

# mudcakes & roses

THE MAGAZINE FOR NELSON TASMAN SENIORS



## What's inside:

Locked down but looking up

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Antarctic adventurers

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Introducing Sally Rees, new food columnist

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Nelson's "City For All Ages" strategy

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Plus gardening, books, puzzles and more

# EDITOR'S Letter



Like many New Zealanders, I had never heard of the city of Wuhan before the news broke of a deadly new coronavirus in China. I felt sympathy of course, but the disease seemed far away. As the virus spread beyond China, it seemed less remote. And then, almost overnight, the virus was in New Zealand.

Shops were shuttered, streets and public spaces emptied, schools and businesses of all kinds were closed. Sequestered within our country and our homes we learned new ways of staying in virtual touch when actual touch could be deadly. We learned how to queue for essential services or make do.

With few exceptions, we worked together, in the Prime Minister's words as "a team of five million" to combat Covid-19. As we go to print, it seems that New Zealand has won the battle to limit the transmission of the virus and Covid-related illness and death.

The country will be counting the economic costs for years to come. However, many New Zealanders paid the price immediately in

fractured families and lost jobs. Many who still had jobs worked in high-risk environments like hospitals, resthomes and supermarkets.

Much of the suffering was private and invisible. For example, Philippa Foes-Lamb our gardening columnist, writes this month about losing her mother during lock-down. She didn't die of Covid-19, but travel restrictions meant that Philippa couldn't be at her dying mother's bedside, or attend her funeral. Age Concern reports on its work with older people who were particularly vulnerable – to the virus and to social isolation during lockdown.

And yet, thankfully, there's something irrepressible in the

human spirit that remains optimistic and can find humour and meaning in even the direst situations. Several of our columnists report that lockdown gave them time for contemplation and brought gratitude for the small pleasures of life.

The April issue of Mudcakes was a victim of Covid-19: we couldn't print or distribute it. We are grateful therefore that the printer is at work again and our distribution outlets are open.

Wishing you good health and optimism for the months ahead.

*Ro Cambridge*

## In this issue

- 4 In wild contrast to the domestic limits of lockdown, a couple of intrepid retirees explore Antarctica – the coldest, driest, windiest place on earth.
- 8 Instead of celebrating life in the garden, our gardening columnist Philippa Foes-Lamb mourns the loss of her mother during lockdown.
- 9 Introducing Sally Rees, our new food columnist. She'll be applying her expertise as a chef and home economics teacher to bring you healthy food ideas and recipes.

**On the cover:** Our cover design this month is called "Hey! I miss you" by Daniel Barreto. It was among the art contributed by artists from around the world in response to a request by the United Nations for graphics which would help fight the spread of Covid-19 and unite the world during the pandemic.

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Te Kaunihera o te tai o Aorere





## Wild things



### Locked down but looking up

Quite unexpectedly, I found there were things I enjoyed during the Covid-19 lockdown.

**1.** The sounds of silence. The sound of complete silence for several hours a day: no commuter traffic, no planes. Human voices became quieter, less hurried. I had time to listen, and in the absence of background noise, found it easier to engage with the sounds of nature.

**2.** Birds, birds, birds. In April, searches of [nzbirdsonline.org.nz](http://nzbirdsonline.org.nz) increased by 42% with fantails the most searched for bird. Perhaps this was because as they slowed down, people observed the world more closely.

I got the impression that some birds had also changed their behaviour. Before lockdown it wasn't unusual, to see a Californian Quail or two on a high-speed dash across the road. On day two of the lockdown I came across a bunch of about twenty

sitting on the tarmac. Yes, sitting. But not for long. Once they saw me they dashed up the road in a tight bunch before scattering. That's when I realised there were more quail in my 'hood than I'd thought.

The next day I saw a larger flock, at least fifty, doing the same thing. I haven't seen it since, probably because the road quickly became thronged with walkers and cyclists. Quail will still be there, but have become furtive again.

Every day and all day, throughout lockdown, if a door was open, fantails came to share my solitary bubble. I put this down to my unexceptional housekeeping, and the fact that I can't see the cobwebs because I need new glasses.

I had a visit from the kingfishers who have already reared two families here this season. It was only a dalliance: they left a week later.

**3.** The road as a social centre. I live on a no-exit road. Three kilometres long, it's home to more than 30 households. The tarmac is wide, the verges wide, all ideal for walkers to stop and talk while multiple-social-distancing.

Poppy, the terrier, is still mystified about this roadside festivity. She can't accept that she's on a lead and not allowed to reach out to all the people she wants to talk to.

**4.** Time for reflection. The climate crisis is still a pressing problem although it's been off the radar while we deal with Covid-19.

The big question now is how will we – and 7.8 billion others around the world – work together to deal with it? Lockdown has reduced carbon emissions and reduced air pollution, but sadly we seem far from coming up with a long-term plan to tackle the climate issue.

### Columnist: Anne Hilson

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



A Chinstrap Penguin hitches a ride

## Antarctic adventurers

Last year two local retirees visited Antarctica on an expedition that seems the stuff of dreams during a pandemic.

In the summer of 2019, Gary Clover of Richmond, and Tom Veitch of Golden Bay, sailed from Bluff, through New Zealand's sub-Antarctic islands to McMurdo Sound at the southern end of New Zealand's Ross Sea.

Gary, a retired Methodist presbyter and Tom, a retired harbour pilot joined a month-long expedition managed by Heritage Expeditions, a Christchurch-based, family-owned business. Heritage Expeditions was founded 25 years ago by Rev Rodney Russ, a former DOC Ranger and biologist and now makes it possible for ordinary, non-scientific people to explore the sub-Antarctic islands and the western shoreline of the Ross Sea.

Heritage Expeditions leases two polar vessels from a Russian scientific institute for its Antarctic voyages, each of which is Russian-crewed and carries 50 passengers.

It was aboard one of these vessels, *The Spirit of Enderby* (Professor Khromov) that Gary and Tom made their trip to Antarctica.

As a historian, Gary looked forward to visiting the huts of two early British polar explorers, Scott and Shackleton, which have been renovated and preserved by New Zealand's Antarctic Heritage Trust. Tom hoped to experience the continent's pristine polar wilderness and interact with polar flora and fauna.

Although sea ice precluded a visit to Scott Base, the men achieved their goals. Gary, although suffering from an inflamed knee, was still able, with support from the Russian crew and the expedition staff, to take part in walks across the Enderby, Auckland, Macquarie and Campbell Islands and take numerous daily trips in the Zodiac inflatable boat. As the ship left Antarctica he even joined a dozen other hardy souls in the traditional plunge into 10 degree polar water.

