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July 2018 • Waikato/Bay of Plenty

Life Beyond 50

Geoff Lewis

Volunteering Waikato

Jenny Magee

Encore

Home & Renovation

Spruce it up!

Kingsley Field

Tiny gymnasts, weavers
of Magical Beauty



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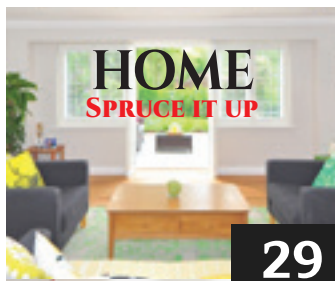
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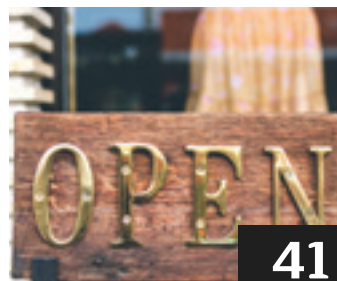
06



16



29



41



50



54

Contents

- 03 Contents
- 04 CEO Note
- 06 Tiny Gymnasts & Weavers of Magical Beauty - Kinglsey Field
- 09 Tim Macindoe MP for Hamilton West
- 11 Simon Bridges MP for Tauranga
- 13 Message from the Minister for Seniors
- 15 Jamie Strange - Labour MP
- 16 Volunteering recognised in annual awards - Geoff Lewis
- 29 Home and Renovation - Spruce it UP!
- 41 Encore - Jenny Magee
- 50 Reader Submissions
- 54 July Recipes
- 57 Laughter is the best medicine
- 59 July 2018 Calendar
- 60 Trusted Tradies and Services
- 61 Puzzles

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Welcome to Seasons Magazine

Mijda



Dear Readers,

Once again, come rain, hail, snow or sunshine our July edition has arrived! With the Waikato, Bay of Plenty and other regions having experienced severe storms, floods and bad weather conditions during June, our thoughts go out to those who have suffered major loss and devastation during this time.

As July is mid-winter month and cold weather conditions tend to keep us indoors, whilst you are curled up on the couch under a warm blanket and in front of the fireplace reading this month's edition, you will see it is full of great ideas, articles and products to keep you busy with things you can do interiorly to spruce up your home, which can add value, or a new refresh look and feel, giving you the satisfaction of a job well done, and an updated beautiful home to boot!

We also have some great puzzle pages, jokes, recipes, health and wellbeing advice, and reader submissions for great reading. If you have any feedback or submissions you would like to send us please do so through our website at www.seasonsmag.co.nz or email admin@seasonsmag.co.nz. Remember that you can also view the latest edition of Seasons Magazine in the beginning of each month as it comes out, on our website, just in case you have missed out on picking up your copy at your local outlet! Or you can download the **Seasons Magazine Mobile App** from Google Play Store, onto your mobile phone, laptop, or I-pad for access to the latest edition as well.

Have a great and warm July if possible,

Cheers! *Mijda*

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**CLARENCE ST
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I just watched a spider carry out one of the most extraordinary feats of gymnastics I've ever seen.

It was something no human could possibly do and I doubt whether many of the world's monkeys or apes could have performed such a deed of strength and skill, without needing several breathers along the way.

I'm sitting here at my work desk in my nice warm house, outside the sky is bleak and chill, rain drops are skittering across the roof of the neighbour's garden shed, the flowering cherry in another neighbour's place has had most of its brilliantly yellow-orange leaves flogged off it by successive blasts of cold wind, and the day's forecast is that the storm which dumped snow and misery across much of the South Island is bruising its way up the country. We're in for an unhappy 1 degree C. temperature here tonight, says the National Radio weather lady.

Well, I'm not too worried about that – we have double glazing, and a log burner complete with cook-top to brew soup and casseroles and the like, and we've got a heat pump as well; and if the power goes off we've got candles and torches and a nifty gas cooker with several spare gas cylinders. And there's a few cans of beans and soup and stew and spaghetti in the cupboard. There's also plenty of good books waiting in my 'to read' pile.

So we don't really care what happens outside.

But it's interesting listening to the news – with an Antarctic front sweeping across the country, the weather over the next day or so is going to be seriously winter oriented, with more snow and ice in the Deep South; the eastern Bay of Plenty has been subjected to a brief swarm of earthquakes; 20 or more properties on the East Coast around Tolaga

Bay have been hammered with flooding and/or deluges of flood-driven 'slash' – that messy debris left scattered over huge areas of former pine forest country after loggers have worked their way through it to strip out the useable timber. The torrential rain and the slash has all swept down hillsides into valleys and created a shambles on farms that will take months and inevitably substantial amounts of money, to rectify.

I'm rather coming to the conclusion that climate change is a very real and very unpleasant event for much of the world, despite what leading politicians may or may not say.

But back to my spider, just outside my window... It was an incredible feat of strength that only the tiny-mighty people of the insect world seem capable of producing. Remember Atom Ant, that little Superman TV cartoon character who biffed and socked and whammied the bad guys, in spite of his diminutive size? This little spider was in that same category, though he was all on his own and wasn't beating the coffee dregs out of anyone else.

He was pale-coloured, with hair-thin legs about 20mm-30mm long, all knuckley and flexible, and a little two-piece body that was darker and made up of a pair of round blobs about the size of match heads. The legs were all fitted to the front blob.

As writers sometimes do, I was staring out the window at the lawn, with my thoughts a thousand miles away as I tried to formulate an introductory sentence to what I hope will be 5000 or more words on a very interesting man who forms part of a corporate history I'm currently writing. And right there, less than a metre away, came this spider, climbing into my vision. I delayed on the man and focused on the spider.

I couldn't see the single strand of thread he/she was using, but it must have stretched most of three metres from the lawn to the house soffit. There's enough breeze outside to wobble the remaining few leaves on the flowering cherry, but somehow it didn't have the slightest effect on this little guy – the front two legs were doing a perfect hand-over-hand series of pull ups, hauling that little spider straight up the life line. There was no hesitation, no stops to admire the changing scenery as he/she got higher, no half time with sliced oranges or water bottles proffered, no time out for R&R.



The other six legs seemed to be all spare tyres during the entire ascent; the spider didn't appear to use them as rear-end push-up aids. They just all trailed along. Yet he/she was gaining altitude rapidly and steadily, at the rate of 10mm to 15mm per single-leg pull-up. It would be like an acrobat or trapeze artist swarming 30 metres or so up a rope, non-stop, just using their arms.

Then, when he/she got to the top, there was a second or two of disentanglement from the filament before, with the I-do-this-every-day nonchalance that spiders usually display, he/she headed off across the soffit. Upside down, of course.

The spider vanished from sight, perhaps to carry out the afternoon's grocery shopping by spinning a web between soffit and brick wall, or maybe in the angle of the gutter down-pipe. When he'd gone [it may well have been her – I'm singularly unskilled in such matters, especially with spiders] I pulled several books from my shelves and did a little research. After an intensely interesting 45 minutes – doesn't time fly when you're having fun? – I quit, not having discovered who my little power-lifter was, but considerably more informed on what spiders are, what they do, and how varied they can be.

There's a heap of them here, probably more than 2000 different species in New Zealand, though it seems only about half of them have been properly identified as yet. As well, there are dozens of self-imported Aussie species, most of whom ballooned in, each hanging on a single length of cobweb they let out into a goodly breeze somewhere among the gum-trees, and caught the take-yer-chances easterly drift across the Tasman. There's no doubt a few other less pleasant imports from elsewhere around the world are skulking about in dark places, and we'd almost certainly prefer not to have them, which is why border control officers tend to be rather vigilant about such matters.

My first reference work is a book I reviewed back in 1973, *New Zealand Spiders, An Introduction* by husband-and-wife team R.R. and L.M. Forster. It's a fascinating 250-odd pages of serious arachnid study, with excellent illustrations, and I

have had good cause to dig into it from time to time over the past 40 and more years I've had it. Another book I pulled off the shelf is considerably smaller, but filled with excellent colour photos and is also a fine reference work: *Spiders in New Zealand*, by Bill Fairweather, with photos by Don Horne.

In Fairweather's introduction, he makes a particularly interesting observation, noting that "As all gardeners know, insects are responsible for most of the damage to our food crops and other plants...Spiders are a natural and most effective insect control mechanism. Without spiders, the world's ability to produce enough food to sustain the population would be seriously threatened."

This concept was reinforced to me the other day, when I drove across the swamp flats between Te Awamutu and Cambridge. It was about 9.30am, the weather cool and clear. Across the flats the crumbling stubble of what had, in the summer, been flourishing beds of willow weed, was patiently waiting for the coming winter to rot it all away. But in the meantime, what must have been a billion and more diligent little spiders had used the stalks as masts from which to fly a sail of silk. They had probably caught three billion and more tiny insects during the previous night, saving that farmer untold damage to his pasture.

And, with the feeble early winter sun slanting in on those tiny webs, each spangled with miniscule droplets from the dawn mist, it was a truly breathtaking sight. I deeply regret not have either the camera gear or the ability to capture such remarkable, fragile, on-the-spot ethereal beauty. No human could ever hope to create such fabulous intricacy, on such a vast scale – there were hectares of it, spreading way out across those swamp paddocks.

And two hours later, when I returned, it had all vanished, evaporated, withered pieces of web hanging in tatters here and there, not a single vestige of that wonderful spectacle left anywhere.

But spiders are industrious little guys. They'll all be back out there tonight, spinning and weaving and looping, and doing their trapeze artist hand-over-hand work, each of them building another extraordinary web, with a skill and strength I can only marvel at. And all that beauty – with all its practical insect entrapment – will be there again tomorrow and the next day, and the next.

You just have to be on the lookout for it.



Katipo spider hiding in driftwood

Kingsley Field



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



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Tim Macindoe

MP for Hamilton West



Orphans Aid International

In recent weeks I have enjoyed meeting some of the team at Orphans Aid International (OAI), who opened premises in my electorate 12 months ago.

OAI is a New Zealand registered charitable trust, founded in Invercargill in 2004 by Sue van Schreven to rescue children from abusive and unsafe situations and to place them into loving families or homes.

During a visit to Romania in 2002, Sue had witnessed first-hand the multitude of abandoned and orphaned babies that desperately needed help. Sue and her husband were moved to open a home for children in Romania, Casa Kiwi, housing the first four children. From these small beginnings the international charity grew, and now has projects in India, Russia, Uganda, India, Bhutan Border and New Zealand as well as the original Casa Kiwi in Romania, with 1367 children currently receiving care.

Since 2004 OAI has been funded by donations, regular sponsors and proceeds from op-shops which are located in Hawkes Bay, Invercargill, Dunedin and its newest shop in Commerce Street, Frankton. Store Manager Martine O'Callaghan says it has been a fantastic first 12 months and staff are looking forward to the second year with great enthusiasm.

"We are catering for a huge need – not only are we raising funds to help children on a global scale, we're also helping people in our local community."

"We really want to be a welcoming, smart shop, not a junk shop," says Martine. "We've quickly become an important part of the community, and if we see someone in need we will help them."

OAI also assist the New Zealand Red Cross to welcome former refugees to New Zealand. It's a life-changing experience to settle into a new home with totally new challenges and routines, especially for children. OAI assist with basic household necessities and also with opportunities for engagement and friendship.

"In the future we'd like to do more projects in Hamilton and get more people involved," explains Martine. "We would like to begin a knitting group, and we already help people who are learning English or are new to New Zealand to learn more about the language and culture."



"We just want to make it good and enjoyable for us and for the customers, and we've had a fantastic response from the community."

"If people are feeling vulnerable, they want to feel that someone cares – and we really do, we wouldn't be here otherwise."

OAI also sell new goods ethically sourced from Uganda, Nepal, India and other countries with proceeds going directly back to the projects in the country the goods came from.

As well as orphan care OAI also funds other projects, combatting poverty, such as business mentoring in Uganda. There is a replica of a hut in the Frankton shop, that a woman named Barbara used to live in, with her four children. Since going through the project, she began a grocery business in the old little hut and has been able to move her family into larger, warmer and drier accommodation.

850 children are fed daily in Calcutta at feeding stations run by OAI. "For some of those children, that meal is their only contact with an adult during the day, and the volunteers get to know the children and look out for them," says Martine. "If a child stops coming, they can find out if they are unwell or need other help."

"Poverty is relentless, and for those people being helped, OAI is the only light they have."

Donations are gratefully received at the OAI shop. Good quality items are in high demand, and go out the door as fast as they come in. Electrical items are not accepted, as they do not have an electrician to check items.

"Obviously we're a business, and we need donations to make money to keep our service running. However, ours is a service to humanity and we seek to serve others."

I appreciate the warm, welcoming attitude of Martine and her delightful team who make a visit to Frankton's OAI shop a lovely experience. The shop is attractively set out with some intriguing displays that reflect the cultures and landscapes of many of the countries who receive their support. I encourage local people to pop in, and if you can support them by volunteering some of your time, donating goods or making a purchase, you will be helping many deserving families and children. Please email waikato@orphansaid.nz or phone 846 2077.



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Public Safety is a Priority

It has been like watching a tennis match, going backwards and forwards, as the Government makes up its mind on whether or not it will repeal the Three Strikes Law. It is unclear whether the Government's proposal to repeal the law is indeed off the table. What we do know is that they are still working on ways to make it easier for criminals to get out of prison, and harder to get there in the first place – all because they don't want to build a bigger prison.

If you read my columns, or have heard me speak, you will know that my top priority is to ensure that New Zealand has a strong economy. But another core concern (and a reason I was drawn to the National Party) is law and order, and the safety and security of New Zealanders.

During my time as a Crown Prosecutor I witnessed the dark side of human behaviour. I was in charge of hundreds of jury trials, sometimes dealing with the worst things one person can do to another. There were offenders who showed no remorse for the terrible crimes they committed. Many had multiple convictions as the result of a life of crime.

Ten years ago I was no longer satisfied with just upholding the laws. I wanted to be part of a team that helped make them and this was one of the major reasons why I entered politics.

In 2010 we (the Government at the time) implemented the Three Strikes Law. Its purpose is to have more repeat offenders serve their maximum sentence.

Three Strikes is reserved for the most serious offenders. We are not talking about people who have stolen a chocolate bar or smoked a joint. We are talking about people who rape, murder and commit serious drug crimes.



To me Three Strikes is simple, it is punishment, it is deterrence and we know it works. Data from the Ministry of Justice shows that there has been a 4.9 per cent reduction in 'first strikes' warnings and that the number of second strike offenders has decreased by 34 per cent. People are not graduating to their third offences.

I do believe in most people getting another chance. Rehabilitation can help people move away from a life of desperation and crime. But I also believe that jail is absolutely the right place for some offenders. My time spent with victims and their families confirms to me that we should never be soft on crime.

The National Government had a huge focus on moving people away from offending. Through National's social investment approach, we educated prisoners, and gave them practical skills so they had a better chance of finding work when they were released. Overall crime dropped during our time, but serious crime is on the rise which is why we need more prison beds.

The reality is, 98 per cent of people in our prisons are there for Category 3 and Category 4 crimes. These include offences punishable by two years in prison or more, like murder, manslaughter, rape, aggravated assault and sexual violence.

Repealing three strikes or softening our bail, sentencing and parole laws will mean more of these people are out on our streets, making New Zealand communities less safe.

We will be watching closely to oppose any changes to the law that will endanger New Zealanders. We are tough on crime and we will hold offenders to account.

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

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Treating your hearing loss is an investment in your wellbeing both physically and mentally. Find a clinic you can trust, with caring, qualified and experienced staff whose focus is to get you personally the best results, not just meeting sales targets and commission thresholds.

