

# mudcakes & roses

THE MAGAZINE FOR NELSON TASMAN SENIORS

## What's inside:

Coping with footpath squeeze

Commemorating the Murchison earthquake

Accessible holidaying

Community patrols

**BIGGER AND  
BETTER!**  
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PAGES**

# EDITOR'S *Letter*

I've just traded in my old human-powered kick scooter for an electric one. I hope to use it instead of my car, to do shopping and other errands.

While this may be good for the environment, as Dana Wensley points out in this month's issue, it might not be as good for other footpath users.

As a frequent dog-walker I have, like many pedestrians, noticed the number of wheeled vehicles competing for space on our footpaths, including scooters, cycles, mobility vehicles, pushchairs, skateboards and hoverboards. Whether electric or people-powered, all of these vehicles, operated carelessly or at high speed, create alarm and danger for other users, particularly pedestrians.

For the safety of all, it's probably time to revise the rules governing our footpaths, and for town planners to think differently

when designing footpaths and walkways.

In the meantime, when I'm out and about on my new scooter I'm applying a simple rule of thumb:

the faster, more powerful user gives way to any other user who is slower, less powerful, or more vulnerable because of age or incapacity.

Whether you walk or ride, I hope you are out enjoying the cooler, crisper days of winter.



*Ro Cambridge*



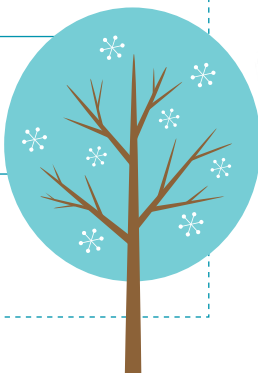
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## Where do you pick up your Mudcakes & Roses?

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

### Stoke/Nelson

- Countdown Supermarket
- New World Nelson
- Morrison Square

### 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.

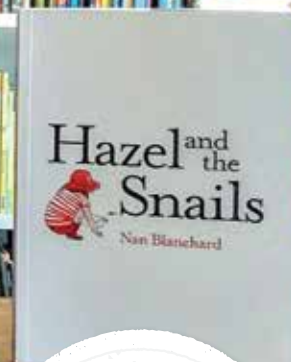
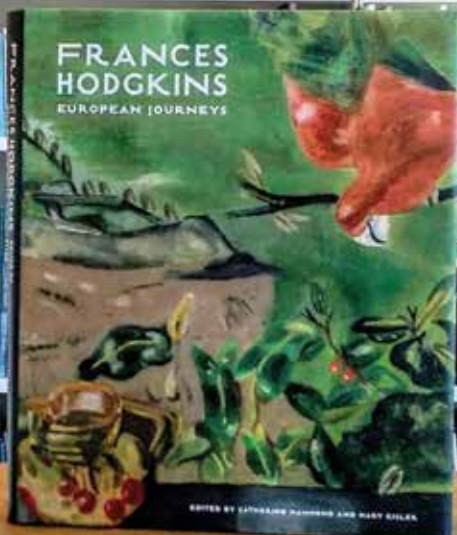
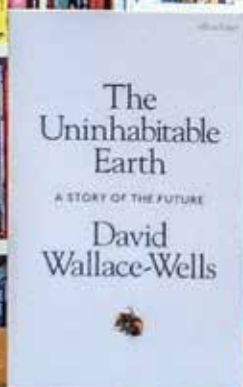
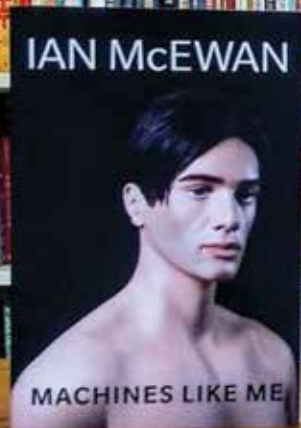
## On the cover

Cover photo by Dewang Gupta (Unsplash), a reminder of the Founders Book Fair in June.



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## 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.*



### Machines Like Me by Ian McEwan

Britain has lost the Falklands war, Margaret Thatcher battles Tony Benn for power and Alan Turing (still alive!) achieves a breakthrough in artificial intelligence. In this alternative 1980s London, Charlie, drifting through life and dodging full-time employment, is in love with Miranda, a bright student who lives with a terrible secret. When Charlie comes into money, he buys Adam, one of the first batch of synthetic humans. With Miranda's assistance, he co-designs Adam's personality. What happens when a love triangle develops between these three? If machines become persons, what determines what sort of persons they will be?

### The Uninhabitable Earth by David Wallace-Wells

The effects of climate change are only beginning to be felt. Soon they will be impossible to ignore, and they will change the way we do everything. Why have we done next to nothing to avoid this? David Wallace-Wells is

the perfect companion when thinking about these issues: he is furious, personable, and also hopeful. Getting a grip on these issues, which this book enables us to do, is the first step to a better approach to the future.

### Frances Hodgkins: European Journeys by Catherine Hammond and Mary Kisler

Deeply and splendidly illustrated, this book, which finds parallel expression in a touring exhibition organised by Auckland Art Gallery Toi o Tāmaki, focuses on Hodgkins as a traveller across cultures and landscapes: teaching and discovering the cubists in Paris, absorbing the landscape and light of Ibiza and Morocco, and exhibiting with the progressive Seven & Five Society in London. A companion book 'Finding Frances Hodgkins', tells of curator May Kisler's experiences tracing Frances Hodgkins footsteps in Europe and the UK.

