mudcakes & roses

THE MAGAZINE FOR NELSON TASMAN SENIORS



EDITOR'S Letter

**

This modest little magazine has a modest little deadline: all content must be written, and all illustrations decided upon just two weeks before publication date. Even so, it's impossible to predict what Covid Alert Levels will apply here, or elsewhere in New Zealand by the time this issue of *Mudcakes & Roses* finds its way into your hands.



All that is certain is that our efforts to stifle the spread of Covid-19 will continue to disrupt every aspect of life in New Zealand, curtailing many of the personal freedoms we used to take for granted. It will continue to affect the way we work and play, and our relationships with family and friends. And it will continue to stress businesses, government, health services, and transport and supply systems.

The Nelson Arts Festival, planning for which began 12 months ago, is just one of the many events which have fallen victim to the unpredictability of Covid-19. The festival's organisers have made the heart-breaking decision to cancel many planned events. But, as you will see from the feature on the festival in this issue, there is still plenty left to enjoy.

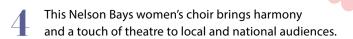
By the sheerest coincidence, this issue also happens to contain a feature on the Nelson Bays Harmony Choir, and a column on the capacity of singing to lift the spirits and build social connection.

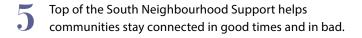
If there was ever a time when we need to stay in tune with each other and sing from the same songbook this is it.

Warm regards

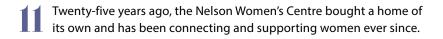


In this issue





Connection of another sort happens during the Nelson Arts Festival.
Although Covid has curtailed the programme this year, there's still plenty happening!



Where to pick up your next copy

Mudcakes & Roses is available at all Nelson City and Tasman District Council offices and libraries, as well as the following locations:

Richmond

- · Oakwoods Retirement Village
- · Tasman Medical Centre
- · Night 'n Day Richmond
- · Richmond Aquatic Centre
- Boulevard Café
- Summerset Richmond Ranges

Stoke

· Summerset in the Sun

Nelson

- New World
- · Morrison Square
- Fresh Choice

Wakefield

Four Square

You can also find it online at tasman.govt.nz/publications

Contact the editor

For topic suggestions and submissions:

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

On the cover

Photo by Kraken Images on Unsplash.











Sing yourself happy

As I write, our region is in Covid Alert Level 2 with high hopes of moving to Level 1 very soon, but Auckland still languishes in Alert Level 3.

Perhaps singing helps us live through the disruption and uncertainty that Covid has brought? The German playwright Bertold Brecht (1898 - 1956) said that "In the dark times will there also be singing? Yes, there will be singing about the dark times".

No matter how each of us feels about our voice, the opportunity to sing in the shower or in the car or any place else where there's no chance of an audience is deeply gratifying.

It's much more than a chance to let off steam as, more importantly, it just makes you feel better. Research strongly indicates that singing can help lower stress, boost immunity and lung function, enhance memory, improve mental health,

and help you cope with physical and emotional pain. What's not to like about that line-up of benefits?

Here's another fact: it's been shown that for those with dementia, singing can improve concentration and memory recollection. If someone dear to you has this condition, especially if they live in a residential facility, you'd be doing them and everyone else there a big favour if you can encourage staff to get their residents singing.

Singing with others can be even more beneficial than singing alone. I'm not talking about necessarily exercising your vocal chords at a professional level; rather I'm extolling the virtues of getting involved in a community choir. Not only do you get the benefits of singing I mentioned earlier, but there's also the social aspect. Choirs are great for those who live alone or are looking for the opportunity to make new friends. There's also the anticipation aspect or, to put it

more simply, having something to look forward to on a regular basis.

For reasons that I personally don't understand, singing in a choir – at any level - seems to appeal to women more than men. So, here's a message for all the women readers of Mudcakes & Roses - how about joining a choir and dragging your nearest and dearest with you? He might initially complain but once he realises how good it feels, there may be no stopping him!

Since I started this column with a quote, I'm going to finish with one from another German who knew what he was talking about; this time monk and theologian Martin Luther (1483 - 1546):



As long as we live, there is never enough singing.



Columnist: Renée Lang

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.



In this unique local choir, women of varied ages and from very different backgrounds make beautiful music together – with a theatrical flourish.

The women who sing in the Nelson Bays Harmony Chorus (NBHC) range in age from 30 to 80. They work in health, education, transport, local government and construction. Some are busy mothers or retirees. Through singing together in unaccompanied four-part harmony (mainly in the barbershop style) they connect with each other and with their audiences.

"Singing is good for the soul!" says choir member Carole Brown, explaining the buzz of literally being in tune with each other. "We love being together, working to improve our personal vocal skills, helping others learn and most of all we love to sing together. Singing together as a team we create a whole other exciting energy and that connects us with the audience. It's exhilarating for us. We love to see the joy our music brings to people in our audience".

Carole's feeling is backed by research which shows that solo singing is good for the body – it improves breathing and posture and relieves body tension – but singing in unison with others is even better. Science suggests this probably comes from social closeness and the release of positive neurochemicals such as $c\beta$ -endorphin, dopamine, and serotonin into the body.

A good *a cappella* singer must be able to sing in tune, but they must also be able to stick to their own notes when others are singing a different set of notes.

"A cappella singing is about working together as a team," Carole explains, "listening to each other and following the musical director, so everyone stays in sync".

Kathy Jamieson has provided guidance and inspiration as the choir's musical director for the last seven years, although the choir must now begin the challenging task of finding someone to take over the role – expressions of interest are invited on the choir's website: www.nelsonharmony.org.nz.

The choir rehearses every Thursday evening. They may also get together in smaller groups to practice during the week, or bring in an out-of-town vocal coach for weekend singing workshops.

Although the choir takes its singing seriously it also works in an encouraging and supportive way. Auditions are held for anyone wanting to join the group, but as Carole explains, "you don't need to be a 'pro' to join. Women who want to sing are invited to come and find their voice with us, and we provide heaps of support for novice singers".

NBHC is affiliated with Sweet Adelines, a singing organisation which resources and teaches more than 20,000 women worldwide to sing four-part *a cappella* music, and links to a network of other singers and vocal coaches nationally and internationally.

Amongst the choir's extensive repertoire there are classic pop songs, upbeat modern *a cappella* songs, rousing anthems, beautiful ballads, and songs from musicals such as *Phantom of the Opera*. At Christmas the choir is in high demand for community and public performances of Christmas carols.

Most years the choir will travel to one of the main centres to compete at the women's barbershop convention.

The choir does more than just sing beautifully in harmony. It also incorporates a lot of showmanship and theatre into its performances. Earlier this year NBHC won Audience Choice Award at the Sweet Adelines convention in Christchurch. Dressed in head scarves and aprons (see photo) the choir sang *Nine to Five* in a light-hearted demand for better working conditions in a Covid mask-making factory. Their award-winning performance is available on YouTube.

In other performances also available on YouTube, the choir strikes a more glamorous and sophisticated note with the women wearing shimmering black evening dresses, or red frocks accented with sequinned scarves.

Enjoy performances of Nelson Bays Harmony Chorus without leaving home!

- The choir's winning performance of Nine to Five: https://youtu.be/xHw2Nc1neRQ
- Singing One Moment in Time at the Theatre Royal, Nelson: https://youtu.be/wuWYG6IREsw
- Singing In My Room also at the Theatre Royal, Nelson: https://youtu.be/8E7dpY6ChMw

More information: www.nelsonharmony.org.nz

Neighbourhood Support

Connecting with neighbours, giving and receiving support is particularly important during challenging times like Covid lockdowns. Neighbourhood Support is an organisation which exists to help you do that – and more.



The aim of Top of the South Neighbourhood Support is to connect and support neighbourhood groups in order to drive improvements to community safety, resilience, and well-being.

The organisation is a charitable organisation formed in 2020 by unifying three separate organisations covering Marlborough, Nelson and Waimea.

Volunteer Street Coordinators (many of whom are over 60) understand just how much individuals and the community can benefit through facilitating neighbourhood connections.

When people are connected to the community around them, they feel less isolated, and their well-being gets a boost too. Neighbourhood Support facilitates community members to undertake activities that create connection including welcoming new residents, neighbourhood social events such street BBQs, skills exchanges and shared neighbourhood projects.

The Top of the South Neighbourhood Support group also runs a series of free workshops to help you build neighbourhood connections and neighbourhood resilience.

For more information about workshops or how you can become part of the movement towards creating safe, resilient and connected communities, email admin@tsns.org.nz phone 0800 87 67 46 or visit www.tsns.org.nz





On the home front

For many years it has disturbed me that although we spend so much money on our homes we leave them empty all day while we go to work.

In lockdown, home is being used full time as many of us have to stay there all day. If you're like me, staying at home all day means you probably eat more, drink more alcohol, sloth about more and generally indulge in dissipation. No wonder the supermarket shelves are half-empty!

However, in lockdown you may also have time to consider whether your home environment is the ecofriendly and pleasant environment you'd like it to be.

