

mudcakes & roses

THE MAGAZINE FOR NELSON TASMAN SENIORS



What's inside:

Dreaming of a new kind of retirement home

Talking Cafés bring people together

Celebrating the centenary of the first flight into Nelson

Puzzles and columns on food, books, the environment and gardening

EDITOR'S Letter



This February is the second anniversary of the first appearance of Covid-19 in New Zealand. Two years on, we are now braced for a surge in a much more transmissible variant of the virus. Omicron cases have been identified not only in our cities, but in small towns like Motueka.



The multiple threats presented by an uncontrolled virus cannot be ignored, of course: over the last two years *Mudcakes & Roses* has done its part in disseminating public health warnings and advice. However, we've also kept on publishing positive news and stories.

This issue of *Mudcakes & Roses* is no exception. And this month we have a story about another notable, and happier, anniversary: the first plane landing in Nelson Tasman 100 years ago. We've got other positive stories too. We have a story on Talking Cafés – a new approach to easing loneliness.

I share my own enthusiasm for podcasting and indulge in a fantasy about a rest home that's run by, and for, its residents. Our gardening columnist suggests it is possible to keep your garden perky in spite of a hot, dry summer and in her farewell food column, Sally Rees gives us something new to chew on – edible seaweed.

Wishing you a Happy (Covid-free) New Year.

Ro Cambridge

Where to pick up your next copy

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

Richmond

- Boulevard Café
- Countdown
- Night 'n Day
- Oakwoods Retirement Village
- Richmond Aquatic Centre
- Summerset Richmond Ranges

Stoke

- Summerset in the Sun

Nelson

- Fresh Choice
- Morrison Square
- New World

Wakefield

- Four Square

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



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- 5 A rest home run by its residents – a real possibility or sheer fantasy?
- 8 It's just on 100 years since the first plane landed in Nelson Tasman with pilot "Shorty" Fowler at the controls. Celebrations of this historic flight took place at Nelson Airport, Stoke, Brightwater and Motueka.
- 13 Podcasts: a free and extraordinarily rich world of listening pleasure is yours for the taking.



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On the cover

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Our environment

© Andy Dutton, Unsplash

The underground life of trees

Recently I re-read *The Overstory*, a novel by Richard Powers published in 2018. It's an engaging story about nine characters whose lives are linked through their association with trees, most of whom come together to protest the clear-felling of gigantic, ancient redwoods in the American Northwest.

There are many reasons not to cut down old trees: they are living treasures of great beauty and interest; they provide a habitat for plants and animals; their root systems give a step-up to new plantings around them. It was once thought that clear-felling gives space to newly planted trees and prevents damaging competition. Actually, it's likely to hinder new plants from developing successfully and will destroy ecosystems that sequester carbon and help mitigate climate change too.

Professor Patricia Westerford, a character in *The Overstory*, investigates the mycorrhizal connections between trees,

i.e. the fungal extensions of tree root systems that work with individual trees in a symbiotic relationship. They connect many trees in a forest and may deliver warnings of insect infestations or other threats to the tree's health.

The fictional character Westerfield was inspired by real Canadian scientist Suzanne Simard whose research into the way trees communicate with each other was initially dismissed as nonsense, although she was eventually recognised for her work. Simard told the *New York Times* that "The old foresters were like, 'Why don't you just study growth and yield?'. I was more interested in how these plants interact. They thought it was all very girly."

Simard discovered that fungal threads link nearly every tree in a forest. Carbon, water, nutrients, alarm signals and hormones can pass from tree to tree through these subterranean circuits. Every tree in

an 80,000 year-old forest of aspens in Utah has been found to share the same DNA: they have all grown from a single tree. The local climate prevents normal seed propagation, so these trees now reproduce through their root systems.

The underground life of trees has local implications where councils own hundreds of hectares of trees in public reserves, and water catchments and plantation forests are regularly clear-felled. Some councillors have been trying to influence a change in policy to a more sustainable model of forestry management. They favour selective felling, leaving tree root systems and surrounding biodiversity intact, and replanting in native trees. Native forests on our public reserves are as economically beneficial as plantation pines, because of their recreational value, including mountain bike parks, improved environmental and biodiversity outcomes, and carbon sequestration/carbon credit income.

Columnist: Pam Henson

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



© Tim Cuff

Kindness and connection at a café near you



Thanks to much research, loneliness is no longer considered a purely personal source of suffering. It's an accepted fact that loneliness has wide-ranging negative effects on the wider community, as well as on individuals.

Organisations worldwide are now dedicated wholly, or in part, to reducing or relieving loneliness. Some countries including the UK and Japan have even appointed Ministers of Loneliness. In November of last year, the state government of Victoria, Australia did too.

Loneliness New Zealand distinguishes loneliness from social isolation, defining it as the emotional state that arises when you don't have as much meaningful connection with others as you want.

Wellby is a local community-led project which aims to enhance and strengthen human connections in the belief that kindness and connection are the best cures for the painful state of loneliness, and the recipe for community resilience.

Wellby employs the "social prescription" approach to loneliness – adapted for Nelson Tasman – which is also called the Frome Model because it was developed by a medical practice in the small English town of Frome.

This approach aims firstly to ensure that people are well connected by increasing the number of relationships between people and community services and activities.



Wellby is a local community-led project which aims to enhance and strengthen human connections in the belief that kindness and connection are the best cures for the painful state of loneliness, and the recipe for community resilience.



But that's not all. This approach also aims to improve the quality of the relationships of people who become connected. In Frome, four relationship types – intimacy, friendship, participation, and exchange – were identified, then paid and volunteer “connectors” were enlisted to support and encourage each type of relationship. Frome, a town of only 30,000 people, found 1,140 locals – everyone from café owners to cab drivers – willing to volunteer as community connectors.

Wellby works in a similar way. Firstly, it increases awareness of local resources by promoting the Found Directory, an easy-to-use searchable online directory of over 1,000 Nelson Tasman community groups, clubs, organisations and services.

Secondly, it encourages and empowers people to become volunteer “signposters”. Essentially, a signposter is a person who can confidently say “I know that there is something out there for you”, and helps friends, family, colleagues and neighbours find that vital connection which might make all the difference.

Thirdly, and perhaps most visibly, Wellby hosts Talking Cafés. These Talking Cafés are places where everyone is welcome to enjoy a relaxed cuppa, connect with others who enjoy similar interests and discover services

which might help them. The cafés are being hosted at locations right across the region. They are very informal, no registration is required, and participants can drop in and stay as little or as long as they like. See below for more information.

Wellby is led by Volunteer Nelson and Age Concern Nelson Tasman, with a steering group that represents a diverse cross section of the community including Top of the South Neighbourhood Support, Whanake Youth, Multicultural Nelson Tasman, Nelson Bays Primary Health, Nelson Marlborough Health, Nelson City Council, Tasman District Council and the Department of Internal Affairs Te Tari Taiwhenua.

The initiative is currently funded by a grant from the Lottery Covid-19 Community Wellbeing Fund.

More information

Find a Talking Café:

www.wellby.org.nz/talking-cafes

Loneliness New Zealand: www.loneliness.org.nz

Found Directory: www.found.org.nz



© Tim Cuff

A new kind of retirement home

An unhappy ghost inspires Ro Cambridge's dream of a retirement home run by the residents.

Once upon a time when I was very young and old age a very distant prospect, I lived in a house in Auckland which was divided into two flats. I lived in one flat and an old woman lived in the other. Her dank backyard was haunted by countless grey tabby cats of all ages and stages of decrepitude.

The woman's only visitors were a public health nurse and the SPCA. The nurse came to change the permanent bandage the woman wore on her leg. The SPCA brought wire cages and attempted to trap the sickest of the cats. I would see her doing her shopping on Karangahape Road in a wheelchair, valiantly pushing herself along with her bandaged leg held stiffly in front of her.

All was silent during the day, but at dusk when the backyard filled with feline shadows the woman would begin crooning. As the night progressed, the crooning became a keening, and I could hear the rhythmic sound of a scrubbing brush on floorboards. Some nights I imagined the woman was crying to be rescued from a swarming sea of cats while swabbing the floor obsessively to remove their stink.

