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magazine

March 2018 • Waikato/Bay of Plenty

Life Beyond 50



Jenny Magee

A Darned Good Listening

Geoff Lewis

Raglan Roast

Kingsley Field

Hardships laughed
away in a weekend
of warmth

**AH....
THOSE
WERE THE
DAYS**

Supplements waived for solos

Solo travellers are more and more becoming "the norm" rather than the exception.

House of Travel in the Waikato consultant Angela Taverner says many tour companies have deals for solo travellers in the way of single supplement waivers, or discounts on these.



House of Travel consultant Angela Taverner on tour in Egypt

"Travel doesn't have to be as a couple or part of a group," says Angela, "In fact more than a third of passengers are out there seeing the world on their own, so companies have designed a great way for solo travellers to avoid paying the single room supplement and save money.

Some accept "guaranteed share" reservations that match up solo travellers of the same gender in twin-bedded rooms.

And if no other traveller books "guaranteed share" on your chosen holiday, you will be set up in a single room at no extra charge.

If you are a solo traveller who prefers the privacy of your own room, single accommodation can be reserved at the cost of the single supplement," says Angela.

House of Travel across the Waikato is running a series of information evenings outlining options for independent travel as well as group tours.

The focus will be on the UK and Europe, but the House of Travel team will also be available to discuss other areas around the globe.

"With the series of information evenings you will discover more about each style of journey and which one is right for you," says Angela. "Plus you can take advantage of some fantastic deals on the night."

The next event is on Tuesday March 6, 5.30pm, in the Whitiara Room at Novotel Tainui Hamilton.

RSVPs are essential, to hamiltoncity@hot.co.nz

Membership of the Solo Travellers Club is free.

To register contact Angela Taverner at (07) 889-3863 or by email: angela.taverner@hot.co.nz

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5.30pm-7.30pm**

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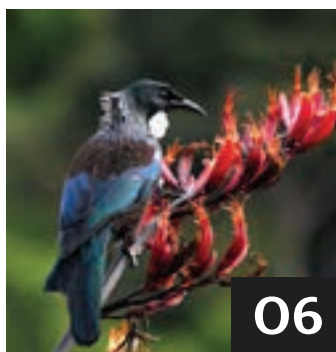
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Attend any of our info evenings and book with a House of Travel Waikato office between Wed 21 Feb to Wed 14 March 2018 and go in the draw to win a complimentary Travel Insurance policy to maximum value of \$1,000. ** House of Travel Waikato offices – Cambridge, Matamata, Morrinsville, Te Awamutu & Hamilton City (Cnr. Bryce & Victoria St).



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Welcome to Seasons Magazine

CEO Mijda Jamieson



Hi,

Thank you for all our reader submissions received from our avid readers for this edition and for the great positive comments and feedback from readers and advertisers likewise. Please remember that if you would like to submit a story, recipes, jokes or any other feedback to Seasons Magazine, you can do this through our 'reader submission' button/page on our website www.seasonsmag.co.nz. These are always welcome and we love hearing from you.

A great subscription option for those of you who have Android mobile phones, laptops, I-Pads and other devices and would like to receive the magazine monthly, is to download our Seasons Magazine **MOBILE APP** through Google Play Store for a one-off payment of \$2.89 through paypal (follow the play store prompts) and you will receive the latest monthly issue uploaded to your mobile phone/device at the beginning of each month when the magazine becomes available.

I am so excited and really looking forward to the 50+ & Loving It Festival Expo that is coming up in April at the Hamilton Gardens Event Centre. There will be so much to see, do and learn at this Event with lots of activities to entertain you, live music from well known artists and wonderful expo stalls for you to visit, from our fantastic participating companies, not to mention "all you can eat buffet" and a chance to win an Pacific Island Cruise For 2 by entering on the day.

We would also like to convey thoughts and condolences to those who suffered the effects and loss from Cyclone Gita and wish a speedy recovery to those affected by this.

Also, Team Seasons wish to send heartfelt condolences to the family of Raymond "Curly" Stirling. We wish you peace, courage to face the days ahead and loving memories to forever hold in your heart.

Cheers *Mijda*

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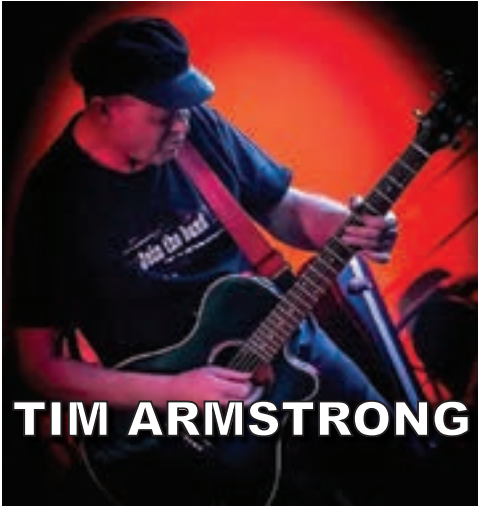
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HARDSHIPS LAUGHED AWAY IN WEEKEND OF WARMTH

I went to another reunion last month, the second this year, and in both cases I was an invited guest, the complete outsider, related to no-one at all.

This second one, held at Raglan during the weekend prior to Waitangi Day, was a reunion of a different sort of family. It was a small band of unique people – they had been members of the New Zealand Wildlife Service during its 40 years of operation before it was disbanded in 1987. The service was part of the Department of Internal Affairs, and its demise was brought about during those times when the concept of ‘restructuring’ was just coming into vogue, probably dreamed up by some small cliché of dusty little back room gnomes in a dank Wellington office who suddenly thought that revising and renaming and reclassifying various Government organisations around the country was a great way to justify their dusty little back room gnomish existences.

Yes, well... after half a century of being a journalist and watching from the side lines as this astoundingly innovative aforesaid new-broom restructuring has, in fact, emasculated and eviscerated what used to be some very fine, worthwhile organisations and seeing the withered and largely ineffectual, weedy little outfits that have morphed from it, I tend to become a little cynical in my curmudgeonly old age.

So the Wildlife Service was disestablished.

But the gnomes hadn’t reckoned with the people who made up the Wildlife Service. It had originally been established in 1947, just after the end of World War Two, with the object of preserving the nation’s rapidly declining native wildlife – birds, fish, bugs, and a wide range of other little critters found nowhere else in the world. And the people selected to carry out such work had to be, and were indeed, a truly remarkable lot.

Amongst other things, they refused to be disbanded, disestablished or restructured. True, they didn’t officially operate as an organisation any more, but the camaraderie that had originally welded this bunch of innovative individualists into a Wildlife Service that won itself international recognition and admiration, continued to keep them close. And it was



so apparent at the reunion – there were shouts of gleeful recognition as old mates clasped firm handshakes after years of not seeing each other; they wrapped welcoming, still-brawny arms around each other’s shoulders; wives and partners were warmly hugged; there was delighted chat and laughter and instant reattachment of long-time friendships that had been forged over campfires and amid the snows of the deep south and in the dense scrubs of desolate islands and the heat of a sun-baked Central Otago tussock desert.

There weren’t ever many of them in the service, less than 200 during the whole 40 years, but they were an astoundingly resourceful bunch of characters, almost totally non-PC by today’s standards and as they proudly reckoned at their reunion last month, probably none of them would ever be considered for employment in a Government department these days. It’s likely almost none of them would want such a job either – too stultifying, too hide-bound, too wrapped in red tape; no room for the use of imagination or personal resourcefulness. Or their rich, incessant, wry, warped sense of humour that invariably has them howling with laughter at the most trivial – or disastrous – happening.

And these people – they were mostly men, but there was also a few very capable women among them too – these people were all imaginative and competent. They were lots of other things as well: totally able to look after themselves in even the worst of conditions; well-versed in living lonely,



sometimes even solitary lives for weeks on end in isolated bush, swamp or mountain camps with little or nothing in the way of comfortable surroundings, or on out-of-the-way islands where they were left totally to their own devices; tenderly nurturing endangered species on the one hand and ruthlessly killing predator species on the other. And along with it there needed to be a fair degree of innate intelligence and skilful observational abilities to understand what was going on around them and to notice plant, animal, bird or insect species that were new, different, unusual. As well, they had to keep detailed daily diaries and submit reports on all their findings and observations.

It takes a rather special sort of person to be able to handle such a way of life, to be told you and a couple of other 'Wildlifers' will be spending the next three months conducting a close study of the habits of takahe in the Murchison Mountains – in the shattering cold of mid-winter; or that you're being landed on an island with tucker and traps and poison and a firearm, and your job is to eradicate every last wildcat from the place; or you're to walk through a largely untracked section of remote mountain bush and do a bird count.

And these people did it, on a daily basis and they relished the adversity of it. They handled the hardships with a double-digit salute to the weather gods and a miserable employer who begrudged them almost everything, and they invariably exhibited a ready and substantial slice of wry humour – their pranks against each other and their 'in-jokes' are legion and for those in the know the recalling of any one of these jokes or pranks still brings forth gales of unbridled laughter, no matter how ancient and hoary the recounting of the tale may be.

I saw a face at the reunion I didn't recognise but who had apparently recognised me, and I asked a friend who he was. "That's so-and-so," said my friend gently. "An absolute legend in his day; I'd give me life for that man." And he totally meant it.

It was an indication of the depth of friendship these special people have woven between and around themselves, and I felt an immensely privileged individual to have been invited to their talk-fest reunion. It ran over several days, with many of them camping or bringing their much used campervans – these are people well versed in putting up a quick camp and most of them still have the best of gear with which to do it. Their wives and partners are totally at home in such circumstances too. One older member told me that he and his wife spend most of their time on the road in their campervan and have done for years. They have only recently sold the campervan they kept in Australia and which they used for several months each New Zealand winter for most of the past decade.

"Now we've decided to stay in New Zealand – there's still a lot to see here. We've even discussed selling the house and living full time on the road."

This from a couple well into their 70s: such is the free-spirit thinking of many of these erstwhile Wildlifers. Being confined and restricted and living by the rule of a clock and office regulation is an abhorrence to their way of thinking. Their credo is that if there's a job to do, you do it until it's done and done properly; if there's fun to be had, you have fun to the full.

So it was a real pleasure to spend several hours among these people, all of them in the 50-plus category and not a single one of them lamenting the restrictions that are inevitably imposed by advancing years. Instead, the hall where they gathered for a celebratory dinner rang with laughter and happy chatter. I had been asked to assist in the launch of a book which detailed some of the myriad stories – good, bad, ribald and always interesting – that had been gathered from these Wildlifers over several years. In fact, the fund of stories available is sufficient to fill several more such books. I had written some of them, interviewing a number of the many characters who were part of the service over its years of operation. At least three of those I spoke to have since died, but their lively, insightful, humour-sparkling stories will live on through this publication. And the book is filled with magic.

As I noted in this column last month, there is now plenty of valuable history in this little nation of ours, and I believe it is important that it be recorded while those with the memories of that history are still available to share it. If we wait a week or a year or a quarter century it may well be too late.

I'm so glad *In the Spirit of Wildlife* is now a reality.

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



Citizens Advice Bureau

As an MP, my electorate agents and I regularly receive referrals from Hamilton's Citizens Advice Bureau (CAB). Established by the Hamilton City Council in 1972, our CAB offers a free, confidential service on any matter to all members of our community, but especially to those who do not know where else to go for help or have no one to support them.

I am a huge admirer of their work and I know their commitment and wisdom are deeply appreciated by the many people they have assisted. "People come with a variety of issues, ranging from something as simple as filling in a form, to complex problems such as immigration, consumer issues or emergency housing," says CAB Hamilton Chairperson Jeanette Holborow.

Situated near the Anglican Cathedral at 55 Victoria St, the CAB provides a welcoming, peaceful and confidential environment for people to discuss wide-ranging problems and topics. It is a haven for clients who have no access to the internet or have difficulty processing or comprehending written documents.

The Council is currently considering selling the Victoria Street premises and relocating the CAB but Jeanette believes it is "so important that we are easily accessible for people of all abilities, that we're not in the middle of the busy CBD, and that we're near facilities that we liaise with regularly, such as Age Concern, Community Waikato, the central Police station and Community Law."

The Hamilton CAB is staffed by a team of volunteers who interact with 45-50 people per day, dealing with everything from family and personal topics through to consumer, legal and government enquiries. In 2017 10,232 clients were assisted, from a variety of backgrounds and ethnicities.



"We work closely with other agencies such as Hamilton's migrant and ethnic communities, local MPs' offices and other sectors to provide information and advice in a confidential and respectful manner," explains Jeanette. "We are not only here to help, we are here to listen."

Free legal clinics are provided twice weekly, and specially-trained Consumer and Advocacy volunteers are available for clients dealing with organisations who feel they need extra support.

"Our aim is to give people information, support and options which enables them to make their own decisions. Our volunteers learn so much also, through researching for our clients and ensuring accurate information is given," says Jeanette.

"The role adds value to the lives of our volunteers, and provides on-going learning, social connection and mental stimulation – and we always need more volunteers!"

Jeanette says the Language Connect service provided free-of-charge to clients is very popular, enabling clients to speak with someone on the phone in their native language. "It makes it so easy to solve problems when a client is able to speak with someone who understands both their language and culture and there are 20 languages offered."

Hamilton is one of the few CABs in New Zealand that offers Migrant Connect, which is a free face-to-face service for new migrants giving information about New Zealand rules, education, employment, health, tax and other information that makes re-settlement into a new country easier.

"We are known as being a place where people can find help, and a lot of people just want a listening ear. We are free, we're not looking at our watch, we're not charging them and we can take clients through to a private room if needed, whilst we unravel the details of their issue."

"Our facilities are accessible by foot, bus or car. It's quiet, peaceful and we have plenty of parking for both our staff and volunteers, and the location is discreet," says Jeanette. "Much of what is done by the CAB is the quiet, behind-the-scenes work that holds communities together."

CAB Hamilton is open Monday-Friday from 8.45am-5.00pm with two free legal clinics held weekly by appointment only on Mondays at 12.30 pm and Wednesdays at 5.30pm.

Our CAB wouldn't exist without the hard work and dedication of their volunteers. I thank them all for the time and compassion they dedicate to serving others and encourage anyone who may feel they could contribute to this vital community organisation to drop in or give them a call.



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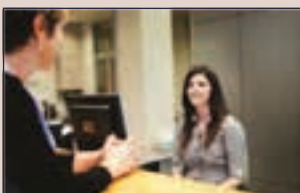
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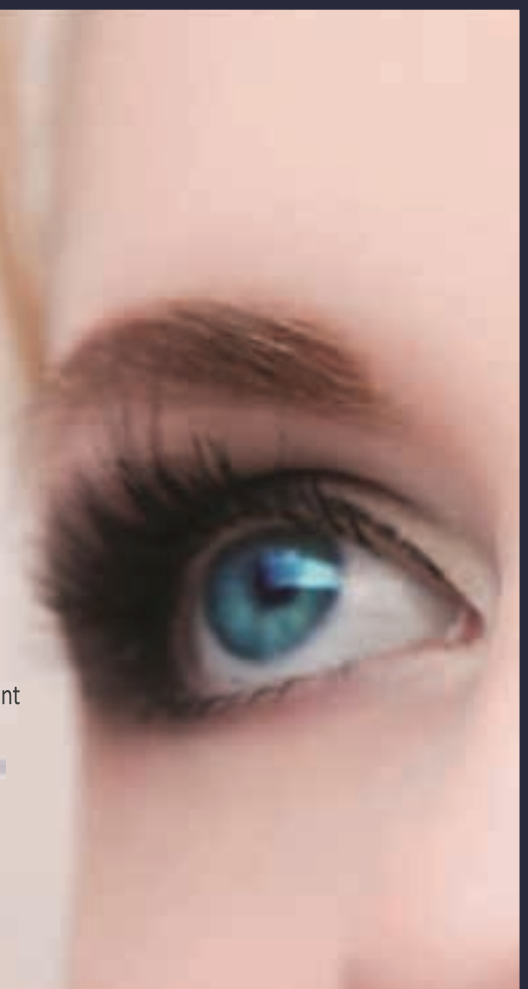
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Simon Bridges

MP for Tauranga



Embracing mature workers

Are you over 65 and still working? If not, would you like to be? For some people retiring isn't something they want to do. They would rather continue some kind of paid employment. But due to body wear and tear or their employer's attitude to older workers, this is not an option.

There have been many reports of the advantages of continuing to work past retirement age. The obvious one being income and being able to supplement the state pension. But there are other advantages too. Engaging with people in businesses is good for the brain, good for your mental health and general wellbeing. And it's good for the employer too. The skills and experience more mature people have to offer are valuable.

So much energy is put into young people and their career development. With an aging population there needs to be a complete mind shift and more focus put on keeping seniors in jobs.

Already this year I have been to a number of businesses and they are crying out for staff particularly in the trade industries. Which makes me wonder why we are not utilising older workers to do these jobs. I understand that physically some older people cannot work but overseeing younger workers with minimal experience could be a solution. This way young unskilled people are encouraged to work and businesses have the protection of knowing their work is being overseen by an expert in the field with significant skills and experience. Senior colleagues could be used in training facilities. Businesses could offer mini apprenticeships one day a week where their retiring staff could train young people. Another option is to look at doing shorter less fatiguing shifts. This way there are less physical demands on mature-age workers. They can reduce their hours as they transition into retirement.

We all know the trades are still heavily male dominated so what about women? I hear stories of women as young as 45 struggling to find a job. Getting back into their chosen careers



is difficult after taking time out to have their families. They no longer feel confident and up to speed with technology and advancements that have taken place during their time away. Perhaps more could be done to retrain these women. Especially considering they have more than 20 paid working years ahead of them.

With people living longer and experiencing two to three decades of retirement, it opens the door for a new workforce. So how do we achieve this? I'm told communication is the key and it's a two way thing. Business owners need to ask themselves the following: Do our older workers want more flexibility as they transition into retirement? Can we make that work? What is our organisation's attitude towards mature workers? What impact will losing older staff have on our business? Do we have HR practices that support older workers? Can we offer technology retraining or upskilling?

I'm also told that employees in their late 50s need to think about whether they want to continue working. And if so what would their best case scenario be? Think about where you see yourself past the age of 65. Could your job be redesigned? Could you job share or work shorter shifts? Talk to your boss about what you want to do and ideas you have on how to achieve this.

Seniors need to be valued for their experience, life skills and the flexibility they offer the workforce. Their contribution to the labour market should not be undervalued. Being age friendly will be a competitive advantage for businesses if managed correctly.



WHY YOU SHOULD HAVE YOUR HEARING TESTED REGULARLY EVEN IF YOUR HEARING IS NORMAL

Most of us want to live a long and healthy life, and so we attend our regular check-ups with the doctor, dentist and optician; however our hearing health is often overlooked. We understand that with annual check-ups, medical problems can be caught early and treated before becoming a major health risk. When it comes to our hearing, many people do not seek a specialist assessment until the symptoms have become a problem. A hearing loss can not only affect our ability to hear the world around us, but also cause numerous side effects such as social anxiety, depression and affecting our relationships with others.

Recent studies have found that untreated hearing loss can also cause earlier onset of memory loss and cognitive decline. There is an established link between hearing well and good brain health. By keeping our auditory pathways stimulated, exercising our brains, we maintain the status quo of healthy processing in the brain. If we hear the speech signal clearly, we are more likely to retain that information. If we are struggling to decipher speech we can suffer cognitive overload and so the brain has less capacity for other healthy functions, such as memory.

Hearing loss is common, affecting approximately 900,000 New Zealanders, it is also sneaky and can creep up on you slowly. The first symptoms often noticed are turning the TV up louder than others might prefer, asking people to repeat more often because it sounds like they're mumbling, and struggling to converse in background noise. However once you start to notice these problems you may already have a significant hearing loss, and at this point cognitive decline has already begun. Therefore it is important to have your hearing checked annually before you detect any symptoms, a baseline of your hearing health can be established and monitored.

There are many types and causes of hearing loss, which can be identified from a hearing test and appropriate treatment can be recommended. This may be hearing aids or medical intervention from an Ear, Nose and Throat Specialist, or simply a regular check up.

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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.

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A Message from the **Minister for Seniors**



Minister Tracey Martin
Positive Change

In the next couple of months I hope to announce the process for updating the Government's strategy for helping people age positively.

There have been significant changes in New Zealand since the first Positive Ageing Strategy was produced in 2001 and we need to think quite differently around the issues facing people as they move into their 60s, 70s, 80s and beyond.

The really positive change is that people have both longer lives and higher expectations of how they will live as they get older. 'Middle age' is pushing out further and generally, older people are increasingly active. A related shift is that more people are continuing to work past age 65. Seniors already make up about 7% of our workforce, and while the percentage of over-65s working is expected to remain where it is now at around 25%, demographic change means that seniors are likely to make up 12% of the overall labour force in 2061.

If people want to work into 'retirement', that's a good thing for them and we want to ensure society has access to the skills and knowledge of our seniors. Personally, I'm also really interested in hearing how seniors want to engage with community groups and volunteer organisations and what can be done to help continue the really important work that's done in this area.

An updated strategy also needs to reflect the changing face of our country. We need to ensure the approach we have as a country works for all of our people. That means being sure we capture the needs of Maori, European and Pacific peoples as well as the growing number of Kiwis from different heritage cultures.

Another positive gain is that we now have far more people saving for retirement through Kiwisaver, and with this coalition government restarting contributions to



the New Zealand Superannuation Fund this will help pay for superannuation in future years. Against that is the reality that there is a greater disparity in incomes than there used to be previously, fewer people are entering retirement with freehold houses – and that we have issues around social isolation for some people, and elder abuse.

Overall, however, I believe we should be optimistic about the future. Like every developed country in the world, we are on the cusp of transformation due to an ageing population. Currently there are around 723,000 people aged over 65; by 2036 this will rise by three quarters to over 1.2 million people. Combined with the low birth rate, this means seniors will make up almost a quarter of the total population. This is a fundamental change that we should celebrate. More of us are living longer, healthier lives than ever before.

As a government we want to keep the discussion away from the language of cost and focus on the contribution and value our seniors make to our communities and what helps people live well. Individuals benefit from ageing in good health and are able to be independent, connected, respected and happy. Society benefits from a healthy, happy and engaged older population.

Of course, creating a society in which people can age positively requires more than government action. Achieving this vision depends on the involvement of central and local government, business, and non-government and community sectors. Everyone has a part to play. That's why it's important we talk widely and constructively as we come up with the next strategy for New Zealand's seniors.

Elder Abuse – It's not OK.

0800 32 668 65 (EA NOT OK)

"Work - more than just earning a living."

Bill McArthur was brought up as a Scottish Protestant and programmed to work before he started school. A special combination of technician, businessman and academic he has always been interested in helping people by helping them to help themselves.

About to turn 79, Bill has recently been invited to act as an adjunct professor in the law faculty of the University of South Pacific in Suva, Fiji - a very long way from his childhood in the stark tenements of Renfrew, near Glasgow, and the latest in a series of adventures spanning more than 50 years.



McArthur family members had emigrated to New Zealand since the 1870s and Bill and his parents 'came out' in the 1950s to settle at Morrinsville. Bill went to school where his talents with the oval ball soon saw him included in the local representative rugby team along with the legendary Clarke brothers.

At the age of 15 he started work as an electrical apprentice, gained his qualifications before he was 20 and moved into Hamilton with a partner set up in business in Coats St in 1963.

Things weren't easy. Hamilton in those days was a smaller parochial place and people dealt with the companies they knew. Work was scarce.

"One day there was a fire in a restaurant and a couple of Dalmatian guys running about in a panic because they had a cool store full of crayfish which wasn't working. We got in there and got them back in business."

The enterprise expanded, untangling the electrical problems of a variety of Hamilton enterprises and handled work with companies including Trigon, Plastic Products and J.C Huttons. The company was called in to help in the reconstruction following the 1987 Edgecombe earthquake and developed a specialty in building electrical switch gear - vital bits of electrical equipment.

As a project manager and manufacturing engineer Bill worked on the tunnels of the Tongariro Power Scheme and in the grain silos in Indonesia, Thailand and Malaysia.

The big break for MacArthur Engineering Ltd and MacArthur Switchgear Ltd came in the early 1990s when the New Zealand and Australian Governments let contracts to replace their aging naval vessels in the Anzac Ships Project. Ten ships, two for the New Zealand navy and eight for Australia. Bill's company tendered for and gained the contract to build the switch gear for the vessels, a huge undertaking for a little Hamilton-based outfit with limited factory space.

The lead contractor for the project was the German ship builder Blohm & Voss and electronics manufacturing giant Siemens AG.

"The Germans liked us. Up until that time the prospect was that the electrical switch gear for these ships would be made by up to 30 different sub-contractors and the possibility of chaos was huge. They liked the idea that we could do it all in one place.

'My thing was industrial electrical installations and fault containment which fits with the shock and vibration design essential on warships. A lot of people had no idea of fault containment. We were short-listed with two other New Zealand companies. One in Christchurch, one in Dunedin and then there was the wildcard - me.

"I had to deal with Siemens and they wanted to see our factory. We had a little place in Frankton and hardly anything for them to see. I thought "how the hell are we going to do this?" We asked to do the whole contract because I believed we couldn't do it in fragments."

MacArthur Marine Switchgear Ltd was successful in gaining the contract and the Anzac Ships Project contract, which



began in 1990, provided steady work for the business for more than 10 years.

Over the years Bill McArthur built up a stable of companies collectively known as the 'MacArthur Group'. He sold the last in 2012 and these days retains an interest in a holding company of the MacArthur Group and MacArthur Publishing and Investment.

Then there is the other side of Bill. Left to raise three children in the mid '70s, and running four companies at the same time, he took up a bet over a beer and went to university. Studying at Waikato he was at one point doing four majors at the same time - psychology, sociology, philosophy and history.

Ultimately Bill achieved a masters degree in political economy with his thesis written around the work of 18th century Scottish economist Adam Smith. He then taught a Technology Work and Industry course addressing the social impact of automated technology and the meaning of work and gained a doctorate in philosophy.

Bill was then asked to tutor a first year paper in anthropology and took over a screen and media course formerly tutored by Sam Edwards and continued as a research associate at Waikato until the end of 2016.

"I only taught part time. Because I had a technical background I was also involved in other sciences."

In 2007 Bill was contacted by the CEO of the Youth Horizons Trust and asked to help in the establishment of Te Hurihanga project which was intended to offer young male offenders, mostly Maori aged from 13 to 17 years, an opportunity to change their way of life.

"I had been involved in community initiatives for years and was at a stage in my life where I was ready to contribute more to a worthwhile social challenge."

Te Hurihanga was established at the Te Ara Hou social services hub on Morrinsville Rd. Adjacent to the centre is the Mangaonua Stream which rises around Pukemoremore. A

believer in the value of work for young men Bill took part in the gully and stream restoration project in conjunction with the Ngati Haua Mahi Trust.

Although the Te Hurihanga project was eventually cancelled by then Justice Minister Simon Powell as too expensive Bill gain much valuable experience especially when it came to dealing with the public. More importantly it brought him into contact with the Ngati Haua iwi which he describes as a "life changing experience".



He assisted the iwi trust to create meaningful work for those who were without a paid job and joined John and Bunny Mortimer, farm forestry experts and donors of what is now the Taitua Arboretum, in the Minogue Park wetland project.

Bill is also an advocate for the arts, which he sees as a social leveler and bringing a diverse range of people together.

He is a founding member of the Toti (Theatre of the Impossible) Trust which was behind the successful campaign to erect the Sapper Moore Jones Sculpture in Victoria St and the War Horse - a memorial in bronze to thousands of horses exported from New Zealand during WWI almost all of which did not return. The memorial was unveiled last year in Memorial Park in Hamilton.

With a blended family Bill has for the past 16 years shared his time between a home in Point Chevalier in Auckland and a humble former State house in Hayes Paddock in Hamilton.

For his contribution to the Anzac Ships Project Bill McArthur was awarded a CNZM (Companion of the New Zealand order of Merit) in 2003 and late last year received an Hamilton City Civic Award for his services to the arts and the community.

"Today I no longer work the way I used to but when people ask if I am retired. I reply "do you mean am I not being paid?"

Geoff Lewis



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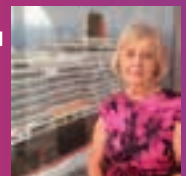
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TAKING CARE OF ENDURING POWER OF ATTORNEY

We buy raffle tickets with hope and the unexpected remote chance that something good will happen and we will win something.

Every ticket provides me with a chance the unexpected will occur.

Enduring power of attorney is the just like that. I don't plan or expect to need it, but I have my enduring power of attorney (EPOA) ticket just in case that unexpected event occurs. Even better than a raffle ticket, being prepared with an enduring power of attorney can save major problems later. Should I not have mental capacity to make decisions about my personal care and welfare or property, I have a document that will direct trusted others to speak for me.

Age Concern data reveals 25% of resthome residents do not have an EPOA and 40% of people receiving care at home do not have an EPOA.

This is a matter that does not just relate to the elderly. There is a significant drive occurring at present for younger people, anyone with responsibilities, to have an EPOA document which will cover circumstances like a sudden accident or a debilitating stroke. EPOA ceases at death, so people need to be aware that having a will covers the certain event of death, but an EPOA helps cover any uncertain events that affect mental capacity

A small investment now can save a time consuming and troubling future. Please speak to your legal advisors about preparing an enduring power of attorney.

In the meantime, I am going to keep buying raffle tickets with a distant prospect that something good will happen instead.

Brent Nielsen | Executive Officer | Age Concern Hamilton

Celebrating Age Centre | 30 Victoria Street, Hamilton 3204

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

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AH.... THOSE WERE THE DAYS

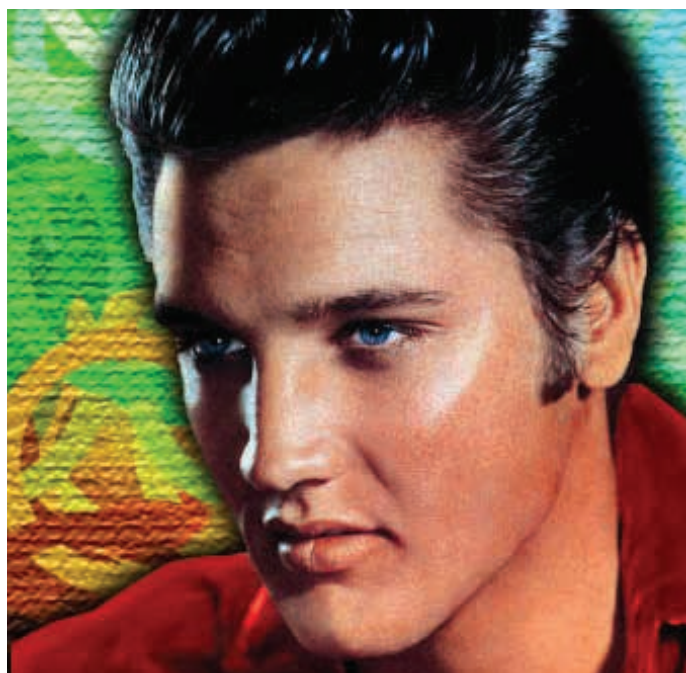


Many times in history the world has been shaped with music by iconic singers and performers or just by a new sound that resonates with the period and mood of the people of the time, and even then very rarely a performer comes along that combines everything together into a package that sweeps the world like a virus with no cure.

“Yes” you got it in one ELVIS

I sometimes wonder if in the far future he will be talked about like some legend that nobody is sure even existed but the stories persist, or if like most fads such as Bellbottom Pants and Winklepicker Shoes, that his heyday will be relived and revisited for time unending as the King of Rock and Roll.

My mum and her sisters, not to mention my dad and members of his family, had Elvis screaming out of the record player (for those of us that remember what one is) at every family get together, party, or in the car whist on the Sunday drive to the next family and friends houses for a cuppa and a chin wag. They, by the way would also be tuned into the same station or own the same record collection of Elvis Presley.



This was all fine by my brothers and I, as we all had the bug and didn't mind when one of our aunts yanked us on to the dance floor to try and perform some semblance of rock and roll dancing, shaking our legs and hips trying to emulate the King of Rock 'n Roll.

To be fair, my brothers were smart enough not to look too enthused or groovy and of course made me their prime target for aunts, mum, and grandma in the room to target me for a dance. (I was the slow learner of us 3 boys).

However now looking back at those days I think back with a big smile on my face, at the fun I had and how Elvis's music brought us together on these occasions with a sharing and passion for something that spanned the generational gaps, and gave us all a common denominator that everyone understood as an unspoken admiration for this Icon and his music.

I still go out in my black leather jacket and jeans and although these should have been shelved long ago I find it difficult to part with those younger days, and have on many occasions, usually to the dismay of most around me, have also jumped up on a Karaoke stage trying to emulate Elvis's sound and movements, but try as I may there are no screaming fans throwing their personals at me, just a lot of people with that look in their eye of “please don't subject us to this torture any further.”

However, I recently came across some strange facts about Elvis and I thought I would share them with you, and if you're a fan you should get at least 8 out of 10 correct here, but in saying that I guess I only knew half of them:

- Elvis released an album just filled with conversations that took place during one of his shows just to fulfil a contract obligation in 1974 to (.....)
- When Elvis and the Beatles first met there was no party, in fact it was very low key and more than a little awkward, as both sides remember it.
- Elvis was very good friends with Jonny Cash and at times they used to have fun trying to impersonate each other. (That would be awesome to see).
- Elvis recorded 15 songs with the word BLUE in it.
- On his 11th birthday Elvis received a guitar and he was disappointed because he wanted a bike.
- Elvis's favourite sandwich was a peanut butter, bacon, banana, and honey sandwich.
- When Elvis meet President Richard Nixon he read a 6-page letter in which he told the president that he desired to be made a federal agent in the Bureau of Narcotics and Dangerous Drugs.
- In 1954 just two years before his big break Elvis auditioned for an amateur gospel choir called Song Fellows and they turned him down. (So just goes to show).
- Elvis wore a crucifix and a Star of David and he always declared, "I don't want to miss out on Heaven due to a technicality."
- Elvis was a black belt in Karate.

So, how did you do on those quirky little facts, and just for fun here's your score on the Elvis ohmmeter:

Score 0 (You have just been born)

Score 1-3 (I think I saw him on TV or in a movie)

Score 4-6 (My parents like him)

Score 7-8 (My parents were fixated with him and had more photos of him than me)

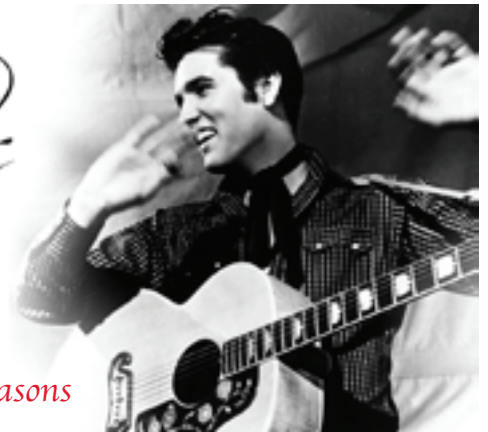
Score 9 (I'm an Elvis impersonator even in my spare time)

Score 10 (I'm Elvis and yes I'm still the King !!!!)

When all is said and done I admire Elvis personally for the joy and laughter he brought to many of us that are in or joining the 50+ Club, and over the years to come I will be still be playing Elvis to my grandkids bringing them into the fold in the hopes that the times we all had enjoying his great music will come back again for their generation.

Long Live The King!!

Elvis



Grant, Team Seasons



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Cambridge Oaks – lifestyle living resonates with over-50s

Cambridge Oaks – the Freedom Lifestyle Village located at 95 Swayne Rd, Cambridge – officially opened in late November 2017. The project is recognised as a refreshing alternative for over-50s lifestyle living, easing the housing crisis by downsizing homes for over-50s while freeing up stock for young larger families.

On completion, Cambridge Oaks will comprise 205 homes, a luxurious Village centre, and sought-after facilities for motorhome owners including parking, washdown areas, storage and recreation sheds. Starting prices range from \$249,000 for a 1-bedroom Terrace apartment to \$649,000 for a luxury 3-bedroom 2-garage Hampton villa, helping young-at-heart over-50s free up capital while retaining an active lifestyle.

The Village will cater for residents who can live independently without daily in-home support/medical care, but it provides the legal and financial protections of a Retirement Village registered under the Retirement Villages Act (2003).

Freedom Lifestyle Villages managing director Jacob Van Het Wout, who

co-founded the company in 2012 after extensive global research on emerging 50+ lifestyle needs and wants, says the Cambridge Oaks community appeals to singles and couples, still working or retired, who want to downsize to unlock capital and enjoy the lifestyle they've worked decades to achieve.

Freedom tested the model by developing the Papamoa Sands village in Tauranga – swamped by enquiries, all 180 homes sold in just three years. This massive demand encouraged the development of Cambridge Oaks and a third village in Matamata, which is due to open late in 2018.

"A lot of our residents spent their whole lives working hard, raising families and saving for their retirements – only to have their savings affected by the Global Financial Crisis," says Mr Van Het Wout. "Cambridge Oaks will allow them to free the money tied up in their family homes.

"Also, unlike a traditional retirement village, Cambridge Oaks allows residents to retain beneficial ownership of their homes and share in capital gains should they choose to sell. Some Papamoa residents have already enjoyed



VICTORIA 3-BEDROOM 1-GARAGE DUPLEX VILLA FROM \$519,000

significant gains on their new homes."

Cambridge Oaks show homes are open for inspection from 10-4 on weekdays and 11-3 on weekends.

At the forthcoming 50+ Lifestyle Expo at Hamilton Gardens in April, staff from Freedom Lifestyle Villages will be present to share stories, manage your enquiries, and run innovative workshops about challenges and benefits of downsizing your home to free up capital and upsize your lifestyle.

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Cambridge Oaks Lifestyle Village Limited is a registered retirement village and is operated within the requirements of the Retirement Villages Act 2003.

Freedom
LIFESTYLE VILLAGES

PICTURED:
VICTORIA 3-BEDROOM
1-GARAGE DUPLEX VILLA
FROM \$519,000

WAITOMO ATV FARM TOURS

Run by entrepreneur Allan Barclay, Waitomo ATV Farm Tours is a new innovation offering something unique to the North King Country region of New Zealand.

Allan's vision is to showcase some of the most spectacular scenery in the country in escorted tours that combine beauty, culture and heritage in a way that not many get to experience.

This innovative business has been developed and run by Allan and Jan Barclay of Otorohanga.

Allan's family are still farming in the King Country area after 85 years and Allan's 50 years exposure to field servicing, repair and marketing tractors and machinery has allowed him to experience some of the best scenery in NZ.

Allan always had the dream to give seniors and the younger generation the chance to explore back country farms to learn how properties were developed by the pioneers and to visit native bush timber trails, old mill sights and eco areas.

The Waimiha Tour. Our clients can enjoy an amazing eco walk, featuring 600 year old trees, native birds and memorabilia from the logging industry is dotted along the walk.

Allan says that these escorted tours are designed and are suitable for the young and in particular our 50+ senior population.

These 1, 2, 3, and 4 day tours include cross country exploring by a specially designed safety approved, comfortable ride, 6 seater Viking ATV.

Included in these tours are visits to **Pureora** forest timber trails and a private museum, and the home of working bullocks as well as a completely abandoned old steam driven saw mill with logging machinery and village housing.

This mill and village is still in its original state as left at the business closure. Included are options to visit high country sheep and beef stations and the opportunity to see a rotary dairy shed milking, in progress.

Farm stay stop overs are available, including a guest review award winning B&B where visitors can enjoy local farming hosts company, in their own environment.



Showcasing native bush clad terrain and a visit to the picturesque **Waitangaru Reserve** and its waterfall is also on the agenda.

One of the highlights of the Pureora timber trail is the thrilling ride through magnificent podocarp forests of rimu, matai and kahikatea, as well as some exotic forestry and more.

The longest suspension bridge on the trail is the 141 metre-long Maramataha bridge, which crosses the Maramataha River near the site of a historic viaduct.

Visits to see these sights would normally take two hours to walk or cycle, so a great part of Allan's vision was that those who normally would find this an impossibility have the opportunity to experience this thrilling terrain, doing so while riding in comfort.

Custom tours to visitors destinations can be arranged.

There is the opportunity to visit **Hairy Feet Waitomo**, the filming site of one of the last Hobbit movies while enjoying the amazing limestone rock formations.

A visit to **Te Kuiti**, the town of legends and sheep shearing capital of the world; home of 12 time world champion shearer Sir David Fagan and world famous New Zealand All Black Rugby icon Sir Colin Meads where a gallery has been dedicated to his life and a bronze statue of the icon.

The **Marakopa falls** in the Waitomo district is set in native bush with easy access to its base. Offering stunning photographic opportunities and close by is the Mangapohue Natural bridge. This consists of two rock arches formed by the Mangapohue stream in the Marakopa River valley near Waitomo. The 17m high limestone arches are a remnant of an ancient cave system.

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Tauranga & WBOP Association

Our membership year starts on the 1st April and I want to encourage new and existing members to sign up now!

OUR AIMS AND OBJECTIVES

To advance, support and protect the welfare and wellbeing of seniors 50+

To be non-aligned with any political party but present a strong united lobby group to local and central government on matters affecting older New Zealanders.

To affirm and protect the statutory right of every New Zealand resident to receive a sufficient NZ Superannuation entitlement.

To oppose all discriminatory and disadvantageous legislation affecting the rights, security and dignity of seniors.

To gain recognition as an appropriate voice for all older New Zealanders.

These are our official premises but sometimes it stretches to more than this to achieve the objectives listed.

Globally people are experiencing an enormous amount of change and it is not always easy or comprehensible for older people to understand and cope with these changes. It is very similar to the industrial revolution when cars and trains came instead of horses; powered machines came instead of heavy manual contraptions. Imagine if we/they refused to embrace those changes? No comfy cars to drive round in, no hot water



MAKE YOUR VOICE COUNT

or electricity at the flick of a switch! Now we have the electronic era where a click or a swipe pretty much does everything.

But my point here is to draw people's attention to the fact that while the older folk now have to add all this new technology to their day to day lives, the young people still need our help and guidance.

Don't forget that however smart the young appear they can still struggle with the same things we did as we grew up. Just growing up is a major change in itself for them and I would encourage us all to make more effort to reach out to all younger age groups.

It is to our advantage to look out for them as they largely make up the world that we live in. They are the people who are going to build warm, dry, affordable homes; help make our communities Age Friendly and be law enforcers, health care providers and generally help us through the slower times of our lives.

I'm asking you to **join Grey Power** so we can lobby Government about the issues which are of concern to us and support the younger people. They are the ones to implement any changes, they are the future!

Jennifer Custins - President for Tauranga & WBOP

Historic Village, 17th Ave, Tauranga

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LPG



LIVE RUST

Better to Burn out than to Fade Away - wasn't that what rocker Neil Young once said? Hamilton's Rusty Player Orchestra will live up to that Maxim when they perform at April's first 50+ & Loving it Festival at the Hamilton Gardens.

Launched two years ago, the Rusty Player Orchestra is the most recent addition to the stable of musical performance groups managed by the Orchestras Central Trust which already supports the Opus, Youth and the Trust Waikato Symphony orchestras.

Orchestras Central CEO Susan Trodden said the development of the Rusty Players provided a way to grow the entire ecosystem of the orchestras and give opportunities to people who felt they may not be good enough or who didn't have the time to commit to a full professional group.

Rusty Player Orchestras exist in other parts of the world, including a famous example in Britain, and while there are similar ideas around New Zealand, Waikato's is the only one of the sort in the country at the moment.

"It acts as a development ground for the other orchestras and a lot of people join to have a good time. Our first event was in March 2016. We started with about 25 players and now have more than 70 involved. Ages range from 18 to 80 years and along with Kiwis we have people from Taiwan, Japan, South Africa, Germany and Brazil. Some people return to music to take up a favourite hobby again or to learn a new instrument."

What makes the Rusty Player Orchestra different is its less formal structure - musicians can just turn up on the day. "A lot of people have learned to play a musical instrument sometime in their lives but now would like to get back into it. The Rusty Players is a great way to get back into playing in a group that is not based on the traditional orchestral model.

We make the most of who turns up. If we end up with ten people playing flute then we'll adapt a piece of music to suit. The Seasons Magazine Festival is a great way to get in front of our audience," Trodden said.

The orchestra turns out to 4-5 events a year or a performance about once every 10 weeks including workshops and mini-concerts. Outside of Hamilton the Rusty Orchestra has entertained in the Te Awamutu Events Centre and the Avantidrome. The Rusty Orchestra is managed by Anne-Marie Simpson and conducted by Oliver Barratt and Jody Thomas with artistic direction by Rupert D'Cruze.

In association with Seasons Magazine, The Rusty Player Orchestra can be experienced in 'Rusty Players in the Garden' as part of the 50+ & Loving it festival, Hamilton Gardens, from 1pm-3pm on Sunday April 15th.

The performance is sponsored by CRC - a retailer of lubricants and rust preventatives.

Alison Littler: Violin

As Alison Littler says herself she's "been on a bit of a journey." Alison plays violin in the Rusty Player Orchestra. But that's not where her travels through music began. Way back in her school days Alison learned violin. Today she plays piano and is a registered piano teacher. But piano is a bit of a lonely instrument.

In her 40's she played violin with what was then called the Waikato Symphony Orchestra.

"We needed a percussionist. I thought "that looks like fun," so I learned percussion and timpani and went on to play percussion for 15 years.

"But as the style of music changed, more modern pieces require more percussion I ended up leading quite a large team. Eventually I could not cope with the physical demands of moving up to 30 pieces of equipment around, loading and unloading. I got to the point where I decided to go back to violin - because it looked easier. They could sit on their butts and didn't have to lift a thing."



So Alison went back to Beverley Oliver, her old violin teacher. "Learning music as you get older is good for the brain. Having the challenge of learning something new is very important." These days Alison plays violin with the Rusty Players along with many other musicians young and old who are keen to get back into orchestral performance.

Anthony Viner: Oboe

Born in Britain Anthony Viner started on brass and went on to strings. He but took up the oboe about 40 years ago after arriving in New Zealand. "I wanted a change. I was living in Taupo which didn't have an orchestra. I was playing violin and viola. I needed an orchestra and a challenge. The oboe had always fascinated me especially its other-worldliness and I became aware that a great deal of the sound you could get came from reed."

Anthony has an attractive rosewood instrument although the majority are made of African blackwood. He played oboe with the Lyric Players until he left to join the Trust Waikato Symphony Orchestra and more recently the Rusty Players. "It gives me the opportunity to play with other people. Being able to play in a proper ensemble is important when playing oboe."



Article written and photos supplied by Geoff Lewis

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E BIKE. IT HAS REVOLUTIONISED MY LIFE.

Rodney

Glyn Wooller from Waikato River Trails just had a call from Rodney in Taranaki, he called to ask about the Mighty Waikato River Trails. His call was full of joy, enthusiasm and optimism about cycling and life in general. The basis of his contagious excitement is largely driven by his recent purchase of an e Bike. Rodney explained how his new acquisition has transformed his life. For those of you familiar with New Plymouth you will know about the amazing coastal path heading from the centre of the city. This is Rodney's playground. His initial motivation for his e bike purchase was that the ride from home to the coast is predominantly downhill and the return trip a slog up hill. At age 76 the call was made to invest in his e bike. The saving in petrol and making a difference to the environment was another factor in the mix. Rodney shared that the bike shop where he purchased the e Bike had sold 20 in the last month and that once on the Trails many people stop to learn more about the e Bike and the very happy man riding it. Rodney is heading up this way to ride in the Waikato, a Mighty good decision by a mighty good man on a mighty good bike. Final word from Rodney, "my e Bike has revolutionised my life".

Dave

Dave has been a regular rider on the Waikato River Trails building up strong distance and fitness.

Dave put the feelers out to some mates a year ago about getting out and riding some Trails. The idea didn't get much traction until one fella purchased an e Bike. After being a bit sedentary for some years this guy went from riding 1.5km to 60km in just three weeks. The rest of the group soon got inspired and had to have an e Bike. The group dynamic for a while had a mix of traditional mechanical bikes and e Bikes. This uneven playing field became unsustainable even for Dave on his traditional mechanical bike as the e Bike enabled mates to ride longer and more comfortably. Dave is now the proud owner of his very own e Bike and the playing field has evened out. The group of six mates now all have e Bikes which has them all riding more regularly and seeing more countryside. Dave says the social aspect has been great and that the fitness of the guys has all come up. The guys are now riding twice as far, exploring new trails, are enjoying the very social side of riding and a well deserved post ride beer. Final word from Dave. "Don't knock an e Bike until you have tried one. Ride longer, ride more enjoyable, It opens up a whole new world."

Interested in a e Bike experience, Thanks to Waikato River Trails Major Sponsor Mercury, Waikato River Trails has e Bikes for hire.



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A Darned Good Listening

Walking the Taitua Arboretum, off the Raglan road, just outside of Hamilton, is one of my favourite places at any time of the year, and particularly when avoiding the summer sun. Our usual pattern is slow, reflective wandering, stopping often to feel bark, examine leaves and bathe in dappled sunlight. As a bonus, the Arboretum's resident chickens, ducks and geese always manage to offer up a gorgeous stray feather or two for the shelf at home.

If walking here doesn't set your world to rights, it's hard to imagine what will.

This time was different. "I just need you to let me rant", she said. "I have to get this off my chest before I suffocate."

As we walked, I heard the latest family drama described in technicolour. Every 'he said', 'she said' and 'you'll never guess what happened then.' You know, it's the kind of conversation that happens when two friends know all the players in each other's family. The safe offloading you do with a friend who won't judge and won't tell. We're sounding boards for each other and our friendship has weathered the events of many years.

This day, she was furious about a family conversation, adamant that it was deliberately designed to make her feel small. All the old hurts and old patterns came out in force. 'It's typical, he always does this...' Knowing her so well, I'm familiar with the dynamics of that highly competitive brother-sister relationship and recognise that the traffic is not always one-way. But she is my friend, so my support for her is unconditional.

Many of our best and deepest conversations go from incident to understanding, taking the sting out of life through different interpretations, without denying the feelings or the history. This time though, she spun like a top over this latest family incident, raging through tears and frustration. Nothing would shift her as the wounds are so old and the scars so deep. And all she wanted from me was to be present and purposeful. To listen, not speak. She needed love, not a lecture.

It's easy to slip into old habits though, so every time I was tempted to open my mouth and offer a different view, I had to remember that she just needed to offload and that she knew what she was doing.

So we walked, or rather strode and the usual circuit was done in less than half the time. Near the end, at the stone circle, she paused. "I think I need to sit here a while. It's like a boil has burst and I feel exhausted." So I wandered back through the bamboo grove where the canes moved in the wind,

reminding me that our job as friends is often to bend and not always to present an alternative view. Trying to fix things for someone else is condescending and disempowering. It says that they don't know enough and are not good enough to fix it themselves.

Rather, the best we can offer is a darned good listening to. It's a gift to both parties. As the listener, you're honoured that they feel secure enough to tell you what has happened. As the speaker, you're gifted a safe space to talk your way through and make sense of what has happened.

Almost an hour later, she reappeared with a hug. "I feel much better! Could we walk back through the path and can I test out some ideas on you?"

So we did. And this time, acknowledging the seemingly relentless patterns of the past, she decided to look at the ongoing family dramas through a different lens. Not so much of what had happened, but what she was making it mean. Yes, he had always made comments that wound her up, but what if she chose to read them differently. Tricky given the history, but it was up to her to decide how to respond. Was she right to react? Did the ensuing drama warrant the outburst? And did she need to be right or was there another way that was more useful? Maybe it was time she took a different path, and if so, what would change?

My friend is very self-aware and yet she falls into thinking traps, just as we all do from time to time. Me too. The easiest road is to keep on repeating the same cycle with the same result. Breaking the pattern means doing things differently, perhaps with a jolt. Being listened to deeply gave her the chance to step back and watch herself with a third eye. To listen to herself reason, blame, justify and make excuses, and then, finally, to ask if there might be a better way. That's much easier to do when you aren't trying to convince someone else.

Her request that I give her a darned good listening to was exactly what she needed. Pure, attentive, listening can take a lot of tongue biting, but it's a gift to offer, rather than wait to be asked for.

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





SOUTHRIDGE ESTATE

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Could downsizing be the answer to helping you achieve your Ultimate Lifestyle?

Downsizing may seem like an overwhelming thought for many, but it can be one of the most rewarding decisions you will ever make.

Imagine if you could lock-up your home for a month to go on holiday and come back to find it spotless with your gardens perfectly manicured. Or perhaps you'd like to reduce the time you spend on household chores? Downsizing to the right property provides all this along with the added bonus of releasing capital currently tied up in your family home, ready for you to spend and enjoy. What would you do? Buy a new car, take an overseas trip, or perhaps spend more time with loved ones? This might sound like a dream, but it can all be very real with a simple and rewarding decision to downsize.

The key to a successful downsize is to find the right home to downsize into. If the goal is to improve your lifestyle you will want to find something that helps you achieve the freedom of time, money and stress while maintaining the luxuries that enhance your daily life. With this in mind Ultimate Developments has created just that – a lifestyle concept on the Southern fringe of Hamilton designed specifically with downsizers in mind, to help them achieve their Ultimate Lifestyle.



Following the highly successful 2014 Tauranga development 'Bridgewater Village in the Lakes', Southridge Estate has been designed to cater specifically to downsizers with high quality, modern freehold homes, so you don't have to compromise future capital gains.

"Ideally located with a natural outlook and easy access to Hamilton's CBD"

Within minutes' drive of the CBD, Hamilton Airport, Hamilton Lake and the Waikato Hospital, Southridge Estate is the ideal location for those looking for the perfect balance between city living and a natural outlook. The homes are set amongst wide landscaped roads with communal park benches to create a sense of community, whilst the fully landscaped sections provide privacy, comfort and tranquillity when needed.



Artist Impression



Artist Impression



Artist Impression

Set on a modest footprint these brand new 2-bedroom homes have been thoughtfully designed to accommodate every-day living, from optimising storage spaces to minimising every aspect of home maintenance. Each home comes with a heat-pump, infinity hot water system, heated towel rails, quality kitchen appliances and is pre-wired for fibre and a smart television providing you with all the benefits of a modern home.

"Architecturally designed living where lifestyle takes centre stage"

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Located in Peacockes, the southern growth cell of Hamilton city, Southridge is the place to be. With Hamilton City Council having won a Government loan to kick start the long-proposed new southern Hamilton suburb this will become an increasingly desirable area to live in over the next few years.

With Peacockes becoming the place to be in Hamilton, the decision to purchase in the area is an excellent one.

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So... if you fancy a new car, holiday perhaps, or maybe just more time to spend with your loved ones and enjoy life, it can all become a reality with a simple decision to downsize. Make your Ultimate lifestyle a reality and contact Ultimate Global Properties to find out more about Southridge Estate. Be one of the first five people to mention this article when you purchase a home at Southridge and you'll receive a furniture package to compliment your new home. *

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RAGLAN ROAST

Tony Bruce is taking Raglan to the world with the help of his coffee business Raglan Roast.

One of four brothers born in Geraldine near Christchurch, Tony has had to sort of life many would dream of. He started surfing on the Canterbury coast in the days when neoprene hadn't been heard of and a wet suit was the old rugby jersey. It was the twilight of old style long boards and the dawn of the more modern short boards.

His mum's older sister had married an American GI during WWII so he ended up with an arm of the family in the US. This provided an opportunity after he left school at the age of 15.

"I moved to California at the time of the Beach Boys, Gidget, the endless summer and the whole culture. I got to hang out in California and as soon as I was old enough, I was off touring. It was back and forward from the US to New Zealand for periods from a few months to a few years."

On Return to Kiwiland one year he met the guys starting up the Broken River Ski Club in inland Canterbury.

"I went up there and I'd drive the Fordson Major up the slope, back it into a shed and take the back wheels off. The tractor was used to power a nutcracker ski tow. They said to me "you're pretty handy" and I ended up being the custodian of the ski club. I has a bit of everything, plumber, electrician, mechanic, cook. It was the early '70s. I did 14 seasons in bits,

five years, four years, five years. I thought I was on a young age pension, never had any money but had a great time."

In the southern hemisphere off-season Tony would spend 4-5 months in North American ski fields before going off touring again and surfing in Mexico, Fiji, the Maldives and Indonesia.

Then he met a girl, Corina, a "classic action girl". She was studying computer sciences at Canterbury and joined the New Zealand navy out of university at the time when things were moving from the analogue to the new digital systems. The Navy needed people who understood computers.

One thing led to another and she progressed to become Captain Corina Bruce, and commander of HMNZS Philomel, aka, the Devonport Naval Base and became officially the first New Zealand woman to go to sea in a warship. The couple have two daughters.

One day Tony was touring up north looking for surf spots when a side trip brought him to Raglan.

"There was settled weather in June and July. Compared to Canterbury the water was tropical. I just fell in love with the place. At the time Raglan was just a spot on the map. We managed to buy a little section no one wanted at Whale Bay. That was in the mid '80s, Corina was stationed in Wellington. We bought another property in Whale Bay. In 1989 she was posted to Auckland and we set up camp in Raglan.



"In the military she gets foreign postings. At the moment we have a place in Wellington. She quite often works and stays there during the week and comes back to Raglan for the weekends."

Tony had always been interested in the paraphernalia of surfing, kite boarding and skiing and opened a shop in Raglan. A couple of years later he created Get a Grip 'GaG' and gained a license to retail the Volcom brand of apparel which became one of the top global brands of surfing and outdoor equipment.

With the surf shop came coffee - at first just a coffee machine in the corner which did quite well during the busy season. From this grew Raglan Roast which was launched in 2000, got its name in 2004 and now has two outlets in the seaside town.

"In the start it was just me with one machine. But a few too many people showed up. The first move out of Raglan was to take over the old post office at Te Uku. Everyone thought I was mad. But it's on a main road and it's worked out well."

One day Tony was helping one of his daughters move flat in Wellington and spotted a building for lease or sale. By coincidence and luck he knew the guy who owned it.

Able Smith St, Wellington, became Raglan Roast's first outlet outside the Raglan area and has been followed by outlets at Chaffers Dock, Holland St, Willis St and College St with a spot on The Terrace to come.

The next target was Nelson and a cafe was opened in Tahunanui, then in Gisborne on the State highway to the beach, Napier and Kaikoura.

Recently Tony has moved Raglan Roast into Hamilton opening Brown Lightning Brothers on what was for many years the Brown Brothers Drilling site in Te Rapa. This has been a move prompted by the logistic difficulties of moving quantities of things like coffee beans and even cups to and from an out-of-the-way place like Raglan. Hamilton is central to the rail lines and highways.

The site includes an old corro shed converted into cafe but decorated in industrial grunge with bits of engineering gear hanging on the walls. Currently the former Brown Brothers' office is being converted into a drive up cafe.

Again Tony has bought the site, as with his other operations, - he prefers to own rather than cope with the vagaries of leases and landlords. The site is shared with several other Raglan businesses.

"Trying to feed all the stores. There was no room in Raglan and it made sense to come to Hamilton."

"When it comes coffee Raglan Roast needs fresh beans, North America, South America, Africa, Indonesia, Papua New Guinea,

Timor. We keep up a constant fresh supply. I've travelled all over the place. It's a bit of an eye opener."

Tony is a bit reticent when it comes to tonnages but suffice to say Raglan Roast requires "larger amounts". Bags of coffee beans weigh about 70kgs each and there's about 300 sacks in a 20ft container. While poor quality beans can be got from some locations for around \$4 a kilo, good quality ranges in price from \$10 to \$20 a kilo for green beans, so around \$1000 a sack.

Not satisfied with the bean roasting equipment provided by commercial suppliers, Raglan Roast commissioned Hamilton based engineer Peiter ten Broek to design a better one. The outcome so far is titled the 'Lil Pig' and a dozen examples have been built and distributed around Tony's establishments.

"We started building our own roasting machines about 10 years ago. I'd looked at a couple of the bigger commercial machines and I didn't like them. It's been a matter of trial and error and finding something which works for us."

But ahead are exciting times and Raglan Roast is in the throes of opening an outlet in Santa Cruz - the surfing hub of California and Raglan's spirit sister.

"We decided we already had people there we knew in the surfing business. One of our managers is a half kiwi, half Japanese guy whose father is in property in Japan. So we're looking at Japan. We have a guy from Chile who is convinced Raglan Roast would go down well over there and knowing the language makes things a lot easier.

"It's obvious that if we're going for the Pacific Rim and North America then we should go to Australia which has a big coffee culture. So the big thing for '18 is North America and we're in the planning to open in Japan, Australia and South America."

So these days Tony Bruce is the managing director, CEO, CFO and do-it-all with Raglan Roast with a small band of shareholders and 65 employees. He likes the coffee business. Coffee makes people happy and it's a friendly place to be.

Geoff Lewis

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She would also like to thank those who took the time to visit their retail store and Clinic on River Road Hamilton, offering great feedback on using ENZO Stay Sharp and the benefits they are already gaining in their daily lives.

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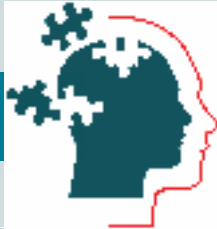
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AGEING WITH A DISABILITY SUCKS, SAYS LONG-TIME ADVOCATE

JOHN McINTOSH is pretty blunt when asked what it's like growing older with a disability.

"Oh, it sucks really.

"The crux of it is we all get older, but it's worse when you're disabled."

The 69-year-old Hamilton resident was born with scoliosis – or curvature of the spine - **although John's never let his disability slow him down.**

But, he admits, as he gets older his disability is having a bigger impact on daily life.

"In my case, my curvature of the spine is getting worse; therefore my breathing is getting worse; therefore I get tired [sic] easily. I fatigue easily and I've developed glaucoma...and that's just gradually getting worse."

When John was very young, doctors told his parents he was unlikely to live past middle age.

"Life expectancy for people a generation ago with my condition, meant they didn't live past 40 in many instances," he says.

John's had to take a step back from one of his lifelong passions – performing.

"I've had to stop playing drums because I found that towards the end of my playing rock and roll for a long period of time I was pretty exhausted."

John, who features in Attitude Live's latest **Question Time video**, acknowledges it's not always easy to stay upbeat as you age, and some people may start to feel isolated.

"It's important to take a deep breath and step outside your door. Become involved, keep active and try and stay positive," says John.

The key is finding things to be passionate about and get involved in. John's still working as community liaison and ambassador for Life Unlimited, a charitable trust supporting people with disability. He's also actively involved in **Disabled Persons Assembly** and he loves being a part of his granddaughter's life.

He says staying connected with people is really important.

"Surround yourself with good people - people who understand. I get a kick out of talking to other people with disability."

But the one piece of advice he wishes he'd been told is to plan for later life.

"Planning for your future is really important, because the chances are your disability will get worse. You need to plan for two things - your financial security in retirement, and also your support needs for your disability so you can stay independent."

John reckons independence is "important for your soul".

"So wrap you yourself with good support. However, try and stay independent as long as you can."

FINDING SUPPORT

The **SuperSeniors** Website is run by the Office for Seniors through the Ministry of Social Development. It acts as a gateway to information and services for seniors.

Age Concern is a charitable organisation dedicated solely to people over 65 that promotes dignity, wellbeing, equity and respect and provides expert information and support services in response to older people's needs.

Article Supplied by Mary Anne Gill - Life Unlimited



Way of Life!

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SUZUKI

Hamilton Playbox Repertory Society Incorporated



Firstly, I would like to acknowledge and thank Seasons Magazine for their support of our organisation, and our support to Seasons Magazine. When I first met Grant it was for the initial edition of the magazine, and Playbox was thrilled to be part of the exciting adventure that they were embarking on. It is a pleasure to see the magazine go from strength to strength and still be a part of it.

So, today I am going to tell you a little about myself and the year that Hamilton Playbox is embarking on.

I was the first person to become a lifer of both Musikmakers and Hamilton Playbox, and have since been joined by Mark Perry, which for me has been a very distinct privilege and honour. I have also received a Service Award from Theatre NZ. So needless to say a lot of my time is spent in theatres these days. I also work from home. This is what keeps us young, being busy.

My year started with a trip to Wellington to attend a meeting of Theatre NZ to plan the future and reinforce some aspects of what the executive team are doing. It was a great weekend, all day Saturday talking, agreeing, arguing and coming to some conclusions, with a lunch break in between to recharge the batteries. In the evening we went to the Gryphon theatre to see Nunsense, what a show, beautiful singing, dancing and interaction with the audience.

The next major event was Neil and I celebrating 50 years of marriage, pretty pleased how we have worked as a team over those years.

This month I farewelled with many people my good friend Michael Easter, a stalwart of the theatrical world in Hamilton. We dressed Riverlea Theatre up pretty good for the memorial and I am sure that Michael would have been pleased.

Hamilton Playbox have some exciting productions coming up this year such as Allegiance, Peter Pan and another three acts of The Vicar of Dibley. But the most exciting initiative from Hamilton Playbox is the 24 hour Play Challenge where the teams are given two props and ten lines of text and have to come up with an 8-12 minute play.

Hamilton Playbox have their AGM on 12 March at Riverlea Theatre at 7.30pm. We would love to see more people there to show their support.

Every Thursday unless advised we have a working bee at Riverlea at 10am, sorting props, tidying the place and having coffee and muffins, and lots of laughs and chats. Come and join us.

- Lorna Ashton



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Readers Submissions

March 2018

Wind

As if in anger, tempest, gale and blizzard
Make venturing outdoors a real hazard,
With tall trees toppled, roofs blown away
And trampolines no longer in the yard for play.
White caps appear on water that was calm
And for those out in the boat there's an alarm.
As spray arches from the tops of each wave
Experienced surfers are out showing they're brave.
Drifted sand makes amazing patterns along the beach
And disturbed boats in the marina are heard to screech
Umbrellas prove not strong enough and are blown inside out
As horizontal rain saturates everything that's about.
Tormented air causes damage all around,
Power lines are draped across the ground.
Birds find it hard to keep flight in a straight line
And warnings are issued on many a sign.
Farmers find it hard to keep hats on their heads
So they rightly decide it is time for the sheds,
And school children are in invigorated mood
Something to which teachers often elude.
For kite flyers wind is simply a must
Despite the air often filled with dust
And wind turbines harvest power as they turn
Though for travellers on bikes there is much concern.
In Summer the wind's cooling is just fine
And clothes take little time to dry on the line.
Fortunately, howling, whistling, lashing winds don't occur every day
And we must be thankful for somewhere safe to stay.

Delwyn White • Readers Submission



Decluttering... Once again

It's almost two years since I wrote about the necessity of decluttering our home, as future plans were to move to a retirement village.

One year on and we love our villa, though cupboard space is a challenge! The spare bedroom wardrobe and shelves need further attention as I could not part with many of my childhood treasures and simply moved them from one home to another.

Royal family books on the life of Queen Victoria, the covers tattered and pages like parchments. These belonged to my Scottish grandparents who immigrated to New Zealand in the early 1900's. I remember my mother would allow us to carefully look through these when we were at home sick from school, the days when we all caught measles, chicken pox, mumps, and we were confined to bed. A 'First book of Bible Stories' from the 1920's has my mother's name inside the cover. My mother also had a collection of the Waikato Times declaring WWII, a 1945 Woman's Weekly magazine, knitting pattern books from the 1940's & 1950's, all with her handwritten notes included in them.

As a child, Enid Blyton was my idol. Throughout my childhood Noddy, Famous Five, and Secret Seven were all books I requested for every birthday and Christmas as presents.

I received books from the NZ Herald and Woman's Weekly as prizes for my contributions to their children's pages. These book covers are now faded and deemed 'old fashioned' by my grandchildren. However, my 15 year old granddaughter would like to read books such as Heidi, Little Women, and Pollyanna which she has requested from me.

Games such as Ludo, Snakes & Ladders, Happy Family cards stay stacked in the bottom of my cupboard.

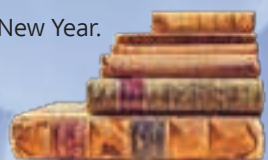
During the school holidays my suggestion to play a board game received a resounding NO as the computer and mobile phone was a lot more interesting!

One rainy afternoon I produced stamp albums and talked about my stamp collecting hobby as a child. Sadly this sparked no interest so the albums were returned to the shelf. When I depart this world one day the next generation will be clearing out my cupboards without the sentimental reluctance that I have in letting go of the past, so perhaps it's time for me to consign tattered books and games to the paper collection bin, and move on!

Neither the Library nor Museum were interested in these books and games from a bygone era.

So here's to more room in the wardrobe and memories tucked away in my head as I move into a New Year.

Fay Dwyer • Readers Submission

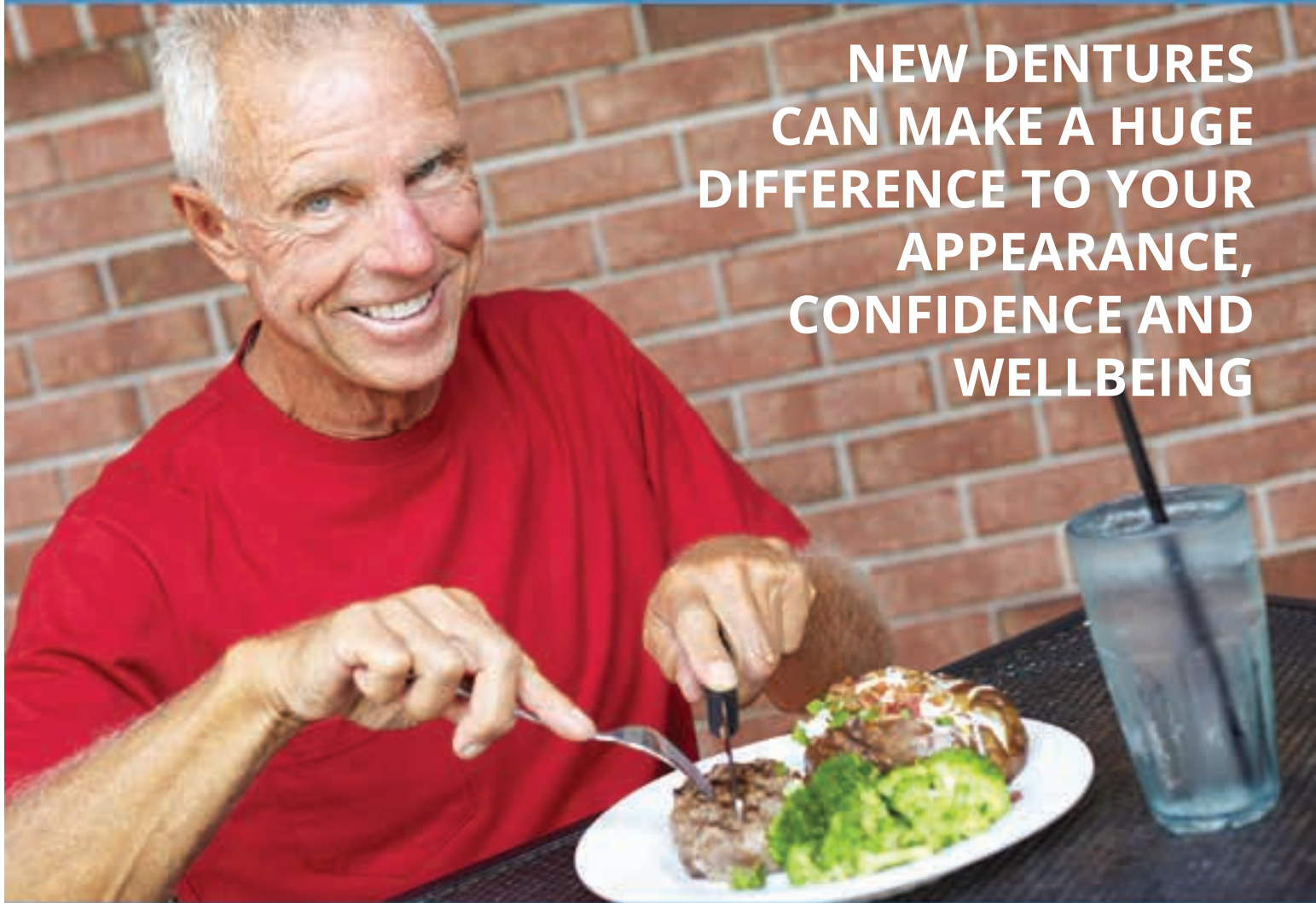


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Flying High at 80!

Once upon a time there was an old lady sitting in her comfortable chair by the window, thinking about her life gone by.

She remembered how she had always wanted to do things but hardly ever did.

“Oh, I always wanted to hang in the air on a parachute, it seemed so quiet and peaceful, but alas that time has passed.” Or has it...

One very hot summer’s Saturday morning, Sarah, my granddaughter and I arrived at a small country airport. We filled in forms, were weighed on a ‘big luggage’ kind of scale and started on our quest to jump out of a plane!



Measured with a harness that had heavy buckles, which gave me nice coloured bruises, we went outside to stand in the hot sun to follow our instructors moves.

“Head back,” aww my neck. “Lift a foot and bend your leg back,” oh I nearly fell over. I hope it’s easier in the sky. “Make your body like a banana.” Yes okay. “Now when your feet are out of the plane door” ... oh no ... and so it went on.

Into a ute and off to the plane we went.

Before the plane was to take off, we had another practise of swinging our legs out the door. Now my legs are quite adequate to walk, but there is not much swinging with them anymore. But I got them out.

Buckled to our instructors, we were sitting on the floor of the little plane. Sarah wanted to jump first, so she sat close to the door. Off we went, the plane taxied up in the air. Looking at the world dropping away, some clouds around us, we were not very comfortable but we were up!

After circling for a while it was time! The door was opened and it was very windy and noisy. Sarah’s bright big smiley mouth puckered a little and “pffff...” away she went.

Now my turn. I shifted over to the door and with goggles on, heart pounding away we went. It was very noisy, very scary and tumbled around and around for 35 very long seconds. Then I had a tap on my shoulder which meant arms out wide, as if we are flying, which I was!!

Suddenly there was a tug, and then a blissful, amazing quietness. I could take my goggles off and look around.

It was all I imagined it to be and more. Hanging there in the sky.

All too soon it was time for the landing, a small bump on the ground and it was over.

THE BEST and most exciting way to celebrate my 80th birthday!

**Johanna Visscher •
Readers Submission**



seasons
magazine *Life Beyond 50*

Readers Feedback

Thank you so much for following through on our story. It was great to get the centre of Seasons Magazine just days before our last free-to-enter open day.

Due to that article and other publicity, we were overwhelmed by the visitors to Waitakaruru Arboretum & Sculpture Park. Yesterday there were more than 450 people who came to the park... we ran out of car parks to the extent that many people parked along Scotsman Valley Road.

We are hoping for a quiet day or two to recover and have to hope people will follow through on the support through online survey and Boosted!

Best Wishes,

Dorothy - Waitakaruru Arboretum & Sculpture Park





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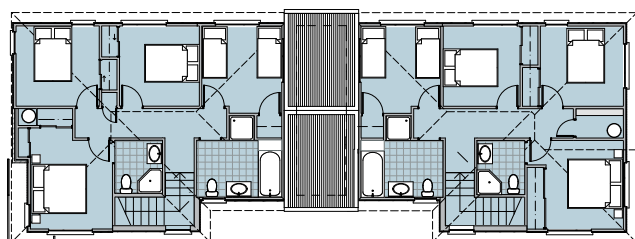
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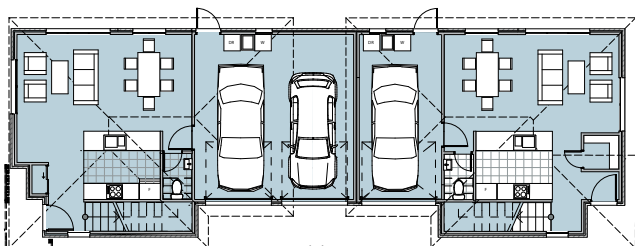
151m²
LAND 199m²



UNIT 1 & 3

First Floor Plan

UNIT 2 & 4



UNIT 1 & 3

Ground Floor

UNIT 2 & 4

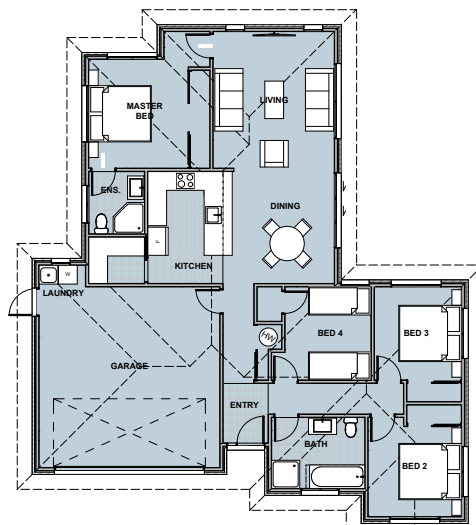
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Can't get to sleep? Keep waking up? Feeling tired and listless? Losing concentration?

Classically people tend to think of insomnia as an inability to go to sleep, and for many, though certainly not all, this is the case. They lie in bed for hours, tossing and turning, unable to slip into restful sleep.

For some it is just the opposite, they climb into bed, settle down, and drift happily off to sleep – then suddenly they pop awake at, say, 3.30am. In fact, they wake up at exactly the same time each morning and then find it very difficult, if not impossible, to get back to sleep.

Many people all over the world suffer from some form or another of sleep disorder which can be caused or categorised in many differing ways such as sleep apnoea which is a sleep disorder characterised by pauses in breathing during sleep.

Sleep deprivation is defined obtaining inadequate total sleep. When someone is in a chronic sleep-restricted state they'll notice excessive daytime sleepiness, fatigue, clumsiness, and weight gain or weight loss. In addition, being sleep-deprived affects both the brain and cognitive function.

Stress and Anxiety can also be responsible for lack of sleep, although stress can be the body's way of protecting you. When working properly, it helps you stay focused, energetic, and alert. In emergency situations, stress can save your life—giving you extra strength to defend yourself, for example, or spurring you to slam on the brakes to avoid an accident.

But beyond a certain point, stress and anxiety stops being helpful and starts causing major damage to your health, your mood, your productivity, your relationships, and your quality of life, and of course keep your body from gaining the relaxed state for a good night's sleep affecting you during the day with feeling tired, unfocused and unable to function in the way you would like to.

It is a rare person who has never experienced insomnia. We all have periods in our lives when our normal living patterns are disrupted. Maybe we are travelling in different time zones, working shift work, or there is something playing on our mind that just won't go away. Occasionally we experience the loss of a loved one; this may interfere with our sleep for a while. However, these circumstances are usually overcome after a while and we return to our normal sleep pattern eventually.

There is no specific definition of insomnia, it means different things to different people as each person's experience is individual to them. The result however is the same for everyone, you are getting insufficient quality sleep during the night.

Do not ignore insomnia as it might be a symptom of a more significant problem or disorder.

However, the great news is that insomnia and other sleep related issues do not have to be a permanent problem. 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.

So don't wait until you are hitting the wall with total fatigue and let problems keep mounting up at work and at home due to this serious but fixable issue. Take hold of your life and get back those lost hours of rest you and your body need to start living the life you always dreamed of when you could sleep.



Tricia Meister BCH

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March 2018

Sun

Mon

Tues

Wed

Thurs

Fri

Sat

IMPORTANT DATES:

8th March - International Womens Day

30th March - Good Friday

01

Living Well - Programme for People With Cancer
9am - 11am
Cancer Society,
Corner Grey & Beale Street,
Hamilton
FREE
CONTACT VICKI PHONE 07 903 5810

02

Fireworks Extravaganza
8:30pm - 9:15pm
Hamilton Lake Domain,
Hamilton
FREE

03

2018 AutoFest
10am - 6pm
Mystery Creek Events
Centre
125 Mystery Creek Road
FREE

04

05

Adult Contemporary Class
6:30pm - 7:15pm
Rise Dance Co Rotorua
Studio, 1179 Eruera St,
Rotorua, Bay of Plenty
Buy Tickets - 075788780

06

07

Introductory Arts
Therapy Group
9:30am - 12pm
Arts for Health,
2 Seddon Road, Hamilton
Buy Tickets - 07 838 2271

08

**International
Womens Day**

09

10

Family Craft & Food Market
10am - 2pm
Tamahere Community Hall,
21 Devine Rd, Tamahere,
Hamilton
FREE ENTRY

11

Greek Myths Demystified
11am - 12pm
Waikato Museum,
1 Grantham Street,
Hamilton
FREE

12

Adult Contemporary Class
6:30pm - 7:15pm
Rise Dance Co Rotorua
Studio, 1179 Eruera St,
Rotorua, Bay of Plenty
Buy Tickets - 075788780

13

14

Introductory Arts
Therapy Group
9:30am - 12pm
Arts for Health,
2 Seddon Road, Hamilton
Buy Tickets - 07 838 2271

15

16

17

Heineken Urban Polo
2018
2pm - 9:30pm
Claudelands Showground
Buy Tickets - ticketek.co.nz
Admission: \$98

18

Waikato Westpac Rescue
Helicopter Open Day 2018
10am - 2pm
Waikato Hospital,
Pembroke Street,
Hamilton
FREE

19

Adult Contemporary Class
6:30pm - 7:15pm
Rise Dance Co Rotorua
Studio, 1179 Eruera St,
Rotorua, Bay of Plenty
Buