ and Keyboard Club

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

Nelson Grey Power

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

Nelson Male Voice Choir

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

Nelson Petanque Club

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

Nelson Philatelic Society

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

Nelson Provincial Museum

For details, visit www.museumnp.org.nz

Nelson Public Libraries

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

Nelson Savage Club

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

Nelson Social Dancing Club

Dance at Broadgreen Intermediate School Hall, Nayland Road, Stoke, Nelson 7.30 pm to 11.15pm the second Sat of each month. Ballroom, Latin, Rock 'n Roll and sequence dancing. Live music.

Members \$10; non members \$15. Please bring a supper contribution, and your own drinks (including water) and a glass. Note: no stiletto heels please!! Enquiries Ph. 03 544 2324 on 021 177 4943.

Nelson Scrabble Club

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

Nelson Senior Citizens Social Indoor Bowling Club.

Valda Ph. 03 544 1487.

Probus

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

SeniorNet [Nelson]

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

Senior Service - Nelson Baptist Church

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

Sit and Be Fit

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

Sport Tasman

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

Cycling-Entry level

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

Walking-Entry level

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

Stroke Foundation

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

Super Seniors (65+)

10.30am – 12.30pm
Meets third Friday each month. All Saints Church Foyer, 30 Vanguard st, (city end) Nelson
Includes: morning tea, guest speaker, activities, light lunch. Suggested donation \$5
Ph Anne-Marie 548 2601

Support Works

Assesses the needs and co-ordinates services for people affected by disability. For a free assessment, Ph. 03 546 3980 or freephone 0800 244 300.

Suter Art Gallery

Exhibitions, floortalks, lectures and films. See www.thesuter.org.nz for details. 208 Bridge Street, Nelson.

Table Tennis

Nelson Table Tennis Club Inc. Ph Kay 03 547 5066 or Glenda Ph. 03 544 8648.

Tahunanui Bowling Club

Welcomes summer and winter bowlers. Barbara Ph. 03 547 5071.

Tahunanui Community Centre

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

Monday Movers: Gentle bike ride along railway reserve. Monday \$2, 9.30am

Tuesday: Fun Group Fitness: Ladies only outdoor group fitness, all abilities. \$5, 6pm

Wednesday: Rusty Riders: Regain confidence on your bike, supportive group, bikes provided. \$2, 1.30pm

Wednesday: Garden group, 1st Wed of the month \$3, 10.30am.

Thursday: Way2Go walking group: 9.45am

Thursday: Book Club \$80 per year membership, 7pm.

Contact Jo at TCC Ph. 03 548 6036 for details on any of our activities or visit www.tahunanui.org

Tai Chi with Gretchen

Classes in Nelson, Richmond and Stoke. Gretchen Ph. 03 548 8707 or Email kitesfun@ihug.co.nz

Taoist Tai Chi Internal Arts for Health

A variety of classes available. Ph. 03 545 8375 and leave a message and we will call you back. Help yourself to better health. Suitable for all ages.

U3A

Paul Ph. 03 548 7889, Email membership@u3anelson.org.nz

Ukulele with Gretchen

Nelson and Richmond, Groups or private sessions. Ph. 03 548 8707.

Upright and Able for Falls Prevention

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

Victory Community Centre

Offers a variety of classes during term-time. Ph. 03 546 8389 or Email reception@victory.school.nz for a programme brochure or visit www.victorycommunitycentre.co.nz

Victory Laughter Yoga Club

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

Victory Senior Support

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

Victory Sit and Be Fit

Thursdays 10.00-10.45 am, 238 Vanguard St. Shirley Ph. 03 546 9057 or 03 547 1433.

Nelson 50+ Walking Group

Mini-walks and longer walks every week to suit all fitness levels. Everyone welcome. Noel Ph. 03 544 2286.

Yoga

Hatha Yoga classes with Maureen. Classes in Nelson and Stoke and Summertime Yoga on the Beach. Ph. 03 546 4670.

Yoga

Dru Yoga classes with Sue. Ph. 543 2125 for details.

Yoga

Hot Yoga Nelson Ph. 03 548 2298.

Richmond**Age Concern**

Support services, information and advocacy to older people in the community. Our services include Elder Abuse & Neglect advice and support, and an accredited visitor service for older people. We also distribute the Total

Mobility Taxi Voucher scheme for Nelson & Richmond. Our office is at 62 Oxford St, Richmond. Ph. 03 544 7624.

Badminton Richmond Morning Badminton

Dawn Ph. 03 544 4120.

Better Breathing Classes

Held 1st Wednesday of the month 11-12.15pm at Richmond Snr Citizens. Light exercise with focus on breathing and relaxation. Phone Hilary for support and information, Nelson Asthma Society 03 546 7675.

Body Power Pilates & Yoga Centre Richmond Town Hall

Sue Ph. 029 281 3735.

Bridge Lessons

Monday evenings or Tuesday afternoons All enquiries to Shirley Ph. 03 544 6734. Richmond Bridge Club, 348 Lower Queen St.

Chair Yoga

Thursday mornings 11a.m. A gentle stretch and breathing class for every ability. Richmond Town Hall meeting room. Ph Delia 0212 398 969

Club 50

A social group of mature adults looking for companionship, recreation and enjoyment. Sport Tasman, Richmond Town Hall, Cambridge Street. Ph. 03 544 3955. Email: Club50.rrc@sporttasman.org.nz or www.sporttasman.org.nz Meet every Tues 9.30am at the Richmond Town Hall. All sessions cost \$4.

Croquet

We welcome new members to Golf croquet in Richmond, Thurs & Sundays at 1.00 pm. Ph Sheryl 03 541 0623. Association croquet, Wed & Sat 10.00 am. Ph Betty Ph. 03 544 7268. Club lawns opp. new health centre, Lower Queen St.

Easy Exercise

For men and women. Tuesdays, 10.00 am at Indoor Bowls Stadium, opposite Neill Ave. \$3. For Arthritis NZ. Maureen Ph. 546 4670.

Eucre

Warm and friendly, \$2 with cuppa, raffles at Richmond Bowling Club. Friday 1.30 - 4.00 pm. May to September. Monica, Ph. 03 544 2749.

Gym

Contours Health & Fitness. Ph. 03 544 0496.

Hope-Ranzau Women's Institute

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

Indoor Bowls for Seniors

Church of Christ Hall. Cnr Croucher & D'arcy Sts. Tuesday 1.00 - 3.00 pm Mary-Anne Ph. 03 544 2596.

MenzShed Waimea

A&P Showgrounds, Richmond. Ph. 027 289 0185.

Pilates Courses

Richmond Recreation Centre. Positively change your body by learning how to tone your stomach, improve strength and flexibility. Ten-week course, Mondays 12.30-1.30 pm, or Wednesdays 9.15-10.15 am. Sue, Ph. 03 538 0318 or 021 034 4109.

Pottery

Tutored classes at Craft Potters, 202 Ranzau Rd, Hope. Wednesdays 10.00 am - 12noon. Any or no experience. Ph. 03 541 8953.

Richmond Bowling Club

Have a go. Tuesday 1.00pm, Thursday 1.00 pm and 5.45pm. Bowls and shoes provided. Jean Ph. 03544 8060 or club Ph. 03 544 8891.

Richmond Indoor Bowls

Mondays 1.30-3.30 pm Richmond School hall, Oxford St. A friendly session. All welcome. Gwen Ph. 03 544 7953.

Richmond Physiotherapy

Weekly classes in their spacious, sunny gym Exercise For the Older Adult. Monday 10.30-11.30 am, \$8. Knee Class: Physiotherapist-led exercises to strengthen the lower limbs. Suitable for those with achy or arthritic knees wanting to keep or improve their strength to remain active Thursday 10.00 am-11.00 am, \$10.

Richmond Senior Citizens Assn Inc

Seniors on the Go! 62 Oxford St Richmond Costs are only \$2 per daily visit. Tues gam – 12pm open for visits and Morning Tea

Wedgam-2pm Quiz, Housie and Activities and Indoor bowls

Cards from 1pm-4pm Thursday 9am-Noon Craft & Company Morning Cards from 1pm-4pm Friday 9am-Noon Light Exercises 10am-11am OR Join us for lunch at Noon. Cards-Rummikub 1.30pm-4pm First Wednesday of each month an outing is organised, costs will vary.

Contact Elaine Mead the Custodian/Coordinator for further information or hall bookings Ph. 03 544 5654 or A/H 03 970 0023

Richmond Slimmers Club

Meets every Wednesday at the Richmond Town Hall. Fun club. \$3 a meeting. Eileen Ph. 03 544 6392.

Richmond Waimea

Community Whanau Group A networking group to share information and learn more about your community. (Just turn up.) Meets the first Tues of each month, 12 noon-1.00 pm, Richmond Library. Guest speaker at most meetings. BYO lunch (tea & coffee provided). For further information contact Sue Tilby, Age Concern 03 544 7624.

Saxton Seniors

Classes are designed to improve flexibility, strength, balance and general wellbeing.

Senior Walking Group:

Tuesday and Thursday 9.30-10.30 am. \$5. **Senior Circuit:** Tuesday 10.00 am \$5. A low impact all-over workout using resistance bands and light weights. An indoor, all-weather activity, followed by a cup of tea.

Sit and Be Fit: Monday, 10.00-11.00 am. \$4.

Tai Chi for Health: Ph. 03 538 0072 to book, or Email stadium@sporttasman.org.nz

Social Cards

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

Sport Tasman

Cycling-Entry level cycling groups in Nelson and Richmond join us for weekly cycles around our

Recreation & Service Directory

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

OCTOBER/NOVEMBER 2014

wonderful cycle ways focus is on enjoyment rather than distance Sarah.H@ sporttasan or Ph Sarah 9232313

Walking-Entry level

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

SPORTTASMAN, Richmond

Richmond Town Hall
9 Cambridge Street

Enquiries 03 544 3955
\$5 fitness (20% Grey Power discount on concession card)

Monday

Easybeat: 9am
Shapeup: (seated exercise) 10.10am
Ease in2 Easybeat: 11.15am

Tuesday

Club50+ senior social & recreation group, Meet 9.30am \$4

Wednesday

Body Define 11.15am

Friday

Easybeat 9am
Shapeup (seated exercise) 10:10am
Ease n2 Easybeat 11.15am
FUN Housie: designed for those with special requirements \$3 (ALL WELCOME).

Spinning, weaving

Richmond Spinning & Weaving Group meets every 2nd & 4th Thursday of the month, Felting & Weaving group meets 9.30am, 3rd Thursday of the month at at Birch Hall, Richmond Showgrounds, 9.30 am. New members & learners welcome. Mary Ph. 03 547 2611.

Tasman Tennis Club

Social tennis Tuesday mornings 9.30 am, beside the Badminton Hall, Gladstone Rd. Coaching sessions available. Kolie Ph. 027 829 3306 or the centre Ph. 03 544 6083.

Tasman Visual Arts Group

Last Wed of the month (Feb to Nov) Richmond Town Hall, Cambridge St. New members welcome. Steph Ph. 03 544 5126

Tai Chi with Gretchen

Richmond Town Hall and Oakwoods.
Gretchen Ph. 03 548 8707.

Ukulele

Friday afternoons, Oakwoods, lower Queen St. Gretchen Ph. 03 548 8707.

Upright and Able for Falls Prevention

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

Veterans' (55+) 9 hole golf

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

Yoga

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

Stoke

Aqua-therapy

New sessions for hip, knee, ankle, shoulder, back issues. Exercise professionals with you in the warm water. Ngawhatu pool. Bookings essential. Angie Baker Ph. 03 547 0198 or 021 330 905.

Arthritis New Zealand

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

Breast Prostheses and Masectomy Bras

11 Keats Crescent, Stoke, Nelson. Helen Clements Ph. 03 547 5378
www.classiccoutours.co.nz

Chair Yoga at Saxton

Mondays 10-11a.m. Weekly, gentle stretch and breathing sessions in the cricket oval lounge. Ph Delia 0212 398 969

Clogging/Tap Dancing

Nelson Sun City Cloggers. Georgina Ph. 03 545 1037.

Hydrotherapy

Ngawhatu Therapeutic Pool. Day and evening sessions Thelma Ph. 03 547 6384.

Nelson Savage Club

A social club for all entertainers. Variety Concert held at 7.30 pm on the second Wednesday of every month @ the Stoke Primary School Hall, Main

Road, Stoke. Admission \$2. Raffles. Supper. Everyone welcome. Contact: Sunny Ph 03 548 6683
Anne Ph 03 547-2660 (Wk)

Ngawhatu Bowling Club

300 Montebello Ave, Stoke. Friendly, welcoming club. Wednesday 1.00 pm. Twilight bowls Thursday 5.45 pm. Mary Ph. 03 547 4340.

Pottery

Nelson Community Potters, 132 Rutherford St. Social group on Thursday mornings or Twilight Pottery on Monday evenings, 7-9 pm. Free to members & \$7 for casual (new members welcome). Contact Sue Ph. 03 548 5741 or Megan Ph. 03 547 5252.

Presbyterian Support

Harakeke Club welcomes people who have had a diagnosis of Alzheimer's Disease or another dementia. We provide opportunities for socialising, participating in a varied activities programme, and more. Mon-Fri, 10.00 am to 3.00 pm. Totara Club offers day programmes for older people, socialising and participating in a personalised activity programme. Tue-Fri 10.00 am – 3.00 pm. Both clubs also provide a two-course cooked lunch and door-to-door transport to and from the centre. Trish Armstrong. Ph. 03 547 9350.

Safety & Confidence

Kidpower, Teenpower, Fullpower Trust
Comelia Ph. 03 543 2669.

Stoke Bowling Club

Allen Ph. 03 547 1411.

Stoke Central Combined Probus Club

Meets every 4th Tuesday 10.00 am at Nick Smith's Rooms, Waimea Rd. Sue Ph. 03 548 6062.

Stoke Companions Inc.

Fellowship and aerobics group for 50+ years. A reasonable level of fitness. 9.00 am Wednesday, St Barnabus Church Hall, Stoke. Ph. 03 547 2386.

Stoke Seniors Club

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

Regular activities:

Drama Group – Mondays from 10.30 am-noon. Gold coin donation.

Art class – Mondays 10.00 am. \$6.

Scrabble Club – Mondays 1.00 pm.

Euchre – Tuesdays 10.30 am.

Mah Jong – Tuesdays 1.00 pm.

Walking group – Tuesdays

10.00 am from the Stoke Memorial Hall carpark. A casual walk of about 1 hour.

Tai Chi – Tuesday 1.30 pm. \$6.

Sit and Be Fit exercises to music – Tuesday and Wednesday at 11 am. Gold coin donation.

500 Club – Wednesdays 1.00 pm.

Strength & Balance with Cher – Wednesdays 1.30 pm
Cost: \$4

The Sun City Ukles – Thursdays, 10.00 am - noon. Gold coin donation.

All the above classes meet in the Stoke Memorial Hall.

Monthly Movie – Ph. 03 547 2660 for details.

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

Social Seniors Choir – The Musical Demons meet Thursdays from 11.00 am to noon. Contact Anne.

Girls Own – Fridays

Lads @ Large – Fridays

Monday Out & About

Trips & picnics.

Thursday Out & About

11.00 am. A van tiki-tour.

Weekly Afternoon

Entertainment – contact

office for details.

Also Tues-Thurs Meals – a

two-course meal at midday

for \$8 (members), \$10

(non-members).

Ph. 03 547 2660 to book

(preferably by 9.30 am the

day before).

Upright and Able for Falls

Prevention
Free 4-week course for those

over 65 who have had a fall.

Ph. 03 539 1812 or Email

Cherie.Thomas@nbpho.

org.nz for more information

and registration.

Yoga – Hatha

Maureen Ph. 03 546 4670.

Tapawera

MENZSHED

Contact
Graham Ph. 03 522 4938 or
Roger Ph. 03 522 4560
Email:
tapaweramensshed@gmail.com

Visual Art Society

Kaye Ph. 03 522 4368.

Walking

Rural Ramblers.
Ph. 03 541 9200.

Wakefield

Live Well, Stay Well Activity Group

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

Tai Chi

Wakefield Village Hall, starting Friday 9 May from 10-11am, \$3. Contact Julia 03 541 8521

Walking

Rural Ramblers
Ph. 03 541 9200.

Way2Go activities

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

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

Congratulations to **Carol Don Ercolano**

Still Home

by Carol Don Ercolano

This place
salt-distance from the sea
sustained by hills
and the sky's wide smile

where the wind from the north
makes a random raid
and the southern gale
is trapped by the tallest trees

where strands of memory are stored
in the threaded song of birds
tight-knotted to withstand
the scissoring of time.

Loosen the gathered years
spread each fold to reveal
the little beaded milestones
the smaller tragedies.

See the toddlers' unstayed steps
turn to childhood leaps
each first inglorious flight
grow to a graceful soar.

Now far-settled, they return
briefly
infrequently
but still call this place
home.

SEND ENTRIES TO:

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

This issue's crossword solutions

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

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wine@fossilridge.co.nz Closed Monday and Tuesday



Positive Ageing Forum Update

There is always something happening, plenty of action and new developments for "Positive Ageing" in the Nelson Tasman Region.

This year the Positive Ageing Forum agendas have been full to overflowing with presentations and reports covering a variety of important topics making it difficult to keep within the two hour time frame. Thanks to Tasman District Council the meeting schedule for 2015 will be extended from four to five meetings covering February to November. Over the year this should allow space for a slightly longer speaking slot for items such as research projects, legislation or for sharing information on new or changed services for older people to be presented and importantly question time.

The August forum was attended by about 40 people who heard the outcome of the Health Action Trust survey "Health of Older People in the Nelson Region" conducted in 2013, along with the launch of the "Promoting Mental Health for Older People" report written by Chris Allison of the Mental Health Promotion Team. His writing covers Global Ageing and Challenges and Opportunities for Nelson – Tasman and Aotearoa New Zealand and the document certainly provides plenty of food for thought. These documents are available from Sue Bateup Mental Health Promoter, sue@healthaction.org.nz



A few days after the forum, I attended a regional symposium focused on "A Productive Ageing Workforce – Are We Ready?" My opinion is that the thinking of workers in the older age group and employers are not yet ready to adapt to the changed employment needs that will be required in the coming decade – both from a skill perspective and from encouraging older people to remain employed longer to ensure productivity and services are able to be provided in our region. I think that we will be hearing more about this topic over time.

Gail Collingwood

Chairperson, Nelson Tasman Positive Ageing Forum

Do you dream of wearing shorts this summer?

Suffering from unsightly, aching, varicose veins?



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