



# Mudcakes *and* Roses

*Home is where  
the heart is*

---

MAKING A NEW HOME  
INNOVATIVE HOUSING IDEAS  
THE ABBEYFIELD OPTION  
HOMES AWAY FROM HOME  
NEW COLUMNS ON FOOD & MEDIA



**I**f we are “at home” we feel secure and sheltered, physically and psychologically.

Anyone who has suffered homesickness or homelessness knows the special misery of not feeling at home anywhere.

Growing up involves leaving the home we are born into and creating a home

of our own. Growing old, on the other hand often means letting go of a home. This month's magazine examines the challenges faced by older people as they downsize or relocate, and looks at alternatives to the traditional options of rest home or retirement village.

We've introduced two new columns this month. Media Matters is aimed at helping readers understand and make greater use of computers and the internet. Food for Thought discusses food and healthy eating for seniors.

In our next issue, in December, we're going wild. We'd love to hear from you if you are involved in environmental restoration activities, or have tales to tell of hunting, fishing or tramping in the great outdoors.

*Ro Cambridge*

# Learning opportunities

## ECO-WORKSHOPS

The Nelson Environment Centre and Braemar Ecovillage are developing a new series of workshops to encourage people to live more sustainably. Past workshops have included everything from heritage fruit tree grafting, beekeeping and tiny houses to composting toilets and worm farming. You're invited to suggest topics for the new workshop series.



**Contact Sarah:**  
sarahlangi@nec.org.nz  
Ph. 546 9176

## YOGA FOR MATURE-AGE BEGINNERS

Jo Ann Firestone is in her sixties, has practiced yoga (with Rosie Holland and Sue Hallas) for 16 years. She knows from personal experience that yoga improves flexibility, strength and balance in people 50+. She's canvassing interest in a beginner's yoga class for mature men and women. All essential gear including mats and straps would be provided. Interested?

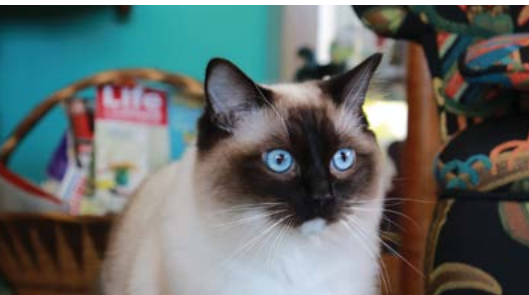
**Contact Jo Ann:**  
nzsilveryogis@gmail.com  
www.silveryogis.co.nz

## SHARE YOUR THOUGHTS

A bottle of Fossil Ridge wine goes to the best 500-word piece published per issue! Send your 'Wild' contribution to the editor at mudcakes@hothouse.co.nz by 9 November.

## THEME FOR OUR NEXT ISSUE:

**WILD!** In our December issue we feature stories about local conservation projects, many of which involve bands of energetic and dedicated older people. It will also feature some of the Nelson Tasman's wild places and outdoor recreational opportunities in the region.



## Contents

### HOMES HISTORICAL:

Photographic images from the Nelson Museum collection.

### MAKING A NEW HOME IN A NEW CITY:

A peek into a quirky, colourful 70's inspired home in Atawhai.

### NEW COLUMN; MULTI MEDIA MATTERS:

The wide and wonderful world of podcasts explained.

### ALTERNATIVE HOUSING OPTIONS:

Overseas examples of innovative approaches to retirement living.

### THE ABBEYFIELD OPTION:

A social housing alternative.

### TIME OUT:

Book reviews, library news, gardening, puzzles, and a new food column.

## THERE'S NO PLACE LIKE HOME

ON A RECENT STUDY TOUR, NICKY MCDONALD, SENIOR STRATEGIC ADVISER FOR NELSON CITY COUNCIL, DISCOVERED OLDER PEOPLE ARE PIONEERING CLEVER AND INNOVATIVE ALTERNATIVES FOR HOUSING IN THEIR LATER YEARS.

**F**or many older New Zealanders neither rest home nor retirement village is an appealing prospect.

Some are adamant that they don't want to leave their family home, but are nonetheless worried about the challenges of home maintenance and living alone. Others are like the woman I spoke to recently, who enjoys living in a smart, modern retirement unit in Stoke but misses her own home with familiar, friendly neighbours and seeing kids coming and going from school.

Overseas, older adults are increasingly finding innovative, non-traditional alternatives.

One award-winning example is OWCH (Older Women's Co-Housing), a 25-unit development in London with shared laundry, common room, gardens and a bookable guest suite for visiting friends and family. It took a very determined group of women 18 years to make the idea a reality. Because it has taken so long, none of the original group will be moving into the complex when it opens this month. However, they succeeded in creating an inspired mix of shared space and privacy, with the reassurance of mutual support in times of need.

Other approaches don't require such a long gestation period. The "village movement", an innovation from the USA, involves neighbourhoods of older people collaborating to organise activities, share information and contacts, and give each other confidence to age in their own homes. The village approach is working with great success in Waverton, a Sydney suburb. You'll find information on their website [www.wavertonhub.com.au](http://www.wavertonhub.com.au). The U.S. site [www.vtvnetwork.org](http://www.vtvnetwork.org) contains free resources and a handy toolkit for anyone wanting to start a village within their own neighbourhood or city.

If these options leave you worried that you'll only interact with other "silver seniors", intergenerational housing might be your cup of tea. This can be the traditional granny flat added to a family home or a residential development with a mix of homes designed for families, young people and older adults. The Nightingale in Melbourne [www.nightingalehousing.org](http://www.nightingalehousing.org) models the possibilities: sustainably built apartments which bring residents together with a common rooftop garden, a shared Facebook page, while subsidising body corporate costs with a retail tenant on the ground floor.

Or you could try home sharing? Here an older person takes in a lodger, who in return for reduced rent undertakes several hours of light housework or maintenance each week. I am rather attracted to examples in the USA where apartment complexes for older adults are built on, or near a university, so residents can attend lectures for free and have access to campus facilities.

Moving buddies is another inspired American idea. Volunteers buddy up with an older person who wants to downsize but lacks the energy or confidence to negotiate the rigours of moving. The buddy is on hand throughout the process from initial discussions right through to the unpacking of the last box in the new home. This support can be enough to help someone transition to more appropriate accommodation.

*"If you get housing right, then everything else falls into place."*

"My Home, My Choices" is a just-released kit designed to help older people think about their future housing options. The kit comes in a box with handy booklets that split apart into individual cards you can mix and match. Everything from reverse mortgages to home security is covered. Borrow a pack from Nelson City or Tasman District Council libraries or check out an online version from October at [www.goodhomes.co.nz](http://www.goodhomes.co.nz).

This site also contains plenty of good ideas and information about elder housing. It includes checklists to help older people audit their homes and find the tradespeople needed to carry out maintenance and repairs. Free copies of the checklists (Good Homes: Repairs and Maintenance) are available at the Nelson City and Tasman District Council offices or libraries. Professor Chris Phillipson, a world authority on the social aspects of ageing, visited New Zealand recently to talk about building age-friendly communities. He says that housing should be central to our efforts to prepare for ageing populations. Research suggests that people aged over 70 spend 80% of their time in their homes or immediate neighbourhoods. So, says Professor Phillipson, "if you get housing right, then everything else falls into place."

'When we reached home your cheeks were like roses, and your eyes were shining like stars' Katherine Mansfield



The Nelson Provincial Museum has a collection of 150,000 glass plate negatives. Many of the images captured on these glass plates show individuals and family groups posed proudly in front of their homes. The evocative photographs reproduced here were taken in Tasman and Nelson at the turn of the 20th Century.

Photographs from the Nelson Provincial Museum's Glass Plate Negative Collection, selected by Meredith Rimmer, Registrar. Bett Loan Collection and Tyree Studio Collection.

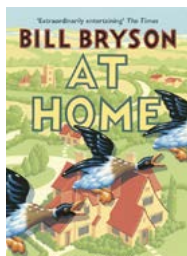
Images from left to right: (1) Graveson, man and dog beside a bush hut. (2) Burns, family group outside a house. (3) Woman and child outside a whare, unidentified. (4) Bennett, family group outside a house.

## BOOK REVIEWS

### AT HOME

by Bill Bryson

A delightful and extremely enlightening romp around the home. Bill takes the reader on a tour from room to room describing the history of domestic items we take for granted from bathroom to pantry and everything in between. Full of wonderful, quirky facts written in Bill Bryson's characteristic humorous style.



### SHED DECOR

by Sally Coulthard

This is an inspirational guide to decorating and furnishing outdoor rooms and sheds. As one reviewer remarked, "The man cave gets girly – sorry boys we're moving in!" Whether you want your shed to be a cool contemporary space or prefer the mix-and-match charm of vintage living, this book will help you bring an outdoor room together with flair.



### REAL MODERN: EVERYDAY NEW ZEALAND IN 1950s AND 1960s

by Bronwyn Labrum

This book is made up of hundreds of stunning photographs uncovered at Te Papa. The photos evoke the look and feel of an era familiar to baby-boomers, which included full employment, ladies bring a plate, Crown Lynn pottery and Edmund Hillary. For this reviewer the book was a great trip down memory lane. It's almost out of print so you'll have to be quick to snap up a copy.



### SMALL HOUSE LIVING

by Catherine Foster

This book showcases an inspiring collection of New Zealand homes measuring less than 90 square metres. Included in the line-up are family homes, baches and apartments. All of them demonstrate ingenious and stylish ways to maximise space and reduce building costs. It's a book which fits perfectly with the current focus on affordable housing. Anyone interested in smart, space-efficient houses will find plenty of inspiration in its pages.



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



# Age Concern



## AGE CONCERN NELSON TASMAN

An update on workshops, social activities and services available from Age Concern Nelson Tasman



Home is where the heart is, and for many of us staying in our own homes is really important. At Age Concern Nelson Tasman, we support people 65+ stay in their own homes as long as possible. We also offer services which enable older people to stay independent and healthy for as long as possible. Our services include a visiting service, the discount taxi voucher scheme, Carer Relief and Elder Abuse and Neglect Prevention.

We also enjoy encouraging our older residents to socialise and enjoy the many recreational opportunities the region has to offer. We celebrated Seniors' Week recently with an afternoon of fun and a guided heritage walk around Miyazu Gardens.

We have some workshops coming up which you might find worthwhile.

### Healthy Eating

Tuesday 29 November, 10.30 am until 12 pm. Richmond Seniors Hall, 62 Oxford Street, Richmond.

### Staying Safe Driving

Tuesday 6 December, 10.30 am until 12 pm. Richmond Seniors Hall, 62 Oxford Street, Richmond.

Registration for workshops:

Ph. 03 544 7624

support@ageconcern.org.nz

### MORE INFORMATION

Office: 62 Oxford Street, Richmond

Website: [www.ageconcernnt.org.nz](http://www.ageconcernnt.org.nz)

Ph. 03 544 7624

## NELSON ARTS FESTIVAL

THEATRE HIGHLIGHTS OF THE 2016 NELSON ARTS FESTIVAL

### SHYLOCK

Theatre Royal, 12 October at 7.30 pm

Shylock is a one-man show performed by Guy Masterson, an award-winning actor with family lineage that includes actor Richard Burton. Masterson's moving performance uses the language of comedy and pathos to explain this multi-layered character, revealing the issues faced by Jews throughout the ages.



### MISS JEAN BATTEN

Suter Theatre, 16 & 17 October at 7 pm

Navigating with a compass and watch, and flying in a plane made of wood and fabric, Jean Batten fought against the odds to secure her place in history. In Alex Ellis' portrayal, Jean is an adventurer who fearlessly took on the world of aviation while the press and the aviation world treated her as a mere headstrong girl.



### TAKE THE GRANDCHILDREN TO SEE GUJI GUJI

Suter Theatre, 18 October, 4 pm & 19 October, 6 pm

Based on Chih-Yuan Chen's popular book of the same name, Guji Guji tells a story of mistaken identity and heroism. Take the grandchildren to this spellbinding show – a treat for children aged two to eight.



The full Festival programme is available at [www.nelsonartsfestival.co.nz](http://www.nelsonartsfestival.co.nz) or as a hard copy from Nelson City Council's Customer Service Centre, Theatre Royal, libraries, retailers, cafés and key visitor outlets in the region. Online ticket sales are available at [www.nelsonartsfestival.co.nz](http://www.nelsonartsfestival.co.nz). Tickets can also be purchased at the Theatre Royal.



## A NEW HOME IN A NEW CITY

IT'S **NEVER** TOO LATE TO CREATE A **NEW HOME** IN A NEW PLACE



Image by Ali Kimber Photography

At sixty-five, after forty years living in Australia, Jane Lambert found herself yearning to return to the country of her birth, and to live closer to family in Nelson. So she packed her entire Australian life into a container and arrived in Nelson in 2011. Jane rented for the nine months it took her to find a house she could afford and which she felt confident she could turn into a home with few modifications and a touch of her colour magic.

She moved into her Atawhai house just 12 days before Christmas 2011. By Christmas eve – with the help of a few tradesmen – Jane had transformed a modest little 70s house into a home. She planted a thicket of bamboo to shield the house from the street while preserving the view of the sea from the dining room window.

The inside of the house is a riot of tropical colour. “I got busy with the paint pot right away,” says Jane whose style tends to bohemian eclecticism. “I had to get rid of all the beige.” Portraits of family and loved family dogs hang happily on pink, turquoise and lime walls alongside vintage tapestries and Jane’s own pen and ink drawings. The sunshine-yellow wall in the hall is devoted to horsey pictures and memorabilia although a flamingo has managed to infiltrate

the space too. Jane has furnished the place with family heirloom furniture combined with recycled second-hand furniture and opp-shop finds.



**T**he couches, which Jane upholstered in faux fur, prompted one visitor to ask if they purred. The furry four-legged couches don’t purr, but Jane’s ragdoll cat, Bepe, certainly does when he reclines, almost invisibly, on the shaggiest of them.

Jane has converted her garage into a studio that’s crammed with the paper, thread, fabric, buttons and embellishments she uses in her “random acts of stitching” and other creative pursuits including wearable art, drawing and book making. Her latest creation is a range of “ratty” dolls made from recycled mohair scarves and woollen blankets.

“I’ve always got something on the go,” says Jane, gesturing to a tapestry beside her chair and a naked “Mr Ratty” who is sitting on the couch awaiting a shirt and a pair of pants. Jane is glad she took the risk of creating a new place to be so late in life. She’s nearly 70 now and feels totally at ease in Nelson, and within the walls of the colourful home she has created for herself here.



# Food for Thought

## NEW COLUMN: HEALTHY EATING

*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.*



I have been interested in healthy food and cooking ever since I was a teenager, an interest that led me to a career as a dietitian. After 30 years working in the field of food and nutrition I still find the subject interesting, challenging and full of variety. I love hearing about people's food preferences and eating habits. I enjoy finding out what influences their dietary choices and how they prepare and cook their food.

Food is much more than just nutrition of course. It carries all sorts of associations and meanings depending on our cultural and social backgrounds as well as our personal taste preferences.

The food I eat and enjoy has been influenced by the modest style of Dutch cuisine which features main meals based on meat and vegetables. Typically, breakfast and lunch involves fresh-baked bread with simple toppings like cheese, sliced meat or jam. Some of my food treats such as raw herring and syrup waffles, or stroopwafels, are traditionally Dutch. My love of cheese probably comes from my Dutch heritage too. I've lived in New Zealand almost half my life now, so my eating habits have become a melting pot of European, New Zealand and Asian/Pacific influences. My professional background influences what I eat too.

There are very many contradictory and polarised views on nutrition in circulation these days. Almost daily we are bombarded with overwhelming amounts of information and marketing messages about food. Every claim, headline or food fad needs to be carefully scrutinised. I don't believe in a one-size-fits-all approach to nutrition. The best way to work out if nutrition information is sound, as well as applicable to your own circumstances, is to be curious and ask questions.

For example, I am often asked if it is a good idea to eat more high protein foods. Currently we are frequently encouraged to eat "high protein" diets, or eat "more high-quality protein foods". Before you take this advice, ask yourself where the information is coming from. Is it from an independent source? What protein foods am I eating now? How much protein do I need? Should I eat more protein from both animal and plant sources? Should I eat more meat, fish, eggs, soy or beans? Are there any potential disadvantages of eating more high protein foods? If I eat more protein foods should I eat less of something else? Is a lack of protein in the diet common in New Zealand?

The answer to this last question is "no". Most healthy people get sufficient protein from their diets and some people get much more than their bodies need. However, the elderly or the ill, or people with a poor appetite may not get enough. So "eat more protein" is a valid message for some people, but may not be relevant for others.