Nelson City Council has a free advisory service for locals who want to improve the sustainability of their homes. Even without the council's help, you can consider some of the following. Put a timer on your heating system. Install solar panels and use

energy efficient light bulbs. If you are redecorating use water-based paints, choose tradies who live locally and go for floor length, insulated curtains (not blinds). Bunnings makes curtains to your specifications at a very reasonable price. Their fabrics are limited in range, but I found one that suited. I enjoy cheerful colours and it is difficult to find premade curtains or blinds that appeal to me, but it can be done. Compost food and garden waste. Boil only enough water for your cuppa; don't fill the jug. I do all of those things, though I'm a bit shambolic about timing when my heating should be on.

If you have modified your home environment to be more sustainable and healthier, let's look at how pleasing it is to live in. If you favour minimalist interior decor stop reading now – your perfect home may be different from mine!

I like a house that looks as if a personality lives there. I have

thought about de-cluttering, but I love all my stuff: my books that I may lend or re-read; my prints and paintings which were all given or made by friends; my clothes, bought for wearing to my office job, but mostly redundant now.

I had a big wardrobe built in the master bedroom when I moved into my house. I will never forget the builder's remark: "You Wellington people with your fancy clothes! We Nelsonites, we don't need huge wardrobes. We just wear shorts all the time." I now wear shorts most of the time too. Soon I'll be able to sell all my fancy Wellington clothes as retro items for vast sums on TradeMe. They are an investment. Yeah, right!

Finally, I love to create atmosphere with flowers, plants, candles and joss sticks, lights that dim and table lamps for a dinner party.

Lockdown may be over for now, but any time is the time to make your home environment truly your own.

Columnist: Pam Henson

Columnist Pam Henson, a retired English and Art History teacher, is also an outdoors enthusiast, having studied the geology, flora and fauna of natural landscapes including caves. As a writer, she worked towards a master's degree in environmental studies with the intention of advocating for the environment. Contact Pam at pam.e.henson@gmail.com



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.



The Magician by Colm Tóibín

Tóibín brings his immense sympathies and verbal prowess to bear upon the life of Thomas Mann, a writer forced to cope with the turmoil in both his public and his private lives caused by war, exile, doubt and suicide. Mann's re-evaluation of his relationship to his homeland and his family underlies his best novels, and Tóibín reveals the many layers and contradictions of a complex genius.

The Boy Who **Made Things Up** by Margaret Mahy

"There was once a dad who had a little boy. It was a bit of a waste for this dad to have a boy, because he was much too interested in work". Luckily for the boy - and luckily for the dad - the boy knew how to make things up, and tell some very good stories. Margaret Mahy's memorable story has been beautifully illustrated by awardwinning Nelson illustrator Lily Emo.

He Ringatoi O Ngā Tūpuna: Isaac Coates And His Māori **Portraits by Hilary** and John Mitchell

Meticulously researched, beautifully designed, and full of important information, this is a landmark book by the Te Tau Ihu historians. Between 1841 and 1845 Isaac Coates painted portraits of 58 Māori in the Nelson, Marlborough and Wellington areas. This superb

book reproduces the portraits and provides whakapapa and biographical details of the subjects, as well as new information on Coates's own story.

Uprising: Walking The Southern Alps Of New Zealand by Nic Low

Guided by Ngāi Tahu's ancient oral maps supplemented by a modern satellite atlas, Low crossed the Southern Alps more than a dozen times, trying to understand the relationship between people and land – both now and in history – and seeking to reclaim his ancestors' view of a world in which these mountains loomed large. If walking is in itself a form of knowing, what can we learn from tracing the backbone of the island on which we live?



VOLUME: The Space For Books • Nielsen New Zealand Bookshop of the Year 2018 15 Church Street, Nelson • www.volume.nz • books@volume.nz • Phone 03 970 0073



Covid means a scaled-back festival – but there's still plenty to enjoy!

Because of the ongoing impact of Covid-19, Nelson Arts Festival has had to cancel many of the shows and events in the 2021 programme.

As we go to print however, a number of locally focused events are still likely to go ahead, including most visual arts exhibitions, Pukapuka Talks, Pecha Kucha, Couch Stories, Night Vision, a concert at Neudorf Vineyards and the ever-popular community event Mask Carnivale.

The Mask Carnivale Parade first exploded onto Nelson's streets in 1995 and was the brainchild of Suzie Moncrieff who launched World of WearableArt in 1987. So many school children auditioned to take part in the WearableArt show that Moncrieff decided they deserved their own parade. Fellow Nelsonian Kim Merry became involved and the parade soon reflected his infectious energy and enthusiasm.

The parade has since become an annual event, and an integral part of the Nelson Arts Festival, synonymous with colour, movement, music and dance and inclusivity.

The parade depends on community involvement and thrives with the endless creativity of people like Lynda Duncan of Victory Primary School. As a Syndicate Leader on the school's management team, she encouraged and

inspired colleagues and kids to begin participating in the parade and to make their own masks and costumes.

"For many children the parade is their first experience of being in a performance with a such a substantial audience," says Lynda, "so we try and make it an authentic experience for the kids, with a big focus on achievement and accomplishment".

Lynda says it's always a challenge to let the children run with their imaginations and still create overall coherence in their costuming: "Over the years we've had everything including sharks, complete with waka, and sunglasses with feet!"

The theme of this year's parade is *Connections*, which has a particular resonance for Victory Primary. "Many of our kid's families have come to Nelson from elsewhere," explains Lynda, "and they learn to connect and find connections amongst this diversity".

Unfortunately, bad weather derailed the school's participation in the parade in 2019 and Covid had a similarly devastating effect in 2020. So, all fingers at

Victory are crossed for this year's parade which is scheduled for Friday 29 October.

NB: The Festival Trust and team will make a further decision about the remaining 2021 programme in early October. Full refunds will be made for purchased tickets to cancelled shows. Purchasers will be contacted directly.

For up-to-date programme details: Visit www.nelsonartsfestival.nz



Column



Recollections...

of Nelson College Football



Pictured: Young John White with football boots over his handlebars

An edited extract from John White's life story A Bloody Opportunist – Life and Times of John 'Whitey' White.

At about the age of twelve, I became a dead keen soccer player - let's call it football. Coming from Seacliff, I never played football as we didn't have sports fields. That changed when my friend Peter Weeks called on me one Sunday soon after I'd moved to Nelson. Peter asked me what I was up to.

"Nothing," I said.

"A few of us are getting together for a game of soccer up at Victory Square. Do you have any soccer boots?"

I didn't but grabbed my rugby boots and Peter and I headed down to Victory Square to meet some other boys and have a kick around. It was my first taste of football and I loved it. That day changed my sporting life for many years.

Nelson College was renowned as a rugby school and didn't have a

soccer team. However, head boy in my second year was an English chap by the name of Peter Bevan and quite a few boys were keen to play football. About fifty of us trudged into the headmaster's office, led by Peter, who told the headmaster, "All these fellows and I are very keen to set up a soccer team".

The headmaster, HV Searle, a big fleshy man, stood there in his long black robes and barked, "Bevan! We don't play soccer here. Nelson College is a rugby school, and it will always be a rugby school and you will never play soccer here - get out!"

We filed out, thinking that was the end of it. However, another master by the name of Harold Nelson was a New Zealand long-distance runner who'd won two medals in the 1950 British Empire Games in Auckland. He was a dapper little fellow, very athletic and a hell of a nice bloke.

He told Peter Bevan, "Get all your boys to join the harriers. We'll run down to Victory Square and have a game of soccer. Tell them to

put their soccer boots into their backpacks so Searle won't see them".

So, one Tuesday afternoon, the other students and I followed Harold Nelson to Victory Square with our boots hidden in our bags. We had a great game and afterwards jogged back to college. HV Searle eyed us suspiciously. "Got a good group of harriers there, I see Mr Nelson," he said.

"Yes sir!" said Harold Nelson, as we ran past snickering. It was a long way to run from college to Victory Square, so we didn't continue. It's a shame the school didn't have a team as by then I was captain of the underfourteen Nelson representative team and I'd like to have played football for Nelson College too.

About the author: *John White grew* up in Seacliff and Nelson. After ten years with the Department of Lands and Survey he left to set up business ventures in Hokitika. Now retired, he lives in Nelson with wife Liz. His book is available from Page & Blackmore and The Copy Press.

Columnist: Sarah Ryder

Sarah Ryder, who curates this column, joined the Forget Me Not Life Stories team in 2018. She now helps people from all walks of life capture and preserve their stories in print, audio and on the internet. www.forgetmenotlifestories.co.nz



Spring zing with zinnias

Spring is here! This year the joy of watching our gardens come alive as blossom buds burst open seems more poignant. In August we were thrust with a bang back into lockdown. I found myself feeling a bit shell-shocked, although nothing really changed for me apart from not being able to ship plants and no ballet classes until we went back to Level 2.

