

THE FINAL ISSUE

# mudcakes & roses

THE MAGAZINE FOR NELSON TASMAN SENIORS

## What's inside:

Imagining a future where diversity is our greatest strength

Switched on! Te Ramaroa lights up Nelson city

Advanced Care Planning – a positive way of thinking about the unthinkable

Bike Hub is making bike ownership more possible for everyone

### PLUS

Your last chance to read our columnists' opinions on the environment, food, books, gardening and much more

A final opportunity to check our directory of clubs and activities for older people in Nelson Tasman

# A farewell letter FROM THE EDITOR



Back when I was a mere stripling of 51, I moved from Auckland to Nelson. When I picked up a copy of the magazine in search of clubs and activities that might interest me, I never guessed that I might one day be its editor.

Nineteen years later, and after seven years as editor of *Mudcakes & Roses*, I have officially become an old age pensioner. The face in the mirror has wrinkled, my body (without any consultation whatsoever) has resigned itself to the force of gravity. Although I have so far escaped heart attack, stroke and arthritis, my ears, eyes and bladder aren't as efficient as they once were. And as the late Leonard Cohen complained in one of his bleaker songs, "I ache in the places where I used to play".

In short, I've been ageing. It's a process which has always been easier to discern – and accept – in the people around me. However, now that I'm 70,

when I see an older person using a stick or a Zimmer frame, I find myself acknowledging that perhaps sooner, and most definitely later, I will join their ranks.

I like to think that this makes me kinder, less impatient and more reluctant to judge others. Certainly, if I'm stuck in a queue at the supermarket behind an older person dithering over the EFTPOS machine, I'm much more patient now. Why? Because, dear reader, sometimes I am that person.

On the plus side, I have much to be grateful for. I have become a grandmother. I have an affordable roof over my head. Every fortnight

a superannuation payment miraculously arrives in my bank account. I have a personal trainer: a Jack Russell terrier who keeps me physically and mentally fit by insisting that we take long companionable walks together whenever anxiety or depression loom.

And finally, I'm grateful that working for *Mudcakes* has connected me with clever, interesting and engaging older people I would not otherwise have met, including the magazine's columnists, none of whom is paid.

Goodbye and best wishes.

Ro Cambridge

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## On the cover

Luma and Elec at Te Ramaroa 2022  
© Daniel Allen and Klaasz Breukel

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# Two light-filled events to chase away the winter blues

Nelson's favourite winter festival returns this June, and New Zealand's (and Nelson's) newest theatre company takes the limelight with a completely original take on Shakespeare's *Macbeth*.

## Te Ramaroa 2023 light festival 30 June – 4 July

The year's festival will once again transform Nelson into a winter wonderland of colour and light, with more than 30 magical light creations on every scale, from tiny discoveries through to massive projections and installations.

There will be installations around Nelson CBD, Cathedral Hill, and various laneways, as well as NMIT, and three large works in Queens Gardens. This means there will be plenty of room for everyone to see all the lights, especially if you come on multiple nights. Don't miss the community stage on Upper Trafalgar Street, or the food stalls in Kirby Lane.

Te Ramaroa takes pride in its commitment to community engagement, so you're likely to see installations by students from Victory and Nelson Intermediate schools, alongside work by some of the country's top lighting designers.

This is a great free event, with something to appeal to everyone. The kids will especially enjoy meeting the festival mascots, Luma and Elec who are pictured on the magazine's cover.

Check [www.teramaroa.nz](http://www.teramaroa.nz) closer to the event for the map and more information.



## Mr & Mrs Macbeth of Dodson Valley Road

1–15 June at the Theatre Royal, Nelson

Expect collisions, conflict, calamity and comedy in this play which is set in a theatre dressing room, with two actors preparing for opening night. One of them is ready, the other is, well, Tom. What could possibly go wrong?

The play brings Mark Hadlow (MAMIL, Peter Jackson's *King Kong* and *The Hobbit*) and Lara Macgregor (Netflix's *Clickbait* and *One of Us Is Lying*) together again, with an electricity that sizzles. "Sacrilege or sensational, either way it's bloody funny," says Mark Hadlow, of the play's rollercoaster of comedy, drama, poignancy and conflict.

Written and directed by Gregory Cooper, the play is fast paced with plenty of physical humour and razor-sharp verbal sparring and sword play. The play's also full of revelations and discoveries, accusations, and a crisis just before interval that suggests imminent disaster. The second half features every actor's nightmare: being in the wrong play at the wrong time – especially if Taika Waititi is in the audience, casting for his Amazon-funded film version of the Shakespearean tragedy.

*Mr & Mrs Macbeth* is the first of six plays by Nelson's newly formed The Professional Theatre Company – a thrilling addition to Nelson's arts and theatre scene. While most of these plays will be staged at Theatre Royal, there are a couple that will be produced in distinctly non-theatre venues.

In September, there's the premiere of *The Complete History of Nelson (Abridged)* performed, of all places, at Nelson Airport terminal. And then, in August 2024, Shakespeare's *Othello* will get a makeover in a massive industrial building.

Book tickets at [www.theatreroyalnelson.co.nz](http://www.theatreroyalnelson.co.nz)



# Food for thought



## Good company and good food

**Like all the other contributors to *Mudcakes & Roses*, I'm sad that this is the final issue. I've really enjoyed writing this column as food is one of my enduring obsessions. But before anyone takes me to task over such a seemingly trivial passion, may I remind you what the late great Julia Child had to say on the subject: "people who love food are always the best people".**

Seriously, though, food is a great way to bring people together. The terrifically complicated (and often over-ambitious) dinner parties of the 1990s are well behind us, thank goodness. These days it's more than acceptable to get together over a casual lunch or companionable bowl of soup – especially if it's homemade.

So given we're now on the cusp of winter, how can we best tantalise our taste buds? Comfort food features strongly on my menu at this time of year – food that's warming and full of flavour. And occasionally a bit of delicious stodge. I'm thinking sausages and mash, steamed puddings, hearty fish pies ... not all dished up at once, you understand, but you get my drift, I'm sure.

If you're inspired to create a fish pie to share with friends, here are a few tips. My economical version uses smoked fish pieces and the yum factor involves a seriously cheesy sauce in which to place said fish. A couple of teaspoons of mustard, preferably wholegrain, stirred into the sauce will add further zing.

