



Grey Power

SEPTEMBER 2020
NELSON GREY POWER ASSN INC

Bee Card is live!

Page 7

**Can tabs for
kidney kids**

Page 14

**Connecting to the
digital world**

Page 25

Visit Tapawera garden for alzheimers awareness

Lindsay Neumann

Alzheimers Nelson

Century-old Tapawera garden custodians, the Rogan's, invite families and friends

to bring their picnics during World Alzheimers Awareness Month (September) and relax among the spring blooms. The gardens will be open each weekend Friday

to Monday, 10.30 to 3.30pm from 11 to 28 September. All entry koha and sale proceeds will go towards dementia support, advocacy and education services Alz-

heimers Nelson provides in the Nelson Tasman region. Sandra, who wishes to increase the awareness of Alzheimers in memory of *Continued on page 3.*



Sandra Rogan and "clarion call responders" preparing garden and sale goodies for Tapawera garden fundraiser for World Alzheimers Awareness Month (September). Standing from left: Sandy Rogan, Shirley Percy, Jenny Quillam, Sandra Nicholls and Margaret Budgen. Seated: Anne Steele, Geraldine Carleton and Yo Tye. On the mower: Janet Moffat.

View our wide range of Daily Living Aids



SALES • SERVICE • REPAIRS • RENTALS



Arthritis Gloves
Compression that helps decrease joint pain and swelling



Jar Openers
Set of 3 Jar, Bottle, and Tap turners



Sock Aid
Sock aid that makes it easy to put your socks on



Shoe Horn
Long handle gives excellent reach

Presidents report

Sue Sara

Hello from your new president.

What a busy time I have had getting my head around everything that is required in the office.

I think I am finally making headway. There is absolutely no way I would ever be able to fill Christine's shoes and have no thoughts of even trying.

We had a highly successful AGM as you will read further through.

Our Out and About membership drive sadly never happened in late March & April due to Covid-19. There were many enquiries from members worried as they had not paid their subscriptions. As a result, the office has been busy

following the lifting of restrictions with members renewing.

Our Volunteers phoned over 1087 members during lockdown. These were identified as living alone or

no email, just checking on general welfare.

What should have been a brief conversation often turned into hour long chats as they were so happy to hear from

someone. Some great stories were told but they are nothing for the Press, TV or Radio.

I am in the process of putting together another one of our popular Forums in the near future including a guest speaker.

Our Federation AGM has been altered in dates due to Covid-19 and is now be-

ing held towards the end of the year.

The Nelson Branch is extremely proud of our previous President. Her presentation to the select committee regards the closure of Kiwibank in Stoke.

Nelson was named as one of the "Pilot Hubs" to be rolled out in March 2020. This is now looking like December but at a recent meeting with Nelson Mayor she stated she

was going to follow up.

Our application for Charity Status was declined by Charities Commission on 15th May 2020, more than two years of us providing information as requested. An 11 page report on reasons was in our view very inaccurate. We question if it is relevant to apply the Preamble of the Statute of Uses of 1601 for a definition of "Relief of the Aged".



Nelson Greypower Committee 2020/2021

Sue Sara

Kevin Gardener

Pam Coltman

George Truman

Linda O'Dea

Pauline Daly

Pat Curry

President

Vice President

Secretary

Treasurer

Committee

Committee

Committee

Buying or selling a vehicle?

Put my experience to work for you

Looking to purchase a vehicle?

I have access to all makes and models, and all prices to suit.

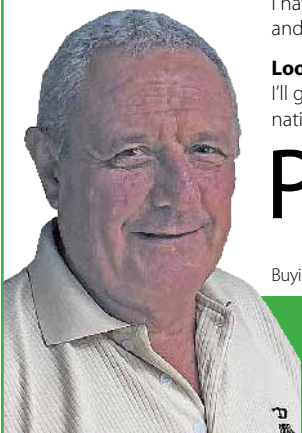
Looking to sell a vehicle?

I'll get you the best price from my nationwide client network.

Paul Kelly
(RMVT) Ltd

Buying and selling motor vehicles in Nelson for 40 years.

Phone me on
021 495 555



Nelson Grey Power

33 Putaitai Street, Stoke

(Between Stoke Pharmacy/NZ Post Shop and the walkway to the Stoke Library)

Office Hours

Mon-Fri 10am - 3pm

Ph: 03 547 2457

P. O. Box 2190 Stoke 7041

admin@greypowernelson.org.nz

www.greypowernelson.org.nz

Disclaimer

Neither this association, nor any person associated with it, accepts any liability for the contents of this magazine which has been prepared in good faith and is believed to be correct. The final say on any articles printed in this magazine is at the discretion of the Nelson Grey Power President who has overall editorial approval.

Visit Tapawera garden to support alzheimers awareness

Continued from page 1.

her mother, Firman Viola Newey (nee Prior) who loved gardening, says: "Understanding, coping and living with dementia is not simple or easy. We all need to know and understand the progression, treatment and care of this disease. To do this, everyone requires as much information and conversation about dementia as possible."

The growing numbers of people living with some form of dementia in Aotearoa New Zealand is expected to be around 170,000 by 2050.

For Nelson Tasman this is an alarming reality with a third of our population in the 65+ bracket, the group most affected by dementia.

The Rogan's, and other community-minded Tapawera residents, have been actively working through winter to bring the garden to marvellous bloom along with an array of goodies that will go up for sale on the day. They and Alzheimers Nelson would love as many visitors as possible to come out and support this event, and invite you to bring your picnics, cameras and cash only and

come along and enjoy the gardens and the Kahurangi area.

There will be gorgeous handmade crafts (many in purple – the colour of Alzheimers Awareness month) such as festive bunting flags and wreathes, as well as other new and pre-loved items on sale, including a huge number of donated terracotta and other garden pots, and home-made preserves.

The garden, at 279 Tadmor Valley Road, Tapawera, is ever changing with the seasons and has a long history dating back to the early

20th century (over 100 years ago!) when Eva Mary Griffith nee Higgins and her husband Edward (Ted) Griffith owned the property followed by other custodians up to the Rogan's in residence there today.

There are also other adventures to be had by bike or on foot in the area, including the Gateway to Kahurangi National Park, Nelson Honey, local cafés, museums, an op shop and craft haven and cycle trail.

For more information contact Sandy on 021 257 2394 or 03 522 4617

CarpetPlus+ REALLY NEAT FLOORING

Carpet, vinyl and vinyl planking

Huge range, Great quality



Exclusive specials instore now



199 Queen St, Richmond

Ph 544 0990

reallyneatflooring@xtra.co.nz

Office News

Kim Harding

Office Administrator

If you have received this magazine then you are a financial member of Nelson Grey Power. Welcome to all

the new members and thank you to the renewing members for your continued support. I hope you are all checking the discount book for businesses who will give discount or ask wherever you go just in case.

Some updates to the discounts available are Sinful Coffee closing, Sports Therapy ACC co-payments now 17% off per visit. Not in the current discount book include Driving Miss Daisy Nelson East – Jane Taylor, The Vege Stall, Dress up box Café, McCashins Brewery Kitchen & Bar is moving to Seifrieds.

I would like to thank Chris Tuffnell for her support during her time as President and wish her well on her next adventures. Welcome to Sue Sara in the role of President and I look forward to working with her for the next wee while. Pat Curry coming onto the Committee will also be an asset for Nelson Grey Power. The National Federation

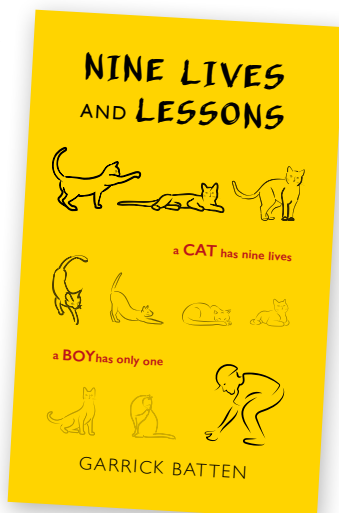
AGM that had already been put off until September is now in October because of the level 3 lockdown in Auckland. The next discount book will be starting to be worked on in September and will be available for the next financial membership year. There is a lot of work involved in creating this little book. Nelson Grey Power tried to organise election meetings with Winston Peters and Hon Grant Robertson which had to be cancelled at short notice. A meeting with James Shaw of the Green Party is at Headingley Centre 3.30-4.45 18 September. A forum was also put on hold due to Covid19 but one is hoped to be held before the end of the year.

ATTENTION GRANDPARENTS

An absolute must for Christmas stockings. \$15, 58 pages, illustrations.

A charming tale of young life lessons from a cat to suit children of all ages.

Available from
The Copy Press
141 Pascoe St,
Annesbrook
or www.copypress.co.nz/shop



(MATTHEWS)
Eyewear. Eyecare.