More than ever, I feel being in the garden is a good way to stay grounded. It's the one place where we can have a certain amount of control over what happens, and this is important in very unsettled times.

There is so much to do in the garden at this time of year. All of your favourite summer vegetables can be planted. Annuals such as marigolds (wonderful companion

plants in the vegetable garden), petunias, salvias, verbena and so many more can be planted to brighten up your gardens, courtyards or decks. I love growing annuals in containers on the paved area just beyond the steps from our verandah. As I'm typing this, I have Iceland poppies, pansies, polyanthus, primula and wallflowers in full flower, with "Madam Butterfly" antirrhinums (snapdragons) coming into bud. Once these have finished, I'll replace them with my absolute favourite summer flowers, zinnias.

The selection of zinnias available in garden centres tends to be very limited. This makes me very sad because these treasures are worth their weight in gold in the garden. Their vivid colours brighten even the darkest day, they are fabulous cut flowers and are in flower for literally months. I planted some in November last year and they

were still flowering their heads off in March. One of the loveliest things about zinnias is their ability to stand up to strong winds and rain as they have very strong stems. They do exceptionally well in containers and will tolerate dry conditions, which is vital at the height of summer.

When I realised how hard it can be to get different types of zinnias, I decided to source seed for some of the most beautiful ones in a range of heights and flower sizes. My favourites are the Benary's Giant varieties, with their 11cm wide flowers – including Giant Mix, and single colours Giant Coral, Giant Golden Yellow, Giant Lilac, Giant Scarlet and Giant Lime, to name a few. Check out all of my varieties on my website or email foeslamb@xtra.co.nz for more information.

www.heirloomplantnursery.co.nz/ products/category/seeds

Columnist: Philippa Foes-Lamb

Philippa Foes-Lamb is a passionate plant woman and gardener, artist, writer and radio show host. She runs her own heirloom perennial nursery and grows top quality vegetable and flower seedlings and perennials. Philippa sells spray-free vegetable seedlings from home. Contact Philippa at foeslamb@xtra.co.nz for further information.





The Nelson Women's Centre (formerly Women in Nelson) has owned its own premises in Nelson for a quarter of a century and is celebrating the fact with a fundraising concert at Founder's Heritage Park on 19 November.

The concert is also celebrating that for over 25 years the Centre has supported women and children in the Nelson Tasman region with services such as social worker support, low-cost counselling sessions, advocacy, information on women's rights, food services, an op shop and workshops. It has also provided a warm, safe drop-in space where women can enjoy a cup of tea and meet other women.

The Centre had its beginnings in the early 1970s when Women in Nelson (WIN) was established to advance women's interests. WIN members helped to establish Nelson Rape Crisis and supplied the umbrella for other women's initiatives including Young Women's Support and the Cervical Screening Pilot Project, which then became Nelson Women's Health. In 2013 WIN and Nelson Women's Support merged to create the Nelson Women's Centre with the mission of "empowering women to be safe, resourceful, to value themselves, and to reach their potential".

Penny Molnar was a founding member of the Women's Centre and is still a member of the Governing Collective.

She remembers the 18 months of fundraising required to buy the Centre's home at 44 Trafalgar Street in 1996 through a rent-to-buy agreement with Nelson City Council. "It was hard work," says Penny, "but it was also great fun and the beginning of many long-lasting friendships."

Hilary Mitchell, who was a member of the Governing Collective for five years until April 2020, is proud that the Collective has managed to keep the Centre running for so long through their own fundraising efforts and maintaining relationships with funders and donors. She points out that although women do not need to be "in crisis" to use the Centre, many women in Nelson Tasman have "regained their equilibrium after traumatic life events or hard times" with the support of the Centre.

The Centre's building and grounds will be refreshed in the coming year with local landscape architect Heidi Stewart donating her time and expertise to the project.

The celebratory concert at Founder's Park on Friday 19 November features a great line-up of local talent including Evey McAuliffe, Te Mana Hā and Anna Heinz so book your tickets now. All proceeds from the concert will help the Centre continue its valuable work supporting women and children in Nelson Tasman.

Concert: Friday 19 November 2021, 7.00 pm – 10.00 pm · The Granary, Founder's Park
Tickets are available for \$20 each from the Centre. Phone 03 546 7986 or email accounts@nelsonwc.org.nz

Contact: Centre Manager Anna Mae Angeles for information and donations on 03 546 7986 or manager@nelsonwc.org.nz 44 Trafalgar Street, Nelson · Monday – Thursday 9.00 am – 3.00 pm, Friday 9.00 am – 1.00 pm · www.nelsonwomenscentre.org.nz



A taste of the exotic

Have you ever looked at one of these big green-skinned fruit in the supermarket, wondered what they were, then walked straight on because you didn't have a clue?

They are papaya, a tropical fruit native to Mexico, although India also produces a very large number. We were even able to cultivate some healthy papaya plants growing in the community gardens (in our tunnel house), but unfortunately, they never fruited and so we pulled them out to make room for other plants.

Sometimes called pawpaw, papaya have a sweet flavour, beautiful golden coloured flesh and offer numerous health benefits. Nutritionally they are loaded with protein, fibre, carbohydrates, folate, Vitamins A, Bs, K and E as well as magnesium, copper, lycopene, lutein, zeaxanthin, calcium and potassium. If mashed and applied

to wounds the enzymes in papaya even promote healing.

Papaya have a dark green skin so it's sometimes difficult to tell if they are fully ripe. Use unripe fruit to make the very popular Thai Som Tam salad in which they are grated. Even the seeds are edible, either fresh or dried. They have a bitter, peppery taste and are a good source of antioxidants.

Some people do find the smell a little unpleasant, but this can be minimised with the application of lime juice.

I often cut the flesh into chunks and freeze it for later use in a smoothie. Chunks can also be incorporated into a fresh fruit salad or, depending on your taste, tossed with smoked chicken to make a savoury salad.

After you've read the following suggestions for utilising this delicious fruit you may never walk past them in the supermarket again!

Serving suggestions

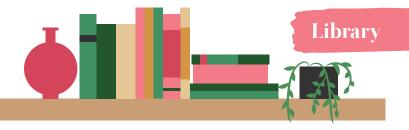
- · Cut papaya in half and remove the seeds. Squeeze lime juice into the resultant hollows and eat with a spoon right out of the skin.
- Use in a tropical fruit salad combined with fresh diced pineapple and mango.
- Make a delicious tropical fruit smoothie using frozen papaya chunks, half a frozen banana, pineapple juice, Greek yogurt and pineapple juice.
- Make a salsa by combining papaya, mango, red onion, olive oil, apple cider vinegar, coriander, salt and pepper. Serve over avocado quarters arranged in a star shape on serving plates.

Columnist: Sally Rees

Sally Rees, a qualified chef, and Home Economics teacher, loves working with raw food and fermented foods. She teaches food classes in Nelson and enjoys no-dig gardening at the Waimarama Community Gardens. Website: www.naturalnosh.nz. Facebook: Natural Nosh.



Tasman District Libraries



Stay Connected with Our Help: in person or on Zoom.

Even at Alert Level 4 there's no need to lose contact with friends and family – if you have a computer or a digital device and know how to use it. If the library is open, we can help you solve your digital dilemmas in person at the library. If the library must stay closed, we can still help – just book one of our 15-minute Digi Drop-In sessions. No problem is too big, or too small. Contact teresa.besley@tasman.govt.nz to book or visit www.tasmanlibraries.govt.nz/my-library/forms/digi-drop-in.

Click and collect and housebound services

We can also help if you love reading but find it difficult to get to the library, or don't have the energy to browse the library in person. Using our Book a Book service you can let us know the kind of books you like and we will put them aside for you or a friend to collect.

You can make a selection of up to five books/DVDs plus five magazines at a time. If you are physically unable to visit the library because of disability, age or major illness and you are a resident in the Richmond, Motueka or Tākaka urban areas, you may be eligible to receive our Housebound Library Service. Contact the library to find out how we might be able to help you.

MORE INFORMATION

Phone: 03 543 8500

Website: www.tasmanlibraries.govt.nz



Nelson Public Libraries

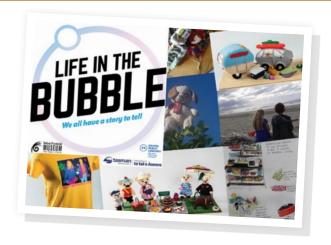
Telling your story

In lockdown, many of us have been getting creative. Whether it is with writing, crafting or photography, the library is here to help you capture your stories to share with your family or the wider public.

STEM Writers is for anyone who loves writing. Everyone is welcome join the group in the Elma Turner Library, on Tuesday 12 and Tuesday 26 October from 1.00 pm – 3.00 pm. You could even celebrate the launch of their sixth book *Lunch Books Pack One* with a picnic in the library! This free event is on Saturday 9 October at 12.00 pm.