### Hazel and the Snails by Nan Blanchard

A gentle and thoughtful story about a six-year-old girl, who tends her colony of shoebox snails while observing, with varying degrees of understanding, her father's illness and final decline. Told in the voice of a young child, author Nan Blanchard gets the tone just right, describing people and happenings, the imaginary wanderings of a child and the silliness of children's games and wordplay. It also reminds us that children understand more than maybe they let on, and that the ups and downs of life have an impact on us all, especially the youngest in our lives. Playful language, delightful descriptions (with a few words much is conveyed) and illustrations by Giselle Clarkson make this a special book indeed.

**VOLUME:** 15 Church Street, Nelson  
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# The 90th anniversary of the Murchison earthquake

“The ground was rocking and heaving like a boat on huge waves...”

Bob White was at school on the morning of June 17th 1929, when a 7.8 earthquake hit Murchison and surrounding areas. “I happened to glance up and saw a huge slip hurtling towards us. We endeavored to run back towards the building but the slip overtook us and went straight through the school.”

Seventeen people died in the quake and the sound of its rumbling could be heard 250 kilometres away in New Plymouth.

To mark the 90th anniversary of this devastating earthquake, an event will be held at the Murchison Museum from 10.00 am on the 17th of June. Attendees will hear first-hand accounts of the quake, and learn about how the community recovered and rebuilt the town and their lives. The church bells will be rung 17 times in remembrance of the 17 people who lost their lives in the quake.

Assisted by Nelson Provincial Museum, the Murchison Museum

has mounted a new exhibit about the earthquake, and the original book about the earthquake has been revised and republished in time for the commemoration.

If the day is wet, the event will be held at the Murchison Sport and Recreation Centre.

Note: As adults, Bob White and his sisters Maggie, Jessie, Ida, Gertie and Doris were instrumental in establishing the Murchison Museum.



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Absolute Energy 0800 423 454  
Visit [energywise.govt.nz](http://energywise.govt.nz)

\* Please note that grants may not be available in some areas.






## Gardening tips and tricks



### Winter in the garden

Winter is one of my favourite seasons because I love frosts and wild, wintry weather.

I can spend a lot of time working outdoors without overheating, which is wonderful.

It's also a special season in our gardens – a feeling of tranquility descends as plants heave a sigh, then rest, building up energy for Spring. Deciduous trees stand tall, their skeletons outlined in wintry light and evergreen trees and shrubs become the focus of our attention.

Flowers such as Antirrhinum (snapdragon), pansies, Primula malacoides, Primula elatior (polyanthus), stock and violas provide wonderful colour during the cooler months. They can be planted in garden beds, containers or hanging baskets. One of my favourite types of Antirrhinum is Madam Butterfly. This variety has tall stems of double

flowers in shades of yellow, peach, white and dark red.

Antirrhinums are short-lived perennials, lasting two to three seasons if they are cut back immediately after flowering. Many varieties are fragrant and they thrive in full sun or semi-shade in well-drained, humus-rich soil. I keep mine well fed with fish compost from Bay Landscapes and sheep manure pellets.

Soil temperatures will be quite cool now, so if you want to plant vegetable seedlings it's a great idea to make quite high mounds of soil to plant them in as this will help keep their roots warm. Mulching down the sides of the mounds will act as a "duvet" too.

Sweet peas and broad beans can be sown now. Both of these legumes resent mollycoddling and will germinate in very cold conditions. I always sow my broad beans in June/July and have had 100% germination, even during a period of fairly heavy frosts.

Most roses will be dormant now and June/July are perfect months to prune them. It's important to prune on a fine day between late morning and mid-afternoon as there is less moisture in the air during that period. Make sure your secateurs are sharp as this will ensure good, clean cuts.

Make the most of fallen leaves. Rake them up and put them in a compost frame or a "box" made from pallets. Pile the leaves in, adding a little blood and bone and dolomite lime as you go. They will eventually break down into beautiful leaf mould. You can also put them into black plastic bags, again adding some blood and bone and dolomite lime. Tie the bags, poke holes in the bottom and sit them somewhere out of the way. Turning them once a week will help ensure the leaves break down quickly.

### 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. You can contact Philippa at foeseamb@xtra.co.nz for further information.*



# Our Community

## News from Age Concern:

Age Concerns hits a high note with its latest initiative.

The health benefits of singing are well-documented and there are many good reasons to give your vocal cords a work out. Singing can improve breathing and posture, and can even make you happier.

With that in mind, Age Concern Nelson Tasman has just launched Sing Yourself Well, a programme which offers the opportunity to sing along with others and in the process enjoy singing familiar songs and meet new people.

The weekly sessions are led by Ruth Collingham, a passionate singer and choir leader, who now lives in Wakefield. Ruth was the founder of the highly successful Sing Your Lungs Out choir in Wellington.

Sing Yourself Well is not about being a great singer, says Ruth, but is simply about having a go in a fun and relaxing setting. You're welcome whatever your singing abilities.

### Sing Yourself Well

Tuesdays, 10.00 am to 11.30 am.

Contact Marrit to find out more:

Phone 03 544 7624 (Ext 4)

Email: [community@ageconcernnt.org.nz](mailto:community@ageconcernnt.org.nz)

Age Concern Hall, Oxford St, Richmond.

Morning tea included.

Our new website features more news and events than ever before! Age Concern's new website is now up and running. It contains plenty of information about the

organisation, its aims, services and special initiatives including PetConnect, Tea & Tech and Sing Yourself Well.

An exciting addition to the new website is the Events Calendar. It's regularly updated and features both regular and one-off events. AgeConnect Coordinator, Breffni O'Rourke, says it is designed to connect people to events and activities. As she explains, "There are lots of older people out there with the time and inclination to get out and about more, but they don't know what's available or how to access it." The number of events will increase in number and variety over time until eventually we hope older people will be spoiled for choice.

