

mudcakes & roses

THE MAGAZINE FOR NELSON TASMAN SENIORS



Letter from the editor



In this issue we touch on the joy of connecting with others and the meaning this can give in later life.

As we age, many of us delight in becoming grandparents. Thanks to new technology, even if grandchildren live far away, it's possible to keep in touch with young family

members, and through them, the next generation of New Zealanders.

Some of us foster connection through volunteer work or other community involvements. Others choose to celebrate and preserve our connections to the past. In contrast, others look to the future and try to create a legacy which future generations will enjoy.

Sadly, it's also true that some older people lack a meaningful connection with others and as a consequence suffer lives blighted by social isolation and loneliness. Peter Sutton's story in this issue explores this sensitive topic and offers at least one solution.

Ro Cambridge

Contact the editor:

E: mudcakes@hothouse.co.nz
Post: Mudcakes and Roses,
PO Box 688, Nelson.

Contribute

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

Theme for next issue:

In the modern world, strongly held beliefs about religion, society, politics and the nature of the universe seem to be the source of great conflict and suffering. However, beliefs also inspire great acts of generosity and altruism. We will explore this matter of belief in our next issue. What do we believe and how do our beliefs inspire us, or affect how we conduct our lives?

Making Tasman a great place for older people

We want Tasman to be a great place to live for people of all ages.

As part of our planning for the next 10 years, we're asking our older residents how we can make it easier for them to get out and about, participate in social activities or employment, access housing and achieve good health.

The feedback will be used to inform the drafting of our Long Term Plan for 2018 – 2028, and to develop an Age-Friendly Policy.

Fill in the survey:

Available at all Tasman District Libraries and online at www.tasman.govt.nz/feedback.

In this issue

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Peter Sutton, aged 87, once suffered social isolation and loneliness. Now he's more engaged in life than ever. How did he do it?

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The Motueka Library first opened its doors in 1858. Now, 160 years later local residents gathered to celebrate this legacy.



It's Festival time in Nelson again!

The 23rd Nelson Arts Festival, 11 – 27 October



Expect suffragettes, murder, and musical magic from around the world as top Kiwi and international talent present theatre, cabaret, clowning, music, dance, comedy, free community events and the Page & Blackmore Readers and Writers programme. The iconic Masked Parade & Carnival ends the Festival with a fabulous flourish on Friday the 27th.

Here are some highlights from the Festival programme.

The full programme is available at www.nelsonartsfestival.co.nz or from Council offices, libraries, and cafes.

Kokako's Song

Perfect for an outing with grandchildren, this "little show with a big heart" features handcrafted life-sized puppets and original live music. While searching for her dog, six-year-old Angel finds herself lost in the enchanting realm of the forest, where she has a delightful encounter with a kokako. Is this strange bird a superhero – or is it actually her granddad in disguise? Suitable for children aged 2 – 8.

Valerie

Named the stand-out cabaret of the year by the NZ Herald, Valerie is a piece of cabaret theatre that reaches into the guts of family mythologies. Music, genetics and story-telling combine to unravel family history, and to shine a light on the future. It is also a love letter from grandson to Valerie, his grandmother.

Salut Printemps – Voices on Tour

From New Zealand's premier professional choir, Voices New Zealand, a concert to welcome the arrival of spring. The music ranges from better-known pieces by Debussy and Poulenc to romantic and rare chansons (French songs). There's also a quirky four-song cycle about a dromedary, a crayfish, a carp and a cat that will make you giggle. A blissful concert full of sunshine.

Maungatapu

The world premiere of a play about murder, mayhem, love, loyalty, betrayal, honour, comradeship, justice and injustice in 1860s Nelson. The 1866 murder of five men on the Maungatapu track, near Nelson, by the Burgess-Kelly Gang set the New Zealand colony aflame with a mixture of morbid curiosity and righteous indignation. Warning: contains coarse language & violence.

Ernest Rutherford: Everyone Can Science!

In this one-man show, the long-dead, New Zealand-born scientist Ernest Rutherford returns to give his first lecture in over 70 years. Bursting with enthusiasm, charm and 19th century wit, Ernest takes the audience on a verbal walking tour through his unbelievable life of science and adventure. Be warned, the front three rows might get wet... with knowledge!

Page and Blackmore Readers and Writers Programme

Once again featuring an excellent line-up of writers and thinkers discussing books, writing and ideas.

Masked Parade and Carnival

This extravaganza winds up the Festival on Friday 27 October with an explosion of colour, music and performance in mask. The theme is 'We are the World'; celebrating peoples and places, cultures and creatures, local and global. It's free to take part and open to individuals and families as well as community groups, businesses and school groups of all ages.

Enrol at www.nelsonartsfestival.co.nz or email any queries to nelsonmaskedparade@gmail.com



From the archives of the Nelson Provincial Museum

Early residents of Nelson pose proudly with their children and grandchildren in these photographs from the Nelson Provincial Museum's Glass Plate collection.

Background: Atkinson, Mr S Senior. Nelson Provincial Museum, W E Brown Collection: 16791

Left: Grapevines. Atkinson, Mrs & child. Nelson Provincial Museum, W E Brown Collection: 16809

Right: R. Atkinson. Nelson Provincial Museum, Tyree Studio Collection: 76885.



Books of note

Grandparents Talk

By Janice Marriott | RRP \$39.99

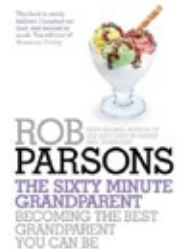
A collection of frank, inspiring and thought-provoking interviews with a diverse range of New Zealanders about their lives as grandparents and their understanding of the role of grandparents in families, and in society.



The Sixty Minute Grandparent

By Rob Parsons | RRP \$29.99

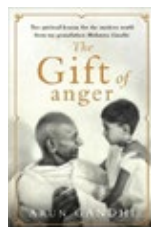
A simple, yet informative guide to being the best grandparent you can be. This book covers all aspects of grandparenting from how to help at the baby stage, and how to assist your children find their way as parents, to how to love your grandchildren without spoiling them.



The Gift of Anger

By Arun Gandhi | RRP \$35.00

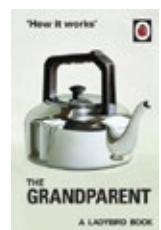
Activist and speaker, Arun Gandhi, discusses the ten extraordinary life lessons taught to him by his beloved grandfather, Mahatma Gandhi. Arun's memories make for an engaging read. There are the lessons of course, but the book also gives an insight Gandhi the man, rather than the icon.



How it Works: The Grandparent

By Jason Hazeley and Joel Morris | RRP \$21.00

This hilarious book is the latest in the spoof Ladybird series for grown-ups. Taking as its cue, illustrations from the original Ladybird books for children, this witty take on grandparenting will have you laughing out loud.

