

# mudcakes & roses

THE MAGAZINE FOR NELSON TASMAN SENIORS

## What's inside:

Nelson Heritage Week

Dealing with tinnitus

Gardening during a drought

Local clubs and activities for seniors

Plus more on the environment, food, books, nutrition with crossword and sudoku puzzles.

**BIGGER AND  
BETTER!**

**NOW 24  
PAGES**

# EDITOR'S Letter

What a summer it has been! The seemingly endless golden weather made holiday activities like swimming, camping and fishing all the more enjoyable.

An unbroken sequence of long sunny days are just perfect while you're on holiday. They're not so terrific when trees and plants begin to droop, when green turns to brown in gardens, parks and on playing fields. It gets tough when domestic and commercial water restrictions begin to bite.

But it's absolutely terrible when wildfires break out and prove immensely challenging to control.

Our gardening columnist Philppa Foes-Lamb who runs a nursery growing heirloom perennials, is just one of the many affected by the fires personally: she and her family were put on notice to evacuate twice. The advent of rain in mid-March was an absolute blessing for Phillipa and

other residents who live in proximity to the fires. Happily, Phillipa has advice and some reassurance in her column this month for those of you whose gardens have suffered during the drought. Also this month, Hearing Nelson has some suggestions for dealing with tinnitus, an often maddening condition. On a happier note, there's lots to look forward to with a month-long programme of events during the Nelson Heritage Festival.



Re Cambridge

## In this issue

**8-9** Nutrition – two of our columns tackle nutrition and ageing this month

**11** The face in the mirror – is that really you?

**12** Is that noise driving you mad? Managing tinnitus

**15** Nelson Heritage Festival: Handy pull-out programme inside!



## Where do you pick up your Mudcakes & Roses?

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

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- Oakwoods Retirement Village
- Summerset Sales – Richmond Mall
- Tasman Medical Centre
- Richmond Night & Day
- Richmond Aquatic Centre
- Boulevard Cafe

### Stoke/Nelson

- Countdown Supermarket
- Fresh Choice Nelson
- Morrison Square
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### Wakefield

- Wakefield Four Square

## Contact the editor

For topic suggestions and submissions:

E: [mudcakes@hothouse.co.nz](mailto:mudcakes@hothouse.co.nz)  
Post: Mudcakes and Roses, PO Box 688, Nelson.



## 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.



### A Mistake by Carl Shuker

Medical interventions tend (thankfully) to be performed by people who are perfectionists – often not just in their professional lives. But all people, and all systems, are fallible. What happens when a surgeon makes a mistake? The consequences of and the contributing factors to the medical misadventure that forms the pivot of this excellent new novel from Carl Shuker (set somewhere very much resembling Wellington Hospital) reach deeply into the personal and professional lives of those involved. Surgical specialist Elizabeth Taylor's life has been defined by her perfectionism but now it is dominated by her mistake. How will she – and those around her – cope?

### Stories of the Night by Kitty Crowther

Little Bear is lucky to have three bedtime stories. The first story is about the Night Guardian, who lives in the woods and makes sure all animals go to bed. But who tells the Night

Guardian when it's bedtime? The second story is about the brave girl Zhara who seeks the forest's most delicious blackberries. In the third we meet Bo, the little man with the big overcoat, who finds it hard to sleep. Finally, Little Bear falls asleep, and there in bed beside her are her new storybook friends. A very lovely book, with delightful illustrations.

### The Book of Shed: Designing, Building and Loving Your Shed by Joel Bird

A shed is the structure most amenable to self-expression. This beautifully presented book full of ideas, practical advice and useful illustrations for anyone who wants to conceive, plan, or build their own shed. The book is very well arranged, so that you will think of everything before it is too late to change your mind – and your shed, whatever you use it for, will really feel like a shed.

### Swim: A Year of Swimming Outdoors in New Zealand by Annette Lees

Wild swimming – swimming under the open sky – has become an almost meditative way of experiencing one's relationship with the natural world, and a whole literary subgenre has sprung up around it. Annette Lees has produced New Zealand's first contribution to this literature. Lees set out to swim in natural outdoor water every day for a year, and around her account of this she has written what amounts to a social history of outdoor swimming in New Zealand, with a kaleidoscope of anecdotes, profiles and historical accounts (including of the Swimming Bishop!), and contributions from a diverse range of other swimmers.

VOLUME: 15 Church Street, Nelson  
[books@volume.co.nz](mailto:books@volume.co.nz)  
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## Advance care planning – a gift to your loved ones

No matter your present age or your health, now is a good time to start planning for your future healthcare.

Because as ACP tells your loved ones and healthcare teams what healthcare you do or don't want, it can save the important people in your life a lot of worry and concern if they have to make a decision on your behalf. Having an Advance Care Plan (ACP) makes it much easier for everyone to know what healthcare you want – especially if you can no longer speak for yourself.

The first step is to think about what is important to you. Then you need to talk about it with your family and

healthcare team, put your wishes in writing and share a copy with your whānau and GP practice.

You can review your ACP and make changes whenever you want.

Ask your healthcare team for a copy of My Advance Care Plan & Guide or do your ACP online at [www.myacp.org.nz](http://www.myacp.org.nz)

# ADVANCE CARE PLANNING

## What matters most for your future care?

Kia kōrero

Let's talk

www.myacp.org.nz



## Gardening tips and tricks



### Autumn at last!

What a start we've had to this year! January/February were the driest months on record, resulting in severe drought.

Add the horrendous fires and it's truly been a torrid time across our region. My heart goes out to anyone who was evacuated, or was put on "prepare to evacuate" notice, as we were – twice. Nothing can prepare us for the reality of wild fires – they are unpredictable and terrifying. Thankfully we've now had some rain so we can all breathe a little easier.

The drought has taken its toll on gardens and gardeners – both have been under stress and many trees and shrubs around the district have suffered. In some areas established trees and shrubs have died but the true extent of the damage may not become visible for months.

Deciduous trees have also been losing their leaves earlier than usual but take heart, this doesn't necessarily mean they are dying. Shedding their leaves early is a defence mechanism – it means they can retain precious energy for the skeleton of the tree. Evergreen trees and shrubs that are looking worse for wear may also rally so it's a good idea to wait a few months before declaring them beyond redemption.

It will take quite a long time for soil moisture levels to fully recover. If, like me, you have a garden behind a retaining wall, you may find the soil is still fairly arid just below the surface. This is because raised gardens tend to drain very quickly, making it difficult for the soil to retain moisture. It's a great idea to spread a thick layer of compost and sheep manure pellets onto the area, digging it through the soil once the sheep manure

pellets have plumped up. The pellets hold moisture so digging them in will definitely speed up the process because this moisture will gradually seep through the soil layers. They are full of nutrients too, and these nutrients will reach your plants' roots more quickly giving them a much-needed boost.