What you add after that is up to you and what you might have in your fridge. For example, the tail ends of some spring onions, a handful

of frozen peas from the freezer, maybe that last bit of capsicum that you bought when they were still affordable, even a couple of chopped hard-boiled eggs and so on. But whatever you do, don't stint on the mash. Ideally you'll use Agria potatoes which mash beautifully, unlike white potatoes that tend to be a bit watery.

And if you like a golden crusty top, scatter a handful or two of grated tasty cheese over the mash. You really do need to use tasty cheese for this as Edam or Colby will just spread into a yellow puddle. Put the pie into a preheated 180°C oven for at least 45 minutes until the afore-mentioned golden crust is achieved. Eat on its own (that way you can justify a second helping) or with some steamed green vegetables on the side.

And that's me, folks. Over and out.

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## 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 dogs.*



# Bike rehoming scheme has a multitude of benefits

By Matt Lawrey (co-ordinator Bike Hub Nelson)

**Do you have a bike that's not being used and gathering dust in your garage, basement or lock-up? If so, Bike Hub Nelson would love to take it off your hands, give it some love, and get it to someone who would truly benefit from it.**

Bike Hub Nelson is a volunteer-powered scheme based at Saxton Field that removes the financial obstacles to bike ownership in our region. We fix up, service and clean bikes donated by members of the public and the New Zealand Police, then we make them available to members of the community on a koha basis.

Since launching in May last year we've re-homed over 700 bikes to people of all ages.

Recipients include Nelsonians referred to us by a wide range of agencies, including the Salvation Army, Work and Income, Red Cross, St Vincent de Paul, the Nelson Tasman Housing Trust, Whakatū Te Korowai Manaakitanga Trust, Tahunanui Community Hub – Te Tari Hapori ki Tahunanui,

Helping Families Nelson, Mana Whānau Charitable Trust and NMIT. Many of the people who receive bikes from us are members of our former refugee community.

We currently have over 35 active volunteers, many of them retirees who enjoy working on bikes and contributing to what is a really positive cause. People often tell us that they love volunteering at the workshop and that they look forward to their shifts all week.

The list of benefits that comes from Bike Hub Nelson's work is a long one that includes fighting poverty, increasing people's opportunities to participate in society, reducing congestion, reducing emissions, fighting obesity and giving people something fun to do.

We enjoy strong support from local bike stores, which tell us we are helping to grow the cycling market, and we've even had a youth worker tell us that she thinks we're going to help to reduce the number of bike thefts in the region.

Supported by Nelson City Council, Bike Hub Nelson's work also makes it possible for more children to experience the joy of owning their

first bike. Parents often come to us saying they'd love to get bikes for their kids but they can't afford it. They're over the moon when we tell them that not only can we get them bikes, but we can probably supply them with helmets as well.

There's no question that Bike Hub Nelson is a wonderful addition to our community, but it pays to remember that the work we do would not be possible without people being generous enough to donate their unused bikes in the first place. So, once again, if anyone reading this has a bike they don't need, please consider donating it to the Bike Hub.

Bikes can be dropped off at our Saxton Field base or can be picked up if necessary – just give me a call or text me on 027 406 3434 or email [mattlawrey7010@gmail.com](mailto:mattlawrey7010@gmail.com). For more information and some great stories about the people we've helped, please visit our Facebook page.

**Pictured above: Co-ordinator Matt Lawrey with some happy recipients of Bike Hub Nelson's bikes.**

# Advanced Care Planning

**Alene Sherson spent three decades as a speech language therapist assisting people to clearly communicate their needs and wants. Now at 59, she is helping friends and whānau with their Advanced Care Planning (ACP).**

Advanced Care Planning – the process of planning for future health care and end of life care – involves many of the skills she used in her previous work.

Alene explains that writing down what's important to you, what concerns you, and what your care preferences are makes it much easier for everyone to know what matters to you – especially if you can no longer speak for yourself.

“It is about people having a voice when they're really vulnerable, or when there are communication barriers,” Alene says, adding that “it's best to do an ACP before any communication issues or vulnerabilities arise. The earlier you think about your preferences, the better placed you are to consider the little things that might not occur to you in a heightened situation.”

An ACP can be as detailed as you like. For example, Alene says if she'd known that family members can assist loved ones she'd have made sure that her mother had an ACP which mentioned that she did not like her feet being tucked up tightly in bed. This seemingly minor preference became highly relevant when her mother developed dementia.

“You might say ‘silly little details’, but when you can't do something yourself, and you can't communicate it – that's the kind of thing that's really important for other people to know,” Alene explains.

Another member of Alene's family requested in her ACP that in her last days, if she was low on energy, she did not want people having conversations at her bedside as if she wasn't there. She made it clear that “I don't want people talking politics over me. I want people to be present to each other and present to me.”

As Arlene explains, “in a family, if everyone knows their roles, everyone can feel ‘okay, this is what dad wants’ or ‘that's what mum is saying’. That reduces some of the stress for sure”.



Children are often the main motivation for completing an ACP. “A number of people my age have gone through a similar experience as I did with my mother. I certainly want my children to have a much more straightforward, sign-posted journey”

Even knowing the benefit to family, many people are reluctant to begin thinking about or drawing up an ACP. “People feel that an ACP almost invites disaster. Or they think it's so far in the future that it's not relevant at the moment. But I've just entered my 60th decade and I can think of having lost people in every decade of my life.”

It can be challenging to confront the prospect of your own ill-health or mortality. However, guidance and support is available, either from your GP or you can attend an ACP information session.

For more information email [acp@nbph.org.nz](mailto:acp@nbph.org.nz) (Nelson Tasman) or [acp@marlboroughpho.org.nz](mailto:acp@marlboroughpho.org.nz) (Marlborough). If you are ready to go it alone you can complete your ACP online at [www.myacp.org.nz](http://www.myacp.org.nz)



**You might say 'silly little details', but when you can't do something yourself, and you can't communicate it – that's the kind of thing that's really important for other people to know.**





# Gardening tips and tricks

## Going out with a bang!

**Welcome to my final column for this lovely publication. When I was told this would be the last issue, my heart truly did a “blip” and I got tearful. Until I realised that my first column was published in 2011, I had no idea I’ve been writing for *Mudcakes & Roses* for so long!**

I wanted my last column to go out with a “bang” and the events of Easter Monday have ensured that it will!

