

FREE COPY

# seasons

magazine

*Life Beyond 50*

December 2017 • Waikato/Bay of Plenty

**Geoff Lewis**

Sharplin brings style to 50+ Festival

**Jenny Magee**

Here comes SUMMER!

**Especially for us THE 50+**

**Kingsley Field**

Becoming townies, and missing the country





# Boutique River Cruises for Solos



## Thinking about exploring the world on your own?

There's no better option than a luxurious and all-inclusive Uniworld boutique river cruise.

Uniworld is celebrating the solo traveller and waived or reduced the single supplement on many of their most popular itineraries.

House of Travel consultant Angela Taverner says Uniworld's meticulously planned itineraries are ideally suited for solo travellers, with open seating at every meal, small group excursions, and kindred spirits who share your passion for fresh destinations.

"Experienced solo travellers and first-timers alike find the warm and welcoming atmosphere on board the ships makes for a safe, convenient and rewarding travel experience," says Angela.

"And no other river cruise line offers more luxury or value."

Destinations include Italy, France, Portugal, Spain, Russia, Asia (including India) and Egypt.

Angela says more and more guests have found that traveling solo with Uniworld is one of the most enriching and rewarding ways to explore Europe.

"Having just come back from Egypt and Morocco as a solo traveller myself, I was nervous going into it, but I found the experience enriching and a wonderful way to meet incredible people from all over with great stories and experiences."

Angela is putting together a database of those with similar tastes and interests in international travel who will be matched and tour options then evaluated.

"Sometimes a holiday can be a wonderful chance to escape alone with your own thoughts", said Angela. "Other times there is nothing better than sharing your experiences with a friend or new acquaintance".

"We want to give our over-50s who can't get the travel bug out of their systems an opportunity to connect, discuss and plan their travel adventures."

"The best holidays are created together."

Membership of the Solo Travellers Club is free.

To register contact Angela Taverner at (07) 888-8034  
[angela.taverner@hotmail.co.nz](mailto:angela.taverner@hotmail.co.nz)



## Explore the world with like-minded solo travellers.



### If you enjoy travelling but not alone, join our House of Travel Solo Travellers Club.

Get connected with other club members with similar interests in international travel and discover enticing holiday experiences.

#### Membership benefits include...

- Small group tours and escorted journeys for solo travellers
- Exclusive deals and specialist advice on independent travel
- Minimise or avoid single supplement costs

Register now at your nearest House of Travel in the Waikato.

*The best holidays are created together.*

**TO REGISTER, PHONE YOUR NEAREST HOUSE OF TRAVEL ACROSS THE WAIKATO**

**HOUSE OF TRAVEL**

Matamata 07 888 8034 | Cambridge 07 823 0320 | Hamilton City 07 839 2134 | Morrinsville 07 889 3863  
Te Awamutu 07 871 8131



06



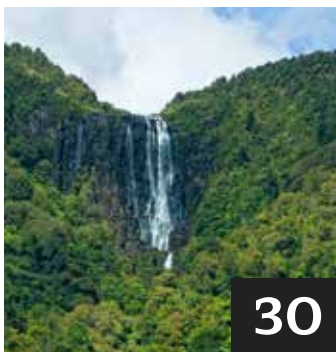
14

# Contents

- 03 Contents
- 04 CEO Note
- 06 Becoming townies, and missing the country!
- 09 Tim Macindoe MP for Hamilton West
- 11 Todd Muller MP for Bay of Plenty
- 13 Message from the Minister for Senior Citizens
- 14 Christmas Welcome to Beautiful Bay
- 19 There's no stopping time - Age Concern
- 23 Here comes summer! - Jenny Magee
- 27 Especially for us THE 50+!
- 32 Things to do in Hamilton / Waikato - Geoff Lewis
- 39 Reader Submissions
- 46 Pops Prisoner of War Stories
- 50 December Recipes
- 53 December 2017 Calendar
- 54 Laughter is the best Medicine
- 57 Trusted Tradies & Services
- 59 Puzzle Pages



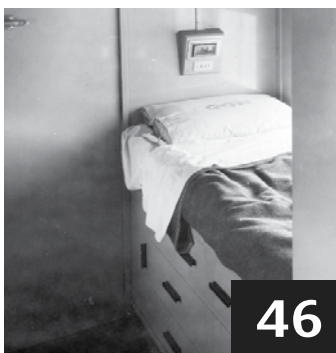
27



30



42



46

## Want to become a subscriber?

Subscribe to receive your magazines for \$6.00\* per issue

\*postage and packaging costs only

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_ No. of Issues: \_\_\_\_\_

Send this form with your cheque payment made out to **Just 1 Ltd (Seasons Mag)** PO Box 134, Ngaruawahia 3742

Email your enquiry to [admin@seasonsmag.co.nz](mailto:admin@seasonsmag.co.nz) or visit our website [www.seasonsmag.co.nz](http://www.seasonsmag.co.nz)

Like [@seasonsmag](https://www.facebook.com/seasonsmag) on facebook for news and updates



**just1**

Seasons magazine features articles, columns and information relevant to the 50+ community

## December 2017

Hamilton: Grant **021 213 0319** Seasons Office **07 847 4602**

Tauranga: Grant **021 213 0319**

ISSN 2382-2481

**email: [admin@seasonsmag.co.nz](mailto:admin@seasonsmag.co.nz) web: [www.seasonsmag.co.nz](http://www.seasonsmag.co.nz)**

Seasons is a special publication published by Just 1 Ltd, Hamilton NZ

The views and opinions expressed in Seasons magazine are not necessarily those of Just 1 Ltd

### Legal Disclaimer

As publishers and owners of Seasons Magazine Life Beyond 50+ we declare that the information contained in this publication is for general information purposes only. We endeavour to provide correct information, however we make no representations or warranties, and give no advice of any kind, express of implied, about the completeness, accuracy, reliability, suitability, effectiveness, correctness or availability of any information, text, data, chart, image, contact details, articles, announcements, advertisements, products, claims, services, qualifications or related graphics contained in this publication for any purpose. Any action by you, or failure to act by you or reliance you place on any information in this publication or any of the content of this publication is therefore strictly at your own risk and we take no responsibility and accept no liability for any consequences direct or indirect. The inclusion in this publication of any advertisement, article, advertorial, announcement, information, contact details, listing, image, design, chart, data, mark or representation does not constitute and does not imply advice, recommendation or endorsement by us of the associated practitioners, service providers, services, products, claims, opinions or views.

©Seasons Magazine and its contents are the property of Just 1 LTD, all rights reserved.





Dear Readers,

Well here we are again, another year has come and just about gone in the blink of an eye! And if I am going to be truthful, I am looking forward to finding some well deserved time off to get some sunshine and read that book I have been putting off for the last few months.

I am also sure you are looking forward to spending quality time and catching up with family and friends over this festive holiday season, and please remember to take care when travelling on our busy roads at this time of year.

Please remember that there are some people who are very lonely and who will be alone at this time of year perhaps due to some family and/or friends going away for the holidays or living far away, so if you know of anyone who would be in this situation, just a quick phone call or a quick 'pop in and see how they are' visit I am sure would probably make their day.

Grant and I would like to ensure that all our advertisers, columnists, contributors, and readers of Seasons Magazine during 2017 has been greatly appreciated, and we hope you all have a wonderful, happy and safe Christmas and New Year, and we look forward to our first edition of Seasons Magazine for 2018 being the February issue.

So remember if you have any fun or interesting stories from your Christmas break, please feel free to submit them to us.

Merry Christmas & Happy New Year for 2018

*Mijda Grant*

**seasons**  
magazine *Life Beyond 50*  
Waikato Bay of Plenty



Can't get enough of Seasons Magazine? Follow us on Facebook for more news and updates throughout the month!  
Go to [www.facebook.com/seasonsmag](https://www.facebook.com/seasonsmag) or search @seasonsmag on Facebook

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

Kia.com/NZ

# SORENTO

EX 2.2L AWD Diesel

NEW 8 SPEED  
TRANSMISSION

SRRP

# \$48,990

+ ORC\*



**Features include:**

- 2.2L CRDi turbo diesel
- 8 speed automatic transmission
- All wheel drive
- 7 seats
- Daytime running lights
- Apple CarPlay
- Android Auto
- Blind spot detection
- Leather interior
- LED Headlights

**5 YEAR** Warranty Programme

OR UP TO 100,000KMS

**3 YEARS** Free Scheduled Servicing

OR UP TO 45,000KMS

**ANCAP** Safety ★★★★★

2017

\*Special recommended retail price (SRRP) is available for a limited time or while stocks last. Not available with any other offer or incentives or for certain government purchases. The Kia Scheduled Service Plan runs for the first 3 years from the date of registration or up to 100,000km (whichever is reached first). The Kia 5 year warranty programme runs for 5 years or up to 100,000km (whichever is reached first). All other on-road costs (ORC) are additional. Warranty, Service Plan and Roadside Assist, terms and conditions apply. See Kia.com/NZ for full details.

**Waikato Kia** | Cnr the Boulevard & Kahu Crescent, Hamilton - 07 846 6181  
 After Hours: **Paddy Lubana** 0210703030, **Jacob Rozeboom** 022 033 2103,  
**Rob Clifton** 021 846 181 **Gary Steward** 021 995 355 **Jason Hargreaves** 0274660279

**KIA**  
The Power to Surprise

4 seasons



Book now for a night of food, fun and festive frivolity!

# Christmas at Clarence St



## Lyrical

24, 25 November

2 shows only

Dinner, Show followed by band \$99\* + GST  
Table of 8 \$795\* + GST

Come and enjoy a night of good food, great entertainment and a chance to let your hair down. Gorgeous old school glamour comes to life in typical style and flair that Lyrical have become synonymous with. Their new show, *Hooray for Hollywood*, captures iconic moments from the golden age through to modern classics from the silver screen. All performed with their signature Lyrical style by three of our most talented locals. The evening of glamour is followed by the hit covers band, **Mufasa Mufasa** so you can kick your heels up and have a wee boogie.

Show only seats available.

\* Ticketek booking fees may apply

CLARENCE ST  
THEATRE

## Comedy@Christmas

14, 15, 16 December

3 shows only

Dinner, comedy show followed by band \$79\* + GST  
Table of 8 \$599\* + GST

Gourmet burger, ice-cream for dessert. 120 minutes of comedy from two of New Zealand's most well-known comedians followed by the hit covers band **Mufasa Mufasa** to dance the night away.

### "Rado and Raybon Save the World"

Leading comedians **Raybon Kan** and **Nick Rado** team up to perform a two-hour show in which stand-up gives way to **Rado & Raybon** solving questions posed by the audience. The first half is a stand-up set by each comedian. In the second half, they take the stage together and answer questions, throwing fuel on the burning issues as determined by the audience on the night. They guarantee the world will not end during the show.

**Nick Rado** is the Head Writer for TV3's award-winning panel show *7 Days*, Head Writer and Associate Producer for *7 Days of Sport* and has recently just finished a nationwide NZ tour opening for Danny Bhoy. He's won the NZ Comedy Guild's Best MC award four times. He also appeared in Netflix's Rhys Darby show *Short Poppies*.

**Raybon Kan** (Best Comedian, Metro; Best Comedian, North & South) has performed at major comedy festivals such as Montreal's Just for Laughs (twice), Edinburgh and Melbourne, where The Age declared his show 'Dazed and Confucius' one of the festival highlights. His shows have sold out throughout NZ.

Fully stocked bar with bar packages available. For further details contact:  
Darlene at [christmas@clarencesttheatre.co.nz](mailto:christmas@clarencesttheatre.co.nz) phone 07 834 1023  
[www.clarencesttheatre.co.nz](http://www.clarencesttheatre.co.nz)

BOOK NOW AT  
**TICKETEK**

# Becoming townies, and missing the country

**We're on the move, and there's a dreadful mixture of excitement and anguish about it all.**

The excitement is due to the fact that, for the first time ever in my adult life, I am moving into a brand new home and it will be really, really nice to have somewhere that we can call ours – somewhere where we can put a nail into the wall and hang a picture on it if and where we want to; and we have chosen the carpet and paint and bench-top colours; and the red front door and matching glass splash-back behind the stove were the slightly “daring” things we did; and we know the place is going to be comfortable and new and warm and just how we want it.

The building firm could not have been more pleasant or helpful – the boss, his office staff, the site overseer, the building foreman and his lads were just the best people to work with in what could have been, but wasn't, a very stressful time. Nothing was too much trouble, and their professional opinions and suggestions were invaluable.

Building a new house initially seems like a wonderful idea and there's all sorts of excitement – to start with. Then some of the realities come home to roost: agreeing on choices of building materials, on colours for doors and windows and walls and ceilings and carpets and lino; seeing our strict budget for the whole project bulge a little for minor modifications in the kitchen, bulge a little further for the inclusion of a wood-burner with a cook-top, bulge even further so a deck could be included for pleasant coffee and restful sun-soaking, bulge further still for a few extra lights and a work-bench in the garage; and making friends with the new neighbours and agreeing on new fences between properties and the costs thereof. There's a million and one itty-bitty things that need to be sorted and every little one of them takes half an hour or two hours out of an already busy day. How come these days I can't find any of those hours that were as long as they were when I was aged 11?

And the bank manager has, at least thus far, been as accommodating and pleasant as the builders. So there's been little or nothing to turn a balding head grey and we're very much looking forward to being in and settled before Christmas. But somehow it's all still a bit stressful.



Yet for us there will also be a sad and anguishing wrench to leave this lovely home we have lived in for the past year or so. We're out in the Parawera area, between Kihikihi and Putaruru. It's a district of somewhat bigger country than much of the rest of the Waikato – there are great rolling hills, long views way out across sweeping valleys, Maungatautari Mountain is part of the nor-eastern backdrop. And on those wide, multi-layered picture-book real-life rural paintings, the scenery is forever changing. It is something I never tire of watching, looking at the subtle, gradual, natural seasonal tweakings and the more obvious, practical variations created by the farmers who work the land. Sometimes those natural changes are hard and harsh and battering, such as when lashing storms come hammering through. We live high on an exposed hill, which means the scenery is spectacular, and so are the bashings to which we are subjected when Mother Nature gets crabby.

But the house is solid and double glazed and well built, and it has stoically withstood whatever has been chucked at it for the past two decades, so we felt safe as we watched the beating rain and the roaring wind and the searing flashes of lightning. It's not the sort of sight one gets to see in town. There the horizons are too close.

It was the daily and weekly manmade and seasonal changes across the land that endlessly intrigued me, a country kid from way back. These days it's all a far cry from the small-time things we did on the little 150-acre farm where I grew up in the Otewa Valley, south-east of Otorohanga. There, ploughing a five-acre paddock, and then discing it, and then running heavy harrows





over it and then planting it in turnips or chou moellier or pasture grass, was a major undertaking that may have taken most of a week, slogging away on the little Fergie 35 tractor, hour after hour, and changing implements on a daily basis. The Fergie seat had a cushion, but that was the sole curtsey to any form of creature comfort. The driver sat grimly on the little seat, totally exposed to whatever the weather may throw at him or her while the valiant wee machine growled gamely back and forth or round and round as it gradually covered the paddock. It was, of course, rear-wheel drive only.



These days, the massive tractors now in use are all-wheel drive, often with immense dual rear wheels and front tyres way bigger than the rear driving wheels on our tiny Fergie. And the drivers sit in splendid comfort, sometimes on a seat big enough for two, and enclosed in a weather-proof cab that is air conditioned, wired for surround sound and with an instrument panel that would baffle a Dreamliner pilot. They are extraordinarily powerful too, 10 or even 20 times more potent than our little Fergie. They pull fold-out earth-working or planting or spraying machinery that covers strips of ground metres wide.

Mind you, they tackle massive areas of land, working up and planting blocks of 20, 30, 50 hectares and more at a time, and putting in long hours in the process, starting at daybreak and frequently continuing in a brilliant halo of lights long into the night to get the job done.

Recently such work has been happening all through the Parawera district, as no doubt it has in many other locations around the country. For the farmers here, spring is not just about calving and lambing, it's also about planting vast areas of corn and getting those early crops of surplus grass cut and baled in plastic wrapping. Already there are long, sturdy lines of green corn shoots pushing up through the dark earth, and the sowing lines run by the planter-drivers can easily be seen – they appear like neat seams stitched across the paddocks.

With the coming warm weather and the continued bursts of rain, the corn will grow rapidly. It is said that if a farmer's corn is as high as his fences by Christmas, he'll have a good crop to harvest. So there's always an urgency in late September and throughout October to get on with the job of planting. And then in March and April there will be another flurry of intense big-machine activity as great multi-fanged harvesters devour their way through the two-metre-tall crops, blasting a mixed torrent of shredded stalks, cobs, kernels and leaves into high-sided trucks that sidle along just to the rear of the guzzling harvesters. The laden trucks roar along country roads, taking their loads to central silos for storage and leaving a skittering wake of wind-blown corn litter as they go.

And there's an endless raft of other things always going on in the countryside, out there through the big picture-windows – cattle and sheep and deer all doing what they do on a daily basis and as the seasons turn; magpies and plovers and herons and hawks, tui, blackbirds, yellowhammers and bursting flocks of brilliant little goldfinches, all diligently fossicking for the day's breakfast, lunch or dinner; wild-cats and hares, rabbits and a small mob of turkeys skulking or lolloping or meandering along hedgerows or across open spaces; wet, wobbling, shivering new-born lambs and calves each desperately seeking that first life-giving surge of warm milk; sodden, muddy, winter paddocks turning into sprawling, waving, knee-deep grass in the late spring sunshine; trees busting out all over with cherry, prunus, magnolia and jacaranda blossom and then clothing themselves in various shades and shapes of green leaves, or turning to gold and reds and rusty browns in the autumn.

The open country has so much going on all the time. I find it an endless source of fascination and we're going to miss it considerably when we leave next week and become urbanites.

But it will be fun to put up book cases and unpack several thousand 'old friends' that are long-hidden references and re-readable stories and cherished childhood treasures. And it will be good to walk to the supermarket and then haul the weekly shopping home in a back-pack. It will also be nice to sit on the new terrace with an early morning mug of coffee or evening glass of wine – we have something of a view and will be able to watch sunrise and sunset.

I've lived in cities before and survived and Te Awamutu is still not too overrun with urbanisation.

There will still be things to see. I'll be watching, for sure.

#### Kingsley Field



Columnist Kingsley Field has now published Volume III of his outdoor columns – *Even further out...* It and copies of the earlier two volumes are available from [kingsley@accuwrite.co.nz](mailto:kingsley@accuwrite.co.nz)



**Even Santa needs his glasses to check whether you have been naughty or nice!**



**TREAT YOURSELF THIS CHRISTMAS WITH  
THE LATEST IN STYLE AND TECHNOLOGY  
BELL NEUHAUSER  
& (MATTHEWS)**

**O P T O M E T R I S T S**

**MERRY CHRISTMAS & HAPPY NEW YEAR TO  
OUR FRIENDS & CLIENTS FROM THE TEAM AT  
BELL NEUHAUSER**



**07 838 3454 | 456 Anglesea Street, Hamilton | [www.bellneuhauser.co.nz](http://www.bellneuhauser.co.nz)**



# Tim Macindoe

## MP for Hamilton West



### Celebrating Vinnies Hamilton

As an electorate MP I have the privilege of meeting and sometimes advocating for many charitable organisations that operate in our community.

Since 1833, the St Vincent de Paul Society has been caring for people in need around the world. Whilst its foundations and beliefs are based on the Catholic faith, the Society helps all those who are in genuine need, irrelevant of faith, beliefs or culture.

Vinnies Hamilton has been in operation for 55 years, and still adheres to the core values on which it was founded – to feed, clothe, educate and shelter those in need. They offer non-judgemental, practical help and currently assist around 60-70 people per week. I am a huge admirer of their efforts, focus and compassion.

Vinnies work with other agencies to create wrap-around services for vulnerable people. Clients come to Vinnies through referrals from these agencies or self-refer via the website, Facebook, phone or simply walking into one of the five shops that operate in Hamilton.

The stores fund Vinnies' work by selling donated clothes and other goods. They also apply for funding and accept donations.

Vinnies Hamilton General Manager Mike Rolton says the welfare sector is a busy part of their work within the Waikato, with multiple projects happening at any one time. "One project we are especially proud of is the School Lunches, which will exceed 90,000 this school year."

"We know from our research that children will be kept home from school on a Monday and Tuesday, as parents have run out of food to supply lunch. This is why we step up with a Vinnies lunch. The better educated the children become, then the more likely the poverty cycle can be broken over time."

"A full tummy helps with the learning process, reduces bad behaviour and stops crime at schools – these factors alone give us reason to promote this special project," he says.

Vinnies Hamilton also operate Night Vans which distribute food to those in need every night, and are an avenue to engage with adults and offer assistance to those who may need extra support.

The Soup Kitchen lunch is very busy and popular, with two sittings per week supported by local businesses, NZMA and local high schools who prepare the meals on a monthly rotation.

Mike says people can help Vinnies Hamilton by donating goods, money or their time. "We're incredibly grateful for all our volunteers. We currently have 263 people assist for about two and a half hours a fortnight through a variety of ways – driving the van, helping on the Night Van, packing school lunches or working in one of the five shops in Hamilton."

"Any donations and money spent in one of our shops stays in our local community, it doesn't go out of town. The support we get from businesses and the community in general is amazing," he says.

"Last year we furnished 275 homes within our area, which runs from Taumaranui to Huntly, and Raglan to Te Aroha and everything in the middle," says Mike.

With Christmas looming, financial pressure can hit vulnerable families hard and many children may miss out on receiving some joy on Christmas Day.

The Hits Toy Run encourages people to donate pre-loved or new toys or books to help spread the message that Christmas is about giving. "We would like children to give toys they no longer play with that are still in good condition, or books they have grown out of."

"There will be a Go-Bus driving around Hamilton from the 4th to the 10th of December collecting toys and books. We will work with other services to distribute them to families in our local community who are in dire need of some Christmas joy," says Mike.

Pre-loved toys or books in good condition and unwrapped can be donated after the 10th of December at one of the five Vinnies shops in Hamilton – Frankton (three in Commerce St), Glenview Mall or Lyndon Court, Chartwell. These stores are also an excellent place to do your Christmas shopping, with a large variety of goods available, and all proceeds going back into our local community.

If you would like to donate your time, money or goods, please visit [www.vinnieshamilton.co.nz](http://www.vinnieshamilton.co.nz) or phone **07 847 4044**.

I am so grateful for all the fine work the Vinnies team does within our community and to all who support their efforts.

My best wishes to all Seasons readers for the festive season and a long, hot Kiwi summer.





NOT NEW...  
BUT NEARLY!