\$10 off a comprehensive eye examination

10% off Frames and Lenses

See Better, Look Better, Feel Better

1 Buxton Square, Nelson (03) 548 3249
355 Lower Queen St, Richmond (03) 544 4319
217 High Street, Motueka (03) 528 8724

www.matthews.co.nz

Proud to support Grey Power

PlaceMakers®

Saxton Road,
St Vincent Street
& Motueka
03 547 9111

RoCS

Your local bespoke Jewellers since 2005
Unique hand crafted designs



Visit us for all your repairs, remakes,
re-modelling and jewellery valuations

Find our Studio & Workshop at 238a Queen Street, Richmond | Ph: 05 544 9295
visit: www.rocs.co.nz | Follow us on 

Contact tracing - where, how and why?

James Murray

*Senior Communications
Advisor, Nelson City Council*

As New Zealand returned to COVID-19 Alert level 2, from 11.59am on Wednesday 19 August it was mandatory for every business, school, public agency and facility to support thorough and effective contact tracing by supplying a QR code that records location via the NZ COVID Tracer app.

That is why you will see the QR code at all Council facilities in the Nelson region,

you will also have the option of signing in and providing contact details by hand. You will see similar systems in place at schools, health facilities and businesses. If you take public transport there are signs showing your option for logging your journey – including the QR code, website and a phone number for those without a smartphone.

NZ COVID Tracer helps you protect yourself, your friends, your whānau and your community by enabling faster contact tracing.

The app allows you to create a digital diary of places you have visited and in the event of an outbreak this will help contact tracers to quickly identify and isolate anyone who may have been exposed to COVID-19.

Google search 'NZ Covid Tracer' or on your phone's app store to download the Government's contact tracing app. Businesses and organisations can get QR codes at qrform.tracing.covid19.govt.nz.

If you do not have a smart phone, businesses and or-

ganisations should also be able to take your contact details in written form. Supermarkets and retail businesses are not required to do this.

Contact tracing is the next essential stage of keeping the team of five million safe, and we thank you in advance for your ongoing support.

Nelson City Council has been asked by Central Government to help communicate the importance of contact tracing after returning to Alert Level two.



For more useful information and advice visit

www.greypowernelson.org.nz



10% OFF

FOR GREY POWER MEMBERS

Full Thai and Chinese
menu available
Phone 548 1382

OPEN: 11am-2.30pm & 4.30-8pm, Mon - Sat

105 Hardy St, Nelson.

Special Offer

15% Discount

Valid until 18/9/20

**Call Gary now to book your
summer projects**

All exteriors, roofs, etc.

Interiors - Plasterboard Stopping - Wallpapering

Airless Spraying - Painting - Water Blasting

Quality workmanship by a qualified Tradesman

Free Quotes to Grey Power Members

**G T Painting
& Decorating**

Gary Thomas

Ph: 03 547 1258

Mob: 027 454 3973

8 Scotia St, Nelson

or refer to Grey Power Booklet

Bee card is live! Nelson's new cashless bus card

Nelson City Council launched Bee Card at the beginning of August, a new cashless alternative to pay for the bus.

You can still pay with cash, but in order to get a concessionary fare you need to register a Bee Card and add your SuperGold Card. You no longer need to show your SuperGold Card (but may be asked to produce it on request), simply tapping your new Bee Card will either let you travel free on off peak buses or for reduced rates at peak times.

Council's Bee Card team has been talking to Nelsonians about the new system. They spoke to Grey Power about how things have gone so far.

Grey Power: What sort of feedback have you had about Bee Card?

Bee Card: the response has been fantastic, we have given out more than 8000 cards and it has been great to see so many people use them in



Nelson's Deputy Mayor Judene Edgar and Councillor Brian McGurk take the bus on Bee Card launch day.

the first month.

GP: Any teething problems?

BC: Remember to tag off! If you forget we don't know how far you travelled, so you pay a higher default fare. We have signs up to remind people, but hopefully it should be second nature soon! When you tag on with the card, just hold it over the

scanner like you would for payWave, swiping it doesn't work.

GP: Any advice for people who aren't sure about the new system?

BC: Staff at Nelson and Tasman Council Customer Service Centres, the bus depot and our libraries are ready to help with queries. You

can add the SuperGold Card yourself at BeeCard.co.nz, but we can also help you do this in person. The same applies for loading money – you can even ask a driver to add money to your card. This means there's no longer any need to get cash out for the bus, or buy a new NBus card when it runs out.

GP: what happens if you forget your Bee Card –will people be left on the side of the road?

BC: Increasing public transport use in Nelson is one of Council's priorities and one of the aims of the Bee Card system. The last thing we want to see is passengers left behind. If you haven't brought your Bee Card, or picked one up yet, drivers will be lenient and can give advice about the new system.

For more information about Bee Card go to our.nelson.govt.nz and search 'Bee Card FAQ'.

Direct Cremation

Simply straight to the crematorium
with respect and care



Anisy's Tasman
Funeral Home

03 544 1129

tasmanfunerals@gmail.com Locally owned

Grey Power Discount Available

Firewood

Clean Split Dry Gum, Pine Mix.

6mtrs \$450 delivered.

3 mtrs \$250 delivered.

Quality firewood.

NCC & TDC Good Wood Approved

Phone or txt Lindsay

0274 490 622



AGM Report in summary

Christine Tuffnell

Out-going president

Nelson Grey Power AGM was held on Saturday 11 July 2020.

We continue to have the highest membership in the Federation.

Our quarterly magazine was written and sent out to members in June, September and December of 2019 and in March and June of 2020 and remains a popular benefit of membership.

We have continued to meet quarterly with the Mayors of Nelson and Tasman and their CEO's and with Nelson Marlborough District Health Board CEO and key staff and to raise concerns brought to us by members. In addition we:

- Participated in TDC Positive Ageing Strategy and NCC City for all Ages
- Represented on Accessibility for All Committee
- Represented on Positive Ageing Forum
- Represented on Transport Access project
- Met with Nelson Marlbor-



Sue Sara presenting Christine Tuffnell with flowers. Pam Coltman to the right.

ough District Health Board re blood collection services and gaps in provision

- Met with airport manager regarding parking for older people
- Advocated strongly for maintaining Council-owned pensioner housing.
- Presented to Parliamentary to Select Committee re loss of Stoke banking – secured Stoke for pilot of banking hub.

- Supported members during COVID-19 Lockdown and participated in weekly meeting of key personnel implementing pandemic plans.

- Held Members Forum November 2019 – valuable ideas

- Cooperated over two years with the Charities Registration Board - were declined – could only appeal via contesting case law so we

declined to waste members money on this legal avenue. Such avenues are beyond the means of true charities.

Our website has now been greatly simplified and updated and better reflects the activities Nelson Grey Power is now undertaking.

We also upgraded our computer systems in the office with the much appreciated financial support from Network Tasman Trust.

We encourage members to give Network Tasman their support.

A great deal of the work for Nelson Grey Power is undertaken by volunteers – we are grateful for their ongoing support.

Sue Sara was elected your new President at the AGM and Pat Curry has joined the Committee.

Please support Sue and the committee to continue Nelson Grey Power's important work for members.

Thanks to Kim Harding, our Office Administrator, for her sterling job during lockdown and her ongoing commitment to Nelson Grey Power.



One call does it all.

SUPER GOLD CARD DISCOUNT

PLUMBING



DRAINAGE



**FOR ALL YOUR
PLUMBING AND DRAINAGE NEEDS**

(03) 547 0002

www.clyne-bennie.co.nz



Advanced Electrical

HOME CONTROL

Control4 & C-Bus approved installers

Heat Pumps | PV Solar

Security | AV Design & Installation

Cyclovac Systems | Lighting Design

34 BEACH RD, RICHMOND 0800 545 515

New hydro scheme under construction

George Truman

Motorists approaching Murchison from the north may have noticed rows of steel pipes stacked on the ground near the two concrete silos at the Longford turnoff.

By the end of summer, they should form a 2.2 kilometre pipeline down-stream from Lake Matiri to discharge 2.5 cubic metres per second down a 85 metre (278 feet) drop back into the Matiri river, a Buller tributary.

At 5MW, that is enough electricity for 3000 homes and about one-seventh of Cobb Hydro.

Pioneer Energy, who grew out of Central Otago Elec-



Lake Matiri, west of Murchison.

tric Power Board are well experienced in generating on this scale.

They own several stations

including Monowai and Roaring Meg, and supply Summerset Villages. As owners of Pulse Energy who

in turn own Grey Power Electricity you can trace our interest in this new development.

Lake Matiri, west of Murchison lies at 343 metres (1125 feet) above sea level. It was formed by a slip many centuries ago and is a bird sanctuary.

During the construction period it has public foot access on Sundays 16 kms side road, 1.5 hour easy walk to a 8 bunk DOC hut beside the lake. No bookings, first come first served, \$5 hut pass.

