



# mudcakes & roses

THE MAGAZINE FOR NELSON TASMAN SENIORS

## What's inside:

Nelson's steampunk scene

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A Kiwi in Pakistan

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Craft as a response to loss

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Fresh fruit and vegetables are cheaper in a Hapori Box

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How well do you understand the challenges of riding a bike?

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A directory of local clubs and activities for seniors

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Community news, puzzles, cooking, books, gardening and the environment

# EDITOR'S Letter



In the two months since the last issue of *Mudcakes & Roses* I've been to Auckland to see my daughter and grandchildren. I put out my rubbish bins. I kept my temperamental maidenhair fern alive. I developed an ache in my left ankle. I washed countless sink-loads of dishes. I turned on my heat pump and donned a puffer jacket for the first time since last winter. I had a CT scan which did not find what I feared it might. I walked my dog. I had coffee and conversations with friends, I ate, I worked, I read, I slept. Such is an ordinary everyday life.

Nothing could be less ordinary than searching for a snow leopard in the mountains of Tibet, the subject of a documentary I watched recently. *The Velvet Queen* follows two Frenchmen, a photographer and a writer, as they climb rocky slopes or crouch for hours in fierce winds and sub-zero temperatures hoping to catch sight of a snow leopard. I felt like crying when, in the last sublime minutes of the film, a leopard appeared: fierce, languid and utterly at home in its pristine environment.

There's nothing quite so sublime in this issue. Although it features stories about life in a high mountain village in Pakistan and one woman's way of dealing with loss and grief, it's mainly about everyday pleasures like gardening, books, food and dressing up.

Keep warm!

Ro Cambridge

## In this issue

- 3 A curious mix of the antique and the modern, steampunk culture is alive and kicking in Nelson Tasman.
- 5 By harnessing community buying power, Hapori Box reduces the cost of fruit and vegetables.
- 8 Our environmental columnist Pam Henson recounts her experience living and teaching in a remote Pakistani village.
- 9 After the death of a fellow cyclist, who was also a friend, Paul Lunberg explains how challenging riding a bike can be and asks for understanding from other road users.
- 10 Barbara Nicholas has used craft to express the loss and grief she feels about the damage we have done to our environment.

## 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](http://tasman.govt.nz/publications)

## Contact the editor

**For topic suggestions and submissions:**

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

## On the cover

Top o' the South Steampunkers gathered at Founders Park, Nelson. © Ro Cambridge

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# Victorian fashion and technology inspire fun and imagination in 21st Nelson

It's a fine autumn morning at Founders Heritage Park. Visitors in casual weekend mode, wearing jeans, sweatshirts and sneakers, browse the bookshop, wander the streets of the village, peering into shop windows before drifting to the café for a coffee.

So far so ordinary. But at the café there's a group of people who look as if they have just stepped out of the pages of a novel by Dickens, HG Wells or Lewis Carroll. They're garbed in top hats, pith helmets, goggles, waistcoats, fob watches and cravats, flounced ankle-length skirts, ruffled blouses and they carry beaded purses, parasols and fancy walking sticks. They are talking so animatedly that there's a distinct air of Mad Hatter's tea party about the gathering.

Some are busily texting on their mobile phones and sipping lattes. This odd juxtaposition of the contemporary setting, 21st century technology and Victoriana inevitably suggests time travel, Jules Verne and Dr Who. And that's just the vibe these local steampunk enthusiasts are aiming for.

The term steampunk was coined in 1987 by KW Jeter, an author of speculative fiction. It has since developed into an artistic and cultural force reflected in fashion, graphic design and film. Essentially it envisages a world in which Victorian costume, and inventions like airships, steam-powered trains and ships, photography and telegraphy, have survived their era, and co-exist with contemporary technology.

The Nelson group, *Top o' the South Steampunkers*, is just one of 22 steampunk groups around the country. Oamaru hosts the annual Steampunk NZ Festival celebrating steampunk fashions and gadgetry and esoteric sports like teacup duelling. The *Guardian* declared Oamaru the steampunk capital of the world and the festival gets a mention in the *Guinness Book of Records* for the largest gathering of steampunks in one place.



Alison Pinkney, aka Madame Magnolia Pinkerton

None of the Nelson steampunkers is in the first flush of youth and none can (yet) claim any world records. However, what they lack in numbers they make up for with imagination and ingenuity, inventing Victorian names and identities for themselves, then creating gadgets and costumes to match.

Alison Pinkney calls herself Madame Magnolia Pinkerton. Armed with a lorgnette, she's a sleuth with an eye for mystery. Belinda Mellor, on the other hand, is Dame Melissa Applebee, the Queen's Apiarist and Keeper of the Royal Hives. She carries a bag with a clock set into it which suggests she might also dabble in time travel. In deference to Covid, one couple sports face masks which look decidedly antique.

John Young, in pith helmet and red waistcoat, has invented for himself the role of Commodore of Her Victorian Majesty's Subaquatic Special Services. In keeping with his august role, he wears a pith helmet, medals, antique earphones and magnifying lenses clipped to his sunglasses. An obvious fan of tea-drinking, he also wears a holster containing a tea strainer and a teacup and saucer.

Many of these steampunkers are avid op shoppers, sewers and crafters as the steampunk aesthetic happily embraces DIY, recycling and repurposing the old. Could anything be more perfectly old-fashioned and yet absolutely contemporary?

If you're a history buff, a sci-fi fan, or just love expressing yourself creatively and dressing up, you really should join the Top o' the South Steampunkers!

## More information

**Facebook:** [www.facebook.com/groups/969902580256603](https://www.facebook.com/groups/969902580256603)

**Phone:** Sir Wilabrey Steamnok (aka John Young) on 021 1107547





# Gardening tips and tricks

## Winter – warm or wintry this year?

Winter is upon us – or is it? NIWA has predicted a warm winter – oh, how I hope they are proved wrong. We had extremely odd weather in April/May, with temperatures above normal and very little rainfall – on our property at least – so I've been rain-dancing like mad.

We are fortunate to live in the Tasman District because vegetables can be planted almost year-round. I grew up in Invercargill and my parents used to put our vegetable garden to sleep around March/April, leaving it fallow until they woke it up again in October.

I've finally had time to plant crops for winter harvest. Here's a tip that will ensure steady growth even during (heavenly) cold snaps. After weeding and adding lots of fish

compost, I make mounds of soil approximately 25cm high to plant my vegetable seedlings on. Then I toss sheep manure pellets around the mounds and amongst the seedlings and water both well. After that I place red clover straw thickly around the sides of the mounds – pea straw or barley straw is perfect too. The straw acts like a duvet, keeping the roots warmer when soil temperatures are low.

Now is the time to plant garlic and shallots. Garlic is an extremely 'hungry' crop so it's best to add a lot of compost and sheep manure before planting. I use sheep manure pellets as you know, but you can also use Kinpak sheep manure, which is powdered and still contains some wool. This is a fabulous soil conditioner and is packed full of nutrients too.

Over the years I've concluded that garlic doesn't like me: my crops are

either non-existent or abysmally small. However, last year, instead of planting garlic from seed garlic bulbs, I bought punnets of garlic seedlings. For some reason this really made a difference and my small crop was successful. This year I've bought seed garlic and have put separate cloves in punnets of potting mix to grow before I plant them out. My fingers are crossed that it works again.

Shallots are really interesting to grow – the bulbs need to be planted with a third of them sitting above the soil surface. If you plant them too deeply, they really struggle to produce any baby shallots around the parent bulb. Sometimes shallots can take two seasons to become large enough to harvest, so they do require some patience. The tops can be used instead of chives too.