If you would like to embrace the strange, and describe the indescribable, register for the Pure Psychic Automatism writing workshop at the Elma Turner on Friday 22 October. Led by writer Ruby Solly, this workshop explores exercises and techniques inspired by surrealist writers. Book your place through the Nelson Arts Festival website.

The Prow is always a fantastic place to read Top of the South history or share your own stories. The website covers historical and cultural stories contributed by people living in Nelson, Tasman and Marlborough.



Help us capture other stories by joining the *Life in the Bubble* project, a collaboration with the Nelson Provincial Museum and Tasman District Libraries to collect stories about life during lockdown. Stories can be told in any medium, from words to artworks or craft projects. To submit your experience, email library@ncc.govt.nz or ask one of our friendly librarians.

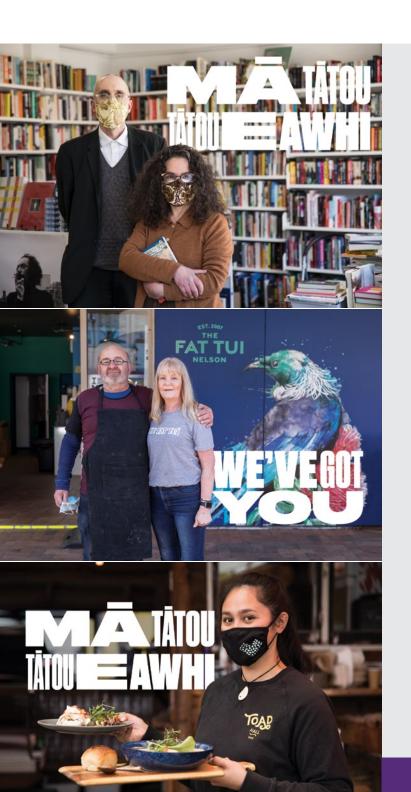
MORE INFORMATION

Phone: 03 546 8100

Website: www.nelsonpubliclibraries.co.nz



WE'VE III YOU



People of Nelson Tasman, we need your help!

We all know a lot of local businesses are doing it tough at the moment. They've had to deal with lockdowns, shipping delays, labour shortages and cost increases. But just as the locals got behind our business community last year for the We've Got This campaign, we're getting behind them again by making local joints our focal points. We've Got YOU!

The truth is, where you spend your money matters right now and as a community each and every one of us can play a role in our region's economic recovery. It's time to get that regional money-go-round spinning again Nelson Tasman! Here's how you can help:

- · Have a hoon on some local hospitality, take your family and friends out for local delights.
- Do your Christmas shopping early and stock up on locally made things.
- Roam your own region and support our tourism operators and small towns.
- Spread the word by sharing and tagging some of your favourite local businesses on social media.

Where you spend your money really matters, so let's give the local businesses that feed us, water us, dress us, entertain us, help us, provide for us and employ us a real shot in the arm.

So, who've you got?

WWW.WEVEGOTYOU.NZ













Looking after yourself – with the support of Age Concern

Life can be a challenge at the best of times, but especially now, with the risks of Covid-19 and the measures which have been put in place to reduce its transmission.

We need to take particularly good care of ourselves during this stressful time. We need to give ourselves the same care and kindness that we might extend to others. You probably already have a few strategies to get you through challenging times, but here are a few ideas for keeping yourself well in body and mind.

Even with the best self-care there may be times when you don't feel on top of the world. This is absolutely normal. Please talk to us at Age Concern if you are finding things hard. We will be happy to listen and to connect you with the support you need.

Maintain a daily routine. Go to bed at a regular time.
 This gives purpose to your day and helps with getting a good night's sleep.





Photos © Tim Cuff

- Get active. Moving your body (in a way that works for you) is good for mental and physical well-being and important for maintaining mobility, strength and balance.
- Eat well. Don't forget to give yourself some treats.
- Stay connected. Keep in touch with people who brighten your day. Phone someone or text or email them. Chat over the fence with a neighbour.
 Write a letter or send a card. Perhaps write to an elderly friend who is in a rest home and brighten their day. If you are really feeling lonely, we can organise one of our lovely phone volunteers to ring you regularly for a chat.
- Reminisce. Take yourself on a trip down memory lane by looking at your old photo albums, listening to those old songs or watching your favourite movies. Have you thought about writing your life story?
- Get creative. Try art, music, writing, gardening, crafts.
 This is about what makes you feel good even if it's just rearranging your tools or books, or colour coding the clothes in your wardrobe!
- Get fresh air. If you can't get out of the house, sit next to an open window or maybe have your morning cuppa sitting in the sun by an open door.

Age Concern Nelson Tasman supports older people to have a healthy lifestyle, full of opportunities and free from harm. We provide information, support, advice and referral for people aged 65+ and their whānau. We also promote social connections and to help reduce isolation among older people.

Get in touch:

Phone 03 544 7624 • 62 Oxford St, Richmond Email ageconnect@ageconcernnt.org.nz
Website www.ageconcernnt.org.nz



Zooming in on computer skills

By offering workshops on Zoom, SeniorNet Nelson is making sure that older people don't miss out on social interaction during lockdowns.

SeniorNet, a not-for-profit group which teaches computer skills to the over 50s, usually operates from its fully equipped Learning Centre in Hastings Street, Nelson. However, during lockdown it has been using digital technology to bring together people from across the top of the South Island.

Many of the group's 350 members were unfamiliar with Zoom and other video conferencing facilities prior to lockdown but with encouragement from SeniorNet, they have been taking tutorials online.

Rod Lewis, a tutor with SeniorNet, held the first regional online tutorial to members in Nelson, Motueka, Golden Bay and the Marlborough Sounds.

For one and a half hours participants were transported from home lockdown to a happy, informal get-together in the same virtual room.

Roger Pittman, SeniorNet's Top of the South representative, says that virtual gatherings are often the only social interaction some members have during lockdown. It gives them an opportunity to improve their computer skills and help resolve any frustrating computer issues.

Roger jokes that "with dozens of knowledgeable SeniorNet members available on your computer screen, you no longer need to ask your grandkids to help. And they don't need to be bribed with lollies either!"

More information: Contact Roger Pittman on 021 708 309 or seniornet.topsouth@gmail.com

Antenno app

Tasman District Council is using Antenno, a free mobile app that sends you alerts and notifications about places and topics you care about.

With Antenno there is no need to check multiple sources of information – Antenno sends information directly to you. It lets you choose the places you want to be alerted about, so you're not being alerted about things that don't affect you. You can have multiple "places" which could be your home, work and school.

Examples of what Antenno might notify you about include:

- Road closures
- Water shutdowns
- Recycling and rubbish reminders and changes
- Events
- Consultations

You can also engage with us more easily and get involved in your community by reporting issues, responding to surveys and providing feedback through Antenno. Seen some graffiti, found a pothole, or have a new idea? Simply open Antenno, go to "Your reports" and add a report to tell us about it.

Antenno is simple and easy to use – no personal information or log on details required.

Download Antenno for free on your mobile phone.



City For All Ages

A Community Steering Group (supported by Nelson City Council) wants your help planning for a city that will be more age friendy.



By the middle of this century, it's estimated that there will be 1.5 billion people over 65 in the world. That's one person in every six. This number will be even higher in Nelson – estimates suggest that in 20 years, one in every three Nelson residents will be over 65.

A Community Steering Group is developing a strategy to tackle the issues (and opportunities) which will arise from Nelson's ageing population. As Chair of the Steering Group local businessman Paul Steere points out, "It's wonderful that we are living longer, but unless we prepare our community for these changes many will struggle and the extra years may not a gift, but a burden".

A city that's better for older residents is also a better city for everyone, so the Steering Group has called the strategy Nelson: City For All Ages. The strategy will look at many aspects of life in Nelson, including wellness, social, work, housing, mobility, information and outdoors.

The older residents of today are viewed as "the experts" on what would make Nelson more age-friendly in the future. The Steering Group would therefore love to hear from Mudcakes & Roses readers about their views.

More information: www.cityforallages.nz

Share your ideas

If you have practical ideas which would make Nelson more age-friendly, please get in touch. These ideas could involve activity by community groups, Council, media, government agencies - anyone who operates in the Nelson community. There is a \$50 supermarket voucher for the most helpful idea!

Send your ideas to: cityforallages@ncc.govt.nz

Share a story

The Group is also looking for stories about age-friendly successes or challenges in Nelson. Hearing about the real-life experiences of older residents helps the wider community understand what it's like to grow older. If you have a story about something that has helped or hindered you as an older Nelsonian, the Steering Group would be grateful if you would share it.

Challenges might include finding the right housing, accessing information online, or perhaps finding support for a partner needing care. Successes might include a community group which provides companionship, how you've managed to stay fit and active, or discovering something that gives you a sense of purpose.

Send your stories to: cityforallages@ncc.govt.nz

Wakefield celebrates 175 years of village history

Wakefield is a small village with a big story. Long before roads existed in the area, Wakefield was a haven for those travelling on foot, or by horse and cart on their way from Nelson to the goldfields of the Wangapeka or heading to the West Coast down the Buller Gorge.