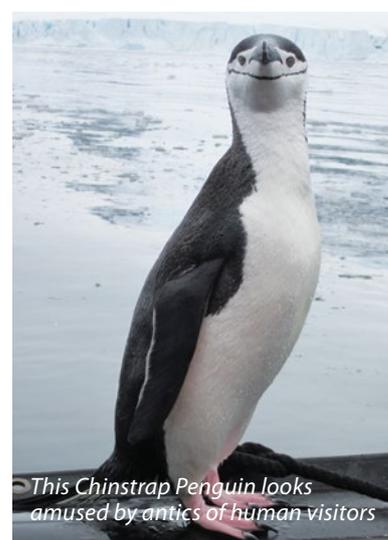
Back in sunny Nelson, Tom Veitch and Gary Clover compare notes on their Antarctic adventure



Gary Clover inches into the freezing waters of the Antarctic Ocean



This Chinstrap Penguin looks amused by antics of human visitors



Gary Clover gets down with a King Penguin on Macquarie Island



Mt Erebus



As Tom had hoped, there were plenty of opportunities to “get down and dirty” at eye level with different penguins and seals and various species of albatross and other birds.

“We saw minke, humpback and orcas” says Tom. “They patrol like a wolf pack along the sea ice, corralling their prey to where they can be grabbed”, adding that “we saw giant lily and brachophyllum scrub on Campbell Island, and giant daisies on the Snares Islands.”

Antarctica is the coldest, driest, windiest place on earth and so the trip was not, say the men, “a cruisy, five star hotel, luxury cruise liner expedition”. Instead it was a “get amidst the penguin poo, interactive, educational trip of a lifetime.”

At times the trip was taxing, physically and mentally. The men had to cope not only with a cold and often hostile environment, but the heaving, rolling and pitching of the ship across the Southern Ocean. Then there were daily trips on the Zodiac and island tramps,

including an all-night trip. Tom gashed his leg while re-boarding the Zodiac and Gary had to be rescued after stepping into a deep water hole on Campbell Island.

Neither was the trip cheap. The month-long voyage cost US\$23,600. This did not include return flights to Invercargill, compulsory medical-evacuation insurance, on-board bar and laundry, or gratuities for the Russian crew and English-speaking staff. The pair also needed to foot the bill for essential equipment like snow goggles, Arctic-quality mittens, and a dry-bag to protect cameras.

Given the expense and the rigours of the journey, would Tom and Gary do it all over again? They are unanimous in their reply: “You bet!”

Observing at first hand the environmental degradation being brought about in Antarctica by uncontrolled fishing and tourism, and the threat of illegal mining, Tom and Gary returned to New Zealand feeling they must be “ambassadors for Antarctica to promote its preservation and protection.”



## On reading books – and writing them

Did you seek refuge in books during lockdown? Perhaps you even thought about writing one. Ro Cambridge did both.

British novelist Rose Macaulay once disparaged a book she hadn't enjoyed by describing it as "A book to kill time... for those who like it better dead". I've certainly used books to kill time and beat boredom, however, I've also used them to stave off loneliness, dull pain, and induce sleep. Over the years, books have also been teachers, mirrors, travel guides, life manuals as well as mute, but eloquent friends. Because I've got the kind of mind which will cannibalise itself unless it's fed plenty of ideas to chew on, books have also been vital to my mental health.

During lockdown I dusted off the long-neglected intention to write a novel. In preparation I chewed my way through a pile of books (what else?) on fiction writing. My flat is littered with stacks of books with titles like *"How to Write Your Blockbuster"*, *"Creating Suspense in Fiction"*, *"Beyond the First Draft"*, *"The Art of Fiction"*, *"The Plot Thickens"*, *"Architecture of the Novel"* and *"Making Shapely Fiction"*. I have also, heaven help me, even glanced through *"Writing a Novel for Dummies"* and *"See Jane Write: A Girl's Guide to Writing Chick Lit"*

even though I have no desire to write a book about handbags and high heels.

If you share my delusion that there's a novel lurking in you somewhere, you might like to know I've learned from my extensive research into the art and craft of novel-writing.

Let me tell you about the writing guides first: a lot of them aren't actually terribly helpful. Some of them tackle the novel as a theoretical and technical problem which can be solved with diagrams and graphs and the right number of beats, through-lines and plot points. In order to expose the novel's construction, these guides strip a book's carcass so bare that all that remains is a sad little pile of bones.

At the other end of the spectrum is the cheerful of-course-you-can-do-it guide. This kind of treatise will inevitably advise you to "write what you know" and "show not tell". It will assure you that if you write just 250 words a day you can write a novel in a year although it offers few clues as how you might select or arrange the 90,000 words you bash out. They are often peppered with humorous quips from famous authors. "Writing is easy; you just open a vein and bleed" recurs with some frequency.

Some of the best guides are written by people who understand a lot about how life works, as well as how novels work. They help a writer understand the kind of artifice which is required to make the novel into a compelling facsimile of real life. It turns out that life needs a lot of shrinking, simplification, selection and streamlining to make it seem real in a novel.

Our real lives are plotless, they're just one damned thing after another, or even worse, as Edna St. Vincent Millay claims, they're "one damn thing over and over". A novel however, always has a plot – a chain of events linked by causality. In real life we never have direct access to the consciousness of another human being. In a novel we do, or at least it feels as if we do. In real life people trim their toe-nails, wait in checkout queues, check their bank statements. Characters in novels hardly ever do.

What the very best of the novel-writing guides did for me was to remind me of the extraordinary power of the novel. Stephen King invites us to think of writing/reading as a form of telepathy. "Let's assume," he begins, "that you're in your favourite receiving place, just as I am in the place where I do my best transmitting [his writing desk]. Look – here's a table covered with a red cloth...

on it is a cage. In the cage is a white rabbit... On its back, clearly marked in blue ink is the numeral 8... This is what we're looking at, and we all see it... I never opened my mouth and you never opened yours. We're not even in the same year together, let alone in the same room... except we are together... we're having a meeting of the minds."

This is the miracle which happens every time you read a well-written novel: you enter what American writer John Gardner calls "a vivid and continuous dream". Our entry into the dream is so immediate and frictionless that we are mostly unaware that it's happened... black marks on a page, lies written by someone who may no longer even be alive, have taken us out of the real world and planted us in another compelling fictive universe.

I'm off to walk the dog now. On the advice of Kurt Vonnegut, the highly successful author of the novel *Slaughterhouse 5* and many others, I'm going to have a quick glass of water before I go. Vonnegut used to assure the students in his fiction-writing classes that "Even characters paralysed by the meaninglessness of modern life still have to drink water from time to time."





## Gardening tips and tricks



### Mourning my mother during lockdown

Life in lockdown was surreal for everyone in so many ways, especially if it meant not being able to visit family. For me, it meant not being able to be with my gorgeous 92-year-old Mum in New Plymouth, as she entered the last few weeks of her life. Ironically, she began to deteriorate more just as the lockdown was announced and this was the hardest part for me.

Mum and I have had a very special relationship and our relationship grew stronger after Dad died 21 years ago. Our daily (sometimes twice-daily) phone calls since then were always filled with Mum's sound advice and opinions plus lots of laughter as I regaled her with the "bizarre happenings" that make up my daily life. She adored birds and loved flowers but didn't really like gardening, which I always found a

bit of a contradiction. She'd grumble about the need to garden in order to enjoy flowers and I used to tease her about that.