# 2017 LTZ TRAX

FROM \$29,990



From only four months old, fantastic pricing on the 2017 LTZ Trax 1.4 Turbo, auto 18" alloy wheels sportech trim, reversing camera, 7" touch screen plus much more. Nearly new!



NOT NEW...  
BUT NEARLY!

# RS BARINA

FROM \$19,990



Fantastic pricing on 2016 RS Barina 1.4 Turbo charged engine, 6 speed auto, 17" Alloys, sports body kit, 7" colour touch screen. Nearly new!

**EBBETT HOLDEN**

204-208 Anglesea St, Hamilton, T 0800 280 888  
[www.ebbett.co.nz](http://www.ebbett.co.nz)



**EBBETT**  
MARQUE OF EXCELLENCE



**Holden**  
Let's go there



# Welcome Todd Muller

MP for  
Bay of Plenty



As this is my first time writing for Seasons Magazine, filling in for my colleague Simon Bridges, let me introduce myself. My name is Todd Muller and I am the Member of Parliament for the Bay of Plenty. I'm married to Michelle and together we share three great kids and a dog called Maisy. I've lived in the Bay since I was a small boy, but originally hail from Te Aroha. Much like this magazine my life has spanned both sides of the Kaimai ranges. I was elected to Parliament in 2014 after a career that took me from the office of the then Prime Minister Jim Bolger, to Zespri, to Fonterra. Things in a sense have come full circle. I am now the National Party Spokesman for both Crown/Maori relations and Climate Change issues.

I have just returned from Bonn, Germany where I attended the COP23 Climate Change conference. It was my first climate change conference and I was struck by the sheer size of the event. Over 25,000 participants, politicians, corporations and NGO's tasked with navigating the challenge of moving to a less carbon intensive global system, underpinned by the complexity of aligning the political response of 190 individual countries.

This is the real test of climate change. How can we genuinely evolve all countries, all economies, for the long term benefit of all, rather than evolving the economies of a few at some real risks to those few, while the majority stay stuck in their rhetoric and don't make the necessary changes? The key question for us is not 'do we change?' but rather how do we change to a lower carbon country in a manner that enhances families, jobs, communities and regions.



We need to avoid evangelical fervour and rhetoric. Now is the time for considered, collaborative cross sector and community conversations that see us change at a pace we can cope with, can succeed in, and plays our proportional part in the global effort. I suspect the new Government's rhetoric will come hard up against community realism and expectations over the coming months – as it already has on the topics of Manus Island, Pike River and immigration – but enough with the politics!

As the days draw longer and the weather gets warmer I'm looking forward to some much needed rest and recreation (as I'm sure we all are!) and cherishing special time spent with family and friends – including those who invariably show up from out of town to share in our little slice of Paradise in the annual mass exodus from the green pastures of the Waikato to the sandy beaches of the Bay of Plenty. It will be great to catch up with old friends and I can almost smell the barbecues already!

If you are reading this from the Waikato, I invite you to come and enjoy our little slice of paradise. You will be welcomed with open arms not only by the local MP's, but by our booming tourism and hospitality sectors who are ready for a big season.

My family and I wish you a very Merry Christmas, a Happy New Year, and an enjoyable break. Stay safe on the roads, enjoy special time with family and friends, and as Oscar Wilde once said – "Everything in moderation, including moderation".





# Free upgrade Special

PREMIUM HEARING AIDS FOR MID-RANGE PRICES

**QUALITY 2017 BRANDS**

## A CHRISTMAS LETTER

WHAT DO I WANT FOR CHRISTMAS? I WANT  
YOU. I WANT TO HEAR YOU LAUGH.  
I WANT YOU TO ASK ME QUESTIONS,  
ASK MY ADVICE, TELL ME YOUR  
PROBLEMS. TELL ME YOUR STORIES AND  
ABOUT YOUR DAY.  
LAUGH WITH ME, OR LAUGH AT ME, I DON'T  
CARE.  
HEARING YOU LAUGH IS MUSIC TO ME



hear**me**  
specialist hearing services ltd

- Exclusive prices on quality brands
- Top Level hearing aids with Expert personal service
- Satisfaction guaranteed or your money back

0800 hear**me** (0800 432763)  
[www.hear\*\*me\*\*.co.nz](http://www.hear<b>me</b>.co.nz)

Mr Hugh Litchfield FRCS, Ear, Nose & Throat Surgeon in Waikato since 1978, founded hear**me** for his patients and now welcomes anyone who wants quality hearing care without having to pay too much.



2017 Digital Hearing Aids  
Trusted manufacturers  
ACC, Government Funding & Subsidy

Hamilton, Cambridge, Te Awamutu, Matamata, Morrinsville & Auckland



# A Message from the **Minister for Seniors**



**Hon Tracey Martin**

## **Welcome Hon Tracey Martin**

Thank you for the opportunity to introduce myself as your new Minister for Seniors. I was honoured when the Rt. Hon. Winston Peters rang to ask me to take on this responsibility. You will all know of course that New Zealand First has a long history of being proactive in the area of support for our older citizens and I welcome the opportunity to continue this work in our coalition government of Labour and New Zealand First.

You may not be aware but I have also been honoured with the Ministerial portfolios for Children and Internal Affairs, along with a role as Associate Minister for Education. I must tell you it is with real joy that I have been given the privilege to advocate for both children and seniors.

As Minister for Seniors my role is to stand up for senior citizens and ensure their needs and rights and contributions are recognised. We have older New Zealanders living in poverty who need affordable housing. I want to keep that at the forefront of politicians' minds. Elder abuse is bigger than we think but seniors are stoic and don't like to complain. I'd like people to not see it as complaining but as seeking help. My hope is that over the next three years we can create a situation where those who are being harmed or abused know where they can go to get help and also know they will receive that help.

My vision is for New Zealand to be more caring and I want this country's older people to be better cared for. Since the 1980's we have become more focused on money and less on people. I believe strongly in a sense of community, without community we are nothing – no-one can manage alone. Before entering Parliament I was a stay at home parent. I was on PTA's, Board of Trustees and lots of community and fund-raising groups. People putting back into their community is what keeps that community going.



But some things need the government to play its role. I am excited by the work that the Ministry for Seniors does and I am keen to pursue a number of initiatives over this term of government. NZ First has a commitment to further enhance the benefits of the SuperGold card and the government will be introducing a free annual health check and eye check for over 65's. Of course this government is going to ensure the age of entitlement for New Zealand Superannuation remains at 65 – and to support that we're going to resume making payments into the New Zealand Super Fund. And I intend to make sure seniors are clearly identified as one of the recipients of the winter energy package that is going to be legislated for soon.

I also want to work on some broader issues: how the business community and employers can recognise the skills, talent and experience available to them in our older citizens that full time or flexible employment might release; acknowledging the enormous volunteer contribution you all make to your respective communities and building on the potential for more of you to be involved with the right groups; and supporting work and education around elder abuse and isolation.

I have recently been asked by a reporter what value I place upon our more senior citizens and why. I found that the only way to express my passion and deep regard for this group in society was to explain it personally. I knew both my paternal and maternal great-grandparents and grandparents. Over my lifetime one or the other set had come to live with us to help care for us, or for us to help care for them. I realise I was exceptionally blessed to have had these connections and I would like to see more children, regardless of any kin connection, have the opportunity to know a "grand". And not for one day a year, but on a regular basis. I believe these relationships are win-win.

On that note, I'd like to wish you all a Merry Christmas and a great 2018. I really hope you get to spend time with family and friends.

**Elder Abuse – It's not OK.**

**0800 32 668 65 (EA NOT OK)**



Thousands of Kiwis and visitors flock to the beautiful Bay of Plenty around this time every year to enjoy its warm and welcoming seaside environment.

The Christmas and January holiday period give people the opportunity to come together and enjoy the traditional festive season surrounded by friends and family.

While the annual exodus can leave other areas of the North Island quieter, the influx greatly increases the Bay of Plenty's population and provides a welcome boost to business.

Over the years the Bay has responded by developing a schedule of entertainments and events including national tours and competitions attracted by the likelihood of fun-seeking crowds in a relaxed and spending mood.

Downtown Tauranga spokesperson Sally Cooke said the central city area offered a busy line-up of events and activities for tourists, visitors and locals to enjoy over Christmas and the holiday period.

"Our city centre is going through a transitional period of change and development. Visitors will find an exciting range of new and existing businesses and attractions to enjoy. Our cafe and dining scene is diverse, we have great shopping around a beautiful waterfront setting."



Art lovers will enjoy the 'larger than Life' Owen Dippie murals to be found in the city and with the recent, hugely successful Tauranga City Council-led Paradox Tauranga Street Art Festival visitors can now enjoy even more street art by internationally acclaimed artists.

A must-see in January will be the winning images from the Trustpower Photographic Exhibition which will be displayed along the Strand in a large scale outdoor photographic exhibition. Into its second year, the exhibition attracts thousands of entries and opens January 26 for a ten week season. "This exhibition is a showcase of the work of professional and amateur photographers celebrating the beauty of the region and its people. It is stunning in the day time and captivating at night. With a \$10,000 prize pool up for grabs we get some amazing entries. It's a must see," Cooke said. For more info on what's on in the Tauranga city centre visit [www.downtowntauranga.co.nz](http://www.downtowntauranga.co.nz)





Jaine Lovell-Gadd, Tauranga City Council's GM city transformation, said the December - January period was the city's busiest period with the influx of people and an amazing range of events. "Big events give us the opportunity to showcase the city for business and for the people. It's a good way to say "come to our city".

The council puts aside an average of \$500,000 a year to support events and provides a lot of 'things-in-kind' - services and information which make the events possible. "My events team take their holidays in winter. Coming up in January we've got the U/19 world limited overs cricket tournament which will bring in 16 teams, their supporters and personnel to the Bay Oval. This is live streamed to an international audience of around 45 million."

Christmas time is a great time for families to congregate around their older members living in Tauranga and The Mount's retirement communities - but still the young members need something in the form of entertainment. Music festivals coming include One Love, a three-day Reggae-based event in the centre of the city and Bay Dreams summer music festival to be held in the ASB Arena.

"We decided not to have a main stage event at the Mount beach again. We want to create a family-friendly experience. There will be a lot of security in place. The private sector has also picked up on the idea of creating a safe and enjoyable environment with a lot of restaurants open."

Lovell-Gadd said the busy events calendar over the Christmas and New Year period augmented popular events during the year including the inaugural city-created Tauranga Street Art Festival between March and June which brought about \$1.2 million in spending into the city.

Among the busy events schedule is the International Midget 40-lapper to be held in the ASB Stadium at Bay Park. The annual event attracts the best Midget drivers from the USA, Australia and New Zealand. The evening will also feature Sprint Car and F2 Midget racing.

Those keen to see-in the new year soaking up the atmosphere of international cricket will be treated to the Black Caps v



West Indies T20s on Monday Jan 1st and Wednesday Jan 3rd in the Bay Oval, Blake Park, Kawaka St. Watch the Blackcaps take on the thrilling challenge of Pakistan Sunday January 28 and an ODI against old rival England in February. Tickets at [www.ticketek.co.nz/cricket](http://www.ticketek.co.nz/cricket)

Classic Flyers are thrilled to present Classics of the Sky annual Tauranga City Air Show, this year including a performance by the Royal New Zealand Air Force Black Falcons aerobatic team. The event will take place on Saturday 20th January 2018 and is one not to be missed.

Classic flyers marketing manager Amy Scott said the event will include the Beech Texan T6C display team among an excellent line up of ex-military and aerobatic aircraft, the Roaring Forties Harvard aerobatic team with their trademark spinning propeller snarl and the bark of big radial engines operating at high speed.

Three classic Grumman Avengers will be on display for the thirteenth time since the 1950's and spectators will be able to see operational displays by an Aermacchi jet and WWII P40 Tomahawk fighter. Gates open at 1.30pm with the Airshow starting at 3.00pm. Plenty of free parking is available on site. Access in Seawind Lane at Tauranga Airport.



Mauao, Mount Maunganui, The Mount - whatever you like to call it. Is one of the North Island's favourite summer destinations. The scenic seaside suburb of Tauranga, The Mount includes part of Tauranga's port area and a peninsula flanked by the main beach facing the Pacific Ocean. The quiet inner harbour beaches and the tremendous vantage point of Maunganui itself, which gives enormous views up and down the coast.

Mainstreet Mount manager Ingrid Fleming said The Mount held many apartments and holiday homes and often families would come together from all over New Zealand to celebrate the season by the sea. "I've holidayed here all my life. My parents had bachs, I've seen the area grow exponentially. The population expands three times over Christmas."

The Mount has plenty to offer over the festive seasons including a full range of shopping and dining opportunities, along with a series of new and traditional events from the Santa parade in the main street December 23rd-24th and the Street Art Print Mauao festival December 14th to 18th which will allow top street artists to express their ideas in paint and on selected walls.

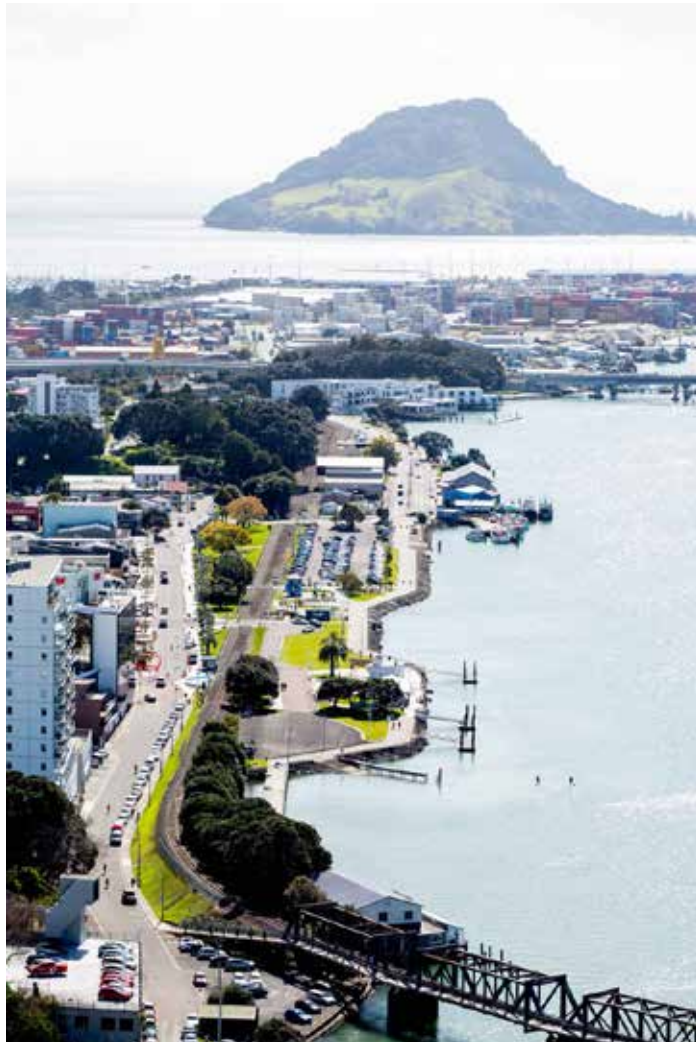
**PTO to continue the story**

"The theme this year is He Tangata, He Tangata, He Tangata' - from the Maori proverb 'He aha te mea nui o te ao, he tangata, he tangata, he tangata' - 'what is the most important thing in the world,? It is People, People, People'. We will have a young person stand with each street artist and whatever they paint will be within that theme," Fleming said.

The Mount Comedy Festival, Thursday January 11 to Sat January 13 brings four well known performers, Ben Hurley, Urzila Carlson, Brendhan Lovegrove and Justine Smith together for three nights of fun and laughter at the Totara St venue.

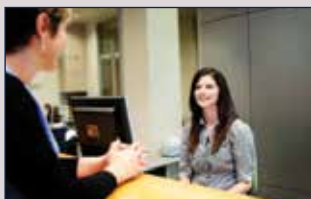
Tourism Bay of Plenty spokesperson Abby Parkin said the Western Bay area had 125km of coastline and some of the best beaches in New Zealand and an active volcano. The organisation is still working on a reliable means of quantifying visitor numbers but figures for the domestic and international tourism spend show a total of \$278 million spent by domestic and international visitors in the December to January period 2016-17.

Geoff Lewis



# Hamilton Eye Clinic

Waikato's Specialist Eye Centre and Eye Surgery Facility



We are a team of highly qualified and experienced Ophthalmologists, with Fellowship training in various subspecialties, providing an Ophthalmic service of excellence. We offer a comprehensive range of diagnostic and treatment services, including surgery in our adjoining purpose-built facility Bridgewater Day Surgery.

General Ophthalmology • Cataract Surgery  
Strabismus • Medical & Surgical Retina  
Paediatric Ophthalmology • Pterygium  
Uveitis • Oculoplastic & Lacrimal Surgery  
Glaucoma Management • Acute Eye Conditions  
Neuro-Ophthalmology • Visual Electrophysiology  
Laser Treatment • Macular Degeneration Management

**HAMILTON EYE CLINIC**

**07 834 0006**

130 Grantham Street, Hamilton  
[www.hamiltoneyeclinic.co.nz](http://www.hamiltoneyeclinic.co.nz)







## Another Successful Year For Taranaki Fringe Garden Festival

*"Awesome, awesome fringe gardens." "They sure are beautiful gardens and reasonably priced." "Great gardens for great people !!"*

*"Thanks to all the fabulous people who offered their private gardens to view, every garden was unique and serene"*

These are just some of the hundreds of comments made by visitors to the gardens of the 13th Taranaki Fringe Garden Festival held recently over 10 days at the end of October, beginning of November.

More than 60 privately owned gardens, places of interest and vintage displays opened their gates to the public. The gardens included city plots, cottage gardens, native gardens, structured or rambling gardens so something for all tastes.

Gardens spread around the Taranaki region showed the diversity of coastal gardens which have to contend with salt spray, country gardens on the slopes of the mountain which have a cooler climate, and city gardens which are smaller in size but pack in a vast selection of plants.

Visitors came from Kaitia to Bluff and many other parts of the world. They expressed what a high standard the gardens are and appreciated being welcomed into the gardens and made to feel part of the family.

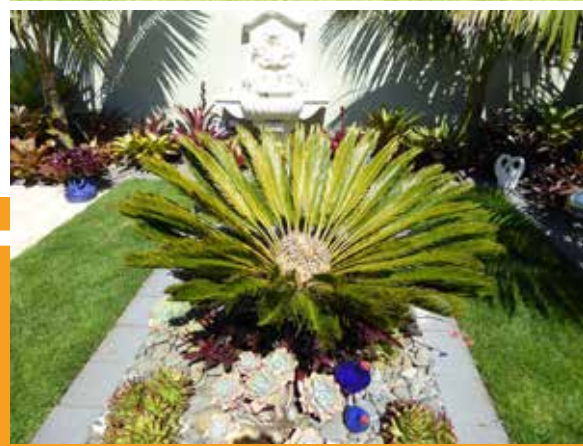
Garden owners are always happy to give advice about gardening if asked but also benefit from talking to the visiting gardeners and often learn something new.

Affordability was another thing remarked on by many. At just \$2 per person per garden a couple can have a good day out, visit five gardens, and all for just \$20.

Plants for sale at several of the gardens meant visitors could take away something from the garden that perhaps is unusual or as a reminder of their visit.

The festival is now over for this year but garden owners will already be planning for next year to ensure their gardens really are "Real Gardens for Real People".

Keep an eye on our website [www.taranakigardens.co.nz](http://www.taranakigardens.co.nz) or our Facebook page [www.facebook.com/TaranakiFringeGardenFestival/](https://www.facebook.com/TaranakiFringeGardenFestival/) for the release of our 2018 dates



**WWW.TARANAKIGARDENS.CO.NZ**  
**FACEBOOK.COM/TARANAKIFRINGEGARDENFESTIVAL**





# Scottsdale Fully Escorted Tours

Join a Scottsdale fully-inclusive tour and explore New Zealand, Australia, the Pacific and Beyond.

To find out more information on the tours below or to request our **new brochure**, call us on **0800 66 44 14** or visit our website for more details.

## 2018 Tours

<b>Taranaki Festival of Lights</b>	24 <sup>th</sup> Jan – 26 <sup>th</sup> Jan	<b>South of the South</b>	12 <sup>th</sup> Mar – 21 <sup>st</sup> Mar
<b>Rangitikei Historic Homes</b>	29 <sup>th</sup> Jan – 2 <sup>nd</sup> Feb	<b>Winterless North</b>	21 <sup>st</sup> Mar – 27 <sup>th</sup> Mar
<b>Kapiti Island &amp; Wellington</b>	9 <sup>th</sup> Feb – 13 <sup>th</sup> Feb	<b>Touring Tasmania</b>	26 <sup>th</sup> Mar – 5 <sup>th</sup> Apr
<b>Hawaii</b>	18 <sup>th</sup> Feb – 28 <sup>th</sup> Feb	<b>Great Ocean Road &amp; South Australia</b>	10 <sup>th</sup> Apr – 23 <sup>rd</sup> Apr
<b>East Cape Explorer</b>	19 <sup>th</sup> Feb – 24 <sup>th</sup> Feb	<b>Chatham Islands</b>	26 <sup>th</sup> Apr – 3 <sup>rd</sup> May
<b>Waiheke Island</b>	6 <sup>th</sup> Mar – 9 <sup>th</sup> Mar	<b>New Caledonia</b>	27 <sup>th</sup> May – 3 <sup>rd</sup> Jun
<b>Molesworth Station &amp; Beyond</b>	7 <sup>th</sup> Mar – 11 <sup>th</sup> Mar	<b>Vietnam</b>	23 <sup>rd</sup> Jun – 8 <sup>th</sup> Jul

Call us on **0800 66 44 14** to request a brochure or visit our website for more information [www.scottsdaletours.co.nz](http://www.scottsdaletours.co.nz)

**Scottsdale Tours**  
FULLY ESCORTED TOURS SINCE 1978



# THERES NO STOPPING TIME

I am sure we are all wondering just where 2017 went?

As we begin the eighteenth year of the third millennium, the eighteenth year of the 21st century, MMXVIII known as 2018, we have a summer to look forward to, new year's resolutions to make (and break), Winter Olympics and Commonwealth Games, and two space "tourists" will leave this earth. As we grew up, mankind dreamed of commercial trips into space and now it is happening.

It's been fascinating over the years watching futuristic ideas come to life. James Bond books of the 1960's described what we call pagers which have now been superseded in New Zealand, Maxwell Smart had his infamous "shoe phone" and the prospect of driverless cars is well breathing down our necks.

Does anyone have any predications of what other dreams can be turned to reality in the coming year or years?

Christmas can also be a time of loneliness, so please check in with any old friends and don't forget to mention the Age Concern visitor service for any that could benefit during 2018!

Heartiest best wishes over this festive season and into the New Year from all the marvelous team at Age Concern.

Brent Nielsen | Executive Officer | Age Concern Hamilton  
Celebrating Age Centre | 30 Victoria Street, Hamilton 3204  
[www.ageconcern.org.nz](http://www.ageconcern.org.nz)



Age Concern Hamilton provides services for older people, their families and care givers.

**All services are free to older people.**

Accredited Visiting Service ♦ Shopping Service ♦ Supportive Services ♦ Health Promotion ♦ Elder Abuse Prevention Service ♦ Education & Training

**07 838 2266**

[postmaster@ageconcern.gen.nz](mailto:postmaster@ageconcern.gen.nz)

[www.ageconcern.gen.nz](http://www.ageconcern.gen.nz)



*Serving the needs of older people*



**THIS CHRISTMAS I WANT TO HEAR YOU  
WISH ME MERRY CHRISTMAS**



**For Specialist Services in HEARING LOSS & HEARING AIDS**  
Call 0800 432763 - Auckland & Waikato  
**SATISFACTION GUARANTEED OR YOUR MONEY BACK**  
**5 YEAR WARRANTY ON PREMIUM HEARING AIDS**

**FREE UPGRADE NOW**  
PREMIUM HEARING AIDS FOR MID-RANGE PRICES  
QUALITY 2017 BRANDS.

# DO YOU WANT TO BE IN CHARGE OF YOUR WEIGHT BEFORE AND AFTER CHRISTMAS?

## ASK YOURSELF THESE QUESTIONS..

- **Do you want to stay... Forever Trim® ?**
- **Do you want to be in charge of your weight?**

**I can help you with our Forever Trim® Programme.**

Feeling good about yourself is not luxury, it's an absolute necessity.

Are you currently on a diet and finding you lack the motivation to stick to the programme? Hypnosis and/or NLP will help you get back in control

Unmotivated to exercise? Hypnosis and/or NLP will help you get motivated and enjoy it

Ready to discover a new, lasting way to control your weight?

We have the 'Forever Trim®' programme that was thoroughly researched over a ten year period making 'diets' obsolete. This is a six-week programme designed specifically to fit your needs, your timetable and to give you the motivation to stay on your chosen eating and/or exercise plan.

Over the years I have helped thousands of people to successfully manage their weight with my 'Forever Trim®' programme. By practicing the skills they have learned they have been able to gain balance in their lives by not only achieving their initial goal, but also maintaining a steady body weight.

Weight management is a skill that most people have to learn. To discover the long term answer you need to harness the power of your mind to work for, rather than against you. Your life is determined by how you see and feel about yourself, so in order to change the shape of your body you need to change the image of yourself that you carry around in your mind. It may even need a change of attitude.

You may feel that you have tried 'all' the diets perhaps been a yo-yo dieter, repeatedly losing and then regaining weight, or even just constantly being overweight. Well this will be a really pleasant surprise for you as you discover that the 'Forever

Trim®' programme is not only easy - it is fun! 'Forever Trim®' is a programme where there is no 'starving' no 'calorie counting' and no swallowing of 'pills or potions'. You are simply going to choose to eat plenty of fresh, health promoting foods.

The 'Forever Trim®' programme is a comprehensive lifestyle plan. Coupled with a simple, positive, fast and proven way to manage weight this programme focuses on Mind, Body and Motivation. This time you really are holding the key to staying 'Forever Trim®'

My 'Forever Trim®' programme includes not only the 'how to' but the 'reasons for' remaining Forever Trim. The techniques and strategies that you acquire coupled with the provided booklet and other resource materials are the pathway to your success.

The power of the mind is just that POWERFUL - so let's take the first steps along the path of your exciting journey and discover what you need to do to achieve your own goal.



**Tricia Meister BCH**  
Specialist in Health & Wellbeing

## TESTIMONIALS

*"This programme is the best thing that has happened to me in a very long time, it has changed my life. I not only look good but I feel good and I regained my love of walking. I have so much energy. My husband says he hardly recognizes me, but he really loves the new model." \**

*Julie C - Auckland*

*"I thought there was no weight reduction programme I hadn't tried, but then I found the 'Forever Trim®' programme. For the first time I learned to change my thinking as well as my eating patterns. I am now eating to look after myself and feel absolutely wonderful. Thank you Tricia." \**

*Matt - Hamilton*

CHRISTMAS

GIFT VOUCHERS

AVAILABLE

**CHANGE YOUR WEIGHT • CHANGE YOUR LIFE • CHANGE YOUR OUTCOMES**

## Hamilton Hypnosis Clinic

Hamilton Hypnosis & Therapy Clinic,

Pembroke Street, Hamilton

**07 8393193**

**www.hypnosis.net.nz**



# Grey Power

Tauranga & WBOP Association

Greetings everyone!

It is so obviously spring time and the abundance and bright colours of the flowers lifts the heart.

Many people are still coming to grips with the new Government and how it was formed and there are many varied opinions about that. What matters most now is how well the Government settles and addresses existing problems, needs and wants. Hopefully they will also be able to competently cope with any future unexpected events, be it economic or physical.

Grey Power will be contacting and speaking to the new Minister for Seniors – Tracey Martin. It is vitally important that we are able to work with her to get some real traction on the upgrade of the Gold Card as set out in NZ First's policy promises.

Join Grey Power now! This gives us a bigger voice to lobby the ministers for better and fairer conditions for everyone over 50.

With Christmas & the summer holiday season ahead of us, I would like to remind everyone that, for some, it can be one of the loneliest times of the year. Due in parts to globalisation, many families have become fragmented with people spread all



## MAKE YOUR VOICE COUNT

over the world so there is no longer a guarantee that there will be families gathered together at Christmas.

For younger people reading this article, could you take a moment to think of your older neighbours? Even just a quick inquiry as to their plans can be all that's needed to make a person feel included and a little cared for. There is a strong sense that people would like to stay in their own homes as they age and there are many more practical steps which can be taken these days to modify homes to make them safer and more comfortable. Unfortunately, human isolation is the one thing that a tradesperson cannot fix so please, this season, be mindful of those around you and in the community.

Our office will be closed between 22 Dec & 22 Jan but if you have a concern or just need to talk, our phone will be checked for messages every couple of days and we will call you back.

To everyone, I do wish you a very happy Christmas and a safe and interesting New Year,

Jennifer (President for Tga & WBOP)

**Historic Village, 17th Ave, Tauranga**

**P O Box 841, Tauranga 3140**

**Ph 571 2558 Email [tgagreypower@gmail.com](mailto:tgagreypower@gmail.com)**

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

## Join Grey Power Electricity Today!

The Grey Power Plan is designed especially for Grey Power members.



A Low Price  
Upfront



Transparent  
Billing



No Long Term  
Contracts\*

All current Grey Power Electricity customers, and all new customers who sign up between now and 20 December, will go in the draw to win a BBQ valued up to \$300!



Price Protection on  
your Energy Rate\*



Support  
Grey Power



[www.facebook.com/GreyPowerElectricity/](https://www.facebook.com/GreyPowerElectricity/)

\*30 days' notice is required, if you do not give the required notice an early termination fee of \$150 will apply. \*Delivery and Retailer charges are not subject to Price Protection. Delivery charges include, Network Services, Retailer Services, Metering and the Electricity Authority Levy. \*Terms and conditions apply.



0800 473 976



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



Make sure you  
'like' the Grey Power  
Electricity Facebook  
page to keep up  
to date with our  
latest posts!

I would like to find out more about Grey Power Electricity

If you would like us to contact you, you can do one of the following options: Fill out this form and return it to us at Freepost 225388, PO Box 10044, Dominion Rd, Auckland 1446 **OR** Go to our website and fill out the online form at [www.greypowerelectricity.co.nz/contactme](http://www.greypowerelectricity.co.nz/contactme)

Your Name:

Your Phone Number:

Your Address:

Best time to call:

AM

PM

Email Address:

I am interested in: (tick  
which options apply to you)

☐

Electricity

☐

Natural Gas

☐

LPG



**NO  
DEPOSIT**  
**\$89** PER WEEK  
**OR JUST  
\$19,990**  
PLUS ORC



\*\$88.92/week based on Swift GL manual, Jimney JX manual, Ignis GLX auto and Baleno GLX manual (SSP \$19,990 plus orc), nil deposit, 3.9% interest rate and 5 year term. Payments include on-road costs, a \$369 documentation fee and \$10.35 PPSR. Total amount payable: \$23,208.12. Offer available until 30th November 2017. Excludes SX-R, Swift RS, fleet purchases, demo vehicles and all other promotions. Conditions apply. SEE SUZUKI.CO.NZ FOR DETAILS.

## VITARA BOULEVARD EDITION

- 19" Alloys
- Leather Sport Seats
- Heated Seats
- Tinted Windows



**\$34,500 DRIVE AWAY  
OR \$140 PER WEEK**  
25% Deposit over 48 Months  
**3.9% Interest\***

**2X LEFT**

Terms and conditions apply. Term is over 48 months and excludes \$700 on road costs and \$350 booking fee. Subject to credit lending. Deal valid til 20th December 2017.





## Here Comes Summer!

'Goodness, is it really December already?' she asked. 'I don't know where the year has gone. Do you remember how long the years felt when we were kids? And how summer seemed to go on forever?'

Oh yes, those endless weeks of freedom at the beach, with day after day spent in, on, or under the water. Slathered in baby oil, with a light coating of sand and sun baked to a crisp. Racing back to the beach for gallons of orange cordial, or to the dairy for TT2 ice blocks. Mum's picnic lunches of white bread egg sandwiches, cold sausages and fresh peaches, meant we weren't allowed back in the water for an hour, so we headed to explore rock pools or to read in the shade. At night, we'd roam until dark with the other beach kids, lighting bonfires, toasting marshmallows, playing cards. Everything was an adventure in doing and discovering what we loved.

So if those younger summers felt like they lasted forever, why do the years fly by now?

We know that time flies when you're having fun, but our memory of those events makes them seem far longer than they actually were. Hence, the long, golden days of summer holiday at the beach that really only lasted for two weeks - and probably rained half the time! Much of what we did was new and exciting. Every year, a bit older, we got to stay up later, be more adventurous, more independent. Summer holidays were rites of passage as we moved from kids to teenagers. Time mattered less as we were fully in the moment of each new day. It was our parents who sighed over the all-too-brief break away from work and routine.



How then, can these rushing years be made to go a little slower? And would we want them to? After all, days that drag because there is little to fill them with meaning or purpose, offer a deathly lethargy of routine – same stuff, different day.

If the rhythm of life is continually heart pumping or flat lining, the net effect is the same. It is variety we need to make life interesting and newness that makes it memorable.

So what about your summer? Will it be the same as the preceding years or decades? Are you fiercely holding on to traditions of Christmas past that may no longer serve you or your family? Is it time to reinvent the old familiar, or at least introduce new flavours?

This year our Christmas will look different again, with grandbaby Jack and blended families. It's in all our interests to find new ways of celebrating that create happy memories.

The same philosophy applies to the coming year. So many of us set the same hopeful, yet hopeless, annual intentions to lose weight, get fit, spend less, save more... Yet as John Tarnoff says, in his book *Boomer Reinvention* (2017), 'We keep looking for a way to change our lives, without having to change our lives to do it.'

We want to get fit, without having to exercise. We want a new relationship, without reflecting on how we contributed to the demise of the last. We want a new job, without learning new skills. We want more fun in our lives, but still go home from work and sink into the couch in front of TV.

Those childhood summers linger long in our memories because they changed every year as we grew. As adults, things change more slowly, yet there are still so many adventures to be had, if we choose to have them. The more experiences and memories we make, the longer they last.

So, rather than going into this holiday season on Groundhog Day repeat, what will make it a time worth remembering, for all the right reasons? Sure, combine the best elements of the past – in our family it's croissants and bubbly on Christmas morning – with new ideas. A picnic at the beach? Volunteer to serve lunch at the local shelter? A treasure hunt?

Perhaps the greatest gift you can give yourself this year is permission to do things differently. To plan for a summer you'll look back on as being far greater, more memorable than the sum of its days. Enjoy!

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](http://www.jennymagee.com) If you are looking to make significant changes, contact **Jenny** via email to [jenny@jennymagee.com](mailto:jenny@jennymagee.com)





# Sharplin brings style to Festival

**Singer Tom Sharplin knows the best drug is adrenalin! It gives the buzz from being on stage and bringing enjoyment to thousands. But when he gets home, often in the small hours, sometimes he finds gardening, simple things like pulling weeds - is the only way to bring him down.**

Sharplin has been well known in New Zealand entertainment circles for more than four decades and performed with many high profile show business identities.

Now 67, Tom's career may have been influenced by early trauma when he almost lost both legs as a child when run over by a tractor. One was re-attached by a clever surgeon.



Singer - Tom Sharplin

"I was one of the founding pupils of Merivale School. My uncle was ploughing the field during the building of the school. Mum had told us that under no circumstances were we to go near the tractor. But we nagged our uncle and he let us sit up on the back. The tractor hit a stump and I fell off and under the blade. Uncle had some sort of ear problem and had his ears stuffed with cotton wool so he couldn't hear the yelling to stop."

"Maybe as a result I got a bit more attention, maybe a bit spoiled. My parents taught me that having lost a leg was not a handicap unless I let it become one. When I got into singing I was hungry for attention."

Tom was born in Auckland but grew up in Tauranga before moving back to Auckland in the late '1960's. Encouraged into singing by his father's example, he was trained in the classical style by then renowned Auckland singer and vocal coach Hubert Milverton-Carta who also tutored entertainers



including Bunny Walters, Susan Lynch and opera singer Donald McIntyre.

Tom was 10 years old when he saw the Howard Morrison Quartet perform - an experience he credits with making him fall in love with the entertainment business and was lucky enough to see the Beatles perform during the 1964 NZ tour.

His first band was the Arms and Legs, an outfit which became popular in the Tauranga and Bay of Plenty area, and supported nationally recognised acts including The La De Dahs and The Underdogs.

Through the '70's and '80's he formed, supported and was part of many bands and line-ups including Tom Sharplin and Graffiti, featuring Ritchie Pickett, Glenn White, Bill Wilson and Steve Osborne touring the country as a Rock 'n Roll revival act.

"I've worked all over New Zealand. I was lucky to get on TV in the 1980s. I'd be on at least once a week sometimes doing up to 18 songs. It was tremendous exposure."

Tom has done more than 50 tours in New Zealand as well as shows in Australia, Singapore, Papua New Guinea and the islands, met thousands of people and made hundreds of friends. He's even performed in Paremomoremo (maximum security prison) and the only concert held in Mt Eden prison. Which has had its advantages.

"We were over at the beach one day and there were bunch of bikies. Some of them were sitting on the bonnet of my car. I







went over and one of them recognised me from the concert I'd done inside. He told the others to get the ..... off the car!"

The one big thing Tom gets out of entertainment is enjoyment and the satisfaction of bringing enjoyment to others.

I know a lot of wealthy people but they're not as wealthy as me.

Tom has been married to Trudy for 35 years. She's not musical, but handles the book work. "There's only room for one ego in any entertainer's house. But ego is critically important in entertainment but it needs to be kept under control. Trudy keeps me under control," he said.

Over the decades, Tom has shared the stage with some of the best and seen the entertainment business change from being



largely on stage to being mostly on-screen. This, along with the digital manipulation of music, has had a profound effect on the entertainment business. Tom has his own band under musical director Ray Eade who has been with him since the 1980's and picks from a selection of backing musicians.

"Ray drives the band from behind me. It means I can walk on stage with a strange band and they do a good job."

These days Tom is still busy performing. He does a bit of property maintenance and is president of the Variety Artists Club which helps raise funds for the the police Blue Light Charity, itself aimed at helping children and young people.

In March he will be among the crew of a classic 1960 Los Angeles fire department ladder truck, which will do a fundraising tour of the north half of the North Island.

Tom and his band will be rocking the days away at the first time ever held '50+ and Loving It' Festival to be held at the Hamilton Gardens on 14th & 15th April 2018.

**So Tom says: "BRING YOUR DANCING SHOES!"**

Geoff Lewis



# AFRICAN ADVENTURE TO NAMIBIA & BOTSWANA

19 nights | 14 June - 03 July 2018



An adventure from the Kalahari Desert to the Okavango Delta. Early morning safaris and sundowners at dusk will reveal a diversity of wildlife in their natural habitats. Stay in a luxurious tented camp and other comfortable accommodation. The changing landscapes and birds and animals will enthrall you.



**2018 TOUR BROCHURE OUT NOW**

**0800 853 276 | [cnltours@hotmail.co.nz](mailto:cnltours@hotmail.co.nz)**

**CALDER & LAWSON TOURS**

Journeys

Travel & Learn

Walking & Cycling

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

**50<sup>+</sup>**

***and loving it!***

Proudly sponsored by  
**seasons**  
magazine *Life Beyond 50*

# FESTIVAL EVENT

**BOOK YOUR  
SITE NOW!**



**TOM SHARPLIN  
PERFORMING LIVE**



**ARTS & CRAFTS**



**ZUMBA**

## **Live Presentations**

- **Retirement**
- **Finance**
- **Technology**
- **Health & much more**

**SATURDAY 14TH APRIL 9AM-4PM**  
**SUNDAY 15TH APRIL 9AM-4PM**

**HAMILTON GARDENS EVENT CENTRE • \$2 DONATION**



**TO BOOK YOUR SITE TODAY CONTACT GRANT 021 21 30319**  
**EMAIL ADMIN@SEASONS MAG.CO.NZ SPACES FILLING FAST!**



# ESPECIALLY FOR US

## THE 50+

Over the period of years of developing Seasons Magazine I have had the privilege of attending many events around the countryside of NZ, including **Home Show Events, Women's Lifestyle Expos, Fielddays at Mystery Creek** and many more events focused on a particular area of our society today.

However over the past couple of years it has become clear that most events aimed at the **50+** age group seem to come with a slight lean to the end of living an active life and not the get out there and enjoy life aspect, which is one of the main reasons we started **Seasons Magazine** as now we all are living longer and are more active in all aspects of our lives.

In saying this **Seasons Magazine** has become the proud sponsor of the **50+ and loving it Festival/Expo** to be held at **Hamilton Gardens on the 14th & 15th of April 2018**.

The Festival is looking to be a great day out for all that come along and please feel free to bring other family members

or even the grandkids as we have everything from the wonderfully talented **Tom Sharplin and the Cadillacs** performing a couple of times a day, to **Zumba** demonstrations, **arts and crafts**, new products and services that are relevant to us, and even several seminars throughout the weekend and soooooo much more.

The idea of this Event is to provide a celebration of the years beyond fifty and bring all the things that are available to be involved with from A – Z to enjoy these years and showcase our zest for life.

Also on the day if you can donate a **\$2** coin for attending this great event, all of these **donations** will be given to **Age Concern** to help with the many fantastic projects they support, but please note you can come regardless of the donation as this event is for you !!

And hey!! If you have a product or service that you think should be there please give me a call and I can send you the details, but please also note that these sites are limited.

So get your dancing shoes on and prepare to celebrate with us on these two very special days and bring your friends.

*Grant,*

Seasons Magazine  
0212130319



**BRING A FRIEND FOR AN EYE TEST**  
**GET BOTH FOR THE PRICE OF ONE**  
**07 575 6057**

9 PRINCE AVENUE, MT MAUNGANUI  
WWW.FISCHEREYECARE.CO.NZ  
RECEPTION@FISCHEREYECARE.CO.NZ  
@FISCHEREYECARE

**FF**  
FISCHER-FISCHER  
OPTOMETRISTS

**FREE**

i-Profiler Check  
Latest in  
Technology



# MISSING TARGETS

I get really annoyed with myself when I miss things.

And I find I'm doing it more and more frequently. In the process, I'm either starting to hurt myself, or break things, or both.

This morning was a case in point. I'd slavishly crawled out of a warm, comfortable bed at 6.15am after a strident alarm had buzzed from the bedside table. Limbs that are becoming noticeably less supple climbed into my walking gear, grunted into ankle socks and stretched hard to tie the laces on my trainers. Then it was away out the door and down the street, the day's first coffee still settling into selected niches on the inside of my ribs.

And I did well on the walk – up and down some hilly streets, powering along the flats, and after 45 minutes I'm home free to the shower, a shave and into some good clobber because I'm working with a client today.

It was when I got out into the kitchen to sort out toast and more coffee for breakfast that I started missing my targets.

As almost all humans do – I guess all living things learn it – I had, over the past 70-plus years, unconsciously acquired the skill to judge to within a hair's breadth the distances of objects from various parts of my body: we learn how to exactly grab a door handle; or pick up a pen from the desk; open the cover of a paperback novel or turn a page; select a delicate canape from a proffered tray; shave; walk in thin-soled sneakers or heavy-soled hiking boots and have our foot swing through an arc that just clears the ground in both instances. It's a learned art, and a very skilful one, and for much of our lives we take it totally for granted – it just happens, and we presume that, like breathing, it's always going to happen. Perfectly.

Wrong. Quite wrong.

Somehow, the micrometre in our brain starts to get worn, or begins to rust up, or becomes a tad bent – something. Whatever happens to it, it begins to give out fractionally wrong measurements.



This morning was a classic.

As I pulled the coffee bag out of my mug of boiling water, the spoon caught fractionally on the mug rim – coffee bag slops on to bench; coffee bag is scooped back on to spoon, and as I turn to dump it in the garbage container, I just bump the bench with my hip – splodge goes coffee bag on to lino floor; coffee bag is scooped back on to spoon and is safely deposited in garbage bag. Uncouth words are muttered.

Then, of course, the squidges of sodden coffee bag on the floor and bench need wiping up. So I reached – as I have done a thousand times before – for the paper-towel roll on the little shelf above the bench where there are also several wine glasses and other small often-needed objects.

I misjudged the corner of the shelf by maybe 2mm. My hand just grazed it, travelling at a surprising speed as I reached for the paper towel roll – and everything on the shelf went into action.

The mind works with extraordinary rapidity in such circumstances. I mentally cursed myself as a stupid old fool for my misjudgement; I noted that most things on the shelf had landed safely; I already had my left-hand fingers round the paper towel roll as it pitched overboard, so it was safe; and I saw one wine glass topple off the shelf on its way to shattering on the bench. I even knew I'd now have to carefully remove everything from the bench, brush it down, then vacuum it and the adjacent floor area to ensure all tiny glass shards were picked up; and I knew all that a split second before the glass splintered all over the place.

Yet I caught the glass before it was halfway through its fall. My right hand simply flicked out to exactly the correct position and grabbed it with enough delicacy to ensure the fine stem wasn't snapped.

