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Life Beyond 50

August 2018 • Waikato/Bay of Plenty

Kingsley Field

Firefighters — and their bosses — are our heroes

Jenny Magee

Reading the labels

Geoff Lewis

Flying mishap leads to
Musical Therapy

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Contents

- 03 Contents
- 04 CEO Note
- 06 Firefighters — & their Bosses — are our Heroes- Kinglsey Field
- 09 Tim Macindoe MP for Hamilton West
- 11 Simon Bridges MP for Tauranga
- 13 Message from the Minister for Seniors
- 15 Jamie Strange - Labour List MP
- 16 Flying Mishap leads to Musical Therapy - Geoff Lewis
- 25 Reading the Labels - Jenny Magee
- 29 The Mighty Coupons
- 44 Freemasons - Geoff Lewis
- 54 August Recipes
- 57 Laughter is the best medicine
- 59 August 2018 Calendar
- 60 Trusted Tradies and Services
- 61 Puzzles



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Welcome to Seasons Magazine

Mijda



Dear Readers,

Last month time stood still as the world watched in awe a miracle unfold as volunteer Thai Navy SEALs and international divers teamed up together for the perilous cave rescue of the 12 soccer boys and their coach. All odds were against them and they barely made it out when the pump syphoning the water out of the cave failed. When the last person was out of the cave and the words "everyone is safe" was uttered, the world erupted with cheers, tears and praise as many prayers were answered!

On a sad note though, we would like to acknowledge the bravery of one of these heroes who passed away during this rescue by putting his own life ahead of others, and sincerest condolences to his family.

Now we are in our last month of winter before Spring arrives, and I am keen to get into the garden during August to prepare my flowerbeds for some colourful spring flowers and enjoy the warmer weather.

In this month's edition we have an article about the history of coupons so please do read about it as you will find some fantastic coupons with discounts and special offers from our great and valued advertisers for you to make use of when you are out and about, and enjoy great savings. Also please see our Calendar page for dates of any special events or theatre shows that you may wish to attend.

Try out some of our great recipes with family and friends, and we always look forward to receiving your comments and feedback as this is what helps us develop Seasons Magazine to meet our readers' needs. If you have a special recipe of your own that you would like to share, or a story, poem or article, please submit it to us via our website www.seasonsmag.co.nz or email Melissa at admin@seasonsmag.co.nz

Many thanks and have a great August month.

Cheers! *Mijda*

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CLARENCE ST
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FIREFIGHTERS - AND THEIR BOSSES- ARE OUR HEROES

I got asked to be a firefighter the other day, an idea which rather appealed to me, except for the fact that I'm probably half a century too old.

But it was a seriously nice buzz for what these days is termed "an elderly person" – someone over 70 years of age – especially when the invitation was made by a strapping young woman named Rochelle, all done up in her firefighting uniform and with a big warm smile. Curmudgeonly old men are invariably butter-melts for invitations from young ladies like that.

But I had to be realistic – 90 seconds worth of the hard physical involvement imposed on firefighters when they are required to attend anything from a road accident to a cat rescue or a rural house fire, would almost certainly have me crumbling on to the pavement in a small and messy heap. So I emailed the Lady Rochelle back, thanking her for her kind invitation, but suggesting my only possible contribution could be as a tea and/or coffee maker for the troops while on active duty. And that would probably have to be on the 9am to 6pm shift, because both before and after that I'm seriously playing at being "an elderly person."

But sadly, it would seem the nation's firefighters have a sufficient number of tea and/or coffee makers, as my offer has not been taken up.

But I must say, our volunteer firefighters, along with all the other volunteers who work amongst us every day, really are the rock solid backbone of our communities. In the course of a week or a month or a year, they do an immeasurable amount of great work that usually goes unnoticed, unheralded and unsung.

We live in the medium-sized rural Waikato town of Te Awamutu – an enjoyable, busy little place of about 18,000 people and a centre that is full of good businesses, smiling people, lovely public spaces, and usually a car park within 100 metres of where I want to go. We're rather fortunate to live with some very pleasant neighbours, and we're also within easy walking distance of the town's main street. A couple of supermarkets are 10 minutes away on foot, so is a very comfortable little movie theatre, several banks, good restaurants, coffee bars and lots of other nice shops.

And also within that radius are our local emergency services – police, fire and ambulance.

It is the fire siren we hear most often. It wails its up-and-down call to action at all times of the day and night, most days of the week, and every time I hear its strident summons, I can just imagine a group of people around the town – men and women – suddenly switching from being ordinary citizens to urgent-action voluntary professionals, instantly quitting homes and family or work or friends and racing to the town's fire station. And every time that happens, every one of them must silently wonder 'How bad is this one going to be?'

Now, columns such as this usually take a little time to put together, and then they take a little more time to polish, and then there's a final reading, before it is dispatched to the publisher. And in this case, due to a variety of other extraneous interruptions, putting this column together has taken a couple of weeks. At this stage, it's a Saturday evening in mid-July, and for the third time in as many hours the fire siren has keened out its caterwauling help-help-help call.

That's tough going by anyone's standards – Te Awamutu, like other rural towns around the nation, does not have an unlimited supply of volunteer firefighters. And presumably there's a roster, so that some of them get the opportunity to have a night or weekend off to relax and spend time with family and friends. So the pool of those who answer the call may be a dozen perhaps, 20 at most. I presume those same dozen or so have turned out to all three of these callouts, each time not knowing what they're going to be facing when they get to the scene of action. Nor do they have any idea how long they're going to be on active duty.

As a journalist I spent most of 20 years on the 'emergency services' round, both here in New Zealand and also in Australia, and I've been privileged to see first-hand and up close just what firefighters are asked to do. And some of the tasks they are confronted with are truly dreadful. Sometimes they can be extremely dangerous.

Two events have combined to spur me into writing this column on the topic of firefighters at this time. The first was that appalling motor vehicle accident near Waverley, in the Taranaki region in late June. It ultimately claimed the lives of seven people and sent waves of shock and anguish through the local community and around the country. The second thing which led me to write the column was a brief note on the local Neighbourly post a fortnight after the Waverley accident. It was from a lady in Leamington, and was directed at 'Fire Fighters...Our Heroes'. It said simply: "My heart-felt gratitude to you all, for not only fighting fires, but for the terrible accidents you have to deal with. You all do an amazing job. THANK YOU!! really doesn't seem enough, but know that [it] is said from the heart, and with appreciation for all the brave work you do."

And she is absolutely right.

These days the term 'firefighter' is rather an outdated misnomer. In fact, these men and women who so regularly scramble into fire-fighting equipment and drive away in red-and-yellow vehicles with flashing lights are, more often than not, called on to perform a huge range of tasks that have little or nothing to do with fires. One of their more common tasks is to be among the first to bring help at the scenes of vehicle accidents, sometimes being at the forefront of using their specialised equipment to cut fearfully injured people free from the mangled wreckage of cars, trucks or farm machinery. Occasionally, as at Waverley, they are confronted by the bodies of those the collision has killed – and they may well be the bodies of people the firefighters have known for years.

Or they may have to deal with a spillage of dangerous chemicals; sometimes they are asked to help police control traffic because of hazardous road conditions; now and then they assist in rounding up stock on roads; they rescue pets that get into difficulties; they clean up wreckage, broken glass and diesel or oil from roadways after smashes; they sometimes have to take on their traditional role of fighting fires – at

private homes, businesses, on farms and now and then bush fires. As well, they readily take on a hundred other major or minor jobs – many of them messy, dangerous or time consuming – in the interests of keeping the community safe.

They are, indeed, heroes, and we, as individuals and as communities, should readily recognise them as such. In the course of a year they put in an enormous amount of time and effort on behalf of us all, all as volunteers. And while we may see and hear their activity when the siren goes, there's also a great deal of specialised training goes on after hours and behind the scenes, about which we know little or nothing.

Firefighters need to know how to fight different types of fires, how to cope with and sometimes give first aid to injured people or animals involved in vehicle accidents, how to use their specialist cutting and jacking equipment to cut people free from wreckage, how to recognise and then deal with a wide array of chemicals, how to control traffic and unruly onlookers, and manage a score of other difficulties. And they're asked to do it in any and all weather, 24/7.

That's a pretty tough ask, especially when they're volunteers.

There's another hidden, often unrecognised, very tough ask, and that's from the employers of many of our volunteer firefighters. Many companies or individual bosses willingly allow one or several of their workers to drop everything and bolt at a moment's notice when that fire siren sounds, not having any idea when the worker may return to the job. And in some instances, the employer generously continues the employee's pay, regardless of the time spent out of the office or workplace.

It's this sort of generosity and unstinting readiness to give time, energy, expertise and funding to their local communities that should be really appreciated by us all.

Yeah, both the firefighters and those who give them the backing to carry out their emergency service work are, indeed, our heroes.



Kingsley Field

Columnist Kingsley Field has now published Volume III of his columns. It, and copies of the earlier two volumes are available from kingsley@accuwrite.co.nz

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Hon Tim Macindoe

MP for Hamilton West



Friends of Waikato Museum

Prior to my election to Parliament in 2008, I was the Chief Executive of the Music and Art Waikato Trust (Arts Waikato). I enjoyed an excellent working relationship with the Chair of the Trust, Alison Gibb, who is a woman of many talents and boundless energy, and I appreciated the strong support I received from Alison and her dedicated team of trustees.

Alison is currently the President of the Friends of Waikato Museum committee, an organisation of dedicated and enthusiastic supporters of one of our region's most important cultural attractions. Alison and her committee support an experienced and professional team of staff, who are led by a visionary Director, Cherie Meecham. We are very fortunate to have such capable experts caring for the treasures of our region, and a visit to the Museum is always a stimulating and rewarding experience.

Unlike other main centres in New Zealand, Waikato Museum is also our region's public art gallery and the museum's role includes covering art, history, science and tangata whenua. The Museum's official name is Te Whare Taonga o Waikato – The Treasure House of Waikato.

Because the Museum has such excellent staff it attracts world class exhibitions. Often Waikato Museum is the only venue in New Zealand to host such exhibitions. Museums and art galleries need supporters. If they are owned by local bodies, as the Waikato Museum is, there is always pressure from competing interests to attract sufficient funding to do the things the institution wants to do, and which local residents and those from elsewhere expect to experience when they visit. The Friends of Waikato Museum are an important link in meeting that expectation.

Founded in 1974, the Friends of Waikato Museum is an incorporated society and a registered charity, dedicated to encouraging interest in the visual arts, heritage and culture, to support the Waikato Museum in the implementation of its goals and programmes. Over the years, through their donations, subscriptions and fundraising activities, the Friends have enabled the purchase of art and artefacts which form a valued part of the Museum's permanent collections, providing a legacy for the citizens of the Waikato region.



At present the Friends have a project under way to fund a sculpture to be donated to the city and region, which will be located on the river path below the Museum. This is part of Hamilton's River Plan, and the sculpture will provide a marker for entry to the Museum when it is opened up to the River as part of the plan. There will eventually be a formal entrance to the Museum on the riverbank.

It costs as little as \$20 per year for a senior member to join the Friends, and there are many benefits in doing so, including friendship, fun, learning, and knowing that you are contributing to the vibrancy and cultural enrichment of the city and region. Friends also enjoy participating in a number of activities, including:

- Trips to view collections and exhibitions outside Hamilton;
- Special member-only previews of exhibitions;
- Receiving newsletters providing information on exhibitions and events;
- Annual dinners with guest speakers; and
- Enjoying lecture series on topics related to museums and art galleries.

You may join the Friends on-line on the Museum's website (www.waikatomuseum.co.nz) via the 'Get involved' section, by picking up a membership form from the Museum brochure racks in the foyer, or by contacting the Secretary, Catherine Lang, at friends.secretary@gmail.com. Thank you to those who have supported the Friends over many years for your wonderful contribution to our region's taonga, cultural heritage and attractions.

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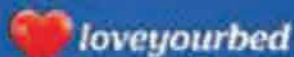
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Hon Simon Bridges

MP for
Tauranga



Time for a cuddle

There is a lot of research that suggests pet therapy is beneficial to the health and wellbeing of people. Our family has a much loved dog Tilly, although she can be quite naughty at times, we wouldn't be without her.

Many of us grew up with animals. They are valuable in teaching children kindness and responsibility and they offer so much unconditional love and companionship, no matter how old you are.



Volunteers of both the human and dogkind

I imagine giving up your pet because you can no longer physically or financially care for it, or you have moved into a care facility or rest home, must be very distressing.

On my recent visit to the SPCA I heard about the great work the Dog Squad does here in Tauranga. Their volunteers take well-behaved dogs into rest homes and retirement villages. They visit between 10-15 facilities each month.



Is that a yawn? I'm not sure that's a good sign.

Tauranga SPCA has been running the Dog Squad visits for more than 20 years which shows the initiative works. I am told their presence has a very positive effect on the residents as the animals have a natural ability to ease and reassure people. There is nothing like patting a dog and seeing smiling eyes and a wagging tail, to help brighten up your day. It certainly promotes a positive attitude and helps with isolation, depression and loneliness.

The SPCA is always looking for new volunteers to join the Dog Squad and they have said they will consider all well-mannered and trained dogs. Dogs seem to be best suited to this type of work as they are more adaptable to being out and about.

The SPCA does fantastic work. Locally they care for over 2000 animals annually, and it's not just cats and dogs, they also look after birds, rabbits, turtles and farm animals.

I'm pleased to say that when I visited the SPCA there were not many animals looking for homes. I understand that it depends on the time of year and I believe kitten season is very busy.

There are many caring Tauranga people who generously give up their time to help the SPCA. Depending on the time of year there are between 80-150 volunteers on a weekly roster. This doesn't include the huge number of fundraising volunteers or the more than a hundred foster homes.

I want to thank all of the volunteers who are involved with the SPCA in Tauranga. Your kindness and support is greatly appreciated.



More of the generous volunteers at SPCA Tauranga

If you'd like to contact Simon, please email at simon.bridges@parliament.govt.nz



A large part of an assessment done by your Audiologist is to determine the best funding option available to you.

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Process to getting ACC Funding;

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5. ACC then refers you to see an Ear Nose & Throat Specialist
6. Finally you will receive a letter containing a decision from ACC regarding funding eligibility

Veterans Affairs Funding

This is a specialised application for War Pensions funding, completed by a Registered Audiologist.

Ministry of Health Funding Scheme

MoH funding may be available to adults, under certain conditions

- People who have suffered significant hearing loss since childhood
- People who have experienced sudden hearing loss, within the last 6 months
- Those who have dual disability, or
- Community Service Card holders in paid employment for at least 30 hours per week or who volunteer a minimum of 20 hours per week. Alternatively, community service card holders who are actively job seeking, doing full-time study or full-time caring for a dependent.

Under the funding scheme, a person receives the appropriate devices fully-funded by the Ministry of Health. However, fitting fee and any additional charges are payable by the recipient.

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District Grand Master: Don Seath.



A Message from the Minister for Seniors



Minister Tracey Martin

What a fabulous couple of weeks it has been to be the Minister for Seniors. Having launched the nationwide conversation for the Positive Ageing Strategy on Friday the 29th of June it has been a real thrill to have now attended six of the planned sessions throughout New Zealand.

Starting in Gore, then on to Dunedin, I've also been to Tawa in Wellington, Auckland, Hamilton and Gisborne. Working with Aged Concern, the Office of Seniors has managed to pull together a diverse set of New Zealanders from a variety of organisations to begin the process of articulating what we want the future of our more mature citizens to look like.

When I first made the decision to rewrite rather than refresh the Positive Ageing Strategy I knew then that it was important that I, as the Minister, was part of as many of these conversations as my diary could allow. With the original strategy being created 17 years ago, and the last plan from this in 2010, it was a no brainer to hit the road for the rewrite. No one can deny that New Zealand's senior's community has changed since 2001 when the last strategy was devised. Not only are there more of us, and going to be more of us over 65, we are healthier, living longer and from more diverse backgrounds.

I also wanted to be part of as many of these workshops as possible to try and ensure that those attending reached outside of the box. That they didn't get mired down in the here and now but what we wanted our society and services for seniors to look like in 20 years' time.