## Columnist: Philippa Foes-Lamb

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



# New local initiative harnesses community buying power to reduce the cost of fresh fruit and vegetables

As the cost of food in New Zealand continues to rise, many New Zealanders are struggling to put food on the table. Statistics New Zealand reports that overall food prices were 6.4 per cent higher this April than in April 2021. The cost of fruit and vegetables has increased by an extraordinary 9.4 per cent, a fact perhaps exacerbated by the well-documented lack of competition in the grocery sector.

A new local initiative – Hapori Fruit and Vege Box – aims to tackle the problem of fruit and vegetables by harnessing community collaboration and buying power. The project is the result of a collaboration between the Nelson Marlborough District Health Board (DHB), the Nelson Environment Centre (NEC), Victory Community Centre and local food growers.

NEC is also behind Kai Rescue, an initiative which collects food which would otherwise end up as landfill and redistributes it, as well as a reuse shop and electronic waste recycling.

Hapori, which means "community", operates in a way which will be familiar to anyone who belonged to a food co-op in the 1970s and 80s when people pooled their funds to buy foodstuffs in bulk, at cheaper prices than they could individually. After purchase the foodstuffs were sorted into boxes and collected by members of the co-op.

Hapori was officially launched back in October 2021 and now supplies fresh, mainly locally grown, fruit and vegetable to its members for a mere \$15 per box. Hapori Activator Jo Ann Firestone (pictured) says that the produce in each box is about 35 per cent cheaper than it would be if purchased at the supermarket.

Membership of Hapori is open to all and how often a member uses Hapori depends on their needs. A box can be ordered once a week, once a fortnight or once a month. Or not at all. Single people often choose to share a box with a neighbour, friend or family member.

After the initial registration process members don't have to do anything except order and pay for their Hapori Box (in cash or online) and then collect the full box from their nearest Hapori Hub later in the week.

Currently, Victory Community Centre is the only Hapori Hub, although there are plans to establish hubs in Tāhunanui and Stoke.

The hub at Victory is the place where registrations and payments are processed, and where fresh Hapori Boxes are dropped off and picked up. NEC sorts and packs fresh produce into boxes and delivers them to the Victory Hub where they await collection by whoever has placed orders the week before.

Hapori is growing in popularity as more people search for ways to reduce grocery bills. Many people have discovered more than lower prices in their Hapori Boxes, including healthier eating and more social interaction.

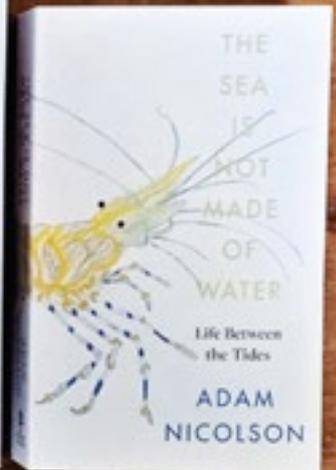
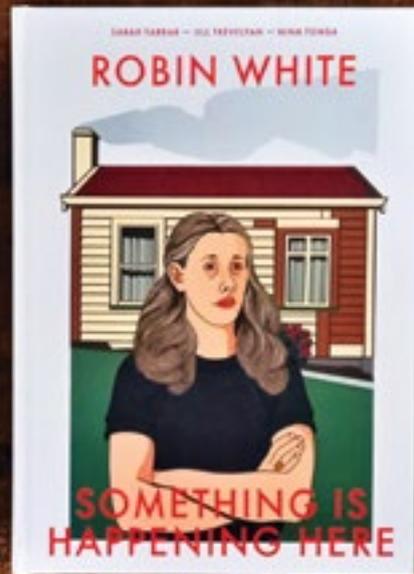
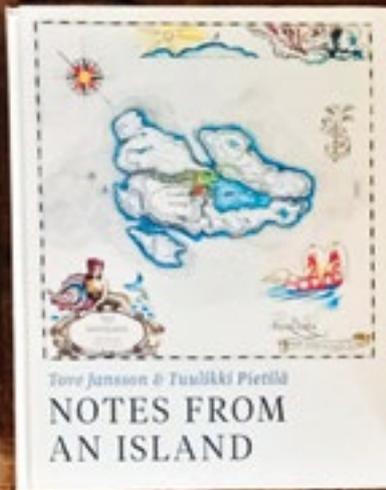
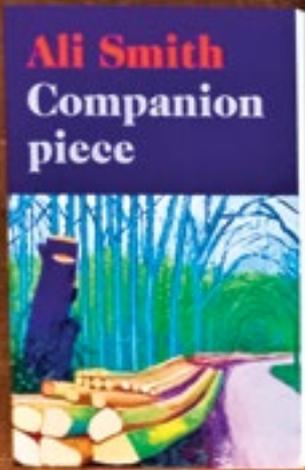
## Would you like to try a Hapori Fruit and Vege Box? It's easy!

Contact the Victory Hub for all the information you need on how to order, how to pay, and when and where to collect your box of fresh fruit and vegetables. Each Hapori Box costs \$15.

**Email:** [hapori@victory.school.nz](mailto:hapori@victory.school.nz)

**Phone:** 03 546 8389





## Thinking volumes

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### Companion Piece by Ali Smith

"A story is never an answer. A story is always a question." Ali Smith follows her wonderful *Seasons* quartet, written in "real time", with this novel, which takes place during the pandemic lockdown and deals with the various social and political crises of our extraordinary times. Few writers can manage to be at the same time as angry and as playful as Ali Smith, and few can directly face the most depressing aspects of our present moment and find such hope in humanity. Recommended! **\$37**

### Notes From an Island by Tove Jansson and Tuulikki Pietilä

In 1963, Jansson and her partner Pietilä (with the help of Brunström, a local fisherman) built a cabin on a barren skerry in the Gulf of Finland. Here, for the next 26 summers,

they found solitude, creative inspiration, and a closeness with nature. This beautiful book conveys their experience of the island, intercutting Jansson's recollections and journals with Brunström's terse diary entries, and illustrated with evocative copperplate etchings and wash drawings of the island by Pietilä. The whole book intimates something central to the "Moomin" author's world. **\$35**

### Robin White: Something is Happening Here edited by Sarah Farrar, Nina Tonga and Jill Trevelyan

A landmark publication on one of the country's most loved and engaged artists, lavishly illustrated and with fresh perspectives from 24 writers. For five decades, White has consistently striven to make art that represents the experiences of living in Aotearoa and the diversity of people

who live here. The 150 artworks highlighted in the book range from early watercolours and drawings to her exquisite recent collaborations with Pasifika artists. **\$70**

### The Sea is Not Made of Water: Life Between the Tides by Adam Nicolson

The intertidal zone belongs both to the sea and to the land, or perhaps to neither. We think we are familiar with the shore but there is much that lives here that is mysterious or surprising. Adam Nicolson, whose nature writing is widely loved, is our perfect companion, drawing our attention to a world of wonders almost between our toes. **\$40**

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# Food for thought

## Good for the soul

Many good things have been attributed to a steaming hot bowl of soup. Remember *Chicken Soup for the Soul* and all the subsequent spin-offs back in the 1970s? Well, as far as I'm concerned, those good things are all deserved because now that we're coming into the winter months there is nothing like a bowl of liquid goodness to warm you on all levels.

Personally, I've always been a smooth soup sort of person; soup with lots of bits floating in it has never held much appeal for me – with the possible exception of a good minestrone. But the soup I love best of all – and just like *Chicken Soup for the Soul*, it harks back to the 1970s – is Green Velvet Soup.

I had it for the first time at a friend's house. Because it was at a very

early stage in our friendship we were being terribly polite to each other, especially when I dredged the rubber plug from her kitchen sink from my bowl. Yes, that's right. When she'd washed the greens and scooped them into her pot to cook, she'd inadvertently included the plug. We had a good giggle about it and our friendship was sealed.

Like many dishes, the recipe for this soup is pretty flexible and the only firm rule is that the majority of the ingredients must be green vegetables of one sort or another in order for the soup to deserve its name.

Start by melting a good-sized knob of butter in a large pot and adding as much chopped garlic and onion as you like. Cook until softened, then add a peeled and chopped potato (this gives the soup a lovely velvety texture) and toss to coat in the butter. Add handfuls of washed

and chopped green vegetables, e.g. spinach, broccoli, zucchini. Pour in enough stock to cover. I like to toss in a few bay leaves at this point to add a nice savoury note.

Bring to the boil, then cover and simmer until the broccoli and potato is tender. Take a sip of the liquid and add salt and pepper to taste. Use a stick blender or a food processor to purée the soup, then reheat and serve garnished with a swirl of plain yoghurt and crusty bread or rolls.

Tip: If you've got plenty of spinach, hold some back and add it to the pot about 3–5 minutes before puréeing. This will ensure the soup retains a fresh green colour.



## Columnist: Renée Lang

Renée Lang runs Renaissance Publishing, specialising in book publishing and packaging. She also offers non-fiction editing and proofreading services. When she's not glued to her computer, she enjoys cooking up a storm and walking her dogs.

## A Kiwi in Pakistan

In 1999, aged 52 and after several years teaching at the Correspondence School, I took time off to teach in the small Pakistani village of Shimshal, way up north near the Chinese border, with my English friend, Lynette, who is an engineer and a teacher.

The village is 3000 metres above sea level in the Karakoram Mountains, a cold desert which barely sustains a population of about 1200 people. There was no road to the village, most houses had only one room and everyone sat and slept on the floor. Cooking was done over a fire. The men spoke English, but the women did not.

You may wonder why two women of a certain age were attracted to live in such conditions. Lynette and I had caved together for 10 years, and had been friends for over 30. We loved adventure and knew how keen the villagers were to have English teachers.

The village agreed to provide us with a house and food. Three teenaged girls arrived with our initial supply: a goatskin full of flour, two sacks of potatoes and a big bundle of twigs for our fire.

We were undaunted by the cold or the difficulty of keeping our house clean. Dust swirled in through the hole in the roof that was our chimney. When it rained we had to climb onto the roof to cover the hole. For the first month we had terrible colds: our noses streamed, and we had the disgusting task of handwashing our handkerchiefs.

Shimshal is an Ismaili Muslim community, which is liberal in its interpretation of the Koran. Although girls have equal access to education, there is strict division of labour, and the women cannot leave the village without male company. We wore shalwar kameez (loose pyjama-like trousers topped by a long shirt or tunic) in deference



to Muslim ideas of modest dress, but we were not expected to wear headscarves all the time.

Once the villagers realised we would really stay and teach their children, they were delighted. They invited us to their houses for meals and grabbed our hands and kissed them as we walked past; although our wide-brimmed sunhats reduced one toddler to screams of terror.

Lynette and I taught in the two government schools, and also held classes for teachers once a week. Although neither of us had taught primary children before, Lynette's vivacious manner and inventive methods made her a popular teacher. The teachers were avid for information and loved our classes. One man looked down his nose at our games and role play, but after some in-service training he announced approvingly that we were using the latest methods.

Our friends in Shimshal treated us well. Ainul made us chapatis and tea. Teacher Sher Ali supplied us with firewood and invited us for dinner in his splendid outdoor dining room. Mehdi guided us wherever we wanted to go and carried our packs. Malika arrived at 6.00 am each day to cook breakfast and heat our washing water.

In exchange we gave free English lessons to adults who asked and made espresso coffee and scones (the latter made in a frying pan with Andrews Liver Salts as a raising agent) for visitors.

Towards the end of our stay, we made the frankly terrifying trek to the high Pamir, 4000 metres above sea level. This is where the yaks live all year round, and where, in the spring, the locals move the goats so they will not eat the crops of wheat, barley and peas. During this time the women range the pastures keeping an eye on the goats and yaks, or they make cheese and butter. They love the wildflower meadows of the high pastures and the freedom from family demands. However, they also develop chest colds and coughs from the smoky fires of dried yak dung, and there are no men to help with heavy work as they usually work with foreign climbing teams in the summer.

After four months we were exhausted by the constant effort to keep clean, fed and breathing. When we left Shimshal the women gave tears and gifts of embroidery, the children lined up to say goodbye, and the men lined up after them for daring hugs.

We were well aware that our stay had not been long enough to make any real change. I've since returned to Shimshal five times: on a teaching stint of three months, and with my son and various friends on trekking trips.

## Understanding the vulnerability of cyclists

Retired Nelson secondary school teacher Paul Lunberg is a cyclist and only too aware of the hazards of cycling. Prompted by the recent death of a friend in a cycle/car accident, here Paul outlines some of the hazards which cyclists face but which motorists may not understand. He hopes that by helping motorists appreciate the challenges of cycling, fewer cyclists will be injured or killed on our roads.

Cycles are at their least stable at start up, or when travelling very slowly. At traffic lights and stop signs the cyclist may therefore wobble a bit. A car accelerating past a cyclist too closely at this point puts the cyclist in danger.

The roadway is full of hazards which a cyclist must negotiate while also keeping an eye on traffic flow around them. These hazards include manhole covers, drains, incomplete road repairs, dust bowls and slippery surfaces. Narrow tyres can wedge in grids, or between manhole covers. Transitioning from road to driveway often means bumping over a kerb, a manoeuvre which can unseat a cyclist.

The tyres on a bike are narrow and inflated to 100psi – about three times as hard as a car tyre. Many bikes have no shock absorbers. Cycling on even slightly rough surfaces makes for a jolting, uncomfortable ride.

Together we founded a trust that has raised about \$10,000 each year for 20 years, to help young men and women from Shimshal attend high school and university. In 2003 we paid for a teacher from the village, to come to Wellington. Hussn Bibi was the first Shimshali woman to travel overseas and she stayed with us for a year learning computer skills and fluent English.

Contact Pam at [pam.e.henson@gmail.com](mailto:pam.e.henson@gmail.com) if you are interested in purchasing one of her books about her experiences, *Shimshal* (\$30) and *Women of Shimshal* (\$10).



Wet weather can reduce the effectiveness of the brakes on some bikes, while windy weather presents another set of challenges to the cyclist. Wind gusts can drive a cyclist off course. A head wind may make starting off even slower than usual, thereby increasing the period of instability. It can also slow overall speed. Wind can carry dust which may temporarily blind a cyclist.

It is tricky for cyclists to keep an eye on the traffic in front of them while maintaining a sense of the traffic behind them. Although rear vision mirrors help, cyclists often need to look over their shoulders to confirm what they see in it.

In order to give a hand signal, a cyclist must remove one hand from the bike's handlebars, and this makes it challenging to steer, use manual brakes, or change gears.

*Paul Lunberg taught at Waimea College and Nayland College before his retirement in 2003. He commuted to both schools by bicycle and is still an enthusiastic cyclist.*

### More information

The causes and of cycling injury and death are outlined on the NZTA website, [www.nzta.govt.nz/safety-issues-for-people-who-cycle](http://www.nzta.govt.nz/safety-issues-for-people-who-cycle)

# Crafting a response to loss

There was something about the emerging field of ecology that struck Barbara Nicholas very forcefully back when she was just a high school student. Now, her dismay at the denial and passivity implicit in local, national and global responses to climate change has deepened into loss and grief.