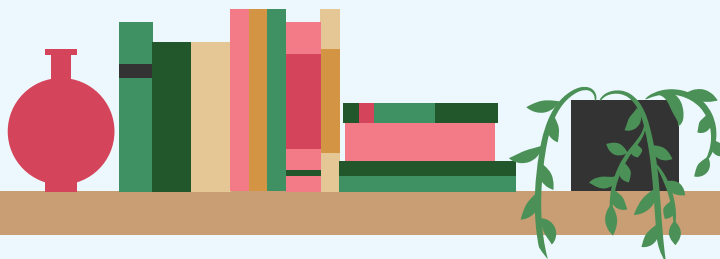


ALL BOOKS AVAILABLE FROM **PAGE AND BLACKMORE**
NELSON'S AWARD-WINNING INDEPENDENT BOOKSHOP

254 Trafalgar Street, Nelson | info@pageandblackmore.co.nz | 03 548 9992



TASMAN DISTRICT LIBRARIES



Meet Lynda – She'll surprise you!

Do you have a burning desire to play jazz piano, master pen and pencil drawing, or take better photos? Would you like to learn how to create a time lapse video or how to use software like Photoshop and Lightroom? Perhaps you're interested in computer-aided design?

Tasman District Libraries' new online learning resource Lynda.com can help you learn new skills in the creative arts, IT and business in your own time and at your own pace. She'll also help you keep up with your grandchildren as they forge ahead in the digital world. Lynda.com has more than 5,800 courses and 260,000 tutorials on business, design, photography, IT development, marketing, web design, 3D graphics and animation, all delivered by experts in high-quality video. Best of all they are free, and available 24/7 via your TDC library card and PIN. Start today at www.lynda.com/portal/sip?org=tasman.govt.nz

Competition winners read their way around the world

More than 100 locals entered our Read Around the World competition by reading books by authors from four different

countries. Congratulations to Sue Pryde who won a travel voucher donated by Richmond House of Travel, and Sandra Vincent who won a travel voucher from Motueka House of Travel.

We are also grateful for the generous support of other local businesses for this reading promotion: Richmond and Motueka PaperPlus, TakeNote Takaka, Volume bookshop, Nelson and the Richmond Library Café.

MORE INFORMATION

Website:

www.tasmanlibraries.govt.nz

Telephone:

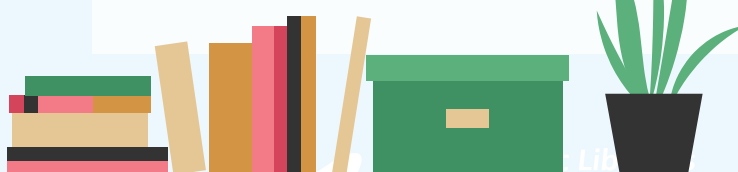
Richmond 543 8500

Takaka 525 0059



Motueka 528 1047

Murchison 523 1013



NELSON PUBLIC LIBRARIES

Connect with Grandchildren at the Library

Looking after your grandchildren after school or during the holidays? Come and visit one of the Nelson Public Libraries – the Elma Turner Library in Halifax Street, the Nightingale Library Memorial in Tahunanui and the Stoke Library.

You can borrow up to 35 items on your library card, so there is plenty of scope for you to borrow items for your grandchildren as well as yourself. If you'd like your grandchildren to have their own card, we can join them up on the spot if you act as the guarantor.

All our libraries have a vast array of books for children from classic children's stories such as Black Beauty and Treasure Island through to popular contemporary series such as Geronimo Stilton (he's a mouse!) and the Wimpy Kid books.

We have more than just books. We have children's DVDs, talking books on CD, magazines and comic book/graphic novels including Asterix and Tintin. If you are bamboozled by all the options, we are happy to help!

While you are in the library, check out what free creative and story-time sessions for children we run, especially during the school holidays. We also offer adult computer courses to help you keep in touch with the younger generation by skypeing or social media.

Make the library your next destination with your grandchildren and rediscover the magical world of kids' books, films and fun.



MORE INFORMATION

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

Contact: 546 8100

www.nelsonpubliclibraries.co.nz





Pest-free gardening

From my observation of garden centres, night classes, and U3A groups, it's people in the 50+ age group who are most interested and passionate about gardening.

Perhaps it's because when the children leave home, parents and grandparents have the time to smell the roses – and tend the garden. Whatever the reason, I've also noticed these enthusiasts lack previous experience in gardening, or have lost some of the know-how they once had.

In addition the gardening industry has changed. In the last 20 years more than 100 large specialist garden centres in New Zealand have closed. Three major garden centres in Nelson have closed and some gardening knowledge has gone with them. We now have mass merchandisers who are driven by factors other than simply providing the best products and information. You might get good advice, but only if you strike the right person.

Magazines and newspapers feature gardening stories, but quite often the horticultural information they contain is questionable, and in some cases misleading. Not infrequently, it contravenes

the law. Celebrity garden writers can make matters worse by propounding methods which make for a good story, but are actually a waste of time and money.

At the same time that domestic horticultural knowledge has been dumbed down, commercial horticulture has advanced to high levels. Our export of high quality pip fruit, kiwifruit, avocados, wine and timber, has increased in volume and price thanks to the development of integrated pest management, high-yield, disease-resistant varieties and improvements in flavour, and post-harvest handling.

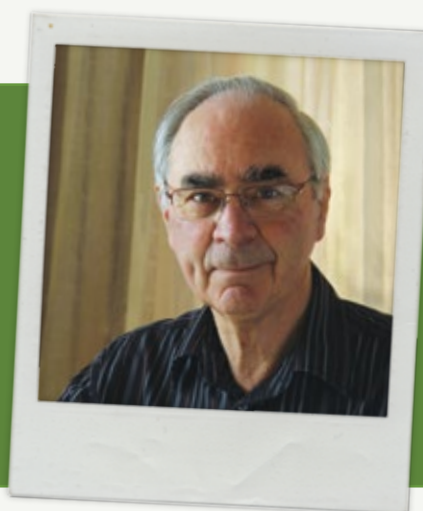
Unfortunately these modern techniques have not been adopted by the domestic garden industry where the emphasis is on the cheapest seedlings, compost, blood & bone, slug pellets or glyphosate, rather than on the best quality stock, accompanied by expert information.

Bill's science-based tips for dealing with disease and pests in the garden:

- 1 Buy only the best seeds or plants. Ignore the many false rumours about hybrid seed. Modern hybrid seeds germinate better, are tastier, more disease-resistant, higher-yielding and more vigorous. It's almost impossible to locate real high-quality seed varieties in Nelson. Egmont Seeds offer an excellent mail-order range of seeds. Yates or McGregor's are satisfactory if you select the best. Good seedlings are often more expensive, because they have been grown from good hybrid seed. Avoid growing species or varieties of plants that are very susceptible to pests and diseases.
- 2 Develop a raised, free-draining soil area for your plants, by adding lots of compost.
- 3 The use of natural animal manures which are low in potassium, leads to soft, disease-prone plants, and increased health risks to the gardener.
- 4 Minimise disease by watering your garden with a soak hose instead of a sprinkler.
- 5 Rotate vegetable crops to minimise build-up of soil fungus diseases.
- 6 If pests or disease do appear, identify the problem accurately and spray as soon as possible to prevent the problem worsening. Select a pesticide which has been approved for the crop, and the problem. Pesticides for use on edibles must be registered under the ACVM Act. Registration details should show on the label of approved products. Be aware that some organic products are not registered, and can be more toxic than synthetics. Biogro Certified Organic does not mean safe, or approved for purpose. It simply means free of synthetic substances. Observe any withholding period. Although spraying fruit trees can be a major job, there are some excellent black spot resistant varieties which reduce the labour involved.
- 7 Practice good garden hygiene by promptly removing and destroying all diseased tissue.
- 8 The effectiveness of companion planting are much exaggerated, and is of limited use in pest control.
- 9 Natural predators provide some measure of pest control, but you will still need to spray. Over 90% of modern home garden pesticides have little negative effect on natural predators or bees. In fact, a popular insecticide, Mavrik, is used in bee hives to control varroa mite.
- 10 Feed with a high-tech fertiliser such as Novatec. This fertiliser has an excellent NPK balance, a nitrogen inhibitor to ensure sustainability of the environment, and gives a controlled release of nutrients. It costs more, but you use less because it is three times as strong.

CONTRIBUTOR: BILL BRETT

Bill Brett's book *Garden Pest and Disease Control* a handy pictorial guide to identifying, preventing and controlling New Zealand garden pests and disease. Available from Page & Blackmore, Paper Plus or www.gardenpestcontrol.co.nz



Beating Social Isolation

Ill-health and bereavement left Peter Sutton socially-isolated. Now, aged 87 he is once again fully engaged with life. He describes his descent into loneliness and how he found connection with the outside world again.

In our younger years, my wife and I worked together on public campaigns for Nuclear Disarmament, the environment, civil rights and against the Vietnam War. After my retirement, we continued to work together for many years as volunteers for Amnesty International. We established the only network outside Europe devoted to the human rights of children around the world.

However, By 2004, I had been diagnosed with Parkinson's Disease and my wife suffered from major breathing problems. My Parkinson's symptoms worsened and my wife grew progressively weaker. By 2010, my wife needed assistance to walk across a room. Later, she required oxygen 24 hours a day. The stress of being her sole care-giver exacerbated my Parkinson's symptoms.

My wife and I had already withdrawn from our work with Amnesty but now I also withdrew from all community contacts. I only left the house to go to the supermarket or the library. Although I felt considerable social isolation, my wife was still good company, her illness had no effect on her personality or psychological functioning and she retained her great sense of humour. We were still able to talk and discuss topics of interest.

When my wife died in September 2011 we had been married almost exactly sixty years. I felt lonely after her death. After doing the household chores each day, I had nothing to occupy myself except reading or listening to music. Although I have two adult children living in Nelson, family members cannot completely mitigate social isolation. They are often very busy coping with the demands of their own children and careers.

I knew that research shows that many widows and widowers do not survive the death of a spouse for very long and I realised that I had two choices. I could vegetate at home and wait to die, or I could reconnect to outside activities.

Because I have always been interested in learning and developing new interests or skills, when I heard about the University of the Third Age (now known as U3A) I went along to their AGM. It was

very quickly apparent to me that U3A would be my path away from isolation and loneliness, and towards connection.

I met a Canadian, Ron, who wanted to start a group to study the history of jazz. Jazz had been one of my adolescent enthusiasms so I got together with Ron, we created a group and have shared convening it for the last 6 years. I sampled other U3A groups including a classical music appreciation group and another group studying the history of Scotland and Ireland. I became involved longer-term, with another group which researched Shakespeare's plays and watched them together on DVD. In 2012, I started a group to learn more about opera. As a group we attend The Metropolitan Opera: Live in HD showings at the State Theatre. I joined the U3A committee, serving as Secretary for two years and President for one.

U3A is not the only outlet for my intellectual curiosity. My Canadian friend Ron and I produce script and present an hour-long radio show called Seminal Jazz on Fresh FM. It was Rona Abbott who presents a radio show called Senior Central on Fresh FM who suggested the idea. After 30 years I am playing social bridge again and after a hiatus of 68 years I have resumed clarinet lessons.

My decision to join U3A was a real "life saver" for me. My involvement keeps me mentally stimulated and active, I have made many new social contacts and continue to learn and enjoy doing things I am interested in.

What has suited me, might not suit others, however there are very many other organisations which can help older people keep physically, socially and mentally active.

Most recently I joined Age Concern in order to support their Age Connect initiative, working to find how to reduce isolation and loneliness amongst older people.

More information about the Age Connect Project:

Contact us:

Phone 03 544 7624

Email ageconcern.nelson1@clear.net.nz

Website www.ntbt.co.nz

CONTRIBUTOR: PETER SUTTON

Peter Sutton, 87 is a retired registered psychologist who has been a widower for 6 years. He spent 18 years working with children and adolescents, schools and families in the Education Department's Psychological Service. For 10 of those years he worked with the Family Courts in Dunedin, Nelson and Blenheim from their establishment in 1982, until his retirement.



Multi Media Matters

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



How technology is connecting grandparents and grandchildren

Grandparents – and others over 60 – know how many laughs we've provided the under-40s as we've learned how to text, take a photograph on a digital device, or wrestle with Skype.

Even the TV remote provided much mirth when grandma confused it with the heat pump control, or grandad waved it helplessly at the TV until he learned how to manage the arrows and the back button.

Technology has come at us fast and furious in the past 10 years and much of it has been of benefit for senior citizens, grandparents or not.

Skype, or the Apple equivalent, Facetime, has probably worked hardest to keep the generations in touch. Weddings, newborn babies, birthdays, family catch-ups, even funerals are now accessible across thousands of kilometres thanks to this real time, long-distance, picture and sound hook-up.

Little ones can see a beloved grandmother, although they don't understand they cannot grasp her hand or make a high five with grandad through the screen. However there are still huge benefits in being able to see each other and have a good chat – at no cost. I have heard of grandparents who

regularly read stories to their grandchildren over the internet.

A number of funeral homes now video and stream that final farewell in real time so that someone on the other side of the world, such as a grandchild on their overseas experience, accessing it with a password, can feel a little closer to home.

Technology has also got lots of happier uses which benefit us older folks. All manner of gadgets and pieces of wizardry make life easier, and safer as we age. There are calculators which talk to you – no more squinting at tiny buttons – and key finders. There are amplifiers for television, radio or audio books. There are add-ons to your computer which make it easier to use if you are sight-impaired or have limited use of your hands. Search "gadgets for grandparents" on Google to discover what else is on offer.