Explore the Events Calendar by visiting [www.ageconnect.org.nz](http://www.ageconnect.org.nz) and clicking on Events in the menu on the homepage.



Exploring the events calendar online

### 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





# News and Information

## Positive Ageing Strategy

The Government has developed the draft strategy Better Later Life – He Oranga Kaumātua, this strategy replaces the Positive Ageing Strategy created in 2001.

The strategy has been designed to ensure New Zealand is prepared for and makes the most of our ageing population. More of us are living longer, healthier lives than ever before. This means there are things we need to consider and prepare for as a country.

The demographic shifts occurring have implications for our economy, for employment and housing, health and aged care, and social services. Two key areas of the strategy are supporting seniors in the workforce and promoting housing options appropriate for older people.

To find out more information on the strategy visit [superseniors.msd.govt.nz/about-superseniors/ageing-population](https://superseniors.msd.govt.nz/about-superseniors/ageing-population).

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## Tyson wins hearts at Positive Ageing Expo

Tyson, a big-hearted part-Clydesdale who brings joy by visiting rest homes and care facilities in the region, proved a hit at this year's Positive Ageing Expo.

Tasman District Council community partnerships coordinator Lani Evans said Tyson was an honoured guest at the event on Friday 22 March. "We were very excited to have him there, he has a lovely gentle presence and he definitely stole a few hearts."

More than 1500 people attended this year's expo, checking out the 80 stalls.

As well as the chance to meet Tyson, visitors enjoyed activities as diverse as flower decoration, making a pedal powered smoothie, yoga, hearing and blood tests, massage, riding an e-bike, and making an origami heart for Christchurch.

## New policy to guide planning for ageing population

Tasman's population is ageing, and the number of people aged over 65 in the District is projected to almost double over the next 20 years.

Looking ahead, Tasman District Council wants Tasman District to be a vibrant age-friendly community where older people are valued, visible and socially connected. The services, activities and housing the Council offers should be accessible and affordable.

The Council has developed an Age-Friendly Policy to help us achieve this. The policy will guide the Council's planning to explicitly consider the needs of the growing number of older residents. It thinks many of these initiatives will benefit people of all ages and abilities.

### Age-friendly highlights

Some of the key aims of the policy include:

- Increasing opportunities for older people to enjoy social connection and healthy lifestyles
- Improving the accessibility of Council service centres, libraries, public toilets and parks
- Supporting a range of accessible and affordable transport and mobility options for older people
- Enabling and encouraging smaller, accessible and affordable housing
- Improving the accessibility of Council information, using a range of communication methods to engage with older residents

### Find out more

Head to [www.tasman.govt.nz/link/age-friendly](https://www.tasman.govt.nz/link/age-friendly) for more information.

Copies are also available at Council offices and libraries, or phone 543 8400 if you'd like a printed copy to be posted to you.



## Have you ever...

### Have you ever... tried these alternative therapies?

Over recent years more of us have started looking beyond the family GP for health advice. In this issue we look at some of the more popular alternative modalities.

#### Naturopathy

This modality takes a holistic approach to wellness. Practitioners, known as naturopaths, encourage clients to look after their own health through healthy diet, clean fresh water, sunlight, exercise and stress management. They may draw on therapies as varied as nutritional and dietary advice, herbal medicine, homeopathy, and tactile therapies, such as massage, acupressure or the Bowen technique.

A trained naturopath undergoes a minimum of four years of study.

#### Homeopathy

Homeopathy is based on the belief that the body can cure itself. Generally speaking, it involves using tiny

amounts of natural substances which are then mixed with water or alcohol to treat various ailments. The theory was developed in Germany in the late 1700s by Samuel Hahneman, who believed that a highly diluted dose of a substance that would normally cause symptoms of disease in the healthy would cure similar symptoms in the sick. A trained homeopath undergoes a minimum of four years of study.

#### Acupuncture

Acupuncture entails stimulating certain points on the body by using a very fine needle that penetrates the skin and which can alleviate pain or help treat various health conditions. In traditional Chinese medicine, acupuncture is linked to the belief that disease is caused by disruptions to the flow of energy, or qi, in the body. It is believed that acupuncture stimulates points on or under the skin and that this releases the qi, which then travels through lines of energy

called meridians. The needles can be manipulated manually or through electrical stimulation.

In New Zealand a qualified practitioner completes the equivalent of four years full-time training.

#### Acupressure

Acupressure is based on the same beliefs as acupuncture, but does not use needles. Instead, deep finger pressure is applied at specific points in the belief that this will relieve tension, increase circulation and provide relief for many ailments, including stress. It is believed that it may also improve blood circulation which in turn helps cleanse the body of toxic waste. Acupressure is a non-invasive treatment performed on the fully clothed patient lying on a soft massage table.

Registration with the NZ Acupuncture Standards Authority (NZASA) is voluntary, thus the profession is self-regulated.

### 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

Over the years I have changed my buying habits, and in this column I have already talked about healthy and environmentally aware food shopping.

In the past, I bought most of my groceries at the supermarket. Now, I buy all my fruit and vegetables from small local vegetable shops, and there's not a plastic bag in sight. I've sewn my own shopping bags from old net curtains and they do the job perfectly. I buy local milk in glass bottles and am pleased that reduced fat milk is an option. We enjoy eggs from our chickens and in the warmer months we mainly eat fruit and vegetables from our garden.

My youngest daughter, who recently moved to Auckland, has inspired me to go one step further. In her shared flat, they buy almost all their groceries

at one of the "refillery" stores, reusing the containers over and over again. They do this for dry goods such as cereals and rice, and for dishwashing liquid, shower gel and cooking oils too. I am looking into similar local options.

