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magazine

Life Beyond 50

February 2018 • Waikato/Bay of Plenty

Moving Forward
Kicking off 2018

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Let's have a think!

50+ and Loving it!
Festival Event Update

Jenny Magee
Sharing the Load

Kingsley Field
I attended a family reunion...

RHODODENDRON TOUR 2018

House of Travel Cambridge has a blooming lovely excursion teed up in October.

The five day/four night tour visits the best rhododendron gardens in the central North Island, with stays in New Plymouth, Whanganui and Tongariro National Park.

House of Travel Cambridge retail manager Amanda Tunley says this New Zealand garden tour makes the most of New Plymouth during full rhododendron bloom.

"You will get to meet private gardeners, wander magnificent Pukeiti and visit the exhibits in the unique Tawhiti Museum.

"Other highlights include visits to Hawera, Whanganui, Cross Hills Garden and the Chateau Tongariro.

"This small group tour focuses on showcasing the most beautiful gardens of the North Island," says Amanda.

The tour price is all-inclusive, covering transport, accommodation, meals and entrance fees.

"Numbers are strictly limited to 18 travellers so book now," says Amanda.

The programme has been put together by MoaTrek, which specialises in small group tours popular with discerning, mature travellers who appreciate the finer things in life and desire a unique, personable experience.



Cross Hills Garden at Kimbolton, renowned for its collection of more than 2000 rhododendrons and azaleas, is a feature stop on the tour.

With twin share and single options available, the Taranaki Rhododendron Garden Tour runs from Friday October 19 to Tuesday October 23.

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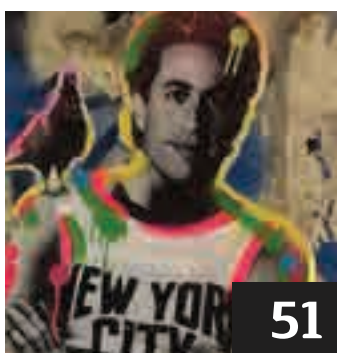
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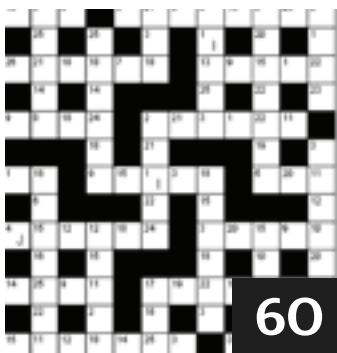
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
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So New Year's Eve for me was a great evening BBQ shared with family and friends and watched midnight fireworks, sipping on champagne punch and listening to music, seeing the dawn of 2018. It's exciting but a little scary at the same time, sort of bitter-sweet, the unknown that will unfold itself as we go through this year of 2018 and discover

Also I would like to give a big thanks again to our readers, our writers, our advertisers and our staff for 2017, and for helping us develop the magazine to be even better for 2018. Thank you all for your support.

Mijda

Submitted by Valda Entwisle

4 seasons

MOVING FORWARD

The one thing about moving “as we now have” into a New Year is the prospect of fresh beginnings and opportunities in many if not all aspects of our lives, and for some that have made their New Year resolutions from losing that Christmas waistline through to winning lotto (both of mine), the way forward in 2018 seems set to kick off in an upbeat positive manner.

A saying my mother always bombards me with is: “make a plan and stick to it because if you fail to plan you are planning to fail,” and as I get another year older and have managed to grow some ears I now see this as a must, “And funnily enough with Mum’s advice,” it works! (Just don’t tell her I said that as I will never hear the end of it)

What I’m getting at here is that everybody has a wish list of things they have needed, wanted to try, buy or just assert in their lives. The lists can include things such as start a new business or project, meet new people, join a club, take that cruise, or even smaller objectives such as trying that new hairstyle or paint the house, but all of these things need the will to do so. To achieve this you need to set the goal and timeframe and make the effort to bring the vision to reality.

So here is how I go about this process, and don’t get me wrong, this doesn’t mean that I will achieve everything I wish for like winning lotto, but I have found it keeps me on track and even if I don’t achieve them all I do achieve some.

- **Step one:** Be Fearless (Do it)
- **Step two:** Sit by yourself or with friends and make your 2018 wish list (great fun with friends over a vino or two)
- **Step three:** Choose a few of these that you feel with some effort the possibility is achievable.
- **Step four:** Set a time to start and Start!!

I tend to throw myself in the deep-end with projects and plans with a go hard or go home attitude, but in some ways this helps me focus, and this is especially true if I put a little pressure on myself by having others pushing me because of a fun side-bet or even a little competition.

So this year 2018 “for me anyway” is a year of big projects, hard work and making efforts to do things for better or for worse, because being stagnant is not an option or even something that I would consider. Time waits for no man and if you don’t start actioning those plans whether it be for fun, business, family or finance reasons the possibility is you never will.

And remember:

“The only thing standing between you and your goal is the bullshit story you keep telling yourself as to why you can’t achieve it.”

- Jordan Belfort

Grant - Team Seasons



I attended a family reunion in the middle of last month...

It wasn't my family, but over the past two years I had become closely acquainted with many of the ancestors, and some of those who were in attendance. And it was, indeed, a great occasion, a time of laughter and chatter and surprise meetings and amazed realisations that "you look just like Grandma Ruth [or great-aunt Gladys or Uncle Frank]". There were smiles everywhere, and perhaps, too, occasional tears of absolute joy.

The gathering was held in a large modern family farm homestead near Te Awamutu, with sprawling lawns and big shady trees. Seats and little tables, drinks and nibbles, and large boards of photos and deftly-drawn family trees gave everyone the opportunity to find their place in the world, and to also quickly figure out where others they had just met, fitted in.

It started at 10am, and within an hour there was almost a hundred people there, ranging from older folk to small fry, with a good smattering of young people who were just beginning to get an inkling of what wider family means and why their parents and grandparents placed such importance on it. They suddenly realised that they had cousins and other family who lived in Dunedin and Tauranga and Whakatane and Auckland, and several interesting places overseas. The older folk sparkled as they became the focus of attention repeatedly – they were the ones who had the long-term knowledge and who could readily connect the dots. They also remembered the little anecdotes about staid adults who had once been lively, even errant, children; and grandparents or great uncles who had particular or lovable foibles; or why a certain event caused a family's sudden change of direction.

There were several who were widely acknowledged as "the keepers of family history", or at least a branch of it, and collectively these "memory banks" held a considerable pool of family historical knowledge. It had been my privilege and my real pleasure, over the past two years and more, to interview several of these "memory banks" and get from them at least some of the history of this widespread family. The transcriptions of these interviews ran into thousands of words. And along with their freely-given information came photographs and letters, diaries and postcards, and an assortment of other papers which all helped to document the broad-brush life of a family since its arrival in New Zealand in 1868.



The gathering, in January 2018, was, of course, to commemorate the family's 150 years of being in their land of adoption.

I was given total access to all the available documents. There were scores of them – great bundles of hand-written letters from England from family in the 1860s and '70s recently left behind on the long-established farms in Cornwall; diary notes scrawled in haste during a business trip to Mexico in 1898; the childish scrawl of a little boy painfully writing under the guidance of his older sister to their parents who were touring for a year in the Argentine and Britain in 1912-1913; the detailed 1877 daily diary notes of a young man assuming the responsibility for the family farms at Cambridge, and who was also surreptitiously falling in love with a young local belle.

And from the interviews and from the plethora of documents, I gleaned an extraordinary story. It was more than two years in the making, but we finally published a book – Reynolds of Trecarne – of 344 pages, almost 100 illustrations, and a dozen pages of family trees. Copies of it are now spread around the world – the Argentine, Hawaii, England, Perth, Brisbane, and various places across New Zealand.

It's difficult to gauge what level of interest there will be in such a publication in these circumstances – it's a substantial book that weighs 1.2kg per copy, containing somewhere about 265,000 words – and publishing such a project is a tad more than sixpence each. So the production run was carefully modest. But with new-found relatives having spent more than two hours discovering they also had lots of other new-



found relatives, and the excitement of a day of family bonding getting seriously under way, the launching of the book at noon meant an almost instant sell-out. Fourteen copies are already en route to the Argentine: Henry Reynolds, third son of William and Betsy, the intrepid couple who with their young family first came to New Zealand in 1868, took his family to the Argentine about 1897 and established himself and family in considerable circumstance there, setting up beef ranches and dairy businesses, and travelling regularly to England to tend to business interests there. Another family member subsequently joined him. The Reynolds family spread.

It was Henry and his brother Richard who established the Anchor Butter brand back in 1886 at their newly-founded butter-making factory at Pukekura, south-east of Cambridge, close to the substantial family home of their parents which is now the wonderfully-tended old Trecarne homestead. It was built in 1877, and the grounds were lavishly planted by William Reynolds and his family over the ensuing years. Many of those magnificent trees still stand, testament to men and women of vision and an understanding of creating long-term beauty for the benefit of generations yet to come. And if you look closely at a one-pound block of Anchor butter in the supermarket, you will see, right there under the Anchor logo, the notation "Since 1886".

The Reynolds' story was a wonderful story to tell. Inevitably, there were tragedies of unimaginable grief and anguish, especially with the deaths of a number of little children. There were, too, times of great public acclaim for some of the earlier generations – Richard was nationally acknowledged as one of the best judges of livestock in the country; his wife Madge was awarded a rare medal of honour by the Belgian Government for her work to assist people in that war-ravaged country during the conflict of 1914-1918; others were acknowledged for their skill and leadership as farmers and their understanding of animals and the land. They were family-oriented, but understood the need to offer what assistance they could to their communities, and they served on councils and boards and committees for the benefit of others. The womenfolk especially, wrote prodigiously, keeping in touch with their children, their siblings and their elders, and

many of their letters still survive, often bearing datelines that are more than a century old. They make fascinating reading, though transcribing 100-year-old handwriting is not always easy, especially if silverfish have also taken an interest in the paperwork.

Last month, the descendants of these early settlers soaked up this knowledge, trading stories and anecdotes, filling in gaps in family trees, figuring out who fitted where, and trading phone numbers and email addresses. Two descendant brothers from the Argentine and their sister who has long lived in Perth teamed up and toured New Zealand for more than a week, delighted with the warmth of their reception here, and loving what they considered one of the most beautiful places they had ever seen.

Just as the book went to print – two weeks before Christmas – another folder was discovered, filled with yet more marvellous letters and documents, almost all of them from the early years of last century, and one dated July 22, 1870. Of course, they are all hand-written: everything was in those days, and sometimes the writing was legible, and sometimes it was little more than a series of squiggly lines. Transcribing them all was both fun and time-consuming. So now, with demand mounting, we are faced with a hefty reprint of the book, adding in small corrections, which is good. And as well, we will be creating an Addendum, a further 27,000 words of all the newly-discovered letters and other documents.

Suddenly, we have created a whole family history. It is a wonderful story, full of vigour and life and adventure, fun and danger and grief and all the extraordinary things that happen to families over the decades. But mostly, it is a story about people, two and three and four generations ago. They were remarkable people. And we were fortunate we did it when we did. Many of the people who provided vital information on those older generations are themselves now older generations, and if their information had not been garnered now, it may not be available at all in 10 or 20 years. And it would then be lost for all time.

European New Zealanders are beginning to realise that many of us have been here for four or five or six generations, 150 years and more, and we Europeans now have a history of our own in this country.

I believe it is important we make sure our own stories are properly recorded while the information is still available. And it's a really enjoyable thing to do.

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



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Tim Macindoe

MP for Hamilton West



Paws 4 Life

Happy new year to all readers. I hope you had an enjoyable Christmas and a good holiday.

Many families will have acquired new pets for Christmas and most will become much loved and be well cared for. Sadly, however, as was reported by Trade Me, a record number were abandoned by Boxing Day, and that's why the animal rescue organisation within our region, Paws 4 Life, is so important.

Since beginning in 2010, Paws 4 Life has rescued over 5000 animals. Managing Director Rachael Maher says Waikato has huge kitten, cat, puppy and dog issues, and the problem is greater when compared with other regions in New Zealand.

"Some areas in New Zealand have their de-sexing and population of animals under control. However, in Waikato the de-sexing message is not getting through," she says.

"We find that there are owners who believe their animals are better off if they have that one litter. It's an old school theory and we are continually working to change that mind-set. De-sexing and micro-chipping are a one-off cost that solves a lifetime of problems."

Paws 4 Life don't just take kittens or puppies, they work with older animals that have been injured or are stray or sick. "We have rescued kittens, cats, puppies, dogs, lambs, birds, hedgehogs – any animal that needs help, we will help!"

Paws 4 Life operates from one main shelter and the animals grow up or rehabilitate in loving foster homes.

Fosterers are always required to take puppies, dogs, a mother cat and her kittens or just the kittens, depending on their age. The foster homes are provided with a crate, bedding, food and all other necessities.

"People enjoy fostering as they can do it at a time that suits them and their family," says Rachael. "We want the animals to be a part of their life, we want the children to cuddle them, we want them to meet and learn to live with other animals, to be played with, named, socialised and for the fosterer to get to know their personalities, because that is going to help the animal to be adopted."



Mother cats and dogs generally just need to be loved and time to rest. "The animal didn't ask to have another huge litter and to be homeless. They just need love."

"We have a large network of amazing people who all donate in various ways," says Rachael. "We operate purely through our team of volunteers who foster, donate time, donate food, donate animal equipment, offer financial support, provide services and generally help in every way that they can, all for the greater good of the animals."

"At the moment we have a vacancy for a cleaner twice a week – a love of animals is a must!"

Paws 4 Life is 100% operated on donations and fundraising. All the animals have an adoption fee which helps cover some of the costs. "No animal leaves without being vet-checked, de-sexed, vaccinated, micro-chipped, registered, flea treated, worm treated and any other health concern looked at," explains Rachael.

"We need a new cat-trap to replace ones we have lent that have not been returned – this costs \$338, but will help a lot of cats in the long-term, and will save animals' lives."

"We always need wet and dry kitten and cat food, cheap budget kitty litter, cat and pet equipment like scratching poles and toys that we can send out to foster homes, and old rags or blankets."