April is the main month to plant most bulbs (tulips are best planted in May). If your soil is still too dry it may be best to plant bulbs in containers, rather than leaving them to their own devices in stressed soil. There are specific bulb potting mixes but these can be expensive. You'll get wonderful results using a reasonably priced potting mix such as Daltons Big Value – mixing a small amount of bulb food or bone flour through the potting mix just before planting will help ensure fabulous flowers.

### Columnist: Philippa

*Philippa Foes-Lamb is a passionate plant woman and gardener, as well as an artist, writer and radio show host. She runs her own heirloom perennial nursery and grows top quality vegetable and flower seedlings, and perennials for Bay Landscapes. You can email any questions or suggestions to Philippa at [foeslamb@xtra.co.nz](mailto:foeslamb@xtra.co.nz).*



# Our Community

## News from Age Concern:

Research shows a link between chronic loneliness and heart disease, depression, and the development of dementia. Our initiative AgeConnect aims to help older people build friendships and connection to their communities in order to decrease isolation and loneliness.

Regular van trips and social outings form the core of the initiative and are only made possible by the hugely generous support of Bowater Toyota, Fitzgerald Construction and Red Cross who provide the vans. Committed volunteers give their time, passion and commitment to put on fun days out that allow older people the chance to get out, have some fun and kick up their heels.

Successful recent trips have been a "Girls On Tour" trip to Kaiteriteri, a "Blokies Day Out" fishing trip and a visit to the Wakefield Bakery. The trips are organised by Breffni O'Rourke, AgeConnect Coordinator for Age Concern.

Breffni explains that "We go to places that seniors often have strong memories of, but might not be able to visit by themselves anymore" adding that "making sure they get out, and get to see their friends helps prevent loneliness."

For the people who attend these trips it plays a crucial role in keeping them connected and gives them something to look forward to. One participant, aged 92, says "It gets you out of the house. Otherwise I just sit at home and twiddle my thumbs."

In New Zealand there are high rates of loneliness amongst older people who are assessed for home care, particularly if they live alone. As this demographic increases it seems likely that loneliness will become even more widespread amongst seniors, so it's good to know that efforts are being made to address the problem at the national level.

Age Concern NZ, Alzheimers New Zealand, RSA, St John New Zealand, Salvation Army, and Carers New Zealand have formed

a New Zealand Coalition to End Loneliness. Though still in the formative stages the Coalition aims to raise awareness of the issues, advocate for government action, and work together on practical initiatives to build caring, connected communities.



Berrill & Annie enjoying "A Girls on Tour" outing to Kaiteriteri



**Get in touch with Breffni at Age Concern Nelson:**  
 Phone 03 544 7624 Email [ageconnect@ageconcernnt.org.nz](mailto:ageconnect@ageconcernnt.org.nz)  
 Website [www.ageconcern.org.nz/council/nelson](http://www.ageconcern.org.nz/council/nelson)  
 62 Oxford St, Richmond 7020

## WHAT WOULD YOU DO?

# HAVE TO EVACUATE

In an emergency, some houses, streets and neighbourhoods may not be safe to stay in and you may have to leave home in a hurry. If your street was evacuated where would you go? What would you take? What about pets? Do you have neighbours who might need your help?

### GET READY

- 1 Have a getaway bag ready for everyone in your family with warm clothes, a bottle of water, snacks, copies of important documents and photo ID. Remember any medications you might need and keep your first aid kit, torch, radio and batteries somewhere you can grab them in a hurry.
- 2 Decide where you will go (and make sure everyone in your family knows, in case you're not all together). Your evacuation place will probably be with friends or family, so make sure they know your plans.
- 3 If you live in a tsunami zone, make sure your evacuation place is outside of the zone (check with your council for zone maps).

### TOP TIP

*If you have to leave home, take your pets with you. If it's not safe for you, it's not safe for them. Make sure your evacuation place will take your pets or have the contact details for kennels, catteries and pet friendly motels.*

NO WATER

NO POWER

NO INTERNET OR PHONE

# WHAT WOULD YOU DO?

CAN'T GET HOME

HAVE TO EVACUATE

STUCK AT HOME

NEVER HAPPENS?  
**HAPPENS**





## Have you ever...



### Have you ever... consulted a nutritionist?

Pain and discomfort need not be the inevitable consequence of ageing, especially if we are flexible in our approach to keeping well.

In this column, the first in a series exploring different health modalities, Renée talks with a nutritionist.

As we age, says registered clinical nutritionist Sarah La Touche, our digestive fire decreases. By this, she means we do not digest our food as efficiently as we did when we were younger. We may need to help our bodies better absorb the necessary nutrients from the food we eat.

It's largely about choosing to eat foods that contain pre-biotics that keep the gut healthy. Pre-biotics can be found in wholegrains, nuts and seeds, fresh fruits and legumes to name just a few. Sarah also recommends taking

slippery elm either in tablet form or as a powder, in which case you can simply add it to your morning smoothie. Eighty percent of our immune system resides in the gut so it's clearly important to maintain good dietary habits. If you find yourself taking over-the-counter medication regularly to deal with acid reflux, for example, you might find the problem actually gets worse over time as these medications can reduce stomach acid. In other words, they are not designed for long-term use.

"Gut dysfunction is one of the most common reasons people come to me for treatment," says Sarah. "I'll work with an individual on their diet; they may require a supplement and, in some cases, where their digestive fire is just not adequate, I might add a digestive enzyme, which will help their everyday digestion process."

Food is among life's great pleasures and looking after your gut doesn't mean you have to give up eating the foods that you enjoy. It's a matter of learning how to moderate your intake. Sarah notes that reducing the amount of meat we eat can have a remarkably beneficial effect, particularly when you consider that New Zealand leads the world in bowel cancer statistics.

Some households might find this a difficult adjustment after decades of including meat in every main meal, but Sarah is quick to point out that it can be a matter of clever substitution, eg, when making a dish such as spaghetti bolognese, simply reduce the amount of meat and substitute with lentils. Chances are that your meat-loving spouse won't even notice!

Our Food for Thought columnist Marion van Oeveren is also a registered dietitian and is happy to arrange home visits.

Contact Sarah La Touche at [sarah@livingnutrition.co.nz](mailto:sarah@livingnutrition.co.nz) or phone 027 3151165.

### Columnist: Renee 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.



## Food for thought



### Food matters

While I'm sitting at my desk writing this column I can hear rain on the roof. What a relief that the drought is over and that the fire risk has been reduced.

One positive result of this prolonged period of extremely dry weather has been finding novel ways to save water. The drought made me think even more about climate change and how easy it is to make some small positive personal changes.

Food production and consumption play a huge role in contributing to emissions and global warming. A more plant-based diet can have a positive effect and the eat-less-meat trend is definitely gaining momentum. Fifteen years ago only 2% of New Zealanders were vegetarian. By 2011 this had increased to 8% and the latest statistics show that 10% of New Zealanders are now vegetarian

or eat very little meat. Increasing our consumption of nutritious plant foods such as nuts, fruits, vegetables and legumes can have significant benefits for the health of the planet as well as our personal health.

However, it's wise to consider the potential pitfalls of drastic dietary changes. Protein intake is likely to drop significantly if meat is removed from the diet, and if cow's milk is replaced by almond or rice milk. Calcium and iron are important nutrients and older adults need more protein than younger adults. Eggs, tofu, beans and lentils, nuts, seeds and quinoa are good vegetarian sources of protein. Soy milk is a plant milk is a nutritious alternative to cow's milk but has a similar protein content.

It's easy to ensure you get sufficient vegetarian protein by adding lentils to curries, pasta sauces and soups. Add chickpeas to salads, or try wraps with falafel and black beans. Hard boiled

eggs and a handful of nuts make good snacks and both can also be added to salads. It's recommended that older people have two to three servings of dairy products a day and this includes cow's milk, soy milk, yoghurt or cheese.

Other plant milks such as almond and rice milk have added calcium, but are very low in protein so this needs to be compensated with other protein foods. Twice weekly consumption of oily fish or seafood such as mackerel, sardines, mussels or salmon are good protein sources and alternatives to meat.

A "plant-based" diet can be defined many different ways. In my view it is about avoiding processed foods, eating more plant-based whole food, and replacing some animal foods with plant foods. You can choose your own variation. It does not mean you must become totally vegetarian or vegan.

### Columnist: Marion van Oeveren

Marion van Oeveren is a Registered Dietitian who specialises in nutrition for older people. She is also a passionate cook and gardener. Marion runs a part-time dietitian practice alongside offering nutrition and craft workshops from her home, Mahoe Hills, in the Wairoa Gorge, Brightwater. Contact Marion at [marion@mahoe hills.co.nz](mailto:marion@mahoe hills.co.nz).





## Wild things



### Kill wasps, not bees. Wasp Wipeout soon underway in Nelson and Tasman.

This programme, run by the Department of Conservation and with help from community groups and individuals, targets German and Common wasps has reduced wasp numbers by more than 90% over the past two summers using Vespex bait.

Paper wasps are rampant locally, building their nests, pear-shaped grey structures made of regurgitated wood fibres, in garden shrubs, on fences, under the eaves. They have even built a nest just above my front door. Paper wasps compete with other ecologically useful insects are largely responsible for the decrease in monarch butterflies. And they sting!

Wasps are attracted to the protein base of Vespex, because they need protein to feed their offspring. At other times of the year they eat carbohydrate-based food, like honeydew from beech forest. They also eat native insects, flies, bees, various invertebrates, and newly-hatched birds. Vespex contains Fipronil, which is poisonous to bees,

but does not attract them because they prefer carbohydrates and sugary substances. Vespex therefore helps control wasps without killing bees which pollinate over 70% of the crops upon which humans rely. However, it is not effective against Paper Wasps so an alternative is needed which, like Vespex, does not endanger bees.

I recently researched chemicals sold by a local "home improvement" store, to kill wasps specifically, or to kill "bugs" (which include wasps). Active ingredients included clothianidin, imidacloprid, permethrin, fipronil, dinotefuran. Only one product warned that it was "toxic to bees". Other products were labelled "toxic to terrestrial invertebrates" but few of us know that this includes bees.

The best way to kill wasps, but not bees, is to use kitchen fly spray. Spray the Paper Wasp nest thoroughly in the evening, when bees and wasps are in their nests. Fly spray is toxic to bees, but used like this it won't kill any bees. I've knocked out at least a hundred paper wasp nests this way.

#### More info on encouraging bees and getting rid of wasps:

- Growing bee-friendly plants [www.treesforbeesnz.org](http://www.treesforbeesnz.org)
- Advice and training on use of Vespex: [www.doc.govt.nz](http://www.doc.govt.nz)
- Volunteer for the Wasp Wipeout by contacting Sally Leggett [sleggett@doc.govt.nz](mailto:sleggett@doc.govt.nz).

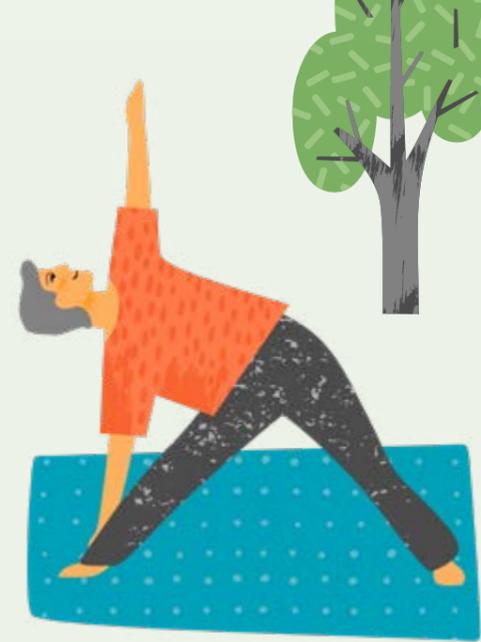


#### Columnist: Anne Hilson

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



## Resilient living



### Who does that face in the mirror belong to?

It can't be me! It looks more like my father. Bags under the eyes, and grey – turning white shaggy hair. Or what's left of it – less on the top but more growing out of my nose and ears.

Looking at older family photos, I'm sure the face in the mirror can't be me. In those photos I'm the slim, ruddy looking, muscular one, with a thick head of black hair. But then I check the dates. Forty years or more ago? Where did those years go? Where did the "new" me come from? When?

So I'm not a spring chicken any more, but heck, I still watch my diet, get some exercise almost every day, and I keep up with what's going on around me. I still can't quite believe that the face in the mirror is me – certainly not the me, that I think is me.

#### Columnist: Mike Milstein

As a Professor of Educational Leadership, Mike Milstein has written widely about ageing. He uses his book 'Resilient Ageing' as the basis for the seminars he conducts on ageing well.

Maybe if I got a little more sun, I'd look healthier? Maybe if I have my hair cut differently I'll look younger and less shaggy? Maybe plucking the grey hairs from my eyebrows will make a positive difference? Or could I hold on to my self-image by simply not looking in the mirror anymore?

After salmon have returned from the ocean to spawn, they die. Pictures of them at this stage of their life show them visibly aged. Are we any different than salmon? If we are lucky, we begin as eggs and grow into vigorous youngsters, maturing and swimming through our equivalent of their oceans, and then spawn the next generation before departing this life. In the process, we go from youth to wrinkles, eyesight and hearing challenges. It's the same for all living creatures.

So, it seems better to come to terms with that face reflected in the

mirror, than to hang on desperately to an unreal image. In the long run who am I fooling – other than myself? Besides, it really isn't such a bad face. It has been shaped and weathered by time and experience. and has a lot more character than it had when I was young. Yes. The face in the mirror is indeed me.

I suggest that you invite the face in the mirror into your being. Be proud that it shows the wear of a well-lived life. Look at the faces of older people you respect and observe how comfortably they live within those faces.





## Hearing Nelson – Tinnitus



Tinnitus, which affects around 13% of people over 65, is the name given to noise you hear in your ears or head, but which doesn't come from an outside sound. People with tinnitus usually hear ringing, buzzing, or whistling sounds.

Tinnitus can be caused by a number of things: pressure of wax on the eardrum or blocking the ear canal, inherited ear abnormalities, and diseases of the inner or middle ear. Some drugs, aspirin in high doses and some chemotherapy drugs, for example can cause tinnitus. It also has a recognised association with Meniere's disease, otosclerosis, acoustic neuroma, high blood pressure, arthritis and diabetes. Tinnitus can also be caused by whip lash, scuba diving or prolonged exposure to loud noise. People may also become more aware of tinnitus when they are stressed or anxious.

### Tinnitus can be aggravated by:

- Lack of physical activity
- Excessive use of alcohol, recreational drugs and nicotine
- Caffeine, aspirin and anti-inflammatory drugs
- Stress

- Loud noise. Even a short exposure to loud noise can make the tinnitus worse. It's advisable to wear ear protection when using noisy power tools.

It's important to identify the cause of the tinnitus, before trying to manage it. Seek advice from a doctor, who will examine you and arrange any necessary further diagnostic investigation. This may include blood tests, scans, and an appointment with an audiologist, who will conduct a range of hearing tests. These may include testing sound and speech, your perception of loudness or other specialised tests to evaluate the pitch and loudness of the tinnitus.

Tinnitus can be managed in a number of ways, including drugs, biofeedback, Cognitive Behavioural Therapy (CBT) and relaxation therapy. Hearing aids can also be helpful. Some of the latest hearing aids allow the user to change the amplification

levels depending on the sound frequency of the tinnitus. Others have specific tinnitus programmes designed to reduce the awareness of tinnitus.

Other treatments include Auditory Habitation Therapy which aims to retrain the part of the brain which "hears" the tinnitus in order to remove awareness of it from the consciousness, help desensitize the sufferer. A number of devices are available which blend low level sounds with the tinnitus. Bedside noise generators can be used to mask tinnitus with relaxing sounds such as rain falling or rolling ocean surf. These can be fitted with headphones so no one else is disturbed.

To join a discussion group focused on managing tinnitus, or for more information contact Tracy Dawson on 03 548 3270 or email [education@hearingnelson.nz](mailto:education@hearingnelson.nz).

**CONTACT  
HEARING  
NELSON**

Hearing Nelson is a registered charity with the aim of improving the lives of those hard of hearing and to prevent hearing loss.

Address: Hearing House, 354 Trafalgar Square, Nelson. Phone: 03 548 3270  
Email: [office@hearingnelson.nz](mailto:office@hearingnelson.nz) Website: [www.hearingnelson.co.nz](http://www.hearingnelson.co.nz)

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# Nelson's Heritage Festival

This year's Heritage Festival has an exciting programme of events which celebrate and share our city's rich and varied past. Now in its ninth year, the festival has evolved from a week of activities, largely organised by Nelson City Council, to a true community event across the month of April involving many organisations and community groups.

Last year hundreds of locals and visitors enjoyed over 40 individual events celebrating Nelson's unique stories, people and places.

Councillor and Community Services Committee Chair, Gaile Noonan says "The festival would not be the popular event that it is without the support of the community. History buffs, theatre groups, artists, special interest groups and people in the community get involved to share their stories to celebrate our city's heritage.

"The variety and calibre of activities and entertainment last year was terrific. My thanks to all the volunteers for their enthusiasm, commitment and time. You can be truly proud of what you achieved for visitors and locals alike."

"I encourage you to keep April in the forefront of your mind. You don't want to miss this year's wonderful festival," says Councillor Noonan, "there's something for everyone."

The programme includes live performances, talks, tours and other activities in a variety of venues: the Nelson Provincial Museum, Theatre Royal, Suter Art Gallery,

Libraries, Founders Heritage Park, heritage homes and more. Many events are being privately run with support from Council.

The Cancer Society's popular Heritage Homes Tour returns this year, with the owners of some of Nelson's oldest buildings open their doors to the public to raise funds for charity.

New additions to the programme include the interactive and informative comedy 'Lord Nelson' at the Theatre Royal, and Author Philip Simpson discussing his latest book about one of the region's most loved parks, the Abel Tasman.

The Great Lego Print Day at Founders Heritage Park promises some fun. Roll up your sleeves and get inky fingers using Lego tiles to build your own relief image, then print it using the oldest press in the Printery.

**Keep the events programme opposite in a handy place or see [www.nelson.govt.nz/heritage-festival](http://www.nelson.govt.nz/heritage-festival) for more information.**



A month of exciting events celebrating Nelson's unique stories, people and places. For more info: [itson.co.nz](http://itson.co.nz)