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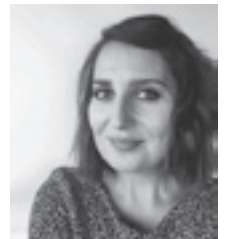


HOW?

The best hearing aid in the world will not excel without a good clinician to fit it precisely to your hearing loss and individual ear canals. Even after this there may well be teething problems for you to work through together. A caring clinician will listen to you and give you the time you need. Ensure your aftercare needs are considered. Many clinics offer a lifetime of free aftercare, including annual hearing assessments to check for any deterioration in your hearing or the performance of the hearing aid system. As most people's hearing changes over time, having these things monitored and adjusted are a must.

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A Message from the Minister for Seniors



Minister Tracey Martin

Getting Involved in the Community

There has been a lot of activity in the seniors space recently - some of which should be good news for you personally.

Hopefully you've seen that the discussion document for the Positive Ageing Strategy is now out and consultation is underway – I'd again encourage you to be part of this conversation and share your views.

We had a really successful launch of the new booklet about financial abuse of seniors and there was good news media coverage of the issue of elder abuse generally, so we're raising awareness of this issue, which we have to flush out and deal with.

And New Zealand has been accepted as an affiliate member of the WHO Global Network of Age friendly Cities and Communities.

As the Minister for Seniors I was part of all of these events – and I appeared in front of the Social Services select committee in Parliament for the first time to talk about the money I'm responsible for as Minister, what is officially called the "Vote".

What I explained to the select committee, and what most people may not understand, is that as Minister, my main role is advocacy – making sure the voice of Seniors is heard and that the Government does the right thing for older New Zealanders.

I should probably more accurately say 'keeps doing', because I think this government has already demonstrated its commitment to Seniors.

As part of the coalition agreement we committed to the entitlement age for superannuation remaining at 65. It is vital that New Zealand Superannuation is not income-tested and is universal to every eligible New Zealander.

We also committed to resuming contributions to the New Zealand Superannuation Fund to help safeguard future superannuation payments. I think it's generally been overlooked that we started those payments again last December – they had been put on hold by National throughout its term. This coming year, from July 1, we will invest another \$1 billion into that Fund.

And we are committed to ensuring that people get the assistance they need. The Families Package, including the new Winter Energy Payment also started on July 1. This will help with the cost so many people face when it comes to heating during the winter.

Couples will get \$62.64 per fortnight, and single people will get \$40.92 per fortnight. This is tax free and you don't need to apply for it, it will be paid with your usual NZ Super or Veteran's Pension for 13 weeks until 30 September.

From next year and beyond payments will start two months earlier, from 1 May, and run through to 30 September.

Also significantly – and it was a bit of a personal mission for me – from July 1 Grandparents raising grandchildren will receive the same support that non-kin caregivers receive. When I say it was a personal mission, I managed to get unanimous support in Parliament for my Members' Bill on this three years ago. But this year, under this Government, we've put the funding in behind it.

The new funding will ensure that carers, such as grandparents, are entitled to a clothing allowance of up to \$1,500 a year for the children they're looking after. The Government has budgeted \$105 million for this over the next four years.

The other initiative we've put in place for this new financial year (from 1 July) means that eligible retirement village residents will be able to apply to their local council for a rates rebate.

The Rates Rebate (Retirement Village Residents) Amendment Act 2018, ensures that retirement village residents who do not own their unit, but pay fees to live there, are recognised as rate payers, and are therefore entitled to apply for a rebate.

Eligible residents are required to fill out an application form, and provide a declaration certificate completed by their village operator. Both of these documents, along with eligibility criteria, are available from the Department of Internal Affairs.

Its website is:
www.dia.govt.nz/Services-Rates-Rebate-Scheme-Index
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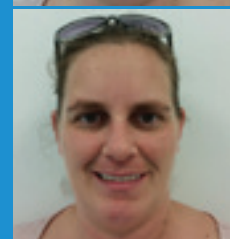
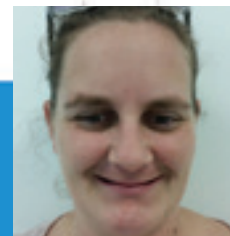
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A Message from the Labour MP



Jamie Strange

Hamilton the first age-friendly city in New Zealand

We have an ageing population. Half of all New Zealanders will be over 46 years of age by 2068. Hamilton is already well-suited for older people, being relatively flat and easy to navigate. We want to make sure that our city is age-friendly for our seniors.

The World Health Organisation launched the Global Network of Age-friendly Cities in 2010 to ensure older people could remain healthy and active into retirement. Cities looking to join the network had to demonstrate an understanding of older people's needs. For example, access to public transport and outdoor spaces, and appropriate housing, community support and health services.

That year New York became the first city to sign up and its mayor was presented with the first official membership certificate. Six years later our very own councillors voted to endorse Hamilton joining the network. At the time it was made up of 287 cities and communities across 33 countries. We were thrilled by the prospect of becoming the first age-friendly city in New Zealand.

Since then a local steering group has been working on an exciting three-year plan to make our city more inclusive to older people. They presented to the World Health Organisation in February with nine age-friendly themes: outdoors spaces and public buildings, transport and mobility, housing, social participation, respect and social inclusion, civic participation and employment, communication and information, community support and health services, and safety.

I was very impressed by the level of detail in their thoughtful three-year plan. And the World Health Organisation must have been too, because in mid-May Hamilton became the 600th city to join the



Labour

Global Network of Age-friendly Cities. This puts Hamiltonians ahead of the curve. We have a unique opportunity to lead the way in creating spaces, products and services, and connections that ensures our seniors are able to take part in society, overcome ageism, and engage in civic life and work as they choose.

Our seniors have much to offer. They are the most active volunteers, provide the mainstay of many community groups, and contribute valuable life skills and experience. It's estimated that 10.5 per cent of the workforce will be over 65 years old by 2051. The value of seniors' unpaid or voluntary work by that time is projected to be \$36.61 billion.

Our new coalition government is focused on supporting the health and well-being of our seniors. We resumed contributions to the New Zealand Superannuation Fund and kept the age of eligibility at 65 years. We're rolling out our Healthy Homes Guarantee, and the Winter Energy Payment in July, so all superannuitants can have a warm, dry home – especially during the colder months. And we prioritised health in Budget 2018 to start rebuilding a public service that meets the needs of our growing, ageing, and diversifying population – now and for decades to come.

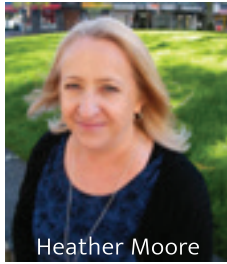
I would like to thank and congratulate the Hamilton Age-friendly Steering Group – the Chair, Dame Peggy Koopman-Boyden, and; Malcolm Brooker, Nick Chester, Andrew Corkill, Dell Hood, Graeme Kitto, Brent Neilson, Margaret Wilson and Yvonne Wilson – for being the driving force behind Hamilton's successful bid to become New Zealand's first age-friendly city. Just as Budget 2018 invited New Zealanders to redefine our economy, this local project has invited Hamiltonians to redefine our city – both seeking to become more productive, sustainable and inclusive.

Finally, I wish the evaluation group all the best as they set off to monitor Hamilton's age-friendly progress over the years ahead. This is a noble pursuit and one Hamiltonians young and old can be proud of.

Office: 7 8396803

Email: jamie.strange@parliament.govt.nz

Volunteering recognised in annual awards:



In 2017 Volunteering Waikato worked with more than 3600 volunteers - it's largest annual total yet and expanded its reach into the Taupo region according to General Manager Heather Moore.

"Every year in the past 11 years we have had an increase in the numbers of volunteers. But there is a change in that there are fewer people looking for on-going long term roles and more are transient and looking for shorter term placements we call it 'volunteer churn'."

Older people used to be a reliable source of volunteers but these days more are travelling.

"Older people are still there and volunteering but we are getting more people who are new in the country and volunteering gives them the opportunity to make connections, improve their English and obtain adequate referees when seeking paid employment."

In 2017 Volunteering Waikato expanded into the Taupo district and now covers the entire Waikato. Volunteering Waikato is this year celebrating 25 years of supporting the Waikato community. "In recent years Volunteering Waikato's on-line services have meant that the organisation has been able to recruit and refer volunteers in towns right throughout the region. These online services have resulted in a huge increase in the number of people for whom we find roles," Moore said.

Volunteering Waikato was established in Hamilton in 1993 to help community organisations find and enlist volunteers, and for those who wished to do voluntary work to find the right opportunity to do so. Since then the organisation has worked with more than 35,000 volunteers around the entire Waikato Region, and currently supports 340 community organisations throughout that area.



This year's Volunteering Waikato annual Awards includes four categories including one new section. There is the Volunteer of the Year. Volunteering of the year Youth (up to 25 years for which there were 7 nominees), a team excellence award (12 nominees), Long Service Award (7 nominees) and awards for long service 25 years and over.

Volunteer **Janice Parsell** is the manager of the Te Aroha museum. An enthusiastic and bubbly personality, Janice was born in Te Aroha and is the proverbial apple that didn't fall far from the tree. Thinking about it Janice realised she'd spent most of her life volunteering.

"My daughter was 2 when I started volunteering, that was 1966, I did all the usual things when the kids were growing up, clubs, brownies, Women's Institute, library, cleaning homes for older people, did a couple of years with the budget advisory."

Janice returned to Te Aroha and volunteered as a host at the Te Aroha and Districts Museum which is run by a committee. When she started the museum had nine volunteers. Today it has 26, a transient group.

In 2008 Janice became president of the Te Aroha and Districts Museum Society. Ten years later she's still the president. Over the years huge amounts of work has gone into digitising the museum's collections and better presenting and renovating



Long Service award sponsored by Seasons Magazine Bev Wilkins



Cancer Society Morrinsville Support Group



Combined Christian Foodbank



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Tracey Roose



Monica Hill

the museum. "When I started there were no systems in place. We had about 2000 items and 2000 photographs cataloged. Lots of items had not been recorded or anything about who donated them, now we have more than 10,000 items on computer. We are still catching up with what is in stock and recording new donations.

The Te Aroha and District Museum is located in Cadman House on the Te Aroha domain. "It's an absolutely lovely place to have volunteers," Janice said.

Nominated by Waikato Museum, Janice came runner-up in the Volunteer of the Year award.

Not far away in Morrinsville is a group of volunteers who were also recognised in this year's Volunteering Waikato awards.

The Morrinsville Cancer Support Group, Lenie Weterings, Mary Scherer, Doreen Farrelly, Linda Martin, Mary Ford and Pauline Tesselaar, is one of many throughout the Waikato and Bay of Plenty who help support many people, their families and loved ones through their battle with the disease. Weterings started with the group about 2008 and took over the leadership four years ago.

"I took over the coffee mornings with Linda Martin and didn't really want to go further than that. But it grew so I asked Mary and Doreen in. We are all friends with an experience of cancer."

The group is not permitted to approach people who have been diagnosed with cancer. Those with cancer who would like some help, are referred by the Cancer Society's Hamilton nurse who also covers Morrinsville and the Coromandel. Pamphlets advertising the advantages of being part of the group, can be found in doctors' surgeries and medical centres.

Led by Pauline Tesselaar, the group supports the annual fund-raising Daffodil Day, and together puts on a mid-winter Christmas dinner, an annual garden party, helps with the Cancer Society's wellbeing programme and enable people to use the Waikato DHB's Health Shuttle which runs from the Morrinsville Community House. The group helps a couple of dozen people a year who have been diagnosed with cancer and these can range in age from teenagers to older people. "When someone is diagnosed with cancer it can often be quite a shock. We work to give people a sense of hope and encouragement that cancer can be beaten," Lenie said.



The Morrinsville Cancer Support Group gained runner-up in the Volunteering Waikato team excellence awards. The Cancer Society volunteer development manager Nicola Bowe said the society relied on its dedicated volunteers across the region to ensure its services remain free for people with cancer, their family - whānau and friends.

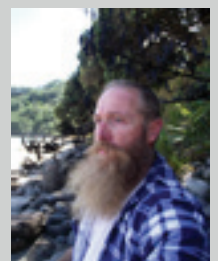
"Our volunteers make a difference in our communities every day. Cancer Society volunteers fulfil a number of roles including driving people to and from medical appointments, helping to operate the Cancer Society's Lions' Lodge, providing support in local oncology wards, hosting support groups and assisting with fundraising events. The society has more than 350 regular volunteers who contribute in excess of 9,500 hours a year and are central to our organisation. They work as part of our team so that together we can provide better services to our clients, increase contact with the greater community, and reduce costs of services," Bowe said.

The Cancer Society is always on the look out for dedicated volunteers. People interested in volunteering for the Cancer Society in their community should contact the society on **07 903 5803 or email volunteer@cancersociety.org.nz.**

Winner of the inaugural 2018 Volunteering Waikato, Volunteer of the Year Long Service Award, Sponsored by Seasons Magazine, was Bev Wilkins. Nominated by the Order of St John Central Region, Bev has given 35 years of service.

A BIG THANK YOU to all of the sponsors and award recipients who helped make this event one to remember.

Geoff Lewis



The Money Mattress Deal

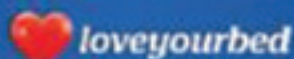
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WELCOME WINTER!

Brent Nielsen | Executive Officer | Age Concern Hamilton
Celebrating Age Centre | 30 Victoria Street, Hamilton 3204
www.ageconcern.org.nz

As I write this, looking forward already to warmer months.

June was busy with events marking World Elder Abuse Awareness Day. Elder abuse is not ok and the Ministry has a focus on financial abuse presently. Our caseload is growing in this area as awareness is raised. A plea that if you hear of an older person who may be taken advantage of, please call us at Age Concern to investigate.

June was also Men's Health month and we hosted another successful expo including free health checks. A plea to older men and women always to action anything that changes with their health. The longer health issues are left unchecked – the worse the outcome always.

Age Concern were also present at the National Agricultural Fieldays as part of the Health hub. This provided an opportunity to link with our rural brothers and sisters with our focus being social isolation. Farming can be a place for lonely people to hide, yet it's equally important to be socially connected whether a city, town or rural dweller and we take pride in delivering services to all.

We are preparing in coming to make more use of the Celebrating Age Centre and are launching a member lounge; a place for older people to meet and pursue small group activities. Keep watching Seasons magazine for more opportunities to come together.

In the meantime, please stay warm and remember the Super Senior's new winter energy payment from 1 July is to enable warmth. Every year, unnecessary and preventable deaths occur in New Zealand through people living in cold or damp conditions. Please keep some heating on.



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

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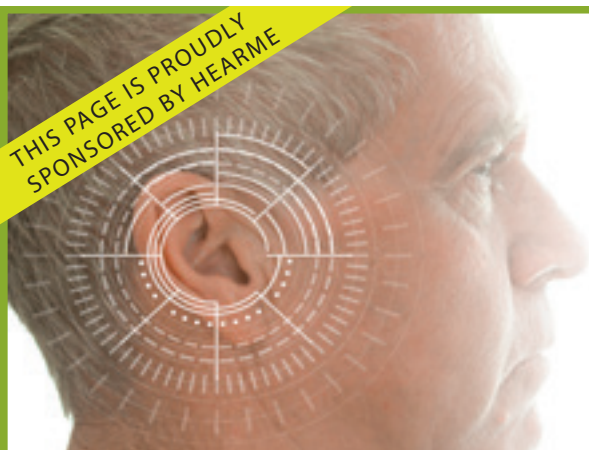
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Trouble Sleeping?

TURN ON SLEEP RADIO!

Most radio jocks would be horrified if they knew 70 per cent of their audience was asleep. But for Te Aroha broadcaster John Watson the statistic is a measure of success.