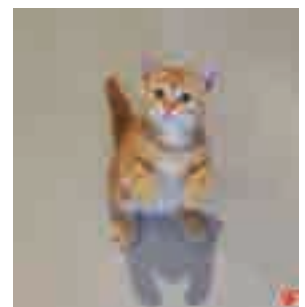
Kitten season is currently in full swing and already proving to be the busiest season ever for Paws 4 Life; however, there is always room for an animal in need. "Our philosophy is to say 'yes' to every animal – we will work out the logistics later," explains Rachael.

"We do this because it is the right thing to do; to alleviate an animal's suffering is the core reason why we exist."

Paws 4 Life also provides a rehoming service for pets whose owners are moving into an aged-care facility, or who are deceased. "We are here for those animals too. The family just needs to give us a call, let us know the time-frame they are working with and make arrangements to bring the animal to us."

"Owner Surrender means Paws 4 Life becomes the owner of the animal and allows us to rehome them," explains Rachael.

Kittens for adoption are available from Petstock at The Base, and Cambridge, with information posted regularly on Paws 4 Life's Facebook page (www.facebook.com/paws4lifenz). More information regarding fostering, donating and volunteering can be found on www.paws4life.co.nz.



Rachael's passion for animals and their welfare has not diminished over time, and she is more determined than ever to make a difference where she can. "I see a life and I just want to do the very best I can for that little life in front of me."

SOMETHING FOR EVERYONE!

Last minute preparations are being made in time for the opening of the 2018 Hamilton Gardens Arts Festival on Wednesday 7 February 2018. For twelve days, the Hamilton Gardens will be transformed into the Waikato's preeminent arts event.

There's something for everyone with a dazzling line-up of performers from all genres – comedy, classical music, and drama. Festival favourites the Mansfield Garden Party, Teddy Bears Picnic and the outdoor Film Festival will return once again.

The Topp Twins will yodel their way through their Kids Show at 2pm on Sunday 11 February. Farmyard themed, the "Topp Twins Kids Show" features guitars, mouth harps, the spoons and plenty of jokes, and singing. Beloved entertainers Lynda and Jools Topp will delight all ages with a memorable hour of fun.

Author Witi Ihimaera along with Waikato Tainui's Tom Roa and composer Dr Janet Jennings will premiere their dazzling musical drama, "Flowing Water". This work tells the epic story of the Waikato River and includes kapa haka,

film, dance, singing and acting. Waikato-Tainui have been generous in their support of this landmark production, and two performances have been scheduled.

Local acts include an entirely Maori and Pasifika cast presenting "A Midsummer Night's Dream"; historian Joanna Bishop's work "A Revealing Thyme" based on her studies of medicinal plants in colonial New Zealand; Sarah Nathan stars in a one-woman show "Shirley Valentine"; and actors Nick Wilkinson and Courteney Mayall will star in the funny and poignant musical "Last Five Years".

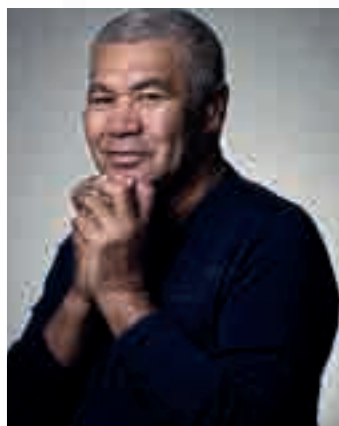
A Festival Hub will be set up adjacent to the Pavilion and weekdays from 5pm, and weekends from 10am to late. The hub will feature a line-up of free musicians, roving performers, market days and a terrific range of food and drink options.

The Festival Programme is available from the Hamilton Gardens Information Centre, Hamilton City libraries and i-SITES in Garden Place, Cambridge, Te Awamutu, Morrinsville and Raglan. Tickets are available from ticketek.co.nz. Booking fees apply.

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Simon Bridges

MP for Tauranga



Who does the work?

That's the burning question in the aged care industry at the moment and Tauranga could lead the way on answering this. Late last year Metlifecare announced it would be building a new facility at The Avenues with 30 beds and around the clock care. The project is due to start in May and is expected to be completed mid 2019. It's estimated that it will create 40 new carer jobs.

Projects like this are popping up across NZ but there are major concerns around who actually does the work. A plan is needed and quickly if we are to fend off a serious staffing shortage.

This message is echoed by New Zealand Aged Care Association Chief Executive Simon Wallace who says nationally we are going to need 1000 extra caregivers, each year between now and 2026-27.

Our region is likely to be the hardest hit with its ageing population and the huge number of retirement home and care facilities in the pipeline.

Much of the aged care workforce is made up of immigrants. It's essential that we continue to have the ability to recruit overseas. Placing tighter restrictions on immigration is a major hindrance when recruiting care and support workers.



The new Government is now realising that if it tightens up on immigration rules, it can't plant a billion trees, build houses and resource retirement and rest homes.

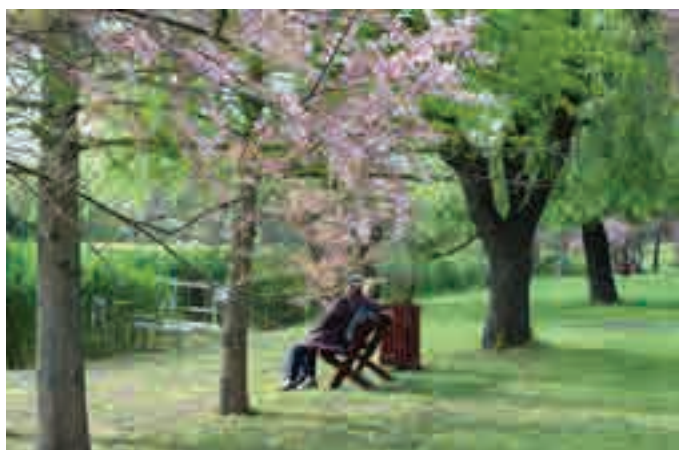
Immigration isn't the only issue. Traditionally it has been a low paying industry however last year the National Government delivered the pay equity settlement. This meant from 1 July 20,000 workers who were on the minimum wage of \$15.75 per hour now earn at least \$19 an hour, that's a 21% pay rise. For a full-time worker they now take home around an extra \$100 a week. This is a major difference when comparing it to the hospitality industry.

But how can we encourage more workers into the aged care sector? One way is to focus on promoting it as a viable career with potential pathways into nursing. Currently if you are a carer your experience cannot be cross-credited. This is something that needs to be addressed if we want to attract



top quality workers who stay in the industry and have the potential for career growth.

New Zealanders deserve the best care as they age. And family members need the peace of mind that their parents and loved ones are being cared for by skilled operators and staff. Tauranga could become the first region that offers training and qualifications that transition into nursing.



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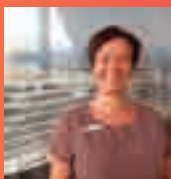
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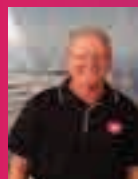
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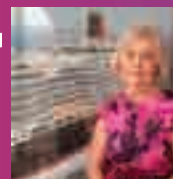
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A Message from the **Minister for Seniors**



Minister Tracey Martin
Care

On the 15th of January I travelled from Auckland to Rotorua to visit a couple of facilities that I have interest in as, in the first instance, the Minister for Seniors and, secondly, Minister for Children. Both of these visits meant that I had to enter a secure unit; both were to Kiwis who did not really want to be there; and both of these visits involved meeting amazing New Zealanders who were supporting, with care, those individuals.

The first facility I visited was “The CARE Village” at Ngongotaha. The village is a community-owned not-for-profit charitable trust that opened in September 2017 and provides aged residential care with a difference. Its vision is to create a lifestyle that gives people with dementia as normal a life as possible and provides an opportunity for them to not only exist, but thrive. Based on the Dutch dementia village De Hogeweyk, the CARE Village is designed to give people living with dementia the opportunity to go about their normal lives. It replicates a small scale New Zealand town with 13 single level six and seven bedroom houses, each staffed by an individual caregiver. Each household looks and functions as a typical home, reflecting research that shows people with dementia are much happier when they live in an environment they recognise as home.



My grandfather suffered from dementia and at one stage was placed in a locked hospital ward. Visiting him was distressing, both for him and for us. The ward he was in was not only for those with dementia but also catered for other mental illness. The level of stress on the patients, the staff and those visiting was obvious. The feeling of those visits has stayed with me for a long time - my grandfather passed away on the 15th of February 2000.



What a difference it was to visit the CARE village, and to pop in to the “homes” where smoked fish pie was being prepared for lunch in one while bacon and egg pie was almost ready in the other. The atmosphere was calm and the residents able to potter around in the garden, plant flowers, even build a few paths. According to the managers, medications have dropped along with the stress levels for all. The village is a three year pilot that operates with support from the Ministry of Health.

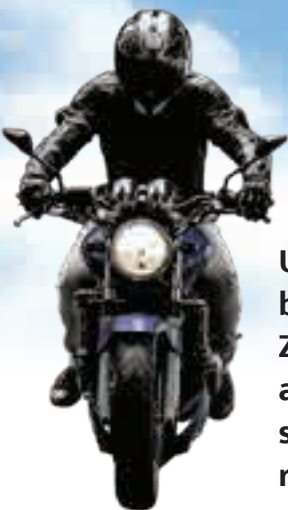
The Dementia Economic Impact Report 2016 tells us that approximately 62,287 New Zealanders are currently living with dementia and 13,819 are living in residential care. The prevalence of dementia is estimated to grow to 170,212 by 2050, with an estimated 37,446 places being required in aged residential care. This pilot gives us an opportunity to evaluate the positive or negative effects this change of model could have for these Kiwis, and judge its affordability and long term sustainability.

The second facility I visited that day in Rotorua was also a secure facility, but at the other end of the spectrum. Te Maioha o Parekarangi Residence is a Youth Justice Residential Centre that was officially opened in 2010. The residence currently provides secure facilities for up to 30 young men aged 13 to 17 years, 24 hours a day, seven days a week.

I was met with a rousing haka by the young men, followed by a haka powhiri. After the formalities two of the current residents took me on a guided tour of the facility. They were respectful, engaging and polite. They were hopeful for their futures, both had achieved some NCEA credits and won scholarships to do further study on their departure from the residence. A great lunch was put on with one of my young tour guides being kind enough to finish the other half of my steam pudding for me. I enjoyed myself. And both visits reinforced for me that all those involved in both facilities do their best because they want the best for those in their care and that everyone needs to be cared for sometimes.

Elder Abuse – It’s not OK.

0800 32 668 65 (EA NOT OK)



FATHER FOLLOWS SON

Usually, it's son follows father, but in the case of Shane and Zurrin Wiki, it's the other way around when it comes to their shared affection for motorcycle racing.

Zurrin, 27, is a former student of Hamilton's St Johns College who turned up one day at the Hamilton Motorcycle Centre with a beat-up scooter and a desire to become a motorcycle mechanic. Former business owner Heath Boddie took him on as an apprentice. Shop foreman Matt Higgins took him under his wing and six years later he's still there.

Heath had encouraged Zurrin to take part in 'shop rides' with other centre clients and was impressed with his skills and helped him to buy a Kawasaki ZX-6R, a four-cylinder 600cc super-sport bike. More recently, with a good deal through Triumph he obtained a new Triumph Daytona 675 which he has campaigned for the past eight months.

Dad Shane Wiki, 54, is part of the Waikato Scaffolding family business and has ridden Harley Davidsons most of his life as big open-road cruisers. His current ride is a Harley Fat Bob. But he hadn't been introduced to racing until Zurrin became involved about three years ago. "I had pit-crewed for Zurrin for a couple of years before I decided it was time I got something out of it and started chasing him around the track."

Shane is in his first racing season on a 2007 Honda CBR 1000cc Fireblade. Not a new bike but still competitive and plenty fast enough for Shane. "I'm just a newbie. I'm still getting my knee



down, working on getting the elbow down. Even though I'm a bit older I discovered I can still fall and slide into the sand traps. I thought I might break things but I'm OK."

The racing year begins with the winter series in July and continues in the 'Tri-Series' at Taupo, Manfeild and Wanganui's 'cemetery' circuit on Boxing Day.

Last year Shane and Zurrin found themselves in the same race which has two competitions going at the same time - the Juniors for under 900cc bikes and the Seniors on machines rated 1000cc or more. The competition is intense and the smaller bikes are easily competitive.

At the coming Paeroa Battle of the Streets Shane and Zurrin will compete in separate classes with Shane in F1 and Zurrin in both F2 and Bears (British, European and American). Paeroa will be Shane's last competition ride this season.

"I might do some track days in between but otherwise I'll wait until the tri-series comes around again. I've learned a lot in the past couple of years including riding to my capabilities. Shane can handle his own oil changes and change a tyre when he needs to. But when it comes to the more complicated stuff it's handy to have a mechanic as a son," he said.





Les De Lacy, 90, at the Pukekohe Classic meet on February 3.

Meanwhile, motorcycle racing has become a family pursuit with the Wikis, cousin Jesse Wiki, also part of the scaffolding business has come from a motocross background to join Zurrin in track racing. Both Zurrin and Jesse will become dads themselves in the next few months - so the final comment goes to Shane.

"Grandad is going to do a lot more babysitting,"

The annual Paeroa Battle of the Streets, Sunday February 18, is the town's single largest community fundraising event. Town Promotor Jo Tilsley said up to 350 local volunteers took part over the weekend and helped to raise around \$30,000 which was distributed to a wide range of local community groups.

Now in its 27th year the event is expected to attract about 120 riders and a crowd of around 10,000 spectators.

Geoff Lewis



Zurrin won the classic TT race at Manfeild last year and gained the trophy inscribed with the names of such Kiwi motorcycle racing legends as Hugh Anderson and Ginger Molloy. As a result of this win Zurrin has gained the opportunity to ride two bikes, a 350cc Aermacchi and a '72 Triumph Dayton 500cc, owned and gloriously prepared by Hamilton motorcycling icon



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HOW TO AVOID POOL PROBLEMS IN HOT WEATHER

Wow! We are actually having a summer this year and the higher than typical temperatures are continuing. This hot weather can create problems for swimming pool owners, especially if a routine swimming pool maintenance program is not followed. Remember when it's hot the pool gets a hammering and bathers add sweat, sunscreen and oils. This can turn your beautiful sparkling pool to hazy in no time.

Here's a few pointers to keep your pool water sparkling:

- At least once a week test your chlorine and pH levels and adjust them accordingly. Chlorine is far more effective if the pH is kept in the okay range of 7.4-7.6. and keeping your chlorine level at 2. Use more chlorine when it is hotter!
- If using a tablet feeder or putting tablets in your skimmer basket/s keep a close eye on these and top up as required.
- Adding Stabiliser (Cyanuric Acid) to the water acts as a sunscreen helping to hold the chlorine in the water longer. A must for salt water pools.
- If your pool has had a hammering then doing a shock treatment in the evening will help to break down bather waste. We recommend using Bioguard Lite that oxidises the water, brings back the sparkle and bathers can swim within an hour of treatment. (Not suited to all pools. Please ask what is best for your pool.)
- Once a week give your pool sides a good brush to remove any biofilm build up that could lead to turning your pool when the conditions are right. Ideal time is in the evening and before doing a shock treatment.
- Hedgehogs falling into pools is quite common this time of year and if they perish then a shock treatment of chlorine is required.
- Bring a sample into our stores once a month for a comprehensive water test and recommendations to keep your pool ready for use. Bring in a sample sooner if you have a problem.

Pool equipment

Having pool equipment that is operating properly is also very important when the weather is hot. Following are a few pointers concerning pool equipment from our service technicians:

- Be sure that your pool pump is operating at least 10-12 hours per day. Circulation and filtration is key.
- If you have a salt system, be sure that it is turned up to the level that is needed. Although all pools are different, we recommend that most salt systems be set to run at least 80%, if not 100%, during this hot weather' with your pump running as above. You only produce chlorine when your pump is running.
- Be sure to keep your filter backwashed (or cleaned) regularly.
- If you notice that something is not operating properly give us a call.

Try to think ahead about what is coming up in the week ahead. Are you having a pool party? Do you have a dog that swims?(this is equivalent to 50 people in your pool) Is it forecast to rain? Asking questions like this can help you to adjust your routine so that the pool stays clear and beautiful, and you avoid cloudy water or algae turning your pool green very quickly.



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BREAKING NEWS!!!

As 2018 kicks off so are we at the Keeto Heath Clinic. We have some very exciting up and coming new products and new services in store for you.

With recent World Health Organisation statistics indicating that over 30% of the world's population will be aged 60 years and older by the year 2050, we are ramping up our efforts to promote Brain and Cardiovascular health over the next few months. These areas are two of the leading causes of disease and disability in ageing communities.

Coronary disease, atherosclerosis, stroke, cognitive decline, and dementia can be significantly reduced and prevented with the implementation of preventative health measures such as lifestyle changes, dietary changes, nutritional support, and education.

In light of this we are hitting the road with our FREE 1-hour Educational Workshops across the Waikato region. No matter how large or small your group is, we will come to your homes, schools, businesses, libraries, community centres and shopping centres for a short ground-breaking presentation on how you can take action NOW in order to live a longer, healthier, more fulfilling life.

BOOK YOUR FREE SEMINAR NOW!

Alternatively, you can bring your group to our clinic or come alone for a free 1 hour one-on-one health consultation (to the value of \$100 dollars).

BOOKINGS ARE ESSENTIAL:

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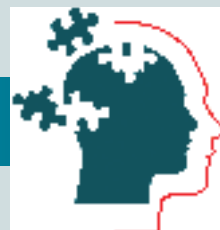
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www.keetohealth.co.nz/seasons.pdf

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Age Concern Hamilton

Phone: 838 2266

Postmaster@ageconcern.gen.nz



OLDER PEOPLES' CONTRIBUTION TO COMMUNITIES

The year has started with positive publicity of the value of older people.

We have seen news articles detailing a lot more older people contributing to the workforce after age 65 (1% of the total workforce in 1991, 6% now and predicting 9% in the next decade) along with more about the value of older people in workplaces.

For those who have retired, voluntary contribution is another way to contribute to the community. Volunteering is a mutual benefit - both the volunteer and the older person wins. From volunteering from your own home, such as the St John Caring Caller service, visiting another older person to provide company regularly through the Age Concern Visiting Service, or dozens of other opportunities such as those offered through Volunteering Waikato, satisfying roles which help older people participate in meaningful activities, maintain social connections, help to improve mental wellbeing and our own sense of worth. Volunteering that involves mobility can have physical benefits as well.

For anyone with room for another New Year's resolution, consider volunteering and contributing to your community.

Brent Nielsen | Executive Officer | Age Concern Hamilton

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Sharing the Load

'This is not where I expected to be,' she said. 'I'm fit, healthy, active and engaged and now this?'

Cancer does that, hitting us without warning when life is going along just fine. Taking the wind out of our sails, when we thought we were in the clear. In this case surgery is, we hope, the cure, but it's radical and life won't be the same.

I know there are dark moments of fear and the wotifs are worst in the wee small hours. Those times when we most need someone or something to hold on to, until the shaking stops. Those are also the times when it's easiest to retreat and hide away from the world, shunning assistance as though we have to travel this alone.

She has been a sister to me for the best part of five decades. Always there no matter what, with calm practical support, big hugs and unconditional love. Our long walks and deep conversations are on hold for now, as we find new ways to connect and communicate about what matters to us both.

Just as she has stood with, and for, us in the past, now it's our turn to stand with her. This community of family and friends who will do whatever it takes to support her through this. It's the only possible response to such a devastating diagnosis.

When the wheels fall off, or get a bit wobbly, it's easy to take the road that focuses on self. After all, it's you that is unwell, it's you that has the tough path to navigate. I've watched as some back right away from the world, closing off to travel alone and refusing support. It's as though they have to prove they can carry the burden themselves. Others are demanding, full of expectations and comparisons that inevitably lead to disappointment when the support falls away.

This time though, I'm witnessing a different way. An inclusive focus in which her choice to love and support us, is enabling us to love and support her. It's all about her and all about us at the same time. That sense of community strengthens us all and, I've no doubt, will speed her healing.

She's helping us to help her, by inviting us to be part of her crew and offering us parts to play. One to keep everyone up to date with regular progress emails. One to look after her vegetable garden, watering and harvesting, while she's in hospital.

My part is twofold. First to find books to inspire – the first I'm sending is *Kitchen Table Wisdom: Stories that Heal*, by Rachel Naomi Remen M.D. The stories recount the kind of courage that I think she will recognize. The second was an invitation to spend a day in the kitchen with her, making batches of the family favourite, Betty's Best Bengal Chutney. With love and laughter, we remembered stories over steaming, fragrant pots of apples, tomatoes, dates, vinegar and spices. The old handwritten recipe card is faded and stained with years of repeated use. How much cayenne? Just add a tablespoon and see what happens! Two batches of jars filled, relationships sealed, gifts made and more memories embedded in the fabric of family.

It seems to me that there's plenty of talk about inclusion these days. Plenty of earnest discussion about the need to leave no-one out. Yet when it comes to the most personal of situations, a life-threatening illness, the default can be to stand back from those who care most for us. Perhaps it's a protective reaction, thinking that we withhold the pain and the burden that often comes with illness. But to paraphrase the saying that it takes a village to raise a child, so too it can take that same village to heal us when we are unwell. The odds of surviving and thriving are far greater when we have the loving support of others. That sustenance is not a given, rather an offering on the back of decades of strong relationships. How that offering is translated into the greatest value is a matter for negotiation.

She is helping us to help her, by making space for us to be on her team. Not just in platitudes and cups of tea, but in ways that use our strengths, enrich the relationship and enhance us both. Beyond turning lemons into lemonade, we're willing her to wellness in the ways we know best. And in the process we are all becoming better together.

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



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Tauranga & WBOP Association

Hello everyone. It's a bright new year and although we don't actually know what's in store for us I'll take a positive view and say at least some of it will be interesting, exciting, useful and informative and may hopefully make us happy!

Years ago at a 50th birthday quite a large group of us were talking about aging and how some of our parents in their twilight years had little or no interests or hobbies to occupy them. We took a vow that day to make sure that we had something productive and interesting to do by the time we reached retirement.

For all the younger readers – think about what you would do with your time if you were living alone and the family was not close by. I don't mean this to sound depressing but recent statistics from the UK show that some 200,000 seniors are living alone and are experiencing loneliness. Not everyone is cut out to join clubs or groups and be on committees but think about things that interest you. Cooking – write out some of your favourite recipes and give them as Christmas or birthday presents. Gardening – no longer have a garden – grow something by seed in a pot or ask a friend for a cutting and

MAKE YOUR VOICE COUNT

watch it grow. If you are able to use the computer then there is a world of information for you to read or watch. It is however personal contact that nourishes us the most.

For most, the New Year will have started out well but for some it may have been a rocky start and it has made me think about our coping mechanisms. Our lives seem to be full of stresses – technology, media and the general pressure of living. When we hit a bad patch, how do we cope with the fall out?

Years ago, most people went to church regularly – a lot, not because of deep religious faith, but it created a network of friends and support from those that gathered for an hour or two of quiet reflection. This was often where people turned to in times of need and I feel that as a country we have let this slip and not thought to replace it with anything other than the TV, computers and mobile phones.

One great idea to do straight away – JOIN GREY POWER!!

All the very best for this year.

Jennifer (President for Tga & WBOP)

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LET'S HAVE A THINK!

The big issues we'll face in 2018 will depend on who you are and where you are.

Affordable Housing, or rather, unaffordable housing, is a core reason cited by organisations that run foodbanks for the increasing demand on their services, even among employed people on low wages. It is a core reason for stress among low-income families which lead to family break ups, child abuse and relative poverty.

The Labour-led coalition has proposed and begun to act upon a series of ambitious targets including housing.

Among these is the Kiwibuild programme aiming to build 15,000 'affordable' houses as part of a target of 100,000 new dwellings over the next decade, with half being in Auckland.

But what is 'affordable'? These dwellings are projected to cost between \$500,000 and \$600,000 for a stand-alone house and less for an apartment.

Using the ANZs on-line calculator and its current floating rate of 5.79 percent the prospective home owner coming in with a 15 percent deposit on \$600,000, borrows about \$500,000 over 30 years, that requires repayments of \$732 a week.

The quoted average pre-tax gross median income in 2016 was \$48,800 - so it would take all of someone's median income to pay for the average house and that's before little things like eating. Effectively it requires two average incomes to pay for the average house. The average house price in Auckland is now over \$1 million - or more than 20 times the median income.



The core drivers to the blow-out in housing values can be found in factors including booming immigration, an undersupply of housing, and importantly, an over-supply of money.

The booming economies of east Asia have pushed huge amounts of liquidity into the international financial system. It was the poorly controlled and irresponsible use of this deluge of money that led to the GFC (General Financial Crisis) from 2007. In an effort not to have the world's economy collapse into another Great Depression, national central banks treated the GFC with Quantitative Easing, aka, Printing Money.

Banks are in the business of selling money. The more they have, the more they can sell. The price of anything is determined by how much money is available. The great blow-out in housing prices is not so much an under-supply of housing, but an over-supply of money.

New Zealand has suffered from an inadequate ability to control the growth of credit through the banks. At least until recently the primary 'brake' on the expansion of credit has been the setting of the 'Official Cash Rate' by the Reserve Bank. The RB has the power to hike interest rates. This would reduce the number of people willing to take on mortgage debt. However, it is a crude method and has the unwelcome side-effect of increasing the value of the NZ dollar. This makes NZ products and produce more expensive to overseas buyers, impacts on the profitability of NZ export industries and costs jobs.

Successive Governments have had the simplistic idea that building huge numbers of houses will bring the cost of housing down. No it won't - unless there is a corresponding brake on credit, or the availability of money. Banks had been lending to house buyers on 5 - 10 percent deposit. The previous National-led Government introduced LVRs (Loan to Value Ratios) in an attempt to slow burgeoning housing prices. These ramped up to 40 percent for Auckland in particular. But the latest news is that LVRs would be eased in 2018. So here we go again. We will have a wall of new housing just in time to meet a wall of money. Will this reduce the cost of housing? - No.

The horse has bolted as far as housing prices in NZ goes. Outside of collapsing the housing market, and bankrupting half of NZ - not a great way to get re-elected, we are stuck with unaffordable housing for at least the next generation and that's if things stop where they are now.

High housing costs follow into high rentals, thus further disadvantaging those who already have no chance of ever saving enough to put a deposit on a house. A better chance of a control in the housing market lies across the Tasman - if the Australian economy picks up, thousands of Kiwis, including new migrants, will abandon ship and thus take some of the pressure off the demand for housing.



IS HIGH-SPEED RAIL A SOLUTION TO TRAFFIC CONGESTION?

Last month there was the rather ironic announcement from Ford Motor Company chief executive Jim Hackett that warning of the "overwhelming pollution and paralysing congestion" caused by motor transport -and this was set to get worse with the impending rise of driverless vehicles - and this from the company that brought affordable motor transport to the masses.

To counter this Hackett called for a major re-design of cities. He is right. Cheap motor transport has been one of the most liberating conveniences of the modern age. We have become so used to being able to jump into our car and go wherever we want, whenever we want, that we see it as a right. But as congestion increases this is, as anyone who has been stuck in traffic on the Auckland motorway is aware, is a freedom which has increasingly serious limitations. Traffic jams are enormously inefficient - in time, fuel and lost productivity.



The problem is that railways are very expensive - and sitting on a train while using the internet is an oxymoron - a contradiction. The better use of the internet, and encouraging and enabling people not use motor transport, is the real answer to traffic congestion problems.

Many people will travel each day to 'information-transfer' jobs which, if they had the correct equipment, they could do from home. Does Betty, the office manager for ABC Plumbing, actually need to drive her car from one side of the city to the other to sit in an office to do the same sort of work she could do from home via modern communications technology? Do a group of real estate agents need to travel from Tauranga to Auckland for a training session that could be achieved through a video conference a few blocks away?

Decentralisation - the person-less office - must be the way of the future and a major means of reducing traffic congestion.

So far, this opportunity to reduce traffic congestion by encouraging and enabling people to work from home or near home, has not been investigated.

Geoff Lewis



The Labour-led coalition Government, at the prompting of a variety of local politicians, is taking interest in the idea of a high-speed rail connection between at least from Hamilton and Auckland. This idea has been around for some time. Many have suggested that rail passengers will be able to 'pull out their laptops and work while they're sitting on the train to Auckland'.

KNOW YOUR DENTURE OPTIONS

The world of dentures/teeth replacement has developed a lot since their origins in 700BC, whereby Etruscans (modern English name given to a civilization of ancient Italy, its homeland was in Tuscany, northern Italy) made dentures out of human or animal teeth.

Although these materials deteriorated quickly, the dentures were easy to produce and remained popular until the mid-1800s. Ivory dentures were popular in the 1700s, made from natural materials including walrus, elephant, or hippopotamus!

One of the most famous early denture wearers was the first U.S. President, GEORGE WASHINGTON. Contrary to popular belief, however, Washington's dentures were not made of wood. Washington sported some of the highest quality false teeth of the time, consisting of a denture plate made of carved hippopotamus ivory into which human teeth (along with parts of both horse and donkey teeth) were fitted.

Around 1774, ALEXIS DUCHÂTEAU crafted the first porcelain dentures. But these were prone to chip and also tended to appear too white to be convincing. Human teeth, or "Waterloo teeth"-- named for dead soldiers' teeth plucked from the battlefield after the 1815 Battle of Waterloo, were in higher demand. Waterloo teeth were riveted into the base of animal ivory.

In 1820, a Westminster silversmith and goldsmith named CLAUDIUS ASH was asked to craft new and improved dentures. At the time, most false teeth were still made from ivory (which was prone to discolouring) or from human teeth. The real teeth were extracted from soldiers' corpses or executed criminals, procured by grave-robbers, or even obtained from direct sale by the desparately impoverished.

Still improving, from the 1850s onward, dentures were made of vulcanite, a form of hardened rubber into which porcelain teeth were set.

Fast forward to today and **CLINICO DENTURE CLINIC & HEARING** here in Hamilton has an array of outstanding options made from the very latest superb technologically developed materials.

Here are Some Options Available:

COSMETIC DENTURE- The Cosmetic Denture is known as the "Anti-ageing Denture" using natural white looking teeth and techniques to create the appearance of being ten years younger in some cases.

The Cosmetic Denture comes with a three year manufacture's warranty and are hand made in our own laboratory right here in the Waikato in the most state-of-the-art facility.

PREMIUM DENTURE- Premium Dentures are designed to be hard wearing high quality dentures.

Premium dentures are hand made in our own laboratory right here in the Waikato in the most state of the art facility and carry a two year manufactures warranty.

ESSENTIAL DENTURE- Clinico Essential Dentures are made to be durable and robust.

They carry a 12 month manufactures warranty and are made right here in the Waikato in our own state of the art Laboratory.

The Essential denture is ideal for those on a tight budget.

CHROME PALATE DENTURE- The Chrome Palate denture has two benefits over any other full upper denture.

They are to give un-breakable palate strength and are a lot thinner than any other full upper denture.

If you have natural lower teeth and require a full upper denture then the chrome palate is for you.

CLINICO ACRYLIC PARTIAL DENTURES- Clinico Acrylic (Partial) Dentures are made from high quality materials, hand crafted to provide a comfortable fit and unique custom detailing.

They are available in a range of natural shades to blend closely with your gum tissue.

CLINICO CHROME PARTIAL DENTURES- Clinico Chrome (Partial) Dentures are precision cast to provide a light, strong and durable denture delivering optimum comfort in your mouth.

They are available in a variety of shades and with custom detailing for the most natural look.

CLINICO FLEXIBLE PARTIAL DENTURES- The Clinico Flexible (Partial) Denture is the best possible option for comfort and appearance of a partial denture.

They are made from nylon, are flexible, made to last and are five times stronger than the conventional acrylic partial denture.

CLINICO CHROME COBALT PARTIAL DENTURES- Clinico Titanium (Partial) dentures are made from medical grade titanium delivering a strong, durable and lightweight finish.

They are available in a choice of shades to blend with natural gum tissue and are extremely wear resistant.

DENTURE ADDITIONS- Denture additions are the ideal problem solver when it comes to replacing an extracted tooth when you have a partial denture.

It is not uncommon for a natural tooth to require extraction after a denture has been fitted - this is where we can help - in some cases you do not need a new denture after having one or two teeth removed, Clinico may simply be able to add teeth to your current partial.

DENTURE REPAIRS- When it comes to dentures sometimes accidents are unavoidable.

However there's no need to fret! Clinico denture repairs offer a comprehensive service for cracked or fractured dentures.

We can also repair chipped artificial teeth or replace ones that have broken.

Dentures are at higher risk of a break or chip if the dentures no longer fit your mouth properly.

This is due to natural factors such as mouth shrinkage that occur naturally over time.

Dentures under too much pressure (teeth grinding for example) can weaken and denture breakage can occur.

IMPLANT DENTURES- Implant retained dentures are a revolutionary way of having secure upper and lower dentures.

- There are a number of options available and your Clinico Clinician will discuss the benefits of each approach to help determine which is most appropriate for you.
- There are two main types of dental implants, including conventional (full) implants and mini implants.
- There are advantages to each type of implant, so please ask your Clinico Clinician which implant solution is best for you.
- Implant dentures result in less movement than conventional dentures, which have no connection except to your gums and are they are easily moved out of position by the tongue and lips.
- This is uncomfortable and can be embarrassing, but implant retained dentures are fixed in place and are much more secure.
- We do our very best to ensure that implant retained dentures give you the look, feel and function of real teeth.
- You will taste foods properly again, implant retained dentures don't cover the roof of the mouth.

IMMEDIATE DENTURES- An Immediate Denture is a complete denture or partial denture inserted on the same day, immediately following the removal of natural teeth.

- The most important advantage of Immediate Dentures is that you will never need to appear in public without teeth.
- It is also easier to duplicate the shape, colour and arrangement of your natural teeth while some are still present in your mouth.

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- When an immediate denture is inserted at the time of extraction, it will act as a Band-Aid to protect the tissues and reduce bleeding.
- An Immediate Denture will allow you to establish your speech patterns early.
- You will not have to learn to speak without a denture in place and then later relearn to speak with a new denture.
- An Immediate Denture will also allow you to chew better than without any teeth and minimise facial distortion that may occur when teeth are removed.
- About six months following initial tooth extractions your Immediate Denture must be finalised by a permanent reline or new denture.
- A major advantage to making a new denture is that the Immediate Denture can be a spare denture if the new denture breaks, is misplaced, or has to be repaired or relined in our laboratory.
- Some people may be advised against Immediate Dentures due to general health conditions, or because of specific oral problems.

DENTURE RELINES- Are your dentures loose and uncomfortable?

A denture reline is needed when a denture starts to slip or fall down usually caused by small changes occurring in your gum tissue over a period of time.

It is recommended that dentures should be relined every two years.

A reline involves resurfacing only the internal part of the denture to readapt it to the shape of your gums.

We may just be able to get those old dentures fitting like new with a reline.

CONTACT: Clinico Denture & Hearing, Anglesea, Anglesea Imaging Centre, Gate 2, 11 Thackeray Street, Hamilton, Phone 0800 11 23 24

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Article written by Allan Nicholson



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Festival Month Updates

It's all starting to get a little exciting now with time flying toward this FANTASTIC event for our wonderful 50+ communities.

We have had a huge response from businesses and services catering for everything from finance, demonstrations, adventure, exercise, retirement planning and a raft of other fantastic displays of goods and services particular to those now entering or living in the prime of their lives.

The 50+ and Loving it Festival has sites still available to any organisations and companies wishing to promote their goods and services to this market in a spectacular fun-filled festival/expo atmosphere, which is a first in New Zealand on this scale.

The 50+ market is one of the fastest growing and active markets in New Zealand currently and is showing signs only to increase in the next 5 -20 years.

This year's 50+ Festival / Expo is showcasing fantastic performances and acts of great New Zealand talent such as our headline act on our main stage with Tom Sharplin and the Cadillacs and will feature many other great artists on both our indoor and outdoor stages.

Although the theme for this event is for the 50+, we will be encouraging you to bring along the whole family for a day of fun-filled activities.

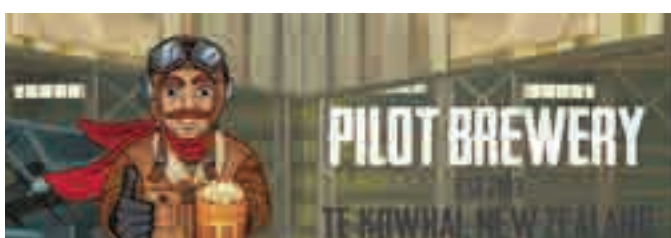
Once again, be fast to book your site as these are now becoming very limited in availability.

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Standing to Represent Hamilton East Communities



WHY MANO?

Mano Manoharan has worn many hats for community over the years from being the President of the United Nations Association of NZ Waikato branch and also very active in his local Neighbourhood watch amongst wearing many hats as Chairman of several community focused boards.

- ✓ **Active in working with and connecting Communities**
- ✓ **Experience to burn in dealing with community and council negotiations**
- ✓ **A long History of standing strong on issues that matter and making things happen.**

Authorised by N.Manoharan
103A, Silverdale road, Hamilton 0274513771

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**VOLUNTEERING
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THE GIFT OF VOLUNTEERING

I'd like to begin by telling you a little about my Grandmother, Connie Tulloch. Connie lived in Putaruru for much of her life and was somewhat of a trailblazer. Along with two others she founded the Putaruru branch of Red Cross, helped establish scouting in the town (acting as treasurer for a while), was an active Plunket member and a long-time supporter of the Rotary Club. She helped establish Putaruru's library and was the first woman school committee member of Putaruru High School. In her spare time Connie played golf (serving as secretary for some time) and was elected a member of the first Putaruru Borough council. She served on the Waikato Hospital Board for 20 years and was chairman for 6 whilst also giving many years' service to the Ex-Prisoners-of-War Association. Connie received many awards for her community service over the years and I think she was very proud of her achievements and contribution especially given the challenges she would have faced as a woman and solo mother in the 1930s, 40s and 50s. If you could ask her now though, what was the most rewarding part of all of this volunteering and community service she would say the people she met and friends she made along the way.

Volunteering brings so many benefits to individuals. It gives a sense of purpose and structure to our days and keeps us engaging in a positive way with our community. There is plenty of evidence around to show that people who volunteer live happier and healthier lives. When you are volunteering you are also learning new skills and using existing ones to benefit others. When I look at volunteer teams that I've been involved with I see the richness that it can bring into people's lives through expanded networks and personal connections.

Some people say they volunteer for "selfish" reasons - one example would be the person who is feeling isolated after retiring from a busy job or someone who enjoys the warmth and comfort of an organisation's office rather than their own cold home in the middle of winter. Others will comment that volunteering gives them a reason to get up in the morning and "put their lipstick on" and offers the perfect way to integrate into a new town or city.

Everyone has a different motivation to volunteer but each is a legitimate reason to contribute and make a difference in your community. Volunteering Waikato is an organisation that encourages and supports volunteering throughout the

Waikato region. It would be great if everyone who wanted to volunteer could find a role they enjoyed and every organisation could find the right kind and number of volunteers they needed. If you are reading this and want to volunteer or even do more volunteering, then please contact us or go to our website and see if you can find a role that would interest you.

We can't all be trailblazers like Connie but most of us can find time to build some volunteering into our days either by being involved in a special project or event, or on an ongoing basis. Your gift of time will reward you immeasurably. The satisfaction, camaraderie, and sense of having made a difference that you receive will be more than enough thanks for the time and efforts you give.

**To contact Volunteering Waikato,
phone 07 839 3191 or visit
www.volunteeringwaikato.org.nz**



Chris Atkinson
Regional Co-ordinator
Volunteering Waikato



Be part of our community, meet new people, gain work experience, boost your CV, learn new skills, make a difference, enrich your life and your community through volunteering.



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THE WAIKATO HOSPITAL TIMELINE BOOK

Quite often when we talk or read about history in New Zealand we focus more on the people aspect of the creation of historic significance. However although people make a huge difference and play a large part in this story, the focus is on this major player as an entity that has played a major part in the lives of families, innovation, health, employment, and continues to do so now and into the future to the benefit of all communities in the Waikato and beyond.

With panels one metre high extending for 65 linear metres, The Waikato Hospital Timeline is located on Level 2, Meade Clinical Centre, and consists of a comprehensive and unfolding rich history of all aspects of the Waikato hospital's development and progress from the hospital's establishment in 1887 until 2014.



Available in book form with text, images from a rich historical collection, quotations from key personalities, and recording of concurrent important local and national events, this is a project of the Waikato Health Memorabilia Trust, founded in 2005, with the object of capturing and recording the history of health services in the Waikato region.

Major advances in medical treatment, technology, nursing education and practice and building programmes covered including the outstanding growth from a five roomed kauri cottage to the present impressive campus, housing 600 + beds, and providing a full range of specialist services.

Providing services to a region with a population of 800,000, extending from New Plymouth to Gisborne, and Turangi to Coromandel this hospital has moved with the ebb of time and demand for services, many of which are captured in this fantastic new publication for all to see.



The role of key personnel is acknowledged, and many important steps in the process of specialisation and NZ medical "firsts" are highlighted for Waikato hospital, and for New Zealand as a key health service provider.

This publication will be of particular interest not only to previous staff, patients and their relatives, but also to Hamiltonians generally given the hospital's role as a major employer and provider for the community as a whole.

The Waikato hospital's publication "Our Hospital, Your History" is in a handsomely bound and high quality produced 94 page, 30cm X 30cm hard cover format, at a price of \$50, well below the cost of production, has limited availability and will become an iconic and sought after historic reference in the years to come.

Copies are available at The Waikato Museum, and at Age Concern, Victoria Street, Hamilton, and at the Waikato Hospital library.

WAIKATO HOSPITAL Our hospital, your history.

2016 Waikato Health Memorabilia Trust

ISBN 978-0-473-37865-3

Struggle to open life's work to public

An abandoned quarry is not something everyone would consider as somewhere to live. Not even the real estate agent was very hopeful when John and Dorothy Wakeling viewed the property.

For the Wakelings, the old Winstones' pit at Tauwhare was an ideal opportunity to involve themselves in an ecological restoration project and turn a redundant industrial site into what is now the Waitakaruru Arboretum and Sculpture Park.

Today, nearly 30 years later, John and Dorothy are exploring ways of sharing what has become a regional asset with the public on a permanent basis.

But back in the early 1990s, a daunting task lay ahead. The old quarry was 17.5ha (42 acres) of rubble and greywacke cliffs covered in gorse, blackberry and pampas.

Almost all the topsoil had gone and the surface was so unforgiving that planting trees required wielding a pick rather than a shovel. John took six months off work and with the help of two Task Force Green workers made a start on the mammoth clean-up, clearing weeds, planting trees and developing the old quarry's pits into small attractive lakes.

Over the intervening decades, with the help of many nurserymen, plant collectors, friends, relations and



neighbours, the couple have planted more than 20,000 trees and shrubs. The development plan included sections featuring the trees of different continents, a rock-garden, collection of succulents and cacti, fernery, orchard, natives and many sculptural installations.

One of the site's advantages, a left-over from its quarrying days, was a set of tracks able to accommodate heavy vehicles. The Wakelings decided to open the park as a venue for sculptors to work and display their creations and established the Waitakaruru Sculpture Trust several years later. "The park offers an attractive outdoor setting, ease of access to allow the placement of large items of sculpture, and security not easily provided in other places," Dorothy said.

The arboretum was awarded the 'Garden of Regional Significance' status by the New Zealand Garden Trust and it is the location of New Zealand's most extensive sculpture gallery. The first sculpture park event was held in November 2003 when 47 works, some by nationally known artists, went on display as part of a Window on Waikato fundraiser held on behalf of Hospice Waikato.





The Sculpture Park and Arboretum was open to the public every day from 2004 to 2013. Each year it hosted a schedule of exhibitions in support of charities including St John, Oxfam, Save the Children and Parentline. Its quarry cliffs and pond have provided an attractive setting for musical performances.

By 2013 the park attracted nearly 10,000 visitors a year. But in June of that year the trust closed the park because it could not attract enough funding to pay for maintenance. Since then entry has been by appointment and visitors are asked to pay a fee. Visitor numbers have dropped to around 300.

Time has also marched on and the Wakelings, now in their 70s, realise that maintaining the park is beyond their physical abilities. It is already reliant on Wwoofers (willing workers on organic farms) and a gardener who works one day a week.

The couple are considering their options. Dorothy, a former Hamilton city planner and more recently an independent commissioner called upon to hear resource consent applications, is familiar with the local authorities in the area and their processes.

The park is in the far corner of Waikato District but she is not hopeful the council, by itself, would be interested in taking the park on. Another option could be an arrangement with a philanthropic organisation. "They (local authorities) are all pushed (for money) and it may be an idea for several councils to take it on between them."

What the Wakelings are offering is a 'licence to occupy' which would be an inexpensive means of adding a new park to the region - for the cost of maintenance - the estimate is that it needs 1 - 2 full-time groundspeople.

The Waitakaruru Arboretum and Sculpture Park has some similarities to the Taitua Arboretum west of Hamilton, a 20ha



tree-park developed by farm forestry experts John and Bunny Mortimer and gifted to Hamilton City in 1997 which has now become a popular recreational asset to the city and the region. "All we want is to have the cost of maintenance covered and for that we are happy to have the park open to the public to be shared and used.

Waikato District has helped support charitable events in the past. Every year we would have three exhibitions, but it really needs an on-going subsidy, at the moment we are subsidising it ourselves." Dorothy said.

So John and Dorothy have launched the 'Share the Sculpture Park Campaign', which is aimed at making the park free to enter provided the costs of maintenance are covered. "We want to foster a ground swell of support to reopen the sculpture park and arboretum as a free-entry public space. This would enable many more people to enjoy it," Dorothy said.

The Waitakaruru Arboretum and Sculpture Park, 207 Scotsman Valley Rd, will open free to the public on Waitangi Day, Further information www.sculpturepark.co.nz

Geoff Lewis



Louise Henderson, Houses in Dieppe 1958 (signed upside down), oil on canvas, Auckland Art Gallery Toi o Tāmaki, purchased 1991.

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Waiwhakareke Natural Heritage Park Hamilton.

"It might be a wet fourth Saturday of the month," says Lynne Garnham, Chair, Tui 2000 Inc. "but that doesn't dampen the spirits of the many Friends of Waiwhakareke who have assembled in the car park opposite the Hamilton Zoo for a planting morning".



Tui 2000 Inc. is a community group that was established in 1989 with the goal of bringing back native birds (especially Tui) to Hamilton City and central Waikato. It is the umbrella for a number of environmental groups including the Friends of Waiwhakareke. It is one of four partners in the Waiwhakareke restoration project. The other partners are Hamilton City Council, WINTEC and the University of Waikato.

Planting actually started back in 2004 on this particular 60 hectare site chosen especially because it has the potential to represent the original biodiversity of the Hamilton Basin as it was back in the early 1800s when the first European settlers arrived to extract kauri gum and start farming.

Half of the park has now been planted thanks to the thousands of hours already given by a wide range of volunteers including company staff, iwi, retirees and new settlers who are all passionate about the project and its vision. Not surprisingly, Waiwhakareke is now recognized both nationally and internationally.

To meet the cost of the thousands of eco-sourced plants required for the project, Tui 2000 Inc. has attracted substantial funding from organizations such as Waikato Regional Council, Ministry for the Environment, DoC, and the Waikato Catchment Ecological Enhancement Trust.

Arbor Day planting in early June is an annual event at the park attracting in 2017 over 1200 school children, caregivers,



teachers, Hamilton City Council staff and other volunteers. "To see so many children come back year after year with enhanced planting skills is just one of the joys of being involved in this project", says Lynne Garnham.

The activities associated with the park include regular planting (winter months), releasing plants from surrounding weeds (summer months) and producing plants for the project. This latter activity takes place at the Waikato Ecological Restoration Trust Nursery in Airport Rd, on the National Fieldays site at Mystery Creek. Three times a month avid native plant lovers gather to pot on a large variety of native plants specifically chosen for the planting plan devised by Waikato University staff.

While Waiwhakareke Natural Heritage Park (WNHP) now has enough funding to pay for plants needed for the next 4 years, a significant challenge still remains. All involved would like to see the park open to the public for their enjoyment and recreation. Suitable walking paths, toilet facilities and interpretive signage are needed. "As Hamilton City Council debates its Long Term Plan over the next few months it is imperative that the funding proposed for Waiwhakareke in its budget is approved", says Lynne Garnham.

For further information about working bees, potting activities and associated events go to www.waiwhakareke.co.nz or email Tui2000inc@gmail.com or FriendsOfWaiwhakareke@gmail.com. We are also on Facebook at <https://www.facebook.com/waiwhakarekenaturalheritagepark/>





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Polio NZ Inc

DO YOU REMEMBER POLIO?



Some younger people have not heard of Poliomyelitis but there are an estimated 10,000 Kiwis who contracted this potentially deadly virus. The polio virus wreaked havoc during epidemics of 1911 through to the 60's. While some people were left with paralysis, most appeared to have bounced back to reasonably good health and went on to live full and active lives; getting married, having children, and careers. Then the boom fell.

Thirty to forty years after the initial illness, the 'late-effects' of Polio (or Post-Polio Syndrome) often move in uninvited, causing havoc once again. Issues such as debilitating general fatigue, muscle and joint aches and pains, difficulty swallowing and breathing, new weakness and sleep issues occur. Mobility may mean the dreaded calipers, or other orthotic aids need to be worn again. Polio may be close to worldwide eradication globally, but we want others to know "WE'RE STILL HERE" and need ongoing support.

There is good news on this front! New Zealand has a national body (Polio NZ Inc.) whose members work diligently to provide the necessary support. Our Program Manager (Gordon Jackman) has made connections with DHBs around NZ to ensure medical professionals have vital information regarding Polio and the late-effects, ensuring specialised care and support are provided. Gordon is also passionate about researching and educating orthotists about new technologies used to provide specific mobility assistance for our unique requirements. This work is very exciting for us and many will directly benefit from this mahi.

Polio NZ Inc. organises an annual retreat usually held in Rotorua at Queen Elizabeth Health and Wellness Spa. (Queen Elizabeth Hospital) Polio NZ has always maintained a close

relationship with QE and it has become a home away from home for many of us. QE runs programs specific to the needs of those with late-effects of Polio where it addresses such things as issues of mobility and general well-being. PNZI's goal of creating "Centres of Excellence" throughout New Zealand is starting to be realised with clinics established in Auckland, Wellington and Christchurch. These clinics are free to Polio NZ members and are a wonderful place to get focused treatment for this neuro-muscular disease.

Although it is difficult to ascertain the exact numbers of New Zealanders who contracted Polio, the organisation continues to add names to the register as they are contacted. As the register grows, it not only reveals the numbers of people living with the potential

late-effects of Polio but also indicates to government that indeed 'we are still here' and need support in a variety of ways.

If you have never registered with Polio NZ Inc., we encourage you to make contact through the free phone number or website listed below. You do not have to become a member of Polio NZ Inc. to have your name on the register, however, if you wish to become a member, simply pay a \$15 annual membership fee and you will receive regular information about treatment advances, events, information about the annual Retreat, and the courses at Queen Elizabeth Health and Wellness Spa (which can often be funded).

Find the support group in your region, they are very welcoming to new members.

Marlayna: 0274 282299 Sue Griffin 021537187

Free Phone -0800 476 546

www.polio.org.nz

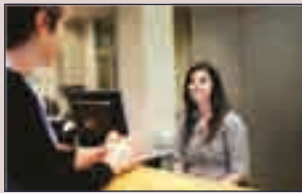


Children at the Duncan Polio Hospital, 1965



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NZ Bridge

Bridge is the most incredibly stimulating game I have ever played and believe me, I have tried most things. I was a firefighter for twenty-two years and having four days off a week allowed me to have many interests - golf, biking, walking, riding, scuba diving and travelling. In fact, it was on a cruise that I was first introduced to bridge. Although I was brought up on cards such as five hundred and canasta in my early days I had not really played much since marriage in 1972. Well I took to it like the proverbial 'duck to water' and couldn't wait to get home and do some lessons. These consisted of online lessons due to the fact that J.B. (my husband) and I had no base. We had lived on our boat for seven years, followed by ten years of living in a motorhome playing golf courses throughout NZ and Australia and were now house-sitting between countries. It was in the latter years of house sitting, when we were flitting from one housesit to another, that I fortunately started my online bridge lessons. I was not a good passenger and as a result driving was always shared. But not now! Oh no, I would happily sit there for three or four hours doing lessons, laptop on knee, oblivious to the countryside flying by. J.B. was in seventh heaven not having to entertain me and apart from the odd 'bloody hell Annie can you turn that volume down' we would arrive at our destination in what seemed like record time.

Finally however, in December 2015, we settled at Papamoa Beach and I couldn't wait to join a bridge club. Te Puke was the closest and had the reputation as being the friendliest club in the Bay so I went along and have never looked back. It is a game where you play with four people, one of which is your partner. You all bid for a contract and if you and your partner win the contract it's all go. You are out to win while the opposition aim to take you down. Throughout a bridge session which generally lasts about three and a half hours, you get to play twenty-four to thirty games with many opposing pairs. Playing bridge is a relatively inexpensive hobby. For example, at our club we advertise a series of twelve lessons plus a year's membership for \$70.00. Honestly can you beat that?

Contrary to popular opinion it is not a game full of 'old biddies', you don't have to have extreme intelligence and you don't have to remember cards (that comes naturally with time). I would say that I am absolutely hooked because it is a game in which you never stop learning and it provides me with all the excitement I need. I am quite sure that every glass of wine I drink is neutralised by an hour of bridge.



Annie Barry



NZ Bridges lessons and membership.

**Lessons start on Wednesday 7th March
7-9 pm and run for 12 weeks**

Cost \$70.00 which includes first year's membership. We also co-ordinate with the Mt Maunganui and Tauranga bridge clubs so that if a lesson is missed they can go to either club to catch up.

Contact: Mr Eric McEwan

Ph. 573 8523

Email: ej-mac@eol.co.nz



A HEALTH ISSUE

DECLINE IN THINKING SKILLS HAPPENS FASTER AMONG PEOPLE WITH UNTREATED HEARING LOSS THAN AMONG THOSE WITHOUT HEARING LOSS

Hearing loss can be tricky to acknowledge as most commonly it comes on gradually. A frequent comment I hear is “my hearing is fine, I only have trouble in noisy places or when people don’t face me”. **This IS hearing loss** and most often the person isn’t aware of everything else they are missing.

Howard LeWine, M.D., Harvard Medical School wrote that loss of hearing represents more than just difficulty hearing sounds. It can lead to social isolation and depression. A new study suggests that hearing loss may also be linked to loss of memory and thinking skills. In a study published in JAMA Internal Medicine, Johns Hopkins researchers found that declines in thinking skills happened faster during a six-year period among people with [untreated] hearing loss than among those without it.

“She’ll be right” is not a solution. Untreated hearing loss can also cause decreased ability to discriminate speech in the auditory pathways of the brain, even when sound is heard. Unfortunately, once a decline in speech discrimination develops there is no way to reverse it and the resulting damage cannot be remedied by even the most powerful hearing aids.

Hearing loss is a health problem and moving forward is an investment in your wellbeing both physically and mentally. The first step is to get a hearing assessment.

Find a clinic you can trust, with caring, qualified and experienced staff who do not push sales.

HOW?

New Zealand Audiological Society (NZAS) is an organization that sets and monitors strict ethical and audiological standards for hearing services provided by Audiologists and Audiometrists in New Zealand. Ensuring your clinician is a member of the NZAS is one way of ensuring good audiological code of practice but you also need to ensure the clinician you choose has the freedom to be **unbiased and take time with all your concerns**.

Some clinics are well known but others don’t advertise as much. It pays to do your research, find a client focused clinic, with a clinician who you can see regularly, is not only of excellent clinical standards but has the opportunity to give you **honest advice**.

Look on the internet, call clinics and ask questions, ask other people for good service recommendations. Having said this, don’t listen too carefully to friends about their hearing aid experiences. Everyone has different ears, needs, hearing loss and expectations. It’s important to approach your own hearing loss treatment with a positive, open mind.

Most clinics offer similar services, including free hearing tests and refundable hearing aid trials, however some clinics go further to offer **free continued aftercare and in-house service**. This could make a big difference in total cost of hearing care. There is a lot to understand about hearing aids, it could take more than average clinic assigned appointments to gather enough understanding to get the best out of your hearing aids aftersale.

Ask questions, if your clinic doesn’t offer free aftercare appointments, make sure you know how much these appointments are going to cost you and how many they advise you will need.

SERVICE

The treatment of hearing loss with hearing aids is a two-part component. Service and product. Modern hearing aids are highly sophisticated devices that can help you hear in all situations – wind, background noise, telephone, quiet voices and more. (Please understand that there will some exceptions, where speech discrimination has deteriorated or other problems prevent hearing aids from achieving these excellent results. A conscientious clinician should advise you of any limitations before you spend money.) The appropriate prescription and adjustment of these clever devices, relating to your specific needs, is the essential service component.

I like to think I could drive a Ferrari but I’m certainly not going to achieve what Michael Schumacher did! Likewise with hearing aids, choose an experienced ‘driver’ with time and attention to match modern technology exactly to your needs.



Don't settle for basic results, if you have purchased appropriate technology for your needs and don't have untreatable issues, there is no reason why you shouldn't hear well in ALL situations.

Regrettably, quick sales have been known to result in many unsuitable aids fitted incorrectly. In some instances, clinicians have been pushed into suggesting inappropriate technology purely on the basis of cost. It takes time and understanding to prescribe the correct hearing aid and get the tuning adjustments perfect for each individual hearing loss.

The clinic you choose makes a big difference. Hearing aids are an important investment and you should feel fully supported and not unsure or rushed into a decision. Further to this, age related hearing loss is known to change over time. The ability of the hearing device to accommodate these changes is a vital consideration. You need reliable advice with this.

TECHNOLOGY

Do you know the difference between what one clinic calls mid-range and another calls premium?

Hearing aids from well-known brands are of excellent quality these days. Fast paced technology means **mostly similar features amongst all manufacturers, including technology for Tinnitus**. It is the difference between technology levels, within the brands, where careful attention should be paid.

Technology levels can be complex to understand, making it difficult to compare "apples with apples". A good clinic should not have a bias toward one particular brand and most importantly help you compare and gain a thorough understanding of differences between technology levels.

Beware of recommendations that may help someone to get a sale but may not help you. Appropriate technology relates to your level of hearing loss and lifestyle requirements. You need honest advice.

Once you have an understanding of the technology level suitable for your needs, **shop around, you will be surprised how prices can vary between clinics**. You should not feel unsure about actively comparing quotes and service providers, this is an investment in your health, you want the best.

I mentioned there is more difference between technology levels than the makes, but don't let your guard down, there are poor quality makes coming into the country all the time – these can be very profitable for the provider. Make sure you are purchasing a reputable product from a reputable dealer. There is also an unauthorised/informal market for aids via the internet. **Hearing aids are not a one-size fits all product**. They are highly advanced, technical devices that can produce excellent results but require specialised skill to choose, fit and optimise. Don't be tempted by the internet.

Hearing aids carry **different warranty lengths** and repair costs. Make sure you get the best warranty possible and know with certainty all possible after sale costs (including repair and parts). Repair costs can make a big difference long term.

PRICE

It seems obvious that qualified, thorough and caring service would be a vital component in the treatment of hearing loss. However, many of the enquiries I receive ask about price of hearing aids only. I believe this could be partly due to some quick sale approach in the industry. Hearing aids cannot be compared with an over the counter purchase, you are not buying a TV. They are designed to be prescribed and specifically tuned, for each individual hearing loss and lifestyle.

I understand that hearing aid price and your budget is a necessary consideration, it would be for me. However, it is fundamental to understand that there is no point in spending one cent unless the device is going to help you hear. I'm sure we all know of someone with DRAWER AIDS – unhelpful hearing aids left in the drawer.

Some sales focus in the industry could make you feel pressured into a purchase. I can't emphasise enough that **hearing loss is a health issue and should be treated as such, not a quick fit sale exercise**. It's imperative you fully trust your clinician and their advice.

Be careful to ask about **"too good to be true" deals** and advertising. Ask other clinics if they will offer advice about these deals and/or counter the offer you have seen. A business is unlikely to lose money on a sale, so where is the discount coming from? For example: \$1000 off. Off what? Hopefully not device quality or service! Ask questions.

In a nutshell, **get advice from trustworthy professionals**. Understand comparative technology levels, your quote, warranty length and all possible after sale costs including appointments. There are many hearing service providers to choose from, make sure you choose a good one.

If you, or someone you know of, is not getting the best result from their aids, don't give up. There are providers who offer no-charge help with existing hearing aids. Shop around, sometimes an experienced clinician who can take time can make all the difference.

If you have any queries or if I can give you any advice please feel free to contact me.

Clare Barkley (07) 959 2063 www.hearme.co.nz

EDITORS NOTE

The writer has considerable experience in the NZ hearing industry and works with a team of caring, NZAS qualified hearing professionals, supported by an ENT Surgeon.

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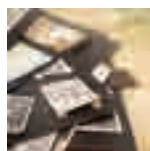
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Snapshot, a retail icon in Victoria St, Hamilton, is excited to be turning 90 in April.

Formally Bells Photography, until purchased by Maurice Boswell in 1946, the family photographic retail business has survived the ever-changing face of photography by continually reinventing itself.

Staying current with technology has involved ongoing investment in the latest photo printing equipment and updating the services offered. Newer services include digital passport photos, photos from cameras and phones as well converting photos, slides, and home movies into a digital format.

"Managing digital photos from multiple sources is today's biggest challenge", says Snapshot's photo organiser Jill Boswell. "Whether captured with cameras or phones or shared via Facebook, email, etc. priceless photos are being lost every day. I offer lessons on managing your digital photos and creating a back-up plan, at our place or yours".

Classes and private lessons on getting better photos with your camera or Smartphone are also available at Snapshot.

If it's to do with a photo or video memory, old or new, Snapshot can help – staff have nicknamed themselves "your memory evangelists"!

More information can be found at snapshot.co.nz.



Balloons
over Waikato
New Zealand



A GREAT DAY OUT FOR THE FAMILY

Hot air balloons will colour Hamilton City skies from Wednesday 21st – Sunday 25th March with more than 130,000 spectators attending the annual Balloons over Waikato festival.

Hot Air Balloons from all around the world will come to participate in the five-day event providing a magnificent spectacle for the public to enjoy for free. This year the event will welcome 6 Special Shapes, from the USA & Canada.

The programme over the week includes the opening morning Hamilton Mass Ascension, competitive flying tasks, and community events such as the First Credit Union Fun Friday, McDonalds Hamilton Cash Grab, HCBA City Burn & Markets, WEL Energy Breakfast at Dawn and the Zuru Nightglow. Hamilton's biggest night out.

Buckle in for 5 hours of live entertainment on the main stage on Saturday 24th, there's carnival rides, food, games and a whole lot of family fun. The Nightglow is a full production, where the balloons light up to glow synchronized with music, co-ordinating with stunning basket burn flames, culminating in a fireworks extravaganza. Truly breath taking and a night not to be missed.

This is New Zealand's premier hot air ballooning event and one of the biggest and best in Australasia.

Balloons over Waikato is a must-see event in your calendar, visit www.balloonsoverwaikato.co.nz to find out more.



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You're not a Brat



"You're not a Brat, you're a beaut." The words race caller Peter Earley said when Thrilling Brat won the prestigious Duke of Edinburgh Silver Collar in 2013.

A super stayer on the track racing on both sides of the Tasman and collecting group one wins, it was no surprise that this little dog was named NZGRA Greyhound of the Year for the 2012/2013 season.

Brat was born, bred and raced out of Tirau kennels winning in excess of \$250,000 during his racing career. On retirement Brat stayed at his kennels until he came to live with me as a pet, and my other retired hound called Vinny.

Getting along famously with Vinny, Brat adjusted from race dog to pet with ease and time.



Losing Vinny last year to bone cancer I decided to foster Brat's sister Thrilling Quest through a small re-homing group called May Hounds. Once in the house Quest captured my heart and a foster fail happened (foster fail means when a dog is in care learning how to adjust to life as a pet until the right home is found. When the dog doesn't leave the foster home this is a foster fail).

Brat continues to lead out fields for races in Cambridge, Auckland and Whanganui, and loving every minute of this.

With Brat's calm and relaxed attitude to life I decided to approach Lifecare, a Rest Home in Cambridge and take him up to meet the residents. I had a friend whose mother had been in Lifecare and wanted to do something for the community, so felt this was a little something I could do with my boy.



Once again he was a star with both residents and staff. Taking it all in his stride Brat relished this new career path and after a few visits I approached Canine friends Pet Therapy group, and once Brat flew through the assessment test we were official, complete with bandana and badge.

So once a month Brat and I visit the Rest Home getting to know residents and their family and now he knows when to move closer for a pat or just go out of the room when he considers his job done. After all "he's not a Brat, he's a beaut."

Jenny Bartlett • Readers Submission



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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 our '**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.

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We have our '**Forever Trim®**' programme that makes 'diets' obsolete.

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 our '**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.

Our '**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®'

Our '**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 your 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

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Laughter

IS THE BEST MEDICINE

MEETING NEW FRIENDS

A camel meets an elephant. The elephant asks jokingly: "Why do you have two breasts on your back?" The camel replies: "With a face like yours, I'd just shut up."

CASH STRAPPED

I really can't stand it when homeless guys shake their cups of money at me. Do they really have to rub it in that they've got a cup and more cash than I do?

LEARNING TO BE 'MUM'

When your first child eats some earth, a bit of grass or a worm, you take them to a doctor. When your second child eats some earth, a bit of grass or a worm, you spit on a hankie and clean them. When your third child eats some earth, a bit of grass or a worm, you wonder whether they will still need lunch.

LOVE THE CLOTHES!

My step-mother came to me and demanded that I take all her clothes off.

So I took off her blouse.

She said, "Now off with the skirt."

I did, and she continued, "Now take off my stockings."

And when I did that, she said, "Now the bra and the panties."

I took them off. She continued, "And don't ever let me catch you wearing my stuff again!"

FAMILY

Father: "Son, you were adopted."

Son: "What?! I knew it! I want to meet my biological parents!"

Father: "We are your biological parents. Now pack up, the new ones will pick you up in 20 minutes."

LOCAL FOOD

Two immigrants from Africa arrive in the United States and are discussing the difference between their country and the U.S.

One of them mentions he's heard that people in the U.S. eat dogs, and if they're going to fit in, they better eat dogs as well. So they head to the nearest hot dog stand and order two 'dogs.'

The first guy unwraps his, looks at it, and nervously looks at his friend.

"Which part did you get?"

SAVE THE PRESIDENT!

I heard the Secret Service had to change their commands.

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February 2018

Sun

Mon

Tues

Wed

Thurs

Fri

Sat

IMPORTANT DATES:

6th February - Waitangi Day

14th February - Valentines Day

01

02

Antique & Collectables Fair
10am
Hamilton Gardens
Cobham Drive, Hamilton
Adults: \$6.00

03

HSBC Sevens
10am
FMG Waikato Stadium
Seddon Road, Hamilton

04

HSBC Sevens
10am
FMG Waikato Stadium
Seddon Road, Hamilton

05

06

Public Holiday
Waitangi Day

07

Garden Giggles
Hamilton Gardens
Arts Festival
7:00pm
Hamilton Gardens
Cobham Drive, Hamilton
\$28

08

Hamilton Gardens
Arts Festival
5:00pm - 11:00pm
Hamilton Gardens
Cobham Drive, Hamilton
BUY TICKETS: 0800 842 538

09

Opera at Twilight
7:30pm
Hamilton Gardens
Cobham Drive, Hamilton
General: \$35.00

10

Devilskin
Hamilton Gardens
Arts Festival
2:00pm
Hamilton Gardens
Cobham Drive, Hamilton
\$47.50

11

The Topp Twins Kids Show
Hamilton Gardens
Arts Festival
2:00pm
Hamilton Gardens
Cobham Drive, Hamilton
\$22.00

12

Hamilton Gardens
Arts Festival
5:00pm - 11:00pm
Hamilton Gardens
Cobham Drive, Hamilton
BUY TICKETS: 0800 842 538

13

Hamilton Gardens
Arts Festival
5:00pm - 11:00pm
Hamilton Gardens
Cobham Drive, Hamilton
BUY TICKETS: 0800 842 538

14

Valentines Day



15

Hamilton Gardens
Arts Festival
5:00pm - 11:00pm
Hamilton Gardens
Cobham Drive, Hamilton
BUY TICKETS: 0800 842 538

16

The Little Shop of Horrors
Hamilton Gardens
Arts Festival
8:30pm
Hamilton Gardens
Cobham Drive, Hamilton
\$15.00

17

Festival Family Funday
Hamilton Gardens
Arts Festival
9:00am
Hamilton Gardens
Cobham Drive, Hamilton
GOLD COIN DONATION

18

Hamilton Gardens
Arts Festival
10:00am - 11:00pm
Hamilton Gardens
Cobham Drive, Hamilton
BUY TICKETS: 0800 842 538

19

20

21

22

Dinner in the Domain
5:30pm
Papamoa Beach Domain
TGA
FREE ADMISSION

23

24

TGA Farmers Market
7:45am - 12:00pm
Tauranga Primary School
31 Fifth Ave, TGA
FREE ADMISSION

25

Wellness Art Workshop
11:00am - 2:00pm
The Art Lounge, Tauranga
Adult: \$199

26

27

28

NOTES:

AQUARIUS JAN 20 - FEB 18

You have a lot of varied interests, and with all you have on your mind there's never a dull moment. Your charm and charisms propel you toward very interesting conversations, discussions, and debates, too, so your social calendar is likely to be full for as long as you'd like it to be this month.

QUOTE OF THE MONTH

"A happy life is one spent in learning, earning and yearning."



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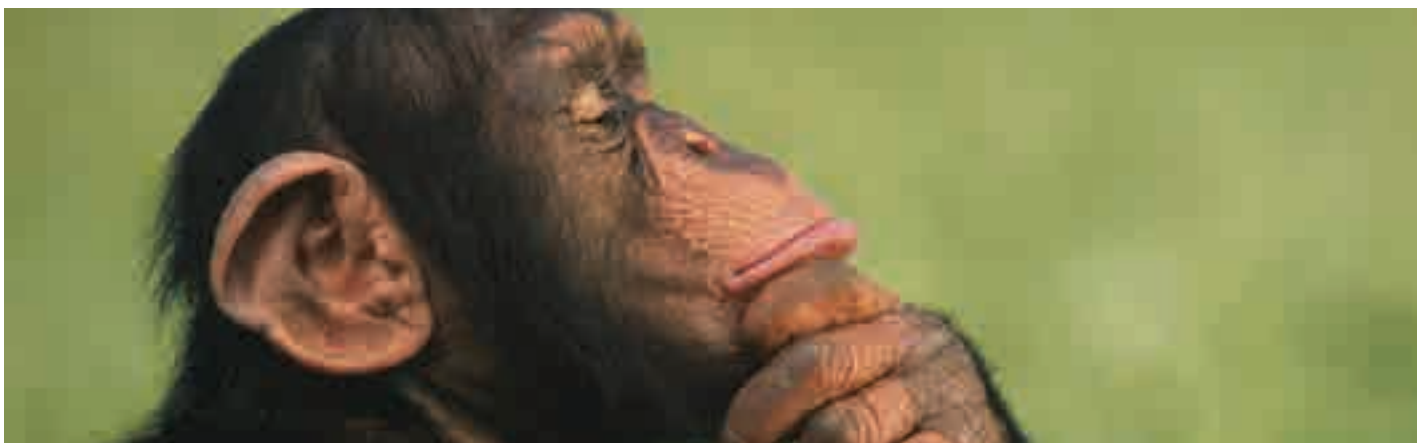
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DID YOU KNOW



- When a male bee climaxes, their testicles explode then they die.
- **There are more fake flamingos in the world than real flamingos.**
- Blue whales heart is the size of a VW Beetle and that you could swim through some of its arteries.
- **There are more atoms in a single glass of water, than glasses of water in all the oceans of the Earth.**
- Once Charlie Chaplin entered a contest for "Charlie Chaplin look-alikes" and he came in third.
- **Of all the people in history that have reached 65 years of age, half of them are living right now.**
- You replace every particle in your body every seven years. You are literally not the same person you were 7 years ago.
- **When your mother was born, she was already carrying the egg that would become you.**
- If there was no space between any of its atoms, Earth would be the size of a baseball.
- **Penguins will give their mate a pebble as a way of proposing.**
- There is a species of jellyfish that is immortal (turritopsis nutricula).
- **Vending machines kill 4 times as many people as sharks.**
- A Mosquito has 47 teeth.
- **A banana is actually a berry. A strawberry isn't.**
- A pregnant goldfish is called a twit.
- **The youngest pope was 11 years old.**
- David Bowie used to think he was being stalked by someone who is dressed like a giant pink rabbit. Bowie noticed the fan at several recent concerts, but became alarmed when he got on a plane and the bunny was also on board.
- **The electric chair was invented by a dentist.**
- The microwave was invented after a researcher walked by a radar tube and the chocolate bar in his pocket melted.
- **The phrase "rule of thumb" is derived from an old English law which stated that you couldn't beat your wife with anything wider than your thumb.**
- The dot that appears over the letter i is called a "tittle."
- **If you were to spell out numbers, you would you have to go until 1,000 until you would find the letter A.**
- Celery has negative calories! It takes more calories to eat a piece of celery than the celery has in it to begin with.
- **Chocolate milk was originally invented by an Irish physician and sold in the U.K. for medicinal purposes.**





Meals for Lovers



BONELESS PORK CHOPS WITH MUSHROOMS & THYME

SERVES: 2 COOKING TIME: 25 MINS

INGREDIENTS

150g boneless, center-cut pork loin chops, trimmed and pounded to ¼ inch thick
¼ tsp salt
¼ tsp freshly ground pepper
1 tsp extra-virgin olive oil
1 medium red onion (finely chopped)
1 ½ cups sliced mushrooms
½ cup fortified wine
1 tsp Dijon mustard
1 tsp chopped fresh thyme

METHOD

Season pork chops with salt and pepper.

Coat a large nonstick skillet with cooking spray and place over medium heat. Add the pork chops and cook

until browned on both sides and cooked through, 2 to 3 minutes per side. Transfer to 2 serving plates; tent with foil to keep warm.

Swirl the olive oil into the pan, add red onion and cook, stirring, until soft, about 30 seconds. Add mushrooms and cook, stirring occasionally, until they soften and begin to brown, about 2 minutes. Add fortified wine and cook for 15 seconds.

Stir in mustard, thyme and any juices that have accumulated from the pork; cook until the sauce is thickened and slightly reduced, 1 to 2 minutes more. Spoon the sauce over the pork chops and serve immediately.

Serve with a fresh green salad.

Tip: To pound the chops flat, place them between two sheets of plastic wrap on a stable surface. Pound steadily with the smooth side of a meat mallet or the bottom of a heavy saucepan until ¼ inch thick



KISSES & HUGS CHEESECAKE BITES

SERVES: 24 COOKING TIME: 35 MINS CHILL TIME: 5 HOURS

INGREDIENTS

1 ¾ cups finely crushed cream-filled chocolate sandwich cookies
4 Tbsp butter, melted
680g cream cheese, softened
1 ¼ cups sugar
½ cup sour cream
1 tsp vanilla extract
3 eggs
1 punnet of strawberries
chocolate syrup (optional)

METHOD

Preheat the oven to 180°C

Line regular sized muffin tins with 24 cupcake liners.

In a medium bowl, combine cookie crumbs and butter, mix well. Place one tablespoon of crumbs in cupcake liners and press mixture evenly into bottom. Refrigerate until ready to fill.

In a large bowl, beat cream cheese and 1 cup sugar until smooth. Beat in sour cream and vanilla. Add eggs one at a time, beating well after each addition. Spoon mixture evenly into cupcake liners. Bake 25 to 28 minutes or until center is set. Let cool for 1 hour, then refrigerate for 4 hours or until ready to serve.

In a small saucepan over medium heat, combine strawberries and remaining sugar and cook 8 to 10 minutes or until berries are broken down. Let cool slightly then refrigerate until chilled and thickened. Spoon over cheesecake and drizzle with chocolate syrup if desired.



PISTACHIO-GOAT CHEESE BITES

SERVES: 10 PREP TIME: 28 MIN

INGREDIENTS

¼ cup shelled salted pistachios
170g goat cheese, softened
60g cream cheese, at room temperature

METHOD

Toast nuts in small skillet over medium heat until fragrant, about 3 minutes; chop finely.

Combine goat cheese and cream cheese in a medium bowl. Drop mixture by heaping teaspoons onto a parchment-lined baking sheet; refrigerate 15 minutes.

Roll into balls, then roll in chopped nuts.

Refrigerate, tightly covered, up to 1 day.



MARINATED SHRIMP WITH CHAMPAGNE BEURRE BLANC

SERVES: 8 PREP TIME: 1 HOUR 14 MINS

INGREDIENTS

FOR THE SAUCE BASE

2 cups champagne or 2 cups other dry sparkling wine
1/3 cup finely chopped shallot
2 Tbsp white vinegar or 2 Tbsp other white wine vinegar
¼ teaspoon whole black peppercorns

FOR THE SHRIMP

1 cup champagne or 1 cup other dry sparkling wine
¼ cup extra virgin olive oil
3 Tbsp minced shallots
½ tsp fresh ground black pepper
24 uncooked jumbo shrimp, peeled with tail left intact, deveined (about 2 pounds)
1 Tbsp minced fresh chives
1 Tbsp minced fresh tarragon
1 Tbsp minced fresh parsley
vegetable oil cooking spray
1 cup chilled unsalted butter, cut into 16 pieces

METHOD

FOR THE SAUCE BASE

Combine Champagne, shallots, vinegar, and peppercorns in heavy medium saucepan. Boil until reduced to 1/4 cup liquid, about 20 minutes. (Can be made 4 hours ahead. Cover and let stand at room temperature.)

FOR THE SHRIMP

Combine Champagne, olive oil, shallots, and ground pepper in resealable plastic bag.

Add shrimp to bag and seal; shake bag to coat shrimp evenly. Marinate shrimp at room temperature for at least 30 minutes and up to 1 hour, turning bag occasionally.

Mix chives, tarragon, and parsley in small bowl.

Preheat Grill.

Spray pan with nonstick vegetable oil spray. Drain shrimp; discard plastic bag with marinade.

Arrange shrimp on prepared pan in single layer.

Grill shrimp until just opaque in center, about 2 minutes per side.

Stand 3 shrimp, tails upright, in center of each plate.

Rewarm sauce base over medium-low heat. Whisk in butter 1 piece at a time, just allowing each to melt before adding next (do not boil or sauce will separate).

Season beurre blanc to taste with salt and pepper and add warm sauce around shrimp.

Sprinkle with fresh herbs and serve.



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Rose lost 46kg the Body Buzz way

"Everyone has a bad photo that they don't want anyone else to see. The photo above on the left was taken in Christchurch. I had just bought a new top and I felt pretty cool in it because I was still blind to the fact that I was a big person. When I got back home I took a good look at the photos. That's when I first realised I was overweight. I walked in to Body Buzz and joined. I didn't really believe I could lose weight but the machines made me feel good so if I lost some weight that would be a bonus. At the time I had no idea that a year later it would be my 'before' photo."

"Not so long ago large women had to browse the menswear section to find clothes that were big enough for them. Then The Warehouse started selling larger clothes which made shopping easy. I would just walk in and grab the biggest size they had. I didn't bother trying it on because I knew it would fit. Now that I am size 14 there are lots of different styles to choose from and as I have always been overweight I have no idea what suits me and what doesn't. Shopping for clothes is a whole new experience for me."

"The reason Body Buzz works so well for weight loss is because of the system. If you follow the education and support system Marty has set up, you will succeed."

If you find yourself identifying with Rose and you too want to look and feel great again then it's time to take action and become part of the community at Body Buzz.

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seasons
magazine *Life Beyond 50*

Readers Submissions February 2018



Sound of Music



Is it simply black and white notes on a page

Or conducted sounds entertaining from a public stage?

No, it's the universal language of mankind

Helping people worldwide to find a common bind.

Painters express feelings with a coloured brush

Creating eye-catching pictures without a rush,

But nothing provides such an escape for the mind

As soothing sounds that help listeners unwind.

With precision a pianist uses fingers all ten

And timed chimes waft out from Big Ben,

Stringed instrument players make music with a bow

But for some, music is being woken by a cock's crow.

Music can bring back memories of a place or a year

And because of what happened it could bring a tear,

But quite often it's an unforgettable tune

Causing an "ear worm" from which few are immune.

Soothing music is therapy to help pain be relieved

And in a place of quiet loneliness can be eased,

Some tunes entice us to get up and dance

Whereas buskers in crowds at their coins often glance.

Some think of music as choruses, clefs and chords

While others hear it in thunder rumbling or water trickling over fords

Or spontaneous laughter around a crackling log fire.

There are simply so many wonderful sounds to desire.

Grandparents sing special rhymes when children are young

And in many countries afar in their own tongue,

We may be in a concert hall, shower or the car

But above all let us enjoy music wherever we are.

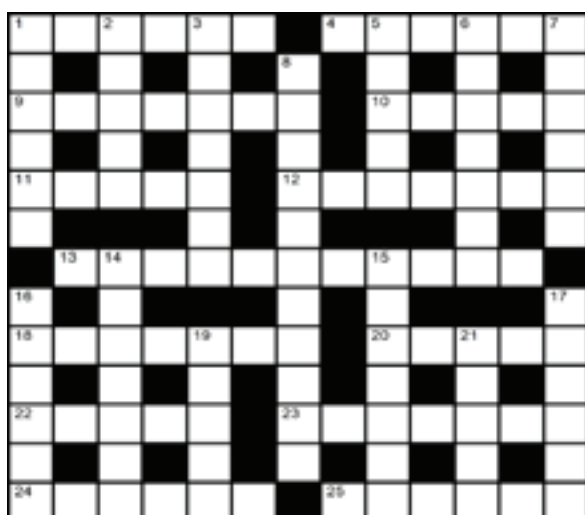
Delwyn White • Readers Submission

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www.seddonpark.co.nz



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

Quickie Crossword



Across

- 1 Seafood dish
- 4 Beach trinkets
- 9 Aardvark (3,4)
- 10 Simple chord
- 11 Fine thread
- 12 Grazing land
- 13 Built
- 18 Gone
- 20 Merger
- 22 Stench
- 23 Contour
- 24 High nests
- 25 Curved

Down

- 1 Stone splinters
- 2 Pays to play
- 3 Eyes
- 5 Abhors
- 6 Unoccupied
- 7 Without warning
- 8 Readiness
- 14 Adventurous
- 15 Grouping
- 16 Earlier
- 17 Aim
- 19 Audacity
- 21 Gaelic

Quickie Crossword



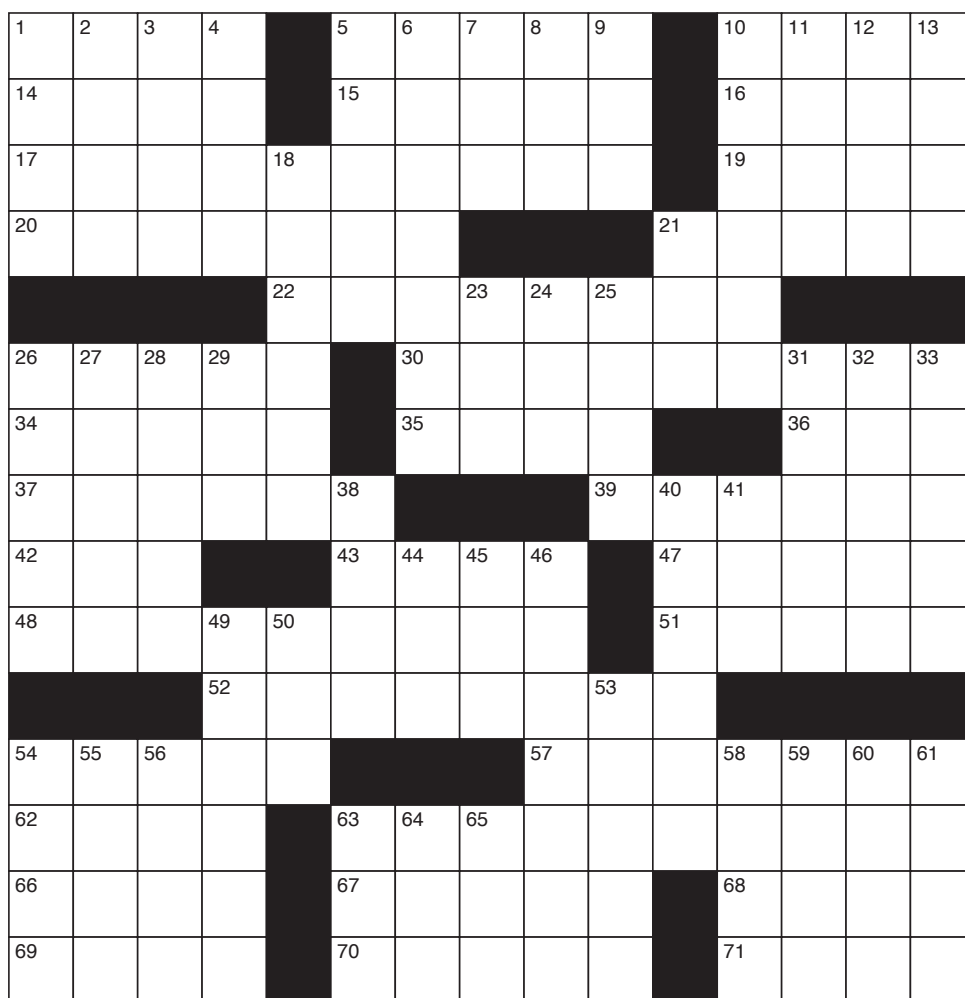
Across

- 7 Ornate style
- 8 Avis offering
- 9 Adroit
- 10 Astronaut
- 11 Akin
- 13 Plait
- 15 Bay window
- 16 Protective spec's
- 18 Petitioner
- 19 Tropical root
- 21 Scold
- 22 Current

Down

- 1 Drill
- 2 Brazilian, e.g. (5,8)
- 3 File
- 4 Zagreb resident
- 5 Asking questions
- 6 Smithsonian
- 12 Enlisted man
- 14 Race
- 17 Be silent, in music
- 20 Horse colouring

Giant Crossword



Across

1. Coat of frost
5. Distributed charity
10. First mos.
14. "Same ___ ever was"
15. Jazz pianist Blake
16. Bygone French coins
17. Devastating review, say
19. Chinese oil tree
20. May honorees
21. Flemish capital
22. Rudolph and teammates
26. Make ___ of money
30. Nova Scotia city
34. Partners
35. "It is the ___, and Juliet is the sun":
36. Silicon monoxide, chemically
37. "Toodles!"
39. FBI employees
42. NASA moon craft
43. ___ Crunch (cereal brand)
47. Have ___ to play
48. In the past
51. Not as experienced
52. Business-related
54. Tough tests
57. Modern flier's convenience
62. Salt formula
63. Representatives
66. Keystone State city
67. Proportional relationship
68. Scat queen
69. Iraq's ___ City
70. Belarus capital
71. Playground response to "I don't have cooties!"

Down

1. Obama adviser Emanuel
2. Aoki of the links
3. Hand protector
4. Write with acid
5. Big name in balers and harvesters
6. In the open air
7. Presidential monogram
8. "Old Macdonald" coda
9. Young socialite, for short
10. Jed Clampett's nephew
11. Missed ___ (blew one's entrance)
12. Berlin singer Terri ___
13. USMC noncom
18. Religious dissent
21. Sparkler
23. Journalists' grp.
24. Ph.D. holders
25. Vocalist James
26. Walk at a gentle pace
27. Score settler
28. Gossip notes
29. Beirut's country (abbr.)
31. "Nothing's Gonna Stop ___" (Starship song)
32. Championship
33. Swindler, slangily
38. Bounce back
40. Cherry ___ (Ben & Jerry's offering)
41. Feminists' goal
44. Department of eastern France
45. Hamas rival, for short
46. Formidable opponent
49. Money handler
50. UK facilities
53. Consoling statement
54. Addition column
55. ___ avis
56. Corrosive liquid
58. Acceptance on the street, in slang
59. Metric mass
60. Congers
61. General of chicken fame
63. Hesitant non-fluency
64. Month after avril
65. London-based news provider

Find the answers to the February puzzles in the March issue of Seasons magazine

Answers to older puzzles can be found at www.seasonsmag.co.nz

Sudoku

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

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

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

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

Mastermind

- 01 Which of these is a feature of Neptune? Great Black Spot, Great Shade Spot, Great Light Spot, Great Dark Spot
- 02 Who was the mother of King James I of England?
- 03 Which of these is the real name of a bone found in the human leg? Tibia, Tibia, Libya, Cilia
- 04 Who plays Isobel Crawley in the UK television series 'Downton Abbey'?
- 05 Winnipeg is the capital of which Canadian province?
- 06 Logophobia is the abnormal fear of what?

Mini Crosswords

Mini Crossword 01

1		2	3	
4	5			
6				7
	8			
9				

Across

- 2 Recipe amt.
- 4 Modify
- 6 Chain mail, e.g.
- 8 Nebraska neighbor
- 9 Earth Day mo.

Down

- 1 Earl Grey, e.g.
- 2 Indonesian island
- 3 Stash away
- 5 Coffee choice
- 7 Cleaning cloth

Mini Crossword 02

	1	2	3	4	5	
	6					
7						8
9						
10						
	11					
	12					

Across

- 1 Malevolence
- 6 Disciplinary
- 7 Oklahoma's time zone
- 9 Group of eight
- 10 Hockey's _ Cup
- 11 Command on a PC keyboard
- 12 Breaks

Down

- 1 Phantom
- 2 Compound with five carbon atoms
- 3 Objectives
- 4 Miniature dessert
- 5 Plant structure that disperses spores
- 7 Function in trigonometry
- 8 Rocket expert Willy...

Word Ladder

Morph the top word into the bottom word by only changing one letter at a time using the clues provided

three
seven

Clues:

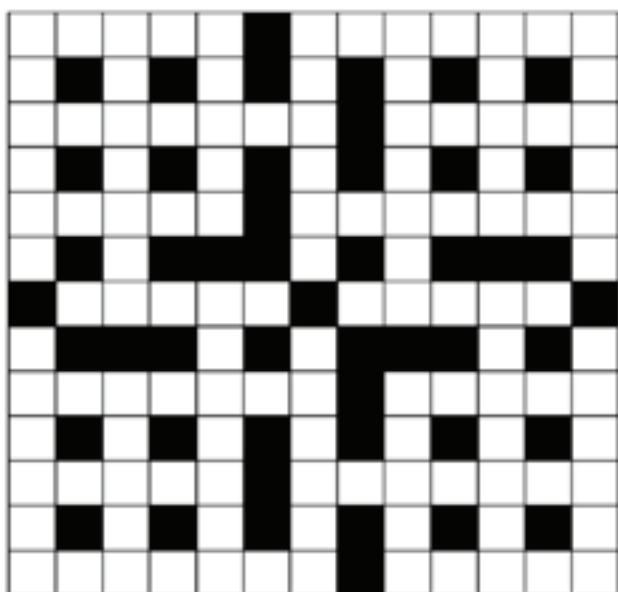
- Hurled
- Small mammal
- Tatter
- Fathered
- Located
- Gorged
- Salvaged
- Rescuer
- Cut

games
chess

Clues:

- Stares
- Mantles
- Manages
- Middle sections
- Army unit
- Cages
- Harvests
- Traverse
- Herb

Word Fit



5 letter words

ADAPT
ADEPT
CAMEL
CRAMP
CUPID
LINER
NAIVE
NERVE
NOISE
QUEST
REACT
TENSE

6 letter words

EDITOR
EVENTS
QUAINT
SCORER
SIESTA
STICKY
ENSURED
IGNORED
PAINTED
POPCORN
RAPIDLY
SCIENCE
TORRENT

7 letter words

ABSENCE
COMFORT
CYCLIST

Code Word

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

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. Some letters have been given to you. Use these clues to help you decipher the code.

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

Find the answers to the February puzzles in the March issue of Seasons magazine
Answers to older puzzles can be found at www.seasonsmag.co.nz

Answers to the Extra Christmas Puzzles

Number Block 01

3	9	1	8	6	3	1	27
9	7	12	3	4	5	0	30
1	5	8	2	4	5	6	28
3	4	1	11	2	0	10	31
6	0	9	2	1	2	1	23
3	8	10	7	8	9	11	54
10	8	12	4	6	5	4	49
17	17	16	17	15	29	13	38

Number Block 02

8	6	4	1	7	4	1	1	34
9	8	2	5	1	2	0	2	29
4	11	6	1	11	11	2	0	46
9	4	9	7	9	9	2	1	51
8	4	11	1	8	5	8	4	50
8	7	8	9	7	3	8	12	62
3	1	6	4	11	4	2	7	44
2	3	7	4	2	9	0	1	28
51	44	54	32	54	47	32	30	49

Spot the Difference:



Christmas Brain Teasers

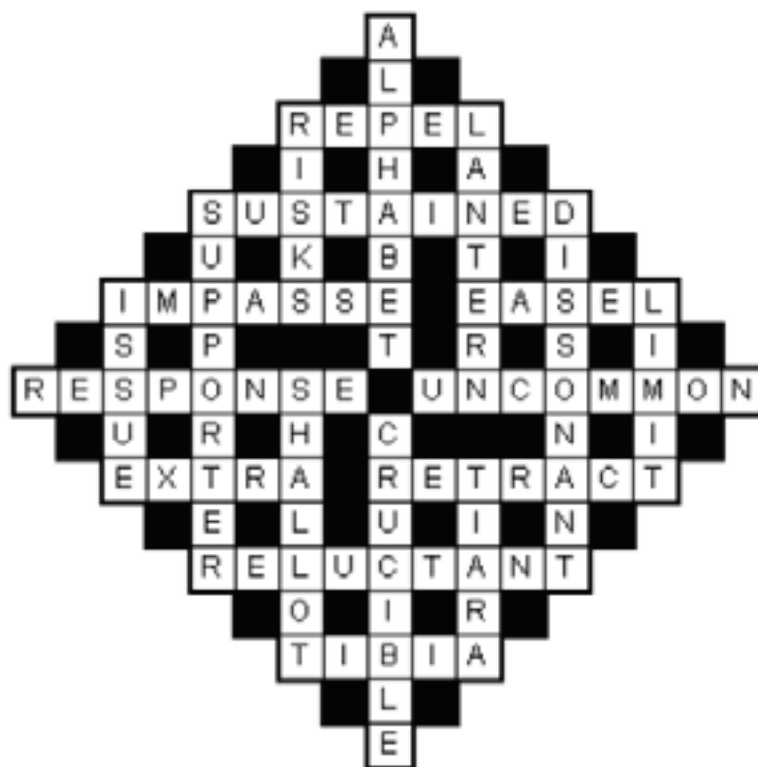
1. White Christmas
2. Chestnuts Roasting on an Open Fire
3. All I Want for Christmas is My Two Front Teeth
4. O Holy Night
5. It Came Upon a Midnight Clear
6. O Come, All Ye Faithful
7. Away in a Manger
8. Deck the Hall
9. Little Drummer Boy
10. We Three Kings
11. Silent Night
12. God Rest Ye, Merry Gentlemen
13. Santa Claus is Coming to Town
14. Let it Snow
15. Go, Tell It on the Mountain
16. Rudolph, the Red-nosed Reindeer
17. What Child is This?
18. Joy to the World
19. Hark! The Herald Angels Sing
20. The Twelve Days of Christmas

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?"

A: A: Noel (No "L")

Diamond Cross



Syllacrostic

O	S	ONEROUS
L	D	LIBERATED
D	I	DELPHI
H	E	HIBERNATE
A	H	ADMONISH
B	A	BALALAIKA
I	R	INCISOR
T	D	TIMID

= OLD HABITS DIE HARD

Where we celebrate life

At Seddon Park we'll help you choose the perfect casket.

Selecting a casket is such a personal choice. At Seddon Park we help you to make the perfect choice so your loved one has a casket that reflects their character, personality and what was important to them during their lifetime.

"Can I have a personalized casket?"

You certainly can...there are many designs and colours to choose from.

"Mum always said she wanted a purple casket when she dies..."



"Nan loved her flowers...can we have a casket with flowers on?"

Yes, we have a lovely range to choose from...



For that special tribute, family and friends are welcome to write a personal message on the casket.



"I want something natural for my casket, something environmentally friendly."

We are proud to offer a range of natural caskets crafted from the finest sustainable woods from New Zealand company Return To Sender.

Over recent years Return to Sender has won many prestigious awards including the NZI Sustainable Innovation Award, BEST Award Sustainable Product category.

Natural materials are used as far as possible such as untreated timber, corn starch lining, wool fleece, natural oils, waxes and fixings that break down easily. Customisation is available.

To show they care, a native tree is planted for every casket made.



We invite you to view our range in the casket room at Seddon Park Funeral Home.




SEDDON PARK
FUNERAL HOME
Where we celebrate life

Incorporating
SADLIERS
FUNERAL
SERVICES

HEARING AIDS



30 DAY FREE TRIAL

FEBRUARY BOOKINGS ONLY
NO HIDDEN COSTS, NO OBLIGATION

2018 QUALITY HEARING AIDS FROM REPUTABLE MANUFACTURERS
INCLUDING AIDS BUILT FOR TINNITUS

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.

hear^{me} can also help with **EXISTING** hearing aids purchased in NZ (excluding online purchases).



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