Now that I am 69, the spectre of that brave, mad, old woman has come back to haunt me. I'm much more aware of the vulnerability of older people – including my own. A steep rise in the cost of shelter, power and food or a bit of bad luck (house fire, a fall, the death of a partner or friend) could plunge many of us into poverty, loneliness and chronic ill health.

To cheer myself I've been fantasising an alternative possibility: an old folks' home run by the old folks themselves, i.e. me and my aging friends.



We'd pool our resources to buy or rent a house and hire young folk to help us do what we can no longer do (or can't be bothered) to do anymore.



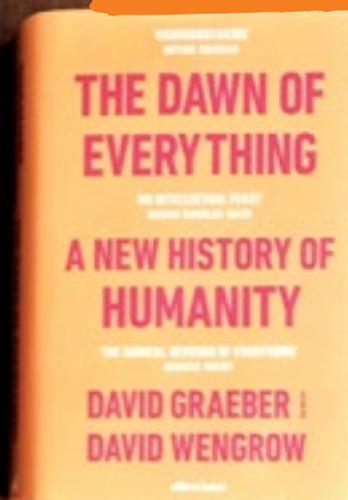
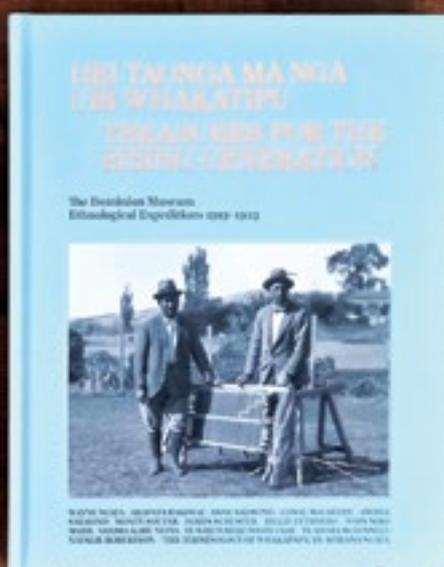
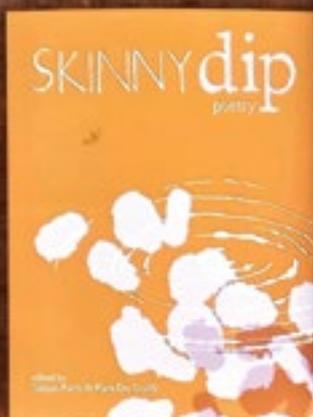
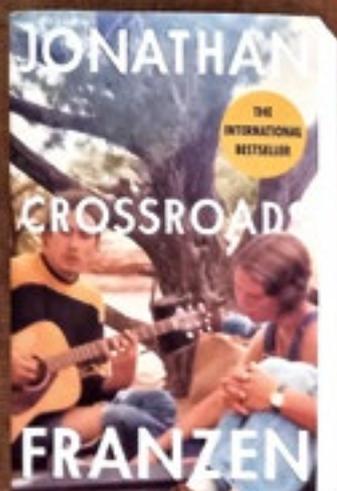
We'd pool our resources to buy or rent a house and hire young folk to help us do what we can no longer do (or can't be bothered) to do anymore. We'd pay someone to cook, keep the place clean and tidy and chauffeur us to concerts, movies and the shops. Our budgies and dogs and cats would live with us, of course. We'd have a dog walker on the payroll so even when we couldn't walk our canine companions ourselves, they'd still get a daily outing.

Naturally, we'd have a handsome nurse or a pretty doctor on call who is happy to prescribe (legal) cannabis for our aches and pains. Maybe a yoga teacher. Definitely a masseuse. And, of course, we'd have a great library of books and subscriptions to all the best video streaming services.

With the possible exception of the nudity and free love, this may sound awfully like a commune for ancient hippies. However, to me it also sounds like a place with plenty of character and more convenience, cost savings, and self-determination for the older person. It should also deliver the social connection that research says is so vital to our mental and physical health. It may even prevent the development of a morbid obsession with cats and floor scrubbing.



© Lionel Gustave, Unsplash



Thinking volumes

VOLUME is an independent online bookshop based in Nelson stocking interesting fiction, incisive non-fiction, wonderful children's books and the best art and lifestyle books. VOLUME offers speedy, friendly service, expert advice, recommendations and subscriptions. Free delivery in central Nelson. www.volume.nz



Crossroads by Jonathan Franzen

Franzen's acute and often hilarious observations on the dynamics and dysfunctions of family life reach a sort of apogee in this unsparing but strangely warm and nuanced novel, set in 1971 as the family of American suburban pastor Russ Hildebrandt feels the pressure of change and starts to lose its acceptable veneer. **\$35**

Skinnydip: Poetry edited by Kate De Goldi and Susan Paris

A lively and thoughtful selection of thirty-six New Zealand poems for young readers from Sam Duckor-Jones, essa may ranapiri, Bill Manhire, Anahera Gildea, Amy McDaid, Kōtuku Nuttall, Ben Brown, Ashleigh Young, Rata Gordon, Dinah Hawken, Oscar Upperton, James Brown, Victor Rodger, Tim Upperton, Lynley Edmeades, Freya Daly Sadgrove, Nina Mingya Powles, Renée Liang and Nick Ascroft. Illustrations by Amy van Luijk. **\$30**

Hei Taonga Mā Ngā Uri Whakatipu | Treasures for the Rising Generation: The Dominion Museum Ethnological Expeditions, 1919–1923 by Wayne Ngata et al

The world's first ethnographic expeditions that were initiated and guided by indigenous leaders took place at the instigation of Āpirana Ngata, who was concerned that tikanga Māori were disappearing in tribal areas across the North Island. The team, formed around Te Rangihīroa (Sir Peter Buck), James McDonald, Elsdon Best and Johannes Andersen, used then-cutting-edge technology (including cinematic film and wax cylinders) to record a wealth of material on fishing techniques, art forms (weaving, kōwhaiwhai, kapa haka and mōteatea), ancestral rituals and everyday life in the communities they visited.

This beautifully illustrated book gives us access to a watershed period in New Zealand cultural scholarship. **\$75**

The Dawn of Everything: A New History of Humanity by David Graeber and David Wengrow

This remarkable book challenges our received narratives of historical determinism and myths of cultural "progress" devised to justify the status quo. If we unshackle ourselves from these preconceptions and look more closely at the evidence, we find a wide array of ways in which humans have lived with each other, and with the natural world. Many of these could provide templates for new forms of social organisation, and lead us to rethink farming, property, cities, democracy, slavery and civilisation itself. **\$75**



The Avro 504K E9429 landed near Thomas Newman's Naumai Farm amongst onlookers. At centre from left are mechanic Ted Ranish, pilot "Shorty" Fowler, Alexander Thomson, Christina Newman and Thomas Newman. © Alexander Turnbull Library.

Flying high 100 years ago

Bad weather and Covid threatened the celebration of the centennial of the first aeroplane flights in Nelson in 1921. But, thanks to careful piloting by aviation historians Graeme McConnell and Richard Waugh and the support of a land-based team led by former Tasman Mayor Richard Kempthorne, the events took off as scheduled.

The first plane to land in Nelson did so on 11 November 1921. It was a New Zealand Air Transport Avro 504K, chartered by travel entrepreneur Thomas Newman to take him to his Spring Grove home, near Brightwater. Although the plane carried only three people, Newman, pilot PK "Shorty" Fowler and mechanic Ted Ranish, it was heavily laden with newspapers and stocks of oil. By the time the Avro was over Nelson it was short on fuel, and the plane had to land prematurely at a field in Stoke for refuelling. Ten years later, the field from which the plane eventually took off became the site of Nelson's first airport.

On 10 November last year, a de Havilland DH.83 Fox Moth and DH.89 Dominie re-enacted the historic flight. On board were the descendants of the people who made the original flight. The next day April Bamford,

the granddaughter of Thomas Newman, assisted Graeme McConnell to unveil a commemorative plaque at Nelson Airport, while Air New Zealand staff modelled vintage Air New Zealand / NAC flight attendant uniforms. Leigh Oliver, daughter of the Avro's mechanic Ted Ranish, was present when a giant photograph of the Avro was displayed at the Greenmeadows Centre in Stoke. Members of the extended Newman family, including Lindsay Chadwick and Heather Metherill, braved the elements to attend the unveiling of another plaque at Spring Grove close to the original landing site.