Recently I've begun to reuse zip-lock bags for bulk buying. The advantage is that I'm able to buy smaller quantities. I only bake occasionally, so I don't need 1.5 kgs of flour at a time. Instead I buy as little as I need, when I need it. I use my own small, lidded, containers to buy herbs and spices: they can be washed and refilled repeatedly. I use a lot of turmeric and this is an economical way to buy it.

My daughter and her flatmates get a weekly delivery of local organic fruit and vegetables. The produce is not pre-packaged, and the delivery box can be reused. Nelson has its own organic fruit and vegetable delivery

business. This is a great option if you cannot get to the markets or vegetables shops, as they deliver throughout the district. If there's an unfamiliar vegetable in the delivery, you can have fun figuring out how to use it. The other day, my daughter asked me what to do with celeriac. I suggested a mash of half potato and half celeriac, which I love, or a soup. When she got some fennel, she used it roasted, in salads and pasta dishes.

As I've been writing, I've seen a news item about a North Island supermarket which offers shoppers the option of bringing their own containers for meat, fish, bakery and deli-goods. I cannot wait for this to be introduced in the South Island!



### 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@mahoehills.co.nz](mailto:marion@mahoehills.co.nz).*



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## Help keep your community safe – join a Community Patrol

Community Patrols are made up of local residents who work as the ‘eyes and ears’ of the police. These men and women, who are from all age groups and backgrounds, conduct patrols in specially marked cars.

The patrols are independent of the police but receive regular police guidance and training.

There are over 150 Community Patrols in New Zealand, including Nelson, Richmond and Motueka. They are called upon to assist the police with anything from cordons, to locating missing people or stolen cars. They also help in civil emergencies such as the recent fires in the region.

Mike Gill is a Community Patroller, and is also on the Tasman District Support Committee of Community Patrols New Zealand (CPNZ). It’s

rewarding, he says, to work with the NZ Police, local councils, and Civil Defence to make the Tasman region a safe place to live.

The process of becoming a Community Patroller begins with an application form – available from CPNZ’s website, or local Police Station – followed by an interview and police vetting. Successful applicants must then complete four compulsory training modules.

Patrol training emphasises the health and safety of patrollers, who always operate in pairs and in a non-confrontational manner.

After training, patrollers are permitted to be legally on police premises and go out on patrol. However, fledgling patrollers are always accompanied by experienced patrollers until they have the necessary experience to be effective themselves.



**JOIN THE RANKS!**

### Apply now!

If you are interested in becoming a Community Patroller and would like more information, contact Mike Gill of CPNZ Tasman on 027 286 4157.



## Wild things

### Youthful energy a cause for optimism

Writing a column on environmental issues isn't always a ton of fun. There's no shortage of subjects, but right now most of them are gloomy and create despondency in writers and readers alike.

Do you really want to hear that climate change is roasting the coffee industry? Not likely!

For me, the worldwide Schools Strike 4 Climate on 15th March was the best environmental news so far this year. Beforehand the naysayers said the kids should be in school learning something useful, it won't make any difference, they'll skive off to McDonalds. Afterwards it was overshadowed by the Christchurch massacre so we heard little about it. I went to support the Nelson event, and was uplifted. Students from Nelson College for Girls managed to inspire 2000–3000 other students from across the region to gather on the Church steps and give voice to their concerns about the climate crisis. Head Girl Josephine Ripley and her fellows had only expected 200 to attend although they spent months

organising it. "We wanted to show our government, local government and the general public that Nelson youth are mobilised and serious in our worries for the future," she said. The students demanded immediate government action to hold global warming to 1.5 degrees.

Their voices were heard in individual speeches, chants (Stop the gas, stop the oil, keep the carbon in the soil!) in haka, and in hundreds of thoughtful placards and banners: Why am I studying for a future that doesn't exist?; Fish need a cool ocean; There's no Planet B; I'm sure the dinosaurs thought they had time too; Our climate is changing, why aren't we?; Make our planet great again.

Josephine said that anyone who thought young people marched just for fun, or a day off, underestimated her generation. "Learning also

happens outside the classroom," she said. "Taking part in an event like the strike is one of the most beneficial learning experiences you can have; exercising your citizenship and standing up for something you are passionate about." She believes that students who came with little or no understanding of the climate crisis would have left galvanized and with a greater understanding of what is at stake.

Several placards pointed out that Youth Belong in Democracy. Seeing this younger generation shouldering their democratic rights and responsibilities was the most uplifting aspect of the strike. They are going to be busy with climate change, but there will be other issues to engage in as well. I'm proud of them.

More information is available online at [schoolstrike4climatenz.com](http://schoolstrike4climatenz.com).

### 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 DOC 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.*

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## Accessible travel?

Judene Edgar discovers that planning a local holiday for a friend with disability issues isn't plain sailing.

It was with a mixture of excitement and trepidation that one of my dearest friends told me she was coming to New Zealand for a holiday.

The trip would be her first overseas holiday in nearly four decades and an opportunity to visit her best friend in New Zealand – me!

She was worried about managing her health conditions while travelling and potential accessibility issues, in addition to the usual stresses of travel. She was also worried about spoiling the trip for her daughter who had managed to arrange the travel as a perk of her job.

I reassured her that we could meet her needs, while also ensuring that her daughter would enjoy the trip. That's what I believed before I began organising the trip.

First on my to-do list was identifying accommodation with good accessibility. When I found Google wasn't much help, I rang the Nelson i-Site. They couldn't help either. I then resorted to the old-fashioned approach of telephoning likely establishments, beginning in central Nelson and extending my search from there. It was a time-consuming and laborious process, which would have been even more challenging for someone outside the region.