All our grandchildren live some distance away, but their preschools and kindergartens have done an excellent job of embracing technology so we've been able to watch the grandchildren on a bush walk, playing in the snow, creating something (unidentifiable but quite magnificent) and just mucking around.

In our case, the teachers use an iPad to film the children doing whatever is on the programme for that day, they add text and then share it with families as an "unlisted"



YouTube clip. We simply click on the link provided and are in on the action. The sound quality is so good you can hear the children as they ask thousands of questions and chat away to each other.

Privacy is a big issue so parents must give consent for their children to be filmed/recorded/photographed. Some do decline. Links to the videos are controlled by the parents, so they choose who they share them with.

As one preschool teacher said to me: "We can see huge advantages that technology brings for families in being able to share information about their children and their learning", and that very much includes grandparents.

For more information visit:

- www.agewell.org.nz/lifestyle_technology_internet.html
- www.educators.co.nz/story/youre-never-too-old-learn-new-technologies/
- tinyurl.com/Kin2Kin-Sftware



Create your legacy now

Many of us, particularly when we are young, have big dreams of changing the world. Many of us do go on to make the world a better place in our jobs, or through voluntary work in the community. Some of us also make regular donations to the causes we are passionate about.

But what if you want to do even more? What if you would like some assistance to identify worthy local causes, and plan and formalise your financial support of them?



The Nelson Bays Community Foundation (NBCF) was launched in 2010 to do just this. "The main aim of the Foundation is to promote and encourage philanthropy in ways that will benefit the Nelson Tasman region" says Julie Varney, the Foundation's Chair.

The Foundation does this primarily by working with donors who want to contribute to the community in the present or in the future. The Foundation helps individuals (or groups) to find an effective form for their philanthropic impulses which also matches their passions, and their resources.

Julie Varney explains that there are a number of different options which donors can consider. They can begin giving right away, during their own lifetime, or make a bequest as part of their estate planning. They can contribute to an existing community fund, or establish an endowment fund in their own or another name.

Whatever their financial circumstances, almost everyone can help make a difference in the community over the long term. Donations can take many forms including modest but regular deductions from pay or bank account, as well as donations of cash, shares, property or other assets.

The Foundation helps match the donor's interests and passions with local groups that need support. "We've got a wide range of community contacts" says Julie Varney, "so we can suggest worthy causes in the arts, education, social development and many other fields as well."

By investing donations and bequests collectively, NBCF creates a revenue stream with which to fund local charitable projects and services. In time, charitable groups could be freed to focus on the vital services they provide, rather than being distracted by the constant need to fund raise.

"We believe that our community will be a more caring place when organisations and projects receive regular and dependable support" says Julie Varney. Donor bequest commitments through NBCF are continuing to grow, and it's estimated that this year have passed \$8m.

A recent NBCF publication, *Beacon of Opportunities*, profiles the Foundation's activities and a range of local community groups responding to the challenges in our community.

Donors have the satisfaction of seeing their community thrive as a result of their generosity, but they can enjoy tax advantages too, so NBCF works with donors personally, or with their professional advisors.

Is it time for you to find out how you can contribute to the community through philanthropy?

More information

Contact us to get a copy of *Beacon of Opportunities*.
Contact Julie Varney

Phone 0800 777880
Email info@nbcf.org.nz
Website www.nbcf.org.nz

Nelson Bays Community Foundation Board members: Julie Varney (Chair), Jeremy Barton, Nick Moore, Bill Agnew, Tim Saunders, Liz Crawshaw and Dave Ashcroft.

Food for Thought

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



Changes in food and eating habits across the generations

The theme of this month's issue is grandparenting and the legacy we pass on to the next generation. Although I am not yet a grandparent, the theme has made me reflect on inter-generational differences in food and eating.

As children, my parents lived through the depression and World War II. My dad was seven years old when his father died, and his mother, my grandmother, was expecting her eighth child. She started a clog (yes, the wooden shoes) shop to survive. Their house was bombed during the war and food was in short supply.

I asked my dad what they ate and he said "mash, mash and more mash". They had one or two pigs and everything was used so the mashed potato was served with brawn or with kale or dried apples.

My mum lost her mother when she was only two years old. As a result, her father raised six children by himself. He sewed the kids' clothes and cooked basic meals with ingredients from the garden, swapping eggs for meat with the neighbours.

Fast forward to 2017 and the food environment has changed beyond

recognition. We have supermarkets with thousands of different products. We can buy food at fast food restaurants, petrol stations and even at some DIY shops. The number of diet books, cookbooks, websites and foodie magazines is into the thousands as well. Every day more information is published and new food products are introduced to the market.

The food environment will probably change just as dramatically again for our grandchildren and the generation after that. In order to provide protein to a fast-growing population in an environmentally friendly way we will see an enormous shift in food production. Right now we are already beginning to consider the introduction of insects and cultured or synthetic meat into our diets. It's predicted that lab-grown meat and fish will hit the shelves in the next five to ten years.

Most of the older people I work with as a dietician in the aged-care sector, prefer traditional meals of meat and three vegetables. I also see younger clients and vegetable smoothies and juices have become a normal part of their diet. Part of me resists this and I want to educate people how to cook and eat vegetables the traditional way.

However, I have to move with the times and stay up to date with new ways of doing things. There are so many ways of

eating healthily. I will stick with my motto 'eat mainly plant foods' but maybe I will have to add 'eat lab-cultured foods' in the near future. First, I have to get used to the notion that this is not as science fiction as it sounds!

One day I hope to become a grandmother while keeping an open mind about new foods and ways of eating. I also hope to pass on my passion for gardening and cooking with real food to the next generation.

Send your questions and suggestions to Marion:



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



The Motueka Library

Nourishing ideas and growing a community for 160 years

Motueka Library recently celebrated its 160th Anniversary. As I listened to the speakers at the event I was struck by how important the library has been in the life of the community and the development of the region. Its importance cannot be measured only by the books in the library, but by the way it has encouraged learning and fostered growth and connections in the community.

When the Motueka Library opened on January 20th, 1858, it was an illustrious affair. There was a festival of music by the amateur musical society, a "grand display of fireworks" and a formal ball. A special steamer brought guests from Nelson for the event, the return trip costing 12 shillings for a cabin, and 8 shillings for steerage.

Establishing the library above the Motueka Institute must have been a significant undertaking for such a small community. The census, just two years earlier, records the population as 981 people, 121 horses, 147 goats, 1667 cattle, and 1859 sheep. The fact that the library still thrives today is a reminder of the enduring power of the written word, and the buildings that house them.

No matter where I travel, I always join a local library. There are libraries everywhere. Though they may look different, they all have the same purpose. In the Gobi desert, the Mongolian Children's Mobile Library carries books to nomadic communities on the back of a camel. In São Paulo, Brazil, a "bibliotaxi", started by a taxi driver for his regular customers, flourished and became a standard feature of the taxi company.

There are even libraries behind bars. The detention centre at Guantanamo Bay in Cuba, has a library of 20,000 books, in English and Arabic. Browsing the shelves is not permitted: titles must be ordered in advance. Books are checked on return to ensure they are not being used by inmates to pass messages to one another.

Whether they are small-scale libraries like these, or the largest library in the world (the U.S. Library of Congress which holds 164 million catalogued items and a budget of US\$642 million dollars) libraries and their books, foster ideas, and grow communities.

I am a fierce advocate for libraries. The importance of libraries was installed in me by my mother at an early age. When she passed away I found a quote among her belongings which read "Just for today ... I will read something that requires effort, thought, and concentration." She lived by that motto, and I spent many an hour fossicking among

the large print collections at the Richmond and Motueka libraries finding suitable titles for her, after her eye-sight deteriorated.

Libraries are important to young and old. To young readers, they offer insights into magical new worlds. For those at the other end of life, books are a way to maintain a connection with the outside world. At Motueka Library's anniversary celebration I met some of the volunteers of the "Housebound Service" who deliver books to people who can no longer personally visit the library due to age, major illness, or disability.

In a Newsweek interview, Jeff Bezos, founder of Amazon, the world's largest bookseller, talked about one of his favourite books. After reading *Remains of the Day* by Kazuo Ishiguro he said "I just spent 10 hours living an alternate life and I learned something about life, and about regret."

It is this access to books and the insight into alternate worlds which libraries provide. They are the champions of youth, learning, literature, and connect people of all ages. The Tasman District Council's four libraries, in Richmond, Motueka, Murchison, and Takaka, contain books, but they also offer a diverse range of events from school holiday programmes, to free computer courses and book groups. The next time you walk into your library, try and imagine what it was like in 1868, when local libraries made it possible to connect to the world beyond New Zealand. Back then the addition of "200 volumes of new and standard works" shipped from England was the cause of great celebration and fireworks. It is in recalling moments like this, that we can truly appreciate how far we have come.



CONTRIBUTOR: DANA WENSLEY

Dana Wensley is a TDC councillor. She is Chair of Accessibility for All and Deputy Chair of the Community Development Committees, a member of the Environment and Planning Committee and TDC's representative on the Positive Ageing Forum.

With thanks to Coralie Smith, President of the Motueka Historical Society, for conversations and research for this story. Some historical details were gleaned from *And So It Began* published by the Society in 1988.

Gardening

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



Inspiring a love of gardening in the younger generation

Extended family is precious and one of the loveliest things a grandparent can do is to spend quality time with a grandchild. What better way to do this than in the garden – not only will you enjoy each other's company but you will be inspiring them to garden later in life: a wonderful legacy.

These days some children have absolutely no idea that many of the vegetables they see in the supermarket are grown in the ground. As grandparents you can help change this with your fountain of knowledge and experience.

Asking your grandchildren to help harvest vegetables from your garden before dinner is a wonderful start because they see where they are growing. Giving them an area in your garden is the perfect way to encourage them to grow their own produce or flowers. If you don't have enough garden space to be able to do this, flowers and vegetables can easily be grown in containers.

Children's attention spans can be short, so keeping things simple by sowing or planting something that grows quickly can be key. Flowers such as linaria and

marigolds germinate very easily from seed and are quick to flower. Carrots, lettuce and radishes are a great first vegetable option.

If your grandchildren live out of town, and you don't see them regularly, planting a tree or shrub on your property when they are visiting is a lovely idea. Each time they come to stay they will be able to see how well it's growing and they will remember planting it with you for the rest of their lives.

Perhaps take your granddaughter around the garden and show her how to put together a simple tussie mussie (tiny bouquet) or show your grandson how to make compost and divulge all of the secrets of the garden shed. Sitting on a picnic blanket on the lawn making daisy chains is one of life's simple pleasures that can be shared too.

I have lovely childhood memories of special holidays with my grandparents in Maori Hill, Dunedin. I can see the rockery at the front of the property, and the beautiful green lawn that sloped upwards at the rear of the house with plants on either side of a winding path and a vegetable garden. The rockery, in particular, instilled in me a love of rocks and small plants smothered in flowers.

Both my grandparents died when I was young so I didn't get to spend a lot of time with them but I was very lucky to have Maggie, a neighbour/

surrogate grandmother in Invercargill, who inspired me with her passion for gardening.



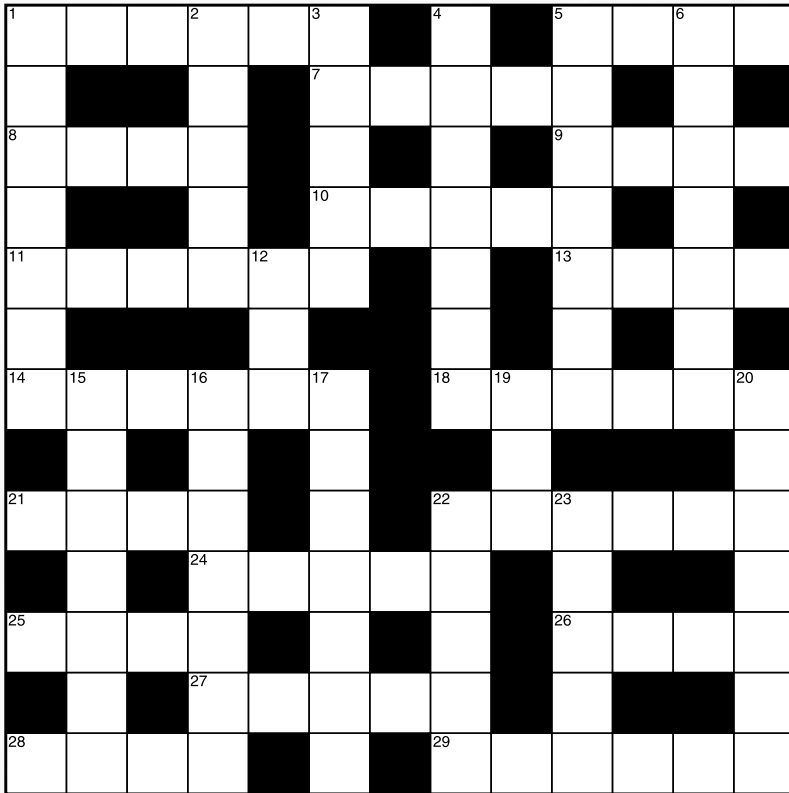
I spent many hours watching Maggie weed her flower beds and tend her vegetable garden. It was such an honour when she asked me to help her weed – she didn't let anyone else touch her garden in case they dug up plants instead of weeds. To this day, I thoroughly enjoy weeding much to the consternation of some of my gardening friends. Happy gardening!