Phone 0508363749 or google matiriproject Information – Pioneer Energy Ltd for access rules on weekdays.

Selling? Get The Best Price!

Thinking of selling? We'll make it easy with assistance and down to earth advice on selling and downsizing, decluttering and preparing your home for market.

"Thank you both for the excellent job you did with the successful sale of our property. You exceeded above and beyond our expectations... We have sold six properties now during our shifts around the country and by far your attitude and friendly professional manner exceed all other companies we have used in the past. We have no hesitation in recommending you to any future clients." Ray and Susan



**SPECIAL
PACKAGES
for
Greypower
members**

Mike Price | REAL ESTATE
Mike Price Real Estate Ltd. Licensed REBRO 10000

Grant & Karen Price

16 Bridge Street, Nelson (03) 545 6060

Grant 0274 841 031 • Karen 027 238 1819

Chai Yo
Fresh Asian Cuisine

**Great authentic Thai & Asian cuisine with
the freshest ingredients served daily**

Perfect for large groups and functions

**DINE IN OR
TAKEAWAY MENU**

10% OFF

for all

Grey Power Members



HOURS: Lunch: Mon-Fri 11.30-2.30pm Dinner: 7 Days 4.30-9pm

274 Queen St, Richmond. Phone 544 6489

Parking Meters – make the most of the new system

James Murray

Senior Communications
Advisor, Nelson City Council

Pay-By-Plate meters have been in operation since 29 June, and Nelson City Council staff have been out and about helping people get used to the new system.

Here are Nelson City Council's tips for getting the most out of the new meters.

How do I avoid a queue at the meter?

We expect queues to reduce when people are used to the new meters and PayMyPark app. However, if you see a queue, you can pay for your park or claim your free hour at any meter in the City. If you are paying for two or three

hours of parking, you will need a meter with a two or three hour time limit – you can find these on the periphery of all major car parks. The fastest way to park is with the PayMyPark app – once your details are stored, it takes seconds to pay, and you don't have to use a meter. Meter locations, time zones and more can be found on Council's website: search "Where to Park" at nelson.govt.nz.

Do I have to upload money onto the app to get the free hour?

No, you can claim your free hour without spending any money on the app. Choose your location and the time you want to stay for (up to one hour), press the green button

that says 'Buy for \$xx' and enter your car registration.



Click next and the free hour is applied without charge. Remember each car is eligible for one free hour, once per day.

How do I split up the one hour free parking?

On the meter, input your registration number, click OK, then press 'Adjust Time' to reduce the time down from one hour. You can do this in fifteen

minute increments. If using PayMyPark, choose the time you wish to park for and complete the transaction as usual. If you chose 15 minutes of free parking, you will have 45 minutes left for later that day. If you use your whole hour in one go, you can park in any paid parking spot for free until that hour runs out.

Is there a change to time limits for mobility carpark permits?

No. All the conditions for these permits remain the same.

And if you have difficulty reading the screen...

New brighter, coloured screens will be installed by Christmas. These screens were unfortunately delayed due to COVID-19, but once installed they will be easier to read and use.

For a step-by-step guide to using the meters and app go to nelson.govt.nz/car-parks.

**Get The Best Heating & Cooling
on the market today**

NEXURA

Floor-standing air conditioner offers the best of both heating and cooling as well as comfort and design

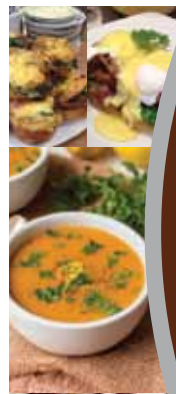


**CitiHeat
& Cool Ltd.**

**Heat Pumps
Refrigeration
Air Conditioning
Ventilation**

9 Oxford Mews, Richmond, Nelson. **p 547 3163**

Nelsons No.1 Japanese Heat Pump Provider



**The friendly team make
you feel welcome and go
the extra mile.**

**Easy access and located in
the Health Centre.**

355 Queen St, Richmond
(Lower Queen Street Health)
Ph 544 1644

Mon - Fri 7.30am to 3.30pm
Sat - Sun 9.00am to 2.30pm



VANILLA BEAN CAFE



“I will be a strong and positive voice for Nelson if I am privileged to be elected as your Member of Parliament.”

www.labour.org.nz

Jacinda Ardern is leading a decisive health response to COVID-19 that puts people first and positions us for a strong economic recovery.

Protecting health and stamping out the virus means our economy gets going again faster.

Labour has worked hard to protect incomes and businesses from the worst of COVID-19.

- 1.6 million Kiwis have been supported through the Wage Subsidy.
- Small businesses supported through Interest-free loans.
- The Winter Energy Payment was doubled.

Labour has also made significant progress on what matters to you.

- We've invested in more police and nurses.
- We've invested an extra \$3.92 billion in the health system in Budget 2020.
- We've announced a new regional banking hub for Stoke.

Warm, affordable housing, access to services for older people and a new hospital for Nelson are top priorities for me.

Labour's rebuild plan is already in motion and now is not the time to risk slowing down.


Let's keep Nelson moving!


Get in touch:

03 539 0960

rachel.boyack@labour.org.nz

www.labour.org.nz/rachelboyack

 /RachelBoyackNelson

 @rachelboyack



Rachel Boyack
for Nelson



Labour

Authorised by Timothy Grigg, 160 Willis Street, Wellington

Forgotten carers in Covid-19

Laurie Hilsgen

Carers NZ

Caring for a friend or family member is something we can all expect to do in our lives.

Almost 500,000 New Zealanders care for friends and family members who have a chronic condition, disability, or are unwell.

Most carers are middle aged or older and 54% have a health condition or disability themselves, while supporting at least one other family member. During the Covid-19 lockdown, many carers struggled to cope with a sudden loss of services, respite, and practical help from extended family members not part of their household bubble.

Caring In Lockdown, a report based on a survey of almost 700 caring New Zealanders, found that many felt isolated and invisible during the Covid-19 outbreak.

"They got through, as carers typically do, but the experience took a toll on their physical and mental wellbeing, and now many faced new challenges due to the Level 3 lockdown in Auckland," says Laurie Hilsgen, CEO of national not for profit Carers NZ. More than a third of the country's family carers live in Auckland.

The findings of its lockdown survey have prompted Carers NZ to call for better information, recognition, and targeted help for carers.

"The lesson of Covid-19 is that we need to support carers, because they are New Zealand's biggest frontline workforce," says Ms Hilsgen. "If the country were ever to face a widespread pandemic, family carers would be the last threshold of hands-on help for many vulnerable people. The country hadn't really thought about putting good support in place for carers and we need to do that now, to prepare better for the ongoing challenges of Covid-19 and future emergencies."

This includes ensuring New Zealand's respite system functions for older people and their families, so carers can have breaks from what can be a 24/7 role at the best of times.

Simple information for carers is also needed so they understand when and how to use masks, gloves, and other 'personal protection

equipment', and who to talk to if the stresses of 24/7 caring become too much and they need emergency help. Keeping carers connected to information and practical help through the pandemic is important, too. Carers NZ, IHC and other charities have created wecare.kiwi to provide check-ins, updates, and the odd fun treat.

A high number of the several thousand New Zealanders registered with wecare.kiwi are older people living on their own, or caring for older family members, says Ms Hilsgen.

She encourages carers and anyone who may need a helping hand through Covid to register at wecare.kiwi or to call Carers NZ on 0800 777 797.

"We can help you to stay informed and part of a wider community of people getting through Covid-19 together."



BEN & MAXXI
EATERY

10% OFF

For Grey Power Members

Pizzas • Burgers • Local Beer & Wine

Try our signature TomYum Pizza
or Peking Duck Pizza

Lunch: Wed-Sun from 11.30am - 2.30pm | Dinner: Tues-Sun from 5pm
294 Queen St, Richmond Ph 03 541 0665



**Qualified
Carpenter**
**available
for all your
home needs**

*Doors hung, showers fitted, cupboards,
shelves and steps made*

All small to medium size jobs considered

*Grey Power member, discounts and a
good job done*

E. A. Huckle Carpentry
Phone Eric 547 3728 or 027 404 9984

Winter was almost a non-event in the garden

Philippa Foeslamb

Winter was almost a non-event in our district, with very little snow on the ranges most of the time and some unusually warm days. This has caused a lot of the treasures in our gardens some confusion. My ornamental dark plum came into blossom about one month early and my daffodils flowered very early too. We haven't had a lot of rain either so I'm hoping for a very wet Spring! Now is the perfect time to get your potatoes into the ground, especially if you already have them chitting (sprouting). Prepare an area by weeding it thoroughly

and it's best to ensure it has not been freshly composted or manured because that can cause lots of "tops" and not many potatoes. One other thing to bear in mind – potatoes detest lime so it's a good idea not to plant them somewhere that has recently been limed for a brassica crop.

If you want to provide extra nutrients your potatoes will love, there is a specific granular fertiliser available. It's important to sprinkle the granules fairly evenly – approximately one handful per square metre – digging it in and watering it in well before planting. Granular fertilisers have the ability to burn tender roots so this is a very

important step.

When planting, rub off all but the strongest sprouts and place them "sprout up" approximately 15cm (6") deep and 60cm apart. You can also dig a trench and place them 60cm apart, covering them with a thin layer of soil. As your potatoes grow, just gradually fill in the trench – this can be easier than trying to constantly mound them up.

Potatoes can also be grown successfully in containers – even a 10L bucket will suffice. If using buckets there is only room for one seed potato per bucket. Bay Landscapes always has a good range, available in 1kg bags,

but you can also buy them singly – the perfect option for this growing method.

If you tend to grow the same potato variety each year, have some fun trying different varieties – there are some gorgeous ones available in garden centres from Morton Smith-Dawe Ltd.

If you'd like to know more about the different early, early/main and main crop varieties please don't hesitate to email me at foeslamb@xtra.co.nz and I'll email you the list.

My absolute favourite is "Heather" – an early/main variety with purple blue skin, waxy texture and the most beautiful flavour.



MY RIDE
RICHMOND

203 Queen St, Richmond (Opposite the Mall) **Ph: 03 544 5429**

OPEN 7 DAYS

Can tabs for kidney kids

Lions Clubs International do many different fundraisers to help many different organizations.

Here in New Zealand, one that is uniquely NZ, called 'Can Tabs For Kiwi Kids'. Lions, with the help of the public, hotels, restaurants, and wineries, collect aluminium cans, can tabs and wine bottle tops.

Once these have been sorted and prepared they are sold to scrap metal merchants. The money is then sent to Auckland to buy toys, games and activities for children with kidney problems. Hence the name "Can tabs for kidney kids."

It can also be used to help support families who may be away from home for long periods of time while a child is in Auckland having treat-

ment. Auckland is the hospital that provides specialist treatment for renal problems.

If members of the public have aluminium cans etc these can be dropped off to Earl Troughton at 6 Snow Place, Richmond. This initiative also fits in well with another Lions ideal of recycling and keeps waste out of the landfills.

Another uniquely New Zealand Lions project is "Heads up for Kids". Lions Clubs in New Zealand in partnership with Resene colour shops collect old New Zealand money like pre decimal currency and foreign money left over from overseas holidays. This collected money is sent to the Reserve Bank which pays the value of it into a Lions administered fund to support New Zealand youth in

many youth projects such as Spirit of Adventure.

Many homes have old money or foreign coins lying in a drawer somewhere. This can be dropped in to a Resene Colour Shop which will send it on to the Reserve bank.

As well as supporting many other worthy causes Lions provide fun and friendship for one another.

If you would like to be part of this awesome organization, make new friends and support community needs contact a Lions member. We always welcome new members.

In Richmond two of these people are Rae-owna Rush phone 03 538 0467 or 0274 500 481 and Nigel Jones on 021 072 3035. We would love to hear from you.



Lion Earl Troughton with bags of can tabs collected.

Flowers and Beautiful Things

Come in a talk to the friendly team at our Richmond florist



Fresh flowers direct from the market & a wide range of gifts

Weekly Door Specials

Richmond Mall (opposite Fresh Choice)

P: 544 2510 or M: 027 776 7077

10% discount to all Grey Power members



**Providing a full range of
Hairdressing and Beauty Services**

• Perms • Foils • Cuts • Restyles • Waxing • Facials • Nails

Ph 544 3133

txt 021336201

Olive Estate 2b Lakehouse Crs, Richmond (off Langdale Dr)

Dignity for our seniors

Aged Care workers shouldered a heavy burden during COVID-19, doing their utmost to provide quality care to residents while working under a staffing system which is broken.

Understaffing and fatigued health workers jeopardise patient safety, our aged care staffing guidelines are 15 years out of date and worse still they are voluntary for aged care facilities. Not only are the current guidelines completely out of date, but being voluntary means aged care facilities are

not held accountable at all for providing an adequate and safe number of staff to residents.

Unsafe staffing needs to be urgently addressed. Our seniors and rest home care workers need government to implement evidence-based safe staffing committed to. Not doing so means residents aren't getting the care required and it means we are risking lives and the spread of illness like COVID-19.

We cannot afford to leave things as they are. Leadership is needed

to ensure staff and residents are safe and well cared for – safe staffing is needed now.

There is ample evidence that understaffing leads to an increased risk of bruising, skin tears, falls, infections and medication errors, and residents' nutritional needs not being adequately met.

We all need mandatory minimum safe staffing levels to keep our vulnerable elderly safe and to enable aged care workers to deliver quality care.

#safestaffingnow

Walking with Grandma

I like walking with Grandma
Her steps are short like mine
She doesn't say "now hurry up"
She always takes her time.

I like to walk with Grandma
Her eyes see things like mine do
Wee pebbles bright, a funny cloud,
Half hidden drops of dew.

Most people have to hurry,
They do not stop to see.
I'm glad that God made Grandma
Unrushed and young like me.

Curtains**Plus+**

REALLY NEAT FLOORING

Curtains & Blinds

Huge range, Great quality



199 Queen St, Richmond

Ph 544 0990

reallyneatflooring@xtra.co.nz

Silver Service Repair Café

We throw away vast amounts of stuff from our households. Even things with almost nothing wrong, and which could get a new lease on life after a simple repair.

The trouble is, lots of people have forgotten that they can repair things themselves or they no longer know how.

Knowing how to make repairs is a skill quickly lost. Society doesn't always show much appreciation for the people who still have this practical knowledge, and against their will they are often left standing on the sidelines. Their experience is never used, or hardly ever.

The Repair Café is changing all that! People who might otherwise be sidelined are getting involved again. Valuable practical knowledge is getting passed on. Things are being used for longer and don't have to be thrown away.

The Repair Café teaches people to see their possessions in a new light. And, once again, to appreciate their value. The Repair Café



helps change people's mindset. This is essential to kindle people's enthusiasm for a sustainable society.

We will repair, or at least have a go at, repairing anything from high chairs to wheelchairs, sewing on a button to mending elbow patches. Toys to internet banking and even give some budget advice. Assist with flat bike tires... to name but a few.

But most of all, the Repair Café just wants to show how much fun repairing things can be, and how easy it often is.

We have been operating since 21 July and have repaired and darned gloves, jersey's, hats, shirts and teddy bears. We have repaired lawnmowers, spades and other tools. Helping people to be more proficient with the internet and banking.

Also some amazing learning handcrafts and even jigsaw puzzles... anything broken. We have seen people moved to tears when their article is restored to good use.

People that volunteer are no experts and do it for fun. So, the "Silver Service Repair Café" is never liable if anything goes bad or wrong. We ask for a donation of \$5.00-\$10.00 at the door and this includes a coffee or tea with a scone and 1 repair. We also ask people to stay while the repair is considered and repaired. No articles are left unattended or left behind.

We need more people with a little skill to come in and help out as we only operate on Tuesdays from 9.30am – 12.30pm and we get pretty busy. Soup and a bun is offered for lunch and a SitAndBeFit class starts up at 1.30pm.

Please contact Atje Faber on 027-2406302 if you would like to help or need help with repairs, or just call in on a Tuesday morning at 61 Tahunanui Drive, opposite McDonalds.



Green

Explore the Green Party's vision for the future of Aotearoa New Zealand at www.greens.org.nz

Authorised by Gwen Shaw, Level 1, 17 Garrett Street, Wellington



**NZ
COMPUTER
SHED**

TUITION & REPAIRS

**03 544 2577
0276 935 308**

davidkaren@slingshot.co.nz

What is a home?

Jacquetta Bell

Do you remember moving into your first home? Perhaps you had capitalised the Family Benefit, perhaps it was a state house or maybe you managed to save a deposit, which used to be possible even for a single income family.

While we of retirement age may still have our housing problems, there's a cohort of young people coming along that many are calling Generation Rent. For them the Kiwi Dream of home ownership looks impossible, which raises issues of housing alternatives and of protection for renters.

Community Action Nelson (CAN) is a group of women with many years of experience in Nelson's community health and social service sector. At the moment, CAN is using a shopfront to raise awareness of Nelson's housing issues and to look

at some alternatives. CAN spokeswoman Jean Simpson says for some years now CAN has had a major focus on housing, which is very strongly linked to health and wellbeing.