DATE - APRIL	TIME	EVENT	LOCATION	COST
Tuesday 2	5.30 - 6.30pm	Русские связи города Нельсона Nelson's Russian Connection	Nelson Provincial Museum	No charge/Koha appreciated
Thursday 4	1 - 2pm	NCMA 125 Years Lunchtime Series: Zeb Wulff "Piano"	NCMA	\$15
	5.30 - 6.30pm	If pub walls could talk!	Nelson Provincial Museum	No charge/Koha appreciated
Thursday 4 and Friday 5	7.30pm onwards	Lord Nelson at the Theatre Royal	Theatre Royal Nelson	\$15
Saturday 6 and Sunday 7	9am - 4.30pm	A Taste of Woodwork Workshop 1: Introduction to Spoon Carving (2 days)	The Centre for Fine Woodworking	\$199 including materials
	9am - 4.30pm	A Taste of Woodwork Workshop 2: Stylish Wooden Serving Spoons and Salad Servers (1 day)	The Centre for Fine Woodworking	\$100 including materials
Saturday 6	10am - 12pm	Wakapuaka Cemetery Tour of Early Nelson Store Keepers Graves	Wakapuaka Cemetery	No charge/Koha
	2 - 3pm	Tina Makereti in Conversation with Liz Price	Elma Turner Library	No charge/Koha
	9am - 4.30pm	A Taste of Woodwork Workshop 3: Decorative Cheese / Serving Boards (1 day)	The Centre for Fine Woodworking	\$100 including materials
Sunday 7	10am - 4pm	Cancer Society Heritage House Tour	Various locations	\$50pp including a free Devonshire Tea
	2 - 3pm	Biology is destiny - Phrenology	Elma Turner Library	\$2 at the door
	12 - 2.30pm	A Broken Promise? Nelson Tents and the Settlement of Nelson	Elma Turner Library	No charge/Koha
Tuesday 8	5.30 - 6.30pm	Archives Alive!	Nelson Provincial Museum	No charge/Koha appreciated
Wednesday 10	10.30 - 11.30am	Family History Drop-in	Research Room at the Richmond Library	No charge/Koha
	11am - 12pm	Contemporary Twists on Traditional Practice	The Refinery ArtSpace	No charge/Koha
	3.45 - 7pm	Ports: Past and Present	Bus pick up/drop off at 8 Vickerman St. Boathouse at 5pm	\$20
Thursday 11	9.30 - 11am	The Prow Local History Website	Elma Turner Library	No charge/ Koha
	1 - 2pm	NCMA 125 Years Lunchtime Series: Brahms Piano Quintet	NCMA	\$15
Saturday 13	5.30 - 6.30pm	Beyond the Frame	Nelson Provincial Museum	No charge/Koha appreciated
	10.30am - 2pm	Broadgreen Family Open Day	Broadgreen House	No charge/Koha
	1.30 - 3pm	Bringing Back the Buxton's	Broadgreen House	Koha
Sunday 14	3 - 4pm	Architecture as a 4th Dimensional Art	Broadgreen House	Koha
	10am - 4pm	NZ Textile Experiences - Introduction to Harakeke Weaving with NZ Flax	Broadgreen House	\$50pp
	11.30am - 3.30pm	6th Annual Wakefield Apple Fair	Willow Bank Heritage Village, Wakefield	No charge/Koha
15, 16, 17 April	1 - 4pm	Views from the Granary - and the understoreys	The Granary, Founders Park	No charge/Gold coin refreshments
	2 - 3pm	Philip Simpson - Down the Bay	Elma Turner Library	\$2 at the door
	3.30 - 4.45pm	The Wairau Affray - a play in development	The Suter Theatre	\$10
Monday 15	7 - 8.15pm	The Wairau Affray - a play in development	The Suter Theatre	\$10
Monday 15	10am - 12pm; 2 - 4pm	The Great Lego Print Day	The Armarie Room	\$20
	10.30 - 12pm	Textile Kids - Swedish Rag Rugs	Broadgreen House	No charge/Koha
Tuesday 16	11am - 12pm	Resuscitate your Family Slides	Imaginarium, Richmond Library	No charge/Koha
	1.30pm - 3.30pm	Broadgreen Trails: Making Paper	Broadgreen House	No charge/Koha
Wednesday 17	10am - 2pm	National Digital Regional Forum "Unconference"	Constance Barnicoat Room - Richmond Library	No charge/Koha
	10.30 - 11.30am	Apples in April - Library Children's Holiday Programme	Elma Turner Library	No charge/Koha
	2.30pm - 4pm	Broadgreen Trails: Autumn Leaves and Clay tiles	Broadgreen House	No charge/Koha
Thursday 18	10.30am - 12pm	Textile Kids - String Art	Broadgreen House	No charge/Koha
	House open 11am - 7pm, Isel Market 4.30pm	World Heritage Day at Isel House and Isel Market	Isel House and Park	No charge/Koha
	7-10pm	Let The Band Play On! - (The World Heritage Day Tea-Dance)	The Boathouse	\$15pp, includes refreshments
Saturday 20	10am - 4.30pm	#letterpresslove	The Armarie Room	\$90
Saturday 20 - Monday 22	10.30am - 4.30pm	Great Victorian Chick Hunt	Broadgreen House	No charge/Koha
Saturday 20	6 - 9.30pm	"Liveable Streets" Cycle Powered Cinema	Johnny Cash Room, NMIT	No charge/Koha
Sunday 21	10.30am - 12.30pm	Run-away Jigger - a Railway Steampunk Engineer Ride	"Old Railway Reserve" Stoke to Founders Park	No charge/Koha
	1.30 - 2.30pm	Railway Heritage Cycle Powered Cinema	Founders Heritage Park	Koha
Monday 22	10am - 4pm	NZ Textile Experiences - Corn Dolly Weaving	Broadgreen House	\$50pp
Tuesday 23	6 - 9.15pm	Maori Heritage Cycle Powered Cinema	Founders Heritage Park	Koha
Wednesday 24	10.30 - 11.30am	Apples in April - Library Children's Holiday Programme	Stoke Library	No charge/Koha
	12.30 - 1.30pm	Gabrielli Concert at Nelson Cathedral	Nelson Cathedral	No charge/Koha
Thursday 25	5.30 - 7am	ANZAC Dawn Service	ANZAC Park	No charge
	10am - 12.15pm	Stoke Civic ANZAC Service	Stoke Memorial Hall	No charge
	6 - 8.30pm	ANZAC Cycle Powered Cinema	Stoke Memorial Hall - senior hall	Koha
Saturday 27	2 - 3pm	The Ladies of Melrose House 1815 to 1939	Melrose House	Koha/Donation
Sunday 28	10am - 12pm & 1 - 3pm	Print Is Not Dead	The Armarie Room	Koha
	10.30am - 3.30pm	Founder's Heritage Fair	Founders Heritage Park	\$7 adult, \$2 child
<b>WHAT ELSE IS ON? Heritage Displays / Holiday Programmes / Schools Activities</b>				
Tuesday 9 - Sunday 28	9.30am - 6pm	A Glimpse into the Past with Postcards	Elma Turner Library	No charge/Koha
Wednesday 10 - Friday 12	3 - 5pm	Escape Room	Elma Turner Library	No charge/Koha
Saturday 13 - Sunday 28	11am - 4pm Closed Monday	Isel House "Tremendous Trees" Park Trails - Children's Holiday Programme	Isel House and Park	No charge/Koha
Monday 15 - Friday 26	Mon - Fri 10.30am - 12.30pm	Founders "Wood Works" Park Trails - Children's Holiday Programme	Founders Heritage Park	No charge/Koha

**KEY:** ■ Children's Events ■ Talks/Tours ■ Have a Go ■ Performances ■ Gatherings

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## A call for nominations

Nelson City calling for nominations for the Community Investment Funding Panel.

The Community Investment Funding Panel helps Nelson City Council allocate funds to community organisations from its Community Investment Fund.