Edward and Mary Ann Baigent established a timber business in Wakefield, and in 1846 helped to build St. John's Anglican Church, which became a beacon on the hill to travellers and locals alike.

It's fitting then that celebrations of the village's 175th anniversary will be at the centre of a programme of activities including a guided walk, a hangi, art exhibitions and horse and cart rides.

More information: Phone Rita Bell on 027 228 8902 or email ritabell67@gmail.com





New Zealand is entering a Skin Cancer epidemic. Early detection has never been more important.

- Full Body Skin Checks
 - Spot Checks
- Minor Skin Surgery

Call us today to find out more or to book in with our experienced, fully qualified and friendly team based in Māpua.

KIWISKIN - Mapua Skin Clinic

Phone: 03 540 2373 Email: mapua@kiwiskin.org.nz







Services as unique as you

Today's families are bringing new values, preferences and opinions that are changing the world of funeral service. They are thinking differently about how they want to honour their loved ones and have new perceptions of the funeral service profession. Your requests and wishes are important to us at Marsden House. We reflect the changing cultural landscape by listening and actioning your requests and wishes.

Give us a call. We're available to help, anytime.



marsdenhouse.co.nz

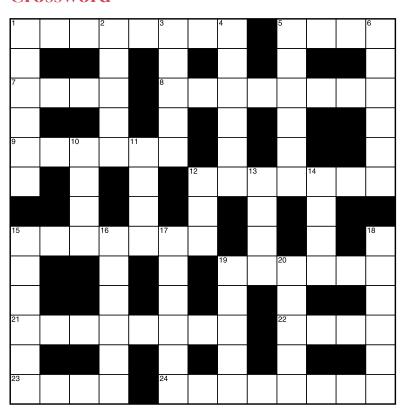
03 548 2770 (24/7)

10% OFF CASKETS FOR GOLD AND GREY POWER CARD HOLDERS





Crossword



ACROSS

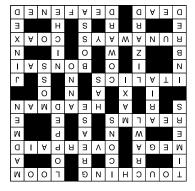
- 1. Heart-warming
- 5. Weaving frame
- 7. Very
- 8. Given excess salary
- 9. Dominions
- 12. Tribal leader
- 15. Sloped letters
- 19. Tree-dwarfing art
- 21. Absconders
- 22. Cajole
- 23. Cul-de-sac, ... end
- 24. Impaired hearing of



DOWN

- 1. Oven clocks
- 2. Bow and scrape
- 3. Holy pictures
- 4. Lubricant
- 5. Pruned
- 6. Crazy guys
- 10. Tenor's solo
- 11. Long skirt
- 12. Must, ... to
- 13. The A of AD
- 14. Green growth on stone
- 15. Inborn
- 16. Gecko
- 17. Faint-hearted person
- 18. Made unlucky
- 19. Brazilian dance, ... nova
- 20. Nook

Crossword solution



Sudoku solution

8	٤	l	7	Z	9	Þ	ς	6
Þ	7	6	ε	l	ς	9	L	8
9	L	ς	ħ	8	6	l	7	3
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l	Þ	8	L	3	7	6	9	ς
6	8	9	l	7	Z	ς	ε	Þ
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۷	S	3	9	Þ	8	7	6	l

Sudoku

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

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

Thanks to Tasman resident 85 year-old Diny van Oeveren for creating our Sudoku puzzles



TASMAN AND NELSON DISTRICT

Age Concern

Elder abuse and neglect advice and support. Accredited visitor service. Phone 03 544 7624. Richmond Office: 62 Oxford Street. www.ageconcernnt.org.nz

Alzheimers Society

Supporting all those living with dementia in our community. Phone 0800 004 001 / 03 546 7702.

Arthritis New Zealand

Sit and Be Fit, pool sessions at Nelson Hospital Pool. All services managed from Christchurch. An arthritis educator is also available. Freephone 0800 663 463.

Asthma Society (Better Breathing Classes)

Better Breathing Circuit at Club Waimea. Tuesdays and Fridays at 10am during the school term. Phone 03 544 1562.

Email asthma.nelson@xtra.co.nz www.nelsonasthma.co.nz

Brook Sanctuary

Volunteer with Brook Waimarama Sanctuary!
We need Visitor Centre volunteers, hosts for public events, track cutting, invasive plant control, trapping and lizard monitoring volunteers.
www.brooksanctuary.org.nz/support
Phone 03 539 4920.

Elysium Widow and Widowers Group

A small group who meet for friendship, coffee weekly, and meals out twice a month. New faces very welcome. Phone Virginia 03 544 0814.

Found Directory

An online directory of social and community groups and organisations across Nelson and Tasman. www.found.org.nz
Phone 03 546 7681.

$Email\ admin@volunteernelson.org.nz$

Fresh Focus Nelson

Meet Mondays 10.00 am – 11.00 am at Elim Christian Centre, 625 Main Road Stoke, for speakers' talks on a wide variety of subjects that provide education and entertainment. A number of series occur throughout the year during term time. All welcome.

Email ffnelson2021@gmail.com or visit our Facebook — Fresh Focus Nelson 2021 for news and updates.

Hearing Association Nelson

One in six people are hard of hearing. There is a link between untreated hearing loss and wider health issues which include dementia, falls and social isolation. Early intervention is recommended. Contact us at Hearing House, 354 Trafalgar Square, Nelson.

Phone 03 548 3270. office@hearingnelson.nz

Hearing Therapy Services Life Unlimited

Free MOH service. Understand your hearing levels, tools for hearing loss management including tinnitus. Clinics Nelson, Takaka, Motueka.
Phone 0800 008 011 to book.

Marching for Women 50+

Join a group of fantastic mature women for fun, fitness, and friendship. No experience required. Uniforms supplied. Phone 03 548 9527 (Diana). Email dianatony@xtra.co.nz

Mobile Nail Care

Toenail and fingernail cutting service at home or at your residential care facility. Phone 021 050 2373 (Dianna).

Nelson Public Libraries

Free library services at Stoke, Tahunanui and Nelson. Including free computer use, computer classes, wifi access, a home delivery service, local and family history information and regular events. Phone 03 546 8100.

Steampunk - Hickety Pic Southern Steamers

Nelson meets every second Wednesday, Prince Albert Hotel. Motueka meets every second Tuesday, Paper Nautilus Café. New members welcome, dress-up encouraged but not enforced! Costume and prop workshops, op-shop visits and promenades at markets planned. Contact via Facebook:

www.facebook.com/groups/721005124614168

Senior Net (Nelson)

Computer instruction (50+). Clubrooms at Pioneer Park, Hastings Street. Phone 03 548 9401.

Stroke Foundation

Enquiries to Anne-Marie, Community Stroke Advisor, phone 03 545 8183 or 027 455 8302.

Upright and Able for Falls Prevention – for over 65s

2.5 hour session designed to help you stay independent/reduce your chance of having a fall. Phone 03 543 7838.

Email marnie.brown@nbph.org.nz

Volunteer Nelson

Volunteering opportunities across Nelson and Tasman. A great way to connect socially and do something that interests you.
Phone 03 546 7681.

Email admin@volunteernelson.org.nz www.volunteernelson.org.nz

GOLDEN BAY

Astanga Yoga

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

Friends of Golden Bay

Phone 03 524 8130 (Don).

Genealogical Group

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

Gentle Exercise Class

(Through Golden Bay Physio Clinic) Golden Bay Community Health, Mondays 10.00 am — 11.00 am, free. Phone 03 525 0105 (Erica). Email ericaphysiogoldenbay.co.nz

Golden Bay Contract Bridge Club

Wednesday, 7.00 pm. Friday, 1.00 pm. Golden Bay Recreation Centre 2032 Takaka Valley Highway, Takaka. Phone 021 567 221 (Lori).

Golden Bay Garden Club

Phone 03 525 8455 (Anne).

Golden Bay Patchwork and Quilters Guild Phone 03 524 8487 (Liza).

Grey Power Golden Bay

Contact Michael Delceg (President). Phone 03 525 9530. Email greypowergb@gmail.com

Indoor Bowls/Cards

Senior Citizens Clubrooms, Monday afternoons, 1.30 pm – 4.00 pm.

Phone 03 5258464 (Klazien).

Marble Mountain Country Music Club

Fourth Sunday of each month at the Senior Citizens Clubrooms. Phone 03 525 9966 (Margaret).

Motupipi Indoor Bowling Club

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

Pohara Bowling Club

Phone 03 525 9621 (Jennifer).

Puramahoi Table Tennis

Phone 03 525 7127 (Rene).

Relaxation and Restoration Yoga

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

SeniorNet (Golden Bay)

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

Sit and Be Fit (\$2 donation)

Golden Bay Community Centre: Tuesday, 10.15 am – 11.15 am. Phone 03 525 8770 (Jacinda). Collingwood Memorial Hall: Thursday 10.00 am – 11.00 am. Phone 03 525 8770 (Jacinda) or phone 03 525 9728 (Jo).