And for perhaps three seconds I stood frozen, sort of day-dreaming through a pair of very interesting and totally opposing thoughts: -

Thought One - You silly old coot, you're falling to bits. Your whole system is gradually becoming an endless and growing series of misjudgements. You bump into doorways, you miss-hit computer keys, you sometimes catch your fingers when you close drawers or car doors, you now and then knock over a wine glass (usually at least half-full of red) at the table, and it sometimes takes you a couple of goes to put a plug into an electric socket;

Thought Two – For an old coot, you're not doing too bad. I wonder how many people half your age would be quick enough to have caught that glass so cleanly. You quite often do that. You frequently catch things before they hit the floor



or desk top; you can skip sideways with surprising speed when something unexpectedly comes at you; you can still flinch fast enough to have a fly or speck of dust or wood chip miss your eye or face; you often see things, especially small things, that others miss entirely.

Am I getting better or worse?

Undoubtedly worse at some things. My granddaughter hikes up her knee to the level of her ear and slips a sock on without the slightest effort: if I tried that, my knee, hip and neck would probably all dislocate. I have to almost manually haul one foot up on to a chair seat and then stretch both arms to the max to get a sock on, then repeat the performance with the other creaky limb.

Sometimes, in the dark of an early sleepless morning, I wonder, with a type of fledgling terror, am I beginning to become physically rock-rigid? Is my entire carcass slowly, irredeemably calcifying into a petrified stump that has no lateral, horizontal, or vertical movement – except, perhaps, a little peristaltic action which will ensure someone will continue feeding me and therefore I will continue to empty the contents of bowel and bladder at regular, smelly intervals? Into soft-paper nappies, perhaps, which will no doubt bring on crotch rash and bed sores. And I'll be lying there, incapable of anything except thinking and knowing exactly what's going on. Could it be more horrible?

And that brings up the mental side of it all, too. It sometimes haunts me that my head may be rotting away from the inside out. Well, it's rotting a good bit on the outside too these days – most of the hair is gone, except a thinning horseshoe sitting just above the ears. And there are "sunspots" on my bald pate which regularly erupt into painful bubbles that my very sympathetic doctor burns off with miserably agonising liquid nitrogen which leaves me sick with the pain for hours afterwards. And recently, the skin specialist, who "body-maps" me annually and has done so for the past decade, found that there were "Problems: sun damage; changing naevus behind left ear; BCC left lower eyelid; indurated keratosis. Management: skin check; cryotherapy; arrange excision of two lesions by plastic surgeons under local anaesthetic. Review arrangements: one year."

What he means is: This old man is mouldering away; maybe we can keep him alive for another five, ten or 15 years if we use the cut-and-stitch method and keep up with the liquid nitrogen.

The only nice bit of the entire finding by the skin specialist is that he believes I'm still going to be around a year from now for yet another review.

See how the older mind works? Or at least this older mind? It's a dichotomy of pleasure and misery, with misery beginning to win hands down.

Well, I dunno – maybe it does, maybe it doesn't.



These days I don't have children to worry about. No, that's not true, either. I have two wonderful daughters. They both have my sadly warped sense of humour. They both believe in hard, honest work; and in helping others; and in looking after those less fortunate than themselves; and laughing at their own misfortunes; and perhaps smothering and making light of the hurts and not-niceness that life has sometimes shovelled at them big time.

As all parents should, I love them unreservedly, and on the odd occasion when they have, perhaps unintentionally, done something that really hurts or anguishes me, that hurt or anguish quickly dissipates, to be replaced by the endless forgiveness and love-anyway that only parents understand.

Let me get back to the apparently shrivelling brain.

I spent something over an hour trying to remember what the term was for those solidified gadgets which are discovered set in rock by archaeologists. No way could I remember what they were – tiny shells, beautiful little leaves, gigantic flesh-eating 40-tonne monsters and all the extinct species in between. I've been fascinated by them for decades, but when it came to writing just a mere snippet about them, no way could I recall what they were.

Is it the wine; or is it an over- or under- or wrongly-stimulated brain? Whatever, no way could I recall what they were.

"Fossils," said my partner immediately, when I asked her what the things were that geologists found in rocks.

I've known that for 60 years, and no doubt the word would have surfaced, eventually. But that sort of forgetfulness seems to happen more and more frequently and I find myself turning often to my reference library, scrabbling to find the right word or phrase. I know there's a word for whatever I'm trying to describe, I know exactly what the plant or bird or insect or fish or animal is – I just can't remember its proper name!

It's both enraging and frightening. But then, conceitedly, I wonder: do I know so much it just takes a while for some of this stuff to climb up through all the other stuff inside my head?

Ah, stuff it – open another bottle, please. Just be careful not to knock it over.

#### Kingsley Field



Columnist Kingsley Field has now published Volume III of his outdoor columns – *Even further out...* It and copies of the earlier two volumes are available from [kingsley@accuwrite.co.nz](mailto:kingsley@accuwrite.co.nz)





# Size Does Matter

Written by Dirk Immenga

I had been working as a marine technical officer at the University of Waikato for 23 years. My work took me all over the North Island. I got to see, experience and work in amazing Coastal Areas, Rivers and Lakes both above and below the waterline. I loved my work and the interaction with students and scientists. However, times were changing and the nature of the work was not what I initially signed up for.

In 2003 I became a volunteer visitor for Age Concern and started visiting elderly people in the community. I really enjoyed meeting and interacting with the elderly sharing their stories and experiences. I realised I wanted to change my focus and how I made a living. In 2015, while investigating transport options for a friend in a wheelchair I came across the Easy Rider bus, it was for sale. The bus is the only one of its size with a hoist and the ability to transport a large number of wheelchairs and people at the same time. I quickly realised the bus was unique and could be used as a real asset within the community. I saw an opportunity worth pursuing, and in keeping with my desire to change focus I bought the bus without a second thought. At the time I was still working at the University, however a work injury forced me to stay at home for 8 weeks. That gave me time to sit down and decide how to start and tackle what was for me a challenge. I decided to take a big step and in late 2016, I retired from the University to concentrate on Easy Rider which already had a few bookings at the time.

A large group of people from New Caledonia were to tour the Central North Island and visit Auckland. This group consisted of different age groups and abilities. It was a great experience, and gave me the chance to practice my rusty French.

I also had my first brush with the world of wheelchair rugby, what an eye opener that was!

From June 2017 it was all on with the Lions Tour, an event that only happens every 12 years. Easy Rider was contracted by the Rugby Foundation to transport former injured NZ Rugby Players to Test One and Two at Eden Park and to various fundraising events which I also got to attend. One of the highlights was a dinner at Eden Park where I sat at a table with

Graham Mourie while the likes of BJ Williams, Rory Underwood, and Grant Fox reminisced about past Lions Tours and discussed upcoming games.

Driving in Auckland with a large coach, such as Easy Rider, is challenging at the best of times and getting the Players to the Barbarian dinner in Auckland, held at the same time as the Americas Cup Parade at the Viaduct was no exception, but worth it. Graham Henry, Sean Fitzpatrick, Gavin Hastings and many more great legends attended this event, the atmosphere was fantastic.

Earlier this year the 2017 Asia Oceania Wheel Chair Rugby Champs, were held in NZ and played by teams from Australia (who are rated 1st in the world and Paralympics Gold Medallists), Japan (who are 3rd in the World), Korea and New Zealand. This was a tournament held over 8 busy days. For the non-initiated, Wheelchair Rugby is very fast and physical and involves impressive skill. It is an exciting sport to watch, especially when the world's best are playing.





Easy Rider is also very proud to provide transport for the Halberg Junior Disability Games. Last year held in Hamilton, this year in Auckland. Hundreds of children from all over New Zealand compete over 3 days.

In addition to such events Easy Rider provides transport for many local smaller groups within the Waikato. This includes groups from Rest Homes, Stroke and Rehabilitation Clubs and Senior Citizens. This is the other side of the business which I really enjoy. I get to meet and interact with people from all sorts of backgrounds and ages, having lived interesting and fulfilled lives. We have travelled to many different destinations in the Waikato, visiting animal parks, studs, expositions and natural wonders. I have come to realise there is much to see. Allowing mixed groups of able and disabled likeminded people to travel together is a big part of the business I hope to further develop in the future.

*Get out and about and do more with EasyRider*





*Social transport for people with disabilities*

- Wheelchair access for 7 wheelchairs
- Seating for an additional 20 passengers

021 190 9347 - 07 949 9093  
www.easyrider.co.nz  
Email: dirk@easyrider.co.nz




THE PERFECT CHRISTMAS GIFT'S ARE @

  
**DINSDALE**  
JEWELLERS

Every purchase over \$199 receives a Gift from us\*, and goes in the draw to Win a Pair of Diamond studs valued at \$1000! \*terms and conditions apply, while stocks last.

Our friendly team look forward to seeing you in-store soon!

Choose from our beautiful range of high quality fine jewellery, as well as your favourite designer brands.

**MENTION YOU SAW THIS AD IN-STORE AND GO IN THE DRAW TO WIN A \$200 VOUCHER**



KAREN WALKER  
JEWELLERY

PANDORA

STOW  
LOCKETS



STOLEN GIRLFRIENDS CLUB

kāgi

nixki lissoni.  
*What's inside counts...*

**GOLD CARD MEMBERS ENJOY 10% OFF**

 Gilrose Finance



14 WHATAWHATA ROAD, DINSDALE • 079573888 • DINSDALEJEWELLERS@PRECIOUSMETALS.CO.NZ





## THINGS TO DO AROUND HAMILTON AND THE WAIKATO

**For those who find themselves around Hamilton and the Waikato over the Christmas - New Year period, maybe with the family, kids and grandkids staying, there's always the great outdoors and some wonderful walking, biking and picnicking opportunities not far away. Seasons Magazine provides a sample of the opportunities available in the region.**

### Hakarimata Reserve and walking tracks

The Hakarimata Reserve at Ngaruawahia has had a lot of work done on it in recent years and is the northern end of the Te Awa River walk and cycle way which now stretches from Ngaruawahia almost to Cambridge.

The Hakarimata Scenic Reserve is located 17km north-west of Hamilton, near Ngaruawahia. It is a great place to enjoy a walk or tramp through native bush, including kauri. There are three access points to the Reserve - off Waingaro Road to the south, from Brownlee Avenue at Ngaruawahia, and from Parker Road at the northern end. Some sections are steep but the views at the top are outstanding.

### Kaniwhaniwha Stream and Cave

The Kaniwhaniwha Stream Reserve can be found on the Lime Works Loop Road at Te Pahu. Take SH 23, the Raglan Road from Hamilton. Turn off on the Te Pahu Road about two kilometres past Whatawhata, and follow the road for about another 10kms. The Lime Works Loop Road comes off on the right.

The Reserve has carparking close to the stream and bush area. There is a nice swimming hole near the bridge and plenty of places for picnicking and for kids to paddle in the shallows. On the opposite side of the road is a track which follows the

stream and an old logging road up to a large camping area, about a half-hour walk, mostly flat. There is a side track which takes you to the Kaniwhaniwha Cave - the only limestone cave in the Pirongia Forest Park. This is a small cave which can be explored, best in dry conditions.

### Wairere Falls

The Falls can be seen from the Te Aroha-Okauia Road and are signposted from the Goodwin Road turnoff. In spring, watch out for the apricot coloured flowers of the Taurepo or Sandpaper plant on the rocky valley walls.

From the carpark a well formed track weaves its way through moss covered rocks and tree roots. It meets up with the river and bridges assist with river crossings. There is a steady climb up the base of the cliff where sets of steps lead to the top of the gorge. The track passes through a grove of Nikau, Puriri and Kohekohe before leading to a lookout platform with a spectacular view looking from the base of the falls. The falls drop 153m over the steep escarpment, which is part of the Okauia fault line.

The track climbs further with plenty of steps and staircases in the steep section. At the top of the hill the track winds through

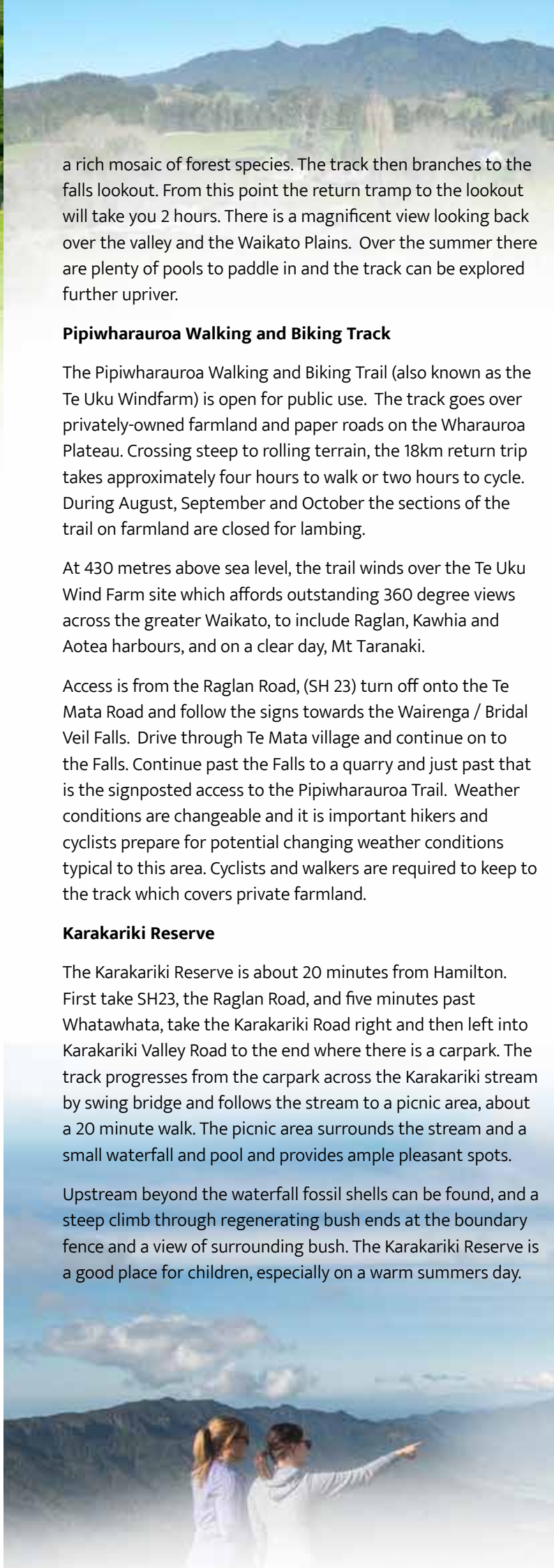


Kaniwhaniwha Stream



Wairere Falls





a rich mosaic of forest species. The track then branches to the falls lookout. From this point the return tramp to the lookout will take you 2 hours. There is a magnificent view looking back over the valley and the Waikato Plains. Over the summer there are plenty of pools to paddle in and the track can be explored further upriver.

### **Pipiwharau Walking and Biking Track**

The Pipiwharau Walking and Biking Trail (also known as the Te Uku Windfarm) is open for public use. The track goes over privately-owned farmland and paper roads on the Wharau Plateau. Crossing steep to rolling terrain, the 18km return trip takes approximately four hours to walk or two hours to cycle. During August, September and October the sections of the trail on farmland are closed for lambing.

At 430 metres above sea level, the trail winds over the Te Uku Wind Farm site which affords outstanding 360 degree views across the greater Waikato, to include Raglan, Kawhia and Aotea harbours, and on a clear day, Mt Taranaki.

Access is from the Raglan Road, (SH 23) turn off onto the Te Mata Road and follow the signs towards the Wairenga / Bridal Veil Falls. Drive through Te Mata village and continue on to the Falls. Continue past the Falls to a quarry and just past that is the signposted access to the Pipiwharau Trail. Weather conditions are changeable and it is important hikers and cyclists prepare for potential changing weather conditions typical to this area. Cyclists and walkers are required to keep to the track which covers private farmland.

### **Karakariki Reserve**

The Karakariki Reserve is about 20 minutes from Hamilton. First take SH23, the Raglan Road, and five minutes past Whatawhata, take the Karakariki Road right and then left into Karakariki Valley Road to the end where there is a carpark. The track progresses from the carpark across the Karakariki stream by swing bridge and follows the stream to a picnic area, about a 20 minute walk. The picnic area surrounds the stream and a small waterfall and pool and provides ample pleasant spots.

Upstream beyond the waterfall fossil shells can be found, and a steep climb through regenerating bush ends at the boundary fence and a view of surrounding bush. The Karakariki Reserve is a good place for children, especially on a warm summers day.



Karakariki Stream

### **Karamu Walkway**

The whole of the Karamu Walkway traverses the area from the Four Brothers Reserve on the Raglan Road (SH23) to the Lime Works Loop Road at Te Pahu. The whole walk is suitable for reasonably fit people and would take most of a summer's day. It covers rolling farmland to areas of scenic siltstone and limestone outcrops to an area of bush. On a clear day enormous views can be had all over the Waikato as far as Te Aroha 100kms away, Mount Pirongia and the Hakarimata Ranges.

The track can be accessed from either the Raglan Road, the Old Mountain Road or the Lime Works Loop Road where it crosses the Te Pahu stream by swing bridge and follows white marker posts. On the way there is a small stream to be crossed which is rich in fossil shells.



Karamu

### **Pukemokemoke Reserve**

The Pukemokemoke Bush Loop Track is a great Waikato walking trail, boasting over 300 native plants including Matai, Totara, Kauri, Kanuka and Kahikatea, great picnic spots and stunning views of the wider region.

The 40ha Pukemokemoke Reserve, just 30 minutes north of Hamilton, includes nine sites of interest, which are marked along the track; these include a log hauler site, the kauri grove and the lookout.



The remnants of an old Pa can be found about half way up the track from the bridge and deep trenches, food pits and other elements of archeology can still be identified among the flora that has now taken over the site.

The lookout at the summit of the track provides stunning 360 degree views of the region, with the Hakarimata Ranges, Mt Te Aroha and more visible on a clear day. From the summit the track loops back down the mountain to the log hauler site, a large clearing perfect for a family picnic in the sunshine and further exploration of the other tracks and rejuvenation efforts happening in the reserve.

### **Maungakawa Reserve / Sanatorium Hill**

Only 15 minutes from Cambridge is the Maungakawa Scenic Reserve, also known as Sanatorium Hill and the Goodex Memorial Reserve. This was once the site of a grand country house which was converted into a sanatorium - a place where people went to recover, or die, from tuberculosis in the days before immunisation and antibiotics. It has several large grassed areas along the top of the hill giving wide views of the Waikato to the west and, from the top of the hill views of the Whitehall - Te Miro area across to the Hauraki plains and south to Mt Maungatautiri and Lake Karapiro. One of the features of the Reserve is a wide variety of very old trees including Macrocarpa and Rhododendrons, which once complimented the site of the old homestead. Access from Cambridge, take Thornton Road and then the Maungakawa Road to the top of the hill.



Sanatorium / Maugakawa

### **Hauraki Rail Trail**

The Hauraki Rail Trail is one of the easiest trails in the country to cycle, with the 173km track made up of 4 sections. Kaiaua to Thames, Thames to Paeroa, Paeroa to Waihi through the Karangahake Gorge and Paeroa to Te Aroha. A fifth section, from Te Aroha to Matamata, is currently under construction. The sections from Thames to Te Aroha follow the roadbed of a former railway line. The route allows a range of scenic day rides to a comfortable 3 to 4 day tour rides. As a Grade One cycle trail, the Hauraki Rail Trail is suitable for all fitness levels and cycling skills.

The Hauraki Rail Trail boasts some of the best scenery New Zealand has to offer. Highlights include the stunning Karangahake Gorge, the historic gold mining town of Waihi, wetlands of international significance, and luxurious mineral spas at Te Aroha.

### **Mt Te Aroha**

The remains of an ancient volcano Mt Te Aroha, 952m, is the highest point in the Kaimai Mamaku Forest Park. The walking tracks up and around Mt Te Aroha offer stunning views of the Waikato region.

Densely forested, Mt Te Aroha is a bird lover's paradise, where kaka, kokako, and Tui can often be seen and heard. The Summit Track starts at the Mokena Geyser in Te Aroha Domain and quickly ascends to the Whakapipi Lookout. The lookout provides panoramic views over the Hauraki Plains. The hike to the lookout takes about 45 minutes, then from the lookout, the track continues through a small saddle and then steeply up for another two hours to reach the top. From the summit there are 360 degree views across the Waikato and Bay of Plenty regions, and Mt Ruapehu, Mt Ngauruhoe and Mt Taranaki are all visible on a clear day.

Multi-day hikes are also available in the area on the Kaimai Ranges, as well as plenty of shorter walks on and around Mt Te Aroha.

### **Hamilton City River Ride and Walks**

Hamilton has an extensive network of bicycle riding and walking tracks from one end of the city to the other. Following the Waikato River for most parts on both east and west sides the shared walkway and cycle way runs for 10km through central Hamilton.

The track is well signposted and can be accessed at multiple points along the river. It stretches between Pukete in the north, where it links with the Te Awa River Trail, nearby Hamilton Mountain Bike Track in Pukete Farm Park, and Hamilton Gardens in the south. It is suitable for riders of all fitness and experience levels.

**For more information visit [www.hamilton.co.nz](http://www.hamilton.co.nz).**

Geoff Lewis







# Music Moves Me TRUST

MUSIC THERAPY FOR PEOPLE LIVING WITH DEMENTIA



We've come to the end of Music Moves Me Trust's second year of operations and what an amazing two years it has been. Our programme is now in action in ten Waikato aged residential care facilities with two more rolling out in the new year. Music Moves Me Trust Canterbury has held its launch party and is operating in four care facilities in Christchurch. Enthusiasts in several other cities are eager to get the Trust started in their regions. It seems that 2018 is gearing up to be even more spectacular!

As we move towards Christmas, we continue to look for ways to support people living with dementia in aged residential care through music therapy. One of the ways YOU could help is by dropping off goods for us to sell at our markets or on Trade Me. Any spare musical instruments – keyboards, percussion, guitars - will always find a home with us and MP players are in strong demand. Ring 021 081 87218 for drop off points in Tauranga, Te Awamutu, Cambridge, Mt Maunganui or Hamilton.

Buying your Christmas presents from Pat's Craft Shed is another way to help. You wouldn't believe the wonderful gifts our volunteers have made. We are lucky to have such a talented group donating their time and skills to the Trust. You have time to shop in the warm craft shed with lots of seating. Pat offers a morning or afternoon tea for \$5 (or High Tea for 10-20 for \$15) but booking is essential 027 633 0818.