To process this grief at “what we have lost, and the losses still to come if we don’t do something about climate change”, Barbara has created a series of quilts focusing on the plight of New Zealand’s native birds, which have been sorely affected by human occupation and colonisation. “We introduced predators,” said Barbara, “we hunted the native birds and supplied their feathers to European fashion. We also ruined their habitat by clearing bush, draining swamps and burning tussockland.”

Barbara is now semi-retired after a career as a “policy wonk”, most recently helping communities have “difficult conversations” about water, and how regional councils might improve water quality: issues which are complex, specific to an area and arouse strong community feeling.

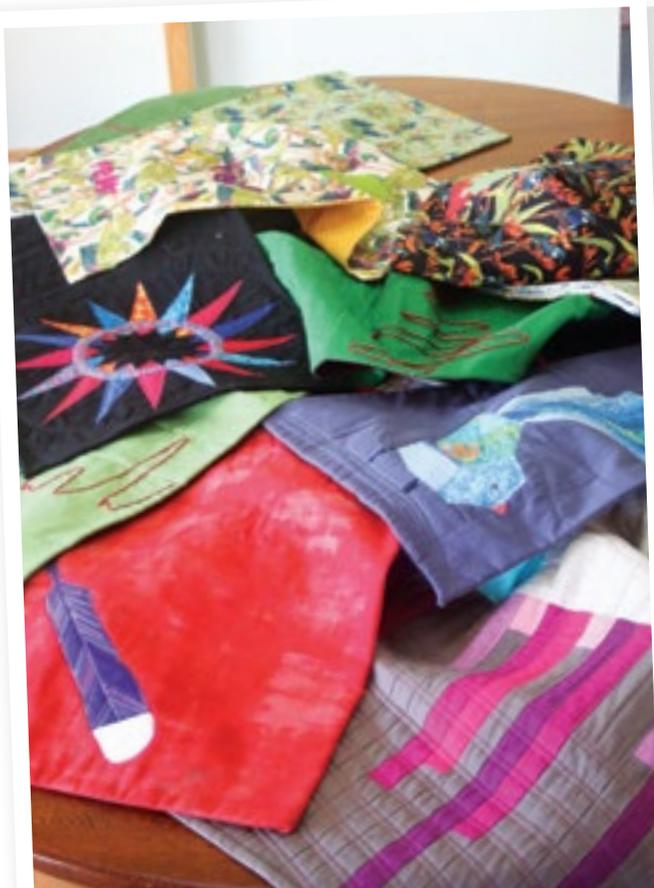


Employing fabric, colour and sewing was quite a different way for Barbara to express her own strong feelings on a particular subject. The idea of using her sewing machine as a tool to express her sense of loss came to Barbara during the relative isolation of Covid lockdown and while she and her husband lived in a “hut” near bush, waiting for their house to be built.

Barbara used the Stations of the Cross as a framework for her series of quilts. In the Catholic tradition, the Stations of the Cross are the 14 stages of Jesus’ walk to his crucifixion and death, each of which is a call to spiritual pilgrimage and contemplation. The route of his walk through Jerusalem is known as the Via Dolorosa, or Sorrowful Way.

The resulting quilts are echoes, rather than literal translations, of the source material. For example, the extinction of the moa, the huia and the South Island kōkako was evoked by the three times Jesus stumbled on his way to the cross. Mary weeping at the sight of her son’s suffering brought to mind an image of the lamenting, while the stripping of Jesus suggested a land stripped bare.

Barbara enjoyed thinking “less with my mind, and more with my hands” and the challenge of teaching herself new techniques for each quilt. And, given the unrelentingly grimness of the subject matter, Barbara was surprised to find that the designing and making of the quilts was a joyful and therapeutic process.



# Recollections of... a carefree Wakefield childhood

By Marie Baigent

Marie Baigent (née Bird) is 96 and lives at Stillwater Lifecare Village in Richmond. She attended Wakefield School and Nelson College for Girls.



My parents built our house in Bridge Valley, Wakefield in 1924 when they were first married and called the place *Holmbridge*.

My father delivered me at Holmbridge on 20 March 1927. My brother John followed two years and two days later. Another brother Peter was born a year before me but only lived three days. My mother never talked about it. It was possibly one of the great disappointments of their lives as WW1 had delayed their marriage and they were not young parents.

On the farm I was free to roam the hills, dream dreams, and express myself in play – building huts, mixing mud pies, bird nesting, playing sport, having animals for pets and handling farm animals.

At lambing time we would bring cold wet lambs inside and put them under a lamp until they were well enough to go back to their mothers.

Once I found a burrow with several baby rabbits in it. Nothing would do but I had to take them home. I was wearing a brown spotted dress with a belt which made a pouch to carry the little mites in. I didn't think that their claws might mark my dress. It wasn't until I arrived home that I realised. My joy in finding the baby rabbits was quickly tempered by my mother's anger. She made all our clothes, so I understand her disappointment.

We made a bottle to feed the babies from an old aspirin bottle and a bicycle valve. Sadly, they only lived a few days. Poor little things, I should never have taken them.

Our only means of transport in the early years was horse and gig: we had a dear little light harness horse named Judy, who took us everywhere in the gig which was classy-looking, with black with gold trim and plenty of room for parcels behind the three-person seat.

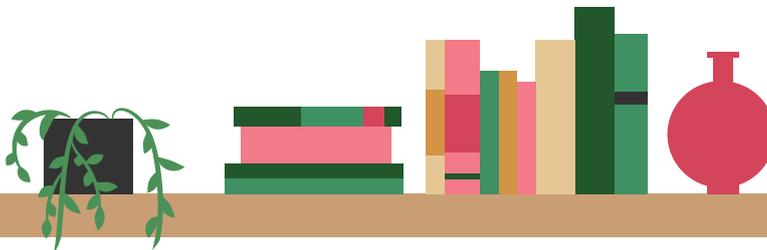
I will always remember our monthly excursion in the gig to visit Dad's sister, Hazel Wilkes in Richmond. The route took us along the back roads up and over the steep switchbacks behind Hope. Dad had to make sure the reins didn't get under Judy's tail. If they did, Judy might clamp down the reins with her tail, and Dad would be helpless to control the gig. All of this made my mother very nervous. She often preferred to get out and walk!

## 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](http://www.forgetmenotlifestories.co.nz)*



## Tasman District Libraries



### Wriggle and rhyme

A great opportunity to explore music and songs, movement and rhythm, instruments and stories while making new friends and spending quality time at the library with your 0–2 year old. Richmond or Tākaka Library, 10.00 am – 10.30 am every Tuesday during term time. Free.

### Calling all knitters!

Whip out your needles and wool to celebrate Worldwide Knit In Public Day. We want to see as many people as possible – young, old, and everywhere in between – knitting up a storm in one of our comfy nooks! Friday 10 June at Murchison Library and Saturday 11 June at Motueka, Tākaka and Richmond Libraries.

### Talking Café

Come along to Wellby Talking Café at Richmond Library on the second Tuesday of every month from 1.30 pm – 3.00 pm. It's free and everyone is welcome for a cuppa and a relaxed chat with hosts who use the Found Directory to talk about what's going on in the community and what resources are available, and how to start your journey to connect with others.

### Book talk – travelling in the South Island during Covid

Tuesday 21 June Richmond Library 1.00 pm. Come to a special session with author Helen Staniland and hear her talk about her book *Te Wai Pounamu: The Glorious South Island – Travelling In The Time of Covid*. Learn about her exhilarating travels around New Zealand mid-pandemic. Free. All welcome.

### Explore local heritage

We've been celebrating all things local history throughout Tuku 22 Whakatū Heritage Months including the launch of our new online local heritage archive, Tasman Heritage. There's plenty more happening throughout June including our popular Family History Friday. For more information visit [www.tasmanlibraries.govt.nz/events](http://www.tasmanlibraries.govt.nz/events).

### MORE INFORMATION

Phone: 03 543 8500

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



## Nelson Public Libraries



### An oasis of calm

Libraries have a reputation for quietness. But if you visit the Elma Turner Library on a Tuesday during our newly introduced Quiet Hour, you'll notice that it feels even calmer than usual. During Quiet Hour we switch computers off to minimise sound and dim the lights in order to make the library more welcoming for people with dementia, neurodiverse conditions such as autism, or people who just enjoy a quieter space.

We also now have sensory modulation and processing items such as weighted blankets and fidget toys which can be borrowed.

Quiet Hour happens every Tuesday from 9.30 am – 10.30 am and on the second Sunday of every month from 1.00 pm – 2.00 pm.

There are other ways to enjoy the relaxed setting of the Elma Turner library. A book reading group for example – no one is obliged to read aloud or speak; you can just listen while enjoying a cup of tea. Or perhaps you would like to join a library knitting group and knit for Nelson charities? Wool, needles and morning tea provided.

- **Shared reading for wellbeing:** Tuesdays, 11.30 am
- **Dementia friendly reading:** Wednesdays, 11.00 am
- **Library knitting group:** Thursdays, 10.00 am – 12.00 pm

### MORE INFORMATION

Phone: 03 546 8100

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





# Our environment



## How soon will *their* heat wave become *ours*?

For people living in Pakistan or India, climate change has arrived with a vengeance. April temperatures of 49°C are the highest ever recorded for this time of year. People are only able to go outside, and do their work, after dark.

I have been in Pakistan when the temperatures have been in the high 40s (°C). During the day I could only stay in my air-conditioned bedroom reading and sleeping. After five minutes of a visit to a local bazaar to buy rings for my tabla drums to sit on, my dress was soaked through.

Such extreme heat is not uncommon later in the year, but if it occurs in April it adversely affects crops and leaves farmers in some areas with ruined orchards, blossom withering on the trees. Other crops are also blasted. These heat waves are usually broken by monsoon rains, but the monsoons don't arrive until July or August.

What is happening in India and Pakistan is what awaits us all unless we can reduce our carbon emissions. Climate change will probably affect New Zealand differently: the International Panel on Climate Change suggests it's likely that we will experience too much rain in the south and west but not enough in the north and east. Warming oceans will help to increase temperatures. At higher temperatures, trees cannot absorb carbon dioxide in the way we rely on them to do.

Carbon dioxide from car exhausts is one of the main causes of global warming. At present, the global average atmospheric carbon dioxide is 420 parts per million. The safe level is 350. New Zealand's car ownership per person is the fourth highest in the developed world. Car ownership in Nelson is 40% higher than in the rest of New Zealand.

Anyone who complains that walking, cycling, or taking public transport will ruin the economy needs to know these facts.

I like writing about pretty, courageous birds and beautiful trees but the fact is that while they will probably survive, humanity may not due to the coming heatwaves, floods and storms.

It's not just greenies like me who are alarmed. Even the New Zealand Defence Force's strategic plan is designed to allow for "an increase in the number of disaster and humanitarian operations" as the result of climate change.

Local government elections take place this year. Use your influence as an older and wiser family member to persuade young relatives to vote, and to vote for politicians who understand the extraordinary risks we are taking with our future.

### Columnist: Pam Henson

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

# Our Community News and Information

## Insulating your home may cost less than you think – it may even be free

The Warmer Kiwi Homes grant is designed to make insulation more accessible and affordable for homeowners who need it most. The grant now covers 80% of the cost of ceiling and underfloor insulation and in some situations may cover the entire cost. 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.

For more information phone 0800 423 454 or visit [www.absoluteenergy.co.nz/funding-information](http://www.absoluteenergy.co.nz/funding-information).



## How should shared pathways be shared?

For families with children and older pedestrians, sharing a path with bikes, scooters and mobility scooters can be a fraught and anxious business. For those aboard wheeled, often electrically powered, vehicles the experience can also be nerve racking and frustrating.

Courtesy and consideration of fellow pathway users reduces some of the challenges and this guide to the etiquette of sharing pathways in “contested public spaces” might also help:

[www.theconversation.com/contested-spaces-a-users-guide-to-shared-paths-72186](http://www.theconversation.com/contested-spaces-a-users-guide-to-shared-paths-72186)

Waka Kotahi (NZTA) publishes a guide to designing pathways for the maximum safety of all concerned: [www.nzta.govt.nz/shared-paths](http://www.nzta.govt.nz/shared-paths)

## Free Covid self-testing kits

Free Covid-19 RAT tests are available if you have flu or cold symptoms or are a household contact. Ordering a RAT kit to use at home is an easy step-by-step process, although you will need access to a mobile phone to validate your order.

Go to [www.requestrats.covid19.health.nz](http://www.requestrats.covid19.health.nz) or phone call 0800 222 478 (8.00 am – 8.00 pm, seven days a week) and choose option 3. You will be issued an order number. You can then collect your RAT order from a collection site listed on Healthpoint or have someone collect it for you. You can also order on behalf of another person.

If you and your whānau need extra support while you're self-isolating, we may be able to help. Use our online forms or call the COVID Welfare Support line on 0800 512 337 to let us know how we can help you.

# News from Age Concern

## A colourful approach to Elder Abuse Awareness Week, 15 – 22 June

At Age Concern Nelson Tasman we deal with over 100 cases of elder abuse each year. To highlight the issue, we're creating a "Purple Park" outside each of our offices with hundreds of knitted and crocheted peggy squares donated by keen crafters, plus a purple-painted mobility scooter and chairs. We are very grateful to the Nelson Building Society for supporting the project. Enjoy our purple colour scheme in Richmond from 15 – 22 June, and in Nelson from 14 June – 12 July. Ultimately, the peggy squares will be used to create large wall hangings for both offices.

**If you suspect that an older person is not being treated well, let us know by calling 03 544 7624.**

## Don't forget – we now have an office in Nelson!

Our Nelson office, located at 18 Bridge Street (opposite the old Nelson Mail building and the bus depot), is open 9.00 am – 2.00 pm on Tuesday, Wednesday and Thursday and offers a varied programme of activities.

### Regular activities

- **Tea & Talk:** Thursdays, 10.00 am – 11.30 am
- **SpinPoi:** Tuesdays, 1.00 pm – 2.00 pm
- **Sing Yourself Well:** Wednesdays, 10.00 am – 11.30 am

### Information sessions

- **Sleep Better:** Tuesday 7 June, 10.00 am – 11.00 am, Chris Allison from Health Action Trust shares some practical information on how to get a better sleep.
- **Blindness or Low Vision:** Tuesday 21 June, 10.00 am – 11.00 am. Roy Myers gives an insight into support available from Low Vision Blind New Zealand.
- **Life Without a Car:** Tuesday 5 July, 10.00 am – 12.00 pm. Tips and practical information on how to get around if you can no longer drive.
- **Citizens Advice Bureau:** Tuesday 26 June, 10.30 am – 11.00 am. Find out what they do.

**For more information on how to register for these sessions contact Marnie on 03 544 7624 ext 5, or email [ageconnect@ageconcernnt.org.nz](mailto:ageconnect@ageconcernnt.org.nz)**



*Ruth Chignell, knitting peggy squares for our "Purple Park" Elder Abuse Awareness campaign*

## Driving courses

We continue to offer a range of driving courses in different regional centres. The following are scheduled for the next two months.

### Staying Safe on The Road

- Thursday 16 June, 10.00 am – 12.30 pm, The Clubrooms, Waimea Plains Retirement Village, 455 Lower Queen Street, Richmond.
- Monday 27 June, 10.00 am – 12.30 pm, Mohua Social Services, 88 Commercial Street, Tākaka.

### Life Without a Car – Staying Mobile When You Can No Longer Drive

- Tuesday 5 July, 10.00 am – 11.30 am, Age Concern Nelson, 18 Bridge Street (opposite the bus depot). Free transport available – please ask when booking.

### AA Carfit – Are You Sitting Safely in Your Car?

- Tuesday 28 June, 10.00 am – 2.00 pm, Tākaka Library Carpark. This 20-minute check makes sure that you are seated in your car in the safest possible position.

**Book your place in one of these sessions by contacting Jackie on 03 544 7624 ext 4, or emailing [community@ageconcernnt.org.nz](mailto:community@ageconcernnt.org.nz)**

## Winter warmth

We know that older people can be more sensitive to the cold so we have some wonderful hand-knitted blankets, quilts, beanies, socks and scarfs to give away. If some of these items might make you or someone you know more snug during winter, please get in touch.

**Give Patrice a call on 03 544 7624 ext 9, or email [admin@ageconcernnt.org.nz](mailto:admin@ageconcernnt.org.nz)**

# Our Community News and Information

## Beware! Is that a cry for help or a scam?

Not all online scammers use email to defraud the unwary. The use of messaging apps like WhatsApp is becoming more common. When a plea for help seems to come from a friend or family member you may be lured into giving them access to your bank account.

Nelson reader Valerie Schroeder reports on her recent experience with what she calls “a really nasty different kind of scam”, adding that “when your child seems to be in need of help it pulls on all the heartstrings. You really want to help them”.

“It began with a message on WhatsApp, apparently from my son,” reports Valerie. “It said ‘Hi Mum. This is my new phone number.’ Because my son is working in London at the moment, I thought he must be using a UK phone while he was there. After we’d chatted for a while on WhatsApp he asked me to help pay some accounts for him because he couldn’t access his mobile banking.

“I had already given him my credit card details when I had a gut feeling something wasn’t quite right. Fortunately, I was able to cancel my credit card before

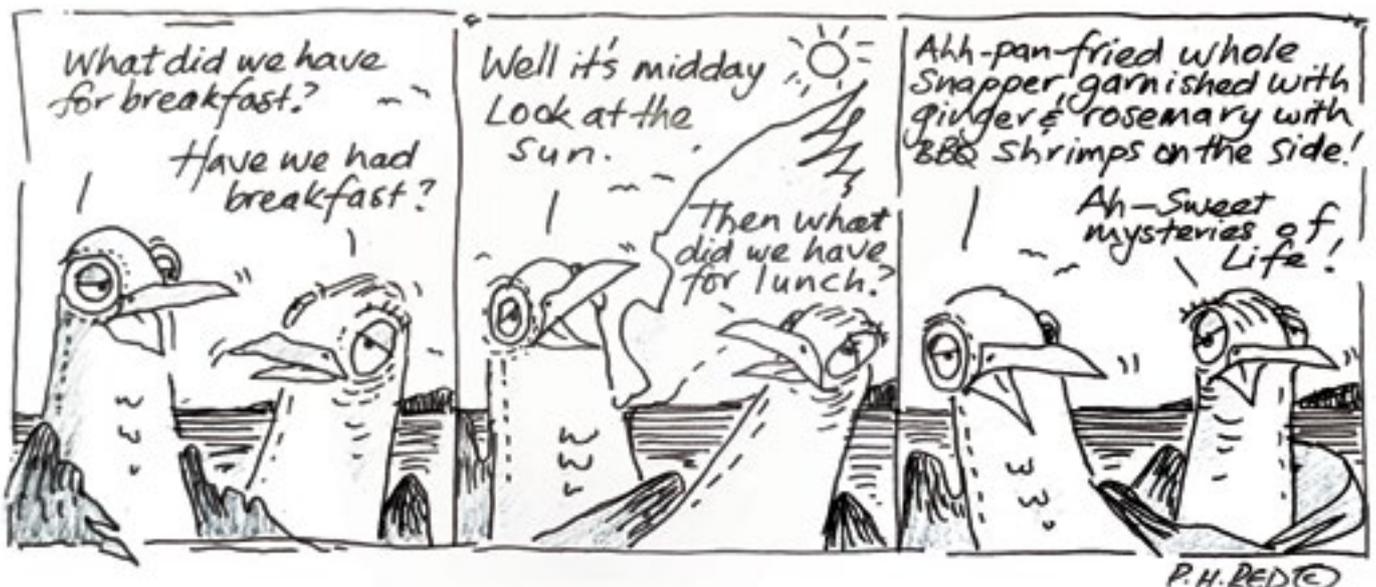
the person pretending to be my son was able to use the card. He could have stolen \$4500”.

Consumer NZ has an excellent guide to scams online at [www.consumer.org.nz/articles/telemarketing#spotting-scams](http://www.consumer.org.nz/articles/telemarketing#spotting-scams)

They are also distributing free “Do Not Knock” stickers as part of a campaign to fight back against dodgy door-to-door salespeople. From 16 August 2022, any door-to-door seller who ignores a “Do Not Knock” sticker will face a fine of up to \$30,000. Request a free sticker for your door online at [www.consumer.org.nz/articles/do-not-knock/get-a-sticker](http://www.consumer.org.nz/articles/do-not-knock/get-a-sticker)