The day started as normal. The weather forecast was iffy but I managed to spread some compost. By late morning the sky was starting to look ominous towards the west – thunderstorms were predicted so I waited in earnest. After lunch, thunder started to roll and the first spots of rain started. I adore thunderstorms so I went out onto

the verandah to enjoy it. The wind was “ruffly”, then the rain quickly grew heavy. I remember saying “I hope we don’t get any hail” and that there was a very strange feeling in the air.

Suddenly there was a huge bolt of orange lightning right above the house followed immediately by a massive crash of thunder. That’s when everything went crazy. The wind was incredible. I dashed inside – I just knew something horrific was happening. John and I stood in our living room watching what looked like a movie scene. The cawling on the top of our chimney began to rattle and I said “John, this is a tornado”. In the maelstrom, I saw at least two macrocarpas between the top garden and our paddock fall down.

The wind dropped within minutes so we ventured outside to see the devastation. There were trees down

everywhere. We couldn’t get to our garages and our driveway was completely blocked.

I have a very real connection to nature so when I saw some of the established trees in our paddock with their hearts literally wrenched out of them I cried – especially for “Lambert”, our beautiful Liquidambar. Fortunately our house was saved, although our farm shed and garage were damaged, and we have a huge clean-up to do. What a year so far!

Thank you readers, for all for the emails and feedback you’ve sent me over the years. It has meant a lot. I’m still writing for Nelson Grey Power, and my column for Bay Landscapes and Garden is in the *Waimea Weekly*, the second week of every month. Feel free to email me at any time: [foeslamb@xtra.co.nz](mailto:foeslamb@xtra.co.nz)

## 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](mailto:foeslamb@xtra.co.nz) for further information.*





## Imagining the future

### Making the most of New Zealand's diversity

**In his final piece for *Mudcakes & Roses*, Rob Mitchell imagines a future in which New Zealand's diverse population is seen as a strength, not a source of division, and how this might be achieved.**

According to the Ministry for Ethnic Communities, New Zealand is now home to 200 ethnicities, speaking over 170 languages, and 25% of New Zealanders were born overseas. The Ministry argues that in a globally connected world, this diversity is a strength and has great benefits.

However, in common with other democracies, New Zealand is experiencing a rise in social division. Many causes have been suggested including the stresses of Covid-19, destructive weather events and global warming, intergenerational competitiveness, and debates on the applicability of the Treaty of Waitangi to life in the 21st century. Though it is softened by MMP, we nonetheless have a binary and combative parliamentary system and public debate that is stimulated by headline-focused media and social media algorithms.

US research indicates that trust declines when governments and institutions fail to meet expectations and heighten social inequality. Many of us find it difficult to change our fundamental world view and so as individuals we are part of the trend to social polarisation.

In their book *Poles Apart*, Alison Goldsworthy, Laura Osborn and Alexandra Chesterfield identify three key causes of social discord. The first is social and economic inequality. The second is strong identification with social, political or religious groups. The more closely individuals identify with a strong political or social group, the more inflexible they become in contributing to wider community stability. Data from the International Monetary Fund shows that in 2020, the resultant global social uncertainty was at its highest level since recording began in the 1960s.

The third cause identified by these authors is the perception by established social groups or society in general that they are under threat from new or emerging social groups. New Zealand examples

of this include the perception that migrants take jobs away from "locals" or fears about co-governance.

US political philosopher John Rawls suggests that diverse societies such as ours must find constructive ways to disagree, including finding a way of debating that contributes to community, rather than dividing and weakening it. We need to look at how we can share aspirations and find solutions which supersede individual prejudices. We need to activate a shared sense of humanity and set aside sectional differences to achieve a goal that benefits all.

Perhaps most importantly, individuals must be capable of modifying long-held beliefs or loyalties in order to manage differences, manage change, and find agreement on social and political challenges. Individuals also need to be able to apply flexible and critical thinking to resolve difficult or divisive issues.

Social prejudice is more likely to be overcome when groups are asked to work cooperatively on issues of shared concern.



If we exhibit flexibility, it can encourage flexibility in others. Working cooperatively to reduce racial prejudice encourages empathy and engagement in developing practical outcomes.

Some of us recoil from the challenge of finding solutions to seemingly intractable problems, and yet wrestling with complex problems

can in itself be beneficial. It can bring fresh perspectives into focus and that often brings solutions. Open-mindedness can be the pathway to resolving differences.

We should see New Zealand's diversity as an opportunity for shaping an even stronger society. To advance as a community we must shed our rigid, binary views

of government and opposition, Māori and non-Māori, town and country, Christian and non-Christian, existing residents and newcomers. We need to work together, harnessing the strengths of our diversity to successfully address the pressing economic, social and environmental and issues we are currently facing.

## Columnist: Rob Mitchell

*A resident of Motueka, Rob Mitchell is a specialist in strategic communications with degrees in politics, and management. His PhD research investigated sustainable tourism. Rob's community service includes two terms as a city councillor in Melbourne and on the Otago Conservation Board, plus work on the Executive of Federated Mountain Clubs and Auckland Friends of Regional Parks.*



# Hot coffee and fresh scones

**It's not something you might expect, but in keeping with its life-affirming philosophy, Nelson Tasman Hospice has a café with delicious food and beverages that's open to the public.**

The Mānuka Café at Hospice in Suffolk Road, Stoke offers a range of sweet and savoury cabinet food, all made on the premises by Katrina Baker, the catering coordinator, and a small team of others. The café is named after Mānuka Street, where Hospice used to be situated.

Offering indoor and outdoor seating, the café first opened in November 2020, but with the advent of Covid-19, after six months it had to temporarily close its doors. However, even in that short time, the café had quickly gained a reputation for its amazing scones and when it finally reopened to the public late last year, people were thrilled to be able to come back.

Katrina and her team cook for the café, but also prepare nutritious meals for Hospice patients who are spending time in the inpatient unit.

They also do the catering for Hospice training sessions and board meetings.