Mum was an incredibly independent, capable woman so moving to a rest home a few years ago took a bit of getting used to but she settled in fairly well. Her pure white hair, ready smile, glorious laugh and very definite likes and dislikes captivated nurses and carers alike. After breaking her hip on an outing two years ago Mum returned to the hospital wing of the rest home, where she remained – well looked after and loved by the staff.

Mum didn't know anything about the virus or the lockdown because we didn't want her to worry about us. During lockdown I phoned twice a day – in the morning to speak to Mum if she was awake and again in the evening to talk with the senior nurse to find out how Mum was.

At times Mum was too sleepy to talk, so the nurse would place the phone by Mum's ear so she could hear my voice. When I did get a response, even a tiny one, it filled my heart with joy and sorrow at the same time because I so wanted to be there.

Mum died on 22 April. I had to make the tough decision to stay safe and not try to get permission to fly to Wellington then drive to New Plymouth for her funeral. I sat here in my studio/office attending the funeral via Zoom. One thing is certain – I will never forget how I felt during lockdown.



### 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.*





## Food for thought



### Introducing our new food columnist

Hello dear readers!

I was delighted to be asked to take over as food columnist for Mudcakes & Roses. I've spent my whole life around food. Some of you may remember that I once owned Coachlamps, the little cottage restaurant in Harley Street from 1985 – 1990. For about three years I was the chef at Ernest Rutherford Retirement Village and the residents there loved it when I cooked on their monthly Fine Dining evenings.

In this column I plan to bring you lots of recipes (mostly plant-based) as well as information about edible plants that you'll find in the community and perhaps in your gardens. I'll be writing about everyday meals – breakfasts, lunches, dinners, snacks plus

special occasion foods – while introducing seasonal and local vegetables and fruits.

I'm a very keen gardener and have been involved in the Waimarama Community Gardens for six years. Belonging to the Marybank Garden Club gives me the opportunity to learn more about flower gardening, source plants and meet other garden-lovers.

I believe that we should be eating more locally grown food which is, of course fresher, and supports our growers and the local economy. I'll discuss their nutritional properties, why they are good for us, and include some history if that's relevant.

I'll sort vegetables by category into root vegs, green leafy vegs, salad vegs, the squash family, summer vegs, winter, autumn and spring. Nuts and seeds are important categories too, so they will get a mention.

I will also cover green leafy vegetables and why they are valuable item in our diets. Sprouts and micro-greens (not the Brussels variety!) are an important source of protein so I'll explain how to easily produce your own sprouts.

One of my recent projects is facilitating cooking classes for older people in conjunction with the Nutrition Foundation in Auckland who have put together an excellent programme called Just Cook 4 Healthy Ageing for those over 65.

We are currently in the planning stages for the next programme which begin in a couple of months. If you would like to be considered to join our next programme please email me at [sallyrees60@gmail.com](mailto:sallyrees60@gmail.com).

I look forward to helping you to stay healthy in your senior years!

### 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](http://www.naturalnosh.nz). Facebook: Natural Nosh.*





From left are CAN members Kindra Douglas, Mary Ellen O'Connor, Sonja Lamers

## Sharing the warmth

'Share the warmth' is the message from Community Action Nelson, now in their third year of encouraging Nelson seniors to pass on their Winter Energy Payment – if they don't need it themselves.

Spokeswoman for CAN, Mary Ellen O'Connor, said the social action group is made up mainly of retired community workers, who are very aware of families 'doing it tough' in our region.

"It just seemed to us that there are a lot of retired people in Nelson for whom \$40 is not a lot of money, while for some poorer families and individuals it could mean the difference between running the heater or going cold," she said. "Knowing how tough the Covid lockdown has been, we're suggesting rather than declining the Winter Energy Payment, we'd love to see them pass it on to do some good right here in Nelson."

Mary Ellen says CAN fully realises there are pensioners who do need the supplement.

"We're not intending to pressure anyone, but it seems like a good opportunity for those who can afford it to spare a thought for families where children may be going to bed cold and suffering the health consequences of cold, damp homes."

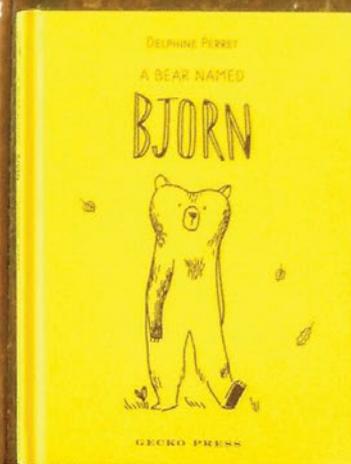
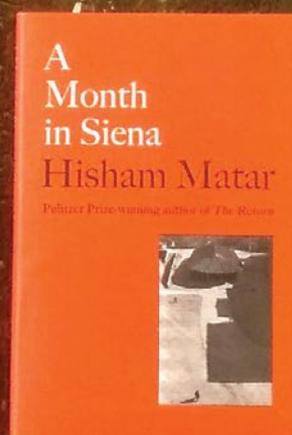
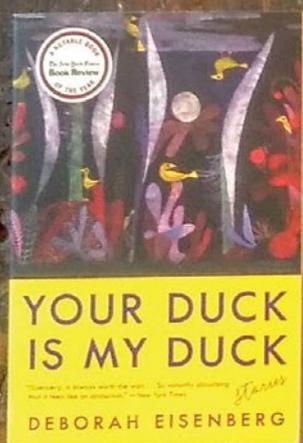
The Nelson Budget Advice Service and the Fifeshire Foundation are acting as agencies to collect the money and pass it on to where it is most needed. Over the past two years several thousand dollars have been donated under the Winter Energy Payment scheme, and passed on to cover power and wood costs.

People who are interested in helping can opt to set up a weekly or monthly bank transfer, or to make a one-off payment. If you want to do a one-off donation, the payment runs for approximately 22 weeks so that would be \$880 for singles and \$1,380 for couples.

"People might opt for just a small one-off donation," Mary Ellen said. "Us 'oldies' have had a pretty good innings in terms of government support and this is a way to show we are thinking about others."

You can pay direct to the bank account of Budget Advice (03-1354-0240911-00) or Fifeshire Foundation (03-1354-0048778-04).

**If you don't receive the Winter Energy Payment yourself and need help with heating costs there is more information about applying on these organisations' websites, as well as more about their work in the Nelson community.**



## Thinking volumes

The VOLUME BOOK BAR will be serving good books Monday—Friday, 9 AM—1 PM. Books can be ordered via our website at any time, and delivered to your doorstep or collected from the shop. We can be contacted by email, telephone or text.



### Your Duck Is My Duck by Deborah Eisenberg

Each of Deborah Eisenberg's perfectly poised, preternaturally aware, precisely composed and sharply enjoyable stories carries the heft and resonance of a novel (and probably takes her about as long to write). The reader is plunged into clear cold text, and, in finding their way to the surface to draw breath, they feel the force of the deep currents of unease that flow through contemporary American society.

### High Wire by Lloyd Jones and Euan Macleod

A collaboration between writer Lloyd Jones and artist Euan Macleod, *High Wire* is an arrestingly beautiful and deeply thoughtful picture book for grown-ups. The book explores the tensions, exhilarations and dangers of the metaphorical

tightrope walked by all who step out above the void in the search of new experience, and other tentative structures reaching across voids and gaps. Macleod's figures struggle against consuming backgrounds, or to emerge from the scribbles that are their genesis, while Jones's words slice and hum with the clarity of taut wires about to snap.

### A Month In Siena by Hisham Matar

After writing *The Return*, a book about his father's kidnap by Gaddafi's Libyan secret police, Matar travelled to Siena to visit the Renaissance paintings he had admired for so long and to seek solace. Siena, to him, he writes, is what Mecca or Rome or Jerusalem is to the devout, and the book is full of observations on the importance of art to human experience (and of wonderful paintings).

### A Bear Named Bjorn by Delphine Perret

Bjorn lives in the forest with his animal friends. When a sofa is delivered to his cave, he is not impressed – what will he do with it? When his friend Ramona, who is a human and lives in the city, sends him the present of a fork, he knows what it is for – to scratch his back – but what would be a good present to send in return? Bjorn is happy just being himself – he doesn't want to wear his new spectacles, because he likes the world blurry. A charming book about being happy with who you are.

#### VOLUME:

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# The Webanaut

News and stories from the internet

Our “webanaut” Ro Cambridge searches cyberspace for interesting news and ideas on age, ageing and the lives of older people.

## How to use these links to find out more

Open the web browser on your computer, mobile phone or other device, and type the 'bit.ly' link for the topic you're interested in into the search bar.

## Radio Recliner: a pirate radio station run by old timers

Radio Recliner is a pirate radio station run by residents of senior living communities across the U.S. The tone and content of their shows depends on the interests and personality of the presenter. “DJ Real Talk” for example, invites listeners to ask her questions and she’ll “tell you like it is, without the sugar”, while “DJ Miss Fancy Pants” likes “Dolly Parton a lot. She’s a hoot.”  
**Read more and listen to your choice of DJ:** <https://bit.ly/2XglAmo>

## Life under lockdown in small town New Zealand

Margaret Pullar, an 87-year-old retired teacher, psychotherapist and farmer’s wife reflects on living alone under lockdown in Gore. She’s old enough to remember the black-outs and petrol rationing of World War II when she and her neighbours knitted socks and sent them to New Zealand soldiers overseas.  
**Read more:** <https://bit.ly/3cVaJpB>

## Pandemic: the perfect time to talk about death and dying

This article suggests that Covid-19 makes it even more important now to “think about who you would want to speak up for you should you become sick and dying, and what matters to you most.”  
**Read more:** <https://bit.ly/3cWwxRK>

## The ‘new normal’ for many older adults is on the internet

Staying at home during a pandemic can save the lives of older people, but increases the risk of social isolation.

However, during lockdown many seniors picked up new tech skills and began to use the internet to talk with friends and family, consult with doctors, participate in fitness classes or play scrabble or card games.  
**Read more:** <https://bit.ly/2XkNleQ>

## What is it about old age that we are so afraid of?

In a recent column in the Guardian, Charlotte Wood asks herself and those around her “what are we really afraid of when we think of old age?” She comes up with some interesting answers and also uncovers the surprising fact that global studies show people are very much happier at 90 than they are at 18.  
**Read more:** <https://bit.ly/3g8yXPv>

## Let's never return to normal

Sam McGlennon, climate risk and resilience advisor suggests that Covid-19 has revealed truths about climate, social and economic conditions that may galvanise us into doing things differently from now on. He argues that “this may be our last real chance for boldness and blue-sky thinking.”  
**Read more:** <https://bit.ly/2ysyFls>



## That's life



### Life In Lockdown

#### "It was the best of times, it was the worst of times"

Perhaps I should apologise for stealing Charles Dickens' famous opening lines, but they seem entirely appropriate when I consider my personal experience of lockdown 2020.

Like many readers, I normally live alone and while the prospect of an unknown number of weeks spent in solitary isolation was not altogether disagreeable, I quite liked the idea of sharing my bubble. Thus, when a friend who, through circumstances beyond her control, was rendered temporarily homeless it seemed like a good idea for her to make herself comfortable in my guest room.

But the real hero in my story is my seven-year-old Labrador Retriever named Quanda. Had I been left to my own devices, I suspect I wouldn't have moved very far from my sofa – Netflix and several other

streaming platforms really came into their own over the last few weeks.

But if you own a dog, you have a serious responsibility to ensure they receive adequate exercise on a daily basis. And so there was nothing for it but to take to the streets (armed, of course, with a suitable supply of doggy doo bags) where, thanks to my dog, I discovered the pleasures of travelling through my neighbourhood on foot.

It certainly helped that during late March and throughout April the deciduous trees in Nelson South put on a magnificent show. Tree after tree decked out in brilliant autumn colours. What a fabulous time of year to explore the streets, cul de sacs, reserves and parks in my 'hood, crunching through the drifts of leaves and watching my dog revel in the sensory pleasures these outings offered.

Many people in my neighbourhood and elsewhere, no doubt, were also out and about enjoying the unpolluted air and quiet streets. Another benefit of these expeditions was the opportunity to exchange pleasantries with them (at a safe distance, of course).

As for the worst of times?

Well, that part wasn't actually too bad. Interestingly it had everything to do with very different cooking styles. My temporary housemate favours kale and celery as key ingredients in almost everything she eats, including breakfast. I'm the kind of cook who's inclined to add extra cheese and a baked spud to whatever delicious overload of carbohydrates I'm putting together. We both made interesting culinary compromises but overall we managed to cook and eat together without any blood on the floor.

### 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 dog.*

# Our Community

## News from Age Concern

### What we've learned during lockdown

Age Concern is a charity whose core aim is to keep older people connected, safe and free from harm and so the pandemic lockdown has been extremely challenging. The past couple of months have highlighted issues which we have been talking about for years. We truly hope that as a society we'll be better off in the new 'normal'.

The vital importance of social connection was made even clearer during lockdown. We've long promoted it as one of the keys to keeping healthy and well. Now that more New Zealanders have had the experience of social isolation, they will have a greater concern for older people who are *always* by themselves.

Like most other work places, we had to arrange for our staff of seven to work from home since March 23rd. This has meant grappling with new technology, meeting on Zoom and figuring out how to keep older people connected with society when they've been told to stay at home.

Of course, many people in the 70+ bracket do not consider themselves either 'old' or 'vulnerable'. They lead full, busy lives and are active, engaged and capable. To be told they need to stay at home has been challenging for many!