I needed to take a number of factors into account including which floor the rooms were on, width of doorways, handrails in toilet, seat in shower, and proximity to local services. Not to mention the usual concern about expense. I discovered that there doesn't seem to be an industry norm or standard; 'accessible' meant different things to different accommodation providers.

These initial challenges forgotten, I waited for my friend and her daughter at the airport. After all the other passengers on the flight disembarked I saw the airline staff struggling to wheel her chair backwards down the steep ramp from the plane. It was at this point that it hit me just how challenging travel can be for people who are disabled or have accessibility issues.

The tentative itinerary I had planned combined some must-do's with a mix of indoor and outdoor activities. The trip to World of Wearable Art (WOW) was highly enjoyable but it took two hours longer than I had estimated. Getting in and out of the accommodation, and the car took longer than anticipated. Although WOW has a wheelchair, it was in use when we arrived, so my friend walked,



CONTRIBUTOR  
**JUDENE  
EDGAR**

Judene Edgar is a Community Development consultant working with local government and not-for-profits. She is a former Tasman District councillor and was chair of the Accessibility for All (A4A) Forum.

using her walker for support. We took frequent rests, and when it became available completed the tour with the wheelchair.

After that “easy” half-day trip had turned into a marathon, I realised that the full “Nelson Tasman experience” would be nigh on impossible. The reward for an hour-long drive to St Arnaud would be nothing more than sitting in the car staring at the lake. A visit to Te Waikoropupu Springs could go no further than the carpark. Even a visit to Natureland would take too much exhausting effort.

In spite of it all we had a wonderful week together. We found places to visit which captured some of the best the region has to offer and were also accessible without a long haul from the carpark: Rare Creations, Mapua Wharf, Grossi Point, Hoglunds Glass, Isel Market, Suter Art Gallery and some areas within Queens Gardens.

The absolute highlight was a trip on Wilson’s Abel Tasman Sea Shuttle to Totaranui. The staff were amazingly helpful and enabled a truly spectacular and memorable outing.



### How to ensure a truly accessible holiday: Plan ahead!

- Make sure you know the particular needs of all members of your group.
- Check before booking an activity or accommodation – there is no universal standard of accessibility so it pays to check every accommodation or activity.
- Brochures and websites can be out of date.
- Infrequently used wheelchairs often have flat tyres!
- Airlines and airports generally have good systems, but it’s import to make formal arrangements ahead of time.
- A letter from your G.P. can be helpful to explain your health issues and ensure you get the right medical treatment when you are away from home.
- The NZ Tourism Guide (tourism.net.nz) includes an accessibility section but the options are limited. According to this guide there is only one accessible accommodation provider in Nelson (in the Marlborough Sounds!)

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## What is happening on our footpaths?

As Dana Wensley explains, everyone has a different perspective on the issue of “footpath squeeze”.

Footpath squeeze is a polite way of saying our footpaths are under attack from a variety of sources, including the electric scooter.

The latest New Zealand Household Travel Survey shows that pedestrians in New Zealand walk a staggering 691 million kilometres per year. In comparison, cyclists travel 319 million, and cars 32,606 million.

Footpaths are important to all walkers, particularly young children and seniors. They are a vital part of the transport network for those who can't afford car ownership, or can't drive because of age or disability. Because walking is a free activity, there's also the issue of equality at play.

Cost conscious councils should actively encourage walking and cycling which are active modes of transport and occupy less physical space, help reduce carbon emissions, and decrease traffic congestion. These slower modes of transport also encourage a healthier, better connected

community with lower rates of social isolation. It you are interested in the role that urban design and traffic networks play in health and well-being, *Happy City*, by Charles Montgomery, is crucial reading. Montgomery says that “Public life begins when we slow down.” With this in mind it's crucial to ensure our footpaths are obstacle free and accessible for all users.

A surprising 24% of the population indicated in the 2013 census they experienced some form of disability. A majority (59%) were over the age of 65 years, but a staggering 11% were under 15 years of age.

Since early 2017, I've had the pleasure of Chairing the Accessibility for All Forum (A4A Forum), a community-led forum which operates across Nelson and Tasman to ensure that public facilities are inclusive for all.

A variety of hardworking individuals and groups attend the forum, whose concerns range from

vision or hearing impairment, to wheelchair accessibility. We also advocate for people with dementia and people with less permanent accessibility issues, such as parents with strollers, and people with sports injuries.

This year, the A4A Forum has strongly advocated that Nelson City Council and Tasman District Council become more aware of vulnerable footpath users. This is becoming increasingly important with the introduction of electric scooters, postal delivery using electric vehicles, and the increasing demands on footpaths for cycling.

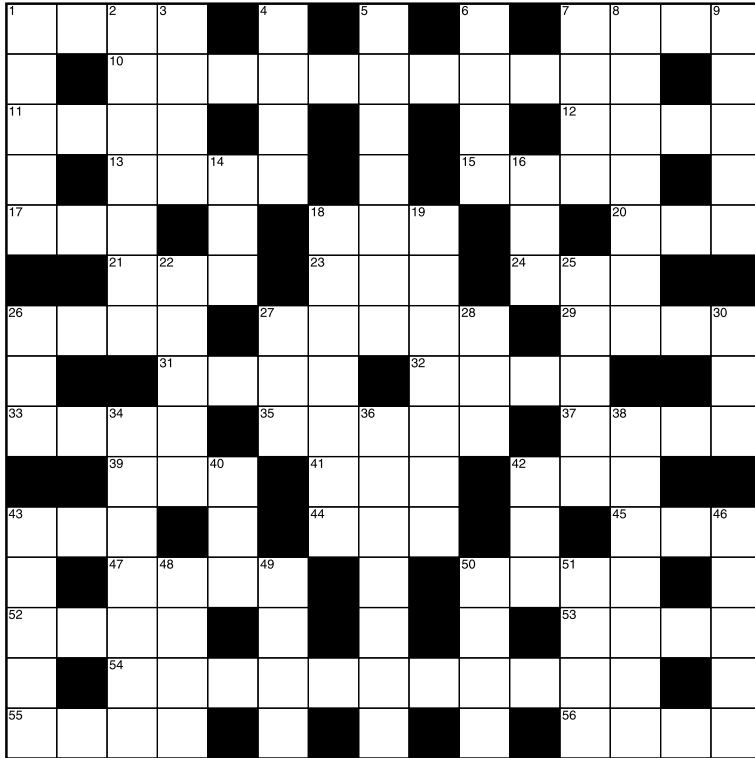
The A4A Forum has asked both councils to develop a policy for electric vehicles on footpaths, and a Code of Conduct for footpath users. Encouragingly, Tasman District Council's Age-Friendly Policy will be guided by the World Health Organisation's Age Friendly Checklist. Well-maintained pavements which are free of obstacles, and reserved for pedestrians is on that checklist.