At the café you'll be served with a smile by one of Hospice's wonderful volunteers. Many of the café's patrons drop in after a walk along the lovely walkways in the area, or while they are on a bike ride. Hospice staff love the bustle that the café brings into the building.

By meeting and eating at the café you not only enjoy great food and company, you are also helping support Hospice services: all profit from the café goes straight back to Nelson Tasman Hospice which supports an average of 240 patients a month in their own homes across the region.

Mānuka Café is open Monday to Friday, 9.00 am to 1.00 pm. We hope to see you soon!





## Thinking volumes

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### I, Object by Stella Chrysostomou

If your ring could speak, what would it tell you? In these 38 stories, jewellery objects reflect on their relationship to the world, to each other, and with their human acquaintances (their makers, wearers, viewers and owners). These texts ask us to reconsider our attitudes to, and our thinking about, jewellery, and – the tables turned – to experience jewellery afresh. **\$35**

### Why Women Grow: Stories of Soil, Sisterhood and Survival by Alice Vincent

Alice Vincent suspected that the histories of women who gardened had been buried, and she set out to dig them up. As she was doing so, she met some interesting people

(including Ali Smith and Cosey Fanni Tutti) and began to speculate on a relationship between women and the soil, a relationship that sometimes pushes other relationships into the background. Vincent's book is beautifully presented and a joy to read. **\$45**

### All Sorts of Lives: Katherine Mansfield and the Art of Risking Everything by Clare Harman

This book re-examines the life of Katherine Mansfield through the lenses of ten of her stories, written at different stages in her trajectory, and reveals a writer and a person driven to remake both literature and the ways in which she might exist in the world. Harman shows us a woman confronting a very modern set of difficulties, trying to find ways forward into uncertain territory. Mansfield feels again

hugely relevant 100 years after her death. **\$37**

### Shy by Max Porter

Max Porter again shows an incredible ability to get completely inside the head of his narrator, delivering us an experience that enlarges our empathy and understanding. Shy is a young man who is both damaged and damaging, troubled and troubling, inmate of the residential institution Last Chance but also creature of a toxic trope of masculinity. Shy is suffering; people want to help him, but can he be helped? **\$28**

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## Sharing the warmth

**Community Action Nelson (CAN) invites you to “share the warmth” again this winter.**

For the past three years CAN has encouraged Nelson superannuants who don't need the extra Winter Energy Payment to pass on this money to local families who would otherwise struggle to make it through winter with adequate heating.

Spokeswoman for CAN, Co-chair Penny Molnar says CAN knows that some superannuants very definitely need the extra payment. “We're not pressuring anyone, but we also know many of those who don't rely on the payment would like it to go to people who do need it. They know that there are children who suffer the health consequences of cold, damp homes and parents who are struggling to keep paying the power bills, or can't afford a load of firewood.”

There are retired people in Nelson for whom the \$40 Winter Energy Payment is not a lot of money. Conversely with food prices going up, many more families are struggling to feed, clothe and keep their children warm. For them, this money would make a huge difference.

Over the past three years, local superannuants have donated nearly \$20,000 to the Winter Energy Payment scheme. It's up to the donor to decide how they will pass on their Winter Energy Payment: by setting up a weekly, fortnightly or monthly bank transfer, or simply make a one-off payment of a certain amount.

Donors can be confident that the money will go where it's most needed because, working in partnership, Nelson Budget Advice Service and the Fifehire Foundation will be receiving and distributing the funds.

### How to pass on your winter energy payment

Set up an automatic payment, or arrange a one-off transfer of funds to the Fifehire Foundation bank account number 03-1354-0048778-04, adding *Share Warmth* as a reference.

### If you are having difficulty paying for heating costs

If you are not receiving the Winter Energy Payment, and you need help with heating costs visit the websites below to apply for support.

- **Fifehire Foundation:**  
[www.fifehirefoundation.co.nz/apply-for-help](http://www.fifehirefoundation.co.nz/apply-for-help)
- **Nelson Budget Advisory Service:**  
[www.nelsonbudget.co.nz](http://www.nelsonbudget.co.nz)

Pictured above from left to right are Kindra Douglas, Mary Ellen O'Connor and Sonja Lamers.

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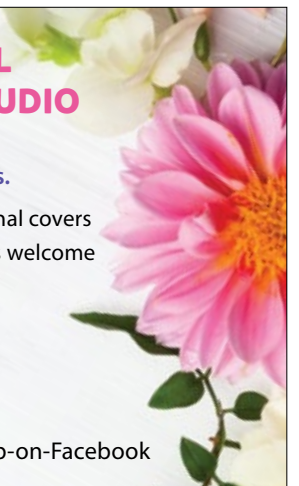
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# Our environment

## We must break off our love affair with cars

**Cycling home from town some weeks back I passed a new car sales yard on St Vincent Street. It was enormous! This and other car sales yards in Nelson occupy valuable ground near shops and other amenities while we build houses on swamps and in beautiful rural valleys.**

Our relationship with cars must change. New Zealanders are second only to the US in the number of cars we own. According to Statistics New Zealand, nationally we own 0.88 cars per capita. In Nelson we own 0.99 cars per capita – the highest car ownership per capita in New Zealand. A local car club even has a Givealittle page to help deprived kids get into cars.

Why are we so keen on cars? A car gives the driver a sense of freedom and movement, independence and identity. You can tell a lot about a

man (perhaps less often a woman) by the car they drive. Remember what they used to say about the e-type Jaguar – the one with the long bonnet? Big car, small ...

There are reasons specific to Nelson which might drive our dedication to cars, including wretched public transport, plentiful and low cost parking in the middle of town, and the erroneous business perception that customers won't buy if they can't drive to and park near shops. We can also blame past urban planners for designing our cities around cars rather than people.

Cars are bad for us. They produce about 70% of the greenhouse gases in the Nelson region and contribute to air pollution, which in turn contributes to poor health. Roads and car parking take up huge amounts of space that could be used for housing, which would reduce the need for private transport. Roads are also expensive to build, money which

could be better spent on housing, welfare, health, education and trains.

Nelson has high electric vehicle ownership compared to other cities, and electric vehicles do reduce emissions. However you can also do this, and reduce reliance on your car by getting an electric bicycle. They are fun to ride and can carry big loads of shopping without much extra effort from you. No one expects us elderly citizens to ditch our cars if we need them, but when the improved bus service starts later this year we could make an effort to use it.