At Level 4 we very quickly realised that clients and members really appreciated the check-up phone calls we made. This led us to launch the *Phone a Friend* service in early April. Our volunteer visitors – many of whom are over 70 themselves – unable to make personal visits were very willing to phone people instead. *Phone a Friend* has been a real success with about 50 people receiving regular calls from volunteers. It's a service we will maintain as long as it's needed.

We are excited about *TechConnect*, another new service we have launched. This service was established



to assist older people frustrated by the assumptions that everyone is connected to the internet. We spoke to many older people during lockdown who have no internet connection, computer or other digital device and are solely reliant on "old-fashioned" means of communication. *TechConnect* will provide a device and internet access to older people who want to upskill digitally, but aren't sure how or where to start.

We maintained our elder abuse response service during lock-down. Our advisor Mal was able to support people via the phone, and refer them to other services as needed. Sadly, we have seen some cases of abuse during these times – a reminder that not everyone is fortunate enough to live in a safe and secure bubble.

I'd like to thank everyone who looked out for older people during this challenging time – whether it's neighbours or family members – and ensuring they've had the support they needed. We were inundated with offers of help. In fact, we got so many we weren't able to take them all up, but it was heartening to find that in times of crisis there are those willing to put their hands up to help. Thank you to you all.

*A report from Caroline Budge,  
Manager, Age Concern  
Nelson Tasman*



**Get in touch with Age Concern Nelson Tasman**

**Phone 03 544 7624** 62 Oxford St, Richmond 7020

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

**Website** [www.ageconcern.org.nz/council/nelson](http://www.ageconcern.org.nz/council/nelson)



# News and Information

## Nelson's "City For All Ages" strategy – an update

The City for All Ages Community Steering Group is working on a strategy to make Nelson "An age-friendly community that values the experience and wisdom of all people", including support of Nelson's ageing community.

At the time Covid-19 struck, the Steering Group was in the middle of a community survey and plans for community engagement mid-year. This work will still go ahead but with some delays and significant modifications to take Covid restrictions into account.

Right now however, we must focus on the pandemic's impact on our older residents. Though we have not suffered the awful death rates seen elsewhere, New Zealand has still been impacted by the pandemic. The full consequences of Covid-19 will not be known for months or years, but discussions have already begun about the impact on older New Zealanders.

While understanding the intent of public communication about Covid-19, some older residents have felt frustrated that it has often reinforced the stereotype of old age as a time of decline and frailty.

This is most certainly not the view of Nelson City Council staff who phoned local residents in their 70s to check

on their well-being: they were amazed at the level of resilience and positivity amongst those they spoke to.

During the pandemic, older people have demonstrated just how valuable they can be. In New York for example, many health professionals came out of retirement at great personal risk, to assist their community and their younger colleagues.

Locally, many older Nelsonians contribute many hours of voluntary work to the community. In fact, some community groups are worried that Covid-19 might mean this volunteer workforce might be much reduced.

Research in 2019 by the Commission for Financial Capability showed that in New Zealand 44% of people aged 65 – 69 are still in paid work, over half of them working fulltime. We know from previous economic downturns that older workers are at higher risk of being made redundant. This is likely to cause hardship for those who continue to work through necessity.

The Steering Group is interested to hear your thoughts on how Covid-19 might impact our older population over the coming months and years. Email your ideas to the Steering Group at [cityforallages@ncc.govt.nz](mailto:cityforallages@ncc.govt.nz)





## Who is your community hero or heroine?

You are invited to nominate a man or woman for TDC's annual Outstanding Community Service Award.

Tasman District Council's Outstanding Community Service Awards acknowledge the unsung heroes and heroines who add so much to the community. The Awards are a way to give them the thanks they deserve for their long-term commitment, generosity, dedication and outstanding service.

"There are a huge number of volunteers who work tirelessly to make our communities better places to live" says Mayor Tim King. Tasman District Council wants you to help identify and celebrate them.

"Even with all the challenges we've faced over the past months due to the effect of Covid-19, the strength of community spirit has really shone through. We want to celebrate the people who are always ready to help when needed."

**DETAILS:** Nominees must be residents of the Tasman District and have volunteered for 20 years or more. Nominations close on 30 June 2020.

More information and nomination forms are available at from all Council Offices and Libraries or at [tasman.govt.nz](http://tasman.govt.nz) (search for "community awards").

Completed nomination forms can be emailed to [gabrielle.drummond@tasman.govt.nz](mailto:gabrielle.drummond@tasman.govt.nz)

## Applications now open for Tasman District Council Community Grants

Do you have an exciting community project in the pipeline? Are you planning an event that can happen when we are allowed to get together again? A Community Grant could help to make it happen.

Funding is available for Tasman-based projects that meet a community need and have community support. Priority is given to projects that can show financial support from other sources as well.

Grants are available for projects in the following categories:

- Community and economic development initiatives
- Arts/culture/heritage/museums
- Festivals and events
- Youth and children
- Social services

- Environment
- Emergency services
- Sports and recreation facilities.

Applications close on 31 July 2020. Download the application form online from [tasman.govt.nz/link/grants](http://tasman.govt.nz/link/grants) and work on the application at your own pace, saving as you go. Send the completed application form back to us using the simple online form.

Further information is available online at [tasman.govt.nz/link/grants](http://tasman.govt.nz/link/grants) or email Lani Evans, Community Partnerships Coordinator at [lani.evans@tasman.govt.nz](mailto:lani.evans@tasman.govt.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



## Maureen Pugh

National List MP based in West Coast – Tasman

0800 628 7336

f wct.maureenpugh

**National**

Funded by the Parliamentary Service. Authorised by Maureen Pugh MP, Parliament Buildings, Wellington.



## Placing the final touches on our brand new Funeral Home



**Craig Mills**  
Operations Manager  
Funeral Director /  
Embalmer



**Karen Wyllie**  
Funeral Director /  
Embalmer



**Stephen Roberts**  
Funeral Director /  
Embalmer



**Andrew Wilson**  
Funeral Director

# WR

**WaimeaRichmond**  
FUNERAL SERVICES

03 544 4400

**Call in to meet one of our friendly team. We will be happy to show you around.**

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



## 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.

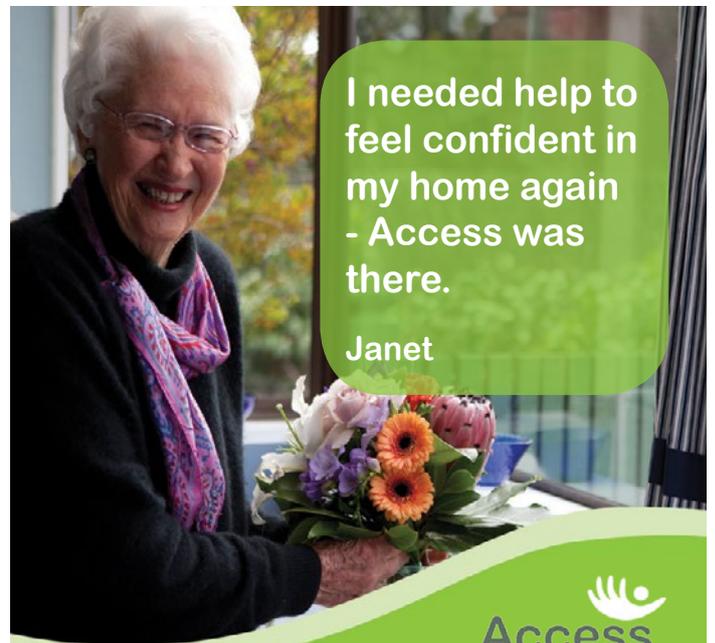
**Give us a call. We're available to help, anytime.**



marsdenhouse.co.nz

03 548 2770<sup>(24/7)</sup>

10% OFF CASKETS FOR GOLD AND GREY POWER CARD HOLDERS



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

Janet

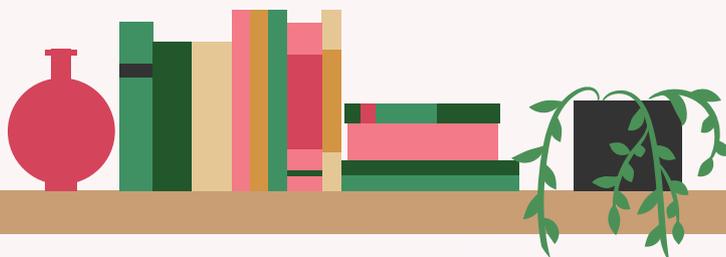
  
Access

## 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 District Libraries



**We are delighted to be open again but during Alert Level Two we will be operating differently in order to keep you, and our staff, as safe as possible.**

Full and up to date information – particularly opening hours – will always be available on our website, but for the moment, here are some of the most significant changes to how we are managing the library.

There are some restrictions as to when and where you can return books after hours. Don't worry though, we're not charging overdue fines, so there's no rush to return them. We'll let you know when we'd like them back!

The libraries will only be open for visits of up to 30 minutes. The number of people in the library will be limited, so you may need to queue. You will need to scan your library card as you enter and exit the library.

From 10.00 am – 11.00 am each day we are open, priority will be given to the over-70s and other vulnerable people.

All children under the age of 14 years must be accompanied by an adult caregiver while in the library. We'd prefer that just one family member enter the library, except parents with young children.

All library events such as Tiny Tots, book groups, craft groups etc are suspended until further notice. Newspapers and photocopying services will not be available, and rest assured we will be quarantining all returned items for 72 hours.

### MORE INFORMATION

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



## Nelson Public Libraries



**Things might look a bit different when you next come into the library.**

Following health guidelines, we have spread out our furniture to allow for social distancing and reduced access to computers and self-check-out units. Returned books will be quarantined for 72 hours before they are processed. Hand sanitiser is available, and we encourage you to use it.

Home delivery is still available for Nelson residents who are over 70 or who have underlying medical conditions. We have also introduced a Click & Collect service which is available for everyone, children and adults. You'll find more information and application forms for both of these services on our website.

Online access is still operating as normal. You can visit our website to access films, books, music, and other digital resources.

The website also has up to date information on current opening hours and the special conditions we are imposing while Covid-19 presents a risk to our community.

We very much look forward to seeing you in the libraries once again. We can assure you that we are working to ensure that this will be a safe and pleasant experience for everyone. And please bear with us as we make our way through the 30,000 plus items the community currently has on loan!

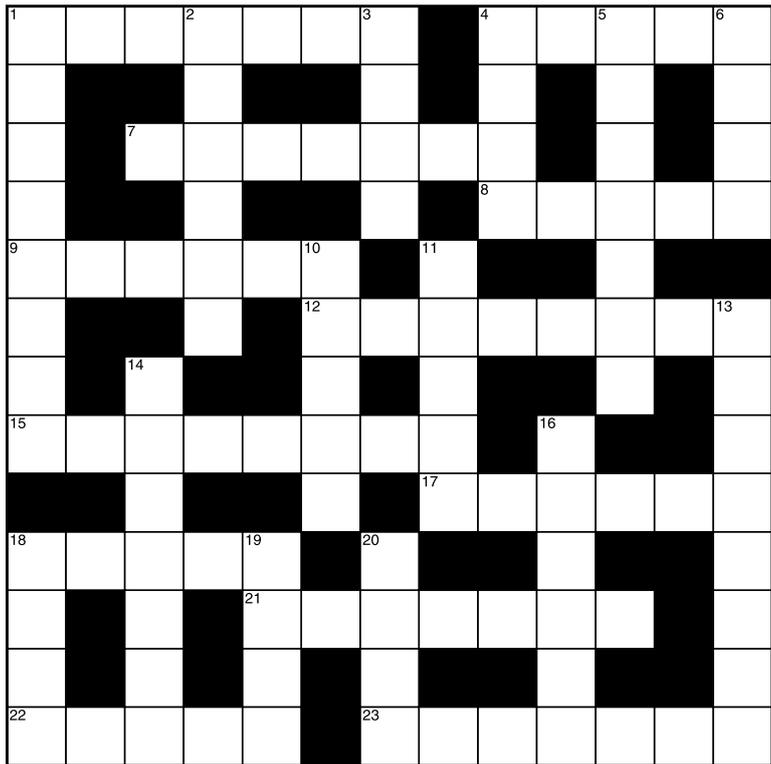
### MORE INFORMATION

**Phone:** 03 546 8100

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



# Crossword

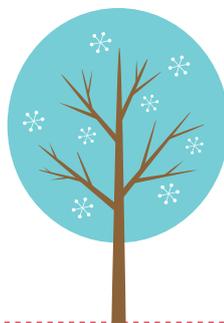


## ACROSS

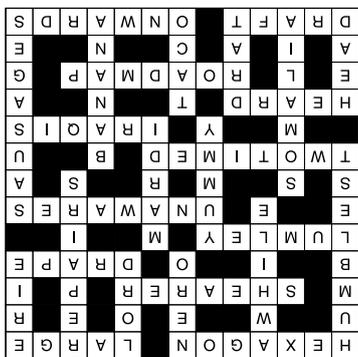
- 1. Six-sided figure
- 4. Huge
- 7. Sheep barber
- 8. Hang in folds
- 9. Actress, Joanna ...
- 12. Off guard
- 15. Deceived (lover) (3-5)
- 17. Baghdad citizens
- 18. Perceived sound
- 21. Driver's chart (4,3)
- 22. Preliminary version
- 23. Forwards

## DOWN

- 1. Meekest
- 2. For some time
- 3. Legendary 'fiddling' emperor
- 4. Earl
- 5. Mends
- 6. One of the Great Lakes
- 10. Delicious
- 11. Fete, ... Gras
- 13. Wurst & salami
- 14. East African country
- 16. Curved fruit
- 18. From ... to toe
- 19. Blast!
- 20. Mexican food shell



# Crossword solution



# Sudoku solution

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

# Sudoku

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

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

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

## TASMAN AND NELSON DISTRICT

### Age Concern

Elder abuse and neglect advice and support. Accredited visitor service. Phone 03 544 7624. Richmond Office: 62 Oxford Street.