"We're aiming to engage anyone with an interest in housing, whether this is millennials wondering how they will ever get onto the property ladder, through to seniors wanting to downsize and use their existing homes more creatively as well as people looking at more secure ways to make long term renting a viable option," Simpson said. "We have heard from people building tiny houses, from the City Council on their plans to intensify in the inner city and we have more to come from councillors, architects, and tenants' advocacy groups and a whole range of other speakers and topics as we work to raise the level of discussion



about this important topic." Simpson said CAN was very grateful to Make/Shift Spaces for being prepared to let a group stage such an installation. What is a Home is in the space on the corner of Collingwood and Hardy Streets. CAN invites people to drop in between 12pm-2pm:

- Tuesday – displays, videos, plans, and background information
- Thursday – talks and discussions on affordable housing

In 2018, CAN produced the report 'What is a Home? A new definition of housing

in Nelson Tasman' and presented this to Nelson City Council. The Report examined issues around housing that emerged from one of CAN's workshops. CAN networked with representatives from the construction industry to identify barriers at Council level that are slowing the process of affordable builds.

The space being used by CAN has been brokered by Make/Shift Spaces, who work with a whole range of artists, creatives, community and special interest groups to fill spaces with installations and activity.



- Honest
- Communication
- Always working for you

OUR FAIR FEE

1.99%

plus gst

*Minimum Fee & Conditions Apply

EXPECT EXCELLENCE



Sue Sara

Licensed Real Estate Salesperson

P 03 547 4300

M 021 743 465

E sue@sunnynelsonrealty.co.nz



COMPOST



PAVERS



BARK



SHINGLE



Stoke GARDEN & LANDSCAPES

Ph: 547 4777

59 Saxton Road, Stoke

www.stokegl.co.nz

Disability transport

Total Mobility is a door-to-door passenger transport scheme designed to use regular taxi vehicles, passenger service operators, and modified taxis for wheelchair access. Its purpose is to increase the mobility of people with disabilities, so that they may access passenger transport in a similar fashion to others in the community.

In the Nelson and Tasman regions, the Nelson City Council administers the Total Mobility Scheme, with Tasman District Council making a contribution towards the budget. The local authorities fund the local share of the budget via rates, with the remainder coming from New Zealand Transport Agency funding.

The scheme entitles eligible people to receive a discount on their fare by way of a Total Mobility ID card subject to local conditions. The cards can be used in other regions of New Zealand where a local authority operates the scheme, subject to that authority's conditions. The current discount rate for Nelson-Tasman is 50% to a maximum

discount of \$10 per trip.

Area covered

Nelson Tasman Total Mobility operates within the regions administered by Nelson City Council and Tasman District Council:

- Northeast of Nelson City to the Marlborough District Council boundary at the Rai Saddle
- Nelson City and suburbs
- South including urban and rural Richmond, Hope, Brightwater and Wakefield to Buller District Council boundary south of Murchison
- Northwest to Mapua, Motueka and Golden Bay

If members are travelling to places where Total Mobility exists outside of the above locations they will need to apply for an Out Of Town total mobility voucher. This can be done by phoning Council or emailing enquires@ncc.govt.nz

This scheme is only available to people with a disability which impairs their mobility to a level that stops them from using a public bus service or requires the constant assistance of another person. All applicants are assessed for

eligibility by an agency approved by the Council.

An eligible person must have an impairment that prevents them from undertaking any one or more of the following five components of a journey unaccompanied, on a bus, train or ferry in a safe and dignified manner:

- Getting to the place from where the transport departs
 - Getting onto the transport
 - Riding securely
 - Getting off transport
 - Getting to the destination
- Acceptable reasons could be inability or difficulty to:
- Walk 500 metres unaided, approximate distance from Nelson's clock tower up Trafalgar Street to Hardy Street
 - Understand and follow directions, communicate clearly with others, read timetables and place names
 - Understand and use available information to assist you to plan and undertake short journeys by public transport

- Enter and exit public transport safely unaided
- Taking responsibility for one's own personal safety and dignity throughout the journey

- Handle money to purchase the required fare

How to join Total Mobility

The agencies listed below are responsible for assessing people's eligibility to join the Total Mobility Scheme. We suggest you contact an agency that provides services for people with a similar disability to your own. They will carry out an assessment, and if deemed eligible, Nelson City Council will issue you with a photo ID card to be presented each time you travel. There is no charge for having an assessment. Please note that being a member of a Total Mobility agency, having a disability and the fact that your area of Nelson City/Tasman District is not covered by a public bus service, does not automatically make you eligible for Total Mobility vouchers.

Approved Total Mobility Agencies

Age Concern Richmond: 03 544 7624

Blind Foundation: 03 547 6616

CCS Disability Action Nelson Marlborough: 03 548 4479

Epilepsy New Zealand: epilepsy.org.nz

SF Nelson (Mental health): 03 546 6090 or 027 243 2441

Stroke Foundation: 03 545 8183 or 027 455 8302

Simple Direct Funerals

formerly **Purely Cremations**

Direct Cremation Specialists

\$2500 (includes GST)

Our price includes...

- ♦ Wooden Coffin
- ♦ Cremation
- ♦ Death Certificate
- ♦ All Transport
- ♦ Newspaper Notice
- ♦ Paperwork
- ♦ Free chapel use at Crematorium
- ♦ Ashes personally returned to family

A Simple Stress Free Professional Service, with Dignity & Care.

Phone Owen Haring on 541-0820 or 021 120 1314
www.sdfunerals.nz

TASMAN STORAGE

- Low prices
- Secure storage
- Inside car storage
- CCTV Surveillance (Richmond)
- Staff on site (Richmond)

Size & Price List available at www.tasmanstorage.nz

74 Gladstone Rd, Richmond & 481 High St, Motueka

Ph 544 4306



What electronics can I use safely with my pacemaker?

Kristin Wooles

Heart Foundation

If you're living with a pacemaker it's good to know what electronics you can use safely and what you need to look out for. While most electrical appliances will not affect your pacemaker, it's recommended you avoid the following equipment as a precaution.

- Medical equipment, such as magnetic resonance imaging (MRI), lithotripsy or radiotherapy.
 - Magnetic bracelets and mattresses or chairs.
 - Diathermy / TENX machines used by physiotherapists and during surgery.
 - Electro-cautery and ultrasonic scaling equipment used by dentists.
 - Electrolysis for hair removal.
 - Working on car ignition systems.
 - Electric arc welders.
 - Close proximity to high power radar or electrical installations.
- If a powerful electrical device makes you dizzy, step



away from it immediately. You should be able to use a cell phone, but make sure you keep it at least 15cm away from your pacemaker. Grounded home electrical devices like microwaves, TVs and garage door openers have little or no effect on pacemakers, so these should be safe to use. Here's a few rules to follow if you're living with a pacemaker.

- Follow the guidelines from the Cardiology Physiology department from where your device was implanted. These guidelines will have particular in-

structions for you about your pacemaker.

- Keep your implant wound dry for at least 5 days and do not pick at it. The wound will heal in time and the derma bond glue will come away naturally. For any concerns regarding your implant wound see your GP.
- After getting a pacemaker you'll be given an ID card, it's important to carry this with you at all times. Your ID card displays your information, the device information and

guidelines on who to contact in an emergency.

- The New Zealand Transport Agency medical guidelines state that you must not drive a car for two weeks after getting a pacemaker. Individual stand down times vary for each patient diagnosis, be sure to check your discharge paperwork. For anything you're unsure about, check the manufacturer's brochure that came with your device or ask the staff at your pacemaker clinic.



TIM MILLER PLUMBING

for all your plumbing needs

55 Bolt Rd Tahunanui Nelson

(03) 547 4532

Your Mobility Store





- SALES -
- SERVICE -
- RENTALS -










NEO

mobility4you

269 Queen St Richmond Ph 544 6603
Open Saturdays

www.mobility4you.co.nz



Four retirement villages underway

These developments will free up existing houses in the district for younger families, closer to schools and shops.

The photo shows progress on 16 August for 'Coastal View' village being built on a new terrace on the hillside between Princes Drive and

Bishopdale.

Also in construction are Green Gables in Bridge Street, Richmond Ranges in Hill Street North, Olive

Estate extension below Hill Street South and Waimea Plains in Lower Queen Street Richmond.

the
Lemongrass
Richmond

A medley of flavours from Thai & Vietnamese Cuisine



10% OFF
for all Grey Power members

294 Queen St, Richmond
Phone 544 4838

NOMINATED FOR OUTSTANDING ETHNIC CRUISINE

Dear property owners

We have motivated buyers looking now! We would love to hear from you! If you thinking of selling your property,

CALL ME NOW
For a **FREE** market appraisal

We offer specials for
Greypower members

Fritz Horlemann

Rural, Lifestyle and Residential

027 433 8208

(03) 544 5488

fritz.horlemann@bayleys.co.nz

VINING REALTY GROUP LTD, BAYLEYS,
LICENSED UNDER THE REA ACT 2008

BAYLEYS



Going to hospital?

The Health and Disability Commissioner (HDC) has produced a new resource titled "Going to Hospital?" The booklet has been developed after extensive consultation with older people (50+) and disability groups, with input from the District Health Board sector.