If you, your family and grandkids would like a great night out, come to see our Sing-a-long Oliver Show on 10th December, 6.30pm at Fairfield Intermediate Auditorium. Heaps of little singers get a line or so each and the story is told by a narrator. You don't even have to know the words as they are all on the overhead. Each year we have a great time

presenting a show and all the profits go to the Trust. Our Christmas Glow Concert is at All Saints Community Church, St. Andrews at 7.30pm on Sunday 17th December. Come and celebrate the year with carols, music and refreshments. Entry is free, but seats must be reserved. For enquiries or bookings see our Music Moves Me Trust Facebook page, email [musicmovesmetrust@gmail.com](mailto:musicmovesmetrust@gmail.com) or phone 021 081 87218.

We want to say thank you to every single person who has helped the Trust grow and flourish. Your passion, belief and hard work are incredible and we're so proud that you have created such a caring community. A special thanks to our great supporter – Seasons Magazine – who have supported us right from the beginning. Have a wonderful Christmas and the very happiest of New Years!

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

[musicmovesmetrust@gmail.com](mailto:musicmovesmetrust@gmail.com)



**Cast and Crew of the Sound of Music our 2016 Sing-along Show!**  
Photo Credit: Rose Kerin Photography

## The thought of moving house overwhelming?

Move Managers takes the stress out of moving house, clearing and preparing deceased estates for sale, or just decluttering. We'll take care of moving quotes, packing, unpacking, downsizing, pre-sale maintenance. It's easy to get started. **Call us today for a complimentary consultation.**



Find us on  
**Facebook**  
[www.facebook.com](http://www.facebook.com)

phone **0800 389 957**  
mobile **022 658 1109**

email [info@movemanagers.co.nz](mailto:info@movemanagers.co.nz)  
website [www.movemanagers.co.nz](http://www.movemanagers.co.nz)

**Police checked, insured, references. Efficient and cost effective.**





**PILOT BREWERY**

# BIG THINGS ARE BREWING

**Passion, work and love are some of the most important elements of creating success in everything you do in this world. Without these core ingredients you can end up with a flat, uninspired life at home or in the work place.**

Recently I came across a venture that certainly has these ingredients in spades. A Hamilton friend told me about a venture he's involved in, and within a short time, has grown from an acorn and is on its way to becoming a mighty oak. It is a wonder he managed to keep his venture hidden from me until now, as the product involved is dear to my heart – BEER!

The Waikato region has long been associated with winning and not just on the rugby field (go the Chiefs!) but in many other fields as well, and now we add another trophy to our mantel with a product that, although is still in its infancy, has captured the hearts, minds and taste buds of many throughout the Waikato region and beyond.

Let's start at the beginning and take a trip back in time to the not so distant past with our "Pilot beer" flashback - a few beers and a few pilots sitting together sharing a few at the Te Kowhai International Airport.

"Greenie" of the group Paul pipes up after surveying the damage of their latest efforts scattered across the

clubroom saying: "we can't put all the empties at the gate to be taken away as what will the neighbours think?". Dan (the ideas man) answers: "we need to get one of those brewing kits so we can do 20 litres at time and fill from a tap". However looking around at the group there's a creeping feeling that 20 litres would not cut it!

Wasting no time, the lads proceeded the following day to form the new company after a quick whip around to cover the initial costs (before the wives found out), needing to keep the dollar input to a minimum so the wives would not question the re-distribution of funds.

All was good in the world and away this gathering of budding enthusiastic men went with great gusto.

Enter "The Brew master" Dave whom after intense training by tasting many other beers and the reading of at least two pamphlets on the subject of brewing, speaks "brewing lingo"

to the team, bringing forth his many notions for testing with great zest.

Whether by a gift of the gods, sheer luck or talent, it seemed the trial and error process had delivered a winner.

As is the way with a good beer, news of the new brew began to spread like a cow pat run over by a tractor, but



The Pilots Club where it all began...





like any business where taste is a factor, you have the Goldilocks syndrome: it's too sweet, it's too bitter! So was one type of beer enough?

Product development along with a lot more taste testing swung into action and after four attempts they hit the jackpot developing an Avgas Pilsner, Low V is Indian Pale ale, Full Rich Dark ale, and Micro-light (Mid).

Taking on a few select shareholders this small, passionate group struck out to spread the word about their great and refreshing brews. That's how Pilot Brewery Ltd was born.

In just five years, Pilot Breweries had developed their four divine flavours thanks to their passion, work and love for their product, and having thoroughly tested it. In excess of 100,000 litres of beer has flown off the shelves at New World supermarkets, liquor stores, restaurants and bars, as well as at my house.

I am excited for the new Waikato-based business. Pilot Brewery is already a fantastic success story and this is only the beginning for this dynamic team as there are plans afoot for further innovations of which I am sworn to secrecy!



Another impressive feature with this product was the time spent on their branding, from fantastic bottle labels to t-shirts, the website, gift packs and not to mention their popular Facebook page following.

Now I'm not one to throw a "Beer" into the mix but here you go!!



Three of the directors of the brewery Regan Brown, John Wilson, and Paul Andrew.

## Want to remember life's special moments ?



**Remember Snapshot?** For nearly 90 years we've been helping generations of Hamiltonians remember the special moments in their lives. Two years ago we moved up the road - have you checked out our bigger brighter store yet?



### Want better photos?

Join our photography classes & events or book a one-on-one lesson customised to your needs.



### Afraid of losing your memories?

Our memory evangelists can teach you how to organise & save your photos. They can also make digital copies of photos, slides and home movies as well as restore photos.

### FREE 8x12" photo enlargement

when you spend over \$50 having photos or slides scanned and mention this advert.



### Printed the photos that matter lately?

You can order photos, big and small, as well as PhotoBooks & Collages in-store or via our web site using your computer, phone, or tablet.



**SNAPSHOT**  
— Your Photographic Experts —

**We're Your Memory Evangelists**

391 Victoria St, Hamilton • ph 07 838 0031  
**snapshot.co.nz**



## SPRUCE UP FOR SUMMER

It is time to treat your home to a Softwash spruce up for all those summer BBQ parties. Softwash is the original, authentic, low-pressure cleaning process. "It's a unique system that is not harsh on your home's exterior," says manager Stan Wilkins. "We don't water-blast because that can damage the paint or surface of the building, allowing water to enter the wall cavities and lead to dampness and mould." Instead the Softwash process gently neutralises and removes the mould, algae and other grime that's harmful to paintwork, leaving your home looking like new again. Softwash also specialises in roof treatments and gutter cleaning. Decks, patios, paths, driveways and shade sails are transformed by the Softwash treatment too. Bothered by spiders and flies and the unsightly mess they leave behind inside and outside your home? Our technicians are licensed to treat indoor and outdoor areas for flies and spiders – eliminating those unsightly cobwebs and hordes of pesky flies. Customer satisfaction is our highest priority. "We offer a fast, efficient service that's preceded by a free quote so you know exactly what the job will cost. There are no hidden costs."

**Phone Softwash on (07) 848-1700, 0800 GO SOFTWASH (0800 467-638) or email [reception@softwash.co.nz](mailto:reception@softwash.co.nz). For more information visit [www.softwash.co.nz](http://www.softwash.co.nz).**



**EXTERIOR CLEANING SPECIALISTS**



**FREE NO  
OBLIGATION  
QUOTE!**

### Why Softwash?

- FREE QUOTE
- FAST, EFFICIENT SERVICE
- CLEANS GENTLY
- PROTECT YOUR INVESTMENT
- SAFE PRODUCTS
- INSECT CONTROL

278a Kahikatea Drive, Hamilton

0800 GO SOFTWASH  
0800 46 7638

[www.softwash.co.nz](http://www.softwash.co.nz)  
[reception@softwash.co.nz](mailto:reception@softwash.co.nz)

P: 07 848 1700  
M: 021 389 918



**LASER EYE CENTRE IS A LEADING PROVIDER OF VISION CORRECTION PROCEDURES. OUR TEAM OF OPHTHALMOLOGISTS AND OPTOMETRISTS ARE DEDICATED TO GIVING PEOPLE CHOICE WHEN IT COMES TO CORRECTING THEIR EYESIGHT.**

Laser Eye Clinic prides itself on delivering a professional service with clinics in several locations, in conjunction with optometrists in local communities.

Our vision correction procedures and laser technology are at the forefront of optical treatment. Our teams experience and expertise combined with the latest technology from ZEISS have been delivering outstanding outcomes for our patients.

#### With our technology we can treat

- Distance vision
- Reading Vision
- Astigmatism
- Presbyopia



#### Three easy steps to life changing vision

- STEP 1 Suitability Consultation**
- STEP 2 Vision Correction Procedures & Aftercare**
- STEP 3 Enjoy your new eyes!**



**We are the only provider in New Zealand offering the latest and best in reading vision correction.**

#### Some customer reviews:

- I contemplated for years, wish I had done it sooner
- For the first time in 10 years I can now read (+ write) without glasses.
- Freedom from the frustration of being unable to read small print (supermarket) without glasses, which weren't needed for anything else.
- Just do it. It's a life changer. I am so happy with it.

**VISIT: [WWW.LASEREYECENTRE.CO.NZ](http://WWW.LASEREYECENTRE.CO.NZ)**

**CALL 0800 SEE 2020 (0800 733 2020)**

**HAMILTON**  
22 Thackery St  
Hamilton 3204

**TAURANGA**  
76 Tenth Ave  
Tauranga 3110

**PUKEKOHE**  
63 Seddon St  
Pukekohe 2120

**ROTORUA**  
71 Fairy Springs Rd  
Rotorua 3015

**TAUPO**  
11 Tamamutu St  
Taupo 3377

**NEW PLYMOUTH**  
17 Weymouth St  
New Plymouth 4310



## Readers Submissions

### December 2017

#### Nearly Christmas

**N**ot long before it's Christmas again

**E**veryone's excited, in the main,

**A**ll the shops are decked with baubles galore,

**R**inging out are carols in nearly every store

**L**etting us know there are gifts to find,

**Y**et there is so much else occupying our mind.

**C**hristmas is a magical time of the year

**H**appy faces around us spreading cheer.

**R**eaching out to others less fortunate than us

**I**s important and can be done without too much fuss.

**S**o as we gather and enjoy our natters

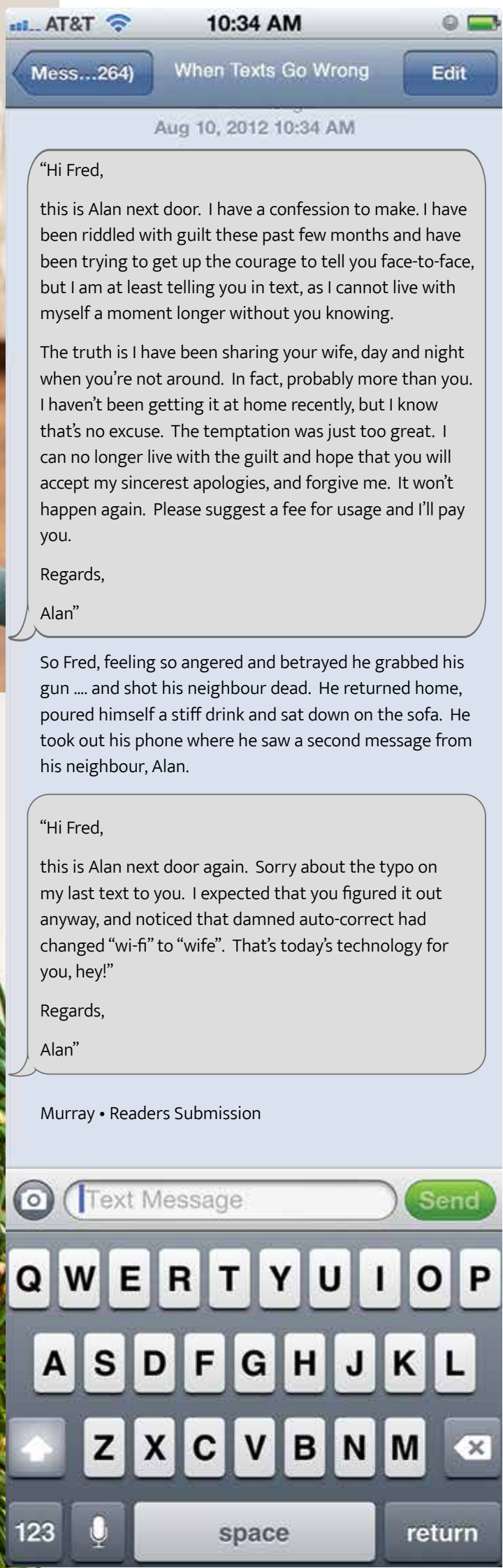
**T**ake time to reflect on what really matters.

**M**any of us celebrate Jesus's birth in a manger

**A**nd pray for those in countries facing cruel danger.

**S**hare your heart and your love: Happy Christmas to you all!

Delwyn White • Readers Submission



"Hi Fred,

this is Alan next door. I have a confession to make. I have been riddled with guilt these past few months and have been trying to get up the courage to tell you face-to-face, but I am at least telling you in text, as I cannot live with myself a moment longer without you knowing.

The truth is I have been sharing your wife, day and night when you're not around. In fact, probably more than you. I haven't been getting it at home recently, but I know that's no excuse. The temptation was just too great. I can no longer live with the guilt and hope that you will accept my sincerest apologies, and forgive me. It won't happen again. Please suggest a fee for usage and I'll pay you.

Regards,

Alan"

So Fred, feeling so angered and betrayed he grabbed his gun .... and shot his neighbour dead. He returned home, poured himself a stiff drink and sat down on the sofa. He took out his phone where he saw a second message from his neighbour, Alan.

"Hi Fred,

this is Alan next door again. Sorry about the typo on my last text to you. I expected that you figured it out anyway, and noticed that damned auto-correct had changed "wi-fi" to "wife". That's today's technology for you, hey!"

Regards,

Alan"

Murray • Readers Submission

# Weight Loss at Body Buzz



## Colin Lost 23kgs in 29 weeks at Body Buzz

Before I came to Body Buzz I had already been trying to lose weight. I went on a diet but when I stopped starving myself I piled the weight back on again. Then I tried walking but I continued to put weight on and because I'm 73 I was also worried about wearing my joints out. One day I was walking past Body Buzz so I popped in to ask them how it worked. They gave me a free consultation. It made me feel good and I could see it would be good for my joints and circulation, so even though I was skeptical about losing weight I decided to give it a go. I watched all Marty's DVDs and learnt everything I needed to get myself in shape. I did my 12 minute workout in the early morning or late evening when it was nice and quiet. After 2 weeks I had lost 7kgs so I quickly became a believer. I was booked in for weight loss, fat loss and measurement checks every 2 weeks to track my progress. I lost 23kgs in 29 weeks and looking back it wasn't difficult to do at all.

## Aches and Pains gone

I used to have aches and pains all over but now the pain has gone. Apparently the circulation effect of Vibration Training eases the pain of arthritis sufferers like me.

## More energy and Better Sleep

When I was overweight I couldn't sleep on my back because my breathing passages would get blocked off. Now I can sleep on my back again and I also have loads more energy than I used to.

## Free Consultations

Check out the video testimonials of local people on our website [www.bodybuzz.co.nz](http://www.bodybuzz.co.nz). Call us today for your "no pressure" free consultation. What have you got to lose? Take home a DVD packed full of helpful information (free for a limited time).

Give us a call today for your **FREE** consultation

# body buzz

weight loss & health studio

**OPEN 24 HOURS AND AIR CONDITIONED**

16 Market St  
Te Awamutu  
**07 871 8558**

16A Vialou St  
Hamilton  
**07 834 2271**

[bodybuzzteawamutu@gmail.com](mailto:bodybuzzteawamutu@gmail.com)

[bodybuzzhamilton@gmail.com](mailto:bodybuzzhamilton@gmail.com)

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

## Weight Loss Lies - THE FRUIT LIE

Fruit stops weight loss in its tracks. How do I know that? Because it gets proven to me nearly every week when members come in for their regular weigh in. I calculate the muscle/fat weight ratio and if the fat weight goes up and the muscle weight goes down I know they have been eating sugar. "But I haven't been eating sugar" they say. "The only change I have made is fruit in the afternoon but it can't be that because fruit is good for you isn't it?"

### THE FRUIT STORY.

Back in the 90's everyone used to think that exercise alone was enough to make you lose weight. But what I found was that exercise could make some people heavier. An example of this was a young girl who was training at my gym. The harder she worked out the heavier she got. Exercise would make her hungry and she would eat the wrong foods. I knew that a few simple nutrition changes would quickly solve the problem but when I showed her an example of a nutrition plan she looked at me in horror. She said, "if eat that much food I'll just get fatter!" So instead, she decided to go on a diet. Now because she believed "fruit is good for you" she decided to eat fruit. And because grapes were in season and she loved grapes that was all she was going to eat. A bunch of grapes for breakfast and a bunch of grapes for dinner. That's all, nothing else. She gained 2 kilos in 3 weeks. Now that she was ready to listen I explained how 40 % of fruit sugar is converted into fat by the liver. That's how our ancestors put the weight on over summer, so they had extra fat stores to get through the harsh winter. It's interesting that by comparison, only 10% of cane sugar gets turned into fat...but that's another story.

### WHY BERRIES ARE BETTER.

Sure, fruit can be good for you but if your goal is to lose weight then it's not an intelligent option. If you are a fruit eater but you still want to lose weight, then change to berries. The best berries are blueberries, blackberries and raspberries because they are higher in cancer fighting anti-oxidants and at the same time low in sugar calories (fructose). How do I know this? Because the anti-oxidant scanner doesn't lie...another story. Want to try something healthy that tastes good? Try blueberries mixed together with a good quality coconut yogurt. Berries are high anti-oxidants and Coconut contains Medium Chain Triglycerides (MCT) Good food for your brain and defence against Alzheimer's. For more fat loss lies and what not to eat check out the nutrition videos on the Body Buzz website.

### Body Buzz

16A Vialou Street, Hamilton  
ph: 834 2271

[www.bodybuzz.co.nz](http://www.bodybuzz.co.nz) | [bodybuzzhamilton@gmail.com](mailto:bodybuzzhamilton@gmail.com)



# Oceans

Forever moving never the same  
changing colour like a chameleon.  
Flowing forwards and backwards,  
white caps on a windy day  
angry in the stormy seasons,  
dangerous with king tides and tsunamis,  
sweeping everything in its path  
with no regrets for man or beast,  
ships and boats sail on her at their peril.

On a warm summers day  
she is the seducer of charm  
enticing all to bathe in her  
warm salty essence.  
Dazzling blue with white crests  
bubbling and rolling shore-wards.  
Youths rush into her  
diving under the incoming waves,  
others gingerly test before committing  
to be fully immersed.  
Children and dogs playfully paddle  
in her shallows screeching and barking  
at the small waves licking the shore.

Fishermen cast their bait  
out over the breakers  
quickly retreating from the  
incoming surge up the rocks.  
Seaweed lies in ragged lines  
along shell scattered beaches,  
seabirds scavenge amongst flotsam and jetsam  
hopeful for a tasty morsel.

Now vainly trying to clean itself  
from pollution.  
Temperature rising with global warming  
upsetting her rhythm  
and punishing those who abuse her.  
She is part of nature and we as caretakers  
must take better care of her  
or face the consequences.

Anne Harrison • Readers Submission

## Brain Health Is as Important as Body Health

**Brain fog? Mental fatigue? Trouble remembering? - Not Anymore!**

ENZO Stay Sharp has a major impact on age-related cognitive decline. The unique combination of ENZOGENOL pine bark extract with the super concentrated DHA-omega3s supports healthy cognition as you age and can make a real difference to your brain.

Research on ENZOGENOL from NZ and AU universities has shown great benefits for brain function.

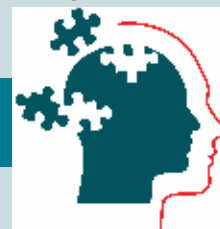
STAY SHARP is the ultimate nutrition to help you maintain a healthy brain, enjoy a healthy life and Stay Sharp!

We are now able to offer well documented support for your brain as a compliment to mental exercise, vitamins and general wellbeing to keep enjoying a healthy life, and to stay sharp!

For the full story about Keeto Health, and Stay Sharp by ENZO see Seasons Magazine November 2017.

[www.keetohealth.co.nz/seasons.pdf](http://www.keetohealth.co.nz/seasons.pdf)

### ENZO Stay Sharp



**Powerful Nutritional Support  
for Healthy Brain Function**

- ✓ Maintain Healthy Brain Function
- ✓ Keep Cognitive Decline at Bay
- ✓ Feel More Switched on
- ✓ Delay Mental Fatigue and Recover Quicker
- ✓ Increase Your Resilience to Stress

**Gift your friends and family with Brain Health this Christmas**

- **FREE** Delivery Nationwide
- **FREE** in-house consultation
- **FREE** bottle of Stay Sharp with every 3 month supply ordered

**Ph: 07 974 9086 or order online**  
**[www.enzostaysharp.co.nz](http://www.enzostaysharp.co.nz)**

**Visit our store at 522 River Road, Hamilton**  
**Open 9:30am - 5:00pm**



Christine & Rex Pickering

In the beginning there were a group of ladies doing craft. It started in St. Stephens Hall in Tamahere and has been going for close on 30 years. Records indicate that the amount of money raised in the vicinity of \$20,000 each year.

After a short time Christine Pickering convinced her husband Rex to build them a flower Barn which happened, and in 1986 the first festival was held in the St. Stephens Hall and the church was decorated.



This brought together a group of artistic people to create saleable goods to sell, raising money for a variety of charities namely, Hospice Waikato; Save The Children Fund; Red Cross; the S.P.C.A and Guide Dogs. They also grew and dried flowers as this was very popular at that time.

Busloads of ladies came from New Plymouth and Pukekohe regularly. They were served sandwiches and cakes. Tea was made in the Big Brown Teapot and poured into bone china cups with saucers.

These ladies met on Tuesdays and Thursdays at the Barn. It was a very social group and friendships developed. They all stayed for lunch which consisted of three loaves of bread, pickle the girls made, and a big block of cheese.



Planning for the end of year started early. From August to November it was hands-on for the Christmas Display. It was helpful that Christine's house had plenty of room to store props and handwork. There was a short break for about three years when they shifted to Cambridge, and then it was back to St. Stephens in 2001.

Over the thirty years there have been a lot of Waikato ladies who have been called "Barn Girls", who have contributed to this event happening. Most of the fabric, lace, ribbons and







sewing materials were donated by them. Regularly girls who cleaned out their mum's sewing rooms, passed it all on to the Barn where it was gratefully accepted to be created into something new.

The group focused on craft that was not available in shops and that others would not take time to make. An hourly rate charge was never a consideration.

Conversations were not restricted just to home and family – we put the world right, corrected leaders, and politics and religion were not banned as big discussions were held. Most of the group are now in their 70's and 80's.



The girls now-days search markets, travel overseas and bring back items for us to copy, make and sell! The craft has changed over the years from pine cones and flowers, to felt and more sewing of fabulous fabrics.

Changing times and changing personnel means that the festival cannot happen without more input from new and younger people.

This door is closing but watch this space, as something could be re-born next year.

**WILD WEST WORCESTER**  
SERIOUSLY ADDICTIVE  
SAUCES & RELISHES

**BEST GIFT EVER**

**GET YOUR SAUCESOME  
CHRISTMAS GIFT PACK  
PLACE YOUR ORDER TODAY  
VISIT OUR WEBSITE  
WILDWESTWORCESTER.CO.NZ  
OR PHONE 09 945 5074**

**ONLY THE BEST FROM THE WILD WEST**

**midas diamond jewellers**  
Restyle you old gold and diamonds at Midas

We are experts in Manufacture & Repairs, Diamond Specialists, Insurance Work & Valuations in-store.

**Fabulous Christmas Gifts  
instore now**

**FREE**  
Ring Clearing  
and Inspection

**10% Gold Card Discount**

**307 Barton St, Casabella Lane  
07 839 0039  
www.midasdiamondjewellers.co.nz**

# PAJERO SPORT VRX

<b>\$19,997</b>	<b>\$19,997</b>	<b>\$19,997</b>	<b>0%*</b>
<b>Now</b>	<b>12 Months</b>	<b>24 Months</b>	<b>Interest</b>



With just 1/3 deposit and 0% interest p.a. over 2 years, now 7 of you can enjoy more of New Zealand and the huge list of features the Pajero Sport VRX has to offer. You'll get 7 seats, a powerful but economical 2.4L diesel engine with 8-speed auto, 3.1T towing, advanced 4WD, 5 Star safety, Smart Audio with Apple Carplay and Android Auto, Blindspot Warning, Forward Collision Mitigation, Multi-Around Monitor and more.

This outstanding offer is only available at Ingham Mitsubishi. Call us on 07 846 8960 for your test drive today.

**Ingham Mitsubishi**  
450 Te Rapa Road, Te Rapa, Hamilton 3200  
Ph: 07 846 8960, [www.inghamdriven.nz](http://www.inghamdriven.nz)

**10** **DIAMOND** **5**  
NEW ZEALAND'S BEST  
NEW CAR WARRANTY AND  
CUSTOMER CARE  
YEAR YEAR

**Ingham®**



\*1/3, 1/3, 1/3 offer only available on a new Pajero Sport VRX and excludes demonstrators.

Offer and payments based on a new Pajero Sport VRX (RRP from \$59,990+ORC). First 1/3 payment due upon vehicle delivery followed by 1/3 payable 12 and 24 months after delivery, respectively. Interest rate of 0% p.a. Standard Mitsubishi Finance credit assessment and lending criteria apply. Finance Mitsubishi documentation and PPSR fees of \$405.35 apply. Finance purchase price excludes on road costs of \$550. Offer available while stocks last. Visit [www.mmnz.co.nz](http://www.mmnz.co.nz) for more Diamond Advantage Warranty terms and conditions.



# CELEBRATING

## OVER 60 YEARS OF FRIENDSHIP

There's a lot local woman Lorraine Harris remembers about her days as a student at Matamata College - and that's more than the excitement of being allowed to buy a pie for 9p or, on a really special occasion, a pie and chips for a shilling!

They were the days of extremely strict head mistresses; Miss Bell and Miss Tompkins who, on a regular basis, made the girls kneel to ensure their gyms were of appropriate length. The girls were not allowed to fraternise with the boys under any circumstances and of course it was encouraged that young women learn essential skills such as sewing, cooking and typing! "It all sounds pretty old fashioned now," laughs Lorraine, "but honestly, we had a marvellous time during those years. Dances were held on a Wednesday and Saturday night and of course, it was always fun to meet up with everybody at the movies on a Friday night and afterwards, at the Manly Milk Bar for milkshakes! Saturday's, as they are now, were busy with various sports and, I guess, no one really had much time to get into any trouble! If I remember rightly, the worst thing likely to raise a few eyebrows was when the young men snuck away for a cigarette!"

Having always got along with everyone, Lorraine had a lot of friends at College - many of which she is still in contact with. "We all grew up together 'as kids,'" she says, "then, as we matured and began courting, attended each other's weddings, celebrated the arrival of children and for those of us that remained in the district, kept in touch through various sports, clubs and our children. More recently, a group of six of us from all over the North Island took the opportunity of meeting for lunch and had such a great time that we vowed to continue with regular meetings or catch up's."

With the women scattered as far as Taranaki to Tauranga and Mount Maunganui to Matamata, they have all committed to attending the Matamata College Centenary celebrations early next year and are hoping to meet up with others they have lost contact with over the years. "We are all really looking forward to it," says Lorraine. "When you think we attended the school in the very early 1950s, the years have simply flown by. We've all gone in different directions, married or re-married, welcomed grandchildren and sadly, lost a few along the way. It's events like the reunion that bring everyone back together and remind us that although we're all a lot older, those years together were in fact some of the most special times in our lives."

Caron Stewart.



Long time friends Lorraine Harris, Shirley Woodmass (Reid), Heather Radford (Wilson), Lesley Feek (Presland), Lillian Howard (Aroa), Gleniss Keene (Walker) are pictured at their most recent get together. Absent from the photo was Margaret Paterson (Scott) and Margaret Traverso (Purdy).



Oh, them were the days! Pictured with her friends at Matamata College in the early 1950s, Lorraine Harris is looking forward to reunion festivities in 2018.



**23 - 25 March 2018**

### Calling past students, staff and families

Join us for a weekend of fun events to celebrate the Matamata College Centenary

**\*\* We have a whole weekend of events, live music, cash bars.  
Motor homes welcome \*\***

Celebrate what you were and what you've become with fellow school friends. View our wonderful 'Hall of Memorabilia'. Rich in history it promises to transport yourself back in time.

**Check out the programme of events and register  
online at [reunion.matamatacollege.school.nz](http://reunion.matamatacollege.school.nz)**

**For more information please email us on**

**[reunion@matamatacollege.school.nz](mailto:reunion@matamatacollege.school.nz)  
or ph 07 881 9018**

# **POP'S POW STORIES**

## **STORIES FROM HIS TIME AS A PRISONER OF WAR IN ITALY**

### **OF CAPTAIN JOHN RICHARDSON 1536 E.D.**

#### **4TH FIELD REGIMENT 2 NZEF**

#### **W/W/2 1941 - 1943**

## **CAMP 82**

Eventually we arrived at the headquarters of the camp, named "Campo 82", and were put through the usual interrogations. My memory was still very vague; all I knew was my name and rank, having been told by the German officer in Parma hospital.

When the camp authorities confirmed from my pay book that I was an officer, they were very polite and provided me with a meal. When it arrived I realised that there was nothing for the four allied troop soldiers who had come with me. I told them that when I lifted my fork, they should all grab a handful each. This offended the camp guards and I was bundled into a hut with five British officers, who all turned out to be medical officers.

The Italians assured these officers that I was a New Zealand Captain according to my identity disc and pay book. I was then informed that according to the regulations, I was now the senior Allied officer, as I was a fighting military officer and as such had precedence over the medical officers, regardless of their rank.

This did not sink in until the next day when the interpreter Lt Bordoni conducted me to the camp where I saw to my horror, approximately 3000 men in various states of starvation and demoralisation. My military training of the past few years helped me to realise these despairing and demoralised men needed help and organisation. I began by ordering the men on the ground to get up off the ground, which received abusive responses. They were used to obeying officers dressed in proper uniforms. I certainly did not look like an officer, with one useless arm, a disfigured face, my right leg and knee and both hands a mess. Furthermore I had no badges of rank, no hat or boots, and my shirt and slacks were old and blood stained.

With the assistance of the regimental Sergeant-Major Cocroft, a very tall and tough South African, forceful methods were used to haul them up on their feet until these starving and rebellious men finally got the message. In a few days we got the whole camp, some 3000 men, sorted by regiments into lots of 100, and then broken down into sub units of 25, with the leaders of each unit reporting to Cocroft who reported to me.



**Capt. John Richardson 1939**

There were all sorts of nationalities among the men in the camp. There were English, Scottish, Irish, Welsh, French, Slavs, Indians, South Africans (whites and coloured) and a few colonials. The French refused to acknowledge that I was an officer, and would not take orders from 'the English pig', so this was a stand off for a time.

The Italian Colonel who was running the camp was not a bad sort. He had been a civilian in private life and had no idea of army discipline. He didn't know how to deal with such a large number of men and was openly sympathetic to constructive suggestions. I told him that as a New Zealand officer I wasn't going to stand for the conditions in the camp. This was stretching a point as my memory still had not returned and I didn't remember anything about New Zealand. However I had heard much propaganda when I was in Bari and Parma hospitals about the "barbaric New Zealanders and Australians", so I aimed to capitalise on it.

The first improvement we agreed on was to supply an extra ground sheet for the men. They were living out in the open day and night, with only one ground sheet and one ersatz blanket. To reinforce my point I abandoned the wooden quarters I had been given and slept out in the open with the troops. It was very cold at night. The men were not used to seeing an officer putting himself in the same conditions that they were in. Every man was eventually provided with a second ground sheet.

The next step was to get fuel and extra rations as the daily rations per prisoner was a bowl of watery macaroni and a small piece of bread, the size of a fist. Bordoni had told me there was plenty of food in the nearby countryside so every day a small group of men would go out into the nearby fields to forage. Most of the local men were away fighting Mussolini's war, so having extra men working to clean up the fields was of great help to the villagers. The men who went





out (accompanied by a guard) could eat as much as they wanted of the produce and were to bring back what they could for the pot. They brought back to the camp tomatoes, corn, herbs, walnuts, olives and firewood. Tobacco leaves were also occasionally obtained and even cheese. One group of 50 men would go out in the morning, mainly to gather food and another group would go out in the afternoon for fuel. I gave my parole that no-one would escape.

The French had initially refused to co-operate, so I asked the Italians to run a barbed wire fence across one end of the camp and put the French behind it. Instructions were issued that they were to be given none of the extra rations from the foraging. After two days a deputation came to see me. I refused to speak with them unless they saluted. There was a deadlock for a while, but eventually I got a salute and a stiff apology, so I ordered the wire down. There was never any trouble after that.

The medicos issued threats about dysentery and typhus, so we managed to get supplied with hundreds of old petrol cans and half a ton of soap, disinfectant and eventually razors. The cans were cut down to provide water containers and we soon got fires going under them so the men could wash themselves and their clothes. The men had not only been starving but they had been unwashed and lice ridden for months. I insisted that the men shave every day. This did wonders for their morale.

I also managed to talk the Italian Colonel into letting me out of camp occasionally, assuring him that it was common practice to allow British officers out for a time in the evening. My interpreter Bordoni, would always accompany me. We travelled by cart and donkey, as I could not walk very far. The little village we went to was I believe Laterina. It was a very poor village with no modern amenities at all. In the middle of the village was a common well.

When the locals were told I was not Tedesco (German), but an English officer, they made me welcome. I befriended some of the little children and was teaching them to sing Baa Baa Black Sheep in Italian (with the help of Bordoni).

One day we were having great fun marching up and down the street singing with the children when an officer of the Fascist police drove up, brandishing his gun and threatening to shoot me for teaching Italian children English lies.

Bordoni stretched the truth a little and elevated my rank to that of a British colonel. I told the Fascist policeman that he would have to have the written permission of Mussolini to shoot me. His bullying stance changed and he put away his pistol and pleaded for us to return to camp. I considered his request for a moment then agreed. Bordoni could hardly keep a straight face as I was handed over to the Italian colonel after being escorted back to camp. "Oh my, that was a close one," he whispered to me.

Bordoni was married to an English girl and had spent some time in a bank in the UK. His punishment was to work in a prison camp, which he regarded as a big joke.

It was during these trips to this village that the underground contacted me.

I was able to get messages through to the Red Cross about our conditions and after this the Red Cross parcels began to arrive. They contained wonders such as butter, Canadian biscuits, cheese, chocolate, tins of meat and tins of milk powder.

There were tinsmiths in the camp who managed to convert the Red Cross tins into estufas, which were placed on stones and used to cook up our extra rations.

The first day when the parcels began to arrive there was some trouble as somebody stole one of the tins. So I lined up the whole camp and ordered a search. All the parcels were identical, and the men only had the clothing they were living in, so the culprit was quickly discovered and disciplined. A threat was issued that worse would happen to the next thief, and this was translated into every language.

The South African coloured men, who were the servants of the South African officers in the desert, were not used to being treated as human beings, and would do anything to help. They showed the camp how to weave grass, so the extra ground sheets became primitive sleeping bags. I appealed to their knowledge of edible herbs and plants and they were wonderful at foraging, finding berries and wood.

I used to inspect the Italian guards, and tear strips off them for dirty boots or undone buttons. Bordoni would look on impassively, trying hard not to laugh, saluting me and addressing me as "Sir." I would try and walk around the troops each day, although my leg was giving me a lot of pain. I sometimes heard the Italian guards referring to me as the devil, and they would cross themselves as I walked past. The French called me The English Captain with the Crooked Face.





AIR MAIL  
PAR AVION ✈️



Dear Kirstin, Josh & Laura,  
I hope you're having an  
exciting time on the  
Gold Coast with your  
Mum and Dad!



I'm having so much fun here at the  
village. I've been to the village hair  
salon, watched a movie and went  
to happy hour. I met some lovely  
residents, and they had a fantastic  
band come and entertain. Today we  
went for a trip out to the museum  
and shops. When we were out &  
about, we stopped by my favourite  
café to show my new village friends.

I'm off to join some of the ladies for  
our bridge club in the library.

Lots of love, Nan xxx

P.S. When you get back, you'll have  
to join me for lunch – it's delicious!

## Enjoy your break *with the very best of respite care!*

**If you are wanting to take a break over the holidays and have security knowing you are receiving the best possible care, or you would like some extra care after surgery, we offer respite care.**

Relax knowing that you, or your loved one can enjoy the very best of respite care in one of our beautifully appointed serviced apartments, resthome,

hospital or dementia rooms. Did you know that you can even use your respite or carer support allowance with us?

You will also be able to enjoy resort-style facilities and have the peace of mind of knowing that if something unexpected happens, help is only ever moments away.



To find out more about respite care over the holiday season  
**phone Wendy on 07 855 9542**

30 Ruakura Road, Hamilton

**Hilda Ross**  
Retirement Village







To increase the water supply we persuaded the Italians to lay on drums and pipes from the nearby stream. The Italians are very good engineers and the Italian Colonel was relieved to have his men doing something constructive.

The only other New Zealander in the camp was a catholic priest, Father Sheeley.

He had been in Rome, and knew Italian, so was a great help with dealing with the Italians. He was a tower of strength. He embellished my status somewhat by telling the Italian officers that I was a Maori chief of some considerable importance. With his help we managed to get a shed of sorts to put the sick soldiers in, who had to cope without any medicines or bandages. Bandages were removed, boiled up with herbs and re-used. The doctors had no instruments so had to perform minor surgery with an army jackknife and a sharpened spoon.

We also organised a stage and held weekly seminars on any subject. These were drawn from a tin hat, and the subject could be on anything at all; medical care, sports, work of any kind, religion, Shakespeare plays. The only rule was that the speaker must have no interruptions, but could be asked questions at the end. We usually had an audience of about 500 men.

The camp became very organised. Every day there was work of some sort to keep the men occupied: grinding acorns between stones, making handles for tins, washing, food and fuel gathering etc. We even organised haircuts.

The Italians began to realise we were human beings and to go about their job in a more light hearted manner. The Italian officers became quite reasonable, whenever a firm stand was made on the Geneva Convention. They found it inconceivable that an officer would elect to sleep on the ground accepting the same miserable conditions as the troops.

One of the most extraordinary tales from this camp was that of a small stray pup that one of the men had picked up. In due course it was discovered that she was pregnant. Her progress was followed by 3000 adopted fathers and every day a bulletin

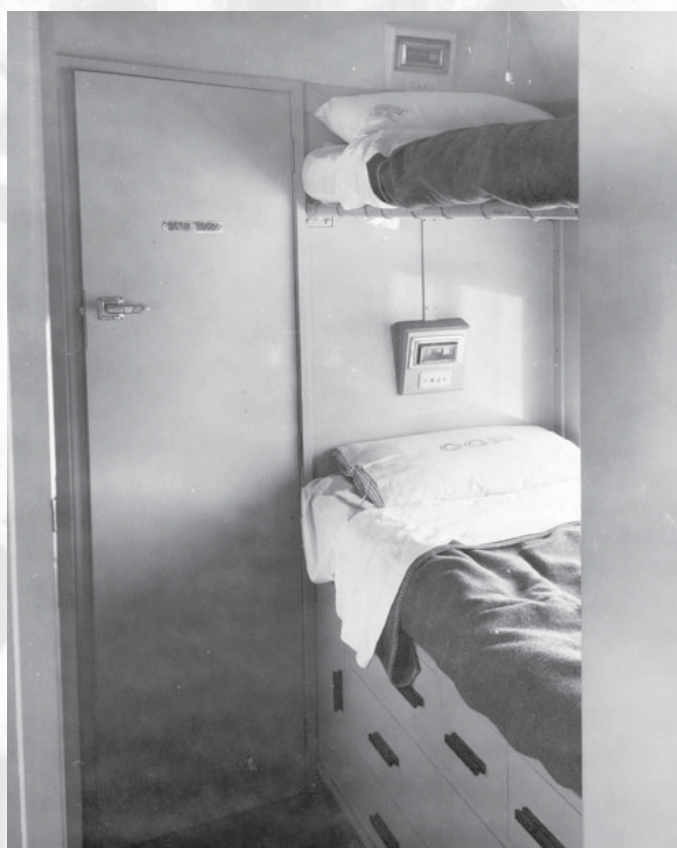
was posted on a board we managed to get the Italians to install. She eventually gave birth to 5 pups attended by our 5 doctors. The strangest thing was that our Little Duchess as we called her, would not step over the wire regardless of what inducements the Italian guards offered. Despite rations, many of the men would spare a spoonful to feed her. She was a great morale boost to the camp.

I learned from my contacts in the village that I was to be transferred to another camp. In December an Italian major arrived at the camp to escort me.

It was ridiculous really, as here I was in charge of this large camp, but my memory was still largely gone and I could remember nothing about the desert unless someone jogged my memory. My memories of New Zealand were vague visions of beaches and the sea, which had been triggered by my friend Hugh Mateer, an Irish artillery captain who had been next to me in both Bari and Parma hospitals. Hugh in civilian life had been a geography professor who had studied New Zealand as his PHD topic, so he would talk to me about New Zealand from this knowledge, although he had never visited. I had no memories at all of my family.

After being removed from Camp 82, I ended up being placed in Modena. When I got there I collapsed from the strain of the past few months, and was for a time very ill.

After I left Camp 82 in December, the Red Cross came in and supported the camp with clothing and food, so it continued in good order. I learned this from Father Sheeley after the war. He told me that the winter snows were a great trial of fortitude and courage.





# CHRISTMAS TREATS

## CRANBERRY SAUCE

SERVES: 6-8 COOKING TIME: 20 MIN

### INGREDIENTS

450g cranberries  
150ml port  
100g golden castor sugar  
1 cinnamon stick  
300ml water  
Juice of ½ orange

### METHOD

Put all the ingredients in a saucepan along with 300ml water.

Bring to the boil and then simmer for 20 mins until the cranberries are soft and have burst open.

Store in a sealed jar until you need to use it and then enjoy on Christmas Day.



## LEG OF LAMB WITH DATE AND HERB STUFFING

SERVES: 4-6 PREP TIME: 20 MINS COOKING TIME: 2 HRS

### INGREDIENTS

1.3kg lean lamb leg joint  
Salt & pepper  
2tbsp olive oil

### DATE AND HERB STUFFING

25g butter  
2 small red onions (diced)  
100g fresh breadcrumbs  
75g finely chopped stoned dates  
Chopped flat-leaf parsley  
Grated zest of 1 lemon

### FOR THE GRAVY

25g plain flour  
600ml good, hot lamb stock  
150ml medium white wine

### METHOD

Preheat the oven to 180-190°C.

**To prepare the stuffing:** melt the butter in a large non-stick frying pan and cook the onions until soft. Remove from the heat, add the remaining stuffing ingredients, season and mix well together.

Place the lamb joint on a chopping board and make several slits over the surface with a sharp knife. Season on both sides and push the mixture into the slits. Shape any remaining stuffing mixture into small balls and cook separately until golden for 15-20 minutes towards the end of the lamb cooking time.

Transfer the lamb joint to a metal rack in a large non-stick roasting tin, drizzle with olive oil and open roast for the preferred, calculated cooking time (see below), basting occasionally with any meat juices. Cover with foil if browning too quickly.

Remove the lamb joint from the oven, loosely cover with foil and leave to rest for 5-10 minutes.

**To make the gravy:** spoon off any excess fat from the roasting tin and discard. Place the tin over a medium heat and sprinkle over the flour. Stir well with a small whisk or spoon, add a little wine and stir again, scraping the base of the pan to release any rich lamb sediment.

Add the remaining wine, stock and any meat juices from the lamb, adjust the seasoning, if required and simmer for 8-10 minutes, stirring occasionally. Strain before serving.





## BUTTER SHORTBREAD

SERVES: 20 PREP TIME: 20 MINS COOKING TIME: 25 MINS

### INGREDIENTS

225g butter  
Pinch of salt  
½ cup castor sugar, plus extra for sprinkling)  
2 cups plain flour, plus extra for dusting  
100g cornflour

### METHOD

Preheat the oven to 170C.

In a large bowl cream together the butter, salt and sugar. until light and fluffy.

Mix together the flour and cornflour - sieve into the bowl of butter and sugar. Mix quickly and thoroughly to bring all the ingredients together.

Tip the mixture onto a lightly floured work surface and bring knead lightly and quickly to form a loose dough.

Cut into desired shape or rounds using cookie cutters. Place on a lightly greased baking sheet and bake for 25 mins or until pale brown and crisp. Sprinkle the warm Scottish shortbreads with fine sugar and leave to cool on a wire cooling rack.

Store in an airtight tin or box.