The first flight to Motueka – with the same pilot – took place on 21 November 1921. To mark that historical flight, the Fox Moth and the Dominie flew to Motueka where the crew offered flights to the public after which the planes were displayed alongside a contingent of locally-based aeroplanes.

The commemoration of this moment in Nelson's aviation history was achieved with extraordinary work of Nelson Airport, Air New Zealand and Originair staff, Murray Vincent, Grant May, Richard Greatrex and the cadets of 23 Squadron, as well as the pilots and their support crews. Mission accomplished!



Lindsay Chadwick and Heather Metherall, relatives of Thomas Newman, stand at the plaque next to the final landing place of the first flight in Nelson. © Grant Newman.



Nelson Air New Zealand staff pose in vintage flight attendant uniforms in front of the Dominie ZK-AKY. © Grant Newman.



Food for thought

Edibles from the sea

In her last column for *Mudcakes & Roses*, Sally Rees talks about edible seaweeds.

There are about 800–900 native seaweeds along New Zealand's coastline. They are all edible and highly nutritious, containing many minerals and vitamins, especially iodine. Even the brown and red seaweeds contain chlorophyll.

Most seaweed has a strong savoury flavour that the Japanese call "umami". When seaweed is dried, a white powder forms on the surface but this should not be mistaken for crystallised salt.

Here are some of the more common forms of seaweed:

- **Sea lettuce** is a translucent bright green colour and is easy to find on local beaches. Harvest in the spring at low tide, being careful to only collect it from unpolluted water. Use fresh in salads, soups and seafood dishes. When dried it is delicate and crumbly.

- Larger pieces can be used just like the Japanese use nori seaweed to wrap sushi.
- **Karengo** looks like light purple cellophane. It was important to Māori because of its high nutritional value. If you are buying flakes, reconstitute and boil with salt and butter for 30 minutes.
- **Bladder "kelp"** is found at low tide mark in spring and summer. Dry it, then grind it and combine it with sea salt for extra flavour. It can also be pickled.
- **Wakame or Asian kelp** is available in local health food stores and Asian shops. It has a sweeter taste but can still be added to sauerkraut. Use in miso soup or grind it up and use to add flavour to other foods.
- **Agar** is used as a plant substitute for gelatine.
- **Carrageenan and alginate** also have jelly-forming properties and are used in food manufacturing.

- **Dulse** is a red seaweed from the Atlantic Coast of Canada which is high in fibre, vitamins and trace minerals, healthy fatty acids and antioxidants. It can be bought in flakes or large pieces. Pan-fry in oil until crisp to bring out its bacon-like flavour and texture. Use in sandwiches, salads, soups, or even in your ice-cream. It can be used in baking, or added to scrambled eggs, popcorn, salad dressings or smoothies.

My cousin Chris Langdon at Oregon State University is cultivating a patented strain of dulse that doesn't depend on tides or seasons and is growable all year-round. It is not yet commercially available.

It's time to farewell *Mudcakes & Roses*. I've enjoyed introducing new foods in my column and suggesting new ways to prepare familiar ones. You can stay connected to me through my website www.naturalnosh.nz

Columnist: Sally Rees

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



Recollections of... My Dad's Inventions

By Lyn Falconer



Lyn's father Leslie Robert Hodgkinson

In 2020 Lyn Falconer published a collection of stories and poems about her life called *I'm Fine for the State I'm In*. The following is an edited extract from a story about her father Leslie Robert Hodgkinson, who owned Hodgkinson's Garage in Tākaka.

After the end of World War II, surplus armed forces' equipment was auctioned off. Dad could see that this was top-quality stuff that he could use to make and supply the district with essential farming and orchard implements like water pumps, trailers and steel gates. At the time, Dad's garage and engineering business employed over fifteen men. In the winter months there was often not enough work, so Dad thought the men could be employed to make his inventions.

At Seaview near Petone there were rows of sheds where army surplus was stacked to the roof awaiting the auctions. Dad's trips to Seaview started around 1948 and developed into an addiction. What started as a good idea catapulted to a huge obsession.

When I was ten, I travelled with Dad to one of the auctions, flying from Motueka in an Auster three-seater plane. Dad had a sack of apples for the Seaview workers that filled most of the back seat, so I sort of perched on top. I don't remember any seatbelts. I was dressed in a hand-me-down brown tweed suit which was rather nice, with my sister's blouse under the jacket. I felt quite smart but in retrospect, it probably wasn't suitable attire for visiting sheds full of stuff. During the flight I felt the need for a sick-bag. When I finished with the bag, the pilot slid his window open and threw it out.

The store sheds at Seaview were not the most interesting place for

a ten-year-old girl. I got through the day following Dad around inspecting the stock he was interested in and then, when the auction started, trying to sort out the system and recognise when Dad considered he had a good deal. We flew back to Motueka the same day.

Scows were loaded at Seaview with Dad's purchases and unloaded at Waitapu wharf in Tākaka. At home sheds were built to store the stuff – huge sheds fifteen to twenty feet high, on great poles with a malthoid roof and over fifty yards long. The *Pearl Casper*, the *Talisman* and *Te Aroha* trudged back and forth across Cook Strait, loaded with Dad's dreams. Dad's sheds were piled high with Bren-gun tracks, solid-tyred wheels and large steel boxes. There were cases of officers' coats, piles of rain-proof capes, piles of gas masks, heaps of steel helmets, canvas bags of all sizes, typewriters, adding machines and even parachutes made of silk.

Columnist: Sarah Ryder

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





Gardening tips and tricks

Keeping your garden happy when it's hot

Summer arrived with a bang in late December and, much to my dismay, it's been very hot and dry on our property ever since. NIWA has predicted high temperatures right through into March (oh, how I hope they're wrong!) which can make it tricky to keep our gardens happy.

Watering at this time of year is one of the major challenges we face – especially if water restrictions are in place. If you have a lot of flowers or vegetables in raised beds, they tend to dry out very quickly. But take heart – there is a simple way to help ensure they remain happy and healthy.

Mulching is the best way to retain moisture but if your soil is drying out very quickly, mulching with straw can “lock in the dry”. Putting generous handfuls of sheep

manure pellets around plants works perfectly – when you water, they absorb moisture, eventually forming a crust that locks in moisture below them. I do this in my vegetable garden and in my main perennial garden. Perennials such as hellebores (winter roses) thank me wholeheartedly with their beautiful upright lush green foliage – they can wilt badly in summer heat.

Once the sheep manure pellets are thoroughly damp it's also a good idea to top them with some compost. At this time of year, I apply a layer of compost around 20cm thick in amongst my perennials and around my vegetables. This might seem like overkill, but it truly makes a big difference in moisture retention.

Traditionally it is thought it's better to water in the evening. This is definitely true with vegetable and ornamental gardens – the plants

have time to absorb all of the beautiful moisture overnight. I've realised the same doesn't apply to plants in containers. I used to water mine in the evening and would be horrified to see them completely wilted by the next evening. I decided to try watering them in the early morning to see if it made a difference and it did. They still looked good the next morning.

If water restrictions are making it difficult to keep your container plants watered, try moving them into a partially shaded area. Even if they are sun-lovers they will survive well with morning sun until the weather starts to cool down a bit – our sun is extremely fierce at this time of year so they will love it.

Lettuces have very fragile foliage and may also be struggling to grow at this time of year – try planting them somewhere where they will get sun through to early afternoon.

Columnist: Philippa Foes-Lamb

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



Plug yourself into a podcast

Most older people understand the benefits of digital technology and now use mobile phones and other digital devices with reasonable aplomb. Even so, they may still sneer at the young person on the street with mobile phone in hand and earphones strapped to their heads. The disdain probably comes from the assumption that the only thing that young people are plugged into is music – probably of the loudest and most vulgar kind. However, it's just as likely that they are listening to a podcast.

Podcasting technology gives access to a rich and dazzlingly variety of interviews, lectures, discussions, reviews, stories and commentaries by some of the world's most interesting writers, philosophers, politicians, activists, comedians, designers, architects and scientists. Most of them are free of charge, free of advertising and free of the political and commercial constraints of mainstream media. Best of all, you can choose when you listen to them.