Takaka Golf Club

Phone 03 525 9054.

Takaka Golf Club (Ladies Section)

Phone 03 5259 573 (Rhonda Lash).

Takaka Spinning Group

Phone 03 524 8146 (Margaret).

Takaka Table Tennis

Phone 03 525 7127 (Rene).

U3A (University of the Third Age)

Phone 03 525 7582 (Tim).

Uruwhenua Women's Institute

Second Tuesday each month, 1.30 pm. Phone 03 525 9491 (Nancy) for venue.

Wednesday Walkers

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

HOPE

Hope Midweek Badminton Club

Wednesday mornings. Phone 03 541 9200 (Carolyn).

Nelson Veterans Tennis Club

Hope Tennis Courts, every Thursday. Phone 03 547 6916 (Leona).

Hope Social Indoor Bowls Club

Held at Hope Recreation Hall, Tuesday 1.30pm – 3.30pm. \$3 per session. We are a fun social group catering for everyone. New members welcome. Phone 03 544 3116 (Robin).

MĀPUA

Sioux Line Dance

Beginner Class, 9.00 am — 10.00 am. Improver Class, 10.00 am — 11.30 am. Tuesdays, Māpua Community Hall. Phone 03 528 6788. Email sioux.wilson@yahoo.com.au

Low-Impact Aerobics and Pilates

Wakefield, Upper Moutere and Māpua. Phone 03 543 2268 (Lynda).

Māpua Craft Group

Enjoy simple crafts, sharing, caring and morning tea. Plenty of materials and guidance. First and third Fridays of the month 10.00 am –12.00pm (term time only). Hills Community Church supper room. \$3 per session.

Contact 027 741 8575 (Julie Cox) or 03 540 3901 (Barbara Halse).

Māpua Creative Fibre Group

Second Tuesday of each month, 10.00 am at Māpua Hall. All welcome, bring your work, learn or perfect your spinning, crochet, weaving, felting, knitting skills. Bring own lunch. Weaving group meets fourth Tuesday of each month, 10.00 am in each other's homes. Phone 03 528 4935 (Barbara).

Māpua Friendship Club

Māpua Public Hall. Phone 03 540 3685 (Valerie).

Māpua Bowling Club

Phone 03 540 2934 (Dave).

The Coastal Stringers

Meet at the Boat Club rooms, Māpua Wharf, Fridays 1.30 pm — 4.00 pm. Phone 03 540 3010 (Colleen) or 03 540 2627 (Diane).

MOTUEKA

Better Breathers Class

www.nelsonasthma.co.nz

Mondays 11.30am during the school term. Brass Band Hall, 40 Wharf Street, Motueka. Phone 03 544 1562. Email asthma.nelson@xtra.co.nz

Cycling

Thursday night social biking group, 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.

Marching

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

Motueka Senior Citizens Social Club

\$3 per session. Coffee, tea and biscuits provided.

Indoor Bowls: Mondays & Wednesdays 1.15 pm – 3.30 pm. Phone 027 283 1595 (Brian).

Rummikub: Thursdays 1.00 pm – 4.00 pm. Phone 03 526 8796 (Mavis).

Community Stories: First Friday of the month, 1.00 pm – 4.00 pm.

Holy Moly Activity Circuit: Second Friday of the month, 1.00 pm – 4.00 pm.

Quiz: Third Friday of the month, 1.00 pm - 4.00 pm.

SERVICE DIRECTORY

Monthly Social: Fourth Friday of the month, 2.00 pm - 4.00 pm.

Enquiries to 021 251 4359 (Chris, President).

Motueka District Museum

April - November: Open Tuesday - Friday, 10.00 am - 3.00 pm. Sunday, 10.00 am - 2.00 pm. **December to March:** Open Monday — Friday, 10.00 am - 3.00 pm. Sunday, 10.00 am - 2.00 pm. Phone 03 528 7660. Email: savepast@snap.net.nz www.motuekadistrictmuseum.org.nz

Motueka Social Dance Group

Dances at Māpua Hall, 7.30 pm — 11.00 pm. Phone 03 528 5363 (Gary).

Riwaka Bowling Club

School Rd, Riwaka. Phone 021 123 5974 (Pauline) or 021 263 3441 (Vince).

Riwaka Croquet Club

Play Monday and Wednesday morning from 9.30 am in summer and 10.00 am in winter. Phone 03 528 9139 (Eileen).

Scottish Country Dancing

Wednesday evening 7.30 pm, Scout Hut, Lower Moutere Hall. Phone 03 526 6842 (Alison).

Sioux Line Dancing

Learners class, 10.30 am - 12.00 pm Thursdays, Motueka Rec Centre. Phone 03 528 6788 (Sue Wilson). Email sioux.wilson@yahoo.com.au

Social Recreation

Kiwi Seniors (Motueka). Phone 03 528 7817 (Vonnie).

Sport Tasman Motueka

Monday: Badminton/Pickle ball (social, all welcome), 10.30 am - 12.00 pm.

Tuesday: Sit n Be Fit, 10.30 am - 11.30 am.

Wednesday: Badminton (social, all welcome), 10.30 am - 12.00 pm.

Thursday: Sit n Be Fit, 10.30 am - 11.30 am.

Friday: Badminton/Pickle ball (social, all welcome), 10.30 am— 12.00 pm.

\$5 per session or concession card or 10 for \$40. Phone 03 528 8228 (Tiegan).

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

MURCHISON

Murchison Sport, Recreation and Cultural Centre

Email murchison.centre@gmail.com Phone 03 523 9360. www.murchisoncentre.co.nz

Older & Bolder (50+ years): Tuesdays, 1.30 pm onwards, Function Room. Older & Bolder is a FREE group get together. Drinks and snacks provided. For queries, contact the Rec Centre team on 03 523 9360.

Yoga: Tuesday, 3.15 pm – 4.15 pm, Function Room. Come along to our gentle Yoga classes. These classes are run on a per term basis. For queries or to enrol, contact Rebecca Hockey on 03 523 9005.

Badminton: Tuesdays, 6.00 pm – 7.00 pm, Sports Hall. \$2 per person. All welcome. No experience necessary, all equipment provided. Any queries, contact the Rec Centre team on 03 523 9360 or murchison.centre@gmail.com. **Pilates classes:** Thursdays, 6.00 pm – 7.00 pm, Function Room. Suitable for all skill levels. These mat-work classes are run on a per term basis. For queries or to enrol, contact Sue Wilson on 029 281 3735.

Murchison Golden Oldies

Phone 03 523 9792 (Hamish Reith).

NELSON

Aquatics/Swimming/Gym

Riverside Pool. Phone 03 546 3221.

Belly Dancing with Gretchen

Phone 03 548 8707. Email kitesfun@gmail.com

Breast Prostheses and Mastectomy Bras

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

Cancer Society Nelson

102 Hardy Street, Nelson. Support and information for anyone affected by cancer. Cancer Helpline: 0800 226 237. Any cancer, any question. Phone 03 539 1137. Email info@cancernelson.org.nz www.cancernelson.org.nz www.facebook.com/Cancer-Society-Nelson

Cardiac Support Group

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

Community Heart and Diabetes Services

Nelson Bays Primary Health for education, awareness and support. Phone 03 543 7836 / 021 409 552 (Bee Williamson). Free phone 0800 731 317.

Elysium Widow and Widowers Group

A small group who meet for friendship, coffee weekly, and meals out twice a month throughout Nelson and Richmond. New faces very welcome. Phone 03 544 0814 (Virginia).

Nelson Hinemoa Croquet Club

Saltwater Lane off Halifax Street. Social play Sunday and Tuesday afternoons from 12.30pm. Ph 03 548 3977.

Government Superannuitants Association

Phone 03 538 0233 (Margaret). Email nelson@gsa.org.nz

Grandparents Raising Grandchildren

Phone 027 724 4913 (Sharon Norris). nelson@grg.org.nz www.grg.org.nz

Marching

Silveraires Leisure Marching. Phone 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. Phone 03 545 2181 (Judy). Email randjpittman@gmail.com

Nelson Blood Cancer Support Group

Coffee every second Monday of the month at Honest Lawyer in Stoke, with added information meetings at the Cancer Society offices in Nelson. We are here for each other when support or understanding is most needed. Phone 03 544 3037 (Graham Sturgess) or 03 544 2636 (Lloyd Kennedy).

Nelson Electronic Organ and Keyboard Club

First Tuesday of each month, Stoke School Hall, 7.30 pm. \$2, supper provided. New members welcome. Phone 03 540 3288 (Valerie).

Nelson Grey Power

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

Nelson Male Voice Choir

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

Nelson Orchid Society Inc.

Cultural talks, repotting demonstrations, visiting speakers, problem plants discussed. Meeting each month at the Le Cren Room, Broadgreen Historic House, All welcome.

Phone 027 818 1458 (Gaile).

Nelson Petanque Club

Wednesday and Sunday 1.15 pm. Behind the Trafalgar Park grandstand, off Trafalgar Park Lane. Boules and tuition provided. Phone 03 546 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. Phone 03 547 3554 (Ross). nelsonphilatelicsociety@gmail.com www.facebook.com/groups/1261890130822624

Nelson Provincial Museum

For details, visit www.nelsonmuseum.co.nz

Nelson Social Dancing Club

Dance at Club Waimea, Oueen 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. No stiletto heels please! Phone 03 544 8052 (Lynn).

Nelson Scottish Country Dancing Club

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

Nelson Scrabble Club

Meet every Wednesday, 7.00 pm at the Nelson Suburban Club/Nelson City Club, Kinzett Terrace, Nelson. No charge for playing, but please buy a drink at the bar. Beginners welcome and we will train you to play competitive Scrabble. Phone 03 545 1159 (Tony).

Nelson Senior Citizens Social Indoor Bowling Club

Come and join us for social indoor bowls and a cuppa every Wednesday and Friday afternoon, 1.15 pm – 4.00 pm. Beginners welcome. Trafalgar Street Hall in the City. For information phone 03 548 9006 (Maria) or 027 497 9330 (Karin).

Nelson Table Tennis Club

Saxton Stadium, Monday and Friday 9.00 am -12.00 pm. All welcome. Phone 03 544 8648 (Glenda).

New Zealand Society of Geneaologists, Nelson Branch

Meetings held every fourth Monday, 7.30 pm (February – October) at Nick Smiths Rooms, Quarantine Road, Stoke. Library, 67 Trafalgar Street, Nelson:

Monday, 1.00 pm - 4.00 pm. Thursday, 10.00 am - 4.00 pm. Sunday, 2.00 pm - 4.00 pm. All welcome. Email nelson@genealogy.org.nz

Nelson 50+ Walking Group

Mini walks and longer walks every week to suit all fitness levels. Everyone welcome. Phone 03 539 6402 (Roger) or 03 547 7690 (Alan).

Pottery

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

Silver Yogis

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

SeniorNet Nelson

SeniorNet Nelson supports people aged over 50 to learn to use and enjoy computers and other technology in their everyday lives. Help sessions, courses, interest groups and one-on-one tutoring available. Contact Peter Thompson, Phone 03 5489401 (leave message). Email contact@seniornetnelson.org.nz www.seniornetnelson.org.nz

Stoke Tahunanui Ladies Club

Meets third Wednesday every month. Phone 03 547 5238 (Pauline).

Super Seniors (65+)

Meets third Friday each month, 10.30 am -12.30 pm. All Saints Church Foyer, 30 Vanguard Street (city end) Nelson. Includes: morning tea, guest speaker, activities, light lunch, suggested donation, \$5. Phone 03 548 2601 (Anne-Marie).

Support Works

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

Suter Art Gallery

Exhibitions, floortalks – see www.thesuter.org.nz for details, 208 Bridge Street, Nelson. Phone 03 548 4699.

Tahunanui Bowling Club

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

Tahunanui Community Centre

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

Tai Chi and Qigong with Gretchen

Classes in Nelson, Stoke and Richmond. Phone 03 548 8707 (Gretchen). Email kitesfun@gmail.com

Taoist Tai Chi Internal Arts for Health

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

The Probus Club

The Probus Club of Nelson City welcomes men and women as new members. We meet on the second Thursday of each month (except December and January) at 10.00 am, at The Nelson Golf Club, 38 Bolt Rd, Tahunanui. Phone 03 544 0494 (Helen).

SERVICE DIRECTORY

Ukulele with Gretchen

Nelson and Richmond, groups or private. Phone 03 548 8707. Email kitesfun@gmail.com

U3A Nelson

University of the Third Age open to all retirees. Interest groups meet in own homes. Two-monthly meetings. Next meeting 26 August 10.00 am - 12.00 pm at Elim Church, Main Road Stoke. Speaker Sandy Stephens will talk about her long career around the world teaching and educating about nutrition and health. Everyone is welcome. Phone 03 544 3057 (Nan). Email davnan23@gmail.com

Victory Community Centre

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

Victory Laughter Yoga Club

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

Victory Senior Support

Cards and games. Meet every Tuesday at 1.30 pm at Anglican Church, 238 Vanguard Street, Nelson. Phone 03 546 9057 (Jan).

Victory Sit and Be Fit

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

Dru Yoga classes. Phone 03 543 2125 (Sue).

Hot Yoga Nelson. Phone 03 548 2298.

Gentle Yoga with Connie

Nelson Hearing House, 354 Trafalgar Square. Tuesdays, 10.30 am — 11.45 am. Thursdays, $5.30 \, \text{pm} - 6.45 \, \text{pm}$.

Richmond Headingly Centre Wednesday 10.45 am — 12.00 pm.

Phone 03 547 5331 / 027 297 6147 (Connie). Email connie@jnc.co.nz

RICHMOND

Aqualite

Hydrotherapy Pool, Richmond. Aquatic Centre, Salisbury Road, Richmond. Mondays and Wednesdays, 8.00 am and 8.40 am. \$5 per session. Increase strength, improve balance and manage pain.

Badminton Richmond

Morning Badminton. Phone 03 544 44120 (Dawn).

Bfit4ever

Phone 021 078 8609 / 03 546 8444 (Nicola Rae).

Body Power Pilates and Yoga Centre

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

Hope – Ranzau Women's Institute

First Wednesday of each month, 1.15 pm. Age Concern Hall, 62 Oxford Street, Richmond, visitors welcome.

Phone 03 544 5872 (Brenda).

Richmond Bridge Club

Sessions Monday and Thursday, 1.00 pm (be seated by 12.45 pm). Wednesday 7.10 pm (be seated by 7.00 pm). For lessons phone 027 407 0274 (Leigh).

Creative Fibre Group

Meets at Birch Hall, Richmond Showgrounds at 9.30 am every second, third and fourth Thursday of the month. Learn to spin, knit, crochet, weave or felt. Phone 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.

Phone 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. All sessions, \$4. Phone 03 544 3955.

Email club50@sporttasman.org.nz

Richmond Croquet Club

Come and join us at 348 Lower Queen Street, Richmond. Have fun, learn a new skill. We play both Association and Golf Croquet. All welcome. For more information phone 021 757 468 (Kaye).

Easy Excercise

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

InnerWheel

Friendship group for women with community involvement. "Friendship with a purpose". Phone 027 316 4661 (Sharon). Email benboy.martin@gmail.com www.innerwheel.org.nz

Keep Richmond Beautiful

Working bees every Wednesday morning planting native trees, building walking tracks, coastal clean ups and some weed control. Phone 021 243 6628 or 03 544 7085 (Greg). Email gregandalisonpickford@gmail.com www.facebook.com/KeepRichmondBeautiful.KRB

Lunch on the Hill

Looking for food and friends? Church on the Hill, 27 Dorset Street, 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. Phone 027 289 0185.

Nordic Walking

Taster classes and courses with physiotherapist Jacqui Sinclair. Phone 03 544 1645. For more information visit www.jacquisinclair.com

Tutored classes at Craft Potters, 202 Ranzau Road, Hope. All welcome. No experience needed. Email info@craftpotters.org.nz

Exercise class for men living with prostate cancer. All levels of ability and great camaraderie. Phone 021 547 811 (Leigh). Email leighsdream@gmail.com

Richmond Bowling Club

Club Waimea – A roll up, Tuesdays 1.00 pm. Bowls provided. Phone 03 544 8060 (Jean).

Richmond Creative Fibre Group

Meets at Birchwood Hall, Richmond Showgrounds. 9.30 am every second, third and fourth Thursday of the month. Learn to spin/knit/weave/crochet/felt and meet others who enjoy working with fibre. Phone 03 544 9982 (Dianne).

Richmond Indoor Bowls

Mondays $1.30\,\mathrm{pm} - 3.30\,\mathrm{pm}$, Richmond School Hall, Oxford Street. All welcome. Phone 03 544 7953 (Gwen).

Richmond Ladies Friendship Club

Meets the first Thursday of the month at Richmond Church of Christ. Meet new friends, hear interesting speakers, share morning tea, monthly outings. Contact 03 544 4833 (Marion) or 03 544 1854 (Joan).

Richmond Physiotherapy

Knee classes: Wednesdays, 10.00 am - 11.00 am, \$10. Pilates: Tuesdays 12.00 – 1.00 pm,

Thursdays 5.00 pm – 6.00 pm, \$15.

Senior Fit Class: Tuesday, 10.00 – 11.00 am, \$15. Phone 03 544 0327.

Richmond Scottish Country Dancing Club

Tuesday evening, 7.30 pm. Methodist Church Hall, Neale Avenue, Stoke. Phone 03 544 0902 or 03 541 8211. C Stanton, Sec RSCD club. Email cstanton@actrix.co.nz

Richmond Slimmers Club

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

Richmond Tennis Club

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

Richmond Waimea Community Whānau Group

Network, share information and learn more about your community. Meets the first Tuesday of each month, 12.00 pm – 1.00 pm, Richmond Library. Guest speaker at most meetings. BYO lunch (tea and coffee provided). Phone 03 544 7624 (Sue Tilby, Age Concern).

Social Cards 500

Waimea Lounge A&P Showgrounds. Tuesdays and Thursdays, 1.30 pm - 4.00 pm. \$2 covers afternoon tea, prizes and unlimited parking. Phone 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 per person.

Sioux Line Dancing

Wednesday - Club Waimea, Richmond. Beginner Class, 6.00 pm - 7.00 pm. Improver Class, $7.15 \, \text{pm} - 8.30 \, \text{pm}$. Phone 03 528 6788 (Sue Wilson). Email sioux.wilson@yahoo.com.au

Sport Tasman Richmond

Richmond Town Hall (RTH), 9 Cambridge Street. Phone 03 544 3955 (\$5 per group). Discounted non-expiry concession cards available. Club60+ Senior Adventures: (under 60s welcome too). Active fun, social recreation with weekly planned outings and activities. Every Tuesday 9.30 am. Car-pooling available.

Tasman Aquarium Club

Meetings held second Monday of the month at 7.00 pm. Keeping tropical freshwater, aquatic plants, marine fish and corals. Everyone welcome. Phone 03 544 3116 (Robin).

Veteran's (55+) 9 Hole Golf

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

Yoga Classess for stiff and sore spots

Visit www.jacquisinclair.com for more information. Phone 03 544 1645.

Waimea Combined Friendship Club

Interested in making new female or male friends of a similar age and interests? We invite you to monthly meetings, third Thursday of the month 9.45 am at Hope Church Ranzau Road with interesting speakers, outings and group activities. For more information phone 021 134 1013 (Claude).

Waimea Music Club

Alternate Sundays from 1.15 pm - 4.00 pm at Loney Hall, 4 Wensley Road, Richmond. Anyone is welcome to join in with a song etc or just come along and listen. Phone 03 544 5766 (Pat).

STOKE

Chair Yoga at Saxton

Weekly gentle stretch and breathing sessions in the cricket oval lounge. Phone 021 239 8969 (Delia).

Clogging/Tap Dancing

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

Dru Yoga Classes

Suitable for all ages and abilities. Monday 10.00 am - 11.30 am, Saxton Netball Pavilion Rooms, Stoke. Phone Fiona 027 655 12234.

Greenmeadows Community Centre

Flex 'n Flow: Thursdays 12.00 pm, \$8. Strength 'n Stretch: Mondays 10.00 am, \$8. Both above classes suitable for adults who want to stay agile, flexible and strong. Contact Leigh for more info on 021 547 811 or email leighsdream@gmail.com

Housie Evening

Stoke Rugby Clubrooms, Neale Avenue, Stoke. Wednesday, 7.15 pm - 9.45 pm. Phone 03 547 3230 (Buddy).

Acting Up Drama Group

Meets each Monday 10.30 am - 12 noon at Whakatu Presbyterian Church Hall Lounge, Upper Songer Street, Stoke. Rehearse skits and plays to perform to various groups. No previous experience necessary! Phone 03 547 5126 (Rose) or 03 546 6570 (Glenys).

Nelson Line Dancing – Stoke

All ages and genders. Gentle cardio. Methodist Church Hall, Stoke. Free morning tea, just turn up. Phone 027 4491 569 (Diane).

Ngawhatu Bowling Club

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



SERVICE DIRECTORY

Presbyterian Support

360 Annesbrook Drive, Nelson, 10.00 am -3.00 pm (most days). Enliven Positive Ageing Services — social and activity day groups. Totara for older people. Harakeke for those with dementia. Refreshments and lunch provided. Van transport provided. Phone 03 547 9350 (Trish).

Safety and Confidence

Phone 03 543 2669 (Cornelia). Saxton Seniors, Saxton Stadium.

Senior Walking Group

Tuesday and Thursday, 9.30 am – 10.30 am. Walk for the full hour or choose to do the Shape up class at 10.00 am. Walking and exercises followed by a cuppa. For more details phone 03 538 0072.

Tai Chi Chu'an and Qigong

Thursday mornings: beginners 10.00 am, intermediate 11.00 am at Saxton Netball Pavilion Stoke. Phone 03 545 2960 or 027 271 3323 (Anne-Marie – Tai Chi Instructor).

Stoke Bowling Club

Phone 03 547 1411 (Allen).

Stoke Old Time Country Music Club

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

Stoke Tahunanui Men's Club

A club for active retirees. Activities include a regular monthly meeting with guest speaker on the third Tuesday of every month, plus outings and activities each week. Phone 03 547 7841 (lan).

Stoke Seniors Club

Greenmeadows Community Centre, 391 Main Road Stoke, Phone 03 547 2660 (Karen or Mel). Email stokeseniors@xtra.co.nz Regular activities at Greenmeadows:

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

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

Mah Jong: Tuesdays, 1.00 pm, \$3.

Sit n Be Fit: Exercises to music, Tuesday and Wednesday at 11.00 am, \$3.

500 Club: Wednesdays at 1.00 pm, \$3.

Scrabble Club: Mondays at 1.00 pm, \$3.

Weekly afternoon entertainment: Tuesday -Thursday. Contact the office for programme details.

Tuesday - Thursday meals: A two course midday meal for \$10 (members), \$12 (nonmembers). Please book (preferably by 9.30 am the day before).

Housie: \$5 a card. Phone 03 547 2660 for dates. Monthly movie: Contact office for details.

Stoke Seniors Choir: Meets Thursdays from

Special trips: Monday outings – café lunch/ picnic. Thursday – out and about local tiki tour from 11.00 am.

Girls Own: Monthly on Friday.

Lads @ Large: Monthly on Friday.

Stoke Central Combined Probus Club

Welcomes both men and women as new members. Join us on the fourth Tuesday of each month (except Dec and Jan) at 10.00 am, at The Stoke Methodist Church Hall. 94 Neale Avenue, Stoke. Phone 03 970 6872 (Rosemary).

Variety Entertainment Club of Nelson

A social club for all entertainers. Variety concert held from 1.30 pm – 4.30 pm on the second Saturday of every month between March and October, at Whakatu Presbyterian Church Hall, 271 Songer Street, Stoke. Phone 03 547 4301 (Ken Holmes) or 03 547 3231 (Robyn Walsh).

TAPAWERA

MenzShed

Phone 03 522 4616 (John). Email menzshedtapawera@gmail.com

Sioux Line Dancing

Learners class, 7.00 pm – 8.30 pm Tuesdays, Tapawera Druids Hall. Phone 03 528 6788 (Sue Wilson) or 03 522 4352 (Kirsty Griffith). Email sioux.wilson@yahoo.com.au

Visual Art Society

Phone 03 522 4368 (Kay).

Walking – Tapawera

Rural Ramblers. Phone 04 541 9200.

WAKEFIELD

Live Well, Stay Well Activity Group

Meets every second Tuesday (mornings). Phone 027 609 9202 (Sandra) or 027 374 0500 (Sonja) or 027 677 0080 (Christine).

Higgins Heritage Park

Pigeon Valley Road, Wakefield. Open first and third Sunday of each month (September to May). Monthly "Steam Up" and other event days.

www.higginsheritagepark.co.nz for details. Email info@higginsheritagepark.co.nz Phone 544 7096 (Diane).

Wakefield Bowling Club

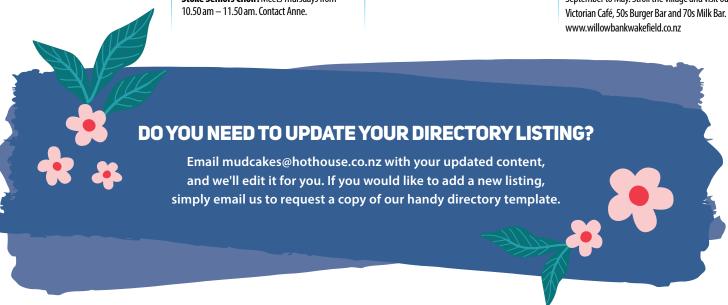
Outdoor bowls, summer and winter. Phone 021 220 1289 (Margaret). Email wakefieldbowlssecretary@gmail.com www.sporty.co.nz/wakefieldbowls

Walking - Wakefield

Rural Ramblers. Phone 03 541 9200.

Willowbank Heritage Village

In Wakefield, open first Sunday every month from September to May. Stroll the village and visit our



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Planning your funeral in advance is a sensible way of ensuring your wishes are adhered to as well as sparing your family or loved ones unnecessary worry about arrangements in their time of grief. There is no age limit. Young or old, the best time to plan is now. Planning leaves nothing to chance and gives you one less thing to worry about. It is also important to realise that once your plan is made, you are not locked into it. Our funeral planning offers flexibility to make alterations as circumstances change. Speak to the team at Waimea Richmond Funeral Services - Here to help with any questions you may have about options available.



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