Email your questions and suggestions to Philippa:

foeslamb@extra.co.nz



CROSSWORD



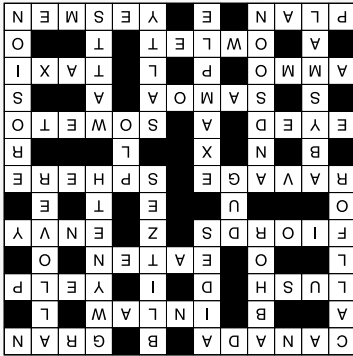
ACROSS

1. Maple leaf country
5. Mum's mum
7. Marriage relative (2-3)
8. Luxuriant
9. Shriek bark
10. Devoured
11. NZ glacial inlets
13. Resentful desire
14. Plunder
18. Globe
21. Looked at warily
22. Johannesburg township
24. Pacific nation
25. Ammunition
26. Passenger vehicle
27. Baby owl
28. Intend
29. Servile flatterers (3,3)

DOWN

1. Summon (4,3)
2. Detest
3. Helpers
4. Bombards
5. Actress, ... Paltrow
6. Completely finished (3,4)
12. Used shovel
15. Awful
16. Et cetera (3,2,2)
17. Specimen
19. Arab organisation (1,1,1)
20. Natural abrasion
22. Saline
23. Power units

Crossword Solution



Sudoku Solution

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

SUDOKU

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

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

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

A view from the country

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



Exchanging family stories and farm news

Now that all our children, and their children, live overseas we keep in touch through modern technology.

They don't write letters, so there's no more frustrating wait for the postman now that Skype, emails and digital images are the medium of communication. Our family can communicate with us wherever they are. Farm duties used to prevent us from travelling much. Now there are other disincentives: being squashed into a flying tin can at 35,000 feet in cramped and uncomfortable conditions, and the cost of travel insurance for pre-existing conditions. It's easier and more pleasant to sit in the sun on the veranda and make digital visits.

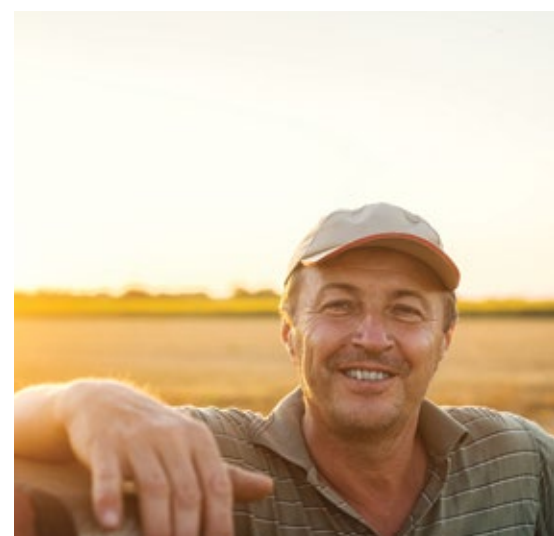
We're fortunate that family still come to visit us. Our grandson Ollie visited recently on his way to a job on the ski fields down south. He'd regularly posted photos, comments and little videos of his life on a large, isolated cattle station in the Northern Territory, working with horses and cattle and tutoring three rambunctious young boys. However, in person he had lots more to tell us about the experience, and could answer our questions in a way which complemented those online communications.

In turn, we could resort to an old-fashioned way of sharing images and stories. We got out an old album of photos showing life on the farm which Ollie didn't know about. Then we shared a cigar box of postcards written by his mother when she was young. The photos weren't digital but they opened up a completely new world for Ollie to experience. His mother had taken a year out from studying for a degree to live on an Alberta cattle ranch as a nanny. She sent us a picture postcard every fortnight and for six months of the year the postcards were dominated by snow. Ollie's mother helped out on the ranch too so her postcards contained details and stories about conditions, costs, prices and practices on the ranch and how different they were to our own farming experiences.

During his stay I was also able to share with Ollie some even earlier family artefacts – a dusty box of photos and letters regularly written home by his grandfather who had travelled to Canada on his big OE in the 1920s. He arrived in Vancouver at a bad time to find work. The late thaw meant that logging and mining had not started again, so Ollie's grandfather subsisted on one meal a day in the YMCA until in desperation, he joined the Royal Canadian Mounted Police. Although an accountant, he learned how to ride a horse and shoot

people, before he could be appointed to the Quartermaster's staff and tasked with annual auditing trips throughout Canada. One of the photos showed him with his dog team, in deep snow. These photos, postcards and letters suggested to Ollie that Canada and snow had been almost built into his DNA by his mother's and grandfather's experiences.

There is no doubt that new technology does make it easier to connect with others far away, but "real" old photos and writing still work. We are lucky to be able to enjoy communicating with family in both ways from our own veranda.



SERVICE DIRECTORY

COVERS BOTH THE TASMAN AND NELSON DISTRICT

Age Concern

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

Alzheimer's Society

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

Arthritis New Zealand

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

Asthma Society (Better Breathing Classes)

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

Brook Sanctuary

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

Hearing Association Nelson

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

Hearing Therapy Services Life Unlimited

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

Mobile Toe Nail Cutting Service

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

Nelson Public Libraries

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

Nelson Country Music Club

Every second Sunday 6.00 pm at Club Waimea. Ph. 0277226448 (Linda) E. nelsoncountrymusicclub@gmail.com

Marching for Women 50+

Join a group of fantastic mature women for fun, fitness, and friendship. No experience required. If you can walk, you can march. Uniforms supplied. Ph. 548 9527 (Diana) E. dianatony@xtra.co.nz

Senior Net (Nelson)

Computer instruction for people aged 50+. Clubrooms at Pioneer Park, Hastings Street. Ph. 03 548 9401

Stroke Foundation

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

Upright and Able for Falls Prevention

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

GOLDEN BAY

Astanga Yoga

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

Friends of Golden Bay

Ph. 03 524 8130 (Don)

Genealogical Group

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

Gentle Exercise Class

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

Golden Bay Contract Bridge Club

Golden Bay Community Centre, Commercial St, Takaka. Weds 7.00 pm & Fri 1.00 pm. Ph. 03 525 8696 (Jude) E. goldenbaybridgesec@gmail.com

Golden Bay Garden Club

Ph. 03 525 8455 (Anne)

Golden Bay Patchwork and Quilters Guild

Ph. 03 524 8487 (Liza)

Indoor Bowls/Cards

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

Marble Mountain Country Music Club

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

Motupipi Indoor Bowling Club

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

Pohara Bowling Club

Ph. 03 525 9621 (Jennifer)

Puramahoi Table Tennis

Ph. 03 525 7127 (Rene)

Relaxation and Restoration Yoga

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

SeniorNet (Golden Bay)

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

Sit and Be Fit

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

Takaka Golf Club

Ph. 03 525 9054

Takaka Golf Club Ladies Section

Ph. 03 525 973 (Rhonda Lash)

Takaka Spinning Group

Ph. 03 524 8146 (Margaret)

Takaka Table Tennis

Ph. 03 525 7127 (Rene)

University of the Third Age

Ph. 03 525 7202 (Moira)

Uruwhenua Women's Institute

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

Wednesday Walkers

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

HOPE

Hope Midweek Badminton Club

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

Nelson Veterans Tennis Club

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

MAPUA

Sioux Line Dance

Tuesday – Mapua Community Hall

Beginner Class, 9.00 am – 10.00 am. Improver Class, 10.00 am – 11.30 am

Ph. 03 528 6788 E. sioux.wilson@yahoo.com.au

Low-Impact Aerobics and Pilates

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

Mapua Craft Group

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

Mapua Friendship Club

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

Mapua Bowling Club

Ph. 03 540 2934 (Dave)

MOTUEKA

Cycling

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

Indoor Bowls

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

Sioux Line Dance

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

Marching

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

Motueka 50+ Walking Group

Walks every Thursday from Motueka. www.motueka50pluswalkers.org.nz for details of our walks and meetings. E. secretary50pluswalkers@gmail.com Ph. 03 528 9434 (Shirley).

