

mudcakes & roses

THE MAGAZINE FOR NELSON TASMAN SENIORS



What's inside:

Nelson Arts Festival

Tapawera Armistice Weekend

Alternative pet therapy

Exercise is the best medicine

Plus books, gardening, puzzles

EDITOR'S *Letter*

By the merest coincidence this issue of Mudcakes is more than usually focused on well-being and health issues and the older person.

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Perhaps most importantly in this issue, we feature information about the launch of the National Bowel Screening Programme in the Nelson Tasman region. Screening will be undertaken by Nelson Marlborough Health and is free for anyone between the ages of sixty and seventy-four.

Bevan Grant makes a compelling argument for exercise as a cheap and effective way to keep healthy, and our nutrition columnist weighs in on the same topic. With summer just around the corner, their timing couldn't be better. Longer days and warmer

temperatures make the thought of exercise far more appealing.

We even tackle pet health in this issue. Renee Lang investigates an alternative animal therapy in her 'Have You Ever' column.

However, you shouldn't let all this emphasis on health and exercise make you feel guilty about taking a seat at one of the many wonderful performances and events at the Nelson Arts Festival this month.

As an old school teacher of mine used to say 'healthy mind, healthy body'.

Ro Cambridge



Contact the editor

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On the cover

'Direction-finding Duck' by Michael Leunig, appearing at Nelson Arts Festival, 11 – 26 October, 2019
www.nelsonartsfestival.co.nz

Thank you

Mudcakes survey – thanks for your feedback!

A big thank you to everyone who took the time to complete our survey recently.

We plan to use the results to keep refining the content, design and distribution of the magazine so it remains a useful, informative and enjoyable read for you.

In this issue you may notice some small change to the layout, font and headings – this is to make sure the magazine is easy to read for everyone, and reflects some of the comments we received about making sure our design meets the needs of those with limited sight.

Your input has led us to think about some other improvements too – we'll keep you posted about those in future issues.

Although the survey has closed, we're always keen to hear feedback about the magazine – contact Mike Tasman-Jones, email mike.tasman-jones@tasman.govt.nz or phone 543 8400.

In this issue

04 Bevan Grant argues that exercise is the best and cheapest medicine.

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08 Alternative therapies aren't just for humans, as Renee Lang discovers in her interview with Reiki practitioner, Lori Anne Parker.

10 Nelson Arts Festival presents another engaging programme of arts events this October.



Wild things

Anne Hilson was a Biologist in the Wildlife Service (a precursor of the Department of Conservation) and went on to become a member of two D.O.C. Conservation Boards. She has a long history of advocacy for the environment in work for local authorities, and is now involved in the Battle for the Banded Rail.



Skating on thin ice

I am face to face with several tusked walruses – all talking at once in snorts, growls, clicks, whistles, grunts, and roars.

They are so close we can almost count the 600 long facial bristles which they use searching for shellfish on the seabed. The walruses are curious and keep moving closer towards us, backed by a choir of around twenty others, all singing from the same song sheet, but perhaps just little more wary of the adoring humans on board our three inflatable Zodiac boats.

The Spoonbilled Piper Task Force is a cooperative venture between several countries working to reverse the trend. Our group is searching for the birds on the coast of the Kamchatka Peninsula in Far East Russia. This feels like one of the world's least populated places. In two weeks the only signs of human life are a small village of indigenous people, and the ubiquitous plastic trash that sails in on the tide. Not one sighting of ships, fishing boats, or planes – not even a vapour trail. Not a road, not an airstrip, and no Internet access. We do find the grave of Vitus Bering the explorer, who died of scurvy on the Commander islands.

We spend many hours sauntering in orderly lines through extensive herbfields and tundra plants, looking for indications that the Spoonbilled Sandpiper, an officially endangered species, has extended its breeding range. We are unsuccessful.

This small bird breeds in coastal Kamchatka, and winters thousands of kilometres south, in coastal areas of Myanmar, China, Vietnam and Thailand. The current population of Spoonbilled Sandpipers is less than a hundred pairs, and falling. The main reason is subsistence hunting, done with mist nets, on the overwintering mudflats.

Two hundred metres behind the unmelodious walruses, at least another 3000 lie on the beach. Walruses are very social but the number who gather on land in "haulouts", has recently increased. Walruses usually use the sea ice to socialise, rest, nurse their calves and park them while they forage for food on the seabed. However, ice floes are decreasing rapidly and are expected to disappear from the Bering Sea within



ten years. Already, most of the floes are too far apart to be used by walruses, and so they must gather on land in large numbers. The area they can forage for food is limited by the distance they can swim, so access to food shrinks. Calves starve, or are crushed in panics which occur if the group is attacked by predators, commonly brown bears.

The Trump administration has refused to categorise the Pacific walrus as endangered, claiming they could "possibly adapt to the changing environment". I wonder if this has any connection with the millions of hectares of sea off the Alaskan coast which is being leased to oil companies for exploration?

I returned home thankful that the Internet has so many excellent images and videos of walruses. They will prove to my grandchildren that walruses did once upon a time exist in the world.

Exercise – the cheapest medicine

Popular magazines are full of stories about how to be a healthy 'older' person. The message they share is that it's good for your health to remain physically active throughout life. It's sound advice but no matter how often the message appears, it doesn't seem to convince people in their post-65 years to become exercise 'junkies'.

There is a mountain of unequivocal research to prove that regular physical activity has multiple health benefits, particularly if you are older. Exercise will not guarantee a long and ailment free life but can reduce the risk of acquiring some degenerative diseases. It can also delay the decline in functional capacity and add a 'feel good' factor to everyday life.

We used to think of later life as a time for slowing down and taking a well-earned rest. This deterred most people from even thinking about adopting an active lifestyle after retirement. Thoughts of a physically active life faded and with increasing age physical activity became a memory for most people. Resources were devoted mostly to keeping people alive with medications and more sophisticated forms of treatment.

Times have changed and the experts now agree "to rest is to rust". A few years ago the Ministry of Health took heed of this message and published the New Zealand guidelines on physical activity for people 65 years and over. These ideas are slowly filtering down to the general public. Being older is no longer considered a valid reason for us to remain inactive.

More recently, the World Health Organization took this one step further and published a document titled More Active People for a Healthier World. It recognises that exercise is not only a cheap form of medicine for the individual, but is good for society as a whole, including savings on national health spending.

I can see in the community around me that some changes are happening: more older people seem to be engaging in physical activities, and there are many more exercise programmes specifically designed for older adults. These include bike riding, aquatic classes, chair-based exercises,

tai chi, yoga, walking groups, line dancing, strength and balance classes, a range of masters' sport and many more.

But appearances can be deceptive. Research still indicates that with the passing of years, many people over 65 years avoid or give-up being physically active. There are many reasons for this. People might fear they are getting too old, that they might hurt themselves, or that exercise will be too expensive. Many tell themselves that they are healthy enough and anyway, don't enjoy exercise. There are also stereotypical ideas which need to be challenged, in particular about the way the appearance of the older body and how it functions.

Embracing physical activity in your advanced years requires a considerable level of courage and conviction. But once you have conquered these challenges you will be surprised at the abundance of support that comes from other people who share your concerns, and challenges. Professionals in the field of health and exercise are also available to give support and advice on exercising safely and appropriately for your age.

It's vitally important to find a form of exercise which you find enjoyable. To get the best health benefits from whatever activity you take up you need consider the right balance of four interrelated factors: the type of activity best suited to your needs, the frequency of the activity, the intensity of the exercise, and how much time you spend exercising.

The good news from the research is that older people who do manage to take up exercise in later life discover a 'new' self. They unanimously report that the positive results are well worth the effort. It really is an easy way to energise and enrich your life. Take the first step now.

Contributor: Bevan C Grant

From 1993 until his retirement in 2013 Bevan was a Professor at the University of Waikato. Since the mid-90's his focus has been on gerontology, and he has worked with local authorities on age-friendly city ideals and age-related policy development. Should you wish to talk about the above in more detail, you can email Bevan at bcg@waikato.ac.nz.





Thinking volumes

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



Simple by Yotam Ottolenghi

Ottolenghi's cookbooks take us to new levels of appreciation of food. His recipes, mostly with a Mediterranean inflection, are always both reliable and exciting, the food is always a pleasure to make – and even more of a pleasure to eat. This new book, Simple, has everything you love about Ottolenghi – made simple, or quick, or both simple and quick. Whenever you have the inclination for Squid and Red Pepper Stew, or Roasted Aubergine with Anchovies and Oregano, or Pasta with Pecorino and Pistachios (if you're feeling alliterative), or No-Churn Raspberry Ice Cream, you'll be able to whip it up in no time and still have the benefit of Ottolenghi's subtle mastery of flavours.

A Ladder to the Sky by John Boyne

Maurice Swift is looking for success at any cost (but that's the cost to others rather than himself). Boyne has created a ruthless and ambitious young writer who will stop at nothing to get what he wants. However, he has a problem: he's not very imaginative. Yes, he can write, but he struggles with 'the story'. While waiting tables in Berlin, Swift meets

acclaimed author Erich Ackermann, who confides his life story to Swift – who makes it into a novel. Erich is the first of several victims of Swift's 'crimes'. As the novel follows the highs and lows of Swift's writing career over several decades, we meet the people central to his life, all in some way unwitting players in his game, a game in which the stakes get higher and higher. This is a viciously witty portrayal of writers and writing. Boyne will make you laugh, cry and cringe all in equal measures. A highly enjoyable novel of sharp observations and spoonfuls of unease.

Inside the Villians by Clotilde Perrin

This is a large-format, gorgeous, beautifully produced interactive picture book featuring the best villains of fairy tales – the giant, the witch and the wolf – all complete with both a story and exceptional lift-the-flaps revealing the inner workings and hidden goings-on of these most compelling characters. Pull the string and find out what is in the wolf's intestines! Find the mouse – and the knife! – in the giant's boot! Change the witch's expression – and find the bon-bon in her pocket! A complete delight for all ages.

21 Lessons for the 21st Century by Yuval Noah Harari

Although best known for his positive/negative koru stacks, New Zealander Gordon Walters was a diversely productive and influential artist of international importance for five decades. His rigorous experiments in abstraction drew both on Modernist art practice and on his knowledge of Maori and Pacific traditional cultures. He rose to prominence during a period in which New Zealand and its art were at once finding a place in the South Pacific and also beginning to contribute to international discourses. This stunning, fully illustrated book contains thoughtful essays, lets us appreciate the full range of Walters's activities, and restores him firmly to the front rank of New Zealand artists.



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Tapawera Armistice Weekend 9 – 11 November 2018

The Tapawera Military training camp was established in the late 19th century. Originally it was for training volunteer soldiers, followed by compulsory training for the Territorials from 1912 and then the newly formed 12th (Nelson) Regiment trained there with men coming from Nelson and Marlborough.

Following the outbreak of the war in 1914, men from the Regiment joined the New Zealand Expeditionary Force in Lyttleton and shipped off to Europe.

This year, to mark the centenary of the signing of the Armistice in November 1918, and to celebrate its Military Camp heritage, the Tapawera community is hosting a special weekend event for the Nelson Tasman region.