John, 62, has a lifetime's interest in technical things and built his first transistor radio at the age of 9. But it was the personal trauma of battling depression that channelled his energies and talents into Sleep Radio - probably the world's first radio station purposely designed to help people sleep.

John and wife Deborah lived in Auckland for many years. John had worked first as a projectionist for the big Kerridge Odeon theatres, the St James, Regent, Embassy and West End.

He developed skills as an employment law advocate and went on to work as a Human Resources manager for the giant German Siemens company before becoming an HR manager for the New Zealand Defence Force.

That was where the trouble began.

"Under the Government at the time the Defence Force was going through a huge civilianisation process. Military roles attracted a 15 per cent premium, because, of course, members of the DF were expected to be available to fight for the country. But they also cost more," John said.

So John found himself in the uncomfortable role of executioner - of telling career army, navy and airforce personnel they no longer had a job.

"As the messenger, I copped the blame and the abuse."

John became seriously depressed.



"I felt like I was living in a deep, dark, hole. I couldn't sleep, I couldn't concentrate. I was thinking of self-harming. I quit. I took six months off. I had a heart attack, I was a prime candidate, too much stress, too many pies, not enough exercise, family history. Depression was another side effect of the cardiac problems." John also ran a lawn mowing contracting business at the same time.

In 2015 John decided to take early retirement and he and Deborah moved out of the chaos of Auckland to the quiet rural environs of Te Aroha, buying a modern home near the local college. Deborah is a keen genealogist and John helps out with the sound engineering at his local church and has become president of the Te Aroha Little Theatre and helps with the technical side.

While in Auckland John had a counsellor who had advised him to listen to soothing music as a way of trying to get to sleep.

"But you'd buy a \$35 CD and you'd listen to it but you didn't want to listen to it over and over again."

So about four years ago John decided to establish a radio station specifically broadcasting music designed to put people to sleep and help people sleep.

"At one stage my depression was so bad I was hospitalised and went into respite care. That week I had a little media player. I've always loved radio and found there was lots of information on YouTube about how to set up a radio station. At that stage smart phones were on the market and broadcasting over the internet was possible for minimal cost."

Old style radio broadcast was simply impossible, far too expensive, very limited range and in New Zealand you have



"Our first night was 24th August 2014, The feedback we've had has been fabulous. People send us emails thanking us for helping them sleep. We got one from a mother who used us to get her baby to sleep. We've been mentioned on a Czech website and I've been interviewed by the Guardian.

"All people need is an internet connection, smart phone or tablet. We have an 'App' which can be downloaded from our website. People can listen through our website or download our App."

The website, also has an A - Z of does and don'ts when it comes to trying to get to sleep along with videos about insomnia.

Running Sleep Radio takes about 30 hours a week but it's not too demanding, one track of ambient music follows the next and it can be put on 'autopilot'. Set up costs were about \$4000 and Sleep Radio doesn't make a profit - in fact it costs John and Deborah a few thousand dollars a year to cover the cost of the server in Canada. They get a few donations.

"We emphasise that Sleep Radio doesn't work for everyone but give it a try. If people don't have a smart phone or tablet they should download our App. It does need data and an internet connection. If people have ongoing problems getting to sleep they should see their GP."

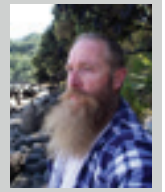
John gives two warnings - "Don't listen to Sleep Radio while you're driving or flying an aeroplane."

Check out the Sleep Radio website

www.sleepradio.co.nz

Skype: [sleep.radio](https://www.skype.com/en/contacts/sleepradio).

Geoff Lewis



to broadcast the station ID every half hour. John puts the programme together in Te Aroha and then sends it through to a server in Canada which distributes it all over the world - so Sleep Radio's reach is global. All listeners need is an internet connection and the music comes through the speakers on their desk or laptop.

"In the start there was the challenge of finding soothing music. But once we got going we found we started to attract artists making ambient music. They started sending us music. Having their music played is an advantage to them too as people can buy their albums online."

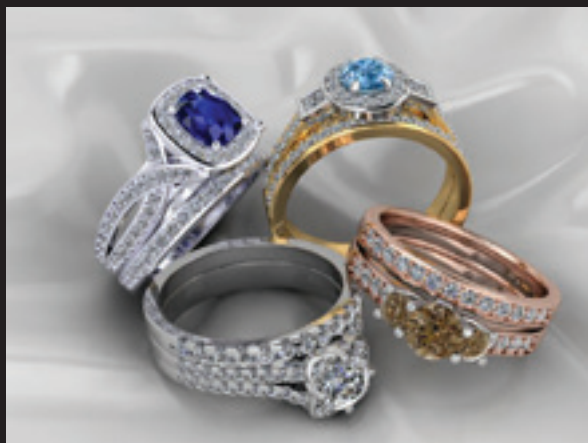
Today Sleep Radio is set up in an office-sized room at John and Deborah's house, which glows with screens and dials. A map of the world locates his listeners - the USA, Puerto Rico, Canada, Argentina, Japan, Greece, Australia, Spain, Cyprus, Sweden, Denmark, Russia, the Czech Republic, Serbia and the list went on.

"That's the beauty of digital. We send the signal from Te Aroha to the server in Canada - which is really just a very powerful computer. Information comes back from each computer it reaches. It does not identify the individual but we can tell what city or town they're in. Our peak time for listeners is 6pm our time which is night time in the US - they're 18 hours behind. At any time about 70 per cent of our audience is asleep."

There are no interruptions, one ambient track follows another. John has learned what works - no voices and no beat.

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Grey Power

Tauranga & WBOP Association



By the time you are reading this we will have had our AGM in Tauranga. This year we invited Jan Tinetti, the Labour List MP for Tauranga, to be our guest speaker. Grey Power is not aligned to any particular political party but we thought Jan could talk to us about what this Government can do in Tauranga and the WBOP to improve the wellbeing of seniors and indeed anyone over 50.

The Labour Government has, this year, introduced a new power subsidy to help those on National Super or a War Pension to help toward paying the power bill which increases considerably through these months as we need to heat our homes. Personally I do wonder if the money should have only gone to people with a Community Services Card. I feel the rest of the money could have perhaps gone toward other essential services which can be unaffordable for some?

While I'm touching on money matters – a short term subsidy like this can have an awkward ripple effect. An extra \$20 or so each week can make quite a difference to some people over a 3 month period.

MAKE YOUR VOICE COUNT

The catch is that at the end of September it stops and I am hoping that it won't cause a hiccup at the time of year when there can be extra spending with the change of season and Christmas shopping looming. My advice, for those that are able, is to set up an automatic payment and transfer some of the subsidy into a savings account and only use it if you really get stuck or maybe pay off any credit card debts.

On some fronts the news is a bit grim regarding the rising cost of living, in part because of the USA trade sanctions/levies/tariffs. If as a result, the cost of petrol rises, it can have a rather harsh knock on effect in New Zealand as that cost is added to the cost of everything we buy.

The good news is!! How many more 'things' does the average superannuitant actually need?? It could be a good time to take a better look at what we already have and give it a dust and enjoy it second time round and while you are busy doing that think about popping in some vegetable seedlings to supplement your winter meals. An even easier way to cut costs is to become a member and then change to Grey Power Electricity.

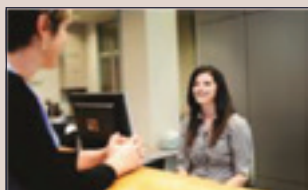
Stay warm and safe,

Jennifer Custins - President for Tauranga & WBOP
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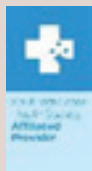
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It is therefore crucial to our good health to have a strong and balanced immune system.

Is it possible to intervene in this process of inflammation and boost your immune system?

The immune system is precisely that — a system, not a single entity. This is your body's first line of defence against infection and to function well, it requires balance and harmony. Good nutrition is the key to its efficient function.

Healthy immune system warriors need good, regular nourishment. Scientists have long recognized that people who live in poverty and are malnourished are more vulnerable to infectious diseases.

There appears to be a connection between poor nutrition and decreased immunity in the elderly. A form of malnutrition that is surprisingly common even in affluent countries is known as "micronutrient malnutrition." Micronutrient malnutrition, in which a person is deficient in some essential vitamins and trace minerals that are obtained from or supplemented by diet, can be common in the elderly. Older people tend to eat less and often have less variety in their diets.

The most essential nutrients often overlooked are minerals.

Why are minerals so crucial to our good health?

Minerals have a role in nearly every human bodily function from building healthy bones and teeth, to energy production, to immune support. Minerals are so crucial to our health that even slight imbalances of some minerals can have major consequences; ranging from low energy levels to gastrointestinal issues. These are the facts – there is not one enzymatic process inside the human body that does not demand a mineral for its process. Deficiency causes disease, plain and simple. Minerals are necessary for virtually every single metabolic process that happens in the human body.

Centuries of farming and irrigation have eroded life giving minerals from our soils. Mineral deficient soils are then used to grow and cultivate our food. Because of this, our food is lacking in the essential plant minerals necessary to live a long and healthy life. It's not surprising that when our body is robbed of essential plant minerals it is unable to repair, rebuild and protect itself against illness and disease.

Minerals play a critical role in keeping the human body healthy and it is important that we not only understand why they are so critical but also why the minerals we put into our bodies should be colloidal plant derived.



Tina Robertson dip.herb.med

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Minerals from organic sources, consisting of plant derived minerals, have an electromagnetic charge that is negative. The electromagnetic charge being positive or negative is a **major factor that affects mineral availability and subsequent absorption**: unfortunately, it is a factor about which very little is understood by manufacturers, consumers and health professionals alike.

It is plants and their unique chemistry that are responsible for the conversion of a mineral's electromagnetic charge from positive to negative. Because of chemical processes in the plant during photosynthesis which involve chlorophyll, the positive electromagnetic charges on the minerals are changed to negative. The positively charged intestinal wall attracts particles that are negatively charged.

Mineral Requirements in Animals and Humans

"Millions of years ago the soil near the earth's surface were saturated with dozens of minerals. The plants of prehistoric times were rich in minerals because there was an abundant supply for them to feed upon from the soil. When man began to till the soil, continuous cropping gradually caused the soils to lack minerals. Farmers then needed to scatter fertilizer (minerals) on the soil to continue growing crops. Mineral depletion also compromises a plant's immune system. This results in the need for carcinogenic pesticides which is poisonous to humans, but which is absorbed by the plant and into the human food chain.

Only 8 minerals are available in any kind of quantity in most of the food we eat today. We know plants can make vitamins, amino acids and varying amounts of fatty



acids, if they are grown in soils containing abundant minerals. However, if the soil lacks minerals, the plants will not contain them because **plants cannot make minerals.**

Minerals do not occur in a uniform blanket on the

crust of the earth. The finest, organic, plant derived minerals available in the world are mined by Youngevity, from a humic shale seam of prehistoric vegetation located in Emery County, Utah USA and is known as the Rockland Mine. The layers of minerals have been sealed under a cap of sandstone which succeeded in preserving it from pollution and contaminants. This 70-million-year old plant matter is bursting with the same natural minerals eaten by the dinosaurs.

The health-giving results from consuming Plant Derived Minerals can be life changing. - **Kevin Grundy dip.herb.med**

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two of hearts

TWO HEARTS ARE BETTER THAN ONE ESPECIALLY WHEN THEY HAVE A GOOD BEAT

Seasons magazine was lucky enough to catch up with local entertainers “Two.of.Hearts”

This Hamilton based duo and wonderful couple Graham and Ruth Horne were originally born in England – Ruth in Birmingham, and Graham in North London. Graham tells us as fate would have it, both of their respective families moved to NZ in 1962 with Ruth spending most of her childhood years in Tokoroa, and Graham growing up in Auckland.

Ruth is a proud sister of Tim Armstrong - a musician many will know, and she points out that Tim has been a great support and mentor over the years for herself and Graham, passing on valuable contacts and information.

As an adolescent Graham was interested in electronics as well as music, and his first job on leaving school was as an electronics technician making electronic keyboards. (Remember the days these were made in NZ?!) By 1994 Ruth and Graham were both in the Waikato and separated from their first partners.



Top: Good Morning Show 1999,

Both were music teachers when they met in 1994 - Graham teaching piano and guitar, and Ruth teaching clarinet and saxophone. They became an “item”, as they say today, and married in 1996. The obvious thing for two musicians to do when they get together is to play music together. Saxophone and guitar are not an obvious combination, but Graham was also an early producer of midi backing tracks, before the days this became common. With a virtual band behind them sequenced by Graham, the band was complete.



Right: Ruth & Graham performing at their wedding

Ruth and Graham agree the name Two.of.Hearts came about because they wanted to play heartfelt music that was fun, uplifting, positive and well known, and that remains their goal today. With a huge repertoire reaching from Rock ‘n Roll to Ed Sheeran, they can cover most needs of the clubs, private functions and concerts across the board, however, Two.of.Hearts’ passion is predominately the era of the 70s and 80s music.

We love classic hits, reggae, rock ‘n roll, easy listening, almost always songs people know. Because we create our own backing tracks we can also do new arrangements of well-known songs, for instance we can play reggae arrangements of songs that were originally from another genre with a playlist long enough to entertain for about 16 hours!! And we are always adding to it. We love playing music together, and people have often said to us that watching us have fun has made it fun for them too.



Graham gives us a copy of the earliest photo they have of them playing music together which is taken at their wedding! Yes, they played at their own wedding!!



Head Hands and Feet Musicians Club Reunion 2017

Ruth and Graham have performed and entertained all over the North Island from Paihia, down to the Punga Cove Resort in the Marlborough Sounds, in fact for two years running they travelled to the Marlborough Sounds to play on New Year's Eve and the days following. And from Taranaki in the west to Gisborne in the east.

They tell Seasons magazine that another 'early days' exciting experience was playing on the TV1 Good Morning Show in 1999 and for a number of years had played for the Cancer Society Relay For Life in Hamilton.

Ruth and Graham have met and experienced working alongside some famous people over the years, such as being the opening band for the Drifters at a Taupo concert a few years ago, have also met John Helliwell – saxophone player for Supertramp, and in 2014 along with Tim Armstrong, were part of a 10 piece band backing Howie Casey (he played saxophone for Paul McCartney and Wings through the 1970s and 80s.) The picture you see here is of one of those Wings Concerts where you can see Ruth on alto sax on the left, next to Howie Casey on tenor sax, Graham is on keyboard in the back row out of sight! Afterwards Howie wrote to us, "I really enjoyed playing with you guys – lovely people and great players." This was a lovely commendation from one of the best saxophone players in the world.

"Ruth and I have had a great lifestyle doing this for many years now, and now that we're getting older, we tend to stay closer to home," says Graham. "However we're always open to new ideas and offers. In the early days, our gigs were mostly pubs and chartered clubs.

"These days we also play at Retirement Villages, and for senior groups and clubs, and for 60th birthdays, 70th birthdays, 80th birthdays, anniversaries and second time weddings – as well as the chartered clubs."

We are always adding to our song list, we never stop trying to improve our skills, our sound and our repertoire. This has been our life together over past twenty odd years. We haven't made a lot of money! But we do have a lot of fun playing music and entertaining you all."



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Wings Concert 2014. Far left is Ruth

Ruth and Graham meeting Howie Casey



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HOME

SPRUCE IT UP

Sprucing up home interiors isn't just about creating a home that looks new and current for your own enjoyment, it can also be about preserving the character of an older home or even preparing for a future sale, so it would pay to consider these tips for addressing the issues that need a touch-up while bringing out the best of your home's history, past, present and future.

If you are renovating because you want your house to look more beautiful and feel more comfortable, consider your home renovation plan as a business plan or as a special project. You are starting from scratch and likewise the first step is to take charge of the project and set your goals and budget.

However, if those changes are major such as renovating the kitchen / bathroom or even taking out a wall to create that open flow area, your decision should include bringing in an expert that can give the right advice and whether they are needed to help with the work. Ensure you get three quotes and check their qualifications or get reliable references.

As mentioned earlier effective planning is the key to renovation or redecorating. If you are renovating or decorating yourself then you need to focus on your requirements, write your end goal for each space in the house then move on to setting the budget you have to bring these ideas to fruition. (Make sure to build an emergency amount into your budget as sometimes best laid plans hit a pot-hole along the way, that if not planned for can stop you in your tracks).

A big part of any changes to your home which, in a lot of cases is the biggest financial asset you have, is researching your options in all aspects from colour schemes to the furniture and also the look you are going for. This can also help you stay on your budgeting track such as the beautiful furniture that you liked at a high end store can be purchased at a lower price from elsewhere at a more cost effective price.

Also with the advantage of on-line shopping offering manufacturer direct buying, you can save a huge amount of money. Thrift shops and second hand furniture stores offer some great finds that with a little TLC can end up real gems and discussion pieces.

When sprucing up your interior spaces there are some golden rules that will give you the look and feel you want but also improve the value and functionality of your home for yourself or for potential buyers on the look in the market.

BENEFITS OF NEW PAINT

Colour palettes when painting indoors can have various effects under lighting and when sprucing up your home it can give a modern sophisticated look you may be going for, or help lighten that room not getting the benefit of direct sunlight flowing through it, making something a little dreary look bright and inviting. (A skylight is another option to light up a space if extra window space is not an option).

Another effect of painting a room is that some colours can also alter the perception of the size of the space giving a small room the feeling of extra space.

However, it is best to get several test pots and try each of your chosen shades to ensure you will be happy with the end result before rushing in headfirst, and also consulting with their supplier's consultants on the latest trends.

The best thing about painting is that it is a job that with a little advice you can do it yourself, and the results are immediately apparent and give a great sense of satisfaction.

KIT OUT THE KITCHEN

Everyone knows that your kitchen is almost like the heart of the home where many family and friends spend time talking, laughing and cooking, not to mention it is a big item on the list of any potential buyer looking to purchase now or in the future.



PTO to continue reading

A big need in any kitchen is functionality and storage as well as maximising space for movement.

Renovating your kitchen to its maximum capacity unless you have experience is probably going to mean some outside help, although you can spruce it up a little yourself with some easy to make changes, such as updating handles and tap fixtures with a more modern look, coupled with changing the benchtop or adding a feature splashback.

Also if storage is an issue there are many kitset companies who sell kitset solutions and will send their representative expert over to give advice or a suggested solution at an affordable price, which can be self-installed with just a little DIY and knowhow.

Again, shop around as there is a huge range of options for kitchen solutions, and you could just repaint to make your kitchen look as good as new with the small changes you have made.

BATHROOM BLUES

As with the kitchen this area of the home is one shared with guests more often than not and is of very large importance on any buyer's list of go-to areas in any home.

Like your kitchen area there are quick fixes anyone can do, such as changing fixtures and the colour palette to add extra style or light to the room, however with bathrooms there are many extra features that can make this room more comfortable for you and your family as well as potential buyers in the future.

Underfloor heating is becoming the norm as a must in any bathroom especially in the NZ cooler months coupled with heat lighting and good ventilation which help keep this area free from damp and mould build-up, keeping this area pleasant and healthy for the family.

Again plenty of storage is a must as you need those guest towels at the ready, and space for all of those products being used by the family. Built in laundry baskets hidden as part of the cupboard area is a great way to hide those dirty towels and clothing bound for the laundry.



FLASH UP FLOORS

If you are on a budget then floor renovation might seem expensive, and if you cannot find a flooring installation under your budget then you should invest in renovating everything else according to your floor design.

However, yet again there is a huge range of options in terms of flooring solutions, from sanding back existing natural floorboards that until now have been hidden under the current carpet. Lino or tiles and can be brought back to life with a little TLC and elbow grease giving a stunning finish that appeals to buyers as well.

Carpets can also bring a warm, cosy feel to a home and although it can be expensive, there are some companies selling off-cuts if the area you are looking to cover is only a small area, but be sure that you are taking into account when choosing your carpet, to take samples home and see if the shade you like matches your other decor - such as drapes, paint, benchtops and even door colourings.

Another option is the kitset wood-flooring slats or tile look that can be installed easily, which gives a stylish flooring finish but with a wider range of colour choices. This option can be fairly inexpensive especially if installing yourself.

OTHER TIPS

1. Paint the walls, ceiling and trim one colour to hide imperfections.
2. Celebrate stained glass. Recently stained glass has made a comeback and adds some real character to a home and again if you are a little craft orientated, is something you may be able to create yourself through watching videos on U-tube that will give you plenty of ideas, tips and instructions on how to DIY.
3. Use drapery to conceal awkward windows. Older homes often have quirky windows in unusual places, but a full wall of drapery can be the perfect way to subtly clean up the look of the room without completely erasing the windows and blocking all light, but again be aware of your colour and texture choices.



interior of your home and will give you satisfaction during those months when getting into the garden or sorting out any external issues is almost an impossible feat.

Remember we are just putting some basic thoughts and ideas out to you. There are so many DIY ideas out there that you would be hard pushed not to find the perfect solution within your budget to get at least one of these projects underway, and although it means putting in some effort, the results at the end will more than over-shadow this and probably give you the reno-bug to keep this rolling throughout your home and most important investment.

Cheers, Grant Team Seasons

4. Use airy shelving units. Open and airy shelving units are a stylish way to add additional storage and display space for collectibles, books and baskets of odds and ends without disturbing or hiding the original architecture with built-ins or big bookcases.
5. Keep it simple with contemporary furnishings. In general, clean and simple contemporary or modern furnishings are a good tool for bringing a sense of modern life to a traditional home.
6. Utilise zones. Old homes built on quirky lots often have some unusual room layouts, and can have long, narrow spaces that seem hard to work with. Break a rectangle into multiple square zones for better functionality, using area rugs to define zones visually and open-sided furniture like benches to bridge multiple adjoining seating areas.
7. Add functional but beautiful features that have purpose such as a hanging indoor planting wall or area that helps bring clean oxygen indoors and also can double as an easy care herb garden in or around your kitchen area, or create a living feature wall with indoor herbs or plants that naturally deodorises your home with a continuous beautiful aroma.

Winter is the perfect time to look at making changes to the



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Sundance® Spas

5 GOOD REASONS TO BUY A SUNDANCE SPA:

Making the decision to buy a new spa for the first time, or when you want a replacement is not an easy task. To help you do this we have outlined 5 good reasons to buy a Sundance Spa that fit with the themes of this month's Season's Magazine:

Engineering excellence:

Sundance® Spas are engineered to run flawlessly, with proven reliability backed by a comprehensive warranty programme. Their commitment to excellence starts with their design and manufacturing teams, who are the most experienced and creative professionals in the industry. They are responsible for introducing a number of industry innovations, from the first electronic spa control system (1984) to the revolutionary Fluidix™ bearingless jet design technology. Full foam insulation between the shell and cabinet minimises heat loss, giving low power bills and supporting pipework to prevent leaks. Rigidfoam shell construction is many times stronger than fibreglass backed acrylic shells, ensuring a lifetime of trouble-free use.



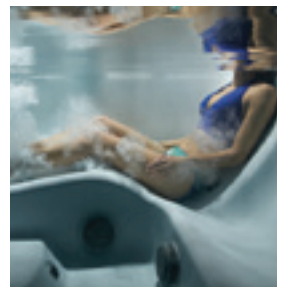
Control:

The programmable control system performs several important roles and gives you ultimate control over the running of the spa. Microprocessors continually check the spa's functions – circulation, filtration, and automatic shut-off of the jet pumps if a problem is found; saving potential damage to expensive equipment. Sensors ensure water temperature displayed is accurate to within half a degree so that you can have the water at exactly the temperature that suits you. The display can be inverted to be read from both inside or outside the spa to make it easy to use.



Comfort:

Ergonomic Seating – each seat is designed to maintain even weight distribution and correct posture when your body is surrounded by jet-driven water. Precision engineering ensures that the seats can accommodate a variety of body types, so you can relax comfortably into the seats of your Sundance spa. Aesthetically sculptured shells ensure every time you open your Sundance spa it will look appealing to you.



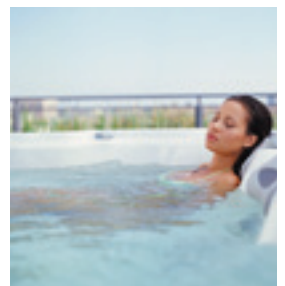
Add value to your property:

Add a spa into your backyard and increase interest in your property when it comes time to sell – who can resist the allure of a hot tub – relaxing after a hard day's work – easing muscle tension after playing sport – or just chilling out under the stars on a winter's evening with family and friends – magical! Make your family and friends the envy of you with a stunning Sundance spa gracing your backyard.



Peace of Mind Purchasing:

After sales service is something that is hard to determine when buying a spa. Sundance Spas long and comprehensive warranties in conjunction with the fact that Maurice's Pools and Spas has been in business for over 26 years will give you peace of mind when you buy your spa. In addition we have a Mood Room in our Cambridge store where we have a number of spas filled and available for prospective customers to "try before you buy".



Get Creative **THIS WINTER**

Having a spruce up around home in the winter is always a satisfying task. We too have had some changes at Four Seasons Home & Garden Centre, and have introduced three new team members – we welcome Tania, Claire and Kristy. This time of the year, can be when the garden is often at its least spectacular, and working on indoor projects can be a great alternative to being out in the cold wet weather.

Da Vinci's Only Green Chalk Paint is another exciting new introduction to our product range at the Garden Centre ... and boy, are we having some fun! Simply turn a piece of tired old furniture in to something quite spectacular. Not only is it rewarding and thoroughly enjoyable, but a cost effective way of revamping and revitalising an old favourite that may otherwise end up heading to the dump, when it can make a great statement piece for your or someone else's home.

Succulents are right on trend and are perfect for the 'forgetful gardener' as they are very low maintenance. These little beauties can be used in many different ways - fairy gardens, terrariums and living walls are all currently a popular use for the many different varieties of succulent. We now also stock a lovely range of items that can be popped into a fairy or succulent garden.

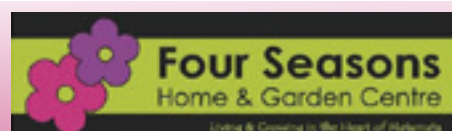
Herbs can be successfully grown in a warm sunny spot indoors. These can either be grown sitting on a window sill or hanging in front of a well-lit window. Ideal varieties include coriander, parsley, basil, thyme and chives. Growing your own herbs is better value than buying fresh cut herbs, and they will last longer. Not only do they provide green foliage in the kitchen, but they are readily available for cooking and garnishing many dishes.

Indoor plants in an attractive pot always helps to make your house a home. There are many different varieties that can be grown inside, and some even can purify the air – Peace Lily and Anthurium are great examples of this. Some also provide beautiful colour such as the good old favourites – Cyclamen, Kalanchoe and Chrysanthemums, all of which can be planted out in the garden should they have become too big for indoors. Many indoor plants simply provide attractive and interesting foliage, which can look just as great to a flowering alternative.

At Four Seasons Home & Garden Ltd, we love to go the extra mile for our wonderful customers, new and old alike, and we are always ready to help with advice for any of your home and garden projects.



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Everyone dreams of having a great mix of lifestyle and convenience at their doorstep and this is something Katikati and the Bay of Plenty has to offer.

If you are looking to move to a stunning location with everything at your fingertips to enjoy and make the most of life whether your needs are for retirement, relaxation or even a change of lifestyle including earning an income without foregoing the good things in life, then Katikati and Bay of Plenty region definitely has that something special.



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WHARAWHARA

GRAND ELOQUENCE AND AVOCADOS

4.18 ha avocado orchard with a solid plaster (over brick) 4 bedroom home boasting a gourmet kitchen, open plan with dining kitchen and lounge. Stunning views across the colourful gardens over avocados flowing out to the tranquil harbour views, the home offers the sense of space, style and sensuality. Potential home enterprise with separate bedroom, lounge and office. Too many features to list. Don't miss out.

Catherine Sharp your local real estate agent in the Katikati / BOP region has lived in the region for 40 years and has 16 years experience in the Kiwifruit and Avocado industry. The past 15 years specialising in real estate. If you're looking to make the move to get the lifestyle that you want, Catherine is the expert you need.

Thank-you Catherine!

This is to compliment Catherine Sharp for the property sale that she has recently done. We bought a property she had listed and found her to very efficient and informative. The sale went through with ease and she dealt with both parties very efficiently. I would recommend her to anyone who is thinking of selling or buying a property.

Many Thanks, Andre Buitendag



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VINYL REVOLUTION



The earliest known recording of the human voice is of a proofreader of medical texts singing a folk song in Paris in April of 1860. Edouard-Leon Scott de Martinville embedded his voice in soot on a piece of paper but he couldn't play it back. This technology wasn't invented until 1877, when Thomas Edison recorded himself on tinfoil.

Now we take access to recorded music for granted, the choice is limitless at the push of a button.

Recorded music and unprecedented post-war mobility made many musicians, who would previously only have been locally known, into national and international stars.

Today's Baby Boom generation grew up in an era of undreamed of access not only to recorded music but to the people who made the music. It became a central and essential part of life and culture.

Many people enjoyed music so much they made extensive collections. One such enthusiast is Hillcrest resident and former record shop owner John Collins, who recently thinned out his collection by selling off and donating about 3000 records.

John is a vinyl enthusiast, one of a resurgence in interest in a form of recording which saw its heyday during the 'Boomers' formative years. Many will remember the old 78s, the little 45s and the more recent 33.3rpm LP's



John is an avid record collector

Now in his 70s, John is a great surfer of op shops and second hand marts all over the Waikato. While plying the wastelands of Karmal, Nana Mouskouri and Harry Secombe, his forays have turned up many interesting and valuable records and some of profound sentimental value.

Among the findings are a few gems and to know treasure from trash you need to know a few things about music and musical history.

Such was a find in a Thames op shop. John didn't twig immediately to what he'd discovered and bought for a whole .50c

"It was the 'Beatles Yesterday and Today' album. But it had been called the Beatle's 'Butcher' album, the cover art featured dismembered plastic dolls and cuts of meat. It attracted criticism and was regarded as unacceptable in America. Millions of albums were re-jacketed by sticking a new, and less controversial, cover over the old one.

"For a while I didn't realise what I'd found. An original 'Butcher' album is worth quite a bit, but getting the new sleeve off it is likely to damage it. So the next best thing is to leave it alone and have the re-covered album."

Then there's the collectible Rolling Stones 'Sticky Wicket' Album which a cover designed by Andy Warhol with a zipper in it.

"It was taken off the market because it caused so much damage to other albums around it."

Another collectible 'Stones record was the 'Unstoppable Stones in New Zealand' released to go with the bands tour in New Zealand in the early '70s.

One of John's most outstanding finds came only earlier this year when he was trawling a pile of records at a Salvation Army shop in Hamilton.

"There was a bin of old records. I sorted through them and spotted one that looked familiar, and it had my name on the back - it turned out to be a record my father had bought for me in about 1959, we used to sit up at night listening to music. It is a wonderful thing to have for sentimental value."



John was born and bred in Hamilton and started his working life as a communications technician with the railways.

Driven by an enthusiasm for music and records he opened 'Good Vibrations' a record store in High St Frankton in the late '70s and then 'Just Music' in Garden place which closed in the late 1990s, victim, like so much of the small scale retail sector, to the onslaught of big box retail in the form of the Warehouse which is nearby.

John will buy a record for three reasons - he likes it, there's a nostalgic connection, or it's an investment.

"I could buy a record for \$1 and sell it for \$30 - but usually don't like to part with it."

With a convenient apartment in his back yard John has his own sound-room with equipment which would have been commonplace 30 years ago.

"Vinyl has a sound of its own. The problem is to look after it today you need the proper equipment. It's not a cheap hobby and the funny thing is while there are quite a few people collecting records, most are men, there's very few female collectors. Then there are some who buy because they think it's a fad.

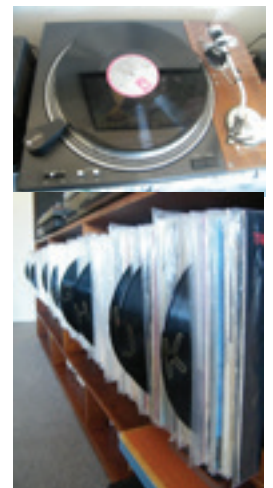
"There is resurgence in vinyl with new recordings available and in coloured vinyls. But some of the new records are digital. To get the real sound you need analogue."

John has always been a great fan of Elvis and the Beatles.

"The early Beatles were mono recordings, they didn't get into stereo sound until later. There was the famous story about the Sgt. Pepper's Lonely Hearts Club Band album in 1967 which was originally recorded in mono but they changed to stereo half



Hamilton music enthusiast 'Cookie'



way through. In 2017 it was remanufactured and re-mastered by Giles Martin, the son of George Martin who produced the original."

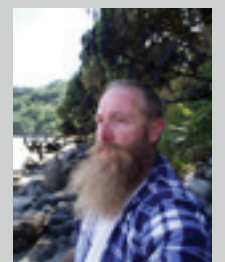
There are a few records John is still looking for. He has all of Elvis' albums - except the first one.

Meanwhile the first vinyl sale to take place in Hamilton for years packed them in to Creative Waikato's reception area in Alexandra St in June.

Among the crowd was Ross Meehan, former owner of Tracs Records in central Hamilton from 1980 to 2008, "Napster started to kill the recording industry and The Base killed the central city, streaming killed retail music. But the industry is making a return worldwide. In its hey-day there was \$125 million in sales of physical recordings (NZ), now its back up to \$100 million but only about 20 per cent of that is physical sales, the rest is digital, it's a volume thing, the big companies are making a come-back."

Hamilton music enthusiast 'Cookie', who once worked in a Hamilton record store enjoyed the event and picked up a nice 'Fats is Back' album. The fair was organised by local DJ and music enthusiast Dujon Cullingford.

Geoff Lewis



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Discovering

The many sides of Fe

Often the first thing people see when they meet 23-year-old Fe Jacobs is her disability. She just wishes it wasn't all they see.

The second-year occupational therapy student was born with spina bifida. She's enrolled at Otago Polytechnic but attends classes at Wintec in Hamilton. "It's close enough to walk", says Fe.

Of course, when Fe says "walk", she really means she makes the trip there and back in her wheelchair. "I walk to tech – I mean I use a wheelchair, but I call it walking. It's my version of walking when I use a wheelchair. It's my legs while I'm in it".

Not many nine-year olds dream of a career in neuro-developmental physiotherapy. When Fe was told her physical disability would make working as a physiotherapist difficult, she decided to follow a career in occupational therapy instead.

She's half way through a bachelor's degree and is already planning to continue study so she can specialise in orthotics. "I wear ankle-foot orthotics myself, that's why I'm interested in it."

They're not your usual orthotics though – they fit underneath a pair of boots that make Fe look as if she just got off the back of a motorbike.

Fe was approached to take part in the Question Time after volunteering in an administration role at Life Unlimited Charitable Trust.

The series of videos made in partnership between Life Unlimited and Attitude were created so disabled people could tell their stories. "I like the idea of people knowing things, being more knowledgeable about why people are the way they are," says Fe.

She discussed the idea with her mum and decided it was also a good opportunity to talk about some of the issues wheelchair users face every day that Fe finds frustrating, like the assumptions people make. "You can't just see someone in a wheelchair and assume they have intellectual difficulties. I just don't understand it really."

Fe's also fiercely protective of her independence – and her personal space. "One day it was raining and I was going up a slight hill and someone just decided I needed help. They started grabbing at my wheelchair, which scared me. It made me feel uneasy."



23-year old Fe Jacobs

As Fe explains, the wheelchair is her legs – an extension of her body – so having someone touch it without her permission feels like assault.

Answering frank questions about life and disability in front of the camera for Question Time didn't faze Fe. "I kind of forgot it was there. I was just having a conversation with the person that was texting me. Yes, there was a camera, but I was just having a conversation."

Some people may be surprised to learn that although the final Question Time video is just four minutes long, the original interview took over two hours. Fe is glad the final cut includes her talking about how much her mum has done for her.

Fe calls her mum her biggest "advocate, motivator, support". "She was very motivated for me to be the best I could be. Everything she did in the first 18 months of my life set me on the path for the rest of my life. There are no words to describe the impact she's had on my life."

That includes beginning physiotherapy at just one week old so Fe might learn to walk – even though there was no guarantee it would work.

It took four and a half years for Fe to take her first steps.

She says walking takes a lot of energy and she can't walk everywhere, so for much of her day she uses a wheelchair. "But the fact that I can walk at all is all due to my mum."

Like many tertiary students, Fe's still living at home and she appreciates the support of family. But the way Fe says she's "not independent at the moment" or "I don't drive yet" gives every indication those milestones are very much on the agenda.

On her Question Time video, Fe says having spina bifida is "one part of Fe". "Sometimes people see the wheelchair and my spina bifida - and that's all they see."

She wants people to see the other parts of Fe – the daughter, the student, the artist, the future occupational therapist.





Last week I had a glorious conversation with Elsa, an energetic woman in her early 70s, who is coming out of retirement. Rather than going quietly, she is diving headlong into a new career. ‘If I’m going to live until I’m 90, I don’t want regrets,’ she said. ‘I’ve always loved working, and I’m ready for the next adventure.’

She’s opening another shop – her next project after almost four decades in retail. ‘I know,’ she says, ‘my family tell me I’m mad, but it’s what I know and what I love. After I sold my last shop I tried putting my feet up, but I got so terribly bored! And I missed my lovely customers.’

So, she’s back on her feet, full of excitement and purpose, inspired by the opportunity to serve and connect and be useful.

It’s an increasingly common story, with many Baby Boomers working into their 8th and even 9th decades. In my work with organisations that genuinely want the best for their older workers, I hear story after story of people who, by choice or necessity, continue to go to work each day.

Some tell me that their work family is too important to leave. ‘My kids are overseas and all my friends are through my work. If I retire, who will I have?’

Others say an unexpected late-life mortgage leaves them with no choice. When a relationship fails in your fifties, it’s harder to get back on your feet again. Especially for women.

With Statistics New Zealand telling us that by 2031, one in every five people in our country will be over 65, it’s no surprise that we will need greater numbers of older workers to sustain the working population. The current skills shortages will only increase as Baby Boomers continue to retire. So don’t, because we need you!

Some of you may now be bristling indignantly, that you’ve done your time at work and it’s your turn to play. Yes, and there’s no reason not to do both. The days of gold watches and long retirement are disappearing, and not only because of the cost of sustaining your lifestyle when you live into your

90s and beyond. I admit it has always amused me that gold watches were given as retirement gifts, at the very point of life when time no longer mattered. Apparently the practice traces back to the 1940s, when American company Pepsi gave retiring employees a gold watch, with the line ‘You gave us your time, now we’ll give you ours.’

With better health and longer life, the traditional retirement age is no longer relevant. When my parents retired from farming, it was common for farmers to move into town and pass away within a few years. Retirement at 65 when you only had a few years left was reasonable. Now, though, if women get to 65, there’s an 80% chance that they will live until 94, and similarly men who get to 65 could well get to 90. In good health and with plenty of energy, wisdom and experience to offer, why wouldn’t you want to stay involved and contributing?

I think the key will be in the response of age smart employers, who recognise that Baby Boomers can give them a competitive advantage that could almost be called unfair. Offering flexibility and conditions that suit Boomers’ age and stage, these employers will fast become workplaces of choice as well as attracting customers who recognise themselves in the staff who serve them. Some local hardware franchises and supermarkets are already well down this track. It’s smart win-win business.

The Boomers I speak with who want to keep working, are eager to find employers who will treat them well. They are more than willing to repay with loyalty, hard work and enthusiasm. Elsa is heading back into self-employment in her new shop, but she’s already on the lookout for older, like-minded assistants who share her passion for retail. Far more than a job, it’s a repeat performance on a stage that she loves. Encore!

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





Conductor

PETER WALLS

Narrator

MARK HADLOW

HAMILTON 27 JULY

**Gallagher Academy of
Performing Arts 7.15pm**

TAURANGA 28 JULY

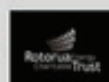
Addison Theatre, Baycourt 3 pm

ROTORUA 29 JULY

Destiny Church Theatre 2 pm

Midwinter Tales

A Lion in the Meadow | Peter and the Wolf | Pulcinella



PURCHASE TICKETS AT www.orchestras.org.nz

Door sales available

A MAGICAL NIGHT OF MUSIC AND STORYTELLING

A lion, a wolf and a ludicrous mischief-maker will be brought to life by master Kiwi narrator, Mark Hadlow, who will down his Lord of the Rings costume and enchant the people of Hamilton with magical storytelling interwoven with wonderful music performed by Opus Orchestra.

'Midwinter Tales' is a very special family-friendly concert created by Opus Music Director, Peter Walls. The spellbinding programme includes Prokofiev's much-loved Peter and the Wolf, Philip Norman's orchestral setting of Margaret Mahy's A Lion in the Meadow, and a new adaptation of Stravinsky's Pulcinella.

Delighting both young and old, Mark Hadlow, ONZM, is one of New Zealand's best-known actors. He is highly experienced in theatre, film, television and radio, and holds a number of awards, including Entertainer of the Year (1995) and Best Character Voice Over Artist (2010 New Zealand Radio Awards).

'Midwinter Tales' will celebrate the amazing work of 3 other stalwart Kiwis. Margaret Mahy needs no introduction. Her classic children's story, A Lion in the Meadow, was delightfully

set to music by Philip Norman. Norman is a composer, conductor, author, speaker, educator and publisher, and has been entertaining New Zealand audiences for 45 years.

Opus has commissioned David Groves to write a script for Hadlow to narrate Stravinsky's famous Pulcinella Suite. Groves combined his position as Senior Lecturer in Italian at Victoria University with a strong involvement in drama to transport the traditional Italian comedy character Pulcinella to the hinterlands of New Zealand for his mischief making.

The concert will be performed three times over one very special weekend with performances in Hamilton, Tauranga and Rotorua, all of which have special 'family friendly' start times. And there's a special offer to Seasons Magazine readers – come and see the team on our 'Friends' desk and mention this advertisement and we will give you a complimentary programme.

For ticketing information visit www.orchestras.org.nz. School-age children are free. Door sales available.

Grab the children/grandkids and liven up the chilly season with a night of magical music and storytelling!



Absorb the calm and serene atmosphere of St Peter's Cathedral while enjoying an excellent performance of one of this country's finest choirs. Among the stained glass windows, Gothic arches and dulcet organ pipes, Hamilton Civic Choir led by Timothy Carpenter will perform a corpus of sacred music in honour of Mary, Mother of Christ.

The Hamilton Civic Choir present its mid-winter concert entitled "Ave Maria" and will feature choral favourites such as the blazing but festive "Magnificat" by Bach (BWV 243), "A Hymn to the Virgin" composed by a juvenile Britten, Rachmaninoff's "Bogoroditse Devo" praised as "the greatest musical achievement of the Russian Orthodox Church", and Allegri's masterpiece "Miserere Mei". The programme will also feature Marian motets and settings by an array of composers spanning from the Renaissance to the 21st Century including New Zealand's own David Griffiths and David Childs.

The choir will be accompanied by the Cathedral's recently refurbished organ, played by Timothy Carpenter, with Assistant Musical Director and Répétiteur extraordinaire Francis Cowan who will conduct the opening of Bach's "Magnificat", the "Collegium Regale" by Howells and the beautifully sombre "Stabat Mater" by Pergolesi.

What? Ave Maria - Hamilton Civic Choir

When? Saturday, July 14th at 5pm (followed by supper and refreshments)

Where? St Peter's Cathedral, 51 Victoria Street, Hamilton

Tickets Price: \$35 adults, \$25 concessions including tertiary students, from www.iticket.co.nz

Email: secretary@hamiltoncivicchoir.org.nz

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SAFETY CONCERNS FOR MOBILITY SCOOTER USERS



ONSITE TRAINING: Life Unlimited visits retirement villages and community events to provide mobility scooter safety awareness.

The ever increasing number of mobility scooters and power chairs now on footpaths do provide independence for the users but Waikato charitable trust Life Unlimited is concerned some people using them are doing so unsafely.

General manager William Hughes says training workshops Life Unlimited runs in Waikato and the Bay of Plenty at retirement villages and community events provide an ideal opportunity for people who have bought or contemplating buying a mobility scooter, the opportunity to learn how to drive them safely.

“We see the positive change in so many people’s lives through the increased independence that a mobility scooter can provide and feel it is very important to give people a chance to see how easy they are to operate and how safe they can be,” says Hughes.

Life Unlimited is a charitable trust offering health and disability services, advice and equipment.

As part of a month-long promotion in July, Life Unlimited is offering \$340 worth of free accessories with every Neo scooter sold at one of its four stores in Hamilton, Tauranga, Gisborne and Rotorua.



EXPERT ADVICE: Life Unlimited uses industry experts to promote mobility scooter safety.



ILLEGAL USE: This mobility scooter is being driven on the road when a footpath is available.

Any sale also includes free lessons on using the mobility scooter.

“You don’t need a driver’s licence to operate a mobility scooter and they’re not required to have a warrant of fitness or registration, but there are rules around their use,” says Hughes.

For example, a mobility scooter should not be on the road if a footpath is available.

“People on mobility scooters can be quite vulnerable and that’s why we recommend accessories like flags and high-vis clothing.

“We also like to provide guidance to our customers around the type of mobility scooter they should buy. For example, does it have enough power to get up hills around your neighbourhood, what size is best for your weight and can you get it serviced?

“Neo mobility scooters have been on the New Zealand market for 20 years but we now import them directly and are the exclusive New Zealand retailer.

“We did a lot of research and we believe the model offers the best value for money, reliability and safety for the New Zealand environment,” says Hughes.

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

Other services offered by Life Unlimited include:

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



This article was proudly submitted by Life Unlimited.
Ph: 0800 008 011

"YOU HAVE MADE MY DAY!"



Jean hadn't seen anyone for a long time until that wonderful day when Mary came to visit. Mary stayed and conversations of days gone by, family members and memories of their childhoods soon saw a bond formed which to this day has continued.

Fred was lonely after his wife's death and failing health had contributed to his feelings of insecurity. A visit from John not only gave him someone with similar interests to talk to but revived his faith and confidence once again.

It has been said that loneliness is at epidemic proportions. International research estimates that 20% of seniors experience some sort of loneliness. Actually, young, old, male or female people, are living in social isolation and are lonely. Loneliness has a significant impact on health outcomes. Depression and anxiety can sometimes be attributed to loneliness.

Family may not be around to help or are limited in the amount of time they can give due to other family commitments.

It can be tough to know how to deal with these issues but the Salvation Army is providing a Senior Services programme that is able to help. The benefits of a free visiting/friendship service for the elderly are huge. The service arranges support and enhances the quality of life and social wellbeing of lonely and isolated older people in our community. The clients look forward to their visits and the volunteer has a sense of purpose.

A client may be referred to us through their doctor, a homecare service, church member, neighbour or health care facility. Our Senior Services co-ordinator will go and see them in their own home and discuss their story and their interests. Generally our clients are over 65 years of age, have expressed a desire for friendship or a visitor to improve their quality of life, or may require advocacy to assist them with the healthcare system or government agencies. We will then carefully match them with a volunteer.



Our volunteers are often themselves retired and want to help people. They are carefully selected and matched with a client. The success of this programme is seen in the bonds that are formed and friendships built. Sometimes a trip to a cafe, a drive out or shopping become part of the friendship and clients are very grateful for this.

We are in need of more volunteers to meet the demands of a growing number of people who are facing long lonely days and isolation from families and friends. It requires a commitment of an hour a week to visit and make someone's day. As a volunteer you may not be able to commit to a regular visit but could help in other ways such as transport, small handyman tasks or advocacy.

If you can see yourself as a volunteer for this worthwhile service and would like more information please phone us and ask for Hamilton City Salvation Army Senior Services



07 834 7000

anna_natera@nzf.salvationarmy.org



HAMILTON MARATHON CLINIC is celebrating 40 years this September

Our club began in 1978, and grew with the 'marathon' boom of the 1980s when thousands around the world competed in many marathons with the support of local group running programs. Even then, the lesser distance events began to attract more people out there in their running shoes, and fitness for all became the important realisation. Today there are worldwide 'parkruns'. ie. just 5kms for everyone – kids through to grandparents and no costs.

With the changing times, the Hamilton Marathon Clinic adapted to new lifestyles, and our aim now is to provide a friendly and supportive environment for personal fitness and good health through exercise. We have found that running or walking in small groups twice a week provides a basis for most people to maintain their fitness, and for the few who aim for full or half marathons there are experienced club members to train with. Some of our Club folk no longer enter events but love to join in our social activities: the dinner nights once a month (sometimes with a theme), the Christmas Bus trips, and the recently begun Sunday Away trips to nearby places of interest to wander/walk/run somewhere different, always ending with a coffee stop on the way home. We share the 'Summer Series' early in each year with two other Clubs: walk or run short distances at different locations with lots of fun times. HMC proudly organises the first in that Series: the very popular Blueberry Fun Run/Walk from the Ohaupo School in February each year. Everyone is welcome to join in these events regardless of fitness levels.

HAMILTON MARATHON CLINIC - 1978 to 2018



Sunday 23rd September 2018 at the Hamilton Gardens Café

We are inviting past and present members to a special Lunch, followed by time to reminisce and catch up with old running & walking mates.

We hope to see as many past members as possible attending this celebration.

Registrations Open: 01 July 2018 - Close: 13 September 2018 or earlier

Cost: \$40 per person * STRICTLY LIMITED NUMBERS *

Contact: Carol Downey ph 07 839 2233 or dennis.carol@xtra.co.nz

Call in to the Clubrooms: Tuesday evenings or Sunday mornings

Check our Facebook or Website: www.hammarathonclinic.org.nz

On September 23rd this year the Hamilton Marathon Clinic will celebrate our 40 years and we're hoping to contact as many of our original and past members as we can to share a special lunch and an afternoon of memories. Check the advertisement in this issue, or our Website or Facebook page.

Our Club meets at the Hawks Club rooms, 1 Hillsborough Terrace, beside the public boat ramp to the river. Free parking, free hot showers, and free cuppas at end of each meeting. New folk always welcome.

Michael Robinson: 0273 225335

Ross Murphy: 0274 741213

TUESDAYS from 5.30pm

SUNDAYS from 7.30am

HMC Relay teams in Rotorua - October 2016





Peace and Harmony

HOLISTIC HEALTH THERAPIES



**It took many drops of water to make an Ocean...
Just like it took many years for you to be whom,
what, how you are now.**

Like you the Ocean has (DNA).

Like you it has many external influences that interfere with its balance: wind, currents, earth, moon, sun and all the pollutant dropped in it either by accident or in purpose.

Yet in the same time, this ocean can still look beautiful emerald green or pristine blue.

How can this be?

If the Ocean can do it, so can you.

Do you know that the proportion of water in a body is?

**For a child: 75%, For an adult: 65%,
For an older person: 55%**

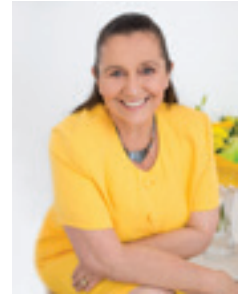
Wellbeing is more about awareness of what is affecting your personal ocean.

I invite you to make a 1 hour appointment with me.

Get a **FREE** consultation to discuss how to improve your well being and experience a Bowen Treatment for **\$50** (Bowen is a gentle non invasive therapy that is performed fully clothed)

We will work together to improve your wellbeing .The treatment will assist you in recovering your energy and inner balance.

**As we say Rome was not
built in a day**



HOWEVER IF NOTHING ELSE WORKS I CAN HELP!

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Learn to Live Happier & Healthier

At our Hamilton Hypnosis and Therapy Clinic we can understand sometimes life is like running a hurdle race with sections of your life affected by obstacles. Although you can at times see them coming, sometimes you need assistance in getting through and past them.

Although these obstacles may vary in individuals many can affect us such as smoking, weight loss, anxiety and or depression even our relationships.

Hamilton Hypnosis and Therapy Clinic have specialised in these areas affecting our wellbeing and have treatments and programs specifically designed to help in the areas affecting wellbeing and happiness.

The Forever Trim® Programme

Do you want to be in charge of your weight?

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

- Are you currently on a diet and finding you lack the motivation to stick to the programme? Hypnosis and/or NLP will help you get back in control.
- Unmotivated to exercise? Hypnosis and/or NLP will help you get motivated and enjoy it.
- Ready to discover a new, lasting way to control your weight?

We have 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.

Anxiety and or Depression

There is a great awareness nowadays around Depression and Anxiety.

Depression or Anxiety is different for everyone with symptoms ranging from constant 'down' feeling or to others it is the inability to see the bright side of life with the inability to make decisions even being unable to function on a day to day basis.

You may also be feeling physical effects such as tightness of chest, erratic heartbeat, hot flushes, shortness of breath, and panic attacks.

When we feel better about ourselves, we are better equipped and motivated to work on our goals and look forward to the future, and at our Hamilton Hypnosis and Therapy Clinic we have a designed program to help you move forward to a more positive future.

You can become a non-smoker

When you decide to give up smoking using our 'MeisterMind' technique you stop smoking the moment you walk through the door. This means you immediately start saving the huge cost of the cigarettes and, very quickly, recover the investment in the course. This financial recovery is not just in the savings on cigarettes but also on future medical bills which can be quite crippling.

There is no reason why quitting smoking should be difficult, especially as you are given practical suggestions to deal with the nicotine withdrawal and the habit of hands. In fact our clients say, "It was much easier than I thought it would be."

Our Freedom from Smoking programme quickly and easily releases you from the chains of smoking – you owe it to yourself.

Some other areas we can help with include but not limited to:

Addictions, Anger Management, Anorexia Nervosa, Behavioural Problems, Breathing Difficulties, Bullying, Childbirth, Depression, Eating Disorders Emotional Upsets, Food Addiction, Gambling Addiction, Grief, Hypertension, Indecision, Insomnia, Internet Addiction, Jealousy, Libido, Motivation, Pain Control, Past Issues, Performance Anxiety, Phobias of all kinds, Relationships, Relaxation, Sleep Problems, Sports Performance, Stress and Travel Sickness.

Hamilton Hypnosis Clinic an extremely confidential service and takes its clients privacy extremely seriously. Here are some comments from our clients:

Get the sleep your mind and body needs

Do not ignore insomnia as it might be a symptom of a more significant problem or disorder. Also a continued lack of sleep can be the cause of accidents, affect your health, your relationships and your work.

You can get help, and one of the best ways of dealing with insomnia is with hypnosis and NLP. When you visit our clinic Tricia Meister will teach you excellent self-help techniques to get you back into a regular sleeping pattern.

ALSO SPECIALISING IN PAIN MANAGEMENT, STRESS AND SLEEP DISORDERS



Tricia Meister BCH
Specialist in Health & Wellbeing



Hamilton Hypnosis Clinic

Hamilton Hypnosis & Therapy Clinic,
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www.hypnosis.net.nz

**WEIGHT LOSS,
ANXIETY & DEPRESSION
OR SMOKING**

Weight Loss at Body Buzz



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

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

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

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

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

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Books

Each book is like a message in a bottle it is said,

Hiding a story until it is read.

Illustrated covers enclose stories within

Encouraging us at page one to begin.

We may be taken on an adventure far away

Or left wondering what mystery happened on a particular day.

Maybe there are words of encouragement and inspiration

That are written to help make difficult times more fun.

Often hard covered glossy-paged books are displayed

On coffee tables to be enjoyed while drinks are made,

Though sometimes they might be secreted under the bed,

Remaining in hiding so others don't know they're going to be read,

Wonderful photography can make destinations so inviting

And specially presented cuisine appear really appetising,

While a beautifully hand illustrated children's book

Will bring smiles as little eyes are encouraged to look.

Libraries with shelves neatly organised with books of every sort

Are wonderful places from which to choose with thought

For a story to be read when sitting up in bed

Before dosing off possibly before very much is read.

E-books read from the screen are the best, some say,

Being space saving and convenient especially when going away,

Though some of us will forever like to turn a paper page

And feel happy even when the book is old and beige.

How exciting it is to see children learning to read

And a book gift given to them being read with speed,

Authors stimulate all who read with mental wealth untold

As we delve into the content and allow details to unfold.

Delwyn White • Readers Submission



Blessed Generation

A teenager asked his 83 year old grandfather, "Grandpa! How did you survive to this day with no technology, no air travel, no internet, no computer, no heat pump, no cars and no phones?" Grandpa replied; "Just like how you comfortably live with your parents in this so called global world of modern technologies, with everything at hand. We the golden oldies are the more blessed ones. Our life is a living proof. It speaks volumes. We look at this world as very big but you see it as a small place in terms of advanced technologies.

We could not afford to ride bicycles or expensive racing cars but our best outing was climbing trees, playing and hunting without any footwear. We played with our friends without any Facebook friends but pen friends. We didn't have any fast food or food from restaurants. Drinking water from creeks or roof without treating it and home cooked food kept us away from doctors and we were never overweight. We didn't know of any health supplement for healthy living. Exercise and long hours of work, not overeating was wayward for happy and healthy living.

As our parents were not rich enough to buy expensive toys we used to create our own crafty toys. We only needed our parent's care, comfort and love, not any worldly expensive materials like video games, PlayStation or to be glued to the television screens. We never had Facebook friends, cell phones, internet chats but we had everlasting friends. We exchanged visits to our friends' homes and played and shared food with them rather than with appointments, dates to restaurants, the cinema or nightclubs for socialising together. We had closer ties with our relatives for happy, healthy and stress free style of living. In those black and white photos of ages we found good colourful memories.

I believe we are a special and most blessed generation as we have listened to our parents and now we also listen to our children.

We have learned from yesterday and are still learning and living for today, and hope for tomorrow with divine guidance. There are no regrets in life, just lessons."

"Seek knowledge from cradle to grave".

Tahir Ali • Readers Submission



Unexpected Visitors

We enjoy having visitors

One or two or three,
I'll bake a batch of muffins
To have with coffee or tea.
At night when dinner's over
And there's just my man and me,
We'll curl up on the couch
I'll knit and he'll watch TV.

But the unexpected visitor
Is turning up after dark,
Quite frankly I'm wishing
They will go elsewhere to park.
I asked a friendly neighbor
If he has this problem too:
"Oh yes!" he said,
"and this is what you should do."

Peanut butter on a slice of toast
Give your visitors this treat,
They won't come back again
If that's what they get to eat.

I put my man on supper duty
And as he doesn't cook
He was relieved to know he didn't need
To consult the recipe book.
No china plate just a plastic dish
He covered the toast with spread,
Sat it on the floor just by the door
And said, "I'm now off to bed!"

Unfortunately the toast is untouched
By the visitor taking over our house,
I go to the door and cry out, "please, no more!"
to one four-legged sharp-eyed brown mouse.

Fay Dwyer • Readers Submission



A New Fashion of Learning

A winter's day and staying warm and dry at home is appealing. I could relax with a book or do some painting. But not today. I had heard about MOOCs but actually studying a MOOC is new to me.

MOOCs or *Massive Online Open Courses* are free online courses with unlimited participation. There are many platforms that are hosts to providers such as universities. The one I am using is Future Learn www.futurelearn.com

I was alerted to Future Learn from a social media contact with a common interest in historical fashion.

She highlighted a course that Future Learn was hosting on behalf of the University of Glasgow and Historic Royal Palaces called "A History of Royal Fashion". Although it is free, I was reluctant to commit to the five week course without delving a little deeper.

Exploring the Future Learn site I was pleased to see a couple of New Zealand Universities using this platform including the University of Waikato. Their courses are in computer science, specifically data mining, and having worked at the University I knew this subject is one where Waikato has world ranking. It was looking good so far.

However, I thought I would sign up for a shorter course to see how I enjoyed the experience so chose "Jane Austen: Myth, Reality and Global Celebrity" offered by the University of Southampton. It was just three hours a week for two weeks and I had visited Jane's home Cahawton Cottage on my travels to the UK and been captured by her story. The course was promoted as a way to "discover the fascinating story of author Jane Austen, from her own life in Hampshire to what she means to a global audience today."

As I said earlier, **enrolment is free**. There are no compulsory course materials and all the information is presented online although I did refer to my own copies of Jane Austen's novels. Each week's work is presented as a series of topics with related tasks. The lecturers post videos and interviews and course mentors also contribute. Participants submit comments which draw discussion, likes and feedback from other students. Many people post additional links and it is very easy to become sidetracked into related fascinating areas. I find that the more effort you put into the course, the more you get out of it. Also having the power to choose whether to do a task or not means you can determine the direction of your own learning.



The writer with Queen Victoria's coronation gown at Kensington Palace

Participants have the option of upgrading their enrolment for a reasonable fee and this gives open-ended access to the course materials and the opportunity to do assessments and gain a certificate. I have chosen not to do this, just using the free option to soak up the information for the duration of the course, although they do give you some time after the final week if you are behind.

So, with everything panning out well, I have enrolled and become hooked into "A History of Royal Fashion". The five weeks are flying by as we delve into the past 500 years seeing how British Royalty have used, and continue to use, fashion to entertain, control and impress. The lecturers take us into the Royal Collections and websites that are rich sources of political and social commentary from the Tudors to the Windsors. Paintings and photographs which I vaguely recognize from history books, movies, my travels and magazines have been examined with detail and given a wider context and understanding.

This is a fun and rewarding way to learn and I am now looking for "what next". In the 21st century we are privileged to be able to truly engage with lifelong learning that is so accessible and enjoyable.

Clare Cramond • Readers Submission

WWW.FUTURELEARN.COM  Future Learn

It is all about

AN INDIVIDUAL'S RIGHT TO CHOOSE

CHAIR PERSON FOR END OF LIFE CHOICE • WAIKATO BRANCH

David Seymour's End of Life Choice Bill (EOLC Bill) currently before the Justice Select Committee seeks to allow medically assisted dying to a small number of people who satisfy each and every one of the required criteria. Such a request can only be made by a mentally competent person who is suffering and has no chance of recovery. A request cannot be made by any other party or medical professional on their behalf. **IT IS YOUR CHOICE ALONE.**

It is important to note that the EOLC Bill provides that you must be mentally competent throughout the process and that you may change your mind at any time.

The Bill is not a poorly drafted piece of legislation with the eligibility criteria and medical review process being in line with laws in those jurisdictions where assisted dying is already legal. One-in-six Americans now have access to end of life choice in their states with Oregon being the first in 1997 and Hawaii the most recent. In Europe the Netherlands, Belgium, Luxembourg and Switzerland all have legislation and most recently Canada and Victoria, Australia have enacted laws for assisted dying.

Eligibility will be assessed by two doctors and one of their responsibilities is to do their best to ensure that a request is made without any coercion. If there are concerns raised by either doctor as to mental competency the person will be referred to a psychiatrist for an expert opinion.

Opponents of the Bill often state that the elderly and disabled individuals would be vulnerable to coercion. If they do not meet the strict criteria they would not be considered eligible for a medically assisted death! However, a mentally competent disabled or elderly person should have the same rights of choice as every other citizen if their condition does meet the criteria. The Victorian Parliamentary Panel found no evidence of abuse in those jurisdictions where assisted dying is legal.

Doctors who engage in medically assisted deaths would have no desire, nor any real intention, to hasten death, except when meeting the wishes and best interests of those for whom they are caring. To suggest that they would treat this responsibility lightly does a disservice to the medical profession. Medical Practitioners and Nurses also have the right to make their own choice as to whether they would participate in medically assisted deaths.

But one asks why, when no chance of recovery exists, and when requested by a competent person who meets all the strict criteria outlined in the Bill, assisted dying should not be recognised as a legitimate part of the treatment to relieve suffering and the final act of care that medicine can provide.

The New Zealand Bill of Rights Act 1990 permits a person to refuse medical treatment. A person can also refuse food and hydration and starve themselves to death. There is no requirement for any review of this decision to ensure that the person is of sound mind or not subject to coercion. Those concerned about the protection of the vulnerable don't appear to have any qualms about the lack of oversight for this group.

Palliative care utilises terminal sedation, which essentially puts the individual in a comatose state in which they remain until they die. Their rationale is that their intention is to relieve pain rather than to shorten life, even though this act will almost certainly hasten death and is at the sole discretion of the doctor.

Importantly the Bill supports an individual's autonomy because they are free citizens in a multicultural society, who make many choices about how they live their lives. Why then do some individuals think it is their right (in some cases God given) to deny us this choice?

Take the time to read the Bill and make up your own mind about whether you want to see this Bill passed in to Law. Be reassured that all safeguards are documented in this Bill and it is impossible for someone else to make choices for you. Do not rely on what is often misinformation and scaremongering from the vocal minority who oppose it.

IT IS ALL ABOUT INDIVIDUAL CHOICE

www.yestodignity.org.nz for more information



Jan Gilby



Jan Gilby • Readers Submission

SAUSAGE ROLLS

SERVES 18 • COOK TIME: 1 HOUR



INGREDIENTS

30g butter
100g button mushrooms, chopped
1 Tbsp Worcestershire sauce
1 Tbsp Tabasco sauce
1 Tbsp dried thyme

450g sausage meat
salt and black pepper
450g puff pastry
1 egg, beaten

METHOD

Preheat the oven to 200°C.

Melt the butter in a large frying pan and sautee the mushrooms until soft. Transfer to a large bowl.

Add the Worcestershire sauce, Tabasco sauce, thyme and sausage meat and season well with salt and pepper. Mix until thoroughly combined.

Roll the puff pastry out into a large rectangle, then cut into two long rectangles.

Place a layer of sausage meat mixture down the middle of each pastry rectangle, then brush each with beaten egg on one edge.

Fold the other side of the pastry over onto the egg-washed edge. Press down to seal and trim any excess. Cut each pastry roll into 8-10 small sausage rolls.

Place the sausage rolls onto a baking tray and transfer to the oven to bake for 15-20 minutes, or until crisp and golden and the sausage meat is completely cooked through.

WINTER SQUASH SOUP

SERVES 4 • COOK TIME: 1 HOUR



INGREDIENTS

2 Tbsp olive oil
1 large onion
Salt & Pepper
2 medium carrots
1/2 medium butternut squash

6 cups chicken broth
2 sprigs fresh rosemary
1/2 small baguette
100g Cheddar
2 spring onions

METHOD

Heat the oil in a large pot over medium heat. Add the onion, season with salt and pepper and cook, covered, stirring occasionally, for 6 minutes.

Add the carrots and squash and cook, covered, stirring occasionally, for 5 minutes. Add the water and rosemary and bring to a boil. Reduce heat and simmer until the vegetables are tender, 12 to 15 minutes.

Pre heat the oven. Remove and discard the rosemary. Using a blender purée the soup.

Place the bread on a baking sheet on top of a grilling rack. Sprinkle with the cheese and grill until the cheese melts, 1 to 2 minutes.

Top the soup with the spring onions and serve with the cheesy toasts.

FIREHOUSE CHILLI

SERVES 12 • COOK TIME: 90 MINS



INGREDIENTS

2 Tbsp canola oil	1 & 3/4 Cups beef broth
2kg lean ground beef	3 Tbsp chilli powder
2 medium onions, chopped	2 Tbsp ground coriander
1 green pepper, chopped	2 Tbsp ground cumin
4 cans kidney beans, drained	4 garlic cloves, minced
3 cans stewed tomatoes, cut up	1 teaspoon dried oregano

METHOD

In a large pot, heat canola oil over medium heat. Brown onions and green capsicum; cook until tender. Add minced beef to the pot and cook through. Stir in remaining ingredients. Bring to the boil. Reduce heat; simmer, covered, until flavours are blended, about 1 & 1/2 hours. Serve with rice or mash potatoes.

STEAMED SPONGE PUD

SERVES 7 • COOK TIME: 1 HOUR 45



INGREDIENTS

1/2 cup golden syrup	1 1/2 cups self-raising flour
125g butter, softened	2/3 cup milk
1/2 cup caster sugar	Golden syrup, extra, to serve
2 eggs	Ice-cream or vanilla custard

METHOD

Grease a 4-cup capacity ceramic pudding basin. Pour the golden syrup in the base of the pudding basin.

Use an electric mixer to beat the butter and sugar until pale and creamy. Add eggs, one at a time, beating between each addition. Stir in flour and milk in alternating batches. Spoon the mixture into the pudding basin and smooth the surface.

Layer a sheet of baking paper and foil together on a work surface. Fold a 3cm wide pleat down the centre. Cover the basin, paper side down, with the layered paper and foil. Secure with kitchen string. Roll the edges of the paper and foil up so they will not come into contact with the water while cooking.

Place an upturned saucer in the base of a large saucepan. Place the basin on top then pour in enough boiling water to reach halfway up the sides of the basin. Place over medium-low heat and cook, covered, for 2 hours or until a skewer inserted in the centre comes out clean. Remove from heat and remove the basin from the saucepan. Set aside for 5 minutes before turning onto a plate.

Drizzle extra syrup over the pudding. Serve immediately with ice-cream or custard, if desired.



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MY OWN BOSS

I was in a cab today and the cab driver said,

"I love my job, I'm my own boss. Nobody tells me what to do."

Then I said, "Turn Left".

JOHN OR JIM

Instead of "the John," I call my toilet "the Jim."

That way it sounds better when I say I go to the Jim first thing every morning.

AN AEROPLANE WAS ABOUT TO CRASH

There were 4 passengers on board, but only 3 parachutes.

The 1st passenger said, "I am Stephen Curry, the best NBA basketball player. The Warriors and my millions of fans need me, and I can't afford to die." So he took the 1st pack and left the plane.

The 2nd passenger, Donald Trump, said, "I am the newly-elected US President, and I am the smartest President in American history, so my people don't want me to die." He took the 2nd pack and jumped out of the plane.

The 3rd passenger, the Pope, said to the 4th passenger, a 10-year-old schoolboy, "My son, I am old and don't have many years left, you have more years ahead so I will sacrifice my life and let you have the last parachute."

The little boy said, "That's okay, Your Holiness, there's a parachute left for you. America's smartest President took my schoolbag."

MIRACLE MILE

A priest is driving down to New York and gets stopped for speeding in Connecticut. The state trooper smells alcohol on the priest's breath and then sees an empty wine bottle on the floor of the car.

He says, "Sir, have you been drinking?"

"Just water," says the priest. The trooper says, "Then why do I smell wine?"

The priest looks at the bottle and says, "Good Lord! He's done it again!"

HAVE YOU EVER WONDERED....

Why the sun lightens our hair, but darkens our skin?

Why women can't put on mascara with their mouth closed?

Why don't you ever see the headline "Psychic Wins Lottery"?

Why is "abbreviated" such a long word?

Why is it that doctors call what they do "practice"?

Why is it that to stop Windows 98, you have to click on "Start"?

Why is lemon juice made with artificial flavour, and dishwashing liquid is made with real lemons?

Why is the man who invests all your money called a broker?

Why is the time of day with the slowest traffic called rush hour?

Why isn't there mouse-flavoured cat food?

When dog food is new and improved tasting, who tests it?

Why didn't Noah swat those two mosquitoes?

Why do they sterilize the needle for lethal injections?

You know that indestructible black box that is used on aeroplanes? Why don't they make the whole plane out of that stuff?

Why don't sheep shrink when it rains?

Why are they called apartments when they are all stuck together?

If flying is so safe, why do they call the airport the terminal?



Affordable Minor Surgery

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Performed by a small group of general registered medical practitioners who have developed their surgical skill and expertise through additional training and experience and with oversight by a vocationally trained plastic surgeon, our service meets a niche market between your GP and a specialist.

Our doctors maintain their surgical expertise performing procedures on regularly scheduled operating lists. With skilled nursing staff working alongside them and access to quality surgical equipment and re-sources, the doctors and nurses work as an efficient and effective team achieving results in a safe and supportive environment.



See and Treat

For the majority, our practice will be a 'see and treat'.

You may either request your GP to send us a referral with your contact details and a surgical request with a quality photo of the lesion (if relevant) to MinorSurgery@Alisonsc.co.nz. Or alternatively you may ring us directly to make an appointment. Ring 07 560-0535 or email us minorsurgery@alisonsc.co.nz

Where lab results are requested, Alison Minor Surgery will ring you and advise you the results. A copy will also be sent to your GP if required. Should a follow up with you be required, pending the result of histology, we will talk with you.

We will also remove sutures following the procedure should you return to us or you may book in with your GP's Practice Nurse for the removal of sutures.

For other minor surgical procedures not listed below, please contact us for further information and pricing.

Procedures and Prices

Simple Skin Excision with direct closure \$345

Mole Removal \$345

Lesion medium complexity \$400 –\$550

Complex Skin Procedure \$465 to \$920

Minor Hand Surgery

- Carpal Tunnel \$650

- Trigger Finger \$345

- Ganglia \$650

- Dupuytren's \$1200

Consultation \$55

(if required and not on day of surgery)

Removal Of Sutures no charge

All prices include GST

All fees to be paid on the day of the procedure

Fees effective as of 02 April 2018

July 2018

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
01 Legally Blonde The Musical 2pm Southwell Performing Arts Centre, 200 Peachgrove Rd, Claudelands, Hamilton <small>SENIORS : \$15.00</small>	02	03	04	05 Sewing Project Sessions 7:30pm - 9pm CEA Craft Studios, Cnr Thames & Lorne Sts, Morrinsville, Matamata-Piako <small>TICKETS : WWW.ARTBIZ.CO.NZ</small>	06	07 Peter Pan OPEN NIGHT Show starts 7pm Riverlea Theatre 83 Riverlea Road, Hillcrest, Hamilton <small>TICKETS FROM WWW.ITICKET.CO.NZ</small>
08 Raglan Creative Market 10am - 2pm Old School Arts Centre, 5 Stewart St, Raglan, Waikato <small>FREE ADMISSION</small>	09	10 Waiwhakareke Working Bees 9am - 12pm Waiwhakareke Natural Heritage Park, 188 Brymer Road, Hamilton, <small>FREE ADMISSION</small>	11	12 Peter Pan Thursday Special Show starts 7pm Riverlea Theatre 83 Riverlea Road, Hillcrest, Hamilton <small>TICKETS FROM WWW.ITICKET.CO.NZ</small>	13 Peter Pan Dinner & Show Show starts 7pm Riverlea Theatre 83 Riverlea Road, Hillcrest, Hamilton <small>TICKETS FROM WWW.ITICKET.CO.NZ</small>	14 Peter Pan Matinee Show starts 2pm <small>TICKETS FROM WWW.ITICKET.CO.NZ</small> Ave Maria Hamilton Civic Choir Show starts 5pm <small>TICKETS FROM WWW.ITICKET.CO.NZ</small> 51 VICTORIA STREET, HAMILTON
15	16	17	18	19 Peter Pan Thursday Special Show starts 7pm Riverlea Theatre 83 Riverlea Road, Hillcrest, Hamilton <small>TICKETS FROM WWW.ITICKET.CO.NZ</small>	20 Peter Pan Dinner & Show Show starts 7pm Riverlea Theatre 83 Riverlea Road, Hillcrest, Hamilton <small>TICKETS FROM WWW.ITICKET.CO.NZ</small>	21 Peter Pan Matinee Show starts 2pm Riverlea Theatre Closing Night Show starts 7pm <small>TICKETS FROM WWW.ITICKET.CO.NZ</small>
22	23	24	25	26 Saving Rose Fundraiser Womans Refuge 6pm - 10pm Turangawaewae Marae, 29 River Road, Ngaruawahia <small>BUY TICKETS - 078551569</small>	27 Midwinter Tales 7:15pm Gallagher Academy of Performing Arts Gate 2B, Knighton Rd, University of Waikato <small>BUY TICKETS - 0800 383 5200</small>	28 Midwinter Tales 3pm Addison Theatre, Baycourt 38 Durham Street, Tauranga <small>BUY TICKETS - 0800 383 5200</small>
29 Midwinter Tales 2pm Destiny Church Theatre, Rotorua <small>BUY TICKETS - 0800 383 5200</small>	30	31	Important Dates:			



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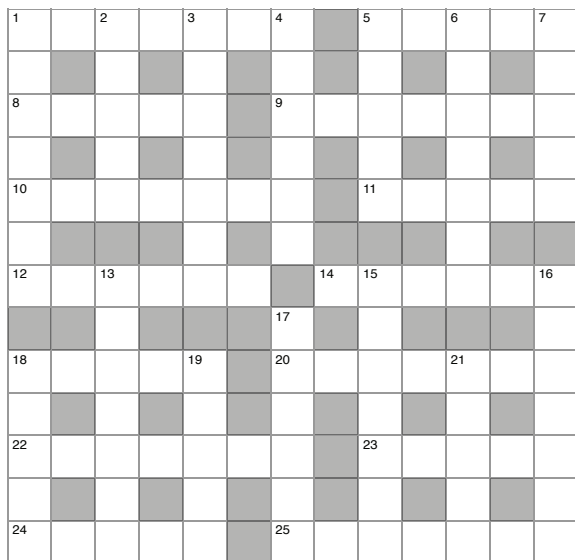
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Quickie Crossword 01



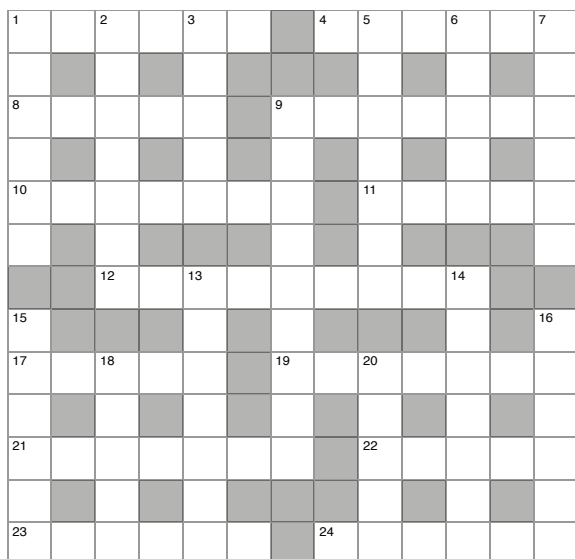
ACROSS

- 1 Three-pronged spear (7)
- 5 Lubricated (5)
- 8 Revolve rapidly (5)
- 9 Behave ostentatiously (4,3)
- 10 Naval rank (7)
- 11 Cooking apparatus (5)
- 12 Team game (6)
- 14 Not moving (6)
- 18 Get on a horse (5)
- 20 Sooner (7)
- 22 Wine from Tuscany (7)
- 23 Decree (5)
- 24 Proprietor (5)
- 25 Whole number (7)

DOWN

- 1 Track by a canal (7)
- 2 Colloquial saying (5)
- 3 Magnify (7)
- 4 Struggle (6)
- 5 Woodwind instruments (5)
- 6 Be on your guard (4,3)
- 7 Robinson Crusoe author (5)
- 13 Prudence (7)
- 15 Turbulent swift-flowing stream (7)
- 16 Custodian of a museum (7)
- 17 Sign of the twins (6)
- 18 Exaggeratedly masculine (5)
- 19 Pavarotti, for example (5)
- 21 Cake coating (5)

Quickie Crossword 02



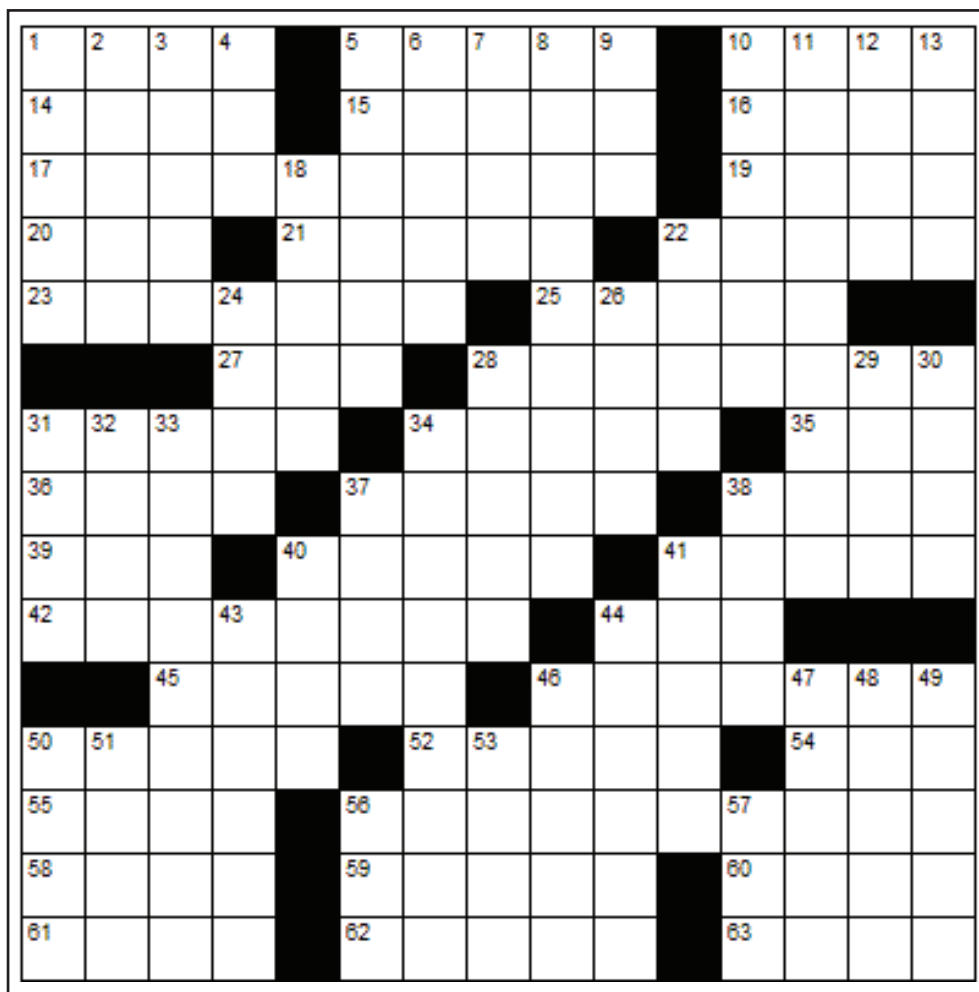
ACROSS

- 1 Extremely small (6)
- 4 Raffia (anag) (6)
- 8 Female goat (5)
- 9 Porridge ingredient (7)
- 10 Young swans (7)
- 11 Norwegian dramatist (5)
- 12 Country of Central America (9)
- 17 Exterior (5)
- 19 Antiquated (7)
- 21 Advantage (7)
- 22 In the air (5)
- 23 Annually (6)
- 24 Hinder (6)

DOWN

- 1 Threaten (6)
- 2 Nine-sided figure (7)
- 3 Aromatic herb (5)
- 5 Appropriate (7)
- 6 Regions (5)
- 7 Become less severe (6)
- 9 Perceptive (9)
- 13 Cautious (7)
- 14 Fashionable (1,2,4)
- 15 Rickety (6)
- 16 Reaping tool (6)
- 18 Pacific Ocean monarchy (5)
- 20 Demand as a right (5)

Giant Crossword



Across

1. Rice beer
5. A slippery smoothness
10. Fourth sign of the zodiac
14. A ball of yarn
15. Dining room furniture
16. Anger
17. Denial
19. French for "State"
20. Purchase
21. Askew
22. Whiskers
23. Spruce up
25. Muse of love poetry
27. Poetic dusk
28. Keepsake
31. Heroic tales
34. Edge tool
35. Fuss
36. Half-moon tide
37. Bunches of hair or grass
38. Implored
39. Sphere
40. Territories
41. Wingless bloodsucking insects
42. Lodgers
44. Gripe
45. Equestrian
46. Eyelet
50. Hairstyles
52. Snow house
54. Hearing organ
55. A set of garments
56. A moderately quick tempo
58. Feudal worker
59. Catapulted
60. Fuss
61. Outbuilding
62. Fall guy
63. A large amount

Down

1. Picket line crossers
2. Scrapbook
3. East African country
4. Female sheep
5. Flower part
6. Language of ancient Rome
7. Nile bird
8. End of business sales
9. Cognizance
10. Bring into existence
11. A type of explanation
12. Food thickener
13. Wagers
18. Fence "doors"
22. Possess
24. Harvest
26. Carpets
28. Couches
29. Notion
30. Fishing poles
31. Prig
32. Relating to aircraft
33. Flannel
34. Insurgent
37. Tall woody plant
38. Damson
40. Contributes
41. Not the ceiling
43. Rampaged
44. Having a hoarse voice
46. Secluded valleys
47. Parisian subway
48. Consumed
49. Moves briskly
50. Applications
51. Shove
53. Oversupply
56. Venomous snake
57. Eastern newt

Find the answers to the July puzzles in the August issue of Seasons Magazine

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

Sudoku

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

Mastermind

- Who directed the 1988 film 'Beetle Juice'?
- Fete Champetre paintings originate from which era?
Rococo, Art Nouveau, c20th, Baroque?
- The Fitzwilliam Museum is in which English city?
- How many points are there on a compass?
- In astronomy, what does ESO stand for?
- Which Englishman has spent the most time as World Number 1?
Ian Poulter, Lee Westwood, Luke Donald, Nick Faldo?

Mini Crosswords

Mini Crossword 01

	1	2	3	4
5				
6				
7				
8				

Across

- 1 Wife of Zeus
5 Actress Fox
6 Anxiety
7 Range
8 Barbie's boyfriends

Down

- 1 Therefore
2 Incite
3 Speaks hoarsely
4 Initial bet
5 Halloween purchase

Mini Crossword 02

1	2	3		
4			5	6
7				
8				
		9		

Across

- 1 P.E. site
4 Coarse
7 Ice house
8 Folded fiesta food
9 Explosive letters

Down

- 1 Determination
2 Lotus position discipline
3 Extract funds via fines
5 Thug
6 Party thrower

Code Word

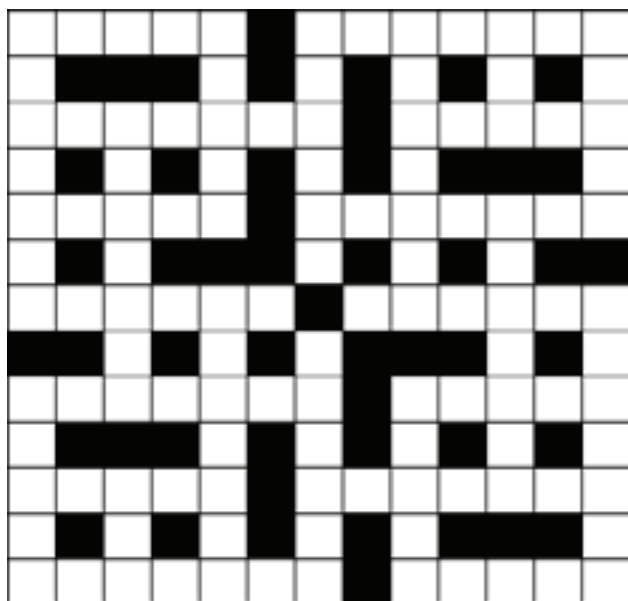
8	18	19	9	4	5		9	10	2	22	18	17
4		25		22		19		26		10		5
1	21	14	14	4	17	25		2	18	15	19	25
24		18		17		15		4		7		4
7	21	7	19	25		26	4	15	9	4	1	24
4				10		25				15		
5	18	16	4	26	7		4	9	9	25	9	9
		21				1		18				21
11	26	21	20	20	25	26		14	4	11	25	14
12		14		10		10		18		18		6
21	6	21	18	7		22	4	1	4	23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

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

Word Fit



3 letter words

EAR
ONE

5 letter words

CHEAP
CHEST
EATEN
LLAMA
RAPID
ROCKS
SAUNA
WAFER
WAGES
WORDS

6 letter words

OSPREY
SIGNED
TYRANT
WALRUS

7 letter words

CHANGED	TUSSLED
ELLIPSE	UNICORN
FACTUAL	WAFFLES
LUCKILY	WELCOME
ORANGES	
REFUSAL	
RIDDLES	
SORCERY	

Brain Teasers

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

H O R S E
+ S A D D L E

= G A L L O P

2. Carla is married to Edward,
Tracy is married to Michael,
Barbara is married to Robert,
Stella is married to Steven.
Who is married to Christopher?
Rosemary or Stephanie and WHY?

3. ADVERB, CARBON, CHOICE, ERASED, SURVEY.
Which one of the following words belongs in the list above and why?

CRATER, INCOME, LATEST, LENGTH, SCENIC

4. Leonard is 15, Darren is 18, Desmond is 19,
Matthew is 20, Stuart is 21.

How old is Raymond?

5. Seven friends each has a home aquarium and each aquarium contains a different number of tropical fish.

Bill has four times as many fish as Angela, who has three times as many fish as Carol, who has ten fewer fish than Colin, who has a third as many fish as Jenny, who has twice as many fish as Jamie who has twice as many fish as Brian.

How many fish does each person have if the total number of fish is 107?

Find the answers to the July puzzles in the August issue of Seasons Magazine

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

Answers to the June Puzzles:

Quickie Crossword

1	A	2	T	3	V	E			4	O	5	S	6	C	A	R	7	S
8	D		U		I						C		R			T		
9	V	E	N	U	S				10	B	R	O	W	S	E	R		
	E		I		O					I		R		O		I		
11	N	O	S	T	R	I	L		12	P	A	N	I	C				
	T		I						A		I				T			
			13	A	L	14	B	A	T	R	O	S	15	S				
16	A			A		E						T		17	J			
18	B	O	G	U	S			19	R	E	20	C	L	U	S	E		
	S		R		S		A		I		N			R				
21	N	A	R	O	L	L		22	R	I	N	G	S					
	R		F		O						C		E		E			
23	B	O	T	A	N	Y			24	M	A	Y	D	A	Y			

Quickie Crossword

1	N	O		O	N		3	L		A	U		D		A	B	L	E
	O		P			8	D		F		A			R		D		
9	R	E	E	L	O	F	F		10	T	H	O	N	G				
	M		R		C		A		E		U			E				
11	A	P	A	R	T		12	I	N	D	I	G	O					
	N				O		R								13	I		
14	D	E	15	S	E	R	T		16	P	O	T	O	N				
	Y		T					18	S		U				A			
		19	P	R	O	M	P	T	20	D	E	21	B	U	T			
22	S		U		A		A		D		L			I				
23	H	A	D	E	S		24	C	O	L	D	I	T	Z				
	A		E		O		K		E		N			Z				
26	H	O	L	I	N	E	S	S		27	E	D	D	Y				

Word Fit

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

Sudoku

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

Mini Crossword 01

		1	A	2	G	3	O	4	G
	5	S		E	A	M	Y		
6	H	O	O	V	E	R			
7	A	L	L	E	G	E			
8	U	V	U	L	A				
9	L	E	S	S					

Mini Crossword 02

	1	A	2	D	3	S			
	4	G	E	E	S	5	E		
7	T	A	L	C	U	M			
8	A	V	E	R	T	S			
9	P	E	T	E	R				
		10	E	T	A				

Giant Crossword

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

Code Word

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

Word Ladder

WORD LADDER 11 - Solution

TIGER, TINDER, TIMES, TINES, SINES, SONES, SORTS, FORTS, FORTLE, FORGE, GORGE, GORSE, HORSE

WORD LADDER 12 - Solution

TRAIN, TRAIT, TRACT, TRACE, TRICE, TRITE, WRITE, WRITS, WAITS, WANTS, WANES, WINES, LINES, LIXES, BIKES

Mastermind

- 01 1920's
- 02 37
- 03 Uranus
- 04 Steve Carell
- 05 American
- 06 King Charles I

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

Pre Paid Funerals

with Seddon Park Funeral Home

We always want the best for our children, therefore it makes sense to purchase a Pre-Paid Funeral so that they are not left with a financial burden as well as the grief of losing a parent.

This applies to anyone of any age, whether you have children or not, there is always someone who needs to pay for our funeral if we have not made provision for this.

Seddon Park Funeral Home and Sadliers Funeral Services offer an opportunity for

you to make funeral arrangements and decisions now, with the option to pre-pay. Pre-paid funds are held in an independent trust called the Cornerstone Pre-Paid Funeral Trust.

One of the benefits of purchasing a pre-paid funeral is that it is excluded from WINZ asset testing when entering retirement home care.

Here are some frequently asked questions:

Can I see the Trust Deed?

You may certainly peruse the Trust Deed

Does my money accrue interest?

No, this is a pre-paid funeral account. You are buying a funeral for the future at today's price. The Professional Services fee and the Casket costs are inflation proofed. Therefore these prices will not change.

Is this like an insurance policy?

No, it is a pre-paid funeral account which is not inflated by insurance commissions.

More Questions?

Why not give us a call and one of our friendly Funeral Directors will assist in tailoring a pre-paid funeral to suit your needs.

Seddon Park Funeral Home would like to invite you to our "Open Day" on Wednesday 22nd August from 10am to 12pm and 3pm to 5pm

MEET THE FRIENDLY SEDDON PARK TEAM




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