With intensification of residential spaces in the centre of Nelson (get rid of those car yards!) and improved public transport, we could even consider emulating fantastic European cities which do not allow any private cars in their city centres. Nelson could become like Copenhagen, Madrid and Venice where people enjoy car-free open spaces, cafes and parks.

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### 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](mailto:pam.e.henson@gmail.com)*

# How to find out what's on in the region

The directory of clubs and activities for seniors has been one of the most popular features of this magazine. Fortunately, there are other places to find this information and keep up to date with special events and activities in the region.

## FOUND Directory

If it's clubs and special interest groups you're after, check out the FOUND Directory at [www.found.org.nz](http://www.found.org.nz). This directory lists over 1,600 community organisations in the Top of the South. The listings are searchable by region or interests including culture, art, sport, recreation, education and welfare.

## It's On

If you're looking for information about upcoming special events and activities, [www.itson.co.nz](http://www.itson.co.nz) is the place to go. This website, funded by Nelson City Council, supported by Tasman District Council and administered by the Nelson Regional Development Agency, lists everything from school galas, yoga classes and local library activities to large scale events and festivals.

Many of the activities are free, so it's worth keeping an eye on these event listings which are searchable by date, location and event type.

It's also free to list an event so keep that in mind when looking for ways to publicise events or activities.

The site even has a downloadable Event Organiser's Handbook which will help you in planning and producing an event of your own.

Here are just some of the current listings on [www.itson.co.nz](http://www.itson.co.nz):



## My Time, My Life

**Sunday 18 June, Founders Heritage Park; Saturday 29 July, Putangitangi Greenmeadows Centre; Sunday 20 August, Saxton Oval.** Hobby groups from across the region showcase their hobbies and passions, and invite you to join in. More information at [www.shape.nelson.govt.nz/my-time-my-life](http://www.shape.nelson.govt.nz/my-time-my-life)

## Ceol Aneas Irish Music Festival

**Friday 2 – Monday 5 June, at various Nelson venues.** Don't miss this weekend of great music and craic (Irish for a good time), including an informal live lounge concert, an open public Céilí dance and informal jam sessions at local bars. Come along with or without an instrument and join others to play traditional instruments like Irish flute, tin whistle, fiddle, banjo, mandolin, accordion, guitar, uilleann pipes – all while singing traditional songs. More information at [www.irishmusic.org.nz](http://www.irishmusic.org.nz)

## Banff Mountain Film Festival

**Friday 9 and Saturday 10 June, Annesbrook Church, Stoke.** Showings of the most inspiring action, environmental and adventure films from the Banff Mountain Film Festival. More information at [www.banff.nz](http://www.banff.nz)

## Te Ramaroa

**Friday 30 June – Tuesday 4 July, central Nelson.** Formerly known as Light Nelson, a free outdoor event featuring light installations of every size and scale. More information at [www.teramaroa.nz](http://www.teramaroa.nz) and on page 3.

## South Island Show Offs (cheerleading championships)

**Sunday 23 July, Trafalgar Centre, Nelson.**



# Our Community News and Information



The team at Age Concern

## News from Age Concern

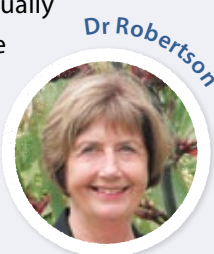
### Goodbye *Mudcakes!*

We're disappointed that this is the last issue of *Mudcakes & Roses*. We know that for many of you this will be a big loss and that you've thoroughly enjoyed the great articles and information that this publication has provided. Our thanks to Ro Cambridge, who has been the editor for the last seven years.

We at Age Concern will miss it too, as we were able to keep readers up to date in its pages. We hope you've found the information in these pages useful, and that you can continue to enjoy all that the region has to offer its seniors.

### Reimagine your retirement

Get ready to be inspired! Age Concern Nelson Tasman is bringing Dr Angela Robertson to Nelson for a series of speaking engagements. Author, speaker and facilitator Dr Robertson focuses on encouraging people to broaden their perspective on ageing and continually expand their horizons. She urges people to take advantage of the opportunities around them and channel their energy into activities that matter. Dr Robertson will be giving two public talks, sponsored by Age Concern.



**TALK ONE:** Tuesday 11 July, 10.00 am,  
Age Concern Nelson Office,  
18 Bridge Street, Nelson.



In this talk, Dr Robertson will share inspirational stories of men and women living in New Zealand, aged between 55 and 102 who are channelling their energy into activities that matter. These people have conquered life challenges, set new goals, and fulfilled long nurtured ambitions.

**To register, phone Meagan on 03 544 7624 ext 0.**

**TALK TWO:** Wednesday 12 July,  
10.30 am – 12.00 pm, Suburbs Football  
Clubrooms, 142 Saxton Road, Stoke.



This talk is a larger community event which focuses on reframing retirement. The retirement phase can be the most creative, productive and fulfilling part of your life depending on your mindset. Come along and find out how you can take control of your destiny, expand your horizons, and create your future.

**For more information or to register, phone Marnie on 03 544 7624 ext 5.**

# Our Community News and Information

## Elder Abuse Awareness Week 15 – 22 June

Age Concern has two experienced and knowledgeable Elder Abuse Response advisors who provide professional and empathic support to older people who have experienced abuse, whether it is financial, psychological or physical. These advisors can give advice on how to manage the current situation and keep safe in the future.

**If you are concerned about elder abuse please contact the office on 03 544 7624 ext 2 or 8.**

## NBS Volunteer Expo 2023

**Saturday 24 June, 10.00 am – 2.00 pm, Annesbrook Church.**

We are proud to be a co-organiser of the Volunteer Expo which provides a fantastic opportunity to meet face-to-face with organisations from across the region who are currently looking for volunteers.

## Cooking classes

Our cooking classes have gone from strength to strength and are in high demand so we have another four courses planned for the year. Each course runs for six weeks and is held on a Tuesday morning. For dates and to register phone Miriam on 03 544 7624 ext 6.