Nelson City's Community Investment Fund (CIF) allocates approximately \$300,000 each year to community organisations for small scale projects focussed on social development activities which will support the well-being of the wider Nelson community.

The assessment of applications, and the allocation of funds is decided upon by a panel which is composed of four members of

the community, and one council officer. This panel also acts as an interface between community and sector groups so that members of the public can provide feedback.

Nelson City Council (NCC) is currently seeking nominations for the Community Investment Funding Panel. Four community representative positions are available.

Panel members should have a good knowledge of the not for profit sector and ideally represent a cross section of the community. The term for the Panel is three years and there are up to four

panel meetings each year. Meeting times are scheduled to accommodate the availability of members.

For further information please review the CIF Panel Terms of Reference and Nomination Form at [www.nelson.govt.nz/community-investment-funding](http://www.nelson.govt.nz/community-investment-funding) or contact [nicola.gausel@ncc.govt.nz](mailto:nicola.gausel@ncc.govt.nz) or call 03 546 0217.

**Nominations close 25 March 2019.**



SHOP, DINE, ENJOY



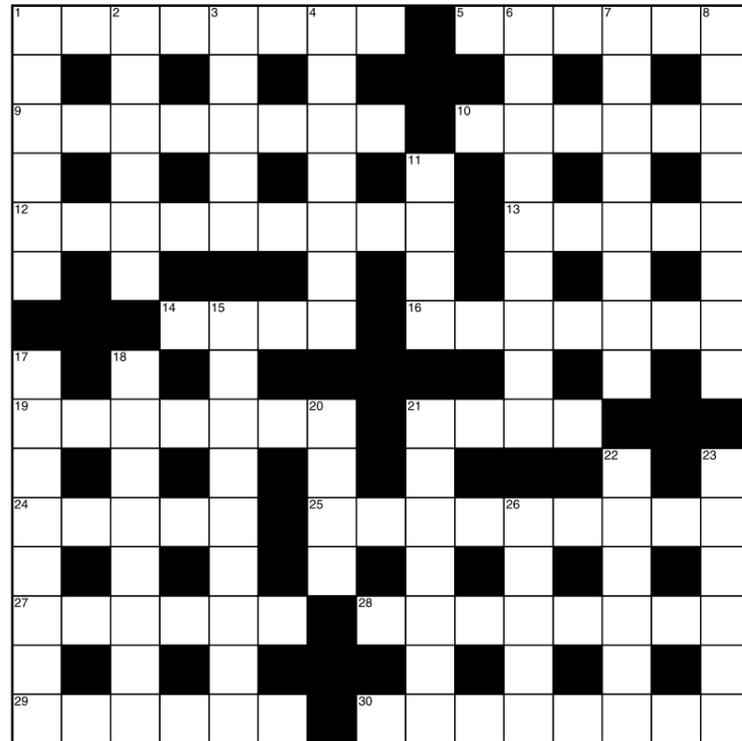
*26 of the very best food, fashion and retail stores in the heart of Nelson city*

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Cnr Hardy & Morrison Sts, Nelson • Open 7 Days • [morrisonssquare.co.nz](http://morrisonssquare.co.nz)

Crossword



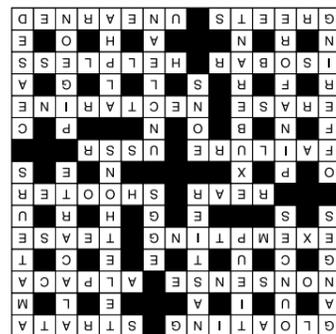
ACROSS

- 1. Crowing (over)
- 5. Levels
- 9. Poppycock
- 10. Llama relative
- 12. Excusing
- 13. Backcomb (hair)
- 14. Rank, ... admiral
- 16. Gunman
- 19. Deficiency
- 21. Soviet Union (1,1,1,1)
- 24. Scratch out
- 25. Peach variety
- 27. Weather map line
- 28. Powerless
- 29. Salutes
- 30. Unmerited

DOWN

- 1. Sacred Indian river
- 2. Weight measures
- 3. Tether (3,2)
- 4. Not as nice
- 6. TV charity appeals
- 7. From the menu (1,2,5)
- 8. Hobbyists
- 11. Encourages, ... on
- 15. Full of high spirits
- 17. Tendering
- 18. Sleeveless overdress
- 20. Universal ages
- 21. Insanitary
- 22. Homing bird
- 23. Discontinued
- 26. First Greek letter

Crossword solution



Sudoku solution

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

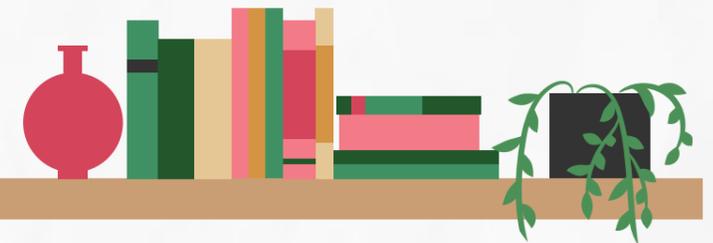
Thanks to Tasman resident 80 year-old Diny van Oeveren for creating our Sudoku puzzles

Sudoku

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

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

Tasman District Libraries



Workshops for kids and adults

Our libraries aren't just about reading, we offer lots more to keep you interested and occupied.

Start a conversation about your future health and begin planning your Advance Care Plan with Nurse Practitioner and Nelson Tasman ACP Facilitator, Carla Arkless at Motueka Library on Friday 5 April from 2.00 pm – 3.00 pm. Advance Care Planning gives everyone a chance to say what treatment they would and would not want, particularly for future and end of life care. Find out how to make an Advance Care Plan in this free information session.

Your children or grandchildren might be interested in Richmond Robotics, a new after school club for children aged between 8 and 13 at the Richmond Library which gives kids hands-on experiences with SmartBots. The

club runs 3.30 pm – 5.00 pm between 13 May and 24 June. Contact Richmond Library for more information, or book on [www.eventbrite.co.nz](http://www.eventbrite.co.nz)

Explore our wide range of online resources which are free on our website [www.tasmanlibraries.govt.nz](http://www.tasmanlibraries.govt.nz). You'll find classes on all sorts of computer and creative skills on [www.Lynda.com](http://www.Lynda.com). And on The Prow you'll find a showcase of the rich history and culture of the Top of the South Island on an award-winning collaborative website.

MORE INFORMATION



Website:

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

Telephone:

Richmond 543 8500 Motueka 528 1047  
Takaka 525 0059 Murchison 523 1013



Nelson Public Libraries

Celebrating ten years of The Prow

The Prow was launched on 15 February 2009. It was established by librarians from the Nelson Public, Tasman and Marlborough District Libraries, in response to requests for references and resources about local history. Prow project manager Nicola Harwood says "We envisaged a website which preserves and makes accessible the unique history and culture of our regions with fact-filled stories, memories and photographs. The Prow offers local history stories for people to enjoy and dip into, followed by detailed references and extensive resource lists if they want to dig further."

In the decade since The Prow has been operating the number of stories have increased from 50 to 565, and over 658,000 people have visited the site. A high proportion of visitors (60%) were aged between 18 and 34. Last year 77% of visitors to the site were from New Zealand. Other users came from Australia, U.S, U.K, Canada, France and Germany.

If you're interested in learning more about using The Prow for research, or how to contribute to the site, Nicola Harwood is leading a free class at the Elma Turner Library, 11 April 9.30 – 11.00 am. Bookings are required, and can be made by email [library@ncc.govt.nz](mailto:library@ncc.govt.nz) or phone 03 546 0414.



MORE INFORMATION

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

Contact: 546 8100

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



## 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.

### 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. Free phone 0800 663 463

### Asthma Society (Better Breathing Classes)

Phone 03 544 1562 for more information.

### 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.

### 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

### Friends social club

Welcomes single men & women aged 50+. If you are active, enjoy life & making new friends join one of our weekly events including walks, restaurants, movies, pot luck dinners. Contact Clive on 021-2054731 or Rose on 0211283405.

### 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 16+ providing screening, guidance with management of hearing loss issues including tinnitus. Phone 0800 008 011 to book.

### Mobile Toe Nail Cutting Service

Toe nail cutting service with Lisa (28 years of nursing experience) at home or at your residential care facility. Phone 03 526 7420 • 027 821 1803

### 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.

### Marching for Women 50+

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

### Senior Net (Nelson)

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

### Stroke Foundation

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

### Upright and Able for Falls Prevention - for over 65's.

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

GB 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 – 11.00 am (Free). Phone 03 525 0105 (Erica) Email ericaphysiogoldenbay.co.nz

### Golden Bay Contract Bridge Club

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

### Golden Bay Garden Club

Phone 03 525 8455 (Anne)

### Golden Bay Patchwork and Quilters Guild

Phone 03 524 8487 (Liza)

### Indoor Bowls/Cards

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

### Marble Mountain Country Music Club

4th 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 & 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. Private sessions as well. 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

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

### Takaka Golf Club

Ph. 03 525 9054

### Takaka Golf Club Ladies Section

Ph. 03 5259 573 (Rhonda Lash)

### Takaka Spinning Group

Ph. 03 524 8146 (Margaret)

### Takaka Table Tennis

Ph. 03 525 7127 (Rene)

### University of the Third Age

Ph. 03 525 7202 (Moira)

### Uruwhenua Women's Institute

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

### Wednesday Walkers

Meet at Information Centre Carpark, Takaka – leaving 9.00 am. Bring morning tea/lunch, raincoat, light boots or walking shoes.

Ph. 03 525 7440 (Piers Maclaren).

## HOPE

### Hope Midweek Badminton Club

Wednesday mornings.

Ph. 03 541 9200 (Carolyn).

### Nelson Veterans Tennis Club

Hope Courts every Thursday.

Ph. 03 547 6916 (Leona)

## MAPUA

### Sioux Line Dance

Tuesday – Mapua Community Hall Beginner Class, 9.00 am – 10.00 am. Improver Class, 10.00 am – 11.30 am Ph. 03 528 6788

E. sioux.wilson@yahoo.com.au

### Low-Impact Aerobics and Pilates

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

### Mapua Craft Group

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

### Mapua Friendship Club

Mapua Public Hall.

Ph. 03 540 3685 (Valerie)

### Mapua Bowling Club

Ph. 03 540 2934 (Dave)

### The Coastal Stringers

Meet at the Boat Club rooms, Mapua Wharf, Friday's 1.30pm – 4.00pm.

Contact Colleen, 540 3010 or

Diane 540 2627

## MOTUEKA

### Cycling

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

### Indoor Bowls

Motueka Senior Citizens Hall.

Ph. 03 528 7960 (George)

### Sioux Line Dance

Thursday – Motueka Memorial Hall. Beginner Class, 6.30 pm – 7.30 pm. Improver Class, 7.30 pm – 8.30 pm. Ph. 03 528 6788

E. sioux.wilson@yahoo.com.au

### Marching

Motueka Veteranettes Marching Team

Ph. 03 528 9125 (Bev)

### Motueka 50+ Walking Group

All walks leave Rec Centre car park, Old Wharf Road 9.00am, where transport can be arranged. Meetings are held on the last Thursday in each month at RSA Club, High Street, Motueka at 9.30am.

President Trevor Michel, Secretary Shirley Hurrell Ph 03 528 9434

Wed: 60+ Gymmers, 9.30am \$5

Pickle Ball, 11.00am \$5

Badminton, 2.00 pm \$5

Thurs: Sit n Be Fit \$5

Ph. 03 5288228 (Wendy)

### Motueka Social Dance Group

Dances at Mapua Hall,

7.30– 11.00 pm Ph. 03 528 5363 (Gary)

### Riwaka Bowling Club

School Rd, Riwaka.

Pauline: 0211235974

Vincc: 0212633441.

### Riwaka Croquet Club

Ph. 03 526 6237 (Nini)

### Scottish Country Dancing

Ph. 03 543 2989 (Valerie)

### Social Recreation

Kiwi Seniors (Motueka)

Ph. 03 528 7817 (Vonnice)

### Yoga

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

## MURCHISON

### Murchison Sport, Recreation & Cultural Centre

Find out what is happening:

www.murchisoncentre.co.nz

E. muchison.centre@clear.net.nz

Ph. 03 523 9360

Murchison Golden Oldies

Ph. 03 523 9792 (Hamish Reith)

## NELSON

### Angie's Aerobics

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

Ph. 03 547 0198 (Angie)

### Aquatics/Swimming/Gym

Riverside Pool Ph. 03 546 3221

### Belly Dancing

Zenda Middle Eastern dancing

Ph. 027 689 0558 (Debbie)

E. dbsummer@xtra.co.nz or

Ph. 03 548 8707 (Gretchen)

### Breast Prostheses & Mastectomy bras

11 Keats Crescent, Stoke

Ph. 03 547 5378 (Helen Clements)

E. dsumner@xtra.co.nz or

Ph. 03 548 8707 (Gretchen)

### Cardiac Support Group

Information and support to people affected by cardiovascular disease.