**CONTACT  
A4A  
FORUM:**

**For more information, or to become involved with the A4A Forum:**

Contact Councillor Dana Wensley, Chair, Accessibility for All Forum [dana.wensley@tasman.govt.nz](mailto:dana.wensley@tasman.govt.nz), or Rhian Williams: Administrator, Accessibility for All Forum [rhian.williams@tasman.govt.nz](mailto:rhian.williams@tasman.govt.nz), Phone 03 543 8684 (DDI).

## Crossword



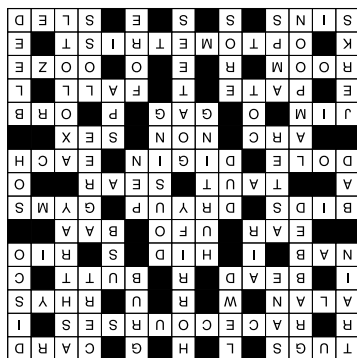
### ACROSS

1. Harbour work boats
7. Birthday greeting
10. Gallopers' tracks
11. Astronaut, ... Shepard
12. Actor, ... Ifans
13. Sweat droplet
15. Strike with head
17. Capture (criminal)
18. Took cover
20. River, ... Grande
21. Hearing organ
23. Alien craft (1,1,1)
24. Lamb's bleat
26. Auction offers
27. Wipe the dishes (3,2)
29. Fitness clubs
31. Stretched firm
32. Char
33. Unemployment pay
35. Hunker down (3,2)
37. Every single
39. Form a curve
41. French no
42. Male or female
43. Muppets creator, ... Henson
44. Practical joke
45. Sphere
47. Liver paste food
50. Tumble
52. Chamber
53. Exude
54. Sight-tester
55. Wrongdoings
56. Sleigh

### DOWN

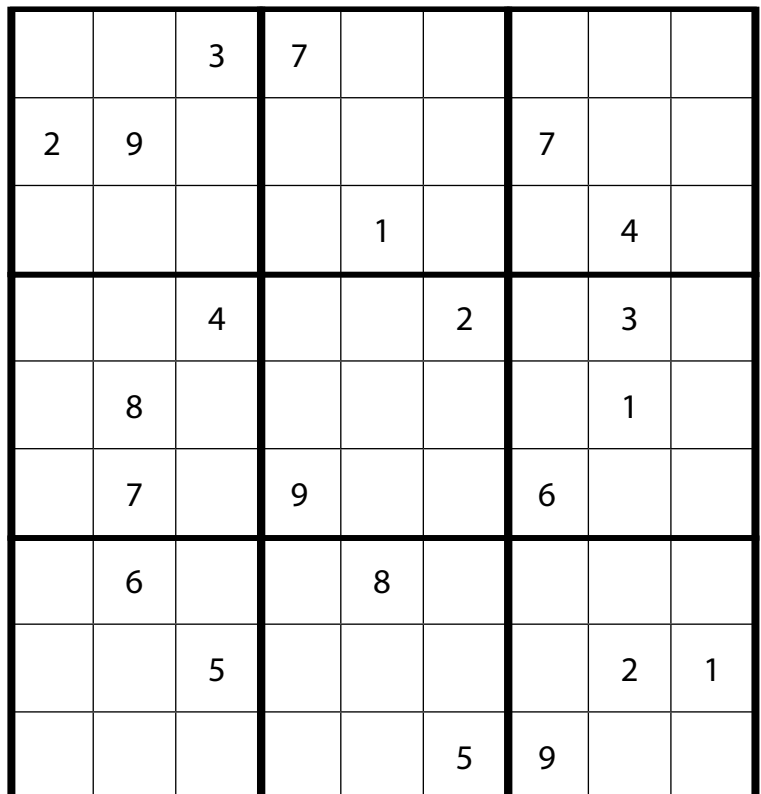
1. Coach (team)
2. Snatched
3. Logically thought-out
4. Indecent
5. Appal
6. Dirty child
7. Sure-fire thing
8. Smoker's receptacle
9. 70s dance music
14. Voice publicly
16. Computer port type (1,1,1)
18. Inflicting pain
19. Extinguishing
22. Daisy-like flower
25. Go along (with)
26. Awful
27. Worthless
28. Writing tool
30. Fah, ..., lah
34. Send-up
36. Small pointy beards
38. Salamander
40. Bed
42. Therapeutic water tub
43. Sudden movements
46. Haemorrhage
48. Sound boosters
49. Greek Cupid
50. Golfer's warning
51. Profit or ...