Some of the statements that have made an impression on me to date have been around the area of employment and housing. It was a welcome coincidence that the Employers and Manufacturers Association released their white paper "Act now, Age later" a week before we began the Strategy Road Trip. The two nicely complement each other. The EMA paper recognises that there are too many skills tied up in our mature workers to have them all leave the workplace.

In Gore it became apparent that the work "retirement" should itself be retired. What we are seeing is a transition, often from paid work to unpaid work for the majority of

"Generation Grey" – a demographic title suggested by a health professional at that meeting.

But what the EMA is encouraging their members to have is conversations earlier with workers, in their 50s for example, to being that discussion about "transitioning" to part time or flexible work. If we begin to think of Superannuation in terms of a "universal basis income" accessible to those over 65 then we can begin to plan the opportunities to keep them connected to the paid workforce for at least part of their week.

How will that connection in turn help us address the very real concerns around isolation and loneliness? Again what we know is that regardless of if it is "paid work" or "unpaid work" (volunteering) the benefits of remaining active and involved in workplaces and organisations cannot be underestimated.

And then there is housing. We hear a lot today about families requiring affordable housing here in New Zealand but probably not enough about how this will affect our future seniors. If we take the 2013 census information that showed that only 51% of 40 to 50 year olds owned their own home then we can see the size of the issue. We have a large number of future seniors who are going to need secure appropriate rental accommodation. Both central and local government are having to turn their minds to this issue, not only around supply but the weekly cost of that supply and the security of tenancy.

However sometimes we can get stuck in a "doom and gloom" mentality. There are some real opportunities here as well. By 2061 it is projected that Seniors will do over \$47 billion worth of volunteer work, they will put \$94 billion into the economy through their spending and they will pay \$25 billion in taxes.

There are areas of "work" that are not the "jobs" required by the younger generation so that they can gain a mortgage. With a large healthy active workforce - a quarter of our population by 2036 - that have access to a universal basic income, how can they be mobilised to do this "work"? How can we better use technology to do the heavy lifting, literally, so that we extend the opportunity life of this workforce?

Considering more of our seniors will be living in provincial towns how can we organise services to be there for them? If this the rebirth of our provincial towns? Will we see the opening of senior's nightclubs as they have in the UK? Will we see the full circle of life where groups of seniors "flat" together, pitch in on the cooking and the housework and have the noise control officers around early hours of the morning because they are just having too much fun?

Is that impossible? I don't think so after the really passionate seniors I have met over the last few weeks. There are exciting times ahead.



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A Message from the Labour List MP



Jamie Strange

Lifelong Learning

As a Member of Parliament, it is not unusual for me to be supporting various events at Hamilton's Claudelands Events Centre. However, I recently found myself standing on stage for a completely different reason - I, alongside hundreds of my peers, was graduating from The University of Waikato.

This celebration marked the conclusion of my Master of Educational Leadership, a qualification I began via correspondence in 2015, two years' before my election to Parliament. I completed this with a 10,000 word thesis on Innovative Learning Environments (previously called Modern Learning Environments).

Over the past few months I have juggled the workload of a new MP with my post-graduate student requirements. It has meant a number of long days, longer nights, and plenty to read on my flights to-and-from Wellington. Completing this qualification has only been possible due to the support of my wonderful family and my loving wife of 21 years, Angela.

I realise I'm not the only Kiwi who has juggled education with other responsibilities. Every morning throughout the country students are waking early and staying late at trade schools, on apprenticeships, and in Polytechs and Universities.

Many of these are mature students, often with children to provide for. They all recognise the genuine opportunities tertiary education can provide. Lifelong learning is an important aspect of our society. I recently met a woman in her 60's who is studying Primary Teacher Training.

The introduction this year of a year's free tertiary education has meant that more students are able to get the skills, training and education they need to be workers in today's modern economy. Those undertaking apprenticeships receive two years' free.



I've talked to hundreds of new students who have been positively affected by this important policy. One of the key target groups is mature students who need to increase their income levels to support their families.

We want new graduates to be investing in their own businesses, or first homes, rather than swimming in debt from the moment they graduate.

I acknowledge that some students, like me, missed out on this opportunity. I've just finished paying off a \$40,000 student loan. However, the Government had to start this scheme at some point, and unfortunately were unable to backdate it.

The world's most prosperous countries are usually also the countries that invest the most in education. It's a chicken-egg situation. Better education leads to better lives, and better lives lead to more value on education.

The Coalition Government's first Budget includes a boost to the investment in education, including 1,500 new teacher positions, hundreds of new, modern classrooms to address roll growth and overcrowded schools.

Teachers have once again been placed on the Teachers' Council, with seven of the thirteen members being from the teaching profession. For the first time, there will be two teachers from the Early Childhood sector.

As an elected Member of Parliament, I am committed to helping create a high quality, fair, inclusive education system that produces excellent outcomes for all New Zealanders. I'll be putting my degree to good use to ensure New Zealand continues to be a global leader in education.

Office: 07 8396803

Email: jamie.strange@parliament.govt.nz



Geoff Lewis

FLYING MISHAP LEADS TO MUSICAL THERAPY

You could say Dave Ward Smith's enthusiasm for music and its powers to restore cognitive ability and the enjoyment of life - started with a bang.

Originally from Britain, Dave earned a degree in biological sciences, trained as an osteopath and spent 10 years in France before coming out to New Zealand and opening a clinic in Hamilton. He'd always loved flying. Not the big machines, but the sort of aerial freedom given by hang gliders, paragliders and more recently powered paragliders.

Living at Raglan, he and his flying friends would dangle in the sky, cruise among the clouds, circuit the harbour, scoot down the coasts and along the beaches.



intellectual disabilities and to help older people retain and develop their cognitive powers.

"I started out teaching a deaf woman to play the drums. She got quite good and one night she played with our party band and you should have seen the smile on her face. It was unbelievable. I got a tremendous buzz out of working with her, which lead to working more and more with special needs people. I got such a tremendous buzz from it. I could not only see the good it was doing them but I was touched by their reaction.

Dave established the Neurogenesis Trust - trust in the music - which began in his garage and then moved to the St Francis Church in Hillcrest with the support of the local pastor. About two years ago, with a little help from his friends, he found and



Until one day, 'BANG.'

Dave woke up in hospital. He'd come adrift somehow and impacted on the high ground above Raglan's Ngarunui Beach. He still doesn't remember exactly what happened. The result was he sustained a head injury and while his cognitive abilities have returned he still finds himself getting tired quickly - a common experience among head injury survivors.

Also a musician, Dave had a little music studio in Raglan and was always keen to create things with other people. While still in rehabilitation, he got involved in a drum circle and was encouraged to use his musical talents to help people with





renovated what had been a joinery workshop on Riverlea Rd where he now offers his services to people with intellectual disabilities and to senior citizens.

His firm belief, which he says is backed by scientific research, is that music not only helps to develop cognitive abilities but also helps with memory, concentration and with breathing during sing-along sessions.

With the help of Neurogenesis co-founder and keyboardist Graham Horne, himself on drums and Hamilton bass player Nick Nicholson, Neurogenesis puts on a one-half to three-quarter hour 'Sing Out' session for the over 60s followed by a 10 minute 'Mindfulness Meditation.' Dave said the choice of songs in the 'Sing Out' sessions is important.

"Songs often come from people's formative years and are etched into to the brain. The brain works by association so singing these songs awakes places in the brain that haven't been visited for a long time. This therefore increases cognitive function and memories. This promotes the regeneration of brain tissue. This effect has been shown scientifically.

"At Neurogenesis we have a formula that helps to stop and reverse the effects of age related cognitive decline. At the moment we are working with groups but later this year we hope to be able to offer one-on-one therapy in our own multi-sensory room."

Graham leads the Sing Out session on electric piano with the words for many well-known songs thrown up on a screen by overhead projector. The audience has a great time and the collective opinion when the session comes to an end is "Aaw!".

But the disappointment is tempered with the move into Mindfulness Meditation.

"The meditation is a time of peace to just sit back and listen to the special music. We're trying to get people to undertake mediation on a daily basis and to help we give out free CDs with our unique meditation music," Dave said.

The Neurogenesis Trust is a charitable organisation which has been supported to provide its programme by the Wel Energy Trust, D.V.Bryant Trust, Gallagher Foundation, Southern Trust and the Hamilton City Council.

The Sing Out sessions attract groups of older people numbering from a few to more than a dozen. However, there is room and potential to expand and is keen to get more involved in the Wednesday Sing Out sessions. The trust is also keen to extend its music programme to help people with learning difficulties, including autistic spectrum disorders and ADHD. Neurogenesis can be found at 93A Riverlea Rd.

Neurogenesis is looking for people to get involved. We are looking for musicians, accountants, organisers, OT background, physio / osteopath back grounds. People with vision who would like to be apart of what we are doing. With the right help we could expand to touch more lives

**For more information contact
Dave Ward Smith on 021 1616151**



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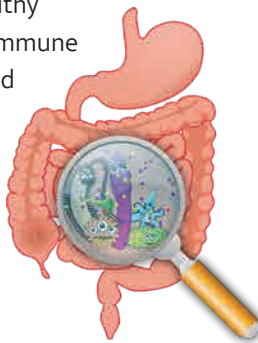
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Having worked as a medical herbalist for 18 years, I have seen the huge benefits of long term use of herbal and nutritional medicine. I have had many clients who are in their "golden years" (their 80's) who state their ongoing good health is due to using these. Both herbal and nutritional medicine are the ultimate in preventing disease and premature aging. Moderate exercise, stress management, a healthy lifestyle and diet all play a part in staying healthy alongside maintaining good digestive tract health.

It is often said; our health starts in the gut and medical herbalists know the importance of a healthy balance of our digestive microbes. Our immune and nervous systems are intricately linked to the gut, as are hormones. The cause of inflammation in the body often starts with poor digestive health and low vitality and energy may occur with malabsorption of nutrients. Restoring healthy gut flora and digestive function is a major strength of medical herbalists.



As a medical herbalist and a gardener, I am aware that it is difficult to get trace element minerals through our diet. Unless we are putting those nutrients into our soil and growing our own food, we won't be getting the variety or amounts of minerals in our diet that can help with disease prevention. We are generally aware that selenium deficiency is often linked with cancer, but not many people know of the correlation between this deficiency and cardiovascular disease. As herbalists we can look at the signs and symptoms of a person and work out what nutrients they are lacking in and prescribe accordingly.

As herbal medicine complements nutritional medicine so well, I thought it would be nice to finish with a few herbs that are safe for long term use and support longevity.



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On Monday 6 August Age Concern will host a member lounge style event. The event is open to all centre users, visitors, members and our valued volunteers. This event has been inspired by recent feedback in a member phone survey that revealed that many people had fond memories of meeting in the café that previously operated in the Celebrating Age Centre.

“Anyone dropping in to the Celebrating Age Centre at the south end of Victoria Street will know that they are always welcome here and running a member style lounge is an extension of that” says Leonie Woutersen, newly appointed Events and Membership Coordinator.

On a daily basis the centre hosts a variety of activities and we want to cover a range of interests to make sure everyone feels at home here, she says. The reason we decided to call the event a ‘member lounge’ is that this engenders familiarity and belonging – come as you are and do what you like doing, do it in the warmth of friendly company. We are here to facilitate positive ageing and we can also point you in the direction of what else is going on around and about Hamilton she adds.

People are encouraged to drop in to the dining room at the Celebrating Age Centre anytime between noon and 3pm on Monday 6 August. Drop in for a cuppa or stay for a while and spend the afternoon with us. Age Concern staff will be there, giving people an opportunity to chat on a range of topics in an informal setting or just enjoy the company. Activities will be offered, including cards, board games, crosswords and a raffle.

If the event is a success it will become a regular fixture on the Age Concern Hamilton Events Calendar.

MEMBER LOUNGE

WHEN: Monday 6 August, noon-3pm

WHERE: Celebrating Age Centre

Come as you are and do what you like doing, do it in the warmth of friendly company. Leave as a friend. Membership subscriptions are just \$20 a year and you'll be invited to many more events.



NATIONAL VOLUNTEER WEEK

Over the winter months we have held lots of events which bring our people together. Volunteer visitors continue to brighten the lives of all who they visit, but we have several activities to bring our visitors together too.

Over National Volunteer week, we shared coffee and cake with many of our teams across the Waikato and Bay of Plenty. We value our volunteers contribution to others' lives and the community immensely - without them Age Concern could not offer the services we do. We are about to offer a programme for improved wellness in Hamilton to add more value to our offering too. We continue to face increasing numbers of requests for visitors, all across the towns throughout Waikato and Hamilton.

If any reader could consider and hour a week, or less, to brighten the lives of a socially isolated older person, I would be delighted to hear from you.

As a volunteer myself for a few activities outside work, I provide testament to how fulfilling a small gift of time is.

Brent Nielsen | Executive Officer | Age Concern Hamilton
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Article supplied by Kathleen Atkins

How to Grow Your Family Tree One Branch at a Time

“You look just like a Roach”, each new teacher would say and she would be right. Whether it was Sister Mary or any of the nuns who taught who me, if they came from the Waikato, chances were they knew our family. And it was true. My seven siblings and I have a strong family likeness. Each time I was asked if I was a Roach, I was pleased that people recognised the family likeness and felt I belonged to something special.

Growing up in a close knit local family, I knew that the man handing around the collection plate at church was an uncle and that lady in the second pew with her children was an aunt. I didn't know how they were related, just that they were.

It was when our family was planning our mother's 90th birthday that I formally recorded what I knew about Mum and Dad's many descendants. As they have 25 grandchildren and at last count, 40 great grandchildren, just getting those names and birth dates correct was a challenge.

With so much information already, my next task was finding an easy and manageable way to record and display the ever growing family tree. I had seen the ads on TV and purchased a computer based family tree maker. Thankfully I could use this programme to print off a record for all the family at Mum's party to check that their details were correct.



By this time, I realised I wanted to know more. Like so many before me, I was hooked! I found the New Zealand Internal Affairs website that has a free database showing births and deaths since 1840, along with marriages which have been recorded since 1854. This site enabled me to track back my father's family for a couple of generations. Then I got stuck. I had no idea what to do next.

So when a notice appeared in a local paper for a meeting on how to start researching a family tree, I took note and attended. Run by the Hamilton Library staff, attendees were given very useful information and resources. One pamphlet included the details for the New Zealand Society of Genealogy Te Rangapū Kaihikohiko o Aotearoa (NZSG).

For some reason, while I wasn't sure what this society did, I assumed that to be a member, a person needed to have some sort of qualification. I'm pleased I took the time to look at the NZSG website as I found resources and helpful information on how to undertake further research on my family members. The site included the dates and times for local NZSG branch meetings so, now less nervous about my lack of knowledge, I went along to the upcoming meeting of the Hamilton branch.

The members were very welcoming. I discovered people's experience in researching information about their families ranged from beginners like myself to those who had been researching for thirty years or more. At each meeting, people have the opportunity to share how they have found



information about family members. Time is allocated for one or two speakers who share more in depth information on an aspect of family research. A small library and resources are also available.

At one of the many memorable Hamilton NZSG meetings, a member explained how she had recently published her family tree on a popular website. Shortly after, she was contacted by a bona fide lawyer, informing her that he had used that website to find and contact relatives of a deceased client and that she was the likely recipient of this distant relatives' assets.

While most of us won't find actual money as a result of our family research, treasures are definitely waiting to be found. At one NZSG Hamilton meeting, participants shared stories of our parents' and grandparents' engagement in various wars. I learnt about accessing military records from the NZ Defence Force Archives division and sent away for a free copy of my father, Lawrence Roach's service records. It's hard to describe the flood of emotions I experienced seeing dad's familiar writing on the enlistment form that he had signed so long ago and reading about his training and flights over enemy territory.

Since joining I have made great progress in both extending my family tree and in learning more about various ancestors. One of my more memorable finds was locating my mother's relatives. Mum was living in Birmingham, England when the then prime minister Winston Churchill announced, on Mum's fourteenth birthday, that Britain had entered the second world war. The next few years at war meant her family was separated as members joined the armed forces and Mum was sent to live with strangers outside the city. Using Family Research, Ancestry and other excellent websites, I was able to locate birth and death certificates for members of Mum's maternal relatives. I even located some photographs, which triggered memories that Mum can now share with her descendants.

One of the many advantages of meeting with other family researchers is learning about useful websites. An excellent resource for those wanting to learn more about their family's history is the Family Research website. This site hosts a huge catalogue of local and overseas records, which are free to access. Records include birth, marriage, and death records; census records; church registers; family histories and many others that contain genealogical information.

The Hamilton branch includes sub groups for those wanting to learn more specific information. Groups looking at their Scottish ancestry, Irish heritage, and another group writing their ancestors' or their own stories are available to members. Another very popular group has been established this year for those wanting to learn more about how to use their DNA results. Hamilton's NZSG DNA group includes beginners as well as those with very advanced skill and experience in using the various DNA tools.



The number of people wanting to learn their genetic ethnic make-up by using DNA tests is growing by the day, and a huge amount can be learnt when you know how to use the findings to connect with relatives across the globe. Sending away a DNA sample is very easy. Some testing companies require you to spit a few times into a provided tube. Others require a swab from inside your cheek. Either way it's completely painless. My test results have identified many relatives from across predominantly the western part of the globe.

My family tree now includes thousands of people and I love using the many online data sets to learn about my ancestors' lives. Where they lived, how they worked, why they immigrated and so many other details. Using the wealth of information I have sourced both online and from other living relatives, I have started to write a story about each of my grandparents so that my own children and grandchildren, who never met their ancestors, can learn about the people whose DNA runs in their blood. I believe they will be richer for knowing more about where they come from, for as the Māori whakatauki states, "Titiro whakamuri, kokiri whakamua," Look back and reflect, so you can move forward.

The NZSG meetings and online site, continue to provide me with both new resources and new expert speakers for me to learn from. I just need to get at my computer once the grandchildren are off it so I can carry on my hunt.

NZSG Hamilton Branch meetings: Chartwell Cooperating Church Hall, 126 Comries Road, Hamilton.

Contact Hamilton NZSG: Margaret Couch Hamilton@genealogy.org.nz Phone: 07 855 8043

Evening Meetings: first Thursday of the month, Feb - Dec 7.30 pm.

Morning Meetings: third Monday of the month, Feb – Nov, 9.30 am

Resources:

New Zealand Society of Genealogy: www.genealogy.org.nz

Family Research: www.familysearch.org

New Zealand Births, Death and Marriages: www.bdmhistoricalrecords.dia.govt.nz

New Zealand Defence Archives and Medals: nzdf.mil.nz/personnel-records/

New Zealand History: nzhistory.govt.nz/politics/womens-suffrage

Archives New Zealand : archives.govt.nz/provenance-of-power/womens-suffrage-petition/about

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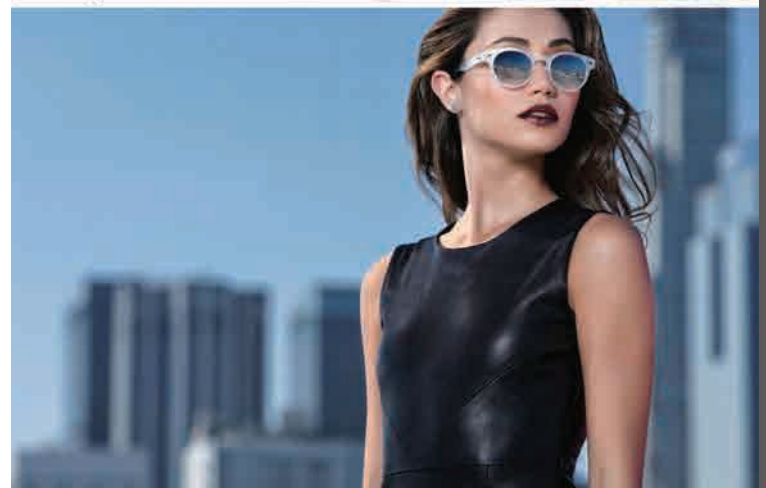
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READING THE LABELS

What is it with perceptions of age? Everywhere I look there seems to be another headline exclaiming over an ‘elderly’ person in their sixties – or even, heaven forbid, fifties.

Rarely heralding anything positive, the banner usually involves an incident where someone fell over or ran off the road. Events that could, of course, never happen at any other stage of life.

I’m declaring a rant here. Most of us are averse to some words or phrases and the way we talk about age is one of my major bugbears. Yet we are all ageing, if we are lucky. In a diverse world where minority groups are seen as others, ageing is the one category we all share. There are loads of ways in which we describe ageing and few are complimentary. At a time when we are living longer and better lives, the barometer is stuck on labels that are outdated and irrelevant.

So what is it about the word ‘elderly’ that rankles so much? Actually it’s those last two letters that make all the difference. The -ly loads connotations of weakness, frailty and burden. Without that small addition, we become elders, still relevant with wisdom, dignity and contribution yet to be made.

Is it, as Hamlet said, that my ‘thinking makes it so’? Perhaps, but perception is indeed everything, and when the word elderly appears, so does yet another misconception of age.

The labels are as just pernicious whatever age you are. Expectations of ability start early, with comparisons of babies. Who is sleeping / feeding / growing? Who is walking / passing milestones? They get to school and we ask how reading is going. It seems we are constantly looking for signs that reinforce brilliance. Comparisons that flip easily from encouragement to do our best, into blame for not measuring up.

And it doesn’t stop there. In fact it never seems to end, as society rests upon making one person right and another wrong, setting one to succeed while another fails. From schools to courts, from job interviews to relationships. Sitting in judgment is our human default. While ready to judge others, none of us want to be that one who is lesser.

We are our own worst enemy when it comes to the language of ageing. It’s common to blame a senior moment when the car keys are misplaced, or groan about getting old when knees

creak. Yet we lose the car keys just as easily at 30 and my young gym-bunny friend often has knee pain. Overwhelm and over-use are human conditions, not just age-related ailments.

Language is our way of defining, confining and refining who we are, but as we live longer and better lives, there needs to be a change in the way age is described. So it was with much amusement, I recently discovered that the World Health Organisation has changed its age categories to describe 18-65 year olds as ‘youth/young people’, and 66-79 year olds as ‘middle-aged’. Some of the language is still unhelpful, with 0-17 year olds regarded as ‘underage’ and 80-99 as ‘elderly’. When you get to 100+ years old, WHO now says you are ‘long-lived elderly.’

In a recent conversation with a bunch of 50 pluses, there was a strong sense that the only way to redefine an age is to live a new meaning into it. After all, we’re increasingly likely to live to 100 and beyond.

If 50 is indeed halfway through our lives, then what does that really mean? Is it the top of the hill (or bell-curve) that means down is the only option? In a society obsessed with the culture of youth, even the milestones of growing up suggest that decline is the only remaining option.

What if we regard age as a complex linear path, with twists and turns at every stage? Would the number be relevant? Would, instead it be more useful to see ourselves through the lens of what we can offer? A view of contribution, rather than deficit?

How different would life be, if you chose to live as an elder, rather than elderly.

As my next milestone birthday approaches, it brings an air of excitement for all the possibilities that were not open to me in the last decade. Circumstances have changed and so have I. No label will define or reduce that, unless I let it. And that will never happen.

Jenny Magee works with Boomers to make the most of the second half of their lives. Her latest book **A Bold Life – How Boomer Women are Reinventing Life Beyond Fifty** is available at good bookstores or from www.jennymagee.com If you are looking to make significant changes, contact Jenny via email to jenny@jennymagee.com



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Tauranga & WBOP Association



Our AGM has been held since my last article and it went very well despite the freezing cold day. The Tauranga Labour List MP, Jan Tinetti, was our guest speaker and she spoke at some length about why she went into politics and her determination to do what she can to alleviate the hardship of the under privileged. The previous committee members were voted on again plus our new Treasurer and one new member.

I'm very environmentally conscious and am watching with great interest society's response to the change this year of the proposed cessation of single use plastic bags, particularly in supermarkets. Unfortunately the majority of the population seem quite unprepared to use recyclable bags and this problem covers a wide age group. How long will it take for people to change their habits and remember to take their own bags into the shops and supermarkets?? Other interested parties as well as myself have noticed the proliferation of pre-packaged fruit and vegetables and meat which seems to be a growing trend. This is quite against the last few years of rhetoric about the need to cut down on plastic and non-compostable packaging which continues to fill our landfills. There is a lot of publicity about the really awful amount of rubbish in our oceans and waterways. This rubbish does not pop out of wheelie bins or the landfills on its own - it gets there because we have become so very careless about good and responsible behaviour. It's not acceptable to throw unwanted items out of the car window or over the side of a boat and when eating outside there should be a zero tolerance - absolutely nothing left behind except our foot prints.

MAKE YOUR VOICE COUNT



I'm writing about this because I wonder if my generation has somehow failed to pass on the importance of responsible behaviour and the devastating consequences to animal and bird life. Studies also show that there is an impact on the health of future generations. An example is that fish in particular, ingest the toxins from the plastic in the ocean and we in turn eat them. (www.news-medical.net).

So much that seems to have become skewed in recent times seems to come back to education - I could be very un PC and say that it is due to a lack of 'discipline' but that is so old fashioned; much better to let young people do as they please! It's good for us to be liberated in our thinking regarding the innovations and changes to our lives due to the leaps and bounds of technology but we mustn't let our other responsibilities slip.

It is vital that we put together a strong request to the Government urging them to push forward harder with a much more proactive approach to recycling and to dramatically reduce the use of single use plastic. To help us achieve this I would ask you to become a member so that we have a bigger voice to help save our environment!

Jennifer Custins - President for Tauranga & WBOP

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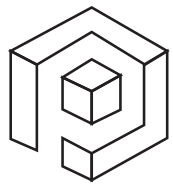
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As we are all aware according to dictionary references a coupon is a ticket or document that can be redeemed for a financial discount or rebate when purchasing a product.

However, over many years, coupons have played a much more important role in households throughout times of great strife such as the Great Depression in the 1930's and especially throughout the 1st and 2nd World Wars and beyond.

Taking on many shapes and sizes, coupons have been issued worldwide via manufacturers of consumer packaged goods or by retailers and service providers and government departments as a part of sales promotions, for reasons of economic strife, and even to ration communities in times of shortage.

At Seasons magazine we realise that many of our more mature readers have lived through and experienced for themselves the nature of coupons. For some this will revive memories of the important times in history that these were used not just for discounts and saving but as a matter of necessity. We have put together a small timeline and some interesting facts that may bring some of those memories back but also educate some of our younger readers about the development and use of these iconic commodities.

Timeline

A short look at the timeline for the history of coupons:

1888 – Asa Candler used paper tickets for free glasses of Coca-Cola to help market his new soda.

Believed to be the first coupon ever, this ticket for a free glass of Coca-Cola was first distributed in 1888 to help promote the drink. By 1913, the company had redeemed 8.5 million tickets for this single offer.



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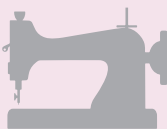


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1930 – Coupon usage grows dramatically during the great depression as many services and products became in short supply due to business closures and job losses with a huge fall in the worldwide stock market which resulted in economic catastrophe.

Coupons were used to help ration the population to ensure stretching any products or services as far as possible across the population.



1940 – Big chain grocery stores begin to use coupons to attract consumers away from purchasing at local markets.

Once the depression was at an end the retail market didn't take long to see the benefit in releasing coupons to attract business to their store and away from others. The consumer market was ripe for the picking with up to 90% of households collecting and using coupons as part of their weekly ritual. Some people even spent evenings going through local papers, flyers and even purchasing specialised coupon books containing an array of coupons from food to holiday destinations which would be used at every opportunity.

1942 – War rationing started taking hold and yet again the mighty coupon became essential for all households to survive.

With rationing of essential goods beginning early in the war and books of coupons became common possessions, the first place consumers felt the pinch was at the petrol pump with a coupon allowance of (36 to 54 litres) a month, depending on the size of the car. By 1942, this amount looked generous, when the most petrol a private motorist could buy in a month was just 2 gallons (9 litres). It remained at this level for most of the war.

Even rubber was in short supply as most of this material was going to the war effort so even to buy a pair of gumboots with rubber rationing, dairy farmers had to prove they owned at least 12 cows.

During the war years New Zealanders also learned to do without as from early in 1942, the regular cuppa had to be reconsidered, as first sugar and then tea were rationed and 8 ounces (225 grams) of butter a week was all you had to make it spread (No pun intended).

"This also brings back fond memories of my Grandma scraping the butter on to the toast that you could hear from the lounge until you weren't sure there was actually any butter left on it."

In March 1944 New Zealanders were rationed to about 2½ pounds (just over 1 kg) of meat per week with vegetables also rationed and In 1943, “The Dig for Victory campaign” which persuaded citizens to get their hands dirty with radio stations offering practical advice on vegetable gardening as this was fast becoming the only real way off guaranteeing the fresh veges on the table a few nights a week.

To control this rationing again the mighty coupon was put into action ensuring that businesses and families received their allotted portion that they were allocated to survive during these hard times.



1950-1965 – A large portion of NZ families begin cutting coupons on a regular basis having already been conditioned to saving in every area of their budgets so companies continued the coupon practise as part of their marketing strategies and advertising projects.

1990 – The invention of the internet leads to the downloaded printable coupon and online coupons, however online retailers often refer to coupons in several different ways such as coupon codes, promotional codes, discount codes, promo codes, surplus stock code, voucher codes, reward codes, discount vouchers.

Internet coupons typically provide a reduced cost, free shipping or offer a monetary or percentage discount while others offer to encourage consumers to purchase in store or to join for memberships to gain further use by potential consumers, such as coffee cards and even your super gold card is a form of coupon

2010 – Target becomes the first international chain to put mobile coupons on customers’ cell phones.

Now we also have the mobile coupon which is an electronic ticket delivered to a mobile phone that can be exchanged for financial discount when purchasing product or service. This can contain a bar code or passcode which can be scanned from your phone instore to get the discount offered.

However, one thing to be aware of when using your mobile device for these transactions or for downloading these electronic coupons is that the device may also wish to access your personal data etc. This data can be later used by other retailers and to build a profile of your purchase habits so as to offer you more products in the future.



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So, what does all this mean?

Whilst as per our magazine name we believe everything has its season and that with time things come and go. The mighty coupon seems to have stood the test of time and shown the ability to adapt its self to our lifestyles, technology, age differences and even the economic wave to not only survive, but grow into one of the most popular and used tools in households and businesses worldwide with no signs of stopping in the foreseeable future.

Food for thought Just one more thing to consider however is that the coupon also seems to be a good gauge of the state of an economy, and does the rising popularity of the coupon mean we are all just getting more savvy with our purchasing or is it driven by those little things like the price of a pound of butter lately pointing to something more sinister on the horizon in terms of our household budgets.

Whatever the future may hold for us all the one thing you can count on is the Mighty Coupon will always in one shape or another be there to help us make our budgets spread and I for one will be always on the lookout for the next great coupon deal.

As you can see some of our wonderful clients have supplied some great coupon deals to go with this story so please support them by making use of them at every opportunity.

Footnote: Many thanks to the online resources such as Wikipedia and multiple other historical sites in help with facts for this article.

Team Seasons

2012 – The 125th anniversary of coupons.

2013 – Coupon usage is rampant.

According to studies in the USA and other European nations over 90% of their populations now shop with coupons. And it's not just the ones in the Sunday paper its online coupons, mobile coupons and mail out coupons which is telling us that that number is just going to keep on growing.

2014 – Although coupons are gender friendly, girl power has taken online coupon usage even higher for females doubling in the last four years and our seniors are getting in on the action too, as online coupon usage nearly tripled for those ages 50 and up. This time the attractive discounts now offered to them from their cosy computer nook at home.

"And even better they can have everything delivered to the door."

2015 – Cue the gasps. Millennials are getting in on the coupon action, too! Millennials behaviours reflect those of baby boomers, with huge percentage using coupons when planning their shopping. However, coupon use is prevalent across all generations, with nine of 10 respondents stating they use coupons for their food, over-the-counter medications, household items and health and beauty purchases amongst an endless array of other purchases.

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World Health Organisation Age Friendly Global Network

Hamilton becomes first in New Zealand

Hamilton has again put New Zealand on the map. The city has become the first in New Zealand, and 600th overall, to gain admittance to the World Health Organisation Age Friendly Global Network. Hamilton will now be able to share ideas with the 599 other cities in the network about new and innovative ways of enabling older people to live a better lifestyle.

Hamilton's place in the Network was achieved through the development of an Age Friendly Plan for the city, which sees a number of agencies, organisations and businesses joining forces to make the services and facilities they provide better for older people. The Plan was developed by an independent steering group, chaired by Emeritus Professor Dame Peggy Koopman-Boyden. The Plan has received support from the Hamilton City Council and several governmental agencies, working alongside many community groups and older people themselves. Dame Peggy says that, "Previous plans aimed at improving the lives of older people have been focussed on what Hamilton City Council can do, but ultimately they are only one of the players, and by giving the community greater ownership, we have a much more collaborative plan. Community groups and businesses will be responsible for delivering around two-thirds of the actions in the Plan."

The Hamilton Age Friendly Plan (2018-2021) sets out a number of actions for completion over the next four years. These actions come under the nine themes:

1. **Outdoor Spaces and Public Buildings**
2. **Transport / Mobility**
3. **Housing**
4. **Social Participation**
5. **Respect and Social Inclusion**
6. **Civic Participation and Employment**
7. **Communication and Information**
8. **Community Support and Health Services**
9. **Safety.**

A total of 48 projects are in the Plan, ranging from ambitious large scale projects, like creating better housing options for older people, through to smaller projects that will make a difference in the lives of individual older people in their local neighbourhoods. Some of the actions are:

- Providing training for older people in the use of new technologies at public libraries and in public transport



- Creating a database on recreational options for older people across the city
- Providing driver training programmes especially for older people
- Increasing the assistance given to cases of elder abuse and falls
- Helping older people to be more prepared for Civil Defence emergencies.

Dame Peggy is very pleased with the actions listed in the Plan, and realises that this is a good point in time to stop and look at what makes Hamilton a great city for older people.

"We talked to many older people before we developed the Age Friendly Plan. What we found was that Hamilton is already a great city for older people, and we want to help groups build and expand on the good work they are already doing. An example of this was the recent '50+ and Loving It' event held at Hamilton Gardens. This showcased the many services and facilities available to older people and helped them better understand what is out there, already available, in our city."



The future for Hamilton's older people looks bright, with many other agencies discovering the Plan and wanting to be involved. It is hoped that Hamilton's age friendly awareness, facilities and services will only increase over time. Dame Peggy hopes that "with the kind of support the Plan is receiving, the idea of an Age Friendly Hamilton will certainly go from strength to strength. We hope all older Hamiltonians, and those 'getting older', will benefit from this work in the years to come."



**Hamilton's Age Friendly Plan (2018-2021)
can be found online at
www.hamilton.govt.nz/agefriendly**

Article supplied by Hamilton City Council

**Photos supplied by Age Concern Hamilton
and Rauawaawa Kaumātua Charitable Trust**

HAVE YOU HEARD OF ADVANCE CARE PLANNING?

Advance care planning gives everyone, including you, a chance to think about what is important to you about healthcare. It helps you to understand what the future might hold and to say what health care you would, or not want, towards end-of-life care – especially if you can no longer speak for yourself.

It can save stress and worry for the important people in your life and your healthcare team if they need to make decisions on your behalf. Advance care planning can be done at your own pace by following these five steps:

Step 1 – Think about it

Think about what is important to you, what gives your life meaning and who would you choose to make decisions for you if you were not able to. Are there any treatments or types of care that you would or would not want and where would you prefer to be cared for in your last days if you had a choice?

Step 2 – Talk about it

Talk about this openly with your family/ whanau, friends, GP/ doctor, nurse or healthcare worker, and Enduring Power of Attorney (EPOA) to let them know about your wishes.

Step 3 – Write it down

Having your wishes in writing makes everyone clear about what you want. There is a guide and booklet to help you write these down.



Step 4 – Share it

Take your plan to your GP practice where a copy will be stored in your medical records and shared with healthcare teams when necessary. Don't forget to share it with your family/ whanau and EPOA (if you have one).

Step 5 – Review it

Pick a memorable date in the year to review your plan in case anything changes and you want to update your plan. This is your plan and you can change it whenever you like.

Want to know more?

Ask your GP, practice nurse or healthcare worker for a copy of the advance care planning guide and booklet. They can help you complete it and help you understand the medical choices you have.

For further information visit: www.advancecareplanning.org.nz

For EPOA information: <http://superseniors.msd.govt.nz>

HABITAT FOR HUMANITY

THE HOUSES' HELEN BUILT

My interest in Habitat was instigated by my sister Gwenda. When the September 2010 earthquake hit Canterbury it seriously damaged the town of Kaiapoi where she and two of my other siblings live. Habitat had a large presence in building houses to help rehome victims and then in 2014 they advertised locally for people to help with a Global Build in Nepal and I thought what a wonderful way to say "thank you" and as I had just retired to Cambridge (from Auckland) I thought "why not."

So, November 2014, 102 Kiwi volunteers travelled to Sauraha via Kathmandu and Bharutpur.

When the other International teams arrived, we numbered 300 and our task was to build a village of 35 bamboo houses for people who had been displaced by the Government decree outlawing Indentured Labour. These families were now living in squalor in an area the size of a tennis court.

The government donated the land as it had been an area set aside for a school and was covered in bamboo. Fortunately the foundations had been done by Habitat Nepal and after barrowing soil for floors, we were able to spend the next 3 days splitting bamboo with machetes and tightly weaving it onto the house framework –at the same time tamping down the dirt floors.

Plaster was then mixed by hand and applied to both the inside and outside of the house and a coat of whitewash on day 5 with the houses ready to be handed over to their owners in quick order.

The feeling of comradery that develops between us workers is fantastic. Everyone has different strengths and works to the best of their ability. So much fun can be had!

Some of the people who were to be housed decided not to wait until day 5 and lived under tarpaulins on site. This made it easier for them to help us and give us some clues on building with bamboo, which is a wonderful skill to learn.



Toilets were built and a water system with a cowtail pump installed for each house instead of one facility for the whole Village.

On this tour we lucky enough to get a clear day and took a flight over Mt Everest - about as close as I ever plan to get to that sort of COLD. What an awesome sight!

We stayed at an animal reserve about an hour north of the Indian border and were able to go out on elephants to see white rhino with calf, alligators in the river and small deer. All wildlife I did not expect to see in the Nepal region.

One thing that was very obvious was the fact agriculture is very intensive and no ground was wasted. Stock was kept tethered except for in riverbeds. Mustard was the main crop when we were there.

Poverty was noticeable to the extent that some women left their babies on the footpath with begging bowls beside them which shows we have so much to be thankful for and some of our unemployed would do well to go and see what poverty really is.

When the next earthquake hit Nepal, all Habitat built houses remained standing. No doubt some of the upmarket tiled houses were not so lucky.

Inspired from my first experience, in November 2016 I again had the opportunity to build with H4H, this time in Hoa Binh, Vietnam and Gwenda and I took brother Fred with us for the experience.



Our group of 24 Kiwis built 2 concrete block houses with the help of 4 Vietnamese skilled workers who made sure we did it to local standards. Divided into 12 per house, we laid bricks for foundations and cut steel to make rebars. Boxing was erected, concrete hand mixed and poured onto floors filled with dirt and gravel.

At one stage we had too many people for the job required so some of us walked down the road with shovels to fill in a boghole where our minibus bellied every morning. We never gave it a thought but next day there was a Communist official at the Build site doing a head count to check we were all accounted for, just something we would never think of!

This time out 2 families were fish farmers working away upstream from the huge dam the Russians built at the cost of 200 lives. (The build was an hour's travel from the dam). One was a widower with 2 small girls, the other married with a young girl and a baby born while we were there. The mother was so excited about getting a new house and to celebrate handover on day 6 we were all shouted a sip (or 2) of a two year old rice wine! Tasty.

Our houses were not completely finished but to the rescue Habitat Vietnam finished putting the roofs on when the mortar was properly set. This was another satisfying build with new friends made, followed by a 6 day tour which included Hanoi, Halong Bay, Hoi An and Ho Chi Minh City.

In mid-June I returned from my 3rd Habitat for Humanity build, this one in Myanmar (Burma) –the largest country in SE Asia with a population of 55 million.

Our volunteer team of 16 people, mainly seniors (including my sister and brother) was housed in Bago and for 7 days we commuted an hour to our Thanatpin Village Build site by bus,



tuktuk and foot. Here we divided into two teams and for 6 ½ days worked together with our local families to build 2 bamboo pole houses, despite the challenges of monsoon conditions at times.

Fortunately, Habitat employed 3 skilled tradesmen for each house and they constructed the main framework using 125mm diameter bamboo. Meanwhile we did the 'donkey work'- mixing mortar, laying bricks, cementing foundations, whittling bamboo nails with machetes and weaving bamboo wall panels into a durable pattern!

The Village has no electricity and a generator was hired to drill holes for fastening the framework (using bamboo nails) and corrugated iron roof (using normal nails).

The addition of a water tank and stand which was also constructed was a big step forward for the homeowners including a toilet with a sunken composting tank. We were unable to ascertain the mortality rate but I am sure these two new basic commodities will make a huge difference to the health of the local community moving forward.

On completion of our houses (day 7) the villagers put on a farewell celebration for our teams, with LOUD music, dancing and lots of hugs all round.

This was very emotional and such a BUZZ!

The poverty these people live in is such an eye opener for us westerners and our gifts to the village included 6 solar lights, books, pencils and soccer balls for the school. Children do not 'own' toys, everything being shared amongst each other with no room for selfishness.

My lasting impression of Myanmar (apart from Pagodas) is the greenness of the country which is mostly a very flat contour and trees abound. At the moment there is a 10 year moratorium on Teak logging so the forests have a chance to regrow, this means the elephants used in the logging industry need to be 'minded' in the forests so they can still be handled in a few years' time then once again logging can resume. There is also a Care Park for mothers with babies and orphans.

The main employment for the women in our village was hand rolling cigars. This was done at home with 1,000 cigars earning about \$1.50, the men worked mainly on the land, using oxen to plough the rice paddies ready for wet season which was intensive labour and not a tractor in sight!

On our bus trip to work we noticed China had opened a garment factory and shoe factory. We were informed this is because the one child family population in China are all well-educated and there is no-one wanting to do the mundane factory work. Wages are not high by our standard but it is giving the locals an income and will help overcome the poverty they currently endure.

After the build, 14 of us visited more of the country including Yangon (Rangoon), Bagan, Mandalay and Inle Lake where

tomatoes are grown on top of beds of water called hyacinths in a type of hydroponic arrangement. We also spent time visiting cottage industries of food products, silver smiths, jade carving, umbrella making, bronze casting, weaving and spinning silk and Lotus thread. which is extremely labour intensive!

Myanmar now seems to be making progress despite the huge political difficulties over the years and again with the current Rohingya crisis, in which we were able to gain some insight of some of the hardships this has caused. However, also there is a lot of superstition in their culture and gifts to Buddah also impacts them financially.

WE ALL AGREED THE TRIP WAS A VERY SATISFYING EXPERIENCE ALL ROUND.

I wonder where to next because although I am 70 years old I know there are a few builds left in me yet. Maybe South America or Africa?

Article supplied by Helen Lacey

Habitat for Humanity New Zealand is a not-for-profit organisation that works in partnership with people of goodwill and families in housing need, to eliminate sub-standard housing

For further information visit www.habitat.org.nz



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Waikato-Based Charity wins innovation award



April Johnson and Catherine Bennett pictured with the Diane Rangi Innovation Award

A series of short videos featuring disabled people talking openly and honestly about their lives has been recognised with an innovation award from the New Zealand Federation of Disability Information Centres.

Life Unlimited Charitable Trust picked up the award for a video project led by one of its general managers Catherine Bennett who approached Attitude Live to make the videos using their popular Question Time concept.

The result is 21 innovative and engaging videos made by disabled people for disabled people, their family and supporters. The Question Time series includes interviews with advocate Dr Huhana Hickey, 'Dancing with the Stars' contestant Jess Quinn and former Paralympian Daniel Holt.

At the awards ceremony held in Palmerston North, organisers said the project stood out because of its beginnings in workshops with disabled people and family members who discussed what they wanted from disability information.

A recurring theme in those discussions was the opportunity to tell their own stories.

Life Unlimited information advisor April Johnson, who attended the ceremony in May and accepted the award on behalf of Hamilton based Life Unlimited, said working on the Question Time project has been a career highlight.

"Working with people and giving them a platform to share their personal stories is a very humbling experience. So many people and their families have generously agreed to share their stories in the hope it helps others.

"The Diane Rangi award has special significance for the federation, so I felt honoured to accept the award on behalf of Life Unlimited."

The Question Time videos have been widely watched and shared, with some wonderful feedback from viewers, including:

"Great advice for new quads! This is a really cool resource for people with all kinds of disabilities."

"Our 5 year old daughter was just diagnosed with scoliosis, we're very thankful for medical advances. Thank you for the video."

"I have Spina Bifida as well! This was awesome to watch."

The videos are available on the Life Unlimited website as part of the Online Information Hub, a wider project designed in consultation with disabled people and their families to deliver disability information to anyone, anywhere in New Zealand in a way that suits them.

Chief executive Mark Brown said he and the board were thrilled at the award and the videos because of the response from disabled people, their families and carers who are watching them.

"Every video promoted through social media channels has thousands of views and are widely shared. We've found we are now getting more people coming to Life Unlimited directly and they're asking more complex questions which we can help with," he said.

Life Unlimited continues to expand the Online Information Hub by regularly adding written and video content and expanding the ways people can contact the organisation for information, including the addition of Live Chat to the website.

The Diane Rangi Innovation Award was named for a long-serving information consultant at Enable NZ. Before she passed away, Rangi helped design the trophy that will be on display at Life Unlimited over the next year.

Life Unlimited will celebrate its 40th anniversary next year as a charitable trust which provides health and disability information, advice and equipment to enable people to live the life they choose.

Other services offered include:

- Hearing therapy
- Autism information, advice and professional training
- Needs Assessment Service Coordination
- Equipment and assistive technology to support independent living
- Community programmes to foster participation and inclusion.

For more information or further comment please contact Mary Anne Gill on 07 903 7053 or 021 705 213 or by email at communications@lifeunlimited.net.nz



HABITAT

MOVES WITH THE TIMES

While the Government is making efforts to improve the access of ordinary Kiwis to affordable housing through its KiwiBuild policy, Habitat for Humanity continues to focus on helping those with limited opportunity to gain access to a reasonable standard of housing, both nationally and internationally.

Originally launched in the US in 1976, Habitat for Humanity was established in Hamilton in 1990 around a "lot of volunteers keen to hammer nails."

John Gallagher, a Hamilton businessman with 50 years' experience in property, began his association with Habitat in 1990 and has been Habitat's Central North Island board chairman for the past 20 years.

"I was asked to assist with funding for their first home build. I quickly learned the value of having a permanent place to call home to provide stability for families so children were not dragged from school to school as parents moved about. Soon after I became a director then chairman in 1998."

"When Habitat came to New Zealand there were 20 groups established around NZ. The only product was Home ownership. As Hamilton Habitat grew we endeavoured to assist Tokoroa and Taupo finally amalgamating with them to become Habitat Waikato."

"Some time later we worked to assist Gisborne and Hastings finally amalgamating with them to become Habitat Central North Island. Rotorua joined the group a little later."



Nathan Collins & Nic Greene

As land in the larger centres became more expensive, Habitat CNI did more home ownership builds around the region and purchased its first pensioner housing in Hamilton as a means to expand its mission.

Habitat CNI has six major areas of operation - Assisted Home Ownership, a Home Repair programme helping low-income families with home maintenance, Social Rentals - income-based rentals for low-income individuals and families, Disaster Relief, Global Village and International Projects.

Habitat for Humanity Central North Island General Manager Nic Greene said the escalating cost of land had required a re-think around how the organisation structured its mission in the community.

"The reality is that the cost of land has gone up significantly. Affordable sections don't exist. Most sections are around \$300,000 plus a bunch of covenants so you're not going to build a \$200,000 house on it.

"We've prioritised what we do. We'll build wherever we can find land in infill housing areas and low decile areas but most of these have gone now."

Habitat most recently facilitated a home build in Ellicott Rd in Hamilton and has another lined up in Ngaruawahia - but in reality it should be doing hundreds of houses, Greene said.