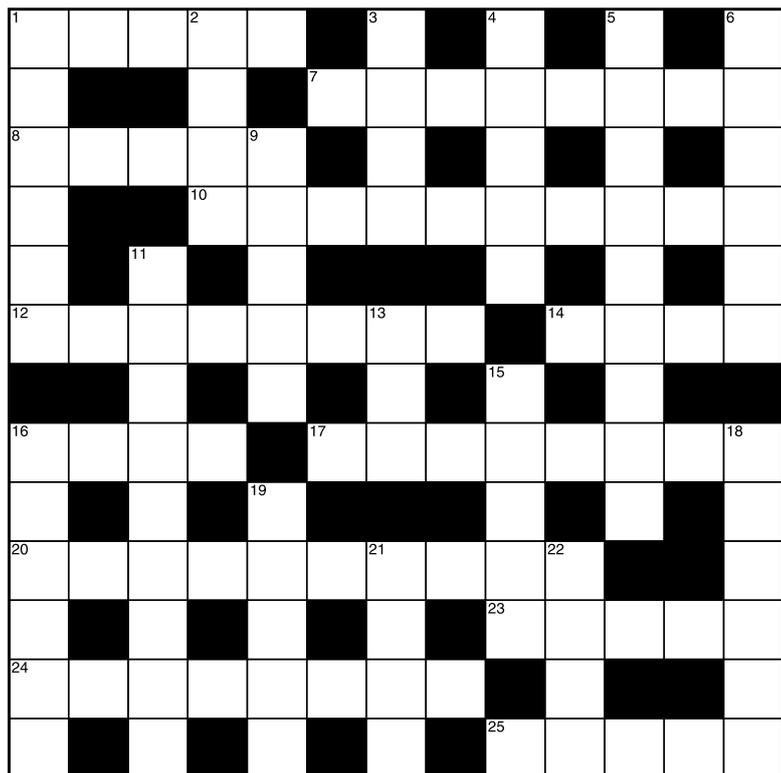


## Life's a Beach





### Crossword



#### ACROSS

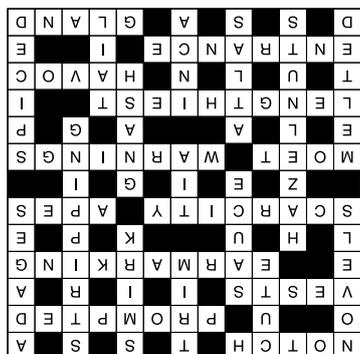
- 1. Belt hole
- 7. Urged
- 8. Sleeveless garments
- 10. Specially tagging
- 12. Shortage
- 14. Imitates
- 16. Champagne, ... & Chandon
- 17. Red alerts
- 20. Longest
- 23. Mayhem
- 24. Admission (exam)
- 25. Secreting organ

#### DOWN

- 1. Books
- 2. Attractive
- 3. ..., taut & terrific
- 4. Smug grin
- 5. Denuding
- 6. Proverbs
- 9. Relish or salsa
- 11. Small round kernels
- 13. Liqueur, ... Maria
- 15. Grind (teeth) together
- 16. Thawed
- 18. Seasoned
- 19. Collection of charts
- 21. Ancient Peruvian
- 22. Pursue closely

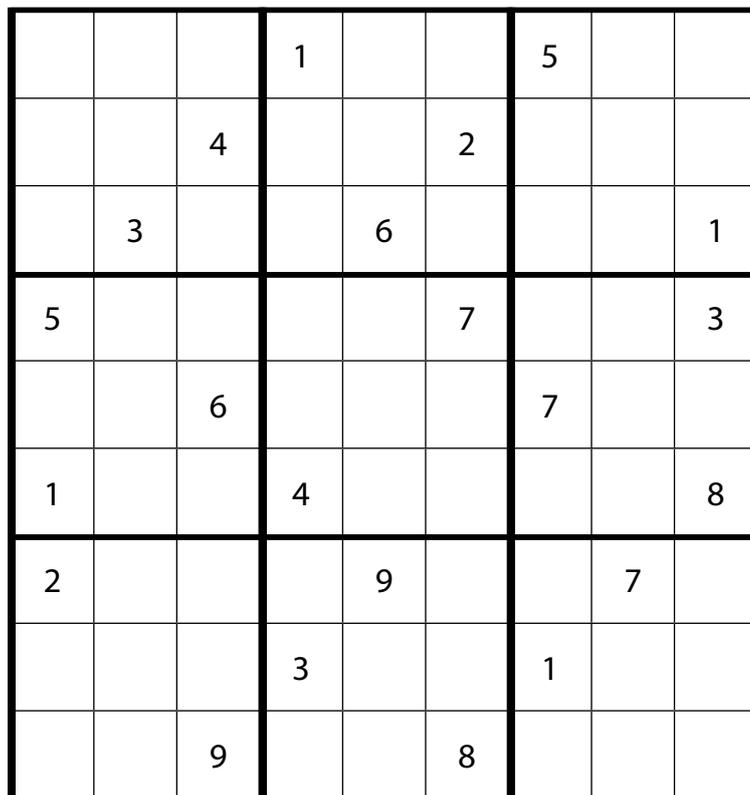


### Crossword solution

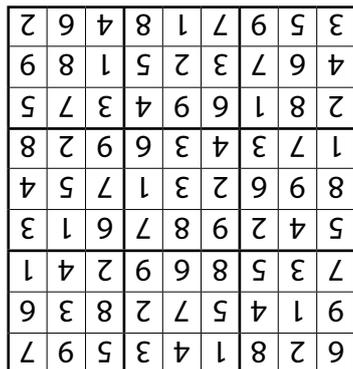


### Sudoku

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



### Sudoku solution



Thanks to Tasman resident 86 year-old Diny van Oeveren for creating our Sudoku puzzles



# 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](http://www.absoluteenergy.co.nz)

# KIWI SKIN Māpua Skin Clinic

- Spot Checks
- Mole Mapping
- Skin Cancer Surgery
- Treatment of other Skin Conditions

Telephone: 03 540 2373  
Email: mapua@kiwiskin.org.nz  
Website: www.kiwiskin.org.nz  
Address: Unit 9, The Village Māpua  
66 - 68 Aranui Road, Māpua 7005  
Postal: P.O. Box 50, Māpua 7048

## 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](http://marsdenhouse.co.nz) 03 548 2770 (24/7)

10% OFF CASKETS FOR GOLD AND GREY POWER CARD HOLDERS



## Think independent lifestyle with help on hand.

**You've worked hard all your life, so you've earned the right to kick back a little.**

Why not lose the chores you don't enjoy, so you're free to spend your time exactly how you want? Love the lifestyle that assisted living in a serviced apartment can bring. Instead of cooking and cleaning, you'll have time to finish that puzzle or for catching up with friends over a coffee.

Love the life you choose.

**03 744 3432 | [summerset.co.nz/richmond](http://summerset.co.nz/richmond)**

**Summerset**  
RETIREMENT VILLAGES

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### New Dentures, Relines & Repairs



  
**BaysDentures**  
quality, crafted with care

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



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

Janet

  
Access

### 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.**

## 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.ageconcernnt.org.nz](http://www.ageconcernnt.org.nz)

### Alzheimers Society

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

### Arthritis New Zealand

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

### Asthma Society (Better Breathing Classes)

Better Breathing Circuit at Club Waimea. Tuesdays and Fridays at 10am during the school term. Phone 03 544 1562. [asthma.nelson@xtra.co.nz](mailto:asthma.nelson@xtra.co.nz) [www.nelsonasthma.co.nz](http://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](http://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](http://www.found.org.nz) Phone 03 546 7681. Email [admin@volunteernelson.org.nz](mailto:admin@volunteernelson.org.nz)

### Fresh Focus Nelson

Meet Mondays 10.00 am – 11.00 am at Elim Christian Centre, 625 Main Road Stoke, for speakers' talks on a wide variety of subjects that provide education and entertainment. A number of series occur throughout the year during term time. All welcome. Email [fnelson2021@gmail.com](mailto: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](mailto: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](mailto: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.

### Top o' the South Steampunkers

New members welcome, dress up encouraged but not enforced. Assistance in making of costumes and props. Op shop visits, promenades at fairs and markets. For more info visit [www.facebook.com/groups/969902580256603](http://www.facebook.com/groups/969902580256603) or phone 021 110 7547 (John).

### Stroke Foundation

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

### More Stable More Able – FREE falls prevention session for over 60s

Two hour session for anyone concerned about their risk of falling. Information is shared in a relaxed informal group setting. Learn strength and balance exercises you can do easily at home. Call 021 790 415 (Ange) or email [angela.baker@nbph.org.nz](mailto:angela.baker@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](mailto:admin@volunteernelson.org.nz) [www.volunteernelson.org.nz](http://www.volunteernelson.org.nz)

### Wellby Talking Cafés

Various locations throughout Nelson, Stoke and Richmond, check the Wellby website for details: [www.wellby.org.nz](http://www.wellby.org.nz) Everyone is welcome for a cuppa and a relaxed chat with hosts who talk about what's going on in the community. You can pop in for a quick chat or stay for a longer conversation with friendly people. There is no need to register, just turn up on the day. Phone 03 546 7681 (Holly). Email [hello@wellby.com](mailto:hello@wellby.com)

## 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](mailto: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](mailto: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](mailto: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

Tuesdays 1.00 pm at the Senior Citizens Hall. 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

First Wednesday of 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 – 12.00pm (term time only). Hills Community Church supper room. \$3 per session. Contact 027 741 8575 (Julie Cox) or 03 540 3901 (Barbara Halse).