## Crossword solution

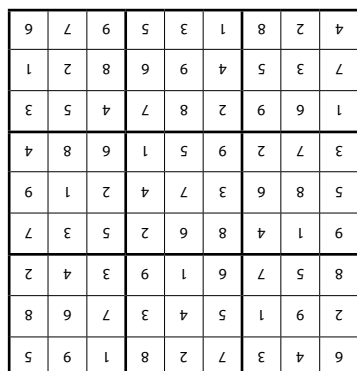


## Sudoku

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

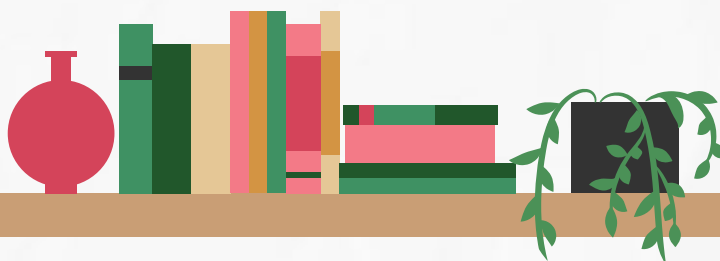


## Sudoku solution



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

## Tasman District Libraries



### Classes and competitions

In winter you might be tempted to stay indoors, but our libraries have plenty of events lined up to tempt you away from the fire.

In June at Richmond Library we have free computer classes designed to get you up to speed with Facebook, TradeMe and reading newspapers online. The classes are designed to provide a friendly introduction for beginners. Book by calling Richmond Library on 03 543 8500.

For the crafty types, Takaka and Motueka Libraries are offering an exciting Book Art competition. Between 4 – 28 June, simply pick up a discontinued library book plus an entry form from Takaka or Motueka libraries and then go wild: fold, cut, paint or otherwise turn the book into a piece of art. The competition is open to all ages, with prizes awarded to winners in several different age groupings.

There's also a special Matariki event for children and caregivers at Motueka Library 3.30 pm – 5.00 pm on Friday 28 June. There will be some lovely Matariki stories, and a fun craft activity. This event is suitable for 7 – 12 year olds and is free.

The Tasman District Libraries website contains info about these events and more and is the portal to our library catalogue – where you can search for books and reserve them from the comfort of home. Other online resources include Lynda.com, and PressReader.com. All you need is a library card and PIN.

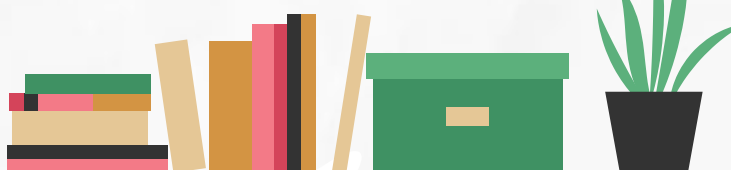
### MORE INFORMATION

#### Website:

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



## Nelson Public Libraries



### Winter at the Library

Come in from the cold and enjoy our latest offerings at Nelson Libraries.

We've just introduce Grab Bags in the children's section. Each Grab Bag contains a selection of books, CDs, DVDs, a game and other activities chosen to suit a particular age group. Grabbing a bag makes it easy for you to provide a perfect variety of reading and other activities for your children or grandchildren.

Have you met Libby yet? This free app allows you to download audiobooks and eBooks directly to your smart phone or device. No need to venture outside on a frosty morning to pick up – or return – a book. Just open Libby and start borrowing. We've just added a stack of new titles available through Libby including books for children, teens and adults.

If you aren't sure how to use Libby, or have any other tech questions, just ask for Device Advice! Use this free drop-in service to ask a librarian for guidance about anything from your computer or phone, to eBooks and email. No

question is too big or small for Device Advice and we always enjoy the chance to learn something new ourselves.



The service is available at the following times, no booking required:

- Elma Turner Library: Tuesdays and Thursdays, 2.00 – 3.00 pm.
- Stoke Library: Wednesdays 2.00 – 3.00 pm, Fridays 11.00 am – 12.00 pm.

### MORE INFORMATION

**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 dianatony@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)

### Grey Power Golden Bay

Contact Michael Delceg (President) Phone 03 5259530.

### 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 Creative Fibre Group

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

### 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 1.30 pm – 4.00 pm.

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.

### Motueka Senior Citizens Hall

#### Activities

\$2 per session. Coffee, tea and biscuits provided.

### Indoor Bowls Mondays and Wednesdays

1.15 - 3.00 pm. Contact Terry 528 7104.

### Rummikub Thursdays 1.00 - 4.00 pm.

Contact Dyllis 528 8960.

### Cribbage Every 1st and 3rd Tuesday of the month 1.00 - 3.30 pm.

Contact Judy 528 4260.

### Activities Afternoon Cards, darts, quoits etc.

Every 2nd Friday of the Month 1.30 - 3.30 pm Contact Mavis 526 8796

### Housie 1.30 - 3.00pm Contact Ethel

528 7703.

### 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, 2.00pm \$5

Thurs: Sit n Be Fit \$5

Ph. 03 5288228 (Wendy)

### Motueka Social Dance Group

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

### Riwaka Bowling Club

School Rd, Riwaka.  
Pauline: 021 1235974  
Vince: 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](http://www.murchisoncentre.co.nz)  
E. [murchison.centre@clear.net.nz](mailto:murchison.centre@clear.net.nz)  
Ph. 03 523 9360

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

## NELSON

### Angie's Aerobics

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

### Aquatics/Swimming/Gym

Riverside Pool Ph. 03 546 3221

### Belly Dancing

Zenda Middle Eastern dancing  
Ph. 027 689 0558 (Debbie)  
E. [dbsummer@xtra.co.nz](mailto:dbsummer@xtra.co.nz) or  
Ph. 03 548 8707 (Gretchen)