The booklet is a for people who are unfamiliar with public hospital services and want to learn more about what to expect as a patient. This booklet is a general guide on what to expect and how to prepare in advance of an admission to hospital.

It covers various situations

including:

- an emergency
- a planned hospital admission
- surgery
- a specialist outpatient service or day clinic.

The "Going to Hospital?" booklet has tips on how to prepare for hospital, useful contacts, frequently asked questions and a glossary of common words used in hospital situations, including some in te reo.

It is important to remember that there may be differences in processes from one hospital to the next, as each hospital does things in their own way to support their

community. If you have any specific questions, we suggest you contact your local hospital directly.

HDC is also working on a smaller pamphlet version of the booklet and an easy-read version. Both will be completed in the coming months.

People can download and print the booklet from the HDC website at this address: <https://www.hdc.org.nz/news-resources/search-resources/disability/going-to-hospital/>.

Individuals can order a copy of the printed booklet from HDC by phoning 0800 11 22 33 or emailing

hdc@hdc.org.nz. A limited number of printed booklets are also available from your Grey Power Nelson Association office.

HDC has received positive feedback about the booklet so far and we trust that this information will help to remove some of the uncertainties and concerns people may have about going to hospital.

What do you think?

HDC would like to hear your thoughts on the booklet. If you have any comments or suggestions, please contact HDC on 0800 11 22 33 or email: hdc@hdc.org.nz.

Free yourself of unwanted hair **Permanently!**

Some areas;

- Chin
- Back of neck

- Skin tags
- Upper lip
- Ears & nose

20% OFF
for Grey Power
Members

30 years experience

Tasman Health & Herbs in Richmond Mall
Life Prices Pharmacy in Nelson

Electrologist
ANNE MICHELLE

Call Anne Michelle for a consultation;

0274 393 503

www.amelectrolysis.co.nz



Specialised safety equipment and service

Free home fire safety visit

If you, or someone you know, is elderly, disabled or has a Community Services Card, you may qualify for a free home fire safety check. Just call 0800 NZ FIRE (0800 693 473) to see if you're eligible for a visit from Fire and Emergency New Zealand and a free fire safety inspection of your home. You may qualify to have a free long-life, photoelectric alarm installed.

Emergency TXT service

Deaf and hard of hearing

people who have difficulty using a phone can register with Police to join the 111 TXT service. This service is only to be used in an emergency.

This is a nationwide service available to registered users wherever there is cell phone coverage. Registered users can contact the emergency services (Police, Fire and Ambulance) via text messaging on their cell phones.

Smoke alarms for deaf and hard of hearing people

There are a number of specialised smoke alarm systems available for people who are deaf or are hard of hearing.

These alarms have extra features such as extra loud and/or lower pitch alarm sounds, flashing strobe lights, or vibrating devices. Ideally, you will have hard-wired, interconnected photoelectric smoke alarms fitted with bed-shakers, strobe lights, pagers or a combination of these. However, this may be too expensive.

Contact one of the four organisations below for advice as to the most appropriate options available for you to consider.

- Deaf Aotearoa NZ
 - Life Unlimited
 - Blind Foundation
 - Housing New Zealand
- Deaf Aotearoa, Life Unlimited and the Blind Foundation may also be able to tell you whether you're eligible for funding from the Ministry of Health, or for a system that is installed by Housing New Zealand when appropriate.

Go Golfing this Summer

Join the fun this summer at one of the best golf courses in New Zealand, right here on Best Island in sunny Richmond, Nelson. Add in a golf shop, hire gear and carts, cafe and coaching, and you'll be sure to have a great day or two out.



www.greenacresgolfclub.co.nz

Tel: 03 544 6441

About Loneliness

If you are feeling lonely, that can be really tough.

Learning more about loneliness is a step towards making a plan and changing your situation.

Feeling lonely is something that most of us will experience during our lives, either briefly or for a longer time.

Loneliness is painful and distressing, and it happens when we feel that we don't have enough relationships, or when the relationships that we do have are not meeting our emotional needs.

Loneliness is different from social isolation. We can be

isolated (alone) but not feel lonely, and we can feel lonely when there are lots of people around us.

Loneliness happens to a lot of us. In New Zealand 16.5% of people over 15 feel lonely at least some of the time. Loneliness can be the result of life changes like bereavement, moving to a new area, or losing a job, or it can be due to other things that make us vulnerable. Examples are being on a low income, being young or very old, being a migrant, or living alone.

Whatever the cause, if we feel lonely, it's important

to do something about it. Being connected to others helps us to survive. Just like thirst or hunger, loneliness is a cue that we need to do something to take care of ourselves.

If we don't then it can damage our health. Researchers have found that loneliness is as bad for our health as moderate smoking and is more harmful than obesity or lack of exercise.

Over the past decade there has been an increased focus amongst researchers, policy makers, and the media on loneliness and how to tackle it.

That's good, because we're learning more about what works to tackle loneliness, and we're seeing governments investing in addressing the issue.

Ending loneliness is not just a government responsibility though.

It's something that we can all contribute to. Keep exploring to find out more about how you can get involved, and about what we can all do.

Together we can end loneliness one person, one community, one workplace at a time. To learn more go to: letsendloneliness.co.nz



HUGE SuperGold Discounts available at Caltex Richmond

Present your SuperGold card along with your Flybuys or Airpoints cards and save BIG.*

We are pleased to continue offering our discount to SuperGold card holders, but we need your support to do so.

Also, we are pleased to offer a discounted Car Wash to SuperGold card holders. Use our gentle Touchless Carwash System and pay only \$10 for our Deluxe Wash (normally \$16) with any purchase of fuel.

Come in and see Kyle and his friendly team at Caltex Richmond. We are proudly locally owned and operated and happy to provide personalised service, just ask!

149 Salisbury Road, Richmond 544 2362
or off Champion Road opposite Raeward Fresh

*Locally owned
and operated*



*It's an C's apply, see instore for details.

Why is that?

Where does "down to the wire" come from?

The dictionary of American Idiom says the expression dates from somewhere around 1940. It says the expression means near the finish taken from American horse racing where the finishing line of a race is called the wire.

Why are farmers often called cockies or cow cockies?

Early European dwellers in Australia were intrigued that no matter how remote or unfriendly a terrain was there was always cockatoos there. City people were often dismayed at the arid conditions in which farmers earned their livelihood so they began re-

ferring to farmers as cockatoos which was shortened to cockies.

Where does the phrase "sitting up like Jackie" come from?

It's an Australian expression dating back to approx. 1930. Jackie was a slang term for an Aboriginal and somehow the expression grew that sitting up like Jackie means sitting up straight and being well behaved.

When a person is behaving oddly why do we say they are round the bend?

It is believed to be a mid-19th century naval term of which the origin is thought where true means correctly aligned as in a piece of timber which is straight. If a thing is out of true it isn't perfectly straight or balanced so it could be said to be round the bend.

Where does the word "prang" come from?

Its exact time and place of origin isn't known but the word prang was certainly in use in Britain by 1940, mainly as RAF slang for a crash landing or an incident that damaged an aircraft. Its thought that prang being a made up word that imitates the effect of metal being impacted.

What is the origin of the word "kerfuffle"?

It is two words of very old Scottish Gaelic that have been joined together. Ker means to twist and turn and fuffle means to disarrange.

Where does the cricketing term "hat trick" come from?

It was an old custom of cricket players that if a bowler successively bowled out three opponents then he was entitled to buy a new hat at the clubs expense. The expression has come to mean anything successful which is repeated three times.

Think ahead.

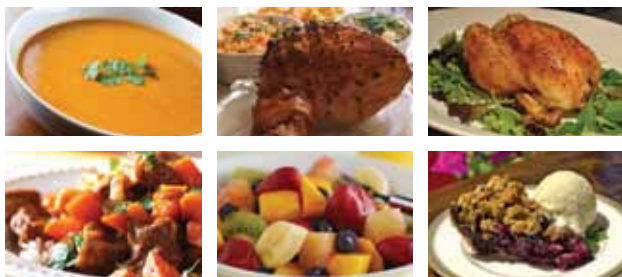
Party
Vote
Green.



Authorised by Gawn Shaw, Level 1, 17 Garrett St, Wellington.

Phil's Place

BUFFET AT ITS BEST



BIRTHDAYS - ANNIVERSARY'S - CHRISTMAS FUNCTIONS
LUNCH AND DINNER
BUFFETS, PLATED MEALS, FINGER FOODS,
MORNING - AFTERNOON TEAS, SUPPERS

RESTAURANT BOOKINGS Ph: 544 6796 or Phil: 0274 100 152
345 Lower Queen Street, Richmond

Wakefield ELECTRICAL LTD

Caravan & Motor Home

Warrant of Electrical Fitness

We do all electrical work

Andrew Smith - Electrician/Inspector

— Est. 2013 —

03 541 8797 - 027 441 8797

"Your Local Electrician"

Connecting Nelson seniors to the digital world

Laurence Zwimpfer
MNZM

Digital Inclusion Alliance
Aotearoa

Research by the Department of Internal Affairs has identified seniors as being one of the groups at risk of being digitally excluded, i.e. without access to computers and the internet or the confidence to bank or shop online.