### Alzheimers Society

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

### Arthritis New Zealand

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

### Asthma Society (Better Breathing Classes)

New Better Breathing Circuit at Club Waimea. 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).

### 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.

### 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).

### Friends social club

Welcomes single men and women (50+). If you are active, enjoy life and making new friends, join one of our weekly events. Includes walks, restaurants, movies, and pot luck dinners. Contact Clive on 021 205 4731 or Rose on 021 128 3405.

### 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, Takaka, Motueka. Phone 0800 008 011 to book.

### Mobile Toe Nail Cutting Service

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

### Nelson Public Libraries

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

### Marching for Women 50+

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

### Senior Net (Nelson)

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

### 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 65's

2.5-hour session designed to help you stay independent/reduce your chance of having a fall. Phone 03 543 7838. Email [marnie.brown@nbph.org.nz](mailto:marnie.brown@nbph.org.nz)

### Volunteer Nelson

Volunteering opportunities across Nelson and Tasman. A great way to connect socially and do something that interests you. Phone 03 546 7681. Email [admin@volunteernelson.org.nz](mailto:admin@volunteernelson.org.nz), [www.volunteernelson.org.nz](http://www.volunteernelson.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](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

Golden Bay Recreation Centre 2032 Takaka Valley Highway, Takaka Wednesday, 7.00 pm. Friday, 1.00 pm. 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 5259530. 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

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

### Pohara Bowling Club

Phone 03 525 9621 (Jennifer).

### Puramahoi Table Tennis

Phone 03 525 7127 (Rene).

### Relaxation and Restoration Yoga

Yoga for all in Takaka township. Small groups for individual attention 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 Takaka 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).

### Takaka Golf Club

Phone 03 525 9054.

### Takaka Golf Club (Ladies Section)

Phone 03 5259 573 (Rhonda Lash).

### Takaka Spinning Group

Phone 03 524 8146 (Margaret).

### Takaka 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, Takaka – depart 9.00 am. Bring morning tea/lunch, raincoat, light boots or walking shoes. Phone 03 525 7440 (Piers Maclaren).

## HOPE

### Hope Midweek Badminton Club

Wednesday mornings. Phone 03 541 9200 (Carolyn).

### Nelson Veterans Tennis Club

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

## MĀPUA

### Sioux Line Dance

Tuesday – Māpua Community Hall Beginner Class, 9.00 am – 10.00 am. Improver Class, 10.00 am – 11.30 am. Phone 03 528 6788. Email [sioux.wilson@yahoo.com.au](mailto:sioux.wilson@yahoo.com.au).

### Low-Impact Aerobics and Pilates

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

### Māpua Craft Group

Every Friday in the supper room at Hills Community Church from 10.00 am – noon (term time only) for simple craft work. Enjoy guest speakers, demonstrations and group outings. Morning tea provided. Phone 03 540 3602 (Julie Cox). Email [juliehcox@xtra.co.nz](mailto:juliehcox@xtra.co.nz).

### 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).

### 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

### 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.

### Motueka Senior Citizens Hall Activities

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

Indoor Bowls Mondays and Wednesdays 1.15 pm – 3.00 pm. Phone 03 528 7104 (Terry).

Rummikub Thursdays 1.00 pm – 4.00 pm. Phone 03 528 8960 (Dylis).

Cribbage Every first and third Tuesday of the month 1.00 pm – 3.30 pm. Phone 03 528 4260 (Judy).

Activities Afternoon Cards, darts, quoits. Every second Friday of the month 1.30 pm – 3.30 pm. Phone 03 526 8796 (Mavis).

Housie 1.30 pm – 3.00 pm.

Phone 03 528 7703 (Ethel).

### Marching

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

### Motueka 50+ Walking Group

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

President Trevor Michel, Secretary Shirley Hurrell. Phone 03 528 9434.

Monday, Wednesday & Friday: Badminton/Pickleball, 10.30 am – 12.00 pm, \$5pp.

Tuesday & Thursday: Sit n Be Fit, 10.30 am – 11.30 am. \$5pp.

Tuesday & Thursday: Move 2 Music (low impact) aerobics, 9.30 am – 10.30 am. \$4pp.

## 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 summer. 10.00 am winter.  
Phone 03 528 9139 (Eileen).

## Scottish Country Dancing

Wednesday evening 7.30 pm, Scout Hut,  
Lower Moutere Hall. Phone 03 526 6842  
(Alison).

## Social Recreation

Kiwi Seniors (Motueka).  
Phone 03 528 7817 (Vonnice).

## Yoga

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

## MURCHISON

### Murchison Sport, Recreation and Cultural Centre

Find out what is happening:  
[www.murchisoncentre.co.nz](http://www.murchisoncentre.co.nz)  
Email [murchison.centre@clear.net.nz](mailto:murchison.centre@clear.net.nz)  
Phone 03 523 9360.

### Murchison Golden Oldies

Phone 03 523 9792 (Hamish Reith).

## NELSON

### Angie's Aerobics

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

### Aquatics/Swimming/Gym

Riverside Pool. Phone 03 546 3221.

### Belly Dancing with Gretchen

Phone 03 548 8707.  
Email [kitesfun@gmail.com](mailto:kitesfun@gmail.com).

### Breast Prostheses and Mastectomy Bras

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

### Cancer Society Nelson

102 Hardy Street, Nelson. Support and  
information for anyone affected by cancer.  
Cancer Helpline: 0800 226 237. Any Cancer,  
any question. Phone 03 539 1137.  
Email: [info@cancernelson.org.nz](mailto:info@cancernelson.org.nz).  
[www.cancernelson.org.nz](http://www.cancernelson.org.nz).  
[www.facebook.com/Cancer-Society-Nelson](https://www.facebook.com/Cancer-Society-Nelson)

### Cardiac Support Group

Information and support to people affected  
by cardiovascular disease.  
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.

## Death Café

Death Café Nelson. Monthly discussion,  
Nelson Turner Library, first Saturday of the  
month 1.30 pm and 3.00 pm. Film nights  
also held.  
Email [nelsondeathmatters@gmail.com](mailto:nelsondeathmatters@gmail.com)  
(Kristine) or phone 027 939 0024 (Barbara).  
[www.deathcafe.com](http://www.deathcafe.com)

## Golf Croquet

Nelson–Hinemoa, Phone 03 548 2190 (Bev).

## Government Superannuitants Association

Phone 03 538 0233 (Margaret).  
Email [nelson@gsa.org.nz](mailto:nelson@gsa.org.nz).

## Grandparents Raising Grandchildren

Phone 021 062 6583 (Paula Eggers).  
[nelson@grg.org.nz](mailto:nelson@grg.org.nz) / [www.grg.org.nz](http://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 [randjpittman@gmail.com](mailto:randjpittman@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](mailto:nelsongreypower@xtra.co.nz).

## Nelson Male Voice Choir

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

## 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 7516 (Len).

## Nelson Provincial Museum

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

## Nelson Social Dancing Club

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

## 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

Phone 03 546 6562 (Roger or Shirley).

## New Zealand Society of Genealogists, Nelson Branch

Meetings held every fourth Monday, 7.30 pm  
(February – October) at Nick Smiths Rooms,  
Quarantine Road, Stoke.  
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](mailto: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).  
Phone 03 548 1488 (Elizabeth).  
Email [ncpotters@gmail.com](mailto:ncpotters@gmail.com).

## Silver Yogis

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

## Stoke Tahunanui 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](http://www.thesuter.org.nz) for details, 208 Bridge  
Street, Nelson. Phone 03 548 4699.

## Nelson Table Tennis Club

Saxton Stadium, Monday and Friday  
9.00 am – 12.00 pm. All welcome.  
Phone 03 544 8648 (Glenda).

## Tahunanui Bowling Club

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

## Tahunanui Community Centre

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

## 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.

## 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, Tahunanui.  
Phone 03 544 0494 (Helen).

## Ukulele with Gretchen

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

## 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).

## 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).

## Yoga

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

## Yoga

Hot Yoga Nelson. Phone 03 548 2298.

## Gentle Yoga with Connie

Nelson Hearing House, 354 Trafalgar Square.  
Tuesday, 10.30 am – 11.45 am  
Thursday, 5.30 pm – 6.45 pm  
Richmond Headingly Centre  
Wednesday 10.45 am – 12.00 noon  
Connie Phone 5475331 / 0272976147  
Email [connie@jnc.co.nz](mailto:connie@jnc.co.nz)

## 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).

### 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).

### 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).

### 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).

### 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.

### Croquet

New members welcome. Golf croquet: Thursday and Sunday at 1.00 pm. Association croquet: Wednesday and Saturday 1.00 pm (Winter), 10.00 am (Summer). Lawns opposite Health Centre lower Queen Street. Phone 03 541 0623 (Sherly). Phone 03 544 7268 (Betty).

### 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).

### 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.

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

### Pottery

Tutored classes at Craft Potters, 202 Ranzau Road, Hope. All welcome. No experience needed. Email [craftpotters@ts.co.nz](mailto:craftpotters@ts.co.nz).

### 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 Indoor Bowls

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

### Richmond Physiotherapy

Knee classes: Wednesday, 10.00 am – 11.00 am, \$10. Pilates: Tuesday, 12.00 – 1.00 pm, \$15. Pilates: Thursday, 5.00 pm – 6.00 pm, \$15. Senior Fit Class: Tuesday, 10.00 – 11.00 pm, \$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 / 03 541 8211. C Stanton, Sec RSCD club. Email [cstanton@actrix.co.nz](mailto:cstanton@actrix.co.nz)

### Richmond Senior Citizens

62 Oxford Street, Richmond. Phone 03 544 9174 (Pauline or Terry) Tuesday: Cards, 1.30 pm – 4.00 pm. Thursday: Craft Group, 9.00 am – 12 noon. Cards, 1.30 pm – 4.00 pm.

Friday: Exercise group 10.00 am – 11.00 am. Housie and a cuppa, 11.00 am – 12 noon. Hot lunch, 12 noon – 1.00 pm (\$5 per person). Rummikub, 1.00 pm – 3.00 pm.

### Richmond Slimmers Club

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

### Richmond Waimea Community Whānau Group

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

### Social Cards

Richmond Senior Citizens Rooms, 62 Oxford Street Richmond. Tuesday and Thursday Cards, 1.30 pm – 4.00 pm. Friday Rummikub 1.00 pm – 3.00 pm. Phone 03 544 5563 (Kath).

### Sit and Be Fit

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

### Sioux Line Dance

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

### Sport Tasman Richmond

Richmond Town Hall (RTH), 9 Cambridge Street. Phone 03 544 3955 (\$5 per group). Discounted non expiry concession cards available.

Monday and Friday;

Easy-beat: ‘High intensity’ aerobic and circuit class for the more active (9.00 am – 10.00 am).

Shape-up: ‘Low intensity’ aerobic and circuit class for those getting back into fitness (10.30 am – 11.30 am).

ACC approved strength and balance programmes

Club60+ Senior Adventures: (under 60’s welcome too). Active fun, social recreation with weekly planned outings and activities Every Tuesday 9.30 am. Car-pooling available.

### Tasman Tennis Club

Social tennis Tuesday mornings, 9.30 am beside the Badminton Hall, Gladstone Road. [www.tasmantennisclub.info](http://www.tasmantennisclub.info).

### Veteran’s (55+) 9 Hole Golf

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

### Yoga Classes for stiff and sore spots

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

## STOKE

### 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.

### Housie Evening

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

### Just Us Drama

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 027 547 8178 (Brian)

### Nelson Savage Club

A social club for all entertainers. Variety Concert held at 7.30 pm on the second Wednesday of every month at Stoke Primary School Hall, Main Road, Stoke. Phone Ken Holmes (547 4301), or Robyn Walsh (547 3231).

### 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, \$5. Senior Circuit: Tuesday 10.00 am, \$5 – low impact, all weather activity followed by a cuppa.

Senior Shape Up: Tuesday and Thursday, 9.30 am – 10.30 am.

Chair Yoga: Wednesday, 10.30 am.

### 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/Pickle ball (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 (Wendy).

### Tai Chi for Health:

Phone 03 538 0072.

Email stadium@sportasman.org.nz.

### Stoke Bowling Club

Phone 03 547 1411 (Allen).

### Stoke Central Combined Probus Club

Meets 10.00 am, every fourth Tuesday, Methodist Church Hall, Neale Avenue, Stoke. 03 547 0941 (Colleen).

### 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 Tahunanui 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).

### St Barnabas Stoke

Coffee and chat, Wednesdays, 10.30 am. No charge. Out to lunch – community lunch.

First Wednesday of each month, 11.45 am. Donation accepted.

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

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

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

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

### Greenmeadows Community Centre

Scrabble Club: Mondays 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. Please ring 03 547 2660 for dates.

Monthly movie: Contact office for details.

Stoke Seniors Choir: Meets Wednesdays from 9.15 am – 10.15 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

Flex 'n Flow: Thursdays 12.00 pm, \$8

Strength 'n Stretch: Mondays 10am, \$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.

## TAPAWERA

### MENZSHED

Phone 03 522 4616 (John).

Email menzshedtawapawera@gmail.com.

### Visual Art Society

Phone 03 522 4368 (Kay)

### Walking – Tapawera

Rural Ramblers. Phone 04 541 9200.

## WAKEFIELD

### Live Well, Stay Well Activity Group

Meets every second Tuesday (mornings).

Phone 03 541 8176 (Sonja) or

03 541 8124 (Sandra).

### 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).

### 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.

### Walking – Wakefield

Rural Ramblers Phone 03 541 9200.

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355 Lower Queen Street  
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Email: [nelson.office@healthcarenz.co.nz](mailto:nelson.office@healthcarenz.co.nz)



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