### Breast Prostheses & Mastectomy bras

11 Keats Crescent, Stoke  
Ph. 03 547 5378 (Helen Clements)  
W. [www.classiccontours.co.nz](http://www.classiccontours.co.nz)

### Cancer Society Nelson

102 Hardy Street, Nelson. Support and information for anyone affected by cancer. Cancer Helpline: 0800 226 237 - Any Cancer, any question. Ph: 539 1137. Email: [info@cancernelson.org.nz](mailto:info@cancernelson.org.nz). [www.cancernelson.org.nz](http://www.cancernelson.org.nz) [www.facebook.com/Cancer-Society-Nelson](https://www.facebook.com/Cancer-Society-Nelson)

### 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 (Bey)

### 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](mailto:jnc@jnc.co.nz)

### Government Superannuitants Association

Ph. 538 0233 (Margaret)  
E. [nelson@gsa.org.nz](mailto: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](mailto: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](mailto: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](mailto:nelsongreypower@xtra.co.nz)

### Nelson Male Voice Choir

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

### Nelson Petanque Club

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

### Nelson Philatelic Society

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

### Nelson Provincial Museum

For details, visit  
[www.nelsonmuseum.co.nz](http://www.nelsonmuseum.co.nz)

### Nelson Social Dancing Club

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

### Nelson Scottish Country Dancing Club

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

### Nelson Scrabble Club

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

### Nelson Senior Citizens Social Indoor Bowling Club

Ph. 5466562 (Roger or Shirley).

### New Zealand Society of Genealogists, Nelson Branch

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

### Pottery

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

### Silver Yogis

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

### Stoke Tahunanui Ladies Club

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

### Sit and Be Fit

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

### Super Seniors (65+)

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

### Support Works

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

### Suter Art Gallery

Exhibitions, floortalks – see [www.thesuter.org.nz](http://www.thesuter.org.nz) for details, 28 208 Bridge Street, Nelson. Ph. 03 548 4699

### Table Tennis

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

### Tahunanui Bowling Club

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

### Tahunanui Community Centre

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

### Tai Chi with Gretchen

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

### Taoist Tai Chi Internal Arts for Health

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

### The Probus Club

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

### Ukulele with Gretchen

Nelson and Richmond, groups or private.  
U3A: Ph. 03 548 7889 (Paul)  
E. [membership@u3anelson.org.nz](mailto:membership@u3anelson.org.nz)

### Victory Community Centre

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

### Victory Laughter Yoga Club

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

## Victory Senior Support

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

## Victory Sit & Be Fit

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

## Nelson 50+ Walking Group

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

## Yoga

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

## Yoga

Hot Yoga Nelson Ph. 03 548 2298

## RICHMOND

### Aqualite:

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

### Badminton Richmond

Morning Badminton Ph. 03 544 44120 (Dawn)

### Bfit4ever

Nicola Rae, 021 0788609 or 546 8444

### Body Power Pilates & Yoga Centre

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

### Hope–Ranzau Women's Institute

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

### Richmond Bridge Club

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

### Creative Fibre Group

Meets at Birch Hall, Richmond Showgrounds at 9.30am 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 (Sherly)  
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 7.30 pm. Methodist Church Hall, Neale Ave, STOKE. Contact 5440902 or 5418211. C Stanton, Sec RSCD club. cstanton@actrix.co.nz

## Richmond Senior Citizens

62 Oxford Street, Richmond. Cards Tuesday – 1.30 to 4.00 pm. Bus trip & lunch first Wednesday of each month, cost varies. Craft Group – Thursday 9.00 – 12noon. Cards – Thursday 1.30 to 4.00 pm. Exercise classes & cuppa – Friday 10.00 to 11.00 am. Friday Rummicub 1.00 pm – 3.00pm. 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 1.30 pm – 4.00 pm. Friday Rummicub 1.00 pm – 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 Classess 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 – 9.45 pm. Ph. 03 547 3230 (Buddy)

### Just Us Drama

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

### Nelson Savage Club

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

### Ngawhatu Bowling Club

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

### Presbyterian Support

Visit us at 360 Annesbrook Drive, Nelson. 10.00am 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

# SERVICE DIRECTORY

## 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.

## Sports Tasman Motueka

**Mon:** Silver Sneakers (30 min walking  
group for older seniors/balance  
exercises), 9.30am. Badminton / Pickle  
Ball (social, all welcome), 11.00am.

**Tues:** Move2Music, 9.30am. Sit n Be Fit,  
10.30am.

**Wed:** Gym Assist (for new gym  
members / Seniors), 9.30am.  
Badminton / Pickle Ball, 11.00am.

**Thurs:** Move2Music, 9.30am. Sit n Be  
Fit, 10.30am.

**Fri:** Badminton / Pickle Ball, 11.00am.

\$5 per session or concession card  
of 10 for \$40. Contact Wendy on  
021 0268 3591 or 03 528 8228.

## 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 10.00am, every 4th Tuesday,  
Methodist Church Hall, Neale Ave,  
Stoke. Ph 03 544 3085. (Frances).

## 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 or Mel at  
Greenmeadows Community Centre,  
391 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. menzshedtapawera@gmail.com

### Visual Art Society

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

## WAKEFIELD

### Live Well, Stay Well Activity Group

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

### Willowbank Heritage Village

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](http://www.willowbankwakefield.co.nz)

### Walking – Wakefield

Rural Ramblers Ph. 03 541 9200

## PLANNING AHEAD - FOR PEACE OF MIND

Planning your funeral in advance is a sensible way of ensuring your wishes are adhered to, as well as sparing your family and friends unnecessary worry in their time of grief. There is no age limit, the best time to plan is now. Waimea Richmond Funeral Services offers the highest standard of caring professionalism.

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