Beyond the wonderful convenience of choosing what and when you listen, podcasts have other great advantages. Mass media suffers from ADHD, flitting endlessly from story to story. Podcasts make it possible to follow news stories over time, gain a better understanding of context and hear alternative voices and points of view. Podcasts are also great learning tools. There's a podcast in almost every language, on almost every subject, however esoteric.



Most of them are free of charge, free of advertising and free of the political and commercial constraints of mainstream media.



Listened to via headphones connected to your mobile phone, podcasts make ideal travel companions whether you are walking the dog, driving long distances, or flying to Kathmandu. They can relieve the tedium of a traffic jam, a flight delay or just a lengthy wait at the dentist.



© Andrea Piacquadio, Pexels

Even housekeeping is less of a chore if your brain is plugged into a diverting podcast. And if this all sounds way too energetic, you can listen to podcasts for sheer pleasure while you wait for post-menopausal zest to kick in.

Mainstream podcasts are a good place to begin. Most local newspapers and magazines produce podcasts now, but it's just as easy to tap into overseas publications. Public radio stations worldwide are an amazing resource of subtle, intelligent podcasts.

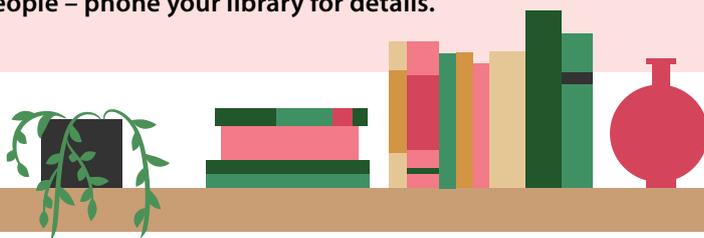
There's lots that is quirky and esoteric in podcast land too and that's part of its appeal. Tango, tantric sex and tating, craft beer, crows (intelligence of) and cooking. You name it and there's a podcast about it: there's no easier way to appear effortlessly up to date with the latest books, food, wine, films, theatre and current affairs.

True, you do need a little bit of know-how before you can enter podcast paradise, plus an internet-connected device and an app. However, once you get the hang of subscribing to a podcast (that's where the app comes in) and listening to it, it's no more difficult than sending and receiving an email.

The know-how is available at your local library or at SeniorNet. Or you could just ask the next young person you see wearing headphones.

Visitors to Tasman and Nelson libraries are now required to show their My Vaccine Pass before entering. However, services are still available to unvaccinated people – phone your library for details.

Tasman District Libraries



We've started the new year with a hiss and a roar with some exciting new events.

English (ESOL) conversation group

If you are a migrant or former refugee and would like to practise conversational English, we can help. Every Friday from 11 February, 11.00am – 12.00pm, we will be holding a relaxed, supportive and friendly conversational group for ESOL (English speakers of other languages) in the Constance Barnicoat Room at Richmond Library. It's free and all ESOL speakers are welcome.

Handmade city

A chance to blend craft with urban planning. We are building a handmade city out of cardboard for our community. Bring your imagination to life during one of four free self-guided workshops at Richmond Library, 10.00am – 12.00pm on Saturdays 12 and 26 February, and 12 and 26 March. We'll be displaying your wonderful creations throughout April at the library.

Good crafternoon!

Our popular weekly craft sessions at Richmond Library are back after a long Covid-induced hiatus. Bring along your half-finished or almost-started craft projects and work on them alongside other crafters in the Constance Barnicoat room, every Wednesday from 2 February, 12.30pm – 2.00pm. It's free and all you need to bring is your craft project – which could be knitting, crochet, embroidery, model building, scrap booking – whatever you're working on.

Our website has information about numerous other library events across the district.

MORE INFORMATION

Phone: 03 543 8500

Website: www.tasmanlibraries.govt.nz



Nelson Public Libraries



Let's get digital!

Are you unsure how to get the most out of the new phone or tablet you got for Christmas? Perhaps you'd simply like to know how to use basic functions like phoning, texting and emailing on your device. Maybe you are ready to explore how to access books, and podcasts on your device. Or perhaps you'd like to know how to stay safe and avoid viruses, scams and misinformation while you're online. We can help you in these practical, hands-on tech sessions on Thursdays from 9.30am – 11.00am in the Elma Turner Library (bookings are required):

- 17 February & 28 March, Navigating your device
- 24 February & 4 April, Ebooks and audiobooks
- 3 March & 11 April, Online safety
- 17 March, Podcasts, music, radio and more
- 24 March, TV and movie streaming
- 31 March, The internet, misinformation, staying informed.

Or join us at Greenmeadows for these sessions:

- 10 March, 10.00am – 11.00am, Digital Basics Workshop (bookings required).
- 10 March, 11.00am – 1.00pm, Drop-in Device Advice.



For bookings or more information, email us on library@ncc.govt.nz, phone 03 546 8100 or ask a librarian at any of our branches.

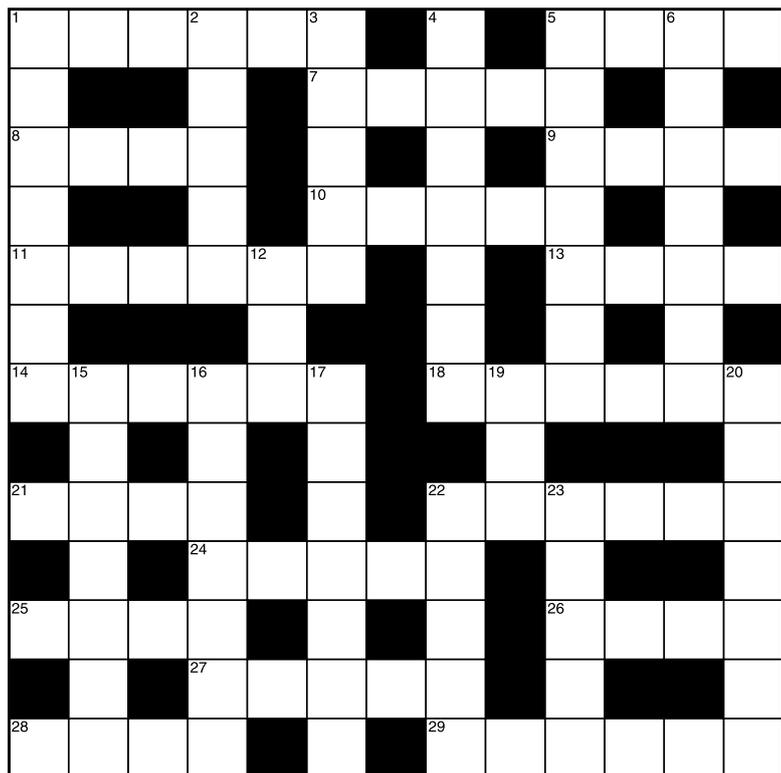
MORE INFORMATION

Phone: 03 546 8100

Website: www.nelsonpubliclibraries.co.nz



Crossword



ACROSS

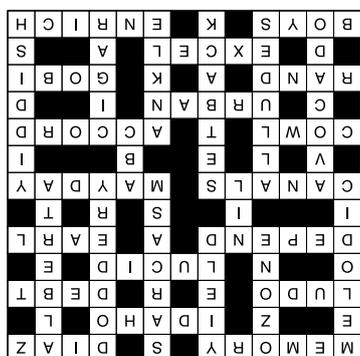
- 1. Something remembered
- 5. Actress, Cameron ...
- 7. Rockies state
- 8. Board/counters game
- 9. Amount owed
- 10. Clear
- 11. Rely
- 13. Tea, ... Grey
- 14. Channels
- 18. SOS
- 21. Hood
- 22. Voluntarily, of one's own ...
- 24. Built-up (zone)
- 25. South African currency
- 26. Mongolian desert
- 27. Shine (at)
- 28. Young men
- 29. Improve in value

DOWN

- 1. Tuneful
- 2. Atmospheric layer
- 3. Surrender
- 4. Caustic wit
- 5. Frail with age
- 6. Canadian province
- 12. Nought
- 15. Pear-shaped fruit
- 16. Refers
- 17. Reversal in progress
- 19. Alphabet (1,1,1)
- 20. European Jewish language
- 22. Foot joint
- 23. Tobacco item

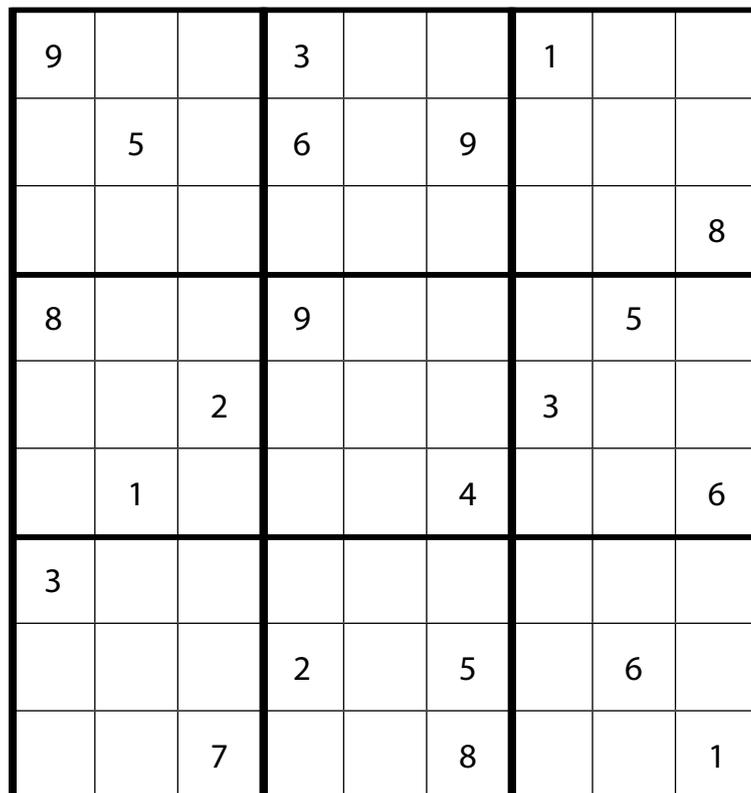


Crossword solution

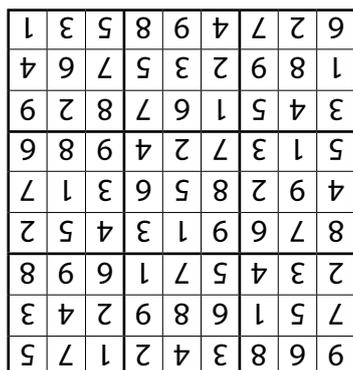


Sudoku

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



Sudoku solution



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



Our Community News and Information

What's happening at Age Concern Nelson Tasman

Happy New Year! This year we will continue to run our regular services and events including Elder Abuse Response, Visiting Service, Carer Relief and activities of Tea & Talk, SpinPoi and Sing Yourself Well.

A new summer activities series begins 14 February

Our programme of summer activities takes place in Nelson, Stoke, Richmond, Motueka and Golden Bay. We have added pickleball and croquet this year to the usual Tai Chi, SpinPoi, Sing-a-long in the Park, Sit and Be Fit and guided walks. Bookings not required, simply turn up and enjoy.

Life without a car

Learn to live life to the full even if you can no longer drive. Our next course is on Monday 21 February, 10.00am – 11.30am at Oakwoods Retirement Village, Richmond. Free transport to the workshop is available. Please register with Jackie on 03 544 7624 ext 4 or email community@ageconcernnt.org.nz

**Our website has full details on all our activities, but for more information contact Marnie:
Phone 03 544 7624 ext 5 or email
ageconnect@ageconcernnt.org.nz**

COVID-19 precautions

In order to keep everyone as safe as possible, we ask all visitors to our offices and hall to show their My Vaccine Pass.

NB: This requirement is for entry to our building only. It does not apply to our services. We can still help you even if you don't have a vaccine pass. Please wait outside and we will come and talk to you there.

Nelson office

On a trial basis we are opening an office at 18 Bridge Street in central Nelson with support of Make/Shift Spaces which works with artists, community groups and other organisations to invigorate empty retail spaces. The office will be open from 8 February on Tuesdays, Wednesdays and Thursdays between 9.00 am and 2.00 pm.

Motueka and Golden Bay

As part of our push to increase our physical presence across the region, we will have a staff member at the Grey Power office in Community House, Motueka, on the first and third Tuesdays of the month, between 9.00 am and 1.00 pm. We will also be in Golden Bay every six weeks. To make an appointment, phone Mal on 03 544 7624 ext 2 or email advisor@ageconcernnt.org.nz



© Tim Cuff

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

Get in touch:

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

Our Community News and Information

Web snippets

Links to online news and resources of particular interest or relevance to older people.

Lodgers For Codgers

A documentary series on TVNZ that shows what happens when old people take in young people as lodgers. A match made in heaven or hell?

www.tvnz.co.nz/shows/lodgers-for-codgers

Stay nimble with Nymbi

Nymbi is a free app that helps you to stay balanced and avoid falls. It's a scientifically proven approach to fall prevention that makes balance training both fun and effective by combining simple body exercises with brain games.

nymbiscience.com/nz-fallsfree-welcome

Wisdom gathered over a very long life

A *New York Times* series chronicled the lives of some of New York's oldest residents over the course of seven years. What lessons on living did these very senior citizens have to share?

www.nytimes.com/2022/01/06/nyregion/ruth-willig-oldest-new-yorkers.html

Vintage Jaguar cars on display 26 February

Jaguar cars were assembled in Nelson from 1971 to 1978. Richard Waugh remembers biking to school along Quarantine Road in the 1970s and seeing Jaguars, Rovers and Triumphs being road tested.

It's not surprising therefore that Richard has just published a book on the 100 year-old history of Jaguar. The book's launch at the Classic Car Museum on 25 February is an invitation-only affair. However, around twenty-five gleaming Jaguar motor cars will be on public display in the car park in front of the museum on Saturday 26 February. All welcome.



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



WR
WaimeaRichmond
FUNERAL SERVICES

03 544 4400

Phone us today for a **FREE INFORMATION PACK** on pre-planning or pre-paying.



03 544 4400 • 24 Champion Road, Richmond • www.wrfs.co.nz • support@wrfs.co.nz



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

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

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

KIWISKIN - Māpua Skin Clinic

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

HEIRLOOM PERENNIAL NURSERY AND ART STUDIO

Specialising in hardy perennials and gorgeous cranesbill geraniums.

Mixed-media creations gift tags · Journal covers
Decorative magnets · Art commissions welcome

Visits by appointment only.

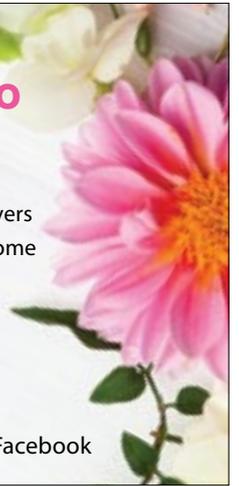
E foeslamb@xtra.co.nz

P 03 544 3131 or 021 522 775

A 25 Maisey Rd, Redwood Valley

www.heirloomplantnursery.co.nz

www.tinyurl.com/Phippa-Foes-Lamb-on-Facebook




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www.nelsontaxis.co.nz

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TAXIS 03 548 8225

TOTAL MOBILITY

Nelson City Taxis has 5 Total Mobility hoist vans for all wheelchair requirements.

Our Total Mobility drivers all hold current First Aid certificates.

Over 30 years' experience transporting Nelson's Total Mobility customers.

Simple Direct Funerals

Cremations from \$2000
Burials from \$5000

Price includes: Cremation or Plot, Coffin, Transportation, Death Certificate, Paperwork, Placing newspaper notices.
No after hour fees. No hidden costs.