The protein example above highlights a tendency to focus on a single nutrient or food rather than on the overall diet. It is much more helpful to focus on our total diet – on variety, enjoyment, flexibility and practical, realistic eating.

There are many ways of eating healthily and one example is the Mediterranean diet. This eating pattern is about including an abundance of a wide variety of plant foods and keeping processed meats and other highly processed foods and drinks to a minimum. My next column will explore the Mediterranean eating pattern – with a New Zealand twist.

As a dietitian, I'd like to help you make the best nutritional choices for your own situation and health by helping

you make sense of the bewildering variety of food and diet-related information that's available. I'd be delighted to answer any questions you have, or to cover a particular subject you are curious about.

## SEND YOUR QUESTIONS AND SUGGESTIONS TO:

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



## HEALTHIER HOMES

FREE, OR HEAVILY SUBSIDISED HOME INSULATION FOR ELIGIBLE HOMEOWNERS AND TENANTS IN NELSON TASMAN THROUGH THE **WARMER HEALTHIER HOMES** INSULATION PROJECT.

The association between health conditions, low income and poor housing conditions is well documented. Evidence indicates that ceiling and under floor insulation, ground vapour barrier and draught proofing can lead to improved health. The Warmer Healthier Homes Nelson-Tasman programme was established to improve the energy efficiency of many homes in Nelson and Tasman. Initial funders of the project were the Rata Foundation (previously the Canterbury Community Trust), the Energy Efficiency and Conservation Authority (EECA), with staffing and support from the Nelson Marlborough District Health Board. Since then, Nelson City Council (NCC) has joined the scheme by matching the funding to retrofit the homes of low income families, and removing the high health needs criteria. In late 2015, Marlborough District Council also joined the project.

In the first year the project team raised over \$400,000 of funding to retrofit 156 homes, which meant over 500

warmer, and healthier people. Year two has just ended with even better results. The project retrofitted 326 homes, resulting in warmer, healthier homes for 1000 people. The project also received increased funding from NCC (\$100K) and the Rata Foundation Nelson (\$150,000). New funding partnerships were established with NMDHB (\$50,000), Rata Foundation Marlborough (\$50,000), Marlborough District Council (\$50,000) and contributions from individual landlords. Now, at the beginning of year three, the project team has confirmed funding of \$320,000 and are in partnership discussions with local businesses, and more landlords who also want to make a difference. Chair Bill Dahlberg says the success of the project “stems from the excellent work of our partnership groups and follow-up management of available government funding.” He’s also pleased that the government has announced two new funding initiatives for the current year.

“EECA will be matching funding for rental properties, with landlords expected to cover 50% of the total cost”, he says, and “The Ministry of Health is going to provide support for families with children under five years old.”

Absolute Energy is the EECA-approved contractor for the retrofitting work and project management is provided by the Nelson Tasman Housing Trust.

### ELIGIBILITY

To be eligible, homeowners or tenants must have a Community Services Card and be referred by NMDHB, a non-governmental community health organisation, councils, or other community partner, including Age Concern, SASH Nelson and Victory Community Health. Referrals are prioritised for individuals and families with chronic health conditions.

## HELPING YOU MAKE THE NEXT MOVE

A LOCALLY-WRITTEN BOOKLET PROVIDES **USEFUL INFORMATION** IF YOU ARE MOVING TO A SMALLER HOUSE OR MOVING TO A RETIREMENT VILLAGE.

Downsizing from the family home can be a daunting and emotional task, particularly when the children live out of town. Two Nelson real estate agents saw the problems facing their clients in this situation, and have produced a booklet to help fill the information gap.



Janice Emery and Di Connolly of Re/Max Elite wrote “Helping You Make Your Next Move” for anyone who may

want a smaller home, or to move to a lifestyle village to enjoy the security and the social life that offers.

Di Connolly says, “We want to help them make the move as easy and as stress free as possible.”

The book lists services and contacts for the kind of help people may need, from solicitors to housecleaners. “We looked at the type of services people may need help with,” says Janice Emery, “someone to tidy up the section perhaps, take away the excess furniture, or help with the final clean and the final shift.”

There is a handy checklist at the back of the book, which acts as a reminder to redirect mail and call the power company, plus a directory of helpful

numbers. Ms Connolly says the booklet will be useful for those moving into a smaller home and also for the family members who are helping them.

“Particularly when family members don’t live in Nelson, this will help them fill in the gaps in local knowledge,” she says. “It goes without saying that packing up a family home with all its memories is an emotional time for most people, so practical advice is a godsend.”

The booklet is available free from retirement villages, Grey Power, solicitors, the Hospice Shops and also from Janice & Di at their Nelson office.

### Contact:

Di Connolly: 0274 306 518  
Janice Emer: 0274 470 805



# Multi Media Matters

## NEW COLUMN: MEDIA

*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.*



### PODCASTS

**T**o the uninitiated, podcasting sounds like a way of sowing peas, but it's actually the entry to a whole new world of information and entertainment.

I had never really "engaged" (as they say in PC-land) until a Radio NZ series on getting older tempted me to listen to a podcast. In just three computer mouse clicks I was connected to "A Wrinkle in Time".

Subtitled, Stories about Getting Older in a World That Wants Us to Stay Young, the programme was made by Noelle McCarthy – a Radio New Zealand presenter with an easy-listening Irish accent.

Noelle examines the various challenges and delights which await us all through the voices of a range of New Zealanders. Some are well-known and some aren't, but all have practical experience of the multitude of wrinkles on the winding road to retirement.

The first episode discussed and debated the theory that our happiness trajectory in life follows a U bend-type curve. According to this theory people are unhappiest at the age of 40 but in their 70s and 80s they are flushed with an unprecedented sense of happiness. Lavatory-inspired puns aside, you'll find more about this theory by typing the phrase "U bend of life" into the window of a search engine such as Google on your computer or hand-held device (tablet or smartphone).

But back to podcasts and A Wrinkle in Time. Each half hour podcast is devoted

to one of the issues which confront us as we get older. The podcast doesn't dodge the big issues. Interviewed for the final episode, Helen Kelly, former president of the CTU, gives a brave and inspiring insight into having a terminal illness.

So what is a podcast? To put it really simply, a podcast is a recording in a digital format which is hosted on a website. Some are one-offs. Others are a series of recordings on a particular theme or subject. Usually you can listen to the recording immediately on the website, or you can subscribe rather like you do to a magazine, so you are notified whenever a new episode becomes available. Subscriptions are ideal for people who want to listen whenever it suits them: while driving, walking or if house or bed-bound by illness. Many find listening easier than reading and more soothing than watching TV. There are rich pickings among other podcasts on the Radio New Zealand website [www.radionz.co.nz/podcasts](http://www.radionz.co.nz/podcasts) including Parliament; Shakespeare's sonnets read by New Zealanders (I know!); a fashion podcast called, My Feet Are

Killing Me; lots of music and documentaries. There are even podcasts for religious and holy days which may be comforting for those people who aren't able to attend services.

However, Radio New Zealand isn't the only place you'll find podcasts. There are literally thousands of podcasts, on thousands of topics on the internet. Begin your search for one which matches your interests on a directory like [www.learnoutloud.com/Podcast-Directory](http://www.learnoutloud.com/Podcast-Directory).

Subscribing to a podcast isn't too difficult if you already have a "podcast catcher" on your computer, or smart device. iTunes is perhaps the most well-known.

If I have now given you a throbbing techno headache, ask a young person for help, or contact your local Senior Net for advice targeted at older computer users.

It's well worth the effort. You'll discover a whole new world of information and entertainment as you traverse the U Bend of Life!



## THE ABBEYFIELD OPTION



**T**he Abbeyfield model of social housing was introduced into New Zealand about 25 years ago by Dr Ted Basset from Wakefield who stumbled on the idea while on a Rotary scholarship in Britain.

There are currently twelve Abbeyfield homes in New Zealand including Stoke, Tahunanui, Takaka and Motueka. A national body takes care of lobbying, fundraising, finances, major maintenance and compliance issues. Each home is small, with no more than 10–15 residents. Each resident has a private bedroom and bathroom but share a kitchen and sitting room. An on-site housekeeper provides three nutritious meals each day, cleans and tidies communal areas and keeps a watching brief on residents. Each Abbeyfield house has its own character, but offer a safe home and a companionable atmosphere in which residents are encouraged and supported.