Motueka and District Historical Association

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

Motueka Bowling Club

Ph. 03 528 5412 (Peter)

Motueka District Museum – Pupuri Taonga

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

Motueka Scottish Country Dancing Club

Wednesday night dancing, 7.30 pm Scout Den, Lower Moutere Hall. Ph. 03 526 7096 (Vicky) Ph. 03 543 3650 (Fay)

Motueka Senior Citizen's Assn Inc – 50+

Pah St Motueka: (behind the Motueka Library)

Indoor bowls:

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

Rummikub: Thursdays 1.00 – 3.30 pm. Ph. 03 526 8796. (Mavis)

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

Housie: 3rd Friday of the month 1.30 – 3.30 pm. Ph. 027 717 018 (Dot) Ph. 03 528 8960 (Dylis)

Card Games: Flag 500 and Cribbage, alternate Tuesdays, 1.00 – 3.30 pm. Ph. 03 528 9651 (Judy).

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

Motueka Recreation Centre

Senior Activity Programmes: Mon: Silver Sneakers, 9.30 am \$5

SERVICE DIRECTORY

Social Badminton, 11.00 am \$5
Pickle Ball, 1.30 pm \$5

Tues: Sit n Be Fit \$5

Wed: 60+ Gymmers, 9.30 am \$5
Pickle Ball, 11.00 am \$5
Badminton, 2.00 pm \$5

Thurs: Sit n Be Fit \$5

Ph. 03 5288228 (Wendy)

Motueka Social Dance Group

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

Riwaka Bowling Club

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

Riwaka Croquet Club

Ph. 03 526 6237 (Nini)

Social Recreation

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

Yoga

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

MURCHISON

Murchison Sport, Recreation & Cultural Centre

Find out what is happening:
www.murchisoncentre.co.nz
E. muchison.centre@clear.net.nz
Ph. 03 523 9360

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

NELSON

Angie's Aerobics

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

Aquatics/Swimming/Gym

Riverside Pool
Ph. 03 546 3221

Belly Dancing

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

Breast Prostheses and Mastectomy bras

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

Cardiac Support Group

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

Community Heart and Diabetes Services

Nelson Bays Primary Health
for education, awareness and
support.

Ph. 03 543 7836 (Bee
Williamson)
M. 021 409 552
Free Ph. 0800 731 317

Golf Croquet

Nelson–Hinemoa,
Ph. 03 548 2190 (Bev)

Government Superannuitants association

Ph. 538 0233 (Margaret)
E. nelson@gsa.org.nz

Grandparents raising Grandchildren

Ph. 03 544 5714 (Paula)

Line Dancing

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

Marching

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

Nelson Antique Bottle and Collectables Club

First Tuesday of each month,
7.30 pm, Broadgreen House,
Nayland Road, Stoke. Informal,
informative, friendly and fun.
Bring along your treasures.

Ph. 03 545 2181 (Judy)
E. randjpittman@gmail.com

Nelson Electronic Organ and Keyboard Club

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

Nelson Grey Power

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

Nelson Male Voice Choir

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

Nelson Petanque Club

Wed and Sun 1.15 pm. Behind
the Trafalgar Park grandstand,
off Trafalgar Park Lane. Boules
and tuition provided.
Ph. 546 6562 (Roger or
Shirley).

Nelson Philatelic Society

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

Nelson Provincial Museum

For details, visit
www.nelsonmuseum.co.nz

Nelson Social Dancing Club

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

Nelson Scottish Country Dancing Club

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

Nelson Scrabble Club

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

Nelson Senior Citizens Social Indoor Bowling Club

Ph. 5466562 (Roger or Shirley).

Pottery

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

Silver Yogis

Beginner's yoga for adults 50+.
Mats and props provided.
Ph. 03 548 8245 (Jo Ann)
E. nzsilveryogis@gmail.com
W. www.silveryogis.co.nz

Stoke Tahunanui Ladies Club

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

Sit and Be Fit

A 35 min class to music. Victory
Community Centre, Totara St,
Nelson – Tuesdays 11.00 am.
Ph. 03 546 8389 (Leigh)

Super Seniors (65+)

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

Support Works

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

Suter Art Gallery

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

Table Tennis

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

Tahunanui Bowling Club

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

Tahunanui Community Centre

A range of activities and
services on offer, walking,
gardening, cycling and free
counselling.
Ph. 03 548 6036 (Katie or
Jacqui)
W. www.tahunanui.org

Tai Chi with Gretchen

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

Taoist Tai Chi Internal Arts for Health

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

The Probus Club

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

Ukulele with Gretchen

Nelson and Richmond, groups
or private.

U3A: Ph. 03 548 7889 (Paul)
E. membership@u3anelson.org.nz

Victory Community Centre

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

Victory Laughter Yoga Club

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

Victory Senior Support

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

Victory Sit & Be Fit

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

Nelson 50+ Walking Group

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

Yoga

Dru Yoga classes
Ph. 03 543 2125 (Sue)

Yoga

Hot Yoga Nelson
Ph. 03 548 2298

RICHMOND

Badminton Richmond

Morning Badminton
Ph. 03 544 44120 (Dawn)

Body Power Pilates & Yoga Centre

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

Hope–Ranzau Women's Institute

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

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

Creative Fibre Group

Meets at Birch Hall, Richmond
Showgrounds at 9.30 am every
2nd, 3rd and 4th Thursday of
the month. Learn to Spin, Knit,
Crochet, Weave or Felt.
Ph. 03 986 0079 (Margaret)

Chair Yoga

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

Club 50

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

Croquet

New members very welcome.
Golf croquet Thursday &
Sunday 1.00 pm. Association
croquet Winter – Wednesday
& Saturday 1 pm, Summer
10.00 am. Lawns opposite
Health Centre lower Queen
Street.
Ph. 03 541 0623 (Sherly)
Ph. 03 544 7268 (Betty)