Professional Caring Service

Phone 541 0820 / 021 120 1314
www.sdfunerals.nz
5 Talbot St, Richmond



Services as unique as you

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

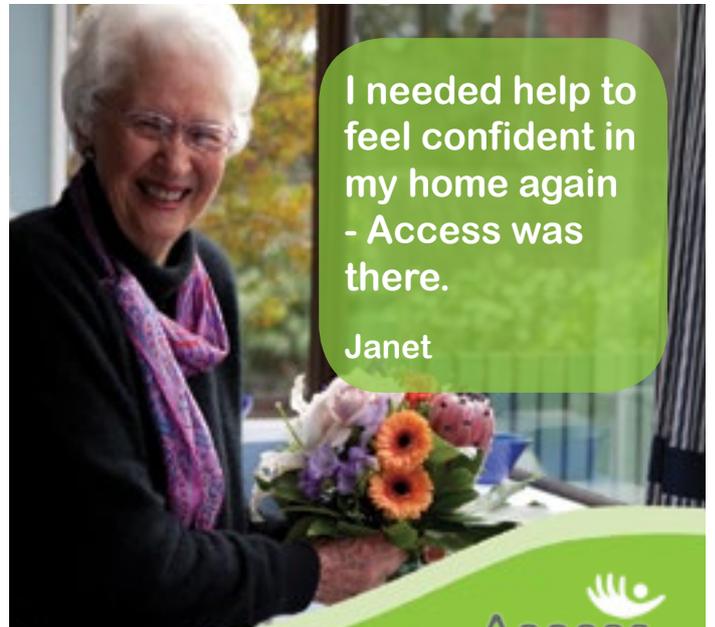
Give us a call. We're available to help, anytime.



marsdenhouse.co.nz

03 548 2770 (24/7)

10% OFF CASKETS FOR GOLD AND GREY POWER CARD HOLDERS



I needed help to feel confident in my home again - Access was there.

Janet



Make yourself at home with Access

Whether you require nursing services, personal care or even just a hand around the house, our fully qualified team supports you to live independently in your community.

Talk to your GP or give us a call on **0800 284 663.**

New Dentures, Relines & Repairs



Daniela has been crafting high-quality dentures for more than 25 years. All dentures are personally hand-crafted and professionally manufactured on site in our modern, easy access dental clinic.



Your new smile is just a phone call away!

Daniela Steenpass

03 546 4455

41 Washbourn Drive, Richmond
www.baysdentures.co.nz

Need support and professional care in your own home?



Call Nelson's qualified provider of home-based support services.

Contact our branch:
Suite 3 Level 1
355 Lower Queen Street
Richmond
Ph. 0800 263 562 or 03 548 2009

Email: nelson.office@healthcarenz.co.nz
Website: www.healthcarenz.co.nz



Absolute Energy

ATTENTION HOMEOWNERS



Your home could be eligible for an insulation grant, 80%–100% off the cost of your ceiling and underfloor insulation

Conditions apply

To be eligible for an insulation grant you will need to be the homeowner (owner-occupier) of a home built before 2008 and one of the following:

- Your home is in an eligible area
- You have a Community Services Card
- You have a SuperGold combo card with a Community Services Card endorsement

Now is a good time to take advantage of Government insulation grants. Funding is limited, we encourage you to get in quick so you don't miss out!
Paul Brockie, Managing Director

Top ups available, especially if your insulation hasn't been upgraded since 2008.



Contact us today for your **FREE** insulation assessment, we can easily help you through the process

Call 0800 423 454 (opt 1),
03 547 2503 or email
info@absoluteenergy.co.nz

Our work is quality checked for your peace of mind. We are the Top of the South's most experienced insulation provider with over 20 years experience.

www.absoluteenergy.co.nz



TASMAN AND NELSON DISTRICT

Age Concern

The 'go-to' agency for older people in the region providing support, advice, referral and activities for people aged 65+. Phone 03 544 7624. Richmond Office: 62 Oxford Street. www.ageconcernmt.org.nz

Alzheimers Society

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

Arthritis New Zealand

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

Asthma Society (Better Breathing Classes)

Better Breathing Circuit at Club Waimea. Tuesdays and Fridays at 10am during the school term. Phone 03 544 1562. asthma.nelson@xtra.co.nz www.nelsonasthma.co.nz

Brook Sanctuary

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

Elysium Widow and Widowers Group

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

Found Directory

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

Fresh Focus Nelson

Meet Mondays 10.00 am – 11.00 am at Elm Christian Centre, 625 Main Road Stoke, for speakers' talks on a wide variety of subjects that provide education and entertainment. A number of series occur throughout the year during term time. All welcome. Email fnelson2021@gmail.com or visit our Facebook – Fresh Focus Nelson 2021 for news and updates.

Hearing Association Nelson

One in six people are hard of hearing. There is a link between untreated hearing loss and wider health issues which include dementia, falls and social isolation. Early intervention is recommended. Contact us at Hearing House, 354 Trafalgar Square, Nelson. Phone 03 548 3270. office@hearingnelson.nz

Hearing Therapy Services Life Unlimited

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

Marching for Women 50+

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

Mobile Nail Care

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

Nelson Public Libraries

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

Senior Net (Nelson)

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

Steampunk – Hickety Pic Southern Steamers

Nelson meets every second Wednesday, Prince Albert Hotel. Motueka meets every second Tuesday, Paper Nautilus Café. New members welcome, dress-up encouraged but not enforced! Costume and prop workshops, op-shop visits and promenades at markets planned. Contact via Facebook: www.facebook.com/groups/721005124614168

Stroke Foundation

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

Upright and Able for Falls Prevention – for over 65s

2.5 hour session designed to help you stay independent/reduce your chance of having a fall. Phone 03 543 7838. mamie.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. admin@volunteernelson.org.nz www.volunteernelson.org.nz

Wellby Talking Cafés

Everyone is welcome for a cuppa and a relaxed chat with hosts who talk about what's going on in the community. Pop in for a quick chat or stay for a longer conversation with friendly people. No need to register, just turn up on the day.

Tahunanui: Nook Café, Habitat Hub, 166 Tahunanui Drive, second Thursday of the month, 10.00 am – 11.30 am.

Stoke: McCashins, 660 Main Road Stoke, first and third Tuesday of the month, 10.00 am – 11.30 am.

Richmond: Happyz Café, 92 Bateup Road, check website for times. Phone 03 546 7681 (Holly). hello@wellby.com www.wellby.org.nz

GOLDEN BAY

Astanga Yoga

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

Friends of Golden Bay

Phone 03 524 8130 (Don).

Genealogical Group

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

Gentle Exercise Class

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

Golden Bay Contract Bridge Club

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

Golden Bay Garden Club

Phone 03 525 8455 (Anne).

Golden Bay Patchwork and Quilters Guild

Phone 03 524 8487 (Liza).

Grey Power Golden Bay

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

Indoor Bowls/Cards

Senior Citizens Clubrooms, Monday afternoons, 1.30 pm – 4.00 pm. Phone 03 5258464 (Klazien).

Marble Mountain Country Music Club

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

Motupipi Indoor Bowling Club

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

Pōhara Bowling Club

Phone 03 525 9621 (Jennifer).

Puramahoi Table Tennis

Phone 03 525 7127 (Rene).

Relaxation and Restoration Yoga

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

SeniorNet (Golden Bay)

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

Sit and Be Fit (\$2 donation)

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

Tākaka Golf Club

Phone 03 525 9054.

Tākaka Golf Club (Ladies Section)

Phone 03 5259 573 (Rhonda Lash).

Tākaka Spinning Group

Phone 03 524 8146 (Margaret).

Tākaka Table Tennis

Phone 03 525 7127 (Rene).

U3A (University of the Third Age)

Phone 03 525 7582 (Tim).

Uruwhenua Women's Institute

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

Wednesday Walkers

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

HOPE

Hope Midweek Badminton Club

Wednesday mornings. Phone 03 541 9200 (Carolyn).

Hope Social Indoor Bowls Club

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

Nelson Veterans Tennis Club

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

MĀPUA

Low-Impact Aerobics and Pilates

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

Māpua Craft Group

Enjoy simple crafts, sharing, caring and morning tea. Plenty of materials and guidance. First and third Fridays of the month 10.00 am – 12.00 pm (term time only). Hills Community Church supper room. \$3 per session. Contact 027 741 8575 (Julie Cox) or 03 540 3901 (Barbara Halse).

Māpua Creative Fibre Group

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

Māpua Friendship Club

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

Māpua Bowling Club

Phone 03 540 2934 (Dave).

Sioux Line Dance

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

The Coastal Stringers

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

MOTUEKA

Better Breathers Class

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

Cycling

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

Marching

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

SERVICE DIRECTORY

Motueka Senior Citizens Social Club

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

Indoor Bowls:

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

Rummikub:

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

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

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

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

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

Enquiries to 021 251 4359 (Chris, President).

Motueka District Museum

April – November: Open Tuesday – Friday,
10.00 am – 3.00 pm. Sunday, 10.00 am – 2.00 pm.

December to March: Open Monday – Friday,
10.00 am – 3.00 pm. Sunday, 10.00 am – 2.00 pm.

Phone 03 528 7660. Email: savepast@snap.net.nz

www.motuekadistrictmuseum.org.nz

Motueka Social Dance Group

Dances at Māpua Hall, 7.30 pm – 11.00 pm.

Phone 03 528 5363 (Gary).

Riwaka Bowling Club

School Rd, Riwaka. Phone 021 123 5974 (Pauline)

or 021 263 3441 (Vince).

Riwaka Croquet Club

Play Monday and Wednesday morning from

9.30 am in summer and 10.00 am in winter.

Phone 03 528 9139 (Eileen).

Scottish Country Dancing

Wednesday evening 7.30 pm, Scout Hut,

Lower Moutere Hall. Phone 03 526 6842 (Alison).

Sioux Line Dancing

Learners class, 10.30 am – 12.00 pm Thursdays,

Motueka Rec Centre. Phone 03 528 6788

(Sue Wilson). Email sioux.wilson@yahoo.com.au

Social Recreation

Kiwi Seniors (Motueka).

Phone 03 528 7817 (Vonnice).

Sport Tasman Motueka

Monday: Badminton/Pickle ball

(social, all welcome), 10.30 am – 12.00 pm.

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

Wednesday: Badminton (social, all welcome),

10.30 am – 12.00 pm.

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

Friday: Badminton/Pickle ball

(social, all welcome), 10.30 am – 12.00 pm.

\$5 per session or concession card or

10 for \$40. Phone 03 528 8228 (Tiegan).

Yoga

Dru Yoga classes in Upper Moutere.

Phone 03 527 8069 (Jill).

MURCHISON

Murchison Golden Oldies

Phone 03 523 9792 (Hamish Reith).

Murchison Sport, Recreation and

Cultural Centre

Email murchison.centre@gmail.com

Phone 03 523 9360. www.murchisoncentre.co.nz

Badminton:

Tuesdays, 6.00 pm – 7.00 pm,

Sports Hall. \$2 per person. All welcome.

No experience necessary, all equipment provided.

Any queries, contact the Rec Centre team on

03 523 9360 or murchison.centre@gmail.com.

Older & Bolder (50+ years):

Tuesdays, 1.30 pm

onwards, Function Room. Older & Bolder is a FREE

group get together. Drinks and snacks provided.

For queries, contact the Rec Centre team on

03 523 9360.

Pilates classes:

Thursdays, 6.00 pm – 7.00 pm,

Function Room. Suitable for all skill levels. These

mat-work classes are run on a per term basis.

For queries or to enrol, contact Sue Wilson on

029 281 3735.

NELSON

Aquatics/Swimming/Gym

Riverside Pool. Phone 03 546 3221.

Belly Dancing with Gretchen

Phone 03 548 8707. Email kitesfun@gmail.com

Breast Protheses and Mastectomy Bras

11 Keats Crescent, Stoke. Phone 03 547 5378

(Helen Clements). www.classiccontours.co.nz

Cancer Society Nelson

102 Hardy Street, Nelson. Support and

information for anyone affected by cancer.

Cancer Helpline: 0800 226 237.

Any cancer, any question. Phone 03 539 1137.

Email info@cancernelson.org.nz

www.cancernelson.org.nz

www.facebook.com/Cancer-Society-Nelson

Cardiac Support Group

Information and support to people affected by

cardiovascular disease.

Phone 03 545 7112 (Averil).

Community Heart and Diabetes Services

Nelson Bays Primary Health for education,

awareness and support.

Phone 03 543 7836 / 021 409 552 (Bee

Williamson). Free phone 0800 731 317.

Elysium Widow and Widowers Group

A small group who meet for friendship,

coffee weekly, and meals out twice a month

throughout Nelson and Richmond. New faces very

welcome. Phone 03 544 0814 (Virginia).

Gentle Yoga with Connie

Nelson Hearing House, 354 Trafalgar Square.

Tuesdays, 10.30 am – 11.45 am.

Thursdays, 5.30 pm – 6.45 pm.

Richmond Headingly Centre

Wednesday 10.45 am – 12.00 pm.

Phone 03 547 5331 / 027 297 6147 (Connie).

Email connie@jnc.co.nz

Government Superannuitants Association

Phone 03 538 0233 (Margaret).

Email nelson@gsa.org.nz

Grandparents Raising Grandchildren

Phone 027 724 4913 (Sharon Norris).

nelson@grg.org.nz / www.grg.org.nz

Marching

Silveraires Leisure Marching.

Phone 03 548 9527 (Diana).

Nelson Antique Bottle and Collectables Club

First Tuesday of each month, 7.30 pm, Broadgreen

House, Nayland Road, Stoke. Informal,

informative, friendly and fun. Bring along your

treasures. Phone 03 545 2181 (Judy).

Email randjpitman@gmail.com

Nelson Blood Cancer Support Group

Coffee every second Monday of the month at

Honest Lawyer in Stoke, with added information

meetings at the Cancer Society offices in Nelson.

We are here for each other when support

or understanding is most needed.

Phone 03 544 3037 (Graham Sturgess) or

03 544 2636 (Lloyd Kennedy).

Nelson Electronic Organ and Keyboard Club

First Tuesday of each month, Stoke School Hall,

7.30 pm. \$2, supper provided. New members

welcome. Phone 03 540 3288 (Valerie).

Nelson Grey Power

Nelson Grey Power is a lobby organisation

promoting the welfare and wellbeing of all those

citizens 50+. Phone 03 547 2457.

Email nelsongreypower@xtra.co.nz

Nelson Hinemoa Croquet Club

Saltwater Lane (off Halifax Street, beside squash

and tennis courts). Give croquet a go: friendly supportive

club, for competition or just fun. Coaching and

equipment available. Individuals or groups catered

for. Contact Alan on 03 546 6227, 027 438 7552,

alanwinwood@xtra.co.nz or Nettie on 03 548 8432,

027 682 8168, nettiebarrow@gmail.com

Nelson Male Voice Choir

Rehearsals: Reformed Church, Enner Glynn,

Monday, 6.45 pm. Phone 03 548 4657 (Dick).

Phone 03 544 3131 (John).

Nelson Orchid Society Inc.

Cultural talks, repotting demonstrations, visiting

speakers, problem plants discussed. Meeting

each month at the Le Cren Room, Broadgreen

Historic House. All welcome.

Phone 027 818 1458 (Gaile).

Nelson Petanque Club

Wednesday and Sunday 1.15 pm. Behind the

Trafalgar Park grandstand, off Trafalgar Park Lane.

Boules and tuition provided.

Phone 03 546 6562 (Roger or Shirley).

Nelson Philatelic Society

Stamp collectors meet second Tuesday of the

month (summer) 7.30 pm. Second Sunday (winter)

1.30 pm, Stoke School. Phone 03 547 3554 (Ross).

nelsonphilatelicsociety@gmail.com

www.facebook.com/groups/1261890130822624

Nelson Provincial Museum

For details, visit www.nelsonmuseum.co.nz

Nelson Scottish Country Dancing Club

Thursday night dancing, 7.30 pm YMCA Hall,

156 Toi Toi St, Nelson. Phone 03 547 5721 (Kelly)

or 03 547 7226 (Ian).

Nelson Scrabble Club

Meet every Wednesday, 7.00 pm at the Nelson

Suburban Club/Nelson City Club, Kinzett Terrace,

Nelson. No charge for playing, but please buy a

drink at the bar. Beginners welcome and we will

train you to play competitive Scrabble.

Phone 03 545 1159 (Tony).

Nelson Senior Citizens Social Indoor

Bowling Club

Come and join us for social indoor bowls and a

cuppa every Wednesday and Friday afternoon,

1.15 pm – 4.00 pm. Beginners welcome. Trafalgar

Street Hall in the City. For information phone

03 548 9006 (Maria) or 027 497 9330 (Karin).

Nelson 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. No stiletto heels please! Phone 03 544 8052

(Lynn).

Nelson Table Tennis Club

Saxton Stadium, Monday and Friday 9.00 am –

12.00 pm. All welcome. Phone 03 544 8648 (Glenda).

Nelson 50+ Walking Group

Mini walks and longer walks every week to suit

all fitness levels. Everyone welcome.