"We've got into partnerships and moved into the rental space so we're not continually selling our asset. We've had to start from scratch and create a different financial model."

Partnerships include working with the Waikato District Health Board through its Whareora 'Healthy Homes' programme and a project with a Gisborne iwi health provider to repair 18 homes.

About four years ago Habitat shifted its focus to the rental market buying the former Hamilton City Council pensioner village in Johnson St Dinsdale in conjunction with the now defunct CrossLight Trust. It also took over the Freeman Court



John Gallagher



Janette Flowers

from the Eventide Trust in Te Awamutu, is in negotiation to purchase Waipa District Council's pensioner housing and has another 20 rentals spread around the region.

Habitat for Humanity gains half its income from its network of 21 ReStore (recycled furniture, clothing and household goods) outlets throughout New Zealand including seven in the central North Island network, the remainder comes from grants, donations and fundraising.

Among Habitat for Humanity's activities is its Global Village programme which sees teams of volunteers travel to poorer nations to build and repair housing.

Back in 2006 Hamilton woman Lynnette Flowers contacted Habitat to ask when the next Global Village overseas trip was due and was told there wasn't one.

"They said to me "why don't you lead one?" So the first team I led overseas was to India which was part of the on-going rebuilding effort following the 2004 Boxing Day Tsunami. It was part of a huge international effort to rebuild villages."

The following year, along with her five sons, she led a team to work on the wind swept steppe of Mongolia, then to Vietnam.

In total Flowers has led 11 missions from the Central North Island Region to nations in Asia, Africa and South America.

The construction projects range from building new dwellings to the rehabilitation of existing homes. Habitat team members pay their own way to and from and make a compulsory financial contribution. While there they add to the economy of the nation by using hotels, buying food and transport. Following the completion of the project many team members will also take the opportunity to tour in the country.

Flowers has a pool of recruits and there are those who make contact through the Habitat website.

"It tends to be mostly older people. We get some younger people. Groups have ranged from eight to 23 in number and have reduced in recent years due to rising costs."

Almost half the trips Lynnette has led have been with groups of staff from the Waikato Institute of Technology (Wintec) under a Memorandum of Understanding as part of the institution's commitment to the wider international community.

Working in developing nations can be an eye-opener and team members often experience "reverse culture shock," she said.

"When we get back some people feel really down because our lifestyle seems to fatuous and superfluous. But after a time they look back on their experience as a privilege and spread the word far and wide."

Last year's Habitat Global Village expedition saw volunteers from the Central North Island region join others in a 'build' in Rio de Janeiro, Argentina.



Habitat Columbian Team 2017

In November this year Habitat Central North Island Operations Manager Nathan Collins plans to lead a team of about 45 to Vietnam to build in the village of Dong Thap as part of an international effort of about 700 workers.

"It will be a big build with several hundred people coming from New Zealand. People don't have to have trades experience as the building materials and techniques are quite simple. It's not complex you just need a desire to help."

The team still has places for more than 20 volunteers. Those taking part in the build pay their own way there and back (\$5500) but living costs in Vietnam are very low and many volunteers take the opportunity to further tour in the country.



Geoff Lewis

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FREEMASONS

DONATE \$30,000 TO SUPPORT GRAEME DINGLE FOUNDATION

In its single largest project to date Hamilton Free Masons' Lodge Tawhiri has donated \$30,000 to support the work of the Graeme Dingle Foundation.

Convener of the Lodge Tawhiri fund raising committee, Bryan Bevege, said the central Hamilton based lodge had never before undertaken a project of the magnitude and had a strong belief in the value of the Foundation's work with young people.

"We sponsored the award as it is hugely important to support our young people."

District Grand Master Don Seath said 12 Waikato lodges had worked together on the fundraising plan led by Lodge Tawhiri and the Potter Trust.

"We thought the work of the Graeme Dingle Foundation was a nice fit with the objectives of Freemasonry."

At the presentation ceremony at Lodge Tawhiri in June was Fairfield College year 13 student Meadow Jackson, 17, who was a recipient of a Dingle Foundation Stars - Nga Whetu Excellence Award in 2017 sponsored by Freemasons NZ. The Stars - Nga Whetu programme supports senior secondary students to help their junior counterparts make the transition from primary and intermediate school life into the secondary environment.

Meadow had arrived at Fairfield from Sacred Heart in year 10 and joined the Stars programme.

"I was a bit shy and it helped me develop leadership skills. We help younger students deal with things like settling into secondary school, peer pressure and help to get them involved in school and community projects."

In accepting the \$30,000 cheque from Lodge Tawhiri, Sir Graeme Dingle said one of his primary concerns was the high level of youth suicide.

"Working to improve our record in youth suicide can only be achieved if organisations and government ministries work together to help vulnerable kids."

The Graeme Dingle Foundation provides five programmes tailored to the needs and aspirations of children and young adults. Other than the Stars - Nga Whetu programme above, these include:



Left - Right: Labour MP Jamie Strange, Hamilton City Councillor Paula Southgate, National MP David Bennett, Fairfield College year 13 student Meadow Jackson, Freemasons' Foundation chairman David Mace, Graeme Dingle, Waikato District Grand Master Don Seath

Kiwi Can - an energy-packed programme aimed at children aged 5 - 12 years which teaches values including integrity and respect and delivers fun-filled learning to schools around the country.

Career Navigator which helps assist young people with valuable information, options and guidance around work and life choices.

Project K is designed for year 10 students to build confidence and teach life skills, promote good health and encourage positive attitudes.

MYND is a programme for youth offenders designed to stop the young people going on to prison and finding positive life styles.

The Graeme Dingle Foundation was established nearly 25 years ago with the overall vision of making New Zealand into the best place in the world for children and families.

Dingle said the organisation was working with Government agencies including Ministry of Education, youth development, corrections and health to try to improve the outcomes in particular around the numbers of young people whose lives are wasted through poor choices.

"In places like Pukekohe and Otara we work with kids that come from gang backgrounds and give them good messages to take back to their homes. We have nearly 30,000 kids in our programmes. It isn't an easy task but it's easier than it was 25 years ago.

"We work with kids from 5 years to school leaving age. Through the Kiwi Can programme we teach good values through the primary school years then they move into the Stars programme and Career Navigator. "We pick up kids who are struggling in Year 10 with our Project K programme and set them on a more positive path."

The foundation's activities cost about \$10 million a year and the organisation is supported by a large team of people including hundreds of volunteers and professionals who work throughout the community, Dingle said.

Sir Graeme Dingle KNZM MBE (born 30 November 1945) is a New Zealand outdoor adventurer and mountaineer known for his writing and humanitarianism.



Left - Right: Graeme Dingle Foundation regional manager Stu Davidson, Lodge Tawhiri Master Mark Oliver, District Grand Master Don Seath, Graeme Dingle.

Geoff Lewis



FREEMASONS
New Zealand



THE GRAND LODGE OF
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As a senior person himself, he has a long history of good, honest and reliable services to offer his customers. He understands some of the limitations these colder months can bring in keeping things around your property outdoors and indoors, up to scratch.

Not only specialising in outdoor jobs and projects such as fencing, decking, gardening and other general property maintenance, Joe is also an experienced dab hand with indoor repairs and maintenance offering various indoor services to spruce up your home internally, making looking after your biggest asset/investment a breeze!

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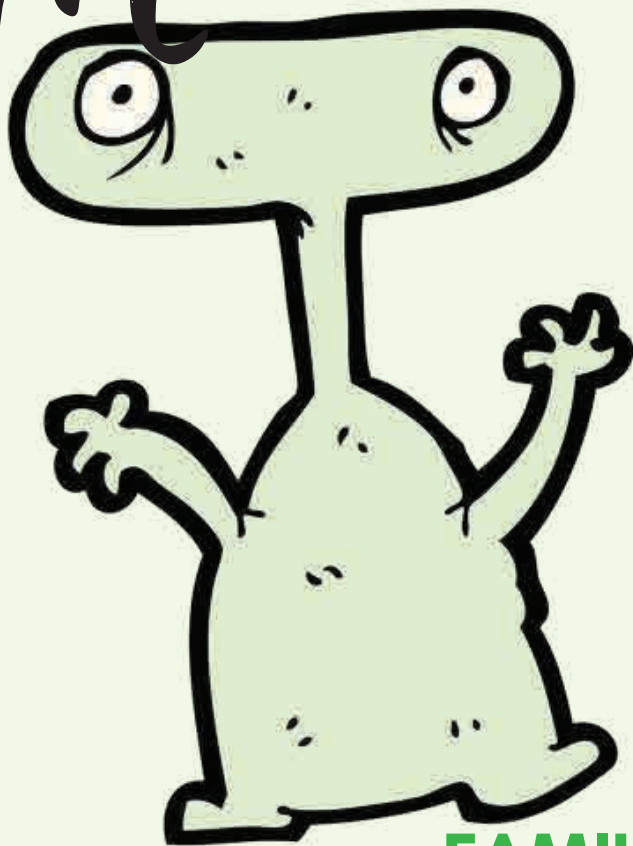
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'Max and the Alien'

Following on from the sell-out success of 'The Pied Piper of Pirongia' in 2017, Trust Waikato Symphony Orchestra are back with a brand-new show at the Meteor, with an opportunity for audience to get up close and personal with the musicians and their instruments.

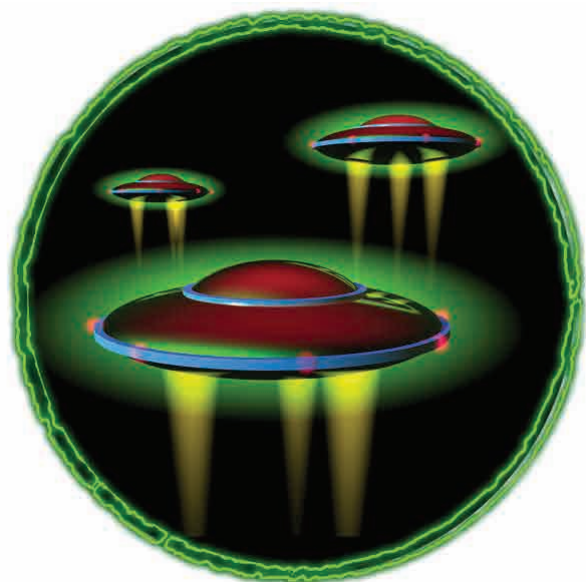
Conducted by local conductor Oliver Barratt (also known for leading the Rusty Player Orchestra and conducting the WCCM Sinfonia) and featuring rising star Benny Marama as narrator and brave alien-catcher, 'Max and the Alien' is a thoroughly modern take on 'Peter and the Wolf'. This original story written by Orchestras Central CEO Susan Trodden features well known music from Mozart to Mission Impossible, an opportunity to sing along with the orchestra, and a special 'Journey through the Orchestral Galaxy' where audience members will be encouraged to move through the orchestra and meet the musicians.

The perfect opportunity to bring younger family members to experience the orchestra, with just enough humour to entertain older ones, along with a programme of exciting orchestral music that everyone will love, this promises to be another memorable day out for young and old.

As well as tiered seating in the auditorium young ones are welcome to bring a cushion so they can sit right near the action. (and watch out for flying aliens!). Entry is by door sales only.

The concerts will also be performed for more than 1500 school children on Wednesday 22 August. Limited tickets are still available for schools at the 9.30 am concert. An interactive digital learning pack is available for teachers and concert goers which prepares young attendees for a live orchestra experience and adds context and background to the music being performed.

For more information visit www.orchestras.org.nz



Readers Submission



Our River

Snaking from volcanic surrounds to the sea,
Our Waikato River does not wander free,
With eight hydro dams controlling the flow
It's travelling, when needed, can be quite slow.

Along the 425 kilometre length
It's crossed by bridges of great strength,
Some used by trains needing shiny rails,
While others take cyclists on scenic trails.

Eroded banks after heavy rain
Silt the fast-flowing water till it settles again.
Rapid currents may carry debris that floats
So recreational users must be aware in their boats.

Knowing that with keen bikers they share
Many walkers enjoy river paths with care,
Some stepping briskly alongside dogs with no lead
Then watching them go for a swim,
which would be cold indeed.

Cloaked by fog on a mid-winter morn
The river continues silently, clearing after dawn,
And when the sun shines through the windless air
Perfect reflections of surroundings are not rare.

Rushing, gushing water cascades over Huka Falls
And from the splashing jet boats there are delighted calls.
From Lake Taupo there can be a great view of the snow
And many tourists are informed it's the place to go.

Early settlers in hewn waka paddled far
Carrying food and supplies to another pa,
Now modern cars speed on a wide highway
With glimpses of the river along the way.

Delwyn White • Readers Submission



Timeless Wisdom

International Writing Challenge 2018.

Entries are now open!

Closes 28th September 2018.

www.exislepublishing.com/writing-challenge

WOULD YOU LOVE TO HAVE YOUR STORY PUBLISHED?

Entries are now open for the 2018 Timeless Wisdom International Writing Challenge.

This competition brings together writers aged 60 and over from around the world, with a focus on non-fiction short stories which share some of the wisdom that can only be acquired through age.

Selected entries will be collated into up to four books according to the themes below, and published in the United States, Canada, the United Kingdom, Ireland, Australia and New Zealand by Exisle Publishing, an established mainstream publishing house with over 25 years of publishing experience.

This is a fantastic opportunity for both new and practiced writers to share a powerful message with thousands of readers, see your name in print, and contribute to a beautifully produced book that your friends and family will treasure.

Themes

Each story must be non-fiction and related to one of the themes below, interpreted in your own way:

- Fear and Courage
- Struggle and Success
- Love and Loss
- Human Kindness

Criteria

Our team of editors cannot wait to read your story!

Please read the below criteria carefully before submitting your entry.

- Open to writers from around the world
- Your story must be factual, and related to one of the above themes
- While this competition is primarily for writers aged 60 and over, we will accept special entries from younger writers who have a factual story that they feel fits the purpose of the competition. If making a special entry as a younger writer, please specify this in your submission
- Your story must be 1000-1500 words
- Use 1.5 spacing and 12+ size font in Times New Roman or Arial, and send your story in a Word document to ensure we can open it and read with ease
- There is no entry fee
- Entries close 28 September 2018.

How to Enter

Choose from one of the three options below to submit your story:

- Email your entry to timeless@exislepublishing.com (Word Document)
- Email your entry to Seasons Magazine, admin@seasonsmag.co.nz (Word Document)
- Type your story and post it to:

Timeless Wisdom Submission - Renée Hollis,
21 Matangi Street, Stoke, Nelson 7011

* If you wish to have your story returned to you, please provide a stamped, self-addressed envelope.

With all 3 options, please include the following details exactly as described

(Failure to do so may result in your submission being lost or deleted):

- Subject: Timeless Wisdom submission
- Your name
- Your postal address (selected entries will receive two free copies of the resulting published book)
- Which category best fits your story? (Choose ONE of: Fear and Courage | Struggle and Success | Love and Loss | Human Kindness)
- Are you over 60, or a younger writer making a special entry?
- The title of your story
- Is this story original, unpublished work for which you own exclusive copyright? If not, please provide more detail.

Visit the website: exislepublishing.com/writing-challenge/ for the terms and conditions of the competition.

For more information or questions, please email Renée Hollis, the organiser of the competition at: timeless@exislepublishing.com

We look forward to reading your stories! - Exisle Publishing, Dunedin

THE LITTLE LIBRARIES GO VIRAL

Tony Whittaker, Waikato District Council's Chief Operating Officer, cast aside his suit and tie for a weekend in his workshop at home to spend two days building the first of what has multiplied into 37 'Little Libraries' - and a project involving volunteers in communities across the Waikato district.

This first one constructed was donated to the Pokeno Community Committee (along with books donated from one of the Council's libraries) and was installed in Pokeno's main street in 2016 (see photo below).



Huntly was not far behind in taking up this new initiative with six little libraries being built and installed in 2017 with support from Victoria Kemp of Huntly Friendship House and Andrew Price and Bill Rosoman from the Huntly MENZShed (see photo opposite) and others.

However, this was just the start, with the project expanding to include 30 more little libraries that will soon be gracing rural townships across the Waikato.

Tony Whittaker says "We are a district of small communities, and this is a popular idea with book lovers who do not have a local public library."

He says the idea behind it - Placemaking - is to encourage residents to reclaim their public spaces for community use, and to generate more local ideas about how to make public spaces inviting and enjoyable for everyone to use.

Community based groups have taken up the torch to put their skills to good use building, decorating and installing these little libraries. Spring Hill Corrections Facility has also taken the idea on board, allowing prisoners the opportunity to contribute back to their community.



With local communities and the Council working together on this project, backed up by volunteers keen to put their hands up to help install and run these new additions to our rural town landscapes, the 'little libraries' idea has turned into a winner.

Communities looking forward to installing and setting up their little libraries include Aka Aka, Kariotahi, Otatau, Port Waikato, Glen Murray, Te Akau, Waingaro, Glen Massey, Pukekawa, Onewhero, Waerenga, Hukanui, Mangatawhiri, Mangatangi, Maramarua, Rangiriri, Te Kauwhata, Glen Afton, Pukemiro, Te Kowhai, Whatawhata, Puketaha, Tauwhare, Eureka, Matangi, Tamahere, Te Uku and Waitetuna.

The project has already been recognised with a 'highly commended' in the 'Best Creative Place' category at the Local Government NZ Excellence Awards in 2017.

The total cost of the project has been about \$4,500 - less than \$125 per little library - thanks to the many people happy to donate their time and their books to turn the project into a real investment for the district's rural communities.

For anyone interested in getting involved in a local Placemaking project, information about Placemaking can be found on the Waikato District Council website www.waikatodistrict.govt.nz (search for Placemaking on the site).

Contact:

The Waikato District Council Community Placemaking team

Lianne Van Den Bemd (Lianne.VanDenBemd@waidc.govt.nz)

Betty Connolly (Betty.Connolly@waidc.govt.nz)

Waikato District Council, telephone 07 824 8633



Any Cancer, Any Question

The Cancer Society is here to help.

If you or a loved one have been diagnosed with cancer, support is only a phone call away – that's the message from the Cancer Society's local liaison nurses.

"Many people don't realise that you don't need a medical referral to access our services," says Kay Taylor, one of seven liaison nurses for the Waikato/Bay of Plenty Cancer Society.

"Our support is available at any stage in your journey through cancer, from diagnosis to treatment and beyond. All you need to do is give us a call or complete the online referral form on our website."

Community liaison nurses provide answers and assistance for not only people living with cancer, but also their whānau and loved ones.

Kay says the free support provided by the Cancer Society is different for everyone.

"We're not prescriptive; what we do depends on the individual and what they need. For example, some people may need a hand navigating the health system whereas others may just need a sounding board," she says.

Often the priority is to help clients clarify information and deal with the emotional impact of a cancer diagnosis.

"No question is too big or small – we're here to help with anything that you would like to ask. We're mobile, so we can visit you at home or we can provide support over the phone," says Kay.

Cancer Society nurses can provide referrals to further support such as counselling, and practical assistance to help you through treatment, such as the Cancer Society's volunteer driving service.

They also facilitate a range of support groups and education programmes, which can help people live well through their journey with cancer.

To find out more about the support available, call the Cancer Society on 0800 22 77 44.



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Cancer diagnosis?

Free, local support for people with all types of cancer and their whānau.

cancernz.org.nz



Weight Loss Lies - SPOT REDUCTION

THIS MYTH WILL NEVER DIE SO LONG AS SOMEBODY IS MAKING MONEY FROM IT.

It goes like this: 'If I train my ab's and thighs they'll get smaller...and somehow the fat around them will magically disappear.'

Let's take a sane look at the "spot reduction" myth. Firstly, what is spot reduction? Suppose you are starting to grow a bulge around your waist just above the belt on your jeans. You watch an info commercial and they are advertising a special new abdominal machine that will work your ab muscles in just the right way so that your annoying fat bulge will shrink away and disappear before your eyes. This is the spot reduction con! They are trying (and succeeding) in making you believe that you need to work the muscles in the same spot as where the fat is, then the fat in that area, will be burned off. Hence the words, spot reduction.

It's important for personal trainers to keep this myth alive also.

"OK so you want to lose those wobbly bits under your arms? I'll show you this new arm exercise that will tighten it all up." It sounds very convincing, doesn't it? As if training the muscles in your arms are going to do something to the fat that surrounds those muscles. But wait, that's not all, this personal trainer has special exercises that no-one else knows about and if you pay \$60 an hour he will show them to you. I can tell you that in the 20 years I've been in this industry I've never seen spot reduction work. Why? Because once you understand how fat loss works you'll know it's impossible to lose fat in only one area of your body.

You will probably know this from your own experience.

When you lose weight, your wrists get smaller and you must tighten your watch strap or it will flop around. Your face gets leaner and smaller. You lose the fat around your neck and under your chin. Your jaw is defined and you look younger. Now tell me...did you do any wrist exercises to lose the fat around your wrist? Did you do any neck exercises to lose the fat around your neck? The truth is when you lose weight you burn fat from everywhere on your body no matter which muscles you train. Your arms, thighs and waist all get smaller at a similar rate. Sometimes the thigh measurement drops before the waist measurement but eventually everything pretty much ends up the same percentage smaller...and you are looking good.

So how do you lose that bulge?

Well first you need to get your nutrition sorted and when your body is ready for it, add in some muscle strengthening exercises to help the whole thing along (vibration training and weight training are the best). Notice I didn't tell you to go walking or jogging or do any other so called "fat burning" exercises. Sorry - another myth (check out the Cardio Myth on the Body Buzz website).

Body Buzz

16A Vialou Street, Hamilton

ph: 834 2271

www.bodybuzz.co.nz | bodybuzzhamilton@gmail.com

Weight Loss at Body Buzz



Shona has lost 40 kg....SO FAR at Body Buzz

"When I decided to lose weight, I was close to 130 kg which is quite a lot when you consider I'm only 5 feet tall. I had lost 20 kg by myself, but I had hit a plateau. Also, it was hard to exercise because the gout made my joints hurt. One day Mum brought home a copy of the Seasons Magazine and in it I saw an advertisement for weight loss at the new Vibration Training Studio called Body Buzz. I booked a free consultation. The vibration machines felt good on my joints, so I joined. I learned a lot about how to lose weight and get healthy at Body Buzz. It was good to have someone who knows what they are doing to support you. My weight started to come off again and I lost another 20 kg. The pain I used to get in my knees, hips and ankles went away with the gout.

In December I went to a work party with clients and staff from another store. They hadn't seen me for a while and one of them cornered me to find out why I had lost so much weight so fast. They probably thought I had cancer or something. I hadn't told them about my weight loss journey.

I've gone from size 24 to a size 16 so far. I went to Nelson for a week to see my sister and when they saw me their jaws dropped.

My goal is to lose another 10 kg. I will still be a little over weight for my height but I will reassess a new goal when I get there.

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Check out our other testimonials on www.bodybuzz.co.nz

Readers Submission

Golden Healthy Tips for a Happy Lifestyle

My grandfather's golden advice on control of eating habits to maintain a healthy and happy lifestyle has remained with me throughout my life. It also reinforces weight control to help prevent some non-communicable diseases:

The valuable advice he emphasised was:

Early to bed, early to rise, is the way to be healthy, wealthy and wise.

An early morning walk is the blessing for the whole day.

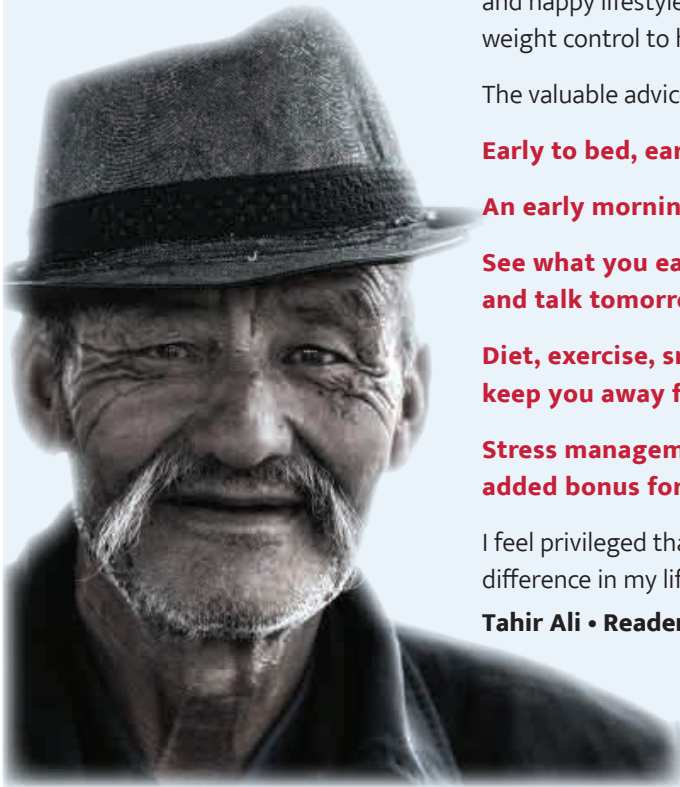
See what you eat, not eat what you see, what you eat today will walk and talk tomorrow.

Diet, exercise, smoke-free, moderate drinks, and balanced meals will keep you away from the doctor.

Stress management, control consumption of salt, sugar and oil is an added bonus for fitness.

I feel privileged that my grandfather's golden healthy tips have helped make a real difference in my life to date.

Tahir Ali • Readers Submission



HAMILTON EYE CLINIC

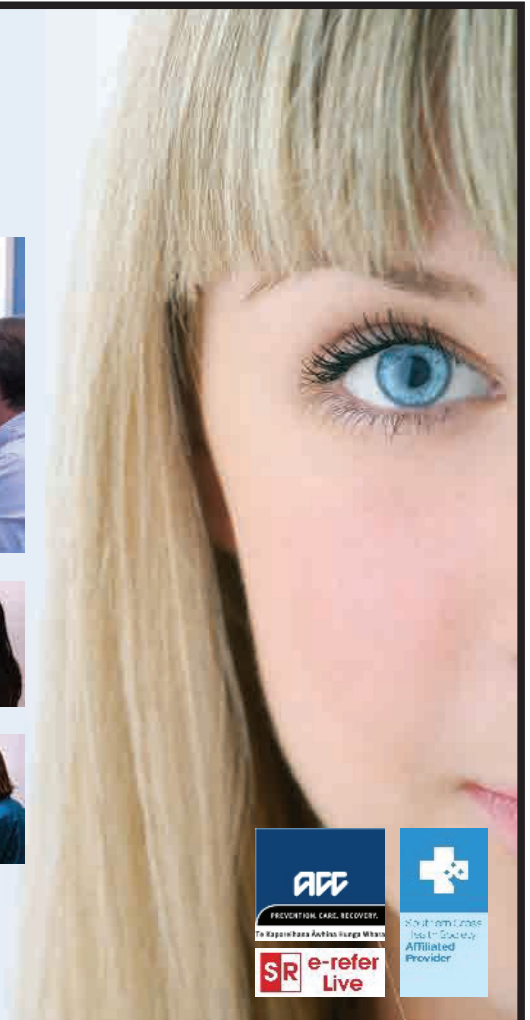
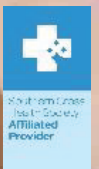
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Inconsiderate Parking

Makes Footpaths Unusable



Cars obstructing footpaths are not only illegally parked, they put other people at risk says disability advocate John McIntosh.

“Motor vehicles that are parked over footpaths are a potential hazard for everyone, especially for people with disabilities, people with mobility issues, older people, children and parents with prams.

“In many cases pedestrians may be forced to walk on the road into oncoming traffic – something that young children don’t have the skills to judge very well – or they may have to walk over gardens or uneven terrain which poses a hazard for those of us who are unsteady on our feet.

“And many mobility items like wheelchairs or scooters just aren’t designed for off-road conditions.”

Both the Land Transport (Road User) Rules and the NZ Road Code say it is not legal to park a vehicle on any footpath or in front of any vehicle entrance - even if it is your own driveway.

You are allowed to park a cycle, mobility device, or ‘wheeled recreational device’ on the footpath as long as it is not in the way of other users of the footpath and there is no sign that says otherwise.

If a vehicle is parked illegally they risk being served an infringement notice by the local council. The council could also have the vehicle towed, especially if it is parked in a way which is causing a major problem or safety hazard.

Although inconsiderate drivers are one part of the problem, McIntosh says there are other factors at play such as poor urban design.



“Educating vehicle users to be more aware about how they impact on other road and footpath users is vital. But we also need to be smarter about the way we design these spaces.

“Things like wider footpaths and wheelstops to prevent bumpers encroaching over paths would go some way to make the environment functional for both road and footpath users.”

Peter McLean, who is a mobility scooter user, says vehicles parked on footpaths is more common than most people think. He encounters obstructed footpaths at least once a week.

“I had an episode the other day. I had to virtually go right out on to the road. It’s just not safe.”

Peter is also the host of the Daily Challenges show, a weekly radio programme on Waikato access radio station FreeFM. The aim is to talk about the challenges people face living with a disability and how it impacts on their life.

He agrees that footpath design and maintenance adds to the problems.

“Every person at the council that deals with footpaths should get on one of these [a mobility scooter] and see for themselves.”

And Peter’s advice for drivers? “Just be aware of others.”

For more information or further comment please contact Mary Anne Gill on 07 903 7053 or 021 705 213 or by email at communications@lifeunlimited.net.nz



august Recipes

BREAKFAST DOUGH BALLS

SERVES 30 • COOK TIME: 30 MINS



INGREDIENTS

| | |
|--------------|----------------------------|
| 4 cups flour | 1½ cups grated parmesan |
| 1¼ cups milk | 1 cups shredded Mozzarella |
| ½ cup water | 2 large eggs |
| 6 Tbsp oil | 2 tsp salt |

METHOD

Preheat oven to 200°C.

Combine the milk, water, oil and salt in a saucepan and bring to a boil over medium high heat.

Add the flour to the bowl of a stand mixer and, once the milk mixture boils, pour it over the flour. Turn the mixer on and mix it well. The texture will be fondant-like, really white and sticky.

With the mixer still on, add the eggs, one at a time. Once the eggs are incorporated, add the cheese, a little at a time, until fully incorporated.

The dough is supposed to be soft and sticky. However, if you're worried it's too liquidy, add some more tapioca flour. Just don't over do it or your cheese bread will be tough and not too gooey.

To shape the balls, wet your hands with cold water and, using a spoon, scoop some of the dough to shape balls that are a little smaller than golf ball sized.

Place the balls on a baking sheet covered with parchment paper and bring it to the preheat oven.

Bake for 15-20 minutes or until golden.

MINI PORK CHEESEBURGERS

SERVES 10 • COOK TIME: 60 MINS



INGREDIENTS

| | |
|--------------------------------|-----------------------------------|
| 3 Tbsp unsalted butter | 1 clove garlic, chopped |
| 2 large onions, thinly sliced | 1 Tbsp chopped parsley |
| Salt and freshly ground pepper | 10 small bread rolls, halved |
| 500g pork mince | 10 slices chipotle/Haloumi cheese |

METHOD

Melt the butter in a skillet over medium heat. Add the onions; cook until soft and golden, about 10 minutes. Raise the heat to medium-high and continue cooking, stirring, until brown.

Season with salt and pepper and set aside.

Mix the pork, garlic and parsley in a bowl. Season the mixture with salt and pepper and form into 10 small patties, being careful not to pack them too tightly.

Heat a grill pan over medium heat; grill the patties until medium-rare, about 4 minutes per side. Place a cheese slice on the bottom half of each roll; top with a burger pattie, some caramelized onions and the roll top.

LEMON GARLIC CHICKEN

SERVES 4 • COOK TIME: 30 MINS



INGREDIENTS

4 bone-in, skin-on chicken thighs
Salt and freshly ground pepper
2 Tbsp unsalted butter
8 small red potatoes, quartered
1 small lemon, sliced

4 cloves garlic, thinly sliced
¼ tsp red pepper flakes
2 Tbsp parsley, chopped
4 cups baby rocket leaves

METHOD

Sprinkle the chicken with salt and pepper. Melt the butter in a large skillet over medium-high heat. Add the chicken skin-side down and cook until golden brown and crispy and the skin releases easily from the skillet, 6 to 7 minutes.