Any single or widowed person over 55 years of age who is able to care for their own personal needs is welcome at Abbeyfield. There's no means testing for eligibility and no capital charge for entry. Best of all, the rent, which includes

power, water, rates, heating and food, is affordable even for people who are solely reliant on National Superannuation.

The first Abbeyfield in New Zealand was the one in St Francis Way, Stoke, which opened in July 1994. Last week it was a hive of activity as ten volunteers from Mitre 10 in hi-viz vests were busily engaged in building raised flower beds in front of the 12-unit complex. Barry Mills, the chairperson of Abbeyfield Nelson, was helping out, and so were Resident Co-ordinators Ursula Lewis and Ann Armstrong. Even the retired CEO of Abbeyfield NZ Chris Armstrong had his sleeves rolled up. None of them are paid for the work they do. The Abbeyfield model is kept viable to a large degree because volunteers like them handle the administrative and management work involved. They took a break from their work with the Mitre 10 team to talk about what inspires them to devote their energies to Abbeyfield. Ursula who "loves every minute" of her role, used to be a caseworker at WINZ, and has always got a buzz from brightening the lives of older people. Ann, who is Resident Co-ordinator for the Mata Close Abbeyfield in Tahunanui, is motivated by compassion for older people. "It breaks my heart," she says, "to see people who have worked hard in low-wage jobs all their lives and can't afford a decent place to live in their old

age". Barry's empathy for people comes from his experience as a young man looking after his father who suffered from tuberculosis. "I learned about looking after people in a family setting" he explains. "When I see older people who need help, I think they could be my Mum or Dad."

They all agree it's wonderful to see new residents who arrive withdrawn and lonely, blossom after just a few weeks in the companionable safety of Abbeyfield. And once those raised flower beds are finished, they'll be blossoming too.



PHOTO LEFT TO RIGHT: Barry Mills, chairperson of Abbeyfield Nelson, Resident Co-ordinators Ursula Lewis and Ann Armstrong.

### MORE INFORMATION

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

**Motueka:** Eileen Wilkins  
Tel 03 528 9139  
[eandapart@actrix.co.nz](mailto:eandapart@actrix.co.nz)

**Takaka:** Ann Jones  
Tel 03 525 9547  
[jonestakaka@clear.net.nz](mailto:jonestakaka@clear.net.nz)

**Nelson:** Barry Mills  
Tel 03 548 4799  
[amarootoo@slingshot.co.nz](mailto:amarootoo@slingshot.co.nz)

## PHILIPPA FOES-LAMB

*Philippa Foes-Lamb is a passionate plantwoman 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.*



Spring is a gorgeous season with blossom and new growth everywhere we look. With soil temperatures warming up, it's our busiest time of the gardening year, especially in the vegetable garden.

Now is the time to plant your summer crops with abandon. To get new potatoes by Christmas plant early crops such as Cliff's Kidney, Rocket, Swift, Jersey Benne or Maris Anchor. A few years ago I did a trial, planting Heather, a second early or main variety, as an early crop. The result was an amazing yield and they held well in the ground too. Heather is now my "go to" early variety every year.

Potatoes can be grown in containers using a basic potting mix. Put a small amount of mix in the bottom of a container (a 10 litre bucket with drainage holes drilled is perfect), pop your potatoes on top – 3 potatoes evenly spaced – add enough mix to cover them and then add more as the foliage appears. Harvest your potatoes when the foliage starts to die back.

Plant tomatoes outdoors from mid-October onwards. They are incredibly hungry so incorporate lots of fish compost and sheep manure before planting. A side-dressing of sulphate of potash, watered in well, will help ensure lots of flowers and tasty fruit. Tomatoes and other summer crops can also be grown very successfully in containers such as PB40 grow bags or 10 litre buckets.

Tomatoes, courgettes, capsicums and aubergines are especially susceptible to even a hint of frost so it's a good idea to keep some frost protection handy in case we get a late cold snap.

Leafy greens and brassicas such as Broccoli "Marathon" and "Arcadia", Cabbage "Golden Acre" and "Red Acre" can be planted from now on. Brussels Sprouts "Catskill" need to be in the ground by early November.

Broad beans can also be sown or planted in spring and I'm very excited to be growing seedlings of "Hughey Red Flowered". These gorgeous plants produce normal green broad beans but the flowers are a sublime crimson

colour, making them the perfect choice to enhance your vegetable patch. The flowers are edible too so don't hesitate to toss them into salads. Seedlings of all of these and much more are available on my stand at Bay Landscapes.

Citrus trees will have used a lot of energy producing their fruit so it's time to give them a good feed. They have very shallow roots so I find sheep manure pellets are the best option. The pellets provide slow release nutrients without burning surface roots. If you prefer dry citrus fertilisers it's important to follow the application instructions and then water it in very thoroughly. Mixing the fertiliser with fish compost or peat moss is a great idea too.

Mulching your garden during spring will help retain precious moisture in the summer. Make sure mulch doesn't touch the trunks or stems of plants as this can cause rot.

Happy gardening!

### HEIRLOOM PERENNIAL NURSERY & ART STUDIO

Specialising in hardy perennials and gorgeous cranesbill geraniums.

#### ALSO AVAILABLE:

Mixed-media creations gift tags • Journal covers  
Decorative magnets • Art commissions welcome

#### QUESTIONS & TOPIC SUGGESTIONS:

Email: [foeslamb@xtra.co.nz](mailto:foeslamb@xtra.co.nz)  
Phone: 03 544 3131 or 021 522 775  
25 Maisey Rd, Redwood Valley  
(Now Open by Appointment Only)  
[www.tinyurl.com/Perennial-Nursery-Catalogue](http://www.tinyurl.com/Perennial-Nursery-Catalogue)  
[www.tinyurl.com/Phippa-Foes-Lamb-on-Facebook](http://www.tinyurl.com/Phippa-Foes-Lamb-on-Facebook)



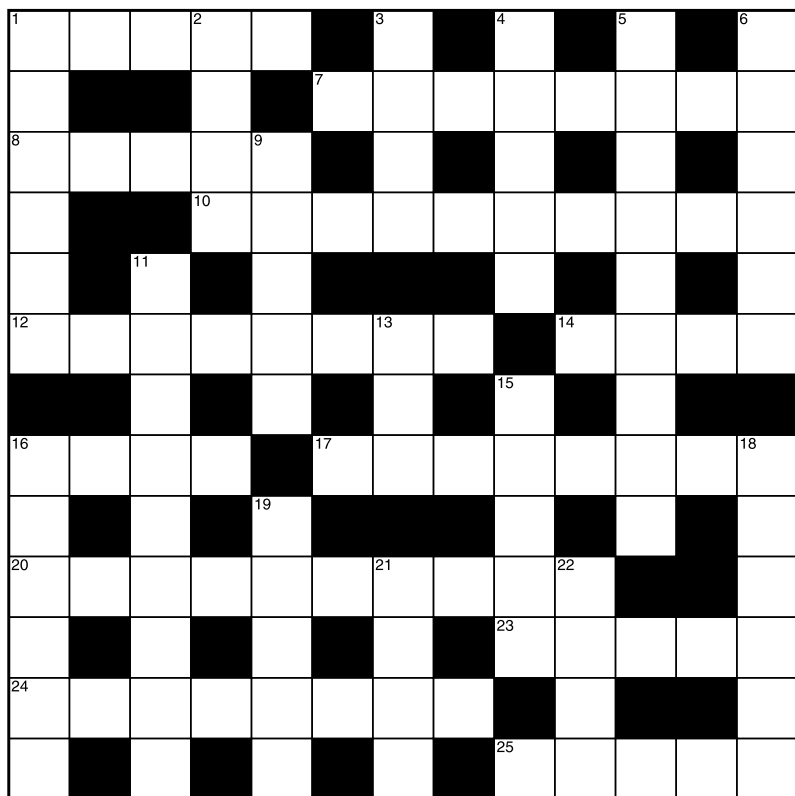
### GREEN THUMBS & DIRTY FINGERS:

Philippa's fortnightly radio show *Green Thumbs & Dirty Fingers* airs on Fresh FM, Nelson-Tasman 104.8, Golden Bay 95.0 on Tuesday at 10.40am and replays the following Saturday at 2.40pm.

# Puzzles



## CROSSWORD



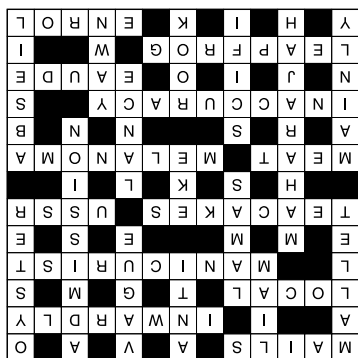
### ACROSS

1. Posts
7. At heart
8. Inhabitant
10. Nailcare specialist
12. Flat buns
14. Soviet region (1,1,1,1)
16. Animal flesh
17. Skin tumour
20. Mistake
23. Scent, ... Cologne (3,2)
24. Children's jumping game
25. Join up

### DOWN

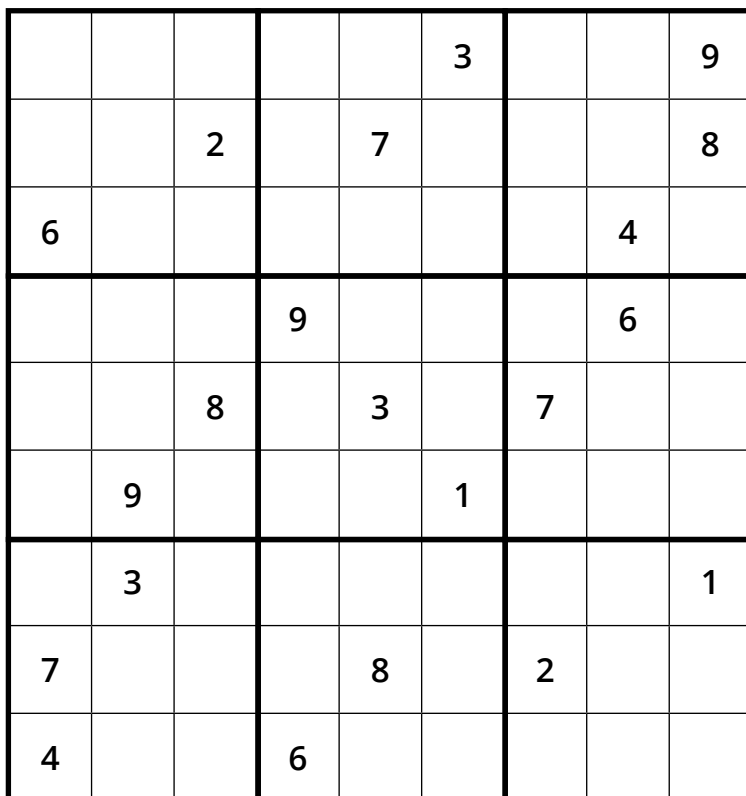
1. Wooden hammer
2. Irish actor, ... Neeson
3. Against
4. Unclear
5. Guilty plea
6. Pearl-bearer
9. Tibetan monks
11. Indian prince
13. Make last, ... out
15. Cavalry weapon
16. Usually
18. Climb down rope
19. Space film genre (3-2)
21. Chessman
22. Tired sigh

### Crossword Solution

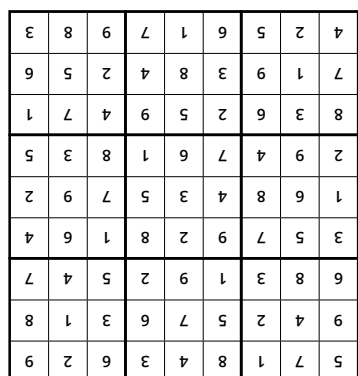


## SUDOKU

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



### Sudoku Solution



Good Crafternoon! is Richmond Library's new crafting get-together. It happens 12.30 – 2.00pm every Wednesday. Chat, learn and create together with other crafty people. Bring along your knitting, crochet, card-making or any other portable craft project. Stay for the whole session or drop in for a short while. Bring your lunch or grab a coffee from the library café. We've got a stunning range of craft books and magazines to inspire you.



### New ways to issue your library books:

In mid-October we're installing Radio Frequency Identification (RFID) equipment. This will make the issuing and return of any library material faster and easier. Borrowers in Richmond and Motueka will be able to issue their own items with our new self-check kiosks. Libraries will be closed on the following days while the new equipment is installed:

**Richmond Library:** Tuesday 18 & Wednesday 19 October

**Motueka Library:** Thursday 20 October

**Takaka Library:** Friday 21 October

Murchison Library will remain open as usual.

We'll be taking telephone queries as usual during closures. Books can be returned through the after-hours book drops or renewed by phone, email or via our website [www.tasmanlibraries.govt.nz](http://www.tasmanlibraries.govt.nz)

### More Information & Bookings:

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

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

Motueka 528 1047 Murchison 523 1013

# NELSON PUBLIC LIBRARIES MAKE YOURSELF AT HOME



Libraries aren't just places to borrow books anymore. They've become more like "living rooms in the city" – places to relax, learn, join an activity, meet people and find out things. Lending books, DVDs, eBooks or magazines is still at the heart of what we do, but we have lots of other resources too: online databases, microfilm readers, computers, free wifi, photocopiers and scanners, and even a 3D printer! We have quiet and busy spaces, we're cool on a hot day and warm when it's cold.

### Here's what we currently have on offer:

- Regular children's activities from storytimes to Minecraft and coding
- Computer classes and drop-in device advice
- Jigsaws to borrow or do in the library
- Regular talks and presentations
- Sunday Music in the Library
- A community organisation corner
- A knitting for charity group
- Community chat for new English language learners
- Book chat groups

Keep up-to-date with our events by subscribing to our e-newsletter: emails [library@ncc.govt.nz](mailto:library@ncc.govt.nz)

The library is for everyone. Drop in and let us know what you'd like to see happening in the library, or email [library@ncc.govt.nz](mailto:library@ncc.govt.nz)

There are Nelson Public Libraries in Nelson, Stoke and Tahunanui. For opening hours and information visit [www.nelsonpubliclibraries.co.nz](http://www.nelsonpubliclibraries.co.nz)



### More Information & Bookings:

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

**Tel:** 03 5468100

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

## STOKE SENIORS

STOKE SENIORS CREATES A “HOME AWAY FROM HOME” FOR SENIORS WHO MIGHT OTHERWISE HAVE DIFFICULTY GETTING OUT OF THE HOUSE TO ENJOY SOCIAL CONTACT AND ACTIVITY.



You'll find Stoke Seniors in a building tucked away behind the Memorial Hall in Stoke. You'll know you're in the right place when you spot a posse of mobility scooters parked outside.

On the day I visit, lunch is just about over. There are flowers on each table and guests are chatting over empty plates awaiting the arrival of the day's performers, a group of local Filipino performers who are going to sing, and talk about Philippine culture.

I'm introduced to Ellen Rogers, who at 89 is one of most senior of the Stoke Seniors and a great fan of the place. She talks with a quiet dignity, hands folded over her cane, but there's a twinkle in her eye too. She tells me how as a feisty young woman she walked out of her first job, in a Takaka grocery shop, in protest at unjust treatment. Ellen went on to raise six children and in her long working life she has fed pigs, milked cows and baled hay. Ellen has been attending Stoke Seniors for six years and says the place, the staff, and the manager Karen Tuffery are all “amazing”.

Karen came to the job almost by accident, although her 13 years with Presbyterian Support gave her an excellent grounding in working with older people.

However, the job is so varied that she draws on other life experience too. It was her chef training that gave her the idea of running simple cooking classes at the centre. “I bring in the ingredients and a camp gas cooker,” she says, “and we cook things like soups and one-pot meals that are easy for our clients to cook at home”. Pizza is always a crowd-pleaser. “Everyone adds their own toppings and takes home their own little pizza for dinner,” explains Karen.

Five other staff help run the programme, managing administration, communication, entertainment and outings, and providing lunch and morning and afternoon teas. It's thanks to the combined efforts of Melodie, Anne, Roz, Helen and Debbie, plus considerable volunteer support, that the programme, which has 300 members, was Highly Commended in the Health & Well Being category of 2016 Trust Power Community Awards.

Ill-health, failing eyesight or hearing can put many seniors at risk of loneliness and isolation. Lack of transport is often an issue too. But not for members of Stoke Seniors which has three vans to ferry clients to and from the centre each day.

The range of activities the centre offers would keep even a younger person on their toes. They include outings to beaches, parks and historical places with a picnic or café lunch en route. The “Girls' Own” or “Lads at Large” trips are tailored to the different interests of men and women. There are exercise classes, and mah-jong, scrabble, card games and housie to keep the mind as well as the body flexible. And then there are concerts and festive celebratory dinners. Stoke Seniors don't need much of an excuse to dress up and have a good time on special occasions like Bastille Day or Mother's and Father's Day. They've even had a visit from the All Blacks. No wonder Ellen Rogers says the place is amazing.

### FOR MORE INFORMATION:

**Stoke Seniors:** 548 Main Rd, Stoke (behind Memorial Hall)

**Office Hours:** Mon – Thurs  
8.30am – 4.00pm

**Phone:** 03 547 2660

**Email:** stokeseniors@xtra.co.nz

Programme info available online  
[www.stokeseniors.org.nz](http://www.stokeseniors.org.nz)

## Guest Contributor: Jo Ann Firestone

**Jo Ann Firestone, a native of California, has lived in New Zealand since 1986. Given the dilapidated state of her first home – on Stewart Island – it's surprising that she decided to stay.**

From Bluff on a clear October day in 1986, looking out across Foveaux Strait I could see Stewart Island. The island would be my home for the next six and a half years. A gruelling 3-hour ferry ride would be the last leg of the journey from my home in San Francisco, to join my fisherman boyfriend on this tiny island. When we arrived on the island we discovered that we would have to wait for a bridge repair before we could get to our house. While we waited, we holed up in the South Seas Hotel. By the time the road was passable again, I'd met almost everyone who lived on Stewart Island. We loaded our belongings onto a tractor borrowed from the fish packing shed and drove slowly out to the house which was situated close to the rubbish tip. As there was no house-numbering

system the islanders had given many of the houses nicknames. The house I was to live in was nick-named "The Tip House".

The little house, built of weatherboard and corrugated iron, looked unkempt and neglected from the outside. Inside it looked even worse. The back door opened directly into the kitchen. The floor had gaping holes where the floorboards were missing. To get from the door to the kitchen table, I had to negotiate my way over a bridge built of unsecured planks over a metre-high drop. The kitchen sink – the only sink in the house – wasn't plumbed in. A black bucket positioned under caught water draining out of the plughole. You had to keep a close eye on the water level in the bucket, my boyfriend explained. Before it overflowed, you had to carry it over the plank bridge and empty it outside. I joked that I'd have to carry a bucket in each hand to help me execute this high wire act. There was no refrigerator, only a safe on the cool side

of the house. I looked inside. Nothing except rat droppings, a patch of dried blood, a carton of long-life milk, a tub of margarine and a lidless jar of peanut butter.

Beyond the kitchen was the lounge with an enormous open fireplace, and two bedrooms. There was no toilet – that was 15 metres away, outside the house. The door of the outhouse was missing and the whole structure leaned precariously to one side. There was a long slit window on the seaward wall of the outhouse. During the day I could sit on the toilet and enjoy a breathtaking view of Emerald Bay through that window. If it was dark and rainy, a visit to the outhouse was far less enjoyable. I needed to carry a torch and an umbrella.

I lived in other "challenging" homes during my years on Stewart Island but if there was a competition for worst house, this house would be the winner!

### Become a contributor!

Become a guest contributor to Mudcakes and Roses. We're looking for 500-word non-fiction pieces on the magazine's next theme.

The writers of all published work receive a bottle of Fossil Ridge wine.

THEME: Into the Wild

DEADLINE: 11 November 2016

Send your 500-word non-fiction piece on the theme to the editor at [mudcakes@hothouse.co.nz](mailto:mudcakes@hothouse.co.nz)

## FOSSIL RIDGE BOUTIQUE WINES

Wine tasting in attractive surroundings.  
Winter Café, brunch, lunch, coffee, bookings welcome.

72 Hart Road Richmond • (03) 544 9463 • [wine@fossilridge.co.nz](mailto:wine@fossilridge.co.nz)

WINTER: 10am – 3pm Wednesday – Sunday  
(Closed Monday, Tuesday and Public Holidays)

## Need support and professional care in your own home?



Call Nelson's qualified provider of home based support services.

Contact our branch:

Suite 3 Level 1  
355 Lower Queen Street  
Richmond  
Ph. 0800 263 562 or 03 548 2009



Email: [nelson.office@healthcarenz.co.nz](mailto:nelson.office@healthcarenz.co.nz)  
Website: [www.healthcarenz.co.nz](http://www.healthcarenz.co.nz)

# SERVICE DIRECTORY

## COVERS BOTH THE TASMAN AND NELSON DISTRICT

### Age Concern

Offering support services, information and advocacy. Our services include Elder Abuse & Neglect advice and support, and an accredited visitor service.

Ph. 03 544 7624. Richmond Office: 62 Oxford Street.

### Arthritis New Zealand

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

### Asthma Society (Better Breathing Classes)

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

### Brook Sanctuary

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

### Hearing Association Nelson

Card group Mondays from 1.15pm. Free talks on all hearing issues, free hearing aid clinics (cleaning and drying) first Friday of the month held in Stoke, Richmond, Motueka and Golden Bay. Please phone for an appointment. Ph. 03 548 3270

### Hearing Therapy Services Life Unlimited

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

### Mobile Toe Nail Cutting Service

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

### Nelson Public Libraries

Branches at Stoke, Tahunanui and Nelson, provide free library services to the community. We also have free computer and wifi access, computer classes, a home delivery service, local and family history information and hold regular events. Ph. 03 546 8100

### Senior Net (Nelson)

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

### Stroke Foundation

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

### Upright and Able for Falls Prevention

Free four week course for those over 65 who have had a fall. Ph. 03 543 7838 or email [cherie.thomas@nbph.org.nz](mailto:cherie.thomas@nbph.org.nz) for more information and registration.

## GOLDEN BAY

### Astanga Yoga

GB Community Centre, Tuesdays 5.45pm, Doris or Keryn Ph. 03 525 9525 Thursdays 9 am, Michelle or Pam Ph. 03 525 9033

### Friends of Golden Bay

Don Ph. 03 524 8130

### Genealogical Group

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

### Gentle Exercise Class

(Through Golden Bay Physio Clinic) Held at Golden Bay Community Health, Mondays 10.00 – 11.00am. No charge. Erica Ph. 03 525 0105 or email [erica@physiogoldenbay.co.nz](mailto:erica@physiogoldenbay.co.nz)

### Golden Bay Contract Bridge Club

Golden Bay Community Centre, Commercial St, Takaka. Ph. Leigh 03 525 9744, Weds 7pm & Fri 1pm

### Golden Bay Garden Club

Golden Bay 03 525 8455

### Golden Bay Patchwork and Quilters Guild

Liza Ph. 03 524 8487

### Indoor Bowls/Cards

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

### Marble Mountain Country Music Club

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

### Motupipi Indoor Bowling Club

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

### Pohara Bowling Club

Jennifer Ph. 03 525 9621

### Purahaoi Table Tennis

Rene Ph. 03 525 7127

### Relaxation and Restoration Yoga

Yoga for all in Takaka township. Small groups for individual attention. Private sessions as well. Learn how to use your breath and gentle movements to calm the body and mind. Terry Burgess Ph. 03 525 7422 for more info.

### SeniorNet (Golden Bay)

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

### Sit and Be Fit

Golden Bay Community Centre, Tues 10.15am–11.15am. Jacinda Ph. 03 525 8770 & Collingwood Memorial Hall, Thurs 10am–11am. Jacinda Ph. 03 525 8770 or Jo 03 525 9728. \$2 donation

### Takaka Golf Club

Ph: 03 525 9054

### Takaka Golf Club Ladies Section

Rhonda Lash Ph. 03 5259 573

### Takaka Spinning Group

Margaret Ph. 03 524 8146

### Takaka Table Tennis

Rene Ph. 03 525 7127

### University of the Third Age (U3A)

Moira Ph. 03 525 7202

### Uruwhenua Women's Institute

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

### Wednesday Walkers

Meet at Information Centre Carpark, Takaka – leaving 9am Sharp! Bring morning tea/lunch, raincoat, light boots or walking shoes. Contact Piers Maclaren Ph. 03 525 7440

## HOPE

### Hope Midweek Badminton Club

Wednesday mornings. Carolyn Ph. 03 541 9200

### Hope-Ranzau Women's Institute

1.15 pm first Wednesday of each month at Age Concern Hall, 62 Oxford Street, Richmond, Visitors welcome. Ph. Brenda 03 5445872

### Nelson Veterans Tennis Club

Hope Courts every Thursday. Leona Ph. 03 547 6916

## MAPUA

### Line Dancing

Tasman Bible Church Hall – Thursdays 10–11.30am, Sue Wilson Ph. 03 528 6788 or email [sioux.wilson@yahoo.com.au](mailto:sioux.wilson@yahoo.com.au)

### Low-Impact Aerobics and Pilates

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

### Mapua Craft Group

Meets every Friday in the supper room at Hills Community Church from 10am–noon (term time only) for simple craft work. Plus guest speakers, demonstrations & group outings. Morning tea provided. Contact: Julie Cox, Ph. 03 540 3602 or Email: [juliehcox@xtra.co.nz](mailto:juliehcox@xtra.co.nz)

### Mapua Friendship Club

Mapua Public Hall. Valerie Ph. 03 540 3685

### Mapua Bowling Club

Dave Ph. 03 540 2934

## MOTUEKA

### Cycling

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

### Indoor Bowls

Motueka Senior Citizens Hall. George Ph. 03 528 7960

### Line Dancing

Thursdays 6–8.30pm, Motueka Memorial Hall, Pah St, Sue Wilson Ph: 03 528 6788 or email [sioux.wilson@yahoo.com.au](mailto:sioux.wilson@yahoo.com.au)

### 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](http://www.motueka50pluswalkers.org.nz). Meetings on the last Thurs of each month in the RSA Club, High St, Motueka 9.30am. Contacts: Secretary Yvonne Hope Ph. 03 528 7276 or President Nora Morris Ph. 03 528 6290. For details about alternate walks, contact Frances Neumann Ph. 03 528 4559.

### Motueka and District Historical Association

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

### Motueka Bowling Club

Peter Ph. 03 528 5412

### Motueka District Museum - Pupuri Taonga

(Dec–March) Monday to Friday 10–3, Sunday 10–2. (April–November) Tuesday to Friday 10–3, Sunday 10–2. Closed Public Holidays. 140 High Street. Ph. 03 528 7660 or email [savepast@snap.net.nz](mailto:savepast@snap.net.nz)

### Motueka Scottish Country Dancing Club

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



# SERVICE DIRECTORY

## MOTUEKA

### Motueka Senior Citizen's Assn Inc

**Pah St Motueka:** (behind the Motueka Library) If you are 50 plus you are welcome to come and participate.

#### Indoor bowls:

Mon & Wed 1–3 pm.  
Contact Terry  
Ph. 03 528 7104 or  
George Ph. 03 528 7960.

**Rummikub:** Thursdays  
1–3pm. Contact Mavis Win  
Ph. 03 526 8796.

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

**Housie:** 3rd Friday of the  
month 2–3pm. Ph. Dot  
McNabb 027717018 or Dylis  
Rutter 03 528 8960.

**Monthly Social:** 4th Friday  
of the month, 2–3.30pm  
Speakers or entertainment.  
Annual subs \$15 and \$2.00  
for each session. Light  
refreshments served at  
each session. No prior  
experience needed as  
assistance is available.

### Motueka Recreational Centre

#### Senior Activity Programmes:

**Mondays:** Silver Trekkers,  
9.30am, Cost \$4; Social  
Badminton, 11am, Cost \$4;  
Ease into Boot Camp, 1pm,  
Cost \$5.

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

**Wednesdays:** 60+  
Gymmers, 9.30am, Cost  
\$4 or \$40 concession card  
of 10; KickStart (Green  
Prescription), 1pm, Cost \$4;  
Badminton, 2pm, Cost \$4.  
Ease into Boot Camp, 11am,  
Cost \$5.

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

**Friday:** Interval Walking  
Circuit, 9.30am, Cost \$4;  
60+ Gymmers, 11am, Cost  
\$4 or \$40 concession card  
of 10.

### Motueka Social Dance Group

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

### Riwaka Bowling Club

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

### Riwaka Croquet Club

Sally Ph. 03 528 9704

### Scottish Country Dancing

Valerie Ph. 03 543 2989

## Social Recreation

Kiwi Seniors (Motueka)  
Vonnies Ph. 03 528 7817

### Yoga

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

## NELSON

### Angie's Aerobics

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

### Aquatics/Swimming/Gym

Riverside Pool  
Ph. 03 546 3221

### 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

### Breast Prostheses and Mastectomy bras

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

### Cardiac Support Group

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

### Community Heart and Diabetes Services

Nelson Bays Primary  
Health for education,  
awareness and support.  
Bee Williamson  
Ph. 03 543 7836 or  
021 409 552 or  
freephone 0800 731 317

### Golf Croquet

Nelson–Hinemoa, Bev  
Ph. 03 548 2190

### Government Superannuitants association

Margaret Ph. 538 0233  
Email: nelson@gsa.org.nz

### Grandparents raising Grandchildren

Paula Ph. 03 544 5714

### Marching

Silveraires Leisure  
Marching.  
Diana Ph. 03 548 9527

### Nelson Electronic Organ and Keyboard Club

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

## Nelson Grey Power

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

## Nelson Male Voice Choir

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

## Nelson Petanque Club

Wed and Sun 1.15pm. You  
will find us behind the  
Trafalgar Park grandstand,  
drive in off Trafalgar Park  
Lane. Boules and tuition  
provided. Ph. Adrienne  
03 545 0070

## Nelson Philatelic Society

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

## Nelson Provincial Museum

For details, visit  
www.nelsonmuseum.co.nz

## Nelson Social Dancing Club

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

## Nelson Scottish Country Dancing Club

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

## Nelson Scrabble Club

Meets every Wednesday  
7.00pm 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

## Pottery

Nelson Community Potters,  
132 Rutherford Street,  
Nelson. Social group meets  
Thursday mornings or  
Twilight Pottery Monday  
evenings 7 – 9 pm. Free to  
members, \$7 for casual  
(new members welcome)  
Contact: Annie 03 548 3087  
or Elizabeth 03 548 1488.  
Email: ncpotters@gmail.com

## Stoke Tahunanui Ladies Club

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

## Sit and Be Fit

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

## 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  
Anne-Marie  
Ph. 548 2601

## Support Works

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

## Suter Art Gallery

Exhibitions, floortalks – see  
www.thesuter.org.nz for  
details, 28 Halifax St, Nelson  
Ph. 03 548 4699

## Table Tennis

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

## Tahunanui Bowling Club

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

## Tahunanui Community Centre

A range of activities and  
services on offer, walking,  
gardening, cycling and free  
counselling. Contact Katie  
or Jacqui 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, Stoke &  
Richmond Ph. Gretchen for  
times & venue 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 all you back. Help  
yourself to better health.  
Suitable for all ages

## Ukulele with Gretchen

Nelson and Richmond,  
groups or private

## USA

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

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

## Victory Sit & Be Fit

Thursdays 10.00–10.45am,  
at Anglican Church, 238  
Vanguard St, Nelson. 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.  
Jeff Ph. 03 545 9180

## Yoga

Dru Yoga classes with Sue.  
Ph. 03 543 2125 for details

## Yoga

Hot Yoga Nelson  
Ph. 03 548 2298 for details

## RICHMOND

## Badminton Richmond

Morning Badminton  
Ph. Dawn 03 544 44120

## Body Power Pilates & Yoga Centre

Richmond Town Hall.  
Ph. Sue 029 281 3735

## Richmond Bridge Club

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

# SERVICE DIRECTORY

## RICHMOND

### Chair Yoga

Thursday mornings 11am. A gentle stretch and breathing class for every ability. Richmond Town Hall meeting room. Delia Ph. 021 2398 969

### Club 50

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

### Croquet

New members very welcome. Golf croquet Thursday & Sunday 1pm. Association croquet Winter – Wednesday & Saturday 1pm, Summer 10am. Lawns opposite Health Centre lower Queen Street. Ph. Sherly 03 541 0623 or Betty 03 544 7268.

### Easy Exercise

For men and women. Tuesdays 10.00am at Indoor Bowls Stadium, opposite Neill Ave \$3 for Arthritis NZ. Maureen Ph. 03 546 4670

### Euchre (May to Sept only)

Warm & friendly. Cuppa and raffles. Richmond Bowling Club. Fridays 1.30 to 4pm. \$3.00 per session. Ph. Monica 03 5442749.

### Line Dancing

Wednesday night at Club Waimea, 346 Queen Street, Richmond. 6pm beginners, merges into 7.00 improvers and upwards, finish at 8.30pm. Ph. Sue 03 528 6788 or 027 435 8700.

### Lunch on the Hill

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

### MenzShed Waimea

A&P Showgrounds, Richmond Ph. 027 289 0185

### Nordic Walking

Taster classes & courses with Physiotherapist Jacqui Sinclair. Full details go to [www.jacquisinclair.com](http://www.jacquisinclair.com) or Ph. 03 544 1645

### Pilates Classes

Richmond Recreation Centre. Mondays 12.30 to 1.30pm OR Wednesdays 9.15 to 10.15am. Ph. Sue 03 538 0318 or 021 034 4109.

### Pottery

Tutored classes at Craft Potters, 202 Ranzau Road, Hope. Wednesdays 10.00 to 12 noon. Any or no experience Ph. 03 542 8953.

### Richmond Bowling Club

Club Waimea – A roll up, Tuesdays 1pm. Bowls provided. Ph. Jean 03 544 8060.

### Richmond Creative Fibre Group

Meets at Birchwood Hall, Richmond Showgrounds. 9.30am every 2nd, 3rd & 4th Thursday of the month. Learn to spin/knit/weave/crochet/felt or if you just want to meet others who enjoy working with fibre. Ph. Dianne 03 544 9982

### Richmond Indoor Bowls

Mondays 1.30–3.30pm Richmond School Hall, Oxford St. A friendly session, all welcome. Gwen Ph. 03 544 7953

### Richmond Physiotherapy

Knee classes: Wednesday 10 to 11am \$10.00. Pilates Tuesday 12 to 1pm \$15.00. Better Back classes Wednesday 5 to 6pm \$15.00. Ph. 03 544 0327.

### Richmond Scottish Country Dancing Club

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

### Richmond Senior Citizens

62 Oxford Street, Richmond. Cards Tuesday – 1.30 to 4.00pm. Bus trip & lunch first Wednesday of each month, cost varies depending on outing. Craft Group – Thursday 9 – 12 noon. Cards – Thursday 1.30 to 4.00pm. Exercise classes & cuppa – Friday 10.00 to 11 am. Hot lunch – Friday 12 noon \$5.00. Contact Pauline or Terry Ph. 03 544 9174.

### Richmond Slimmers Club

Meets every Wednesday at the Richmond Town Hall, fun meeting. Ph. Margaret 03 544 7293.

### 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 – 1.00pm, Richmond Library. Guest speaker at most meetings. BYO lunch (tea & coffee provided) For further information contact Sue Tilby, Age Concern Ph. 03 544 7624

### 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 Richmond

(RTH) 9 Cambridge Street Ph. 03 5443955. \$5 per session, discounted concession cards available. Mondays & Fridays: 9am – 10am: Easy-beat (Highest intensity class) 10.30am – 11.30am: Shapeup (Lower intensity, with seated options). Tuesdays: CLUB50+ 9.30am: Meet at the centre to join in the Social, recreational activities & outings. Programmes available at the centre or enquire at number above. \$4 per session, with some extra costs being incurred.

### Tasman Tennis Club

Social tennis Tuesday mornings 9.30am beside the Badminton Hall, Gladstone Rd. Coaching go to our website [www.tasmantennisclub.info](http://www.tasmantennisclub.info)

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

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

### Yoga Classess for stiff and sore spots

Go to [www.jacquisinclair.com](http://www.jacquisinclair.com) for full details or Ph. 03 544 1645.

## STOKE

### Chair Yoga at Saxton

Weekly gentle stretch and breathing sessions in the cricket oval lounge. Ph. Delia 0212 398 969

### Clogging/Tap Dancing

Nelson Sun City Cloggers. Georgina Ph. 03 545 1037

### Give It A Go

A variety of easy activity options. New activity each week such as Tai Chi, Croquet, Petanque and Aqua Aerobics. Contact Sport Tasman on

Ph. 03 546 7910 or email [wendy.get@sporttasman.org.nz](mailto:wendy.get@sporttasman.org.nz) to get up to date information and or to book a space.

### Housie Evening

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

### Nelson Savage Club

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

### Ngawhatu Bowling Club

300 Montebello Ave, Stoke. Friendly welcoming club. Roll-ups Thursdays at 1pm. Ph: Kay 03-5477485

### Presbyterian Support

Visit us at 360 Annesbrook Drive, Nelson. 10 am to 3pm most days. Enliven Positive Ageing Services – social & activity day groups. Totara for older people. Harakeke for those with dementia. Refreshments & lunch provided. Van transport to & from the centre. Ph. Trish 03 547 9350.

### Safety & Confidence

Ph Cornelia Ph. 03 543 2669

### Saxton Seniors

Saxton Stadium.

### Senior Walking Group:

Tuesday & Thursday 9.30 to 10.30 am \$5.00.

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

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

**Chair Yoga:** Wednesday 10.30 am.

**Tai Chi for Health:** Call 03 538 0072 or class times or email [stadium@sporttasman.org.nz](mailto:stadium@sporttasman.org.nz)

### Stoke Bowling Club

Allen Ph. 03 547 1411

### Stoke Central Combined Probus Club

Meets every 4th Tuesday 10am, Nick Smiths Rooms, Waimea Rd. Ph. Colleen 03 547 0941

### Stoke Old Time Country Music Club

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

### Stoke Seniors Club

Contact Karen, Mel or Anne at 548 Main Road, Stoke. PH: 547-2660 email: [stokeseniors@xtra.co.nz](mailto:stokeseniors@xtra.co.nz)

### Regular activities:

#### Stoke Memorial Hall:

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

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

**Sit & Be Fit exercises to music:** Tuesday and Wednesday at 11 am. \$3 500 Club – Wednesdays at 1pm \$3.

#### Stoke Seniors Hall:

**Scrabble Club:** Mondays 1pm. \$3.

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

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

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

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

**Stoke Seniors Choir:** meets Thursdays from 11 am to noon. Contact Anne.

#### Special trips:

Monday outings - café lunch/picnic. Thursday – out @ about local tiki tour from 11 am.

**Girls Own:** Monthly on Friday.

**Lads @ Large:** Monthly on Friday.

## TAPAWERA

### MENZSHED

Contact: John Ph. 03 522 4616 or email: [menzshedtapaawera@gmail.com](mailto:menzshedtapaawera@gmail.com)

### Visual Art Society

Ph. Kay 03 522 4368

### Walking

Rural Ramblers Ph.04 541 9200

## WAKEFIELD

### Live Well, Stay Well Activity Group

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

### Walking

Rural Ramblers Ph. 03 541 9200



**"I'd like Pavarotti and poetry"**

At Marsden House we understand that everyone is different, and that your funeral should reflect and celebrate your uniqueness. We offer a wide range of options for you to pre-plan your funeral to be exactly how you want it.

**Call us today on 03 548 2770 for a FREE information pack.**



**Marsden House**  
FUNERAL SERVICES



**STUDIOS AVAILABLE**



**OWNER OPERATED FACILITY**

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

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



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



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



**Make yourself at home with Access**

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

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



Your safe and trusted local community taxi. We have five mobility taxi's in our fleet.

**Anywhere Anytime call a Blue Bubble Cab**

**Ph. 03 548 8225**  
**0800 108 855**





**free** MEASURE & QUOTE    **free** COLOUR CONSULTATION    **free** CURTAIN MAKING

BOOK YOUR  
FREE IN-HOME  
APPOINTMENT  
NOW



Trish Gray



Jo Hender



**COLOURplus**   
we've got your style



4 McGlashen Ave, Richmond  
Ph: 544 6613 | [www.colourplus.co.nz](http://www.colourplus.co.nz)

moxini  
interiors



**ANYTHING BUT ORDINARY**

[www.moxini.co.nz](http://www.moxini.co.nz) • [home@moxini.co.nz](mailto:home@moxini.co.nz)  
03 544 1515 • 12 John Wesley Lane Richmond



moxiniinteriors



moxiniinteriors



**TO YOUR  
LEGAL ISSUES**

**PITT & MOORE**  
LAWYERS AND NOTARIES PUBLIC

Nelson 03 548 8349 • Richmond 03 543 9090  
[www.pittandmoore.co.nz](http://www.pittandmoore.co.nz)  
Law  Link

**Create a unique and meaningful farewell**



We can provide every service and option, and leave you with memories of a lifetime of love.

**544 4400**  
[www.wrfs.co.nz](http://www.wrfs.co.nz)



**WAIMEA RICHMOND  
FUNERAL SERVICES**