Ph. 03 545 7112 (Averil)

### Community Heart and Diabetes Services

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

### Golf Croquet

Nelson–Hinemoa, Ph. 03 548 2190 (Bev)

### Gentle Yoga with Connie

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

### Government Superannuitants Association

Ph. 538 0233 (Margaret)

E. nelson@gsa.org.nz

### Grandparents raising Grandchildren

Ph. 03 544 5714 (Paula)

### Line Dancing

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

E. dianeneil@ts.co.nz

### Marching

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

### Nelson Antique Bottle and Collectables Club

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

Ph. 03 545 2181 (Judy)

E. randjpittman@gmail.com

### Nelson Blood Cancer Support Group

Graham Sturgess 544 3037

Lloyd Kennedy 5442636

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.

### Nelson Electronic Organ and Keyboard Club

First Tuesday of each month, Stoke School Hall, 7.30 pm. \$2 Supper provided.

All new members welcome.

Ph. 03 540 3288 (Valerie)

### Nelson Grey Power

Nelson Grey Power is a lobby organisation promoting the welfare and wellbeing of all those citizens 50+.

Ph. 03 547 2457

E. nelsongreypower@xtra.co.nz

### Nelson Male Voice Choir

Rehersals: Reformed Church, Enner

Glynn, Monday 6.45 pm.

Ph. 03 548 4657 (Dick)

Ph. 03 544 3131 (John)

### Nelson Petanque Club

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

### Nelson Philatelic Society

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

### Nelson Provincial Museum

For details, visit

www.nelsonmuseum.co.nz

### Nelson Social Dancing Club

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

### Nelson Scottish Country Dancing Club

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

### Nelson Scrabble Club

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

### Nelson Senior Citizens Social Indoor Bowling Club

Ph. 5466562 (Roger or Shirley).

### New Zealand Society of Genealogists, Nelson Branch

Meetings every 4th Monday 7.30pm Feb Oct at Nick Smiths Rooms Quarantine Road, Stoke. Library 67 Trafalgar Street, Nelson,

Tuesday afternoons.  
Ph. 03 544 6734 (Shirley) 348 Lower Queen Street

**Creative Fibre Group**

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

**Chair Yoga**

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

**Club 50**

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

**Croquet**

New members very welcome. Golf croquet Thursday & Sunday 1.00pm. Association croquet Winter – Wednesday & Saturday 1pm, Summer 10.00am. Lawns opposite Health Centre lower Queen Street.

Ph. 03 541 0623 (Sheryl)  
Ph. 03 544 7268 (Betty)

**Easy Exercise**

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

**Euchre (May to Sept only)**

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

**Sioux Line Dancing**

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

**Lunch on the Hill**

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

**MenzShed Waimea**

A&P Showgrounds, Richmond. Ph. 027 289 0185

**Nordic Walking**

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

**Pilates Classes**

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

**Pottery**

Tutored classes at Craft Potters, 202 Ranzau Rd, Hope. All welcome. No

experience needed.

E. craftpotters@ts.co.nz

**Richmond Bowling Club**

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

**Richmond Creative Fibre Group**

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

**Richmond Indoor Bowls**

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

**Richmond Physiotherapy**

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

**Richmond Scottish Country Dancing Club**

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

**Richmond Senior Citizens**

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

**Richmond Slimmers Club**

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

**Richmond Waimea Community Whanau Group**

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

**Social Cards**

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

**Sit and Be Fit**

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

**Sport Tasman Richmond**

Richmond Town Hall (RTH) 9 Cambridge Street

Enquiries 544 3955 (All \$5 per group)

Discounted non expiry concession cards available

Monday & Friday

EASY-BEAT: 'high intensity' Aerobic & Circuit class for the more active (9am–10am)

SHAPE-UP: 'low intensity' Aerobic & Circuit class for those getting back into fitness (10.30am–11.30am)

ACC Approved strength and balance programmes

CLUB60+ SENIOR ADVENTURES (under 60's welcome too)

Active fun, social recreation with weekly planned outings and activities

Meet RTH every Tuesday 9.30am / carpooling available

**Tasman Tennis Club**

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

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

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

**Yoga Classes for stiff and sore spots**

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

**STOKE**

**Chair Yoga at Saxton**

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

**Clogging/ Tap Dancing**

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

**Death Cafe**

A facilitated discussion group on the subject of death, aimed at helping people make the most of their (finite) lives. Nelson Turner Library, 1.30 to 3.00 pm, last Saturday of the month. www.deathcafe.com email Kristine nelsondeathmatters@gmail.com or Ph. Barbara 027 9390024.

**Give It A Go**

A variety of easy activity options. New activity each week such as Tai Chi, Croquet, Petanque and Aqua Aerobics. Ph. 03 546 7910

E. wendy.get@sporttasman.org.nz to get up to date information and or to book a space.

**Housie Evening**

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

**Just Us Drama**

Meets each Monday 10.30 am – noon at Whakatu Presbyterian Church Hall Lounge, Upper Songer Street Stoke to rehearse skits and plays for to performing to various groups. No previous experience necessary! Enquiries to Brian 0275478178.

**Nelson Savage Club**

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

**Ngawhatu Bowling Club**

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

**Presbyterian Support**

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

**Safety & Confidence**

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

**Senior Walking Group:**

Tuesday & Thursday 9.30 to 10.30am \$5.00.

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

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

Chair Yoga: Wednesday 10.30am.

**Tai Chi for Health:**

Ph. 03 538 0072  
E. stadium@sporttasman.org.nz

**Stoke Bowling Club**

Ph. 03 547 1411 (Allen)

**Stoke Central Combined Probuss Club**

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

**Stoke Old Time Country Music Club**

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

**Stoke Tahunanui Men's Club**

A club for active retirees. Activities include a regular monthly meeting with guest speaker on the 3rd Tuesday of every month, plus outings and activities each week. Contact Ian 547 7841.

**St Barnabas Stoke**

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

**Stoke Seniors Club**

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

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

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

Mah Jong: Tuesdays, 1.00pm \$3.

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

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

Stoke Seniors Hall: Scrabble Club: Mondays 1.00pm. \$3.

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

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

\$12 (non-members). Please book (preferably by 9.30am the day before). Housie: second Tuesday and last Wednesday of the month. \$5 a card.

Monthly movie: Contact office for details.

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

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

Girls Own: Monthly on Friday.

Lads @ Large: Monthly on Friday

**TAPAWERA**

**MENZSHED**

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

**Visual Art Society**

Ph. Kay 03 522 4368  
**Walking – Tapawera**  
Rural Ramblers Ph. 04 541 9200

**WAKEFIELD**

**Live Well, Stay Well Activity Group**

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

**Willowbank Heritage Village**

In Wakefield, open first Sunday every month from September to May. Stroll the village and visit our Victorian Cafe, 50s Burger Bar and 70s Milk Bar. www.willowbankwakefield.co.nz\

**Walking – Wakefield**  
Rural Ramblers Ph. 03 541 9200

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