Phone 03 539 6402 (Roger) or 03 547 7690 (Alan).

New Zealand Society of Genealogists,

Nelson Branch

Meetings held monthly at either St Barnabas

Church or Elma Turner Library.

Library, 67 Trafalgar Street, Nelson:

Monday, 1.00 pm – 4.00 pm. Thursday,

10.00 am – 4.00 pm. Sunday, 2.00 pm – 4.00 pm.

All welcome. Email nelson@genealogy.org.nz

Pottery

Nelson Community Potters, 132 Rutherford Street,

Nelson. Social group; Thursday mornings or Twilight

Pottery; Mondays, 7.00 pm – 9.00 pm. Free to

members, \$7 casual. Phone 03 548 3087 (Annie) or

03 548 1488 (Elizabeth). Email ncpotters@gmail.com

SeniorNet Nelson

SeniorNet Nelson supports people aged over 50

to learn to use and enjoy computers and other

technology in their everyday lives. Help sessions,

courses, interest groups and one-on-one

tutoring available. Phone 03 548 9401 (Peter –

leave message). contact@seniornetnelson.org.nz

www.seniornetnelson.org.nz

Silver Yogis

Beginner's yoga for adults 50+. Mats and props

provided. Phone 03 548 8245 (Jo Ann).

Email nzsilveryogis@gmail.com

www.silveryogis.co.nz

Stoke Tāhuanui Ladies Club

Meets third Wednesday every month.

Phone 03 547 5238 (Pauline).

Super Seniors (65+)

Meets third Friday each month, 10.30 am –

12.30 pm. All Saints Church Foyer, 30 Vanguard

Street (city end) Nelson. Includes: morning tea,

guest speaker, activities, light lunch, suggested

donation, \$5. Phone 03 548 2601 (Anne-Marie).

Support Works

Assesses the needs and co-ordinates services

for people affected by disability. For a free

assessment, free phone 0800 244 300.

Suter Art Gallery

Exhibitions, floortalks – see www.thesuter.org.nz

for details, 208 Bridge Street, Nelson.

Phone 03 548 4699.



SERVICE DIRECTORY

Tāhunanui Bowling Club

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

Tāhunanui Community Centre

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

Tai Chi and Qigong with Gretchen

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

Taoist Tai Chi Internal Arts for Health

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

The Probus Club

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

Ukulele with Gretchen

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

U3A Nelson

University of the Third Age open to all retirees. Interest groups meet in own homes. Two-monthly meetings. Everyone is welcome. Meetings are currently on hold until 2022 due to Covid restrictions. Phone 03 544 3057 (Nan).
Email davnan23@gmail.com

Victory Community Centre

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

Victory Laughter Yoga Club

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

Victory Senior Support

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

Victory Sit and Be Fit

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

Yoga

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

Yoga

Hot Yoga Nelson. Phone 03 548 2298.

RICHMOND

Aqualite

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

Badminton Richmond

Morning Badminton. Phone 03 544 44120 (Dawn).

Bfit4ever

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

Body Power Pilates and Yoga Centre

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

Chair Yoga

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

Club 50

A social group of mature adults looking for companionship, recreation and enjoyment, meets every Tuesday 9.30 am at Sport Tasman, Richmond Town Hall, Cambridge Street. All sessions, \$4.
Phone 03 544 3955.
Email club50@sporttasman.org.nz

Creative Fibre Group

Meets at Birch Hall, Richmond Showgrounds at 9.30 am every second, third and fourth Thursday of the month. Learn to spin, knit, crochet, weave or felt. Phone 03 986 0079 (Margaret).

Easy Exercise

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

Hope – Ranzau Women's Institute

First Wednesday of each month, 1.15 pm. Age Concern Hall, 62 Oxford Street, Richmond, visitors welcome.
Phone 03 544 5872 (Brenda).

InnerWheel

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

Keep Richmond Beautiful

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

Lunch on the Hill

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

MenzShed Waimea

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

Nordic Walking

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

Pottery

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

Prost-Fit

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

Richmond Bridge Club

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

Richmond Bowling Club

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

Richmond Creative Fibre Group

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

Richmond Croquet Club

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

Richmond Indoor Bowls

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

Richmond Ladies Friendship Club

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

Richmond Physiotherapy

Knee classes: Wednesdays, 10.00 am – 11.00 am, \$10.
Pilates: Tuesdays 12.00 – 1.00 pm, Thursdays 5.00 pm – 6.00 pm, \$15.
Senior Fit Class: Tuesday, 10.00 – 11.00 am, \$15.
Phone 03 544 0327.

Richmond Scottish Country Dancing Club

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

Richmond Slimmers Club

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

Richmond Tennis Club

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

Richmond Waimea Community Whānau Group

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

Sioux Line Dancing

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

Sit and Be Fit

Mondays, 10.15 am. AMI Nelson Suburbs Soccer Clubrooms Saxton Field, Stoke. Gentle exercise to music, \$5 per person.

Social Cards 500

Waimea Lounge A&P Showgrounds. Tuesdays and Thursdays, 1.30 pm – 4.00 pm. \$2 covers afternoon tea, prizes and unlimited parking.
Phone 03 544 5563 (Kath).

Sport Tasman Richmond

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

Tasman Aquarium Club

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

Veteran's (55+) 9 Hole Golf

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

Waimea Combined Friendship Club

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

Waimea Music Club

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

Yoga Classes for stiff and sore spots

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

STOKE

Acting Up Drama Group

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

Chair Yoga at Saxton

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

Clogging/Tap Dancing

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

Dru Yoga Classes

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

Greenmeadows Community Centre

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

Housie Evening

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



SERVICE DIRECTORY

Nelson Line Dancing – Stoke

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

Ngawhatu Bowling Club

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

Presbyterian Support

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

Safety and Confidence

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

Senior Walking Group

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

Stoke Bowling Club

Phone 03 547 1411 (Allen).

Stoke Central Combined Probuss Club

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

Stoke Old Time Country Music Club

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

Stoke Seniors Club

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

Regular activities at Greenmeadows:

Art Class: Mondays 10.00 am, cost \$3.

Art tutorial once a month, \$5.

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

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

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

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

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

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

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

Housie: \$5 a card. Phone 03 547 2660 for dates.

Monthly movie: Contact office for details.

Stoke Seniors Choir: Meets Thursdays from 10.50 am – 11.50 am. Contact Anne.

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

Girls Own: Monthly on Friday.

Lads @ Large: Monthly on Friday.

Stoke Tāhunanui Men's Club

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

Tai Chi Chu'an and Qigong

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

Variety Entertainment Club of Nelson

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

TAPAWERA

MenzShed

Phone 03 522 4616 (John).

Email menzshedtapawera@gmail.com

Sioux Line Dancing

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

Visual Art Society

Phone 03 522 4368 (Kay).

Walking – Tapawera

Rural Ramblers. Phone 04 541 9200.

WAKEFIELD

Higgins Heritage Park

Pigeon Valley Road, Wakefield.

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

www.higginsheritagepark.co.nz for details.

Email info@higginsheritagepark.co.nz

Phone 544 7096 (Diane).

Live Well, Stay Well Activity Group

Meets every second Tuesday (mornings).

Phone 027 609 9202 (Sandra) or 027 374 0500 (Sonja) or 027 677 0080 (Christine).

Wakefield Bowling Club

Outdoor bowls, summer and winter.

Phone 021 220 1289 (Margaret).

Email wakefieldbowlssecretary@gmail.com

www.sporty.co.nz/wakefieldbowls

Walking – Wakefield

Rural Ramblers. Phone 03 541 9200.

Willowbank Heritage Village

In Wakefield, open first Sunday every month from

September to May. Stroll the village and visit our

Victorian Café, 50s Burger Bar and 70s Milk Bar.

www.willowbankwakefield.co.nz

DO YOU NEED TO UPDATE YOUR DIRECTORY LISTING?

Email mudcakes@hothouse.co.nz with your updated content, and we'll edit it for you. If you would like to add a new listing, simply email us to request a copy of our handy directory template.



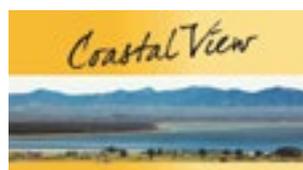
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