### Māpua Bowling Club

Phone 03 540 2627 (Di).

### 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).

### 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](mailto: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](mailto:asthma.nelson@xtra.co.nz) [www.nelsonasthma.co.nz](http://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 Prostheses and Mastectomy Bras

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

### Cancer Society Nelson

102 Hardy Street, Nelson. Support and  
information for anyone affected by cancer.

Cancer Helpline: 0800 226 237.

Any cancer, any question. Phone 03 539 1137.

Email info@cancernelson.org.nz

www.cancernelson.org.nz

www.facebook.com/Cancer-Society-Nelson

### Cardiac Support Group

Information and support to people affected by  
cardiovascular disease.

Phone 03 545 7112 (Averil).

### Community Heart and Diabetes Services

Nelson Bays Primary Health for education,  
awareness and support. Phone 03 543 7836 /  
021 409 552 (Bee). 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 City Probus Club

Nelson City Probus Club welcomes men and  
women as new members. We meet on the second  
Thursday of each month (February through to  
November) at 10.00 am, at The Nelson Golf Club,  
38 Bolt Rd, Tāhunanui. Our programme varies  
monthly. Contact nznelsoncitygroup@gmail.com.

## 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).  
nelsonphilatelicociety@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 Dance Club

Meets the second Saturday of the month, live  
music, 7.30 pm to 11.00 pm, venue advertised  
on www.itson.co.nz and in community papers.  
Ballroom, Latin and New Vogue. Members \$10,  
non-members \$15. Vaccination pass required.  
Phone 021 160 1358 (Chris).

## 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 027 496 5724 (Haydn).

## Nelson-Whakatū Menzshed

We are a group of mostly retired men who enjoy  
getting together, making stuff, contributing to  
the community and generally having a good time.

Meetings Tuesday and Thursday from 9.00 am,  
236 Haven Road, Nelson. Phone 027 608 0377  
(Robert). robertshade@hotmail.com

www.menzshed-nelson.org.nz

## 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 ncotters@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 027 208 0468 (Jo Ann).  
Email nzsilveryogis@gmail.com  
www.silveryogis.co.nz

## Stoke Tāhunanui Ladies Club

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

## Super Seniors (65+)

Meets third Friday each month, 10.30 am –  
12.30 pm. All Saints Church Foyer, 30 Vanguard  
Street (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, floor talks – see [www.thesuter.org.nz](http://www.thesuter.org.nz) for details, 208 Bridge Street, Nelson. Phone 03 548 4699.

## 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](http://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](mailto:kitesfun@gmail.com)

## Taoist Tai Chi Internal Arts for Health

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

## Ukulele with Gretchen

Nelson and Richmond, groups or private. Phone 03 548 8707. Email [kitesfun@gmail.com](mailto:kitesfun@gmail.com)

## U3A Nelson

University of the Third Age open to all retirees. The next meeting is at Saxton Field Football Clubrooms at 10.00 am on Wednesday 22 June. Speaker David Meville will discuss the migratory godwits of Nelson, their habitat and habits. Phone 03 544 3057 (Nan). Email [davnan23@gmail.com](mailto:davnan23@gmail.com) [www.u3anelson.org.nz](http://www.u3anelson.org.nz)

## Victory Community Centre

Offers a variety of classes during term-time. Phone 03 546 8389. Email [reception@victory.school.nz](mailto:reception@victory.school.nz) (for a programme brochure). [victorycommunitycentre.co.nz](http://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 60

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

## Easy Exercise

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

## 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](mailto:benboy.martin@gmail.com) [www.innerwheel.org.nz](http://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](mailto:gregandalisonpickford@gmail.com) [www.facebook.com/KeepRichmondBeautiful.KRB](http://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](http://www.jacquisinclair.com)

## Pottery

Tutored classes at Craft Potters, 202 Ranzau Road, Hope. All welcome. No experience needed. Email [info@craftpotters.org.nz](mailto: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](mailto:leighsdream@gmail.com)

## Richmond Bridge Club

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

## Richmond Bowling Club

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

## Richmond Creative Fibre Group

Meets at Birchwood Hall, Richmond Showgrounds. 9.30 am every second, third and fourth Thursday of the month. Learn to spin/knit/weave/crochet/felt and meet others who enjoy working with fibre. Phone 03 544 3315 (Sandra).

## Richmond Croquet Club

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](mailto: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 Tuesdays 9.30 am and Saturdays 1.30 pm. All abilities welcome. Beside the Badminton Hall, Gladstone Road. [www.richmondtennisclub.co.nz](http://www.richmondtennisclub.co.nz)

## Richmond Waimea Community Whānau Group

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

## Sioux Line Dancing

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

## 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](http://www.jacquisinclair.com) for more information. Phone 03 544 1645.

## STOKE

### Acting Up Drama Group

Meets each Monday 10.30 am – 12.00 pm at Whakatu Presbyterian Church Hall Lounge, Upper Songer Street, Stoke. No previous experience necessary! Phone 03 538 0400 (Anne) 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](mailto:leighsdream@gmail.com)

### Housie Evening

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

### Line Dancing

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

### Ngawhatu Bowling Club

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



# SERVICE DIRECTORY

## Presbyterian Support

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

## Safety and Confidence

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

## Senior Walking Group

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

## Stoke Bowling Club

Phone 03 547 7440. stokebowls@outlook.com

## Stoke Central Combined Probud Club

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

## Stoke Old Time Country Music Club

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

## Stoke Seniors Club

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

## Regular activities at Greenmeadows:

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

Art tutorial once a month, \$5.

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

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

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

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

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

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

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

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

**Monthly movie:** Contact office for details.

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

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

**Girls Own:** Monthly on Friday.

**Lads @ Large:** Monthly on Friday.

## Stoke Tāhunanui Men's Club

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

To update an existing listing or request a new one, email [mudcakes@hothouse.co.nz](mailto:mudcakes@hothouse.co.nz)

## 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**  
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03 544 4400

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

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

MOBILITY VEHICLES 0800 843 826  
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.

## HEIRLOOM PERENNIAL NURSERY AND ART STUDIO

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P 03 544 3131 or 021 522 775  
A 25 Maisey Rd, Redwood Valley  
[www.heirloomplantnursery.co.nz](http://www.heirloomplantnursery.co.nz)  
[www.tinyurl.com/Phippa-Foes-Lamb-on-Facebook](http://www.tinyurl.com/Phippa-Foes-Lamb-on-Facebook)

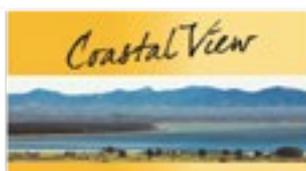


# Quality of Life

Coastal View Lifestyle Village offers everything you need for a wonderful quality of life. Weekly social events, exciting outdoor activities, sunny and spacious architecture, remote healthcare monitoring (using Spritely telehealth device) and the knowledge that there is assistance available when needed.

With a premium care facility on site offering resthome and hospital level care.

A new generation lifestyle village.



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