SERVICE DIRECTORY

Easy Exercise

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

Euchre (May to Sept only)

Warm & friendly. Cuppa and raffles. Richmond Bowling Club. Fridays 1.30 to 4.00 pm. \$3.00 per session.
Ph. 03 5442749 (Monica)

Sioux Line Dancing

Wednesday – Club Waimea, Richmond. Beginner Class, 6.00 pm – 7.00 pm. Improver Class, 7.15 pm – 8.30 pm.
Ph. 03 528 6788
E. sioux.wilson@yahoo.com.au

Lunch on the Hill

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

MenzShed Waimea

A&P Showgrounds, Richmond
Ph. 027 289 0185

Nordic Walking

Taster classes & courses with Physiotherapist Jacqui Sinclair. Full details go to W. www.jacquinclair.com
Ph. 03 544 1645

Pilates Classes

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

Pottery

Tutored classes at Craft Potters, 202 Ranzau Rd, Hope. All welcome. No experience needed.
E. craftpotters@ts.co.nz

Richmond Bowling Club

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

Richmond Creative Fibre Group

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

Richmond Indoor Bowls

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

Richmond Ladies Friendship Club

Interesting monthly speakers & outings.
Ph. 541 8664 (Judy)
547 3679 (Margaret)

Richmond Physiotherapy

Knee classes: Wednesday 10.00 – 11.00 am, \$10.00. Pilates: Tuesday 12.00 – 1.00 pm, \$15.00. Pilates: Thursday 5.00 – 6.00 pm, \$15.00. Senior Fit Class: Tuesday 10.00 – 11.00 pm, \$15.00.
Ph. 03 544 0327.

Richmond Scottish Country Dancing Club

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

Richmond Senior Citizens

62 Oxford Street, Richmond. Cards Tuesday – 1.30 to 4.00 pm. Bus trip & lunch first Wednesday of each month, cost varies. Craft Group – Thursday 9.00 – 12noon. Cards – Thursday 1.30 to 4.00 pm. Exercise classes & cuppa – Friday 10.00 to 11.00 am. Friday Rummicub 1.00 pm – 3.00 pm. Hot lunch – Friday 12 noon \$5.00.
Ph. 03 544 9174 (Pauline or Terry)

Richmond Slimmers Club

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

Richmond Waimea Community Whanau Group

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

Social Cards

Richmond Senior Citizens Rooms, 62 Oxford St Richmond, Tuesday & Thursday Cards 1.30 pm – 4.00 pm. Friday Rummicub 1.00 pm – 3.00 pm.
Ph. 03 544 5563 (Kath)

Sport Tasman Richmond

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

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

Tasman Tennis Club

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

Veteran's (55+) 9 Hole Golf

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

Yoga Classes for stiff and sore spots

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

STOKE

Chair Yoga at Saxton

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

Clogging/Tap Dancing

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

Give It A Go

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

Housie Evening

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

Nelson Savage Club

A social club for all entertainers. Variety Concert held at 7.30 pm on the second Wednesday of every month at Stoke Primary School Hall, Main Rd, Stoke. Everyone welcome
Ph. 03 547 7022 (Philipa)
03 547 2660 (Anne)

Ngawhatu Bowling Club

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

Presbyterian Support

Visit us at 360 Annesbrook Drive, Nelson. 10.00 am to 3.00 pm most days. Enliven Positive Ageing Services – social & activity day groups. Totara for older people. Harakeke for those with dementia. Refreshments & lunch provided. Van transport to & from the centre.
Ph. 03 547 9350 (Trish)

Safety & Confidence

Ph. 03 543 2669 (Cornelia)

Saxton Seniors

Saxton Stadium

Senior Walking Group:

Tuesday & Thursday 9.30 to 10.30 am \$5.00.

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

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

Chair Yoga: Wednesday 10.30 am.

Tai Chi for Health:
Ph. 03 538 0072

E. stadium@sporttasman.org.nz

Stoke Bowling Club

Ph. 03 547 1411 (Allen)

Stoke Central Combined Probud Club

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

Stoke Old Time Country Music Club

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

St Barnabas Stoke

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

Stoke Seniors Club

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

Regular activities:

Stoke Memorial Hall:

Art Class: Mondays 10.00 am, Cost: \$3. Art tutorial once a month – \$5.

Book Chat: 1st Wednesday each month, 11.00 am. All welcome.

Mah Jong: Tuesdays, 1.00 pm \$3.

Mel's Memory Lane Chat Group: Twice a month at 11.00 am Tues – Thurs.

Sit & Be Fit exercises to music: Tuesday and Wednesday at 11.00 am. \$3 500 Club – Wednesdays at 1.00 pm \$3.

Stoke Seniors Hall:

Scrabble Club: Mondays 1.00 pm. \$3.

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

Tuesday – Thursday Meals. A two course midday meal for \$10 (members) \$12

(non-members). Please book (preferably by 9.30 am the day before).

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

Monthly movie: Contact office for details.

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

Special trips:

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

Girls Own:

Monthly on Friday.

Lads @ Large:

Monthly on Friday.

TAPAWERA

MENZSHED

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

Visual Art Society

Ph. Kay 03 522 4368

Walking

Rural Ramblers
Ph. 04 541 9200

WAKEFIELD

Live Well, Stay Well Activity Group

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

Walking

Rural Ramblers
Ph. 03 541 9200

JOIN OUR DIRECTORY

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Highlights from www.itson.co.nz

Nicola Galloway – My Homegrown Kitchen

Award-winning chef, photographer and writer Nicola Galloway has amassed an army of followers eager for her tasty recipes.

Hear how she built her business, her passion for local food, and the cookbook she always wanted to write. In conversation with Neudorf Vineyards co-owner and passionate foodie Judy Finn.

Friday 13 October, 12.00 pm for lunch – 12.30 start at the Granary Festival Cafe at Founders Heritage Park, 87 Atawhai Drive, Nelson.

Tickets, Bookings and Entry:

Price \$16, with lunch \$15 extra ((Plus TicketDirect Service Fee.

Tickets from Ticketdirect, Theatre Royal, iSITE, Richmond Mall
Ph. 03 548 3840; 0800 224 224.

Ph. 03 545 8734 / Email festivaleenquiries@ncc.govt.nz

Bloom

Enjoy this floral and heritage fete with the Gardens of Isel Park in full bloom.

- The opening of Isel house for the season
- Floral displays
- Garden tours and talks
- Chat with expert panel for gardening tips and tricks
- A new exhibit in the house
- Activities for children
- Fabulous food and live music...

23 October 2017, 11.00 am to 3.00 pm. Isel House and Park, Isel Park, 16 Hilliard Street, Stoke, Nelson.

Contact Mahina.Marshall@NCC.govt.nz

Advertise your community event on It's On!

Website: www.itson.co.nz

Anne Smith: Phone 03 545 6858 or
email events@nrda.co.nz



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Website: www.healthcarenz.co.nz



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