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**Email:** mapua@kiwiskin.org.nz  
**Website:** www.kiwiskin.org.nz  
**Address:** Unit 9, The Village Māpua  
 66 - 68 Aranui Road, Māpua 7005  
**Postal:** P.O. Box 50, Māpua 7048



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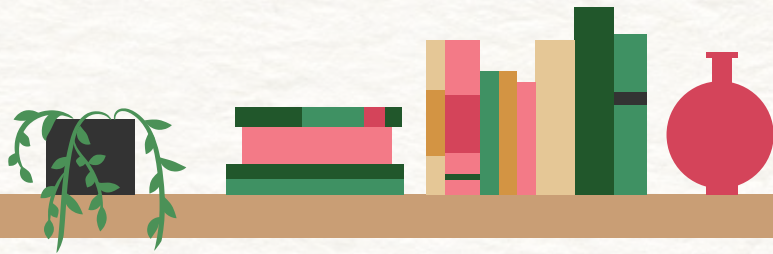
**TOTAL MOBILITY**

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## Tasman District Libraries



A reminder that in addition to our special one-off events, we also have an ongoing programme of regular groups for adults, including:

### Book groups

Discover new books and authors, meet new people, and share what you have been reading.

- **Motueka Library:** 10.30 am – 12.00 pm, third Monday of the month.
- **Richmond Library:** 3.00 pm – 4.00 pm, third Wednesday of the month.
- **Tākaka Library:** 1.00 pm – 2.00 pm, last Tuesday of the month.

### Writing groups

Another way to meet new people while also picking up writing tips and tricks, and discovering where creative writing exercises might take you.

- **Motueka Library:** 12.00 pm – 2.00 pm, third Tuesday of the month.
- **Richmond Library:** 2.00 pm – 3.00 pm, third Tuesday of the month.



## Nelson Public Libraries

### Craft groups

- **Paper Artsy:** Use decorative and themed papers to create cards, bookmarks and postcards. Motueka Library, 1.30 pm – 3.00 pm, second Thursday of the month.
- **Good Crafternoon:** Work on your almost-started, half-finished, barely-begun craft project! Richmond Library, 12.30 pm – 2.00 pm, every Wednesday.
- **Dementia-Friendly Library Group:** If you are living with dementia, this group is for you – supportive, friendly and in a familiar place. Richmond Library, 10.30 am – 11.30 am, every Tuesday.

### Board game groups

- **Classic Board Games:** Motueka Library, 2.00 pm – 4.00 pm, every Monday.
- **Scrabble:** Motueka Library, 1.30 pm – 4.00 pm, every Wednesday.

### MORE INFORMATION

To find out more about these or other regular events, phone 03 528 1047 or visit [www.tasmanlibraries.govt.nz](http://www.tasmanlibraries.govt.nz)



### Living library books – a whole new kind of library book!

The “books” in our living library not only talk, they interact with you in a very personal way. That’s because these “books” are actually real people from all over Whakatū, each of them with a unique story to tell. Library visitors are invited to “borrow” one of these living books for a 15-minute conversation to learn more about the diverse people who live in our city.

Our living books will be available for browsing on Sunday 18 June between 2.00 pm – 3.30 pm in the Elma Turner Pop-up Library. Tea and coffee will be provided along with ice-breaker questions to help make your experience comfortable.

If you’d like to “borrow” a living book – or become one – please email [library@ncc.govt.nz](mailto:library@ncc.govt.nz) or phone 03 546 8100.

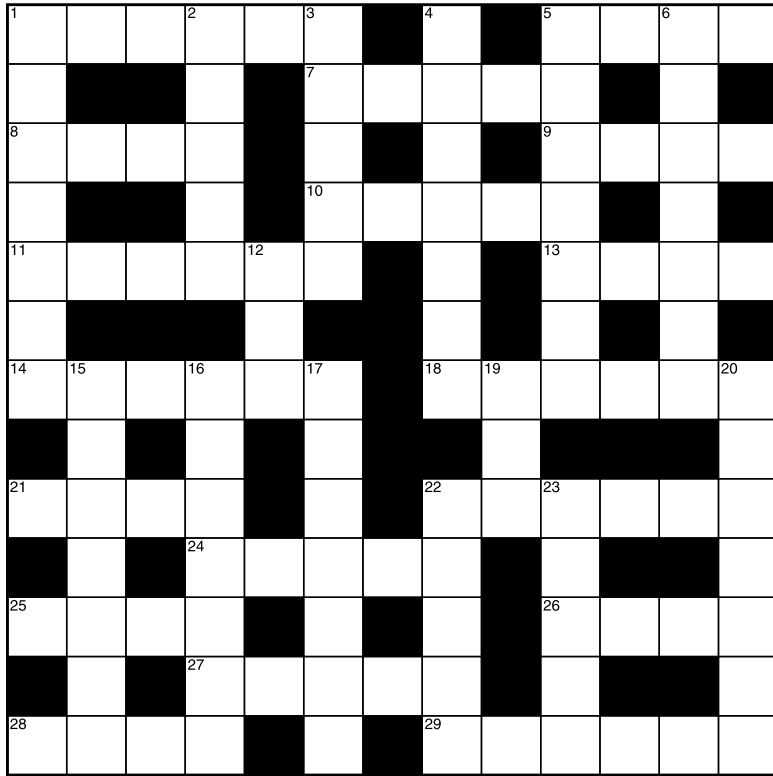
In this the final issue of *Mudcakes & Roses*, we’d like to thank Ro Cambridge who has been the magazine’s editor for the last seven years. She has developed it into a unique local publication for the over-60s and been particularly supportive of the library.

We also like to take this opportunity to thank the readers of *Mudcakes & Roses* who over the years have picked up a copy of the magazine at the library and participated in our workshops, talks and special events.