Tapawera will mark the contribution of those who served and sacrificed their lives in the Great War on Sunday 11 November at the traditional Armistice service organised by the Richmond Waimea Returned and Services Association. It will be followed by a special parade to the Military Training Camp grounds, where displays will illustrate what the 'return home' meant – examining how those who survived came back, what life was like, and the war's impact on New Zealand and our region. Tapawera will come alive for the weekend with period costumes, vehicles, 'bell' tents, music and more as it remembers the sacrifices made by women and men, and the celebration of peace and homecoming.

Throughout the weekend there will be a variety of activities to enjoy, ranging from an interactive Theatre of Peace, films,

heritage-themed local bus trips, music, a commemorative rugby match, craft fair, displays and local entertainment.

The parade on Sunday 11 November will commence after the official service and dedication of the Army Hut museum, and will include period vintage vehicles, a restored WWI-era horse-drawn ambulance, and a horse-drawn limber carrying a 9-pounder Armstrong gun.

Come and learn more about the huge impact that the First World War had on our society, especially in the rural communities that lost so many men and horses, and how it still reverberates in some ways today. A special 'Memories Tent' will give people the opportunity to share how their family played a part.

Visitors are welcome, and site bookings can be made on the event website: www.tapawera.nz.

Find our more:

Read the weekend programme online at www.tapawera.nz, check out the Facebook page Tapawera Armistice Weekend 2018, or contact the organisers at tapww100@gmail.com for more details.

Nelson Tasman Positive Ageing Forum

The forum provides an opportunity for older persons and agencies who work for and with older persons to discuss, advocate for and develop an environment that enables residents of Nelson Tasman to age positively.

The forum on Monday 17 September 2018 included discussion on these topics:

Nelson Strategy on Ageing Demographic

Nelson City Council recently confirmed the development of a strategy to plan for its ageing population. Nelson now has more residents who are over 65 than under 15, and only the over-65 age group is growing. The strategy will be community-led and use the World Health Organisation Age Friendly Communities model as a starting point. The contact is Nicky McDonald, Group Manager Strategy and Communications – Nelson City Council nicky.mcdonald@ncc.govt.nz.

Neighbourhood Support and Community Patrol

Marty Price, Coordinator – Neighbourhood Support Waimea, provided information on Neighbourhood Support and the Community Patrol.

Richmond Waimea Neighbourhood Support was established in November 2012 and is now one of 180 groups in the region. Each group has a contact person, who liaises with the co-ordinator.

Marty is a co-founder of Community Patrol, made up of volunteers who patrol on a Friday and Saturday in their community-funded marked patrol car. The patrol works with Civil Defence and has a useful 'Crime Prevention' booklet with information on what to do in situations such as scams, intruders on property and so on.

The Waimea Neighbourhood Support Facebook page has information, updates and warnings: www.facebook.com/NSWaimea

Tasman District Council's Age-Friendly Policy

The feedback phase has been completed with more than 180 organisations and individuals responding. Key topics include transportation, reducing social isolation, and the need for a range of smaller accessible housing. There is a need for accessibility to public toilets and facilities. The draft policy is due by December. The contact is Brylee Wayman, Tasman District Council Senior Policy Advisor, brylee.wayman@tasman.govt.nz.

Test a toolkit for older renters

As part of the 'Life When Renting' research programme, a toolkit is being developed to help older tenants access the information they need about the rental market, tenancy matters and services in their community.

Workshops are being held to test a prototype of the toolkit with a wide range of people, especially older people who are renting, and service providers who work with older people.

Two workshops to test the prototype will be held on:

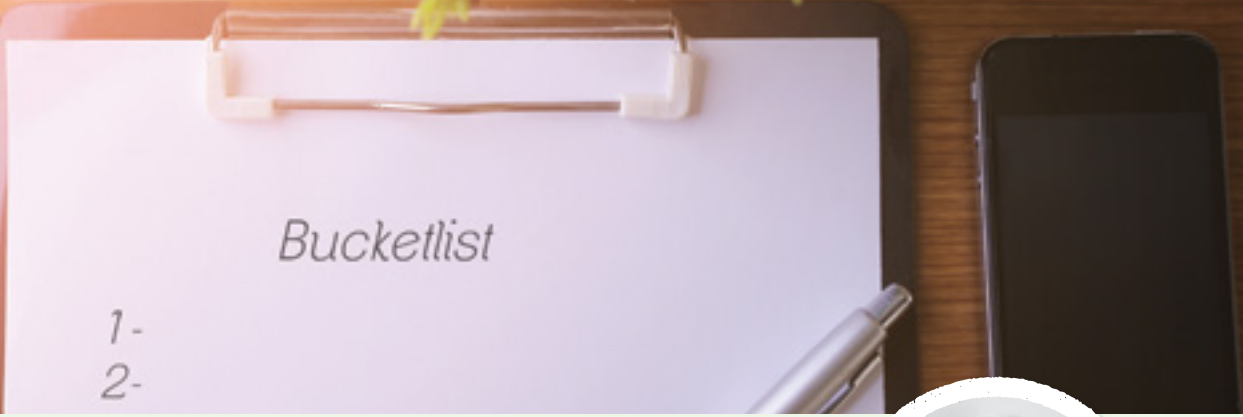
- Thursday 25 October 1.30 pm – 3.30 pm, Constance Barnicoat Meeting Room, Richmond Library, 280 Queen Street, Richmond.
- Friday 26 October 1.30 pm – 3.30 pm, Activity Room, Elma Turner Library, 27 Halifax Street, Nelson.

To RSVP for either of these workshop, or for more information contact:

- Bev James bev@bevjames.nz; cell: 027 2478353
- CRESA freephone: 0508 427 372
- renting.goodhomes.co.nz

Nelson Tasman Positive Ageing Forum meetings are held five times per year at Richmond Library from 1.00 pm until 3.00 pm. All welcome. Next meeting: Monday, 26 November 2018.

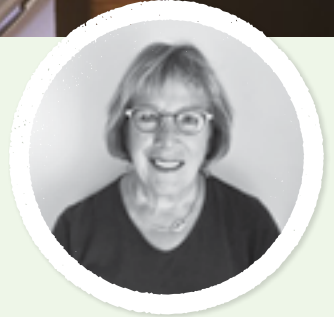




Bucketlist

Have you ever

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



Have you ever ... considered alternative therapies for your pet?

If you have a pet, especially a cat or a dog, you'll be familiar with visits to the vet, and when your beloved pet needs medical treatment there's no better place to go. But sometimes your pet may just need an opportunity to relate to someone who understands how they are feeling, particularly if they have experienced a stressful event. Enter Lori Anne Parker, who has recently established her reiki practice in Nelson.

Lori explains that reiki is an ancient Japanese style of energy work that helps humans and animals relax when they are in an anxious or 'fight or flight' state. When they are relaxed they may begin the healing process more easily. Simply put, Lori 'tunes into the energy that is all around us'. She likens it to the hair rising on your arms during an electrical storm, when can feel an energy all around you.

In tapping into that energy Lori effectively becomes a conduit which helps animals – people – relax. She is adamant that she is not a medical practitioner and her therapy does not replace veterinary/medical care. Rather she is a 'helper' who provides another modality to relax people and animals and empowers them heal themselves.

The unseen energy levels in animals are higher than those in humans. This often shows – especially with cats and dogs – in the way they respond when a loved guardian is ill or stressed. If you have a cat or dog you may have noticed that your pet may be unusually affectionate and stay extra close to you.

Lori works with animals at your home or farm so your 'fur/feather child' feels comfortable. During the reiki Lori positions herself on the floor so the animal can choose to approach her – or not. She then spends 15–30 minutes connecting with the animal, all the while breathing calmly, being fully present for the animal/human. This is a very restful experience for all concerned, including the animal's owner. The animal will let Lori know where to focus her attention, and will walk away or fall asleep, when they've had enough.

Lori recognised from a very young age that she had 'healing hands', especially around family pets. She sees this as a gift and uses it, along with intuition, to be of service in the healing/relaxation process. She and her husband moved to New Zealand 11 years ago, becoming Kiwi citizens in 2014. She studied and practiced reiki for three years and

achieved her Reiki Master degree in 2017. Then she began volunteering on farms, and at the Nelson SPCA where the staff welcomed her approach with open arms. Lori feels strongly about sharing her gift and being of service throughout the community.

Lori is also interested in working with older folk, many of whom have ageing animals that could benefit from a session with her. In these situations, Lori only charges when she feels that the animal has received some benefit. Even then, her fee is pretty modest as she adjusts it to the circumstances of the owner.

If you would like to know more, give Lori a call on 021 168 1908 or visit her website: www.animalreikinelson.weebly.com/.





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.

Springing into action!

Spring is my favourite season for several reasons. Firstly, the garden has come to life. I have dug lots of compost and alpaca manure into the vegetable garden. The first vegetable seedlings are planted. There is also endless weeding and mowing this time of year but that's good exercise!

It is so much easier to lead a more active lifestyle when the days are longer and warmer. In the winter, it can be more challenging to meet the recommended thirty minutes of physical activity a day. In fact, statistics show that about half of New Zealand adults do not achieve the 30 minutes a day, at least five times per week. Not surprisingly the percentage of people who are inactive is higher in the older age groups. One in seven people in New Zealand undertake even thirty minutes of physical activity per week. Health experts have begun drawing attention to the negative effects of inactivity by saying that "sitting is the new smoking".

Movement is good at any stage of life but particularly important when we

get older. A huge variety of different activities can help to keep bones and muscles strong as well as improve balance, mood and sleep. Whether it is walking, gardening, swimming, cycling, playing golf or anything else that is enjoyable. There are a whole range of exercise classes such as Sit and Be Fit, Tai Chi and yoga groups available in our region. These classes provide exercise but are also social times. I was a guest speaker at a Sit and Be Fit group recently and found that the exercises were amazing. The whole body gets a workout even while sitting, and the music makes it seem easier. My brain was challenged as well while I attempted to co-ordinate the movement of opposing limbs.

Being physically active means taking every opportunity to move. Little changes can make a difference. Try parking the car at a distance from the shops so you have to walk a little further. How about walking with friends rather than sitting down for a coffee together?

I love visiting op-shops and there are six op-shops that I like to browse in between Bridge Street and Vanguard Street. It takes me about an hour and a

half to walk between them and browse each of them.

Richmond town centre has recently become very pedestrian-friendly. There are a number of places to stroll in the main street and Washbourn Gardens is a lovely place to walk too. Take every opportunity to sit less and exercise more. Which reminds me – I have been sitting for a couple of hours to write this column, it's time for me to go outside and plant those potatoes!



Send your questions and suggestions to Marion:

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



The 2018 Nelson Arts Festival

This October, local and visiting performers and writers bring vibrancy to the city during the annual Arts Festival. The 2018 programme, features a carefully curated spread of theatre, music, dance, talks and free events. It's Festival Director Charlie Unwin's eighth festival, and he still maintains an infectious enthusiasm.