## CHRISTMAS PUDDING

SERVES: 8-10 PREP TIME: 2 HOURS COOKING TIME: 45 MINS

### INGREDIENTS

1 cup raisins  
1 cup sultanas  
1 cup self-raising flour  
1 cup finely grated butter  
(about 115g/4oz)  
1 cup fresh brown breadcrumbs (from around 4 thick slices of bread)  
1 cup light muscovado sugar  
1 cup mixed nuts, chopped plus extra to decorate  
1 tsp ground cinnamon  
1 tsp ground mixed spice  
1 cup milk  
1 large egg  
butter, for greasing

### FOR THE BUTTERSCOTCH SAUCE

85g butter  
100g light muscovado sugar  
200ml double cream  
1 tsp vanilla extract

### METHOD

**For the pudding:** empty the first six cups and the nuts, if using, into a mixing bowl with the spices, then stir in the milk and egg. Once well combined, tip into a buttered 1.5 litre pudding bowl.

Cover with a double layer of buttered foil, making a pleat in the centre to allow the pudding to rise. Tie the foil securely with string, then place in a steamer or large pan containing enough gently simmering water to come halfway up the sides of the bowl. Steam, covered with a lid, for 2 & ½ hours. Check the water level during cooking, topping up if necessary. If you are preparing this pudding ahead, remove the foil, let it cool slightly, then wrap in cling film and then fresh foil. If you are serving it immediately, unwrap and invert onto a deep plate.

**For the sauce:** put everything in a pan and bring slowly to the boil, stirring. Allow to bubble away for 2-3 minutes, still stirring, until the sugar has dissolved and the sauce is pale caramel in colour and slightly thickened. Remove from the heat. Pour the sauce over the pudding and decorate with the whole mixed nuts.



## WANT TO EARN SOME EXTRA \$\$\$



IF YOU'RE INTERESTED IN SALES  
AND WANT TO EARN SOME EXTRA  
MONEY CONTACT **GRANT ON**

**021 213 0319**

OR ENQUIRE AT

**ADMIN@SEASONSMAG.CO.NZ**

DOWNLOAD THE NEW SEASONS APP AND  
READ THE LATEST EDITION ON YOUR MOBILE  
AND TABLET DEVICES

seasons  
magazine *Life Beyond 50*



SEARCH FOR THIS APP  
SEASONS MAGAZINE



GO TO GOOGLE PLAY ONLINE  
AND DOWNLOAD IT NOW!



## Face Your World With Confidence



- ✓ Full Denture
- ✓ Partial Denture
- ✓ Metal Frames
- ✓ Snoring Treatment
- ✓ Mouth Guards
- ✓ Relines
- ✓ Repairs
- ✓ Valplast®
- ✓ Free Consultation

Modern equipment / High quality materials  
Qualified Staff with years of experience



Payment Options Available \*

Interest Free Terms available \*

Gold Card Discount \* \* Terms & Conditions apply



**Hamilton  
Dental &  
Prosthetic  
Lab Ltd**

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

07 8466 905

**Avalon Health Centre.**

Unit P, 6 Avalon Drive,  
Hamilton





Sun

Mon

Tues

Wed

Thurs

Fri

Sat

31

**New Years Eve**

### IMPORTANT DATES:

01

Season-Sational  
7pm - 9pm  
Clarence St Theatre,  
59 Clarence Street,  
Hamilton  
Senior Citizens : \$27.00  
Adults: \$38.00

02

Christmas Concert  
& Tree Lighting  
5:00pm - 9:30pm  
Garden Place, Hamilton  
Admission: Free

03

The Joy of Christmas With  
Hamilton City Brass  
2:00pm - 4:00pm  
Cathedral of the Blessed  
Virgin Mary,  
494 Grey Street, Hamilton

04

05

06

Mary Poppins  
7:30pm - 10:30pm  
Claudelands Arena,  
Brooklyn Rd, Hamilton  
Tickets from: \$39.90  
Buy Tickets - 0800842538

07

Mary Poppins  
7:30pm - 10:30pm  
Claudelands Arena,  
Brooklyn Rd, Hamilton  
Tickets from: \$39.90  
Buy Tickets - 0800842538

08

Mary Poppins  
7:30pm - 10:30pm  
Claudelands Arena,  
Brooklyn Rd, Hamilton  
Tickets from: \$39.90  
Buy Tickets - 0800842538

09

Faulty Towers  
Dinner & Show  
8am - 1pm  
Windy Ridge,  
101 Great South Rd  
Ohaupo, Hamilton  
3 Course Dinner: \$89.00  
Tickets - 07 823 6951 ext 1

10

The Village  
Christmas Market  
10am - 2pm  
The Village Whatawhata,  
1 Rothwell Lane,  
RD9, Whatawhata  
Admission: Free

11

12

13

14

15

Faulty Towers  
Dinner & Show  
8am - 1pm  
Windy Ridge,  
101 Great South Rd  
Ohaupo, Hamilton  
3 Course Dinner: \$89.00  
Tickets - 07 823 6951 ext 1

16

Christmas At the Lake  
3:30pm - 8pm  
Innes Common,  
Lake Domain Dr,  
Hamilton  
Admission: Free

17

Hamilton River Market  
8am - 1pm  
Sonning Carpark,  
201 River Rd,  
Hamilton  
FREE ADMISSION

18

19

20

21

22

23

24

**Christmas Eve**

25



**Merry Christmas!**  
**From Team Seasons**

26

**Boxing Day**

27

28

29

30

**SAGITTARIUS NOV 22 - DEC 21** You're pretty used to having a strong fan base. At the moment, though, you'd better wield this weapon carefully, because your already formidable charm is even harder to resist. It's downright impossible for mere mortals to say 'no' to you.



### QUOTE OF THE MONTH

"Christmas is not a time nor a season, but a state of mind. To cherish peace and goodwill, to be plenteous in mercy, is to have the real spirit of Christmas"



**U-Sell**

Park & Sell Yard

**HAMILTON**

VISIT U-SELL TODAY AT  
797 TE RAPA RD, HAMILTON

[www.u-sell.nz](http://www.u-sell.nz)

**07 211 7573**

**OPEN 7 DAYS: MON - SAT 9AM - 5:30PM SUN 10AM - 4PM**

# Laughter

## IS THE BEST MEDICINE

### BEHIND THE TIMES SANTA!

As a little girl climbed onto Santa's lap, Santa asked the usual, "And what would you like for Christmas?" The child stared at him open mouthed and horrified for a minute, then gasped, "Didn't you get my E-mail?"

### PRESENT MASTER

I asked my wife what she wanted for Christmas. She told me "Nothing would make me happier than a diamond necklace." So I bought her nothing.

### BROTHERS NOTE

One day, a little boy wrote to Santa Claus, "Please send me a sister." Santa Claus wrote him back, "Ok, send me your mother."

### BUREAUCRACY

Why is Christmas just like your job?

You do all the work and the fat guy with the suit gets all the credit!

### NAUGHTY LIST

The main reason Santa is so jolly is because he knows where all the bad girls live.

### GRANDMAS PRIDE

"Hi! My name is Gertrude," said the lady as she sat next to the man on the plane.

"It's so nice to meet you! I'm flying to Wellington for my grandson's third birthday and I'm so excited! I remember when he was just a little bundle of joy and now he's already three! It's really hard to believe.

He's the most adorable thing you've ever seen! You know what? Hold on, I think I might have a picture on me. Let me take a look in my purse, yes, here it is, just look at him, isn't he adorable. Do you see his dimple on his left cheek? Simply adorable! I could stare at his picture all day. Oh my, and you should hear him on the phone! He is just the cutest, he says to me in the cutest voice 'Hi Grandma! It just gets me all teary eyed."

After what seemed like two hours for the poor man sitting next to her, Gertrude seemed to realize that perhaps she was talking a bit too much. "You know, I feel terrible! Here I am just talking and talking without letting you get a word in edgewise!

Tell me..what do you think about my Grandson!"

### MANS THREE STAGES

The 3 stages of man:

He believes in Santa Claus.

He doesn't believe in Santa Claus.

He looks like Santa Claus.



## PERFECT GIFT

This past Christmas, I told my wife that all I wanted was a new big screen TV. That's it. Beginning and end of list: Big TV.

You know what she got me? A homemade frame with a picture of us from our first date together.

That's fine. Because I got her an Big screen TV.

## IN A HURRY

A woman and her husband interrupted their vacation to go to the dentist. "I want a tooth pulled, and I don't want Novacaine because I'm in a big hurry," the woman said. "Just extract the tooth as quickly as possible, and we'll be on our way." The dentist was quite impressed. "You're certainly a courageous woman," he said. "Which tooth is it?" The woman turned to her husband and said, "Show him your tooth, dear."

## POOR RUDOLPH

How many reindeer does it take to change a light bulb? Eight! One to screw in the light bulb and seven to hold Rudolph down!

## BEST SON

Three old ladies are sitting around a table playing bridge and bragging about their sons.

"My Freddie," said Margaret, "Everyone should be so lucky to have a son like my Freddie. Once a week he brings me a huge bouquet of flowers, he's constantly bringing me out to restaurants to eat, if I so much as hint that I want something the next morning it's on my doorstep."

"That's very nice about your Freddie", says Gertrude. "But with all due respect, when I think about the way my Sammy takes care of me, it just can't compare. Every morning as soon as I wake up he greets me with bacon and freshly brewed coffee. Every lunch he comes over and cooks me a gourmet lunch, and every supper he brings me to his house for supper, he truly treats me like a queen."

"WELL!" Says Barbara, "I don't want to make any of you feel bad or anything, but wait until you hear about my Harry, twice a week he pays someone \$200 an hour just so he can lie on their couch and talk to them, and who do you think he speaks about at those prices? asks Barbara with a big excited double chin smile, "I'll tell you who he speaks about! ALL HE SPEAKS ABOUT IS ME!"

## SHOP EARLY

It was Christmas and the judge was in a merry mood as he asked the prisoner, "What are you charged with?" "Doing my Christmas shopping early", replied the defendant. "That's no offense", said the judge. "How early were you doing this shopping?" "Before the store opened."

## EASY MONEY

An honest politician, a kind lawyer and Santa Claus were talking when they all noticed a \$5 bill on the floor. Who picked it up?

Santa of course, the other two don't exist!

## CURRENCY EXCHANGE

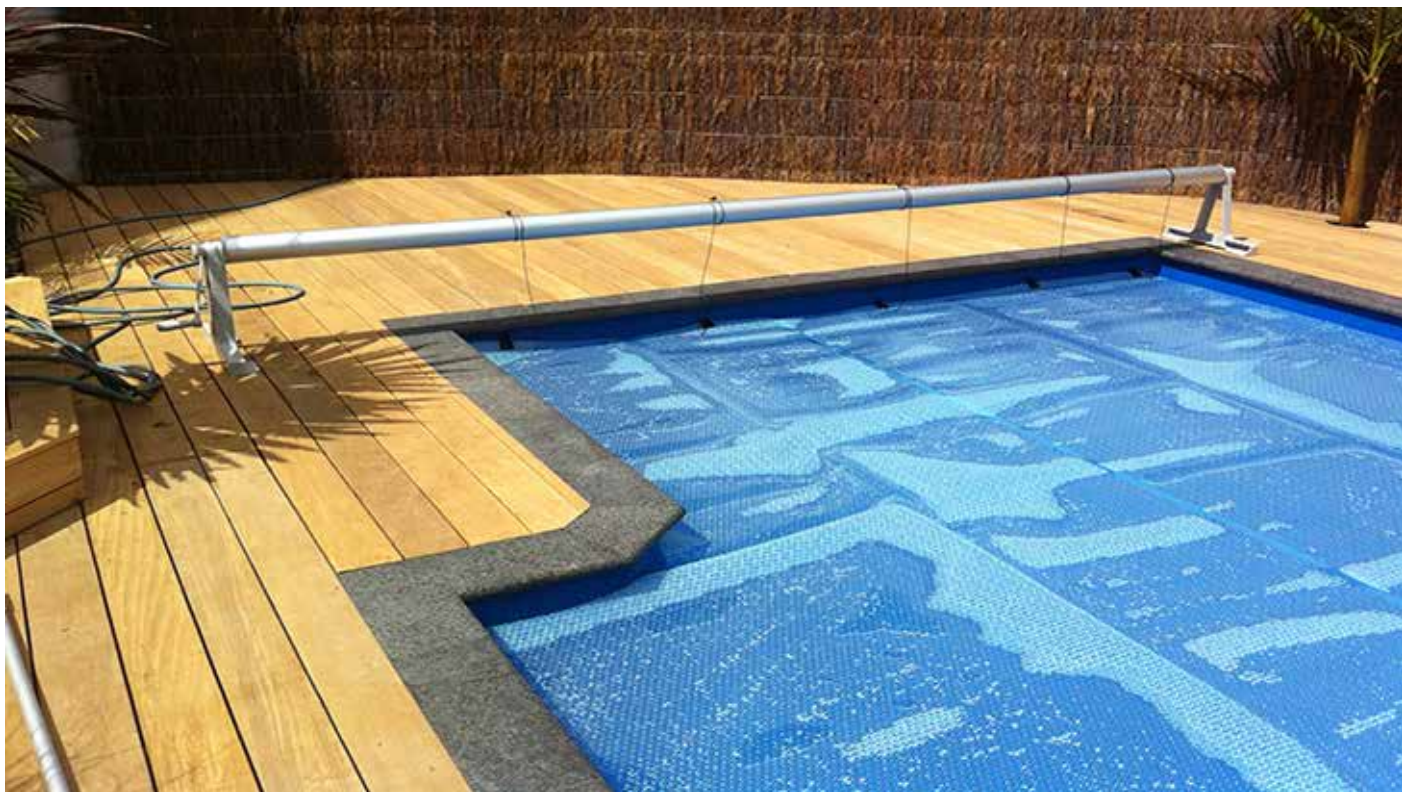
"A Korean man walked into the currency exchange in New York City with 200,000 Korean won and walked out with \$200.

The following week, he walked in with another 200,000 Korean won, and was handed \$185. He asked the teller why he got less money that week than the previous week.

The teller said, "Fluctuations."

The Korean man stormed out, and just before slamming the door, turned around and shouted, "Fluc you Amelicans, too!"





# HOW TO EXTEND YOUR POOL SEASON

**Our summer has become quite unpredictable – when is it going to arrive and how long is it going to be around for. You’ve just spent money getting your pool ready to use so it just might be worth giving some thought into how simple it could be to extend your pool season and squeeze a few extra weeks (or longer!) out of the season and get more use out of your pool.**

## **Pool Covers:**

Adding a pool cover can help to warm up your pool. With a variety of options to fit any size pool, a pool cover uses the power of the sun to warm the pool water during the day and trap in heat overnight. At zero energy cost and a minimal initial outlay, pool covers provide the most affordable way to extend your pool season. Simply keep the pool covered when not in use, and reap the benefits of a warmer pool when you want to swim!

Pool covers also provided the following added benefits:

- minimising water loss due to evaporation
- holding chlorine in the pool longer – saving on chemical use
- automatic pool cleaners still work with the cover on
- can be used all year round to help keep debris out of the pool and making swimming season start up much easier.

## **Heat Pumps:**

Nothing feels better than a full body plunge into a soothingly warm pool. Warm water wraps around you and relaxes every muscle in your body. The entire family will enjoy more time in the pool. Think about all the extra months of fun, exercise and sheer relaxation.

Make use of an energy efficient heat pump, where for every unit of electricity you pay for you get 4 to 5 times the amount of energy back. There is an initial outlay, however, they pay for themselves over time providing you with a pool at the perfect temperature for family enjoyment even when the temperature drops below what is usually considered swimming weather. Since they don't rely on sunshine they are effective even during periods of poor weather. Who wouldn't love another few weeks of water fun?!

For further information on what is best for your pool contact the team at Maurice's Pools & Spas in Cambridge and Hamilton.



# TRUSTED TRADIES AND SERVICES



**HAMILTON AUTOMOTIVE REPAIRS**  
THE GENTLEMEN OF THE AUTOMOTIVE INDUSTRY

## YOUR COMPLETE AUTOMOTIVE MAINTENANCE SERVICE

FREE PICKUP & DELIVERY WITHIN CITY LIMITS

Mike Cox - Director  
027 218 1733



Ph: 07 847 1865

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

82 Killarney Road, Hamilton



027 655 - 5506

29 Clarence St, City

Kathy & Murray

## We try harder.

"We'll go to **great** lengths to sell your home for **more**, in **less** time and with **lower** fees."



0800 000 525  
[mikepero.com](http://mikepero.com)



*Call your local Jim for more than just mowing!*

- Police Checked
- Fully Insured
- Guaranteed Work Quality
- Honest & Reliable

For a friendly free no hassle quote call  
**0800 4 546 546**

- |                    |                        |
|--------------------|------------------------|
| → Lawn Mowing      | → Pruning              |
| → Gardening        | → Weed Control         |
| → Section Cleanups | → New Lawns            |
| → Rubbish Removal  | → Mulch & Bark Gardens |
| → Hedge Trimming   | → Water Blasting       |
| → Gutters          | → Odd Jobs             |



**Empower**  
Gym For Women

ACC approved  
'Strong & Stable' Classes

Facilitated by our  
Clinical Exercise Physiologist

07 838 3888

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

83 Tristram Street, Hamilton

[reception@empowergymforwomen.co.nz](mailto:reception@empowergymforwomen.co.nz)

4 week class concession  
\$50 for non members

Pay for 6 months, get 6 months FREE

- Tyres
- Mag wheels
- Batteries

**tyre tracks**  
[www.tyretracks.co.nz](http://www.tyretracks.co.nz)

**WHERE QUALITY TYRES  
COST YOU LESS**

- Wheel Alignments
- Tyre Rotation
- Puncture repair

0800 43 88 973  
[www.tyretracks.co.nz](http://www.tyretracks.co.nz)  
Cnr Kent & Hall Streets, Hamilton

# bedpost

SleepMaker 

**NZ MADE BEDS**  
STARTING FROM

 **loveyourbed**

# \$649\*

**BEDPOST HAS A  
BED FOR EVERYONE!**

## BEDPOST TE RAPA

9 Maui Street, Te Rapa, Hamilton 3200  
Ph 07 850 5272 | Web [www.bedpost.co.nz](http://www.bedpost.co.nz)  
Em [bedpostterapa@gmail.com](mailto:bedpostterapa@gmail.com)  
Mon - Fri 9am-5:30pm | Sat 9am-5pm | Sun 10am-5pm



**WE ACCEPT THESE CARDS**  
**12 Months Interest Free Available†**

†On in-store purchases \$200 and over. Lending criteria, fees, terms and conditions apply.

\*Discount applies to normal ticketed price.

\*Offer applies to queen size Cherish Plush bed only. Accessories not included. Limited time offer.



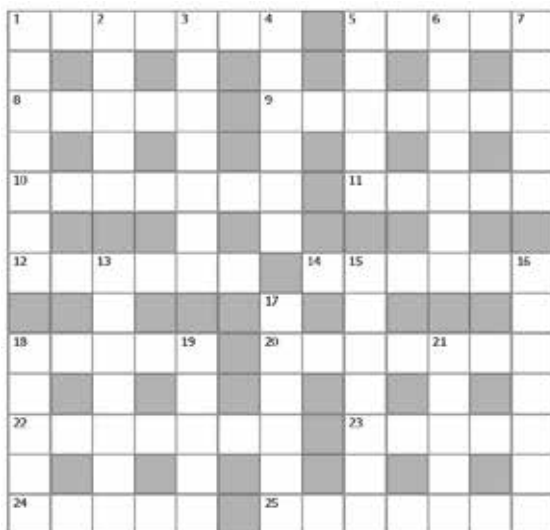


Ph: 07 846 1561  
24 hours, 7 days  
www.seddonpark.co.nz



This month's puzzle pages are proudly brought to you by Seddon Park Funeral Home

## Quickie Crossword



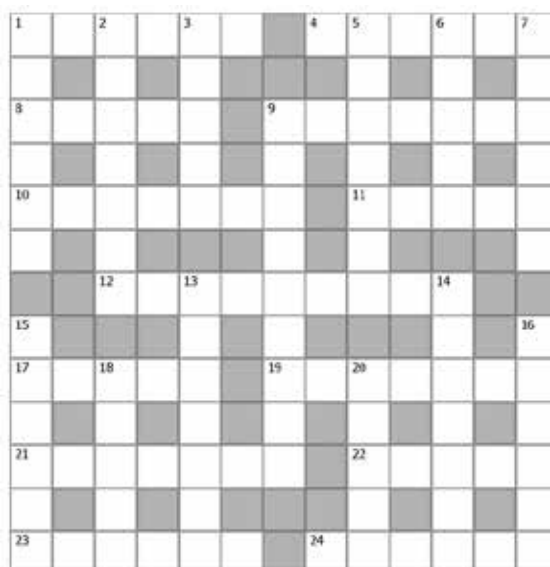
### Across

- 1 Upset, agitate (7)
- 5 Cereal (5)
- 8 Hit (5)
- 9 Citizens of Troy (7)
- 10 Magnify (7)
- 11 Tale (5)
- 12 Walk with long steps (6)
- 14 Plot (6)
- 18 Plunges (5)
- 20 Even, consistent (7)
- 22 New England state (7)
- 23 Waterside plants (5)
- 24 Yorkshire city (5)
- 25 Quick sharp reply (7)

### Down

- 1 Edicts (7)
- 2 Mar (5)
- 3 Spoken (7)
- 4 Beer (6)
- 5 Horribly large (5)
- 6 Fashionable (1,2,4)
- 7 Unpleasant (5)
- 13 Drive backwards (7)
- 15 Sound made by a bird (7)
- 16 As a group (2,5)
- 17 Six-stringed instrument (6)
- 18 Demon (5)
- 19 Halts (5)
- 21 Spells of bowling (5)