# Crossword

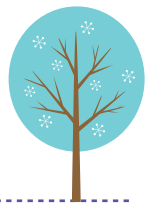


## ACROSS

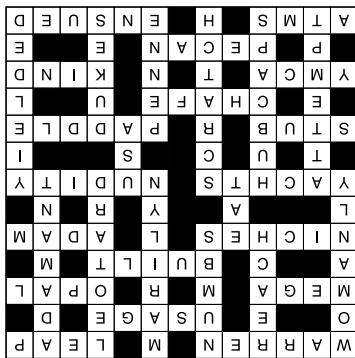
1. Series of rabbit tunnels
5. Look before you ...
7. Consumption
8. Large
9. Australian gem
10. Erected
11. Recesses
13. Eve's mate
14. Masted vessels
18. Nakedness
21. Pencil end
22. Canoe oar
24. Wear by rubbing
25. Global hostel chain (1,1,1,1)
26. Charitable
27. Dessert, ... pie
28. Cash machines (1,1,2)
29. Occurred afterwards

## DOWN

1. Feminine
2. Attain
3. Anaesthetises
4. Actress, ... Monroe
5. Dancer's costume
6. Unrelenting
12. Devour
15. Try
16. Wheel covers
17. Wound with claw
19. Illinois is there (1,1,1)
20. Surrendered
22. Short pasta tubes
23. Highest ranking peers

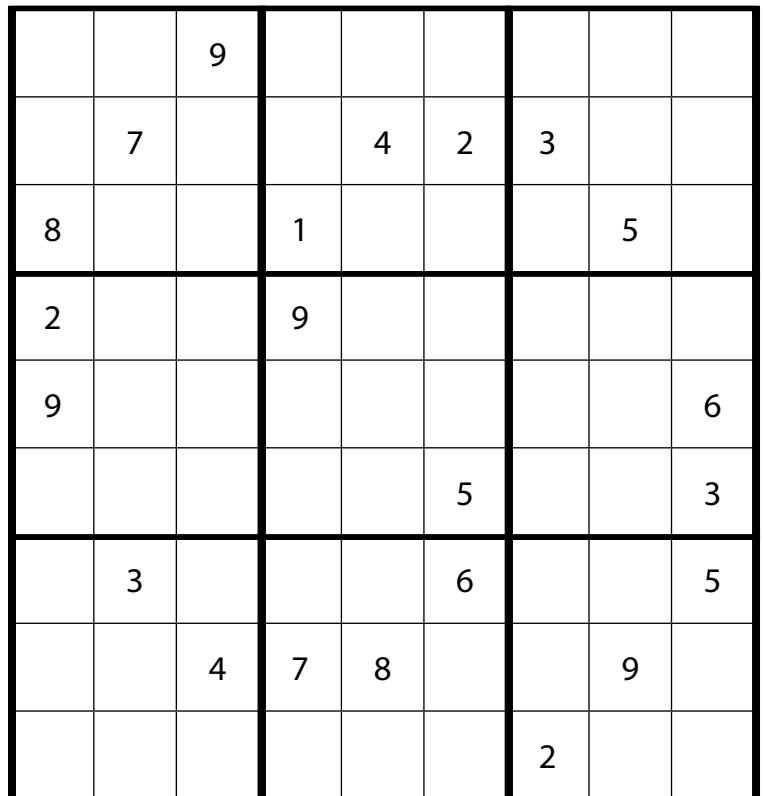


# Crossword solution

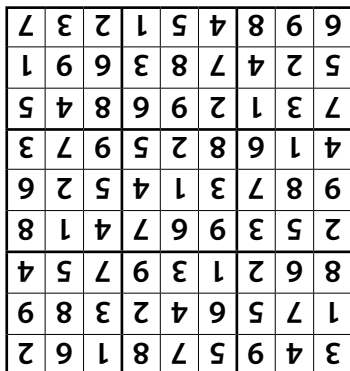


# Sudoku

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



# Sudoku solution



Thanks to Tasman resident 87 year-old Diny van Oeveren for creating our Sudoku puzzles

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# SERVICE DIRECTORY

## Pop-Up Psychodrama Monthly Group

Psychodrama is a lively spontaneous method of exploring personal, political and community issues. Find spontaneity and find new ways to respond to old situations in your life. Led by experienced psychodrama practitioner, no acting experience required! Third Wednesday of the month, 7.00 pm – 9.30 pm at Victory Community Centre, 2 Totara St, Nelson. Phone 027 276 5992 (Ali). Email awatersong@gmail.com. aliwatersong.co.nz

## 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

## Repair Café at nook.

Need to repair clothes, curtains, blankets or fabric toys? Come and grab a coffee or a snack from nook. Café and let us help! Every Tuesday morning 9.00 am – 11.00 am at The Habitat Hub, 166 Tāhunanui Drive, Tāhunanui. Phone 027 240 6302 (Atje). Email nelson@habitat.org.nz www.facebook.com/repaircafetahunanui

## ReStore Nelson

Volunteer with us. A variety of roles, flexible hours. Donating your time helps us support housing for families in our community. Your donation of quality used goods helps too. We may be able to arrange collection. The Habitat Hub, 166 Tāhunanui Drive. Phone 03 547 4626. Email nelson@habitat.org.nz habitat.org.nz/restore/nelson

## Silver Yogis

Beginner's yoga for adults 50+. Mats and props provided. Phone 027 208 0468 (Jo Ann). Email nzsilveryogis@gmail.com www.silveryogis.co.nz

## Stoke Tāhunanui 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, Nelson. Suggested koha of \$10, includes morning tea, either a speaker or activities, and a light lunch. For further information call 03 548 2601 (Gillian or Lisette).

## Support Works

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

## Suter Art Gallery

Exhibitions, floor talks. Visit www.thesuter.org.nz for details. Phone 03 548 4699. 208 Bridge Street.

## Tāhunanui Bowling Club

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

## Tāhunanui 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.

## Ukulele with Gretchen

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

## U3A Nelson

U3A is an international group of clubs which give retired people who wish to continue learning a chance to do just that. Everyone is welcome. For more information visit www.u3anelson.org.nz

## Victory Community Centre

Offers a variety of classes during term time. Phone 03 546 8389. Email ara@victorycommunity.org.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).

## Yoga

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

## Yoga

Hot Yoga Nelson. Phone 03 548 2298.

## RICHMOND

### Badminton Richmond

Morning Badminton. Phone 03 544 44120 (Dawn).

### Bfit4ever

Mobile in home service. Falls prevention fitness. Stroke rehabilitation fitness. Parkinson's fitness. Knee rehabilitation fitness. Phone 021 078 8609 (Nicola).