"Nelson is perfect for a festival," says Unwin. "It's small enough that we can have a real presence in the city, and big enough that it has a really lovely range of old and new venues – many within walking distance."

"This year, it's fantastic to be back in Nelson School of Music Auditorium (NCMA)," continues Unwin, "and we've selected a trio of concerts that will really showcase the pristine acoustics. We put careful consideration into matching the concerts and productions with the venues, to give the best experience for the performers and the audience."

Nelsonians are fortunate to hear world-class musicians in such a small auditorium – larger cities have larger (and "fancier") venues of course, but this makes for a less intimate experience. First up of the festival's concerts at NCMA is NZTrio (NB Not a typo this is their name), with a new line-up of founding member Ashley Brown, Andrew Beer (Auckland Philharmonia Orchestra) and Stephen De Pledge (Auckland University School of Music). Not only are they highly accomplished musicians, but they have chosen an upbeat programme of Ravel, Piazzolla, Cassadó and Albéniz to lift the spirits.

The following night is some of New Zealand's best classically trained singers – Tākiri Ensemble – performing an exquisitely charmed selection of German lieder, French and English art songs, as well as some New Zealand songs. Many will recognise internationally acclaimed soprano Anna Leese

from Opera in the Park. At the festival she is joined by mezzo soprano Maaïke Beekman, tenor Robert Tucker, baritone James Harrison and pianist Kirsten Robertson, who also performed at the 2018 Opera in the Park.

Night three is a celebration of local talent, with Sounds Excellent – featuring three local choirs: Nelson Bays Harmony, Mosaic and NCMA Young Voices, as well as string trio The Bachelorettes and singer-songwriters Brooklyn Scott and Bryce Wastney. Again, perfectly suited to the acoustics and scale of the Nelson School of Music Auditorium.

One of NZ's national companies makes a very welcome return this year. The Royal New Zealand Ballet (RNZB) will perform a selection of classical and contemporary works, including a sneak peek into their 2019 programme. "It's hard to pick favourites in the programme," admits Unwin, "but I'm really looking forward to RNZB, especially because it's all too seldom that we have NZ's premier performing arts company in Nelson."

And finally, if you're looking for a recommendation of the Page & Blackmore Readers and Writers programme, try Parenting in the Digital Age. Whether you have kids or grandkids, this Thinking Brunch will discuss "screentime", which is so much part of contemporary children's lives. Better to understand and embrace it, rather than ignore it or try fruitlessly to fight it!



11 – 26 October 2018

**For more information,
and to download a free copy
of the Nelson Arts Festival
Programme, visit:
www.nelsonartsfestival.co.nz**



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.



Preparation and planting for summer vegetables

Spring is well and truly here and it seems to have arrived early. Fruit and deciduous trees all around the district are blossoming and mine are alive with the hum of honeybees – such a glorious sound.

After predictions of a very cold winter, it didn't really seem to eventuate – we plunged into winter in June and there has been the odd cold day since, but nothing drastic. We had quite a lot of good frosts which are wonderful for the soil and for killing pests. There is always the chance of frost right through into late October so it's important to keep some frost protection handy.

Soil temperatures are on the rise and it's the perfect time to get your vegetable garden ready for summer crops. If you've had a green manure crop such as mustard, lupin or oats in your vegetable garden over the winter, now is the time to chop it down and dig it in thoroughly. Snipping finely with hedge shears from the top to the bottom is the easiest and most effective way to help ensure your green crop will break down quickly once it's dug in. Adding fish compost

and sheep manure pellets at the same time will provide your seedlings with a powerful mix of nutrients – perfect for tomatoes, courgettes, leafy greens, brassicas and more.

Now is the time to sow tomato, capsicum, chilli, courgette, cucumber and pumpkin seeds ready for transplanting later. Until recently I always found the germination rate of the latter three fairly erratic so a couple of years ago I tried an experiment which turned into an epiphany – with almost 100% germination and exceptionally healthy seedlings.

Looking closely at courgette, cucumber and pumpkin seeds you will notice they have a blunt end or "wings" (cucumbers, gherkins) and a rounded end. Instead of placing the seeds on their sides when you sow them, poke the seeds into the seed raising mix (or soil if sowing direct) with the blunt end or "wings" uppermost as this is where the seed leaves emerge from. Cover with seed raising mix to twice the depth of the part of the seed that is above the surface of the mix.

I also use this method when sowing peas and beans direct – making sure their "eye" is facing upwards as this

makes a huge difference re germination. It's important to make sure you don't sow them too deeply, especially when sowing directly into the garden.

If you like to soak your peas and beans before sowing, soak them for no more than an hour in tepid water. Any longer and not only can you diminish the vigour of the seed, the seed itself can rot away in the soil especially if there is significant rain.

When purchasing any summer crops from garden centres, look for good strong stems and fresh green foliage. Happy, healthy seedlings will grow very quickly and produce much better crops. This applies to all leafy greens and brassicas too. Happy gardening!



Courgette seed with blunt end upwards

Send your questions and suggestions to Philippa

foeslamb@xtra.co.nz



A life-saving test

The National Bowel Screening Programme for our region has just been launched by Nelson Marlborough Health (NMH). Screening saves lives by detecting pre-cancerous polyps, or finding bowel cancer at an early stage.

Over the next two years, anyone aged 60–74, who is eligible for free public healthcare in NZ, will be sent an invitation, consent form, and test kit in the mail. It's expected that around 30,000 eligible people will be invited to participate in the programme over the next two years.

New Zealand has one of the highest rates of bowel cancer in the developed world and the Nelson Marlborough region has the country's fourth highest rate.

NMH General Manager of Clinical Services Lexie O'Shea says that, because of this, the introduction of the bowel

screening programme is important for Nelson Marlborough residents and communities.

"It is especially important for Maori. Although Maori people have lower rates of bowel cancer, they are more likely to die of bowel cancer than non-Maori. This is often because they are diagnosed with bowel cancer at a more advanced stage than non-Maori."

"We are asking people to encourage their whanau – their matua and kaumatua – to do the test when they receive the invitation in the post," Mrs O'Shea says.

"The screening test will save lives and support our families, whānau and communities to be healthy for longer. I urge everyone eligible to take the test."

The programme is for people with no symptoms of bowel cancer. Anyone who already has any concerns about their bowel health is advised to contact their GP.

You do not have to register for the programme, but your contact details (especially postal address) need to be up to date with your GP because participants will be contacted by mail.



How the screening programme will be rolled out:

1. People who are close to turning 75 (the cut-off age for eligibility) will receive the first invitation letters
2. People currently aged 60-74 will be invited on their birthdates as follows:
 - People who have a birthdate with an even number will receive an invitation in year 1 (between August 2018 and August 2019)
 - People who have a birthdate with an odd number will receive an invitation in year 2 (between August 2019 and August 2020)
3. People who turn 60 will be invited straight away. After a person has been invited for the first time, future correspondence will be based on their previous screening dates.
4. If you have a family history of bowel cancer you may be referred for surveillance colonoscopy or to the familial gastrointestinal cancer service.

Age Concern Tasman

Bringing animals back into the lives of older people

AgeConnect is an initiative which promotes friendship and community connections for older people. As part of this programme we've held several PetConnect sessions. These are about connecting, or reconnecting older people with animals and the unconditional love they give.

Many older people are forced to give up their pets when they move to smaller accommodation, or do not replace the ones they currently have because they do not want to outlive them. Imagine how much you would miss the touch, the sounds and the company of a pet if you are no longer able to keep one.

PetConnect is our way of addressing this issue. During PetConnect sessions,

volunteers share their suitable pets with older people in a group setting, usually happens in a rest home or retirement village.

We have recently run several magical PetConnect sessions, and have further community-based sessions planned in the coming weeks.



Contact AgeConnect Coordinator Breffni O'Rourke on 03 544 7624 or via email at ageconnect@ageconcern.org.nz

This little test helps find bowel cancer early

Bowel screening is now available in the Nelson Marlborough region.

It's free to eligible people aged 60 to 74 who will be invited over the next two years.

You will get a test kit in the mail. The test is simple and clean and you do it at home.

Make sure your doctor has your correct address so you don't miss out.

Time to
screen

National
Bowel
Screening
Programme

Nelson Marlborough
Health

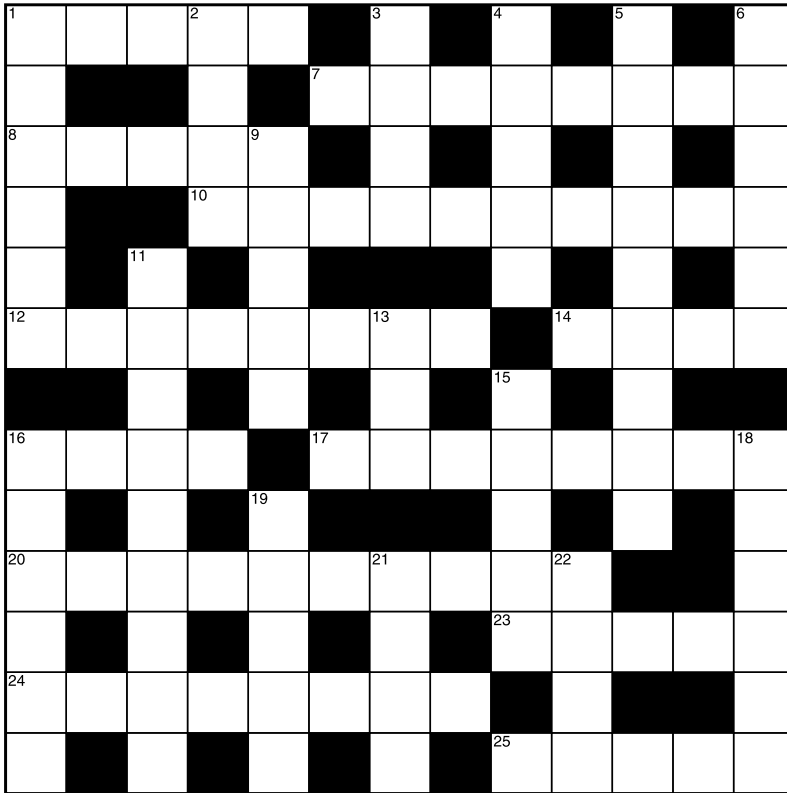
MINISTRY OF
HEALTH
KAWHATU HAUORA

New Zealand Government

TO FIND OUT MORE GO TO www.timetoscreen.nz

Free phone **0800 924 432**
or talk to your doctor

Crossword



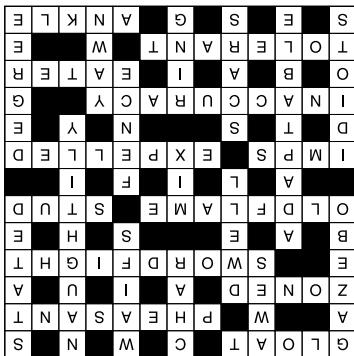
ACROSS

1. Boast
7. Game bird
8. Defined (area)
10. Duel (5,5)
12. Ex-lover (3,5)
14. Foaling farm
16. Rascals
17. Dismissed
20. Mistake
23. Guzzler, fast ...
24. Easy-going
25. Foot joint

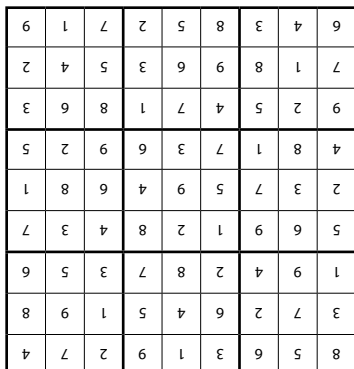
DOWN

1. Garden pavilion
2. Daunts
3. Burn
4. Homeless kids
5. Mischievously
6. Declared
9. Reside
11. Willing to change
13. Fraternise
15. Property divider
16. Ignoramuses
18. University award
19. Wound marks
21. Boxing dais
22. Open mouth wearily

Crossword solution

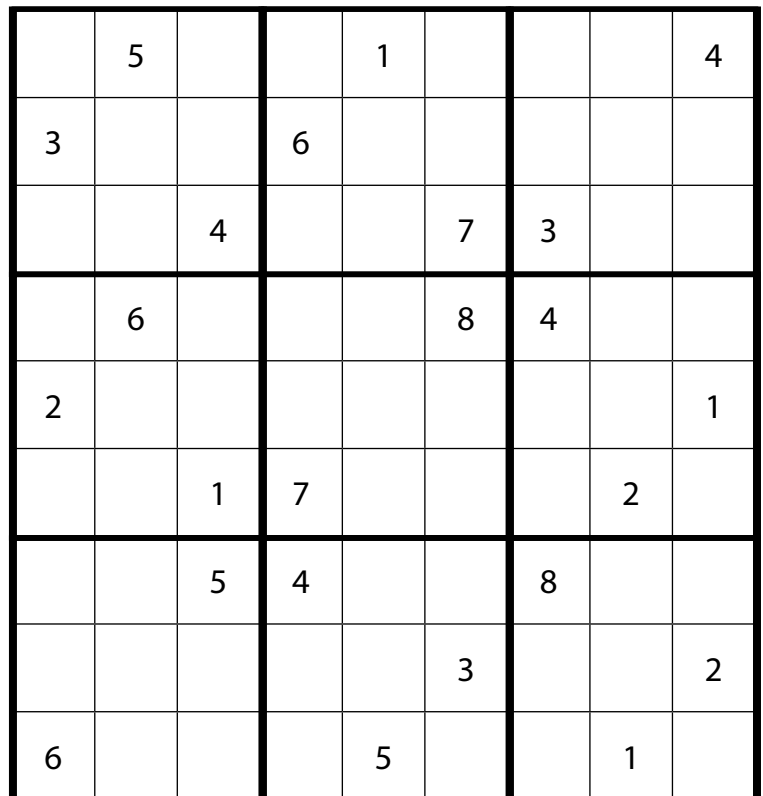


Sudoku solution



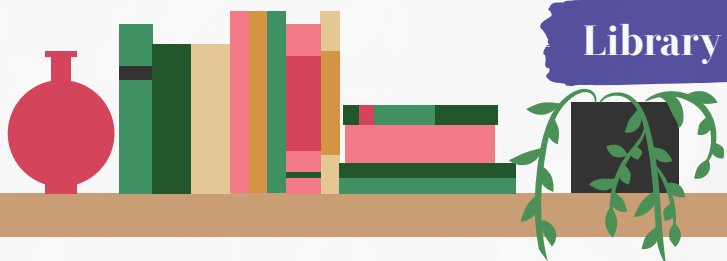
Sudoku

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



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

Tasman District Libraries



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MORE INFORMATION



Website:

www.tasmanlibraries.govt.nz

Telephone:

Richmond 543 8500

Motueka 528 1047

Takaka 525 0059

Murchison 523 1013

Nelson Public Libraries



Audiobooks – borrow online or in the library

Many of our patrons like to hold a physical book in their hands and savour turning the pages, many also enjoy listening to a book read out loud. Audiobooks are handy for those who find text reading more difficult, or avid readers who like to multi-task!

You can borrow an audiobook in compact disc (CD) format from our shelves, or borrow a book online using an app on your phone or other device. Libby for Overdrive, is one of these apps, the other one, is called BorrowBox. Both apps are free to download and use. Through these apps, you can borrow a certain number of audiobooks at a time which are automatically returned on the due date.

Historical fiction is particularly popular on Libby – try listening to *The Other Einstein* by Marie Benedict or *Last Night at the Blue Angel* by Rebecca Rotert.

We are excited to be able to offer BorrowBox because it has a range of Australian and New Zealand content. It also has a good selection of children's books – very handy when the grandchildren visit! We particularly like *The Margaret Mahy Collection*, read by the author herself.

Pop along to a Device Advice session at the following times for help downloading an app and borrowing your first audiobook.

Elma Turner Library

Tuesdays at 10.00 am / Thursdays at 2.00 pm

Stoke Library

Wednesdays at 2.00 pm / Fridays at 11.00 am

Full details available from It's On,
library@ncc.govt.nz,

www.nelsonpubliclibraries.co.nz or phone
03 5460417.



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



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.

Alzheimers Society

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

Arthritis New Zealand

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

Asthma Society (Better Breathing Classes)

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

Brook Sanctuary

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

Found Directory

An online directory of social and community groups and organisations across Nelson and Tasman. www.found.org.nz or contact Volunteer Nelson for more information. 546 7681, admin@volunteernelson.org.nz

Hearing Association Nelson

Card group Mondays from 1.15 pm. Free talks on all hearing issues, free hearing aid clinics (cleaning and drying) first Friday of the month 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.

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

Volunteer Nelson

Volunteering opportunities across Nelson and Tasman. A great way to connect socially and do something that interests you. 03 546 7681, admin@volunteernelson.org.nz, www.volunteernelson.org.nz

GOLDEN BAY

Astanga Yoga

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

Friends of Golden Bay

Ph. 03 524 8130 (Don)

Genealogical Group

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

Gentle Exercise Class

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

Golden Bay Contract Bridge Club

Golden Bay Community Centre, Commercial St, Takaka. Weds 7.00 pm & Fri 1.00 pm. Ph. 03 525 9744 (Leigh)

Golden Bay Garden Club

Ph. 03 525 8455 (Anne)

Golden Bay Patchwork and Quilters Guild

Ph. 03 524 8487 (Liza)

Indoor Bowls/Cards

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

Marble Mountain Country Music Club

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

Motupipi Indoor Bowling Club

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

Pohara Bowling Club

Ph. 03 525 9621 (Jennifer)

Puramahoi Table Tennis

Ph. 03 525 7127 (Rene)

Relaxation and Restoration Yoga

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

SeniorNet (Golden Bay)

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

Sit and Be Fit

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

Takaka Golf Club

Ph. 03 525 9054

Takaka Golf Club Ladies Section

Ph. 03 525 573 (Rhonda Lash)

Takaka Spinning Group

Ph. 03 524 8146 (Margaret)

Takaka Table Tennis

Ph. 03 525 7127 (Rene)

University of the Third Age

Ph. 03 525 7202 (Moir)

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

All walks leave Deck's Reserve car park, where transport is arranged. Meetings last Thurs each month in RSA Club, High St, Motueka at 9.30 am. Ph. 03 528 7276 (Secretary Yvonne Hope) Ph. 03 528 6290 (President Nora Morris) Alternate walks: Ph. 03 528 4559 (Frances Neumann)

Wed: 60+ Gymmers, 9.30am \$5

Pickle Ball, 11.00am \$5

Badminton, 2.00pm \$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)

Scottish Country Dancing

Ph. 03 543 2989 (Valerie)

Social Recreation

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

Yoga

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

MURCHISON

Murchison Sport, Recreation & Cultural Centre

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

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

NELSON

Angie's Aerobics

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

Aquatics/Swimming/Gym

Riverside Pool Ph. 03 546 3221

Belly Dancing

Zenda Middle Eastern dancing
Ph. 027 689 0558 (Debbie)
E. 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)

Gentle Yoga with Connie

Hearing House, 354 Trafalgar Square, Nelson Tuesday's (during school term) 10.30 – 11.45am. Suitable for anyone who is inflexible, thinks yoga too hard for them, or has a sedentary lifestyle. Numbers are limited to 12. Ph 035475331 or 0272976147 Email: jnc@jnc.co.nz

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

Rehearsals: 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).

New Zealand Society of Genealogists, Nelson Branch

Meetings every 4th Monday 7.30pm Feb Oct at Nick Smiths Rooms Quarantine Road, Stoke. Library 67 Trafalgar Street, Nelson, Mon 1-4, Thur 10-4, Sun 2-4. All welcome. nelson@genealogy.org.nz

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 11.00am. 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

Aqualite:

Hydrotherapy Pool, Richmond. Aquatic Centre, Salisbury Road, Richmond. \$5.00 per session, Mondays & Wednesdays. 8.00am and 8.40am. Increase strength, improve balance and manage pain

Badminton Richmond

Morning Badminton
Ph. 03 544 44120 (Dawn)

Bfit4ever

Nicola Rae, 021 0788609 or 546 8444

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 1pm, Summer 10.00 am. Lawns opposite Health Centre lower Queen Street.
Ph. 03 541 0623 (Sherly)
Ph. 03 544 7268 (Betty)

Easy Exercise

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

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 (Sue Wilson)
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. Mon 12.30 to 1.30 pm or Wed 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. All welcome.
Ph. 03 544 7953 (Gwen)

Richmond Physiotherapy

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

Richmond Scottish Country Dancing Club

Tuesday evening 7.30 pm. Methodist Church Hall, Neale Ave, STOKE. Contact 5440902 or 5418211. C Stanton, Sec RSCD club. cstanton@actrix.co.nz

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 – 12 noon. 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)

Sit and Be Fit

Mondays 10.15 am. AMI Nelson Suburbs Soccer Clubrooms Saxton Field, Stoke. Gentle exercise to music, \$5.00 pp.

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)

Just Us Drama

Meets each Monday 10.30 am - noon at Whakatu Presbyterian Church Hall Lounge, Upper Songer Street Stoke to rehearse skits and plays for to performing to various groups. No previous experience necessary! Enquiries to Marion 5470509 or Jane 0210578754

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. Ph. 03 547 7022 (Philippa) 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 Probus Club

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

Stoke Old Time Country Music Club

Stoke School Community Hall. Every 2nd Sunday 6.30 pm. 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 at 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).

SERVICE DIRECTORY

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

Monthly movie: Contact office for details.

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

Special trips:

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

Girls Own:

Monthly on Friday.

Lads @ Large:

Monthly on Friday.

TAPAWERA

MENZSHED

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

Visual Art Society

Ph. Kay 03 522 4368
Walking – Tapawera
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)

Willowbank Heritage Village

Open every first Sunday in the month (September – May). Stroll the village and visit the stores + our Victorian Cafe, 1950s Burger Bar and 1970s Milkshake Bar. More info: willowbank2002@gmail.com

Walking – Wakefield

Rural Ramblers Ph. 03 541 9200

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