Reduce the heat to medium and flip the chicken over. Scatter the potatoes, then lemon and then the garlic around the chicken. Add 1 cup water, red pepper flakes and ½ teaspoon salt. Cover and cook until the potatoes can be pierced easily with a fork, 8 to 10 minutes. Remove the lid and continue to cook until the liquid has evaporated, an instant read thermometer inserted into the thickest part of the chicken reaches 80°C and the potatoes start to crisp from the remaining fat in the pan, 8 to 10 minutes.

Divide the rocket leaves among 4 plates and top with the chicken and potatoes and sprinkle with parsley.

BLUEBERRY BRAN MUFFINS

SERVES 12 • COOK TIME: 60 MIN



INGREDIENTS

½ cup vegetable oil
1 cup all-purpose flour
1 tsp salt
½ tsp baking powder
½ tsp baking soda
½ tsp ground cinnamon
110g Greek yogurt

½ cup sugar
½ cup honey
2 eggs, lightly beaten
1 tsp pure vanilla extract
2 ½ cups wheat bran
1 ½ cups fresh blueberries

METHOD

Preheat the oven to 180°C. Brush the top of a muffin pan with vegetable oil and line it with 12 paper liners.

Stir together the flour, salt, baking powder, baking soda, and cinnamon in a medium bowl. In a large bowl, whisk together the yogurt, sugar, ½ cup vegetable oil, honey, eggs, and vanilla until combined.

Add the dry ingredients, stirring just until combined. Gently stir in the wheat bran and blueberries until combined.

Scoop the batter into the muffin cups with a rounded 2 ¼-inch ice cream scoop. Bake for 25 to 30 minutes, until the tops are golden brown and a cake tester comes out clean. Allow to cool for 5 minutes and serve warm or at room temperature.

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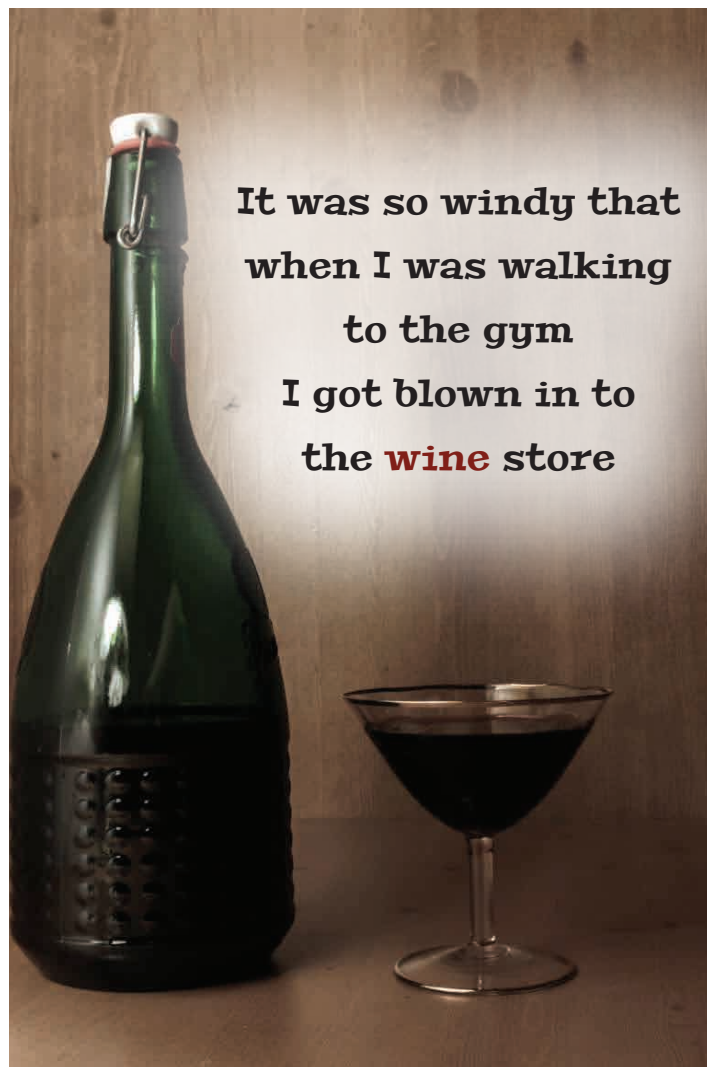
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PO Box 174, Whitianga

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(no more than 50 characters)



**It was so windy that
when I was walking
to the gym
I got blown in to
the **wine** store**

Laughter IS THE BEST MEDICINE..

TAKING ORDERS

A couple in their nineties were both having problems remembering things. During a checkup, the doctor told them that they were physically okay, but might want to start writing things down to help them remember.

Later that night, while watching TV, the old man got up from his chair. 'Want anything while I'm in the kitchen?' he asked.

"Will you get me a bowl of ice cream?"

"Sure.."

"Don't you think you should write it down so you can remember it?" she asked.

"No, I can remember it.."

"Well, I'd like some strawberries on top, too. Maybe you should write it down, so as not to forget it?"

He said, "I can remember that. You want a bowl of ice cream with strawberries."

"I'd also like whipped cream. I'm certain you'll forget that - write it down?" she asked.

Irritated, he said, "I don't need to write it down, I can remember it! Ice cream with strawberries and whipped cream - I got it, for goodness sake!"

Then he toddled off into the kitchen. After about 20 minutes, the old man returned and handed his wife a plate of bacon and eggs. She stared at the plate for a moment.

"Where's my toast?"

INCORRECT PASSWORD

A couple of elderly men were venting their frustrations about the woes of modern technology.

"I just can't ever seem to remember my darn passwords," grumbled one of them.

The other one smiled. "Oh really? I can never forget mine!"

"How do you manage it?" asked the first guy curiously.

"Well, I simply set all my passwords to 'Incorrect' so that whenever I'm told that my password is incorrect, I'll remember it!"

HARD OF HEARING

Three old guys were out walking.

First one said, "Windy, isn't it?"

The second one said, "No, it's Thursday!"

The third one said, "So am I. Let's go get a beer!"

FEELS LIKE HEAVEN

When it's clear that Joe is dying, Mike visits him every day. One day Mike says, "Joe, we both loved rugby all our lives, and we played rugby on Saturdays together for so many years. Please do me one favour, when you get to Heaven, somehow you must let me know if there's rugby there."

Joe looks up at Mike from his death bed, "Mike, you've been my best friend for many years. If it's at all possible, I'll do this favour for you."

Shortly after that, Joe passes on.

At midnight a couple of nights later, Mike is awakened from a sound sleep by a blinding flash of white light and a voice calling out to him, "Mike. Mike."

"Who is it? asks Mike sitting up suddenly. "Who is it?"

"Mike, it's me, Joe."

"You're not Joe. Joe just died."

"I'm telling you, it's me, Joe," insists the voice.

"Joe! Where are you?"

"In heaven", replies Joe. "I have some really good news and a little bad news."

"Tell me the good news first," says Mike.

"The good news," Joe says, "is that there's rugby in heaven. Better yet, all of our old friends who died before us are here, too. Better than that, we're all young again. Better still, it's always spring time and it never rains or snows. And best of all, we can play rugby all we want, and we never get tired."

That's fantastic," says Mike. "It's beyond my wildest dreams! So what's the bad news?"

"You're on the team for this Saturday's match!"

Success for our customers continues

U-Sell Hamilton (Park & Sell Yard) continues to enjoy strong success. Hamilton was the first franchise in the U-Sell chain of Park & Sell Yards to be established outside of the Auckland region, and has proven with the dedication of company directors Norman and Allana Inglis that giving customers an ability to name their own price and negotiate directly with a buyer in a professional environment, brings immense satisfaction to both seller and buyer alike.

“At U-Sell Hamilton (Park & Sell Yard) we sell any type of vehicle, ranging from budget to high-end models, including cars, 4WDs, vans, motorbikes, boats, caravans, motorhomes, trailers and farm vehicles”, says Norman. “There is great demand across all price ranges, all models and all types of vehicle. We are always looking for new stock.”

In excess of 100+ vehicles for sale are displayed daily on-site at any time and over 4,000 vehicles have been successfully sold, a staggering \$20,000,000 worth, since opening in February 2012.

U-Sell Hamilton (Park & Sell Yard) amazingly turn over more than half the stock on the yard every month.

U-Sell Hamilton (Park & Sell Yard) is ideally located at The Base end of Te Rapa Road, a position that has been utilised to its full advantage to gain a firm foothold in the highly competitive automotive industry.

Red tape, Norman and Allana highlight, is what makes selling and/or buying a vehicle such an arduous and time consuming endeavour.

Norman explains, “At U-Sell Hamilton buyers can browse at their leisure and talk to our on-site staff directly, who can help with any services they may need such as pre-purchase inspections, motor vehicle insurance, finance and mechanical breakdown insurance, and we even have car grooming services available.”

At U-Sell Hamilton there is no pressure put on buyers as there is no commission on car sales, so there are no pushy sales people. The staff offer friendly customer service 7 days a week, Mondays to Saturdays from 9:00am-5:30pm and Sundays from 10:00am-4:00pm (Closed Public Holidays).

Sellers can sell their vehicles naming their own price and know that they always have control of the negotiations, and buyers still get all the benefits such as on-site finance and insurances, not to mention also being able to trade-in or even sell direct to ready buyers for a quick sale.

“It’s a win-win situation for buyers and sellers,” says Allana. “We provide a relaxed buying environment and offer everything a traditional car yard does”. This highlights the U-Sell Hamilton (Park & Sell Yard’s) competitive advantage, the best environment for vehicle sales where the prices, terms and agreements are set by the sellers and buyers, with no middle men, no hidden fees, no commission and no buyer premiums involved.

CUSTOMER FEEDBACK

My departure date for a 2 year working sabbatical in Samoa was fast approaching, so had to sell my beloved VW Beetle in a timely manner. I tried selling at both of the auction houses but there were no serious buyers, followed by several months of time wasters and unrealistic offers on TradeMe. I had nearly lost hope, but decided to try something my son recommended after it worked for him last year.

All I can say is BRILLIANT SERVICE, sold within my first month and I got the full amount asked on the window, money was deposited the day after the price was agreed on, which was invaluable since I was already out of the country. Hassle free doesn't quite do it justice; it's a better way to sell a car, plain and simple.

David Stowers - Volkswagen Beetle, sold March 2013

Hi Allana and Norman

Thanks for your assistance with the sale of my son's car. We initially thought TradeMe was all we needed, however it turns out the guy who purchased the car wasn't aware it was also advertised on TradeMe. So we're very pleased we made the decision to use your service. Thanks too for offering to take his car as a trade-in on ours. In fact that sealed the deal in our case. It was a real pleasure to deal with you both and what a great result in a short space of time. Thank you very much and all the very best for the future. I'm sure we'll see you again at some point in the future. - Geoff Knox / Website submission

Thanks for all your help with selling my car. This was much easier than the money I spent trying to sell it privately! - Fiona Ton / Website submission

Buying Better, Selling Smarter; U-Sell Hamilton (Park & Sell Yard) is the choice for the switched on Waikato motorist.



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August 2018

Sun

Mon

Tues

Wed

Thurs

Fri

Sat

IMPORTANT DATES:

01

**Tami Neilson
Sassafrass! NZ Tour**
7pm
Clarence Street Theatre
59 Clarence St,
Hamilton Lake
TICKETS : TICKETEK.CO.NZ

02

Opera Divas
7:30pm
Clarence Street Theatre
59 Clarence St,
Hamilton Lake
TICKETS : TICKETEK.CO.NZ

03

The Lady Killers
7:30pm
Clarence Street Theatre
59 Clarence St,
Hamilton Lake
TICKETS : TICKETEK.CO.NZ

04

05

Culture Club
3pm - 4pm
Waikato Museum,
1 Grantham St,
Hamilton
ADMISSION: FREE

06

Pilates for Beginners
12:15pm - 1:15pm
Total Rehab Physio,
2 Jude Plce,
Tauranga
10 WEEK TERM: \$150.00

07

08

**Rotorua Symphonic
Band Rehearsal**
6:30pm - 8:30pm
Rotorua Brass Band Room
8 Amohau Street,
Rotorua
TICKETS : FREE

09

New York New York
7:30pm
Clarence Street Theatre
59 Clarence St,
Hamilton Lake
TICKETS : TICKETEK.CO.NZ

10

New York New York
7:30pm
Clarence Street Theatre
59 Clarence St, Hamilton
TICKETS : TICKETEK.CO.NZ
Mayor's Music Matinee
1pm - 1:50pm
Creative Waikato,
131 Alexander Street, Hamilton

11

**Catch me
if you can**
7:30pm
Riverlea Theatre
83 Riverlea Rd,
Hillcrest, Hamilton
TICKETS : WWW.RIVERLEA.ORG.NZ

12

13

Pilates for Beginners
12:15pm - 1:15pm
Total Rehab Physio,
2 Jude Plce,
Tauranga
10 WEEK TERM: \$150.00

14

15

**Rotorua Symphonic
Band Rehearsal**
6:30pm - 8:30pm
Rotorua Brass Band Room
8 Amohau Street,
Rotorua
TICKETS : FREE

16

17

Bootleg Beach Boys
8pm - 10:30pm
Clarence St Theatre,
59 Clarence Street,
Hamilton
TICKETS : 0800 TICKETEK
FROM \$55

18

Heathers: The Musical
7:30pm - 10:30pm
Westside Theatre,
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Tauranga
TICKETS : 0800 TICKETEK
FROM \$55

19

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2 Jude Plce,
Tauranga
10 WEEK TERM: \$150.00

21

22

**Rotorua Symphonic
Band Rehearsal**
6:30pm - 8:30pm
Rotorua Brass Band Room
8 Amohau Street,
Rotorua
TICKETS : FREE

23

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29

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30

31

Heathers: The Musical
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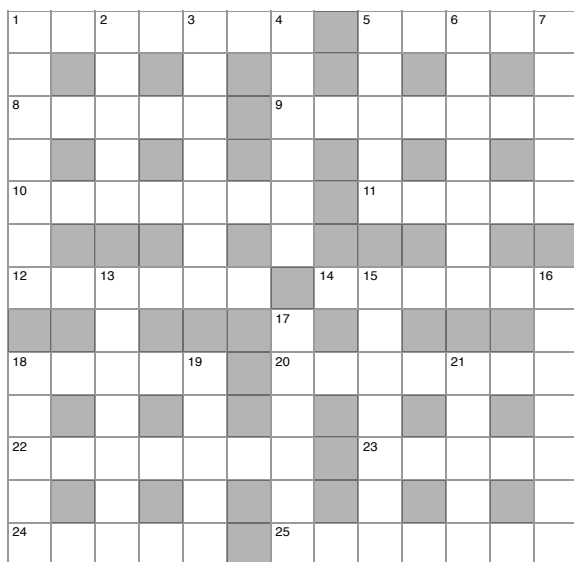
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Quickie Crossword 01



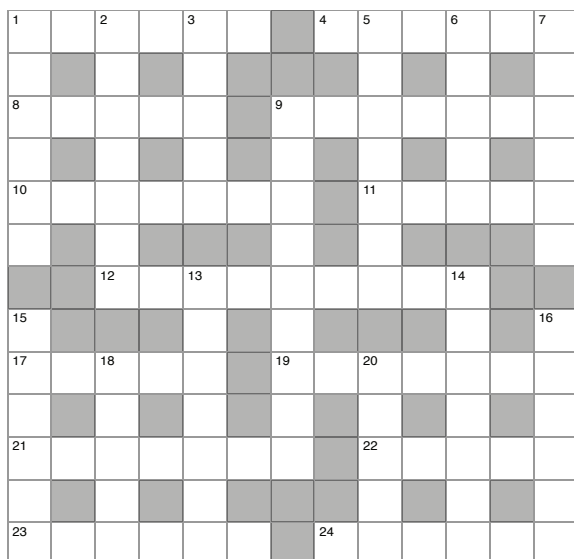
ACROSS

- 1 London football team (4,3)
- 5 Expenses (5)
- 8 Fairytale monster (5)
- 9 Baffled (7)
- 10 Blot on the landscape (7)
- 11 West Yorkshire city (5)
- 12 Decorous (6)
- 14 Cold-shoulder (6)
- 18 Hebrew prophet and lawgiver (5)
- 20 Temporary expedient (7)
- 22 Libyan capital (7)
- 23 Floating markers (5)
- 24 Enticed (5)
- 25 Surmised (7)

DOWN

- 1 See (7)
- 2 Push roughly (5)
- 3 Lend a hand (4,3)
- 4 Assemble (6)
- 5 Heartless (5)
- 6 Overall chief (7)
- 7 Teams (5)
- 13 File (7)
- 15 Farewell (7)
- 16 Deprived of shelter or protection (7)
- 17 Enquiring (6)
- 18 Tungsten, for example (5)
- 19 Chide (5)
- 21 Merchandise (5)

Quickie Crossword 02



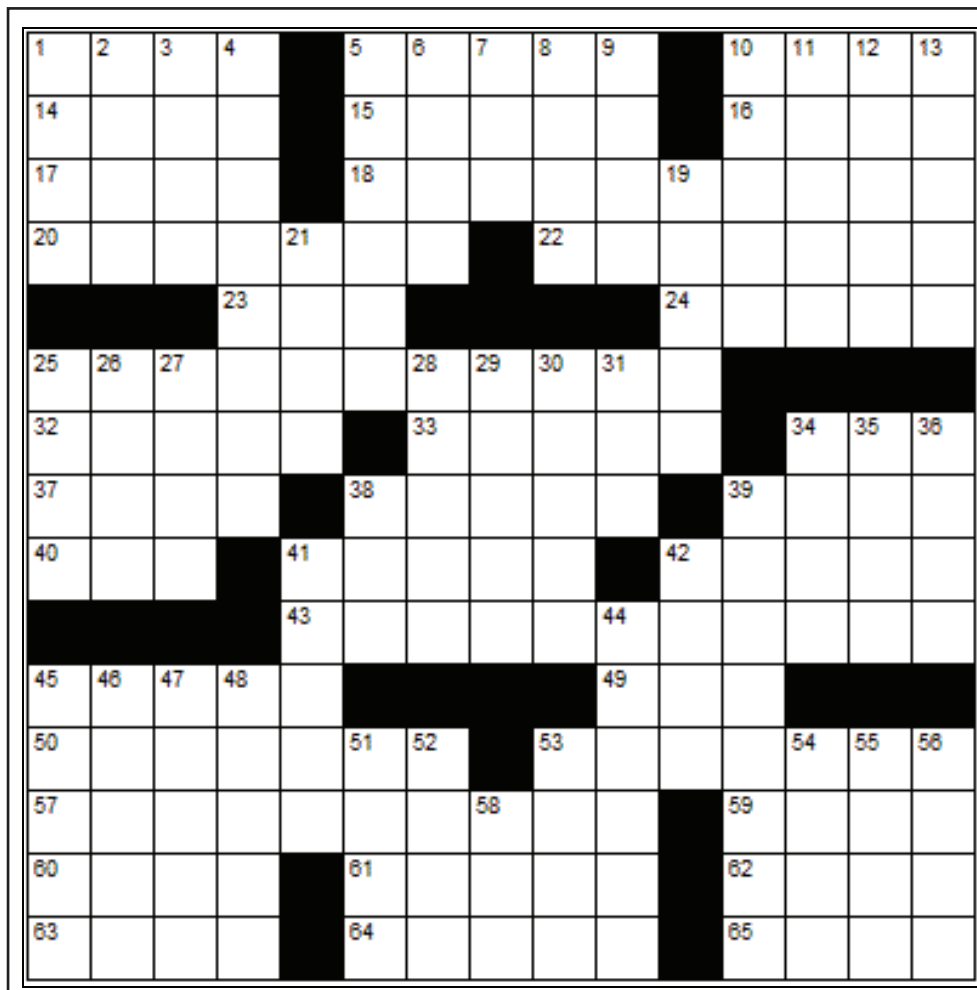
ACROSS

- 1 Take away (6)
- 4 Dies down (6)
- 8 Collieries (5)
- 9 Euston, for example (7)
- 10 Liberate (3,4)
- 11 Bread maker (5)
- 12 Remember (9)
- 17 Large sea (5)
- 19 Eradicate (4,3)
- 21 Frugal (7)
- 22 Unsociable person (5)
- 23 Urge strongly and sincerely (6)
- 24 Only just (6)

DOWN

- 1 Negligent (6)
- 2 Frightening creature (7)
- 3 Eye shield (5)
- 5 Blackberry bush (7)
- 6 Ponder (5)
- 7 Miscellaneous (6)
- 9 Make off without being seen (5,4)
- 13 Fir or larch, for example (7)
- 14 Recount (anag) (7)
- 15 Detest (6)
- 16 Tempestuous (6)
- 18 Terra firma (5)
- 20 City in Majorca (5)

Giant Crossword



Across

1. Exchange
5. Caprices
10. Expectoration
14. Drunkard
15. A financial examination
16. Barbershop emblem
17. False god
18. Mediator
20. Beginning
22. Dabbler
23. Small portable bed
24. Vice ____
25. Fit for habitation
32. Chairs
33. Birdlike
34. Barrier
37. Records
38. Hard wood
39. Expunge
40. N N N N
41. Unexpired
42. Light wood
43. Obliteration
45. Glowing remnant
49. Genus of macaws
50. Mail pouch
53. Spouse
57. Disinclined
59. Wings
60. Fastened
61. Artist's workstand
62. No
63. Satisfy
64. Inscribed pillar
65. Retain

Down

1. Gulp
2. Broad
3. Again
4. Skunks
5. Large North American deer
6. Colors
7. Actress Lupino
8. Flexible mineral
9. Flower stalk
10. Sudden burst
11. Texas hold-em
12. Blockage of the intestine
13. Latin name for our planet
19. Expert
21. Booahoos
25. Small island
26. A noble gas
27. Crones
28. Small drum
29. Steer clear of
30. A forehead dot
31. Nonclerical
34. Sandwich shop
35. Along with
36. Average
38. Hearing organ
39. Data storehouse
41. "Action words"
42. Taverns
44. An old-fashioned warm drink
45. Gives forth
46. Craze
47. Anagram of "Debit"
48. Leave out
51. Mimics
52. Satyr
53. Part of a foot
54. Maguey
55. Back of the neck
56. Very intense
58. South southeast

Find the answers to the August puzzles in the September issue of Seasons Magazine
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Sudoku

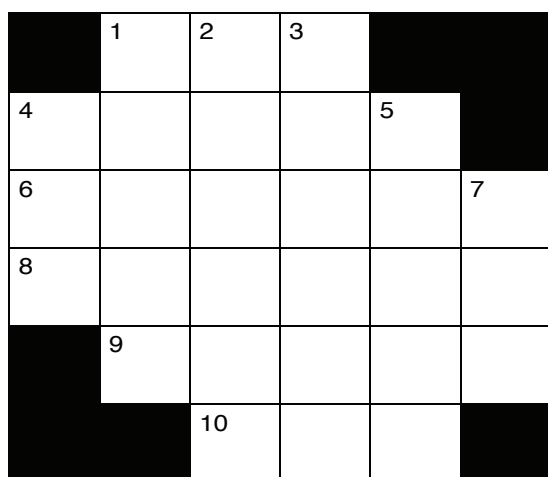
| | | | | | | | | | | | | | | | |
|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|
| 4 | | | | 14 | | | | | | | 6 | 16 | | | 5 |
| | | 16 | 7 | 1 | 13 | | 10 | | | | 9 | | 12 | | 6 |
| 13 | | | 12 | 8 | 3 | | 15 | | | 10 | 1 | 4 | | | |
| 3 | 2 | 14 | | | | 9 | 12 | | | | | 15 | 1 | 7 | 10 |
| 1 | | 12 | | 13 | | | 4 | | | 14 | | | 7 | 11 | |
| 14 | | 3 | 2 | | 11 | | | | 7 | | | | 16 | | |
| | 16 | | | | 6 | | | 13 | 11 | | | | | 14 | |
| | | | 13 | | | 10 | | | | 1 | | | | | 9 |
| 7 | 5 | 9 | 6 | | 2 | | | 3 | | 8 | | | 14 | 16 | |
| 12 | | 15 | 14 | | | | | 9 | 5 | | | | | | |
| | | 1 | | | 8 | 15 | | 6 | | | 7 | | 4 | 5 | |
| | 8 | | | | | 7 | | | 1 | | | 6 | | | |
| | | | | | 9 | | | 1 | | | 14 | 3 | 10 | 15 | 8 |
| | 6 | | 1 | 10 | | 14 | | 16 | | | 12 | | 13 | | |
| 5 | | | 10 | 2 | 12 | | 7 | | | 13 | 11 | | 6 | 4 | |
| | | | 16 | 5 | | | 11 | | 4 | | | | 2 | 1 | |

Mastermind

1. After their wedding in April 2011, Prince William's bride placed her bouquet on whose tomb?
2. Agyrpphobia is the persistent fear of doing what?
3. What is the title of director Ridley Scott's first feature film, released in 1977?
4. Who directed the 1997 film 'Jackie Brown'?
5. What does the Canadian quarterly publication UMM stand for?
6. Gene Simmons and Paul Stanley founded which band in 1971?
Kiss, Judas Priest, Motley Crue, Sweet

Mini Crosswords

Mini Crossword 01



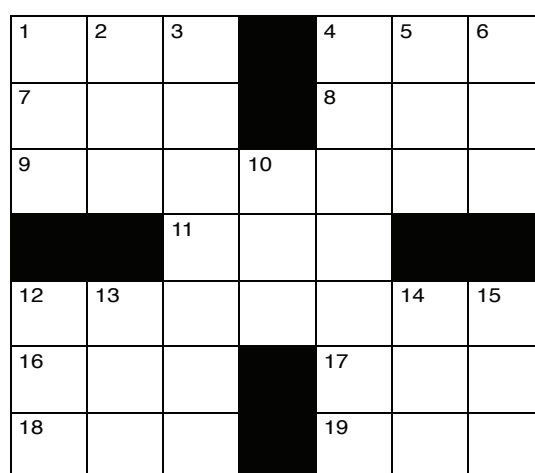
Across

- 1 Opening to mind
- 4 Dole out
- 6 Italian port city
- 8 Casual top
- 9 Smart-mouthed
- 10 "Thar ___ blows!"

Down

- 1 Drink holder
- 2 Pack leaders
- 3 Shine or buff
- 4 Member of a colony
- 5 To the point
- 7 Hog's home

Mini Crossword 02



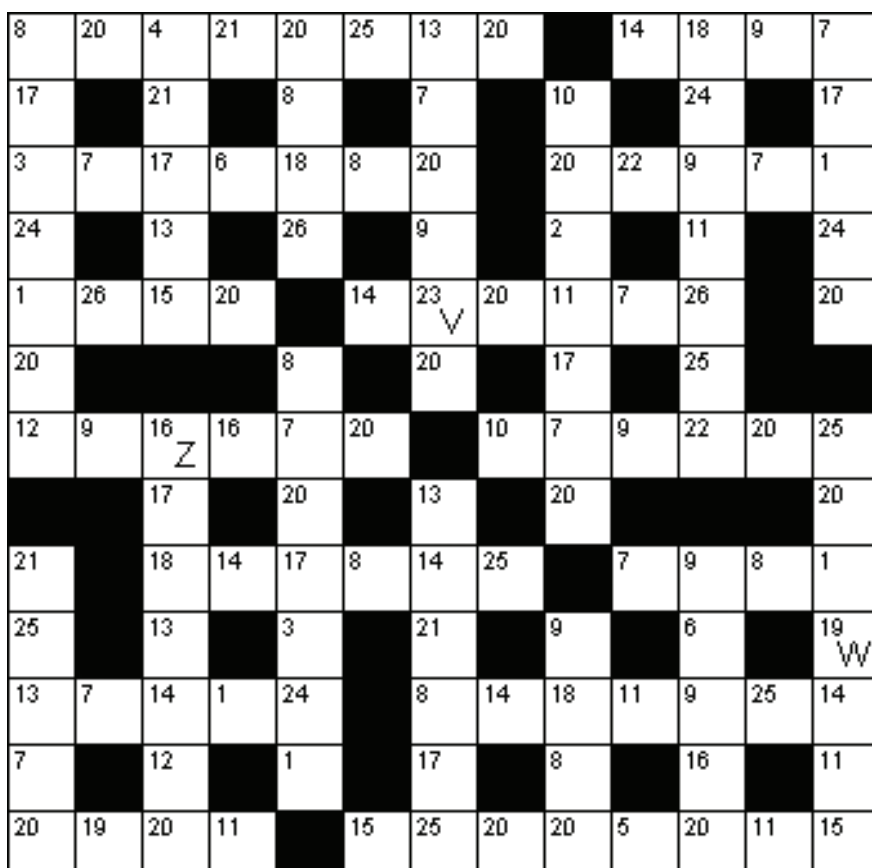
Across

- 1 Tattletail
- 4 Even if, briefly
- 7 "Gross!"
- 8 Thumb battle
- 9 Foul-smelling
- 11 Decay
- 12 What muses do
- 16 Same old, same old
- 17 Small rug
- 18 Not specific
- 19 Freudian topic

Down

- 1 Baseball score
- 2 "Give it ___!"
- 3 Yearning for a sip
- 4 Double cross
- 5 Lunch meat
- 6 Miner's find
- 10 Absorb, with "up"
- 12 Retirement plan
- 13 Sister or mother
- 14 Use for old clothes
- 15 Ike's command in WWII (abbr.)

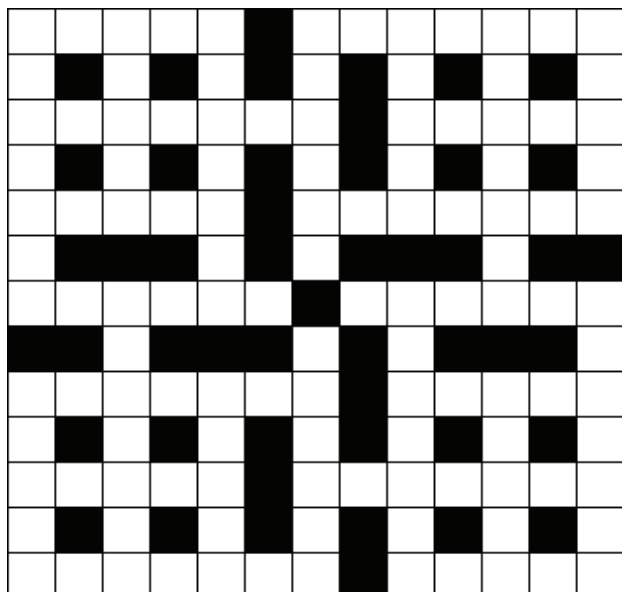
Code Word



Each number in the grid represents a letter of the alphabet. Some letters have been given to you. Use these clues to help you decipher the code.

A B C D E F G H I J K L M N
O P Q R S T U V W X Y Z

Word Fit



5 letter words

ALLOT
ATTIC
CROSS
DECOR
EERIE
ERRED
EXIST
EXTOL
OCCUR
TODAY
TREAT
TROLL

6 letter words

COSMIC
GAZEBO
TRENDS
VISION

7 letter words

| | |
|---------|---------|
| ARTICLE | NUCLEUS |
| AVOCADO | OATMEAL |
| CRYPTIC | OBSCURE |
| ECOLOGY | TANGENT |
| INCLUDE | VACCINE |
| MACHINE | YIELDED |

Brain Teasers

1. In this puzzle, each letter represents a different number. Can you work out what number (0-9) each letter stands for? The leftmost letter can not be zero in any word.

S A T U R N
+ U R A N U S

= P L A N E T S

2. Martin is Tina's brother, Jennifer is Steven's sister and Desmond is Dorothy's brother.

Who is Alistair's sister, Alicia or Stella and why?

3. DECIDE, HUMANS, LIKELY, NODDED, REFUGE
Which one of the following words belongs in the list above and why?

ARTIST, BAMBOO, CANDLE, SECURE, VOLUME.

4. Peter is 20 years old, Raymond is 25, Veronica is 18 and Julian is 12.

How old is Yvonne and why?

5. Seven friends collect pop posters and each person has a different number of posters. Angela has four more posters than Mike, who has a dozen fewer posters than Alex, who has half as many posters as Emma, who has seven more posters than Vernon, who has three times as many posters as Sue, who has three more posters than Jenny.

How many posters has each person got if the total number of posters is 82?

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