The Covid-19 lockdowns have been a wake-up call for everyone to realise just how essential the internet is for work, for learning and for day-to-day living, and especially for people who are confined to their homes.

On 25 March 2020, the eligibility criteria for an internet service, called Skinny Jump, and subsidised by the Spark Foundation, were expanded to include seniors; previously this was only available to households with children. Since then, over 800 seniors have liter-

ally 'jumped' at the chance to sign up.

Unlike most other internet services, Skinny Jump is a pre-pay service, so users only pay for what they need – each 30 Gigabyte top-up costs only \$5. Seniors have quickly discovered that even if they don't have a computer, it is much better to use Skinny Jump's WiFi

to connect to the internet from their smartphones rather than rely on the limited and expensive data on their phones.

But getting an internet connection is just the start.

In February 2020, the Office for Seniors awarded contracts to two organisations to provide digital literacy training for seniors. One of these, called Better Digital

Futures, has been developed by the Digital Inclusion Alliance Aotearoa (DIAA) and delivery started in August at public libraries and local community organisations. Seniors are able to choose

a digital 'pathway' that suits their needs, from beginners who want to understand more about digital technologies

to those who are keen to explore new online applications.

Nelson and Tasman libraries currently offer the Jump programme and are planning to deliver Better Digital Futures.

Meanwhile, seniors living in Nelson and Richmond should check out the digital literacy programmes already on offer.



Richmond:

Ancestry (10 Sept), Photobooks (17 Sept), Tracing your Military Ancestors (24 Sept). All classes start at 10am.

Nelson Elma Turner:

Safety online (10 Sept), Research & Library databases (17 Sept). All classes start at 9.30 am.

Stoke:

Basic Internet 1 (11 Sept), Basic Internet 2 (18 Sept). All classes start at 8.15 am.

Nelson libraries also offer free drop-in sessions four times a week for people to bring in their devices and ask questions. All sessions are 2pm – 3pm. Tuesdays and Thursday at Elma Turner and Wednesdays and Fridays at Stoke.

Contact Steve at Nelson Libraries (03 546 0249) or Helen at Richmond Library (03 543 8535) for further information or to book a place.

PRESTIGE EURO WORKS

EUROPEAN VEHICLE SPECIALIST

Performance Tuning Nelson



James Martyn

12F Gladstone Rd, Richmond
Ph: 544 9853 or 022 361 6586
www.prestigeeuroworks.co.nz



Age Concern Nelson Tasman is the go-to agency for people 65+ in the region. Our staff of six are committed, professional and dedicated to ensuring all older people are treated with dignity and respect.

We offer advice, information and support and a wide range of services aimed at ensuring our older people are safe, connected and valued.

Come and find out more at our offices at
62 Oxford St, Richmond
Phone: 03 544 7624
email: manager@ageconcernnt.org.nz
www.ageconcernnt.org.nz



Sausage Pie

- ½ c rice
- 400gm flaky pastry
- 2 medium apples
- 2 onions
- 1 egg beaten
- 1 Tbsp curry powder
- 1 Tbsp Worcester sauce
- 1 Tbsp tomato sauce
- 1 Tbsp chopped parsley
- 450-500gm sausagemeat



Serve hot or cold. Vary the amount of curry powder according to taste.

Cook the rice in 1 1/2 cups of lightly salted boiling water until tender. Drain.

Roll out a little more than half the pastry very thinly and use it to line the bottom of a 23cm cake tin, with sides at least 3cm high,

bringing the pastry up the sides of the tin and allowing for overhang.

Roll out the remaining pastry in a smaller square to fit the top of the pie and leave aside.

Peel the apples and skin the onions and chop them very finely or grate coarsely into a large bowl. Add the cooked

rice and the remaining ingredients and mix thoroughly.

(If you have a food processor chop together the skinned apple and onion, add the egg, seasonings, then sausagemeat (in blobs) and the cooked rice, and using the pulse button process until combined, without over-

mixing.)

Lightly press the filling into the pastry lined tin, top with the rolled out pastry, trimming off the excess and seal the edges. Prick the top with a fork in several places.

Cook for about an hour at 200 degrees until pastry is golden brown, and the filling feels firm when pressed.

The perfect facility for celebrating your loved one's life.



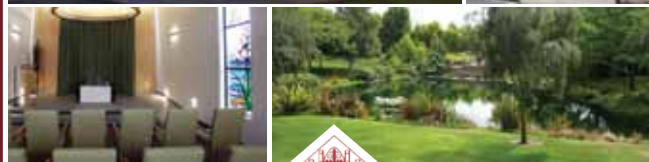
Call in to meet the team.

WR
WaimeaRichmond
FUNERAL SERVICES

03 544 4400

10% OFF CASKETS FOR GOLD AND GREY POWER CARD HOLDERS

24 Champion Road, Richmond • wrfs.co.nz



Marsden House Funeral Home
Hope Garden of Remembrance



Hope Gardens of the World
Waimea Richmond Funeral Home

Marsden House
FUNERAL SERVICES

Meeting today's changing needs

Marsden House Funeral Services offer a range of venues and facilities catering for every need and budget.

03 548 2770

10% OFF CASKETS FOR GOLD AND GREY POWER CARD HOLDERS

41 Nile Street East, Nelson • marsdenhouse.co.nz

Apricot slice

- 250g packet wine biscuits
- 1 cup smooth peanut butter
- ½ cup honey
- 150g dried apricots
- ½ cup sunflower seeds
- ½ cup coconut

Line the base and sides of a 20cm square tin with baking paper, leaving an overhang on all sides.

Crush the biscuits in a food processor to resemble coarse breadcrumbs.

In a pot melt the peanut butter and honey together stirring until combined and smooth.

Remove from the heat. Add



the apricots, biscuit crumbs and sunflower seeds and stir well to combine.

Sprinkle half the coconut into the prepared tin then

tip in the crumble mixture. Press the mixture into the tin firmly and evenly then sprinkle the top with the remaining coconut.

Chill for 1-2 hours until set, then cut into small squares. The slice will last for up to a month if stored in an airtight container in the fridge.

The Experts in Denture Care

Nelson Denture Clinic

Specialising in:

- Latest technology dentures
- Excellent fit and extremely natural appearance
- Cosmetic dentures to support and improve facial structures
- Implant assisted dentures
- Immediate and replacement dentures
- Denture repairs
- Insurance quotes
- Total professional care for denture patients



NZ made by NZ registered and qualified dental technicians

Ph. (03) 548 1478

reception@nelsondentureclinic.co.nz

35 Waimea Road, Nelson

www.nelsondentureclinic.co.nz



Miracle

10% OFF For Grey Power Members



200 Hardy Street, Nelson

Ph: 03 545 8163

HOURS 11am-2.30pm and 5-8pm

www.miracleasian.co.nz



Non-qualifying partner update

Diane Turner

Director, Office for Seniors

Proposed 1 July changes to NZ Super and Veteran's Pension delayed.

Last year, the Government proposed changes to New Zealand Superannuation (NZ Super) and Veteran's Pension.

This included closing the option to include a non-qualifying partner in pay-

ments and changing how some overseas pension deductions are made.

A decision has been made to delay introducing these changes until 9 November 2020. This will be dependent on legislation passing.

The only thing changing is when these proposed changes will come into effect. This means:

- you can still apply to include your non-qualifying

partner in the NZ Super or Veteran's Pension payment. There are no changes to eligibility criteria right now.

- if you're already included in your partner's payment, you'll continue to receive your payments – you don't need to do anything.

- overseas pension deductions will continue to be made in the same way they are now.

There's more information about the proposed changes on the Work and Income website.

Closer to 9 November 2020, the Ministry of Social Development will write to people affected and let them know what it means for them.

There'll also be updated information on the Work and Income website, www.workandincome.govt.nz.



For more useful information and advice visit
www.greypowernelson.org.nz

GREAT DEAL FOR GREY POWER MEMBERS



At Milestone Homes we pride ourselves on providing exceptional value for money and delivering smarter solutions for New Zealanders' new homes. Now we're giving Nelson Grey Power members an **exclusive discount from your contract price.**

*Get in touch today and find out more about this great deal.



*Terms and conditions apply, call 0800 MILESTONE to find out more.

Milestone Homes Nelson

Show home: 58 Berryfield Drive, Richmond

Open 7 days 1-4pm

P 03 543 8663 or 0800 MILESTONE

E nelson@milestonehomes.co.nz



Fight back against Scammers

Stop and think. Is this for real?

Scams can seem genuine, but things aren't always what they seem to be. In particular, be wary of:

- Unsolicited phone calls
- Offers of employment,
- Emails that say they contain important information
- Links to websites you don't recognise



How to protect yourself

Be very wary of unexpected calls.

Don't give cold-callers remote access to your phone or computer. Be careful about sharing personal information and if you're unsure, just hang up and call the organisation back on their listed phone number to check.

Be careful about clicking on links or attachments in emails.

'Hover' your cursor over the link to see which website it leads to and if you

have doubts, don't click.

Only shop at websites you trust.

Beware of sites that you and others you know have never heard of or used.

Always type in URLs (website addresses) directly.

When visiting shopping websites or logging into your internet banking, type in the URL directly. That way you'll know you're on the right site and not a 'fake' one.

Act quickly. Stay safe. Stay aware.

Wilson Decorators Ltd

- Local Small family Business
- Qualified Tradesman • 40 Years Experience
- Painting • Wallpapering • Waterblasting
- No Time Wasted • Free Quotes within 48 hrs

Lyn 021 207 4499

Wayne 021 731 817

waylyn2@scorch.co.nz



PODIAFLEX

PODIATRY & REFLEXOLOGY

- Diabetic foot care
- Dry heels
- Corn & callus removal
- Ingrown toenail treatment
- Foot massage
- Foot care products



Please call

03 548 4036 after 7pm or

021 0439 724 during work hours

Home visits by appointment.

Call to book your appointment.



NEW - Rowan Miller Chiropractor, 20 Tudor St, Motueka (Mon only)



Tasman Flooring

Carpet & Vinyl Installation

Free Measure & Quote

• Restretching • Repairs • Floor Preparation

36 years experience

Phone Andy 022 369 3150



The NZ Nutrition Foundation
& Natural Nosh
present



JUST COOK! 4 Healthy Ageing FREE programme

- Especially for those people who lack confidence, skills and motivation in the kitchen
- 4 consecutive weekly lessons and each class is 3 hours
- Socialisation with others
- Cook and share a meal together
- For people over the age of 65
- Must be prepared to commit to ALL classes

Start date: TBA 2020
Time: 10.30am - 1.30pm
Place: NMIT Rata Room

Apply NOW: Ph 0211.709.443 or info@naturalnosh.nz



For more useful
information and
advice visit

www.greypowernelson.org.nz

Cooking for seniors

Sally Rees

The course is targeted to people who:

- Need more confidence in the kitchen
 - Are lacking motivation to prepare good meals for themselves
 - Need more skills to add to the variety of food they can prepare
- It is NOT for people who are looking for a "few new ideas"

Each lesson will consist of:

- An hour of nutrition information including meal planning, food labelling, portion sizing, and tips to stretch your budget

• A demonstration of one of the recipes in the 50 page booklet included in course

• Practical hands-on preparation of the dish

• Eat your meal around the table with class participants

One of the most important and enjoyable benefits is the social side of coming together with people in similar situations. Students get to meet new people and make new friends.

Testimonial: "Don't be shy to come along – it's fun and you learn lots"

There is no date for this course yet as still waiting for the OK from our grant application.

Exclusive deal for Nelson Grey Power members

Save money on your new home when you build with Jennian Nelson Bays. We'll give you on average over \$2,000 off a typical build*

* Terms and conditions apply

Jennian

HOMES

Your personality Our expertise

Jennian Homes Nelson Bays

6 Champion Road, Richmond

P 03 5444 390

E nelson@jennian.co.nz

0800 JENNIAN jennian.co.nz



dream a little

Major Sponsor of



Queen Charlotte Sounds Tour

18th – 19th November 2020

Package includes: Travel on a quality touring coach, transport to and from your door, travel on the Mail Boat, one-night's accommodation, catered lunch in Blenheim, evening meal and cooked breakfast.

Day 1 – Wed 18th Nov Nelson – Picton

Door pickup then drive through to Picton. Lunch on the waterfront and onto the Mail Boat which will cruise through Queen Charlotte Sounds, the skipper will give a commentary on the Mail Boats history. We finish the evening with dinner at our accommodation the Picton Yacht Club Hotel.

Day 2 – Thur 19th Nov Picton – Nelson

We start with a cooked breakfast at the Hotel then have a look around the shops in Picton. We'll then make our way to Blenheim for a catered lunch. Then it's a door to door drop off in Nelson.
Package price per person: \$460.00
Single room supplement: \$95.00
Final payment due: 23rd October 2020

Christmas Tour

23rd – 26th December 2020

Package includes: Travel on a quality touring coach, transport to and from your door, three-night's accommodation, evening meals and cooked breakfasts, Christmas lunch

Day 1 – Wed 23rd Dec Nelson – Christchurch

Door to door pick to Christchurch. With breaks in Garden City via Murchison and the Lewis Pass.

Day 2 – Thur 24th Dec Christchurch

After breakfast its a Tram City Tour exploring Christchurch Heritage in style. Over to Akaroa for lunch.

Day 3 – Fri 25th Dec Christchurch

Christmas day lunch is at the Rydges Latimer Bloody Mary's is a dining experience to remember with some locally sourced food and

house crafted desserts.

Day 4 – Sat 26th Dec Christchurch – Nelson

Breakfast together before getting back on the road to Nelson stopping along the way for breaks, door to door drop off on arrival back into Nelson.

Package price per person: \$1040.00

Single room supplement: \$255.00

Deposit due: 6th November 2020

- \$240.00
Final payment due: 11th December 2020

South Island Tour 2021

Riverstone Castle – Olveston Historic Home – Otago Museum, Butterflies Tropical Forest

17th February – 23rd February 2021

Day 1 – Wed 17th Feb Nelson – Ashburton

Today is a big day travelling to Ashburton, with a group dinner in the evening at the Hotel.

Day 2 – Thur 18th Feb Ashburton – Dunedin

Our next stop is Riverstone Castle. After a look around the Castle, gardens and giftware stores we continue to Dunedin with an evening meal together.

Day 3 – Fri 19th Feb Dunedin

Day three we take in Dunedin's attractions, including Olveston Historic Home and the Otago Museum – Butterflies Tropical Forest. Dinner is at Mornington Taphouse.

Day 4 – Sat 20th Feb Dunedin

Today's a free day in Dunedin to rest and relax, sightseeing, catch up

with friends or family. Breakfast and dinner will be at the hotel.

Day 5 – Sun 21st Feb Dunedin – Lake Ohau

Leaving Dunedin, it's a short drive to Lake Ohau in the Mackenzie Basin, nestled into the feet of the majestic Southern Alps. We have relaxing afternoon taking in the views and enjoy the lake and village.

Day 6 – Mon 22nd Feb Lake Ohau – Christchurch

We make our way north via Twizel, Tekapo, Fairlie and onto Christchurch where we will enjoy our last evening meal together.

Day 7 – Tue 23rd Feb Christchurch – Nelson

One last breakfast together at the hotel, before heading home to Nelson and drop you all off home by late afternoon.

Leisure Travel

"A great way to socialise and see the region"



Leisure Travel invites you to join us on our enjoyable day trips and tours.

Day Tours

Wed 14th Oct – Picton, Edwin Fox Museum - \$60

Join us for a trip to Picton visiting Edwin Fox Museum where we will visit and learn all about her fascinating around the world adventures.

Wed 11th Nov – Renwick, Broomfield House Gardens - \$55

Trip to Blenheim and Renwick today hoping for a sunny day. We'll have a short stop in Blenheim to have lunch then head to Renwick visiting Broomfield House Gardens on the way.

Wed 9th Dec – Moutere, Moutere Hills Community Centre - \$75 (Lunch included)

Today we travel to Hills Community Centre for our Christmas lunch this year. This replaces or cancelled trip in April, thus a great chance to head out this way and enjoy the beautiful spread they put on. Join us for the festive celebrations, a few laughs and a great catch up with friends.

Wed 13th Jan – Takaka - \$40

This is a leisurely drive to Takaka for a day out. With all our normal stops, visiting Takaka township and, the main centre of Golden Bay.

Wed 10th Feb – Westport - \$60

An early start traveling through Wakefield, over Spooners and the Hope Saddle to Murchison, then continue on via the Buller Gorge to Westport. Then spend some time browse the shops and having lunch in Westport.

Wed 10th Mar – Tapawera, Hop Farm - \$65 (Lunch included)

Trip to Tapawera for the day visiting a local Hop Farm and lunch at the Tapawera Hotel.

Day Trips/Tours will only go on in Level 1

**Contact Christine on 539 0834 or
christine@nelsoncoachlines.co.nz**



McGlashen Pharmacy

We offer
**10% Grey Power
discount**
or you can use our
popular
Loyalty Card



Ph 544 4244

42 Oxford Street, Richmond
Mon - Fri 8.30 - 5.30 Sat - 9.00 - 12.00