### Body Power Pilates and Yoga Centre

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

### 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 60

Senior adventures (under 60s welcome too) active fun, social recreation with weekly planned outings and activities. Meets every Wednesday 9.30 am at Sport Tasman, Richmond Town Hall, Cambridge Street. All sessions \$5. Phone 03 544 3955. Email stadium@sporttasman.org.nz

### Easy Exercise

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).

### Gentle Yoga with Connie

Headingley Centre, Richmond. Wednesdays 10.45 am – 12.00 pm. Phone 03 547 5331 or 027 297 6147 (Connie). Email connie@jnc.co.nz

### 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).

## InnerWheel

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

## Keep Active

ACC approved strength and balance class. Falls prevention and rehabilitation fitness, social connections and fun. Thursdays 9.15 am, Holy Trinity Hall, 27 Dorset Street, Richmond. Phone 021 0788609 (Nicola), email nicola@bfit4ever.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

Waimea MenzShed has been catering for the interests, health and well-being of men since 2010. We have a large smoko room, well equipped wood and metal workshops and small garden plots. Open Mon – Fri, Richmond Park, 384 Lower Queen Street. Contact 027 282 0185 (Alan) or email mens.shed.waimea@gmail.com

## Nordic Walking

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

## Osteoactive Exercise Class For People With Osteoarthritis

ACC approved strength and balance class, plus exercise and tips for osteoarthritis self-management. Mondays 9.30 am, Holy Trinity Hall, 27 Dorset, Richmond. Entry by koha. Phone 021 078 8609 (Nicola). Email nicola@bfit4ever.nz

## Pottery

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

## Prost-Fit

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 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).

## 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 3315 (Sandra).

## Richmond Croquet Club

Join us at 348 Lower Queen Street, Richmond. Have fun, learn a new skill. We play both Association and Golf Croquet. All welcome. Phone 021 958 447 (Rhonda).

## 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 Tennis Club

Social tennis Tuesdays 9.30 am and Saturdays 1.30 pm. All abilities welcome. Beside the Badminton Hall, Gladstone Road. www.richmondtennisclub.co.nz

## 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).

## Sioux Line Dancing

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

## 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).

## 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.

## 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

Meets fortnightly on Sundays from 1.15 pm – 4.00 pm at Stoke Methodist Hall, Neale Ave Stoke. Anyone is welcome to join in with a song etc or just come along and listen. Phone 03 544 5766 (Pat) or 03 544 9446 (Jim).

## Yoga Classes for stiff and sore spots

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



## STOKE

### Acting Up Drama Group

Meets each Monday 10.30 am – 12.00 pm at Whakatū Presbyterian Church Hall Lounge, Upper Songer Street, Stoke. No previous experience necessary! Phone 03 538 0400 (Anne) or 03 546 6570 (Glenys).

### Benchrest Shooting Club

Meets every Tuesday at Saxton Field Range, 1.00 pm – 3.00 pm. Phone 03 544 7138 (Graeme).

### Chair Yoga at Saxton

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

### Central Garden Club

Meets every second Wednesday of each month, 1.30pm, Methodist Church Hall, Neale Ave, Stoke. Guest speakers and afternoon tea. New members very welcome. Contact 03 541 8646 (Rob or Lynn).

### Clogging/Tap Dancing

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

### Dru Yoga Classes

Suitable for all ages and abilities. Mondays, Tuesdays and Fridays 10.00 am – 11.30 am, Saxton Netball Pavilion, Stoke. Tuesday class is floor-based restorative flow. Phone 027 655 1223 (Fiona).

### 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

### Line Dancing

Gentle cardio dance routines set to great music. All ages/genders, bring cup and pen, wear soft-soled shoes. Free morning tea. Tuesdays: 9.15 am beginners (all welcome), 10.45 am experienced. Warnes Hall, Songer Street, Stoke. Session times can change. Phone 027 449 1569 (Diane) or 022 068 5695 (Athol). Email dianeneil6@gmail.com

### Ngawhatu Bowling Club

300 Montebello Avenue, Stoke. Friendly, welcoming club. Roll-ups Thursdays at 6.00 pm and Saturdays 1.30 pm. Phone 021 167 3380 (Rachel).

### 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.

### Stoke Bowling Club

Phone 03 547 7440. Email stokebowls@outlook.com

### Stoke Central Combined Probud 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).

### 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 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 (non-members). 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 10.50 am – 11.50 am. Contact Anne.

**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 Tāhunanui 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 021 148 2580 (Ian).

### 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).

### 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 Whakatū Presbyterian Church Hall, 271 Songer Street, Stoke. Phone 03 547 4301 (Ken Holmes) or 03 547 3231 (Robyn Walsh).

### Walk Don't Run... Join Walking Netball!

Every Tuesday from 10.45 am – 11.45 am at Saxton Stadium you will see an enthusiastic group of men and women of all ages, taking part in this modified version of indoor netball. Tweaks have been made that reduce impact on the body, which means short rounds and no running or jumping is allowed. Meet new friends, have some laughs, then head to a local café for a post-game debrief and coffee. Phone 027 245 4416 (Kalyssa). Email development@nelsonnetball.co.nz

## TAPAWERA

### MenzShed

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

### Over 50s Fun & Fitness

Gentle exercises for strength and balance followed by a cuppa. \$5 koha. Every Friday, 10.30 am – 11.30 am, St Peter's Anglican Church building, Main Road, Tapawera. Phone 027 752 5975 (Janine – Tapawera Connect).

### 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

### Tea and Talk

Monthly sessions on the last Tuesday of each month (except December) from 10.00 am – 11.30 am, Memorial Hall, Tapawera. Phone 027 752 5975 (Janine – Tapawera Connect).

### Visual Art Society

Phone 03 522 4924 (Shirley, President) or 03 522 4984 (Dallas, Secretary).

### Walking – Tapawera

Rural Ramblers. Phone 04 541 9200.

## WAKEFIELD

### 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).

### 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).

### Wakefield Art Group

All levels of interest welcome. Bring your own paint, pencils or pastels. Thursdays 9.00 am – 12.00 pm, Wakefield Village Hall supper room. \$4 session, morning tea provided. Phone 03 541 8822 (Alison).

### 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 Victorian Café, 50s Burger Bar and 70s Milk Bar. www.willowbankwakefield.co.nz

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