## Cryptic Crossword



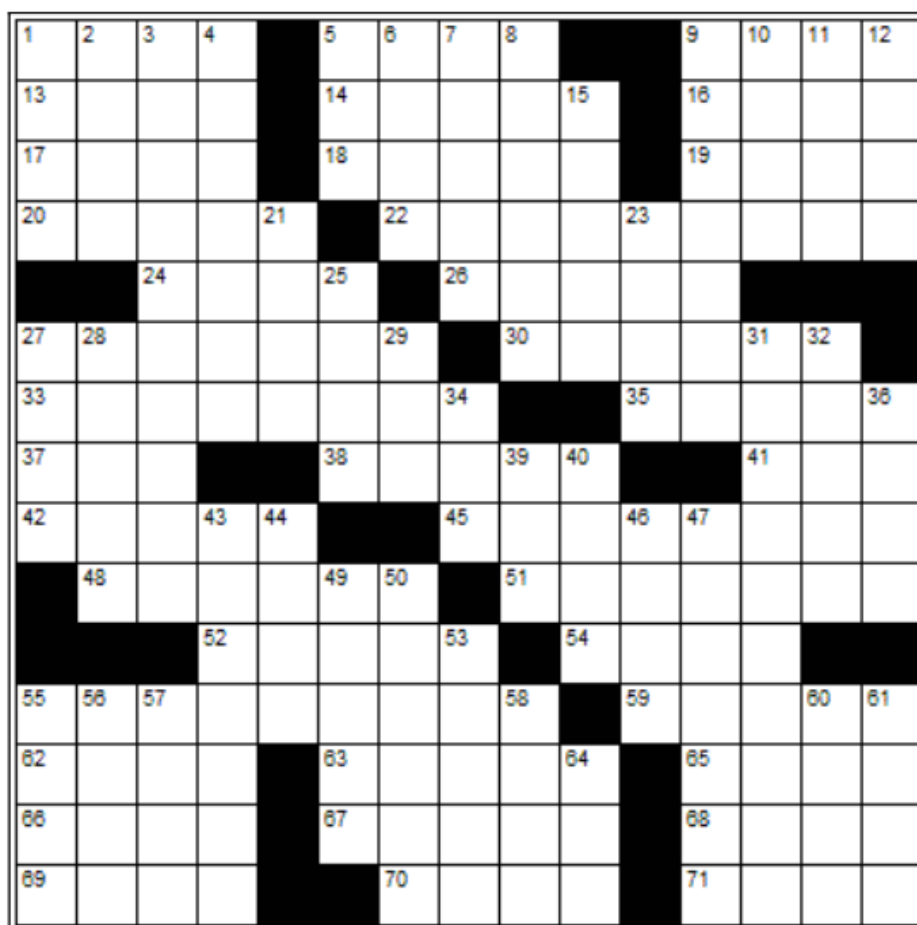
### Across

- 1 A sort of meteor? Far from it!(6)
- 4 Repair broken sword (6)
- 8 Dare nations conceal a battle ground? (5)
- 9 You may have to be patient if you want them to see you (7)
- 10 Denizen of the deep finding work after October (7)
- 11 Relaxed part of overseas education (5)
- 12 Prospero's playing the tyrant(9)
- 17 Let in to confess (5)
- 19 Odd saint given scope (7)
- 21 Boat taking 500 in a sort of lagoon (7)
- 22 I wander back to see a New Zealander (5)
- 23 A psychiatrist has to become smaller (6)
- 24 Prohibited group, so we hear(6)

### Down

- 1 Sanity - there's possibly nothing saner (6)
- 2 Eminent performer in some art form! (7)
- 3 Vagrant seen before parking vehicle (5)
- 5 Bowmen from Ambridge? (7)
- 6 Is about to study pictures (5)
- 7 Not all presidents live (6)
- 9 Indigestion, said Pepys, is troublesome (9)
- 13 Snub that's recorded (3,4)
- 14 Playing on organ in Burmese city (7)
- 15 Scottish food given by witch to American soldiers (6)
- 16 Time for a full stop (6)
- 18 1001 and not a young person!(5)
- 20 Dance and drink with a graduate (5)

# Giant Crossword



## Across

1. Adroit
5. Fizzy drink
9. LummoX
13. Smell
14. Decree
16. Vagabond
17. No more than
18. Hospitality to strangers (Ancient Greece)
19. Anagram of "Sire"
20. Foe
22. Deposits
24. A young horse
26. Finger or toe
27. Letter carrier
30. 2nd largest country
33. Doubter
35. Motif
37. Zig-\_\_
38. African virus
41. Woman
42. Manicurist's board
45. Craftiness
48. Ring around the nipple
51. Huge
52. Clumps
54. Disgorge
55. Without someone's knowledge
59. An elongated leather strip
62. Groan
63. The color of grass
65. Hindu princess
66. Pear variety
67. Cubic meter
68. "Smallest" particle
69. Comply with
70. Smudge
71. Jump

## Down

1. A hemispherical roof
2. Biblical garden
3. Index finger
4. Vibrating effect
5. Gender
6. Poems
7. Ate
8. Sour
9. Long-legged spotted cat
10. Forsaken
11. Death notice
12. Sleep in a convenient place
15. Subarctic coniferous forests
21. Sweet potatoes
23. Pepper \_\_\_\_
25. Tardy
27. Labyrinth
28. Small terrestrial lizard
29. Pen part
31. Pervert
32. Accumulate
34. Bovine
36. If not
39. 52 in Roman numerals
40. Charity
43. Rule of a substitute king
44. Part of an egg
46. Rapsallions
47. Having no personal preference
49. Yearns
50. Terminates
53. Broom
55. Part of an ear
56. Newbie (slang)
57. Headquarters
58. Roman emperor
60. Dwarf buffalo
61. Panderer
64. Mesh

**Find the answers to the December puzzles in the February issue of Seasons magazine**  
**Answers to older puzzles can be found at [www.seasonsmag.co.nz](http://www.seasonsmag.co.nz)**



# Giant Sudoku

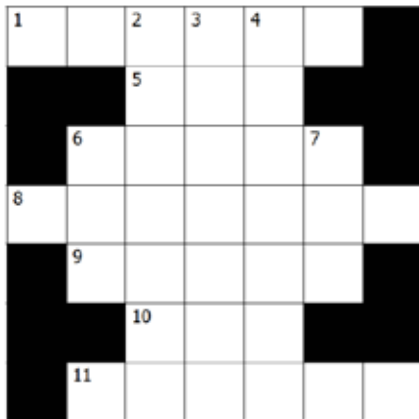
							19	4	10	12	20	17	1	16	7	14	18				15	11	8	
	3			12	17	24		11	2				13		5	20	22	1				23		
	7	20		4	13	25	1	8		3		15		5	9	2			23			19		24
22	5	1	13	19			9	23		4		14	10	25	15				11			20	18	
15		21	10	17			3	12	5		18						4	19	25		13	22	7	
20							23	21		1		22		7	18	6	19	14		24	11	4	12	17
			21		10	20	14	1	3		13	6	11	18	2	16	23	22					15	5
13	14	25	6			18		7	19		12		4	21	1	3	5		8			2	20	16
12	16		8			5		15	11				24		13	4	9	21				18	19	14
7					2	8	4	6	12	23													9	1
		5						13			6	1	19		3	8	7	12	15	11	24		22	18
3		6	1	8				20			2	10		13	14	9	21	11	22		17	16		
10		17	16		7	9	25			22	3			11		5					14	13		
21	19	4	22	15	18	11	16	2			25	7	14			10		17	1				3	
		12	14	7			6	17	1			20	5		19			16	24	9	8			21
5	11	10				19	18			13	4			2	8	15	14		16	7			25	20
2	9		20		1	10	8		21	17			7		4	22	3		5	12		15	23	
	15		12		4	23			20	5	16					11	1		18	21		24	14	
19	1	13		23	3	12	24			8	10		9		20	17	6						11	
	8	16	25			13				14	21						2			3		17	10	
				16	5		12	10		25	14	8		19	17		15		20		1			23
23	12		7	13	8				6				2	22	21	1	10	24	9	16	3	14		19
1		24	5	20	15									12	25			2		18	22	21	17	10
	10			6	19					7	15	5	16	3	12	23	11					9		2
		19		9		4	13	18	14	20	1	24		10								12		

## Mastermind

- 01 Nguyen Tan Dung became Prime Minister of which country in June 2006?
- 02 Templeton Peck is a character in which US television series?
- 03 Borachio is a villain in which Shakespeare play?
- 04 In the US television series 'Spin City', who played Randall Winston, the dim-witted Mayor of New York City?
- 05 What is the title of the first number one hit released by the Tamla Motown record label?
- 06 In medicine the MMR vaccination gives protection against which diseases?
- 07 A carillon is a set of at least 23 what, often located in a tower, each producing a musical note and usually played from a keyboard?

## Mini Crosswords

Mini Crossword 01



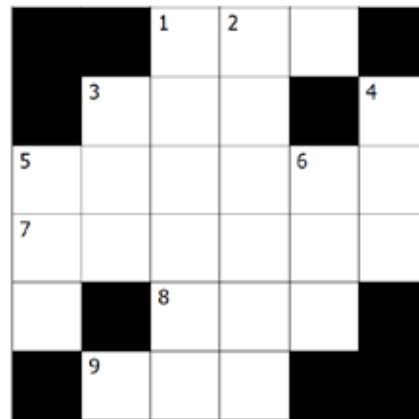
### Across

- 1 Not picked up
- 5 "\_\_\_ to Joy"
- 6 Frock wearer
- 8 Medal giver
- 9 Like some communities
- 10 Insult, in slang
- 11 Medical professional

### Down

- 3 Nutty
- 4 Honey
- 6 Driving hazard
- 7 Scarlet

Mini Crossword 02



### Across

- 1 Hustle
- 3 Lion's home
- 5 Overcome
- 7 Aimless
- 8 Freudian topic
- 9 Low card

### Down

- 1 A chosen person?
- 2 Part of a rainbow
- 3 Clunker
- 4 Boeing 747, e.g.
- 5 Bleeding Gums Murphy's instrument
- 6 Roswell sighting

## Word Change

Morph the top word into the bottom word by only changing one letter at a time.

chase
catch

### Clues:

- Delicacy
- Trample
- Type of chord
- Test
- Warble
- Kind of weave
- Slops
- Static
- Kiosk

great
small

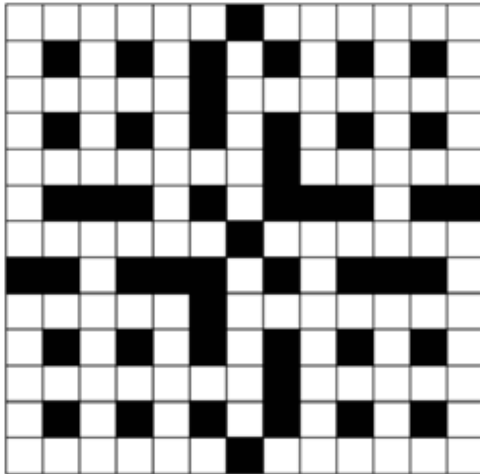
### Clues:

- Discontinue
- Charter
- Lead
- Percolate
- Fruit
- Roost
- Sear
- Mend

Find the answers to the December puzzles in the February issue of Seasons magazine  
Answers to older puzzles can be found at [www.seasonsmag.co.nz](http://www.seasonsmag.co.nz)



## Word Fit



### 5 letter words

CALLS  
ERROR  
LAYER  
LINER  
RANCH  
ROYAL  
RULES  
SIDES  
SPILL  
STEEL  
TAXES  
VEINS

### 6 letter words

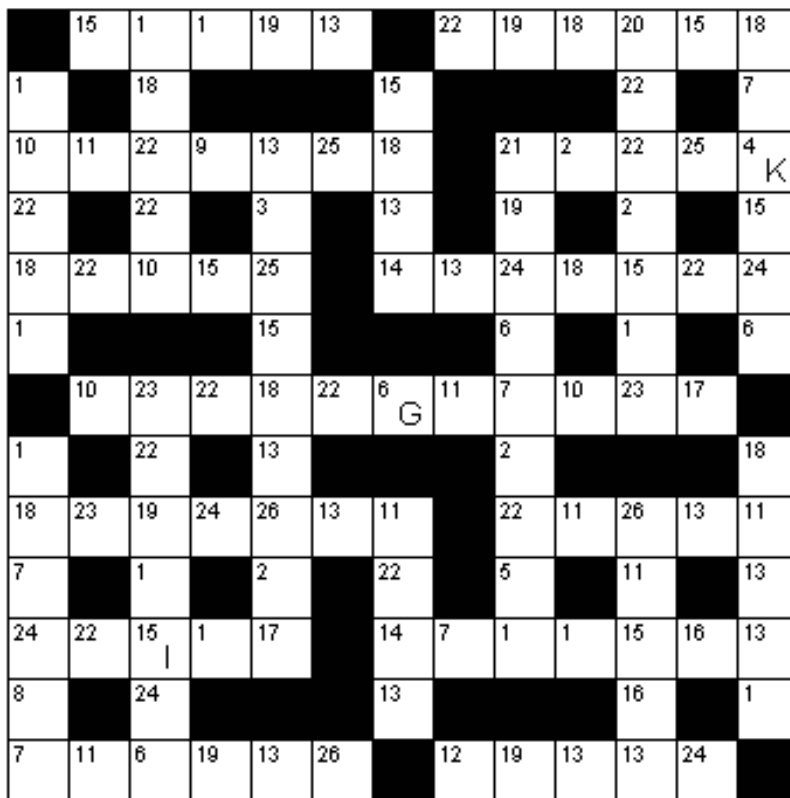
ASYLUM  
LIKELY  
METRIC  
SCRIPT  
TYPIST  
URGENT

PADLOCK  
PARENTS  
REVOLVE  
RIDDLES  
SALIENT  
THEOREM

### 7 letter words

ARRIVAL  
EMOTION  
ENDORSE  
ENHANCE

## Code Word



1	2	3	4
5	6	7	8
9	10	11	12
13	14	15	16
17	18	19	20
21	22	23	24
25	26		

Each number in the grid represents a letter of the alphabet. The letters T, A and N 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

## Hub Word



How many words can you make from the letters in the wheel?  
Each word must contain the hub letter 'R'. Can you find a 9-letter word and at least 20 other words of five letters or more avoiding proper nouns?

## Answers

## Number Block

The missing numbers are integers between 0 and 12.  
The numbers in each row add up to totals to the right.  
The numbers in each column add up to the totals along the bottom.  
The **diagonal** lines also add up the totals to the right



								50
3	5	1	8		3	1		27
9	7		3	6	5	0		30
1	5	3	2	6		6		28
	4	1	11	2	0	10		31
8	0	9	2	1	2			23
3	8				9	11		56
		12	4	6	5	4		49
37	37	36	37	35	29	33		38



## Christmas Brain Teasers

### Name That Christmas Carol Clues:

1. Bleached Yule
2. Castaneous-colored Seed Vesicated in a Conflagration
3. Singular Yearning for the Twin Anterior Incisors
4. Righteous Darkness
5. Arrival Time 2400 hours – Weather Cloudless
6. Loyal Followers Advance
7. Far Off in a Feeder
8. Array the Corridor
9. Bantam Male Percussionist
10. Monarchial Triad
11. Nocturnal Noiselessness
12. Jehovah Deactivate Blithe Chevaliers
13. Red Man en route to Borough
14. Frozen Precipitation Commence
15. Proceed and Enlighten on the Pinnacle
16. The Quadruped with the Vermillion Proboscis
17. Query Regarding Identity of Descendant
18. Delight for this Planet
19. Give Attention to the Melodious Celestial Beings
20. The Dozen Festive 24 Hour Intervals

## Syllacrostic

Fill in the answers to the clues by selecting the correct syllables from the list below. Each syllable can only be used once and the number of syllables to be used is shown in brackets. When the correct words are filled in, the first and last letters reading down will reveal a proverb.

AD, BA, BE, BER, CI, DEL, HI, IN, KA, LA, LAI, LI, MID, MO, NATE, NE, NISH, O, PHI, RA, ROUS, SOR, TED, TI.

1. Burdensome \_\_\_\_\_ (3)
2. Freed \_\_\_\_\_ (4)
3. Site of the Temple of Apollo \_\_\_\_\_ (2)
4. Sleep during winter \_\_\_\_\_ (3)
5. Reprove \_\_\_\_\_ (3)
6. Stringed instrument \_\_\_\_\_ (4)
7. Tooth \_\_\_\_\_ (3)
8. Shy and cautious \_\_\_\_\_ (2)



Q: What Christmas song is hidden in the alphabet below:

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

Find the answers to the December puzzles in the February issue of Seasons magazine  
Answers to older puzzles can be found at [www.seasonsmag.co.nz](http://www.seasonsmag.co.nz)

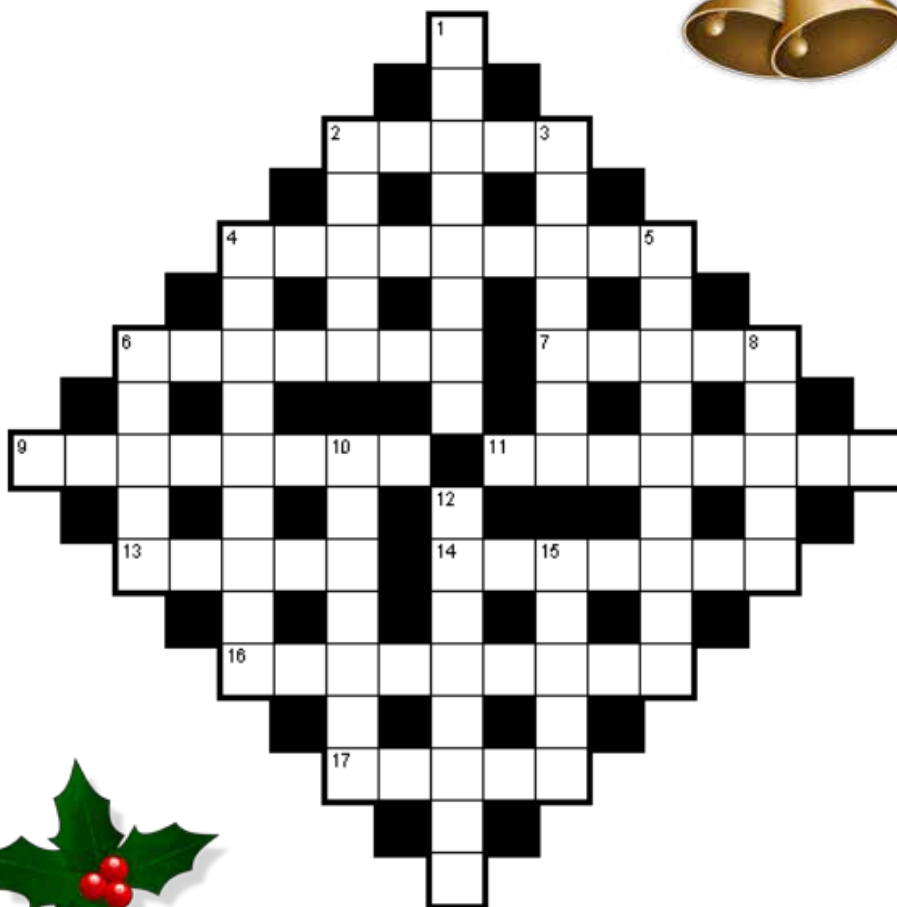


## Spot the difference

Can you spot the 7 differences between the two Christmas pictures below?



## Diamond Cross



### Across

2. Repulse (5)
4. Prolonged (9)
6. Deadlock (7)
7. Tripod (5)
9. Answer (8)
11. Rare (8)
13. Additional (5)
14. Abjure (7)
16. Unwilling (9)
17. Shinbone (5)

### Down

1. Character set (8)
2. Hazards (5)
3. Lamp (7)
4. Protagonist (9)
5. Discordant (9)
6. Publication (5)
8. Demarcation (5)
10. Type of onion (7)
12. Melting pot (8)
15. Crown-like headdress (5)



# Answers to the November Puzzles:

## Quickie Crossword



## Cryptic Crossword



## Word Fit



## Giant Crossword



## Giant Sudoku



## Mini Crossword 01



## Mini Crossword 02



## Mastermind

- 01 Femur
- 02 One
- 03 Floyd Mayweather Sr
- 04 Cod
- 05 Kevin Darling
- 06 Maxilla
- 07 Banja Luka

## Word Change

- hoots house
- boots rouse
- booth rouge
- sooth gouge
- south gorge

## Hub Word

9-letter word - NAVIGATOR

Some other words of five letters or more containing the hub letter R:  
 agora, antra, aorta, argon, argot, atria, grain, grant, griot, groan, groat,  
 groin, intro, naira, noria, organ, raita, ratio, riant, riata, taira, tiara, train,  
 varan, vigor (US), virga, angora, organa, rating, ration, raving, roving,  
 trigon, virago, aviator, orating, vagrant, variant.

## Code Word



Ph: 07 846 1561  
 24 hours, 7 days  
[www.seddonpark.co.nz](http://www.seddonpark.co.nz)



**SEDON PARK**  
 FUNERAL HOME  
*Where we celebrate life*

This month's puzzle pages are proudly brought to you by Seddon Park Funeral Home





# Merry Christmas

*and a happy and safe 2018*

from all the team at Seddon Park Funeral Home



**SEDDON PARK**  
FUNERAL HOME  
*Where we celebrate life*

*Incorporating*  
**SADLIERS  
FUNERAL  
SERVICES**

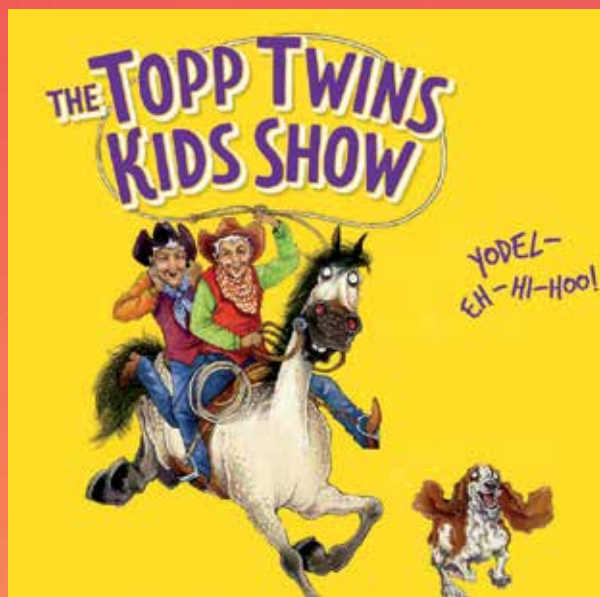
P: 07 846 1561 | F: 07 846 1586 | [seddonpark@seddonpark.co.nz](mailto:seddonpark@seddonpark.co.nz) | [www.seddonpark.co.nz](http://www.seddonpark.co.nz)  
49 Seddon Road, Hamilton | PO Box 5523, Frankton 3242

# HAMILTON GARDENS ARTS FESTIVAL

7-18 FEB 2018



## HIGHLIGHTS INCLUDE:



### WILFRID GORDON MCDONALD PARTRIDGE

A DELIGHTFUL PLAY ABOUT A YOUNG BOY, HIS OLDER NEIGHBOURS AND A SEARCH FOR LOST MEMORIES



### PARTY LIKE GATSBY

RETURN TO AN ERA WHEN SPEAKEASIES WERE HOT, GIN WAS COLD AND JAZZ WAS KING!

**PLUS FESTIVAL  
FAVOURITES SUCH  
AS THE MANSFIELD  
GARDEN PARTY,  
TEDDY BEAR'S PICNIC  
AND OUTDOOR FILM  
SERIES**

Bookings can be made in person at **i-SITE**, Garden Place, Hamilton  
phone **0800 842 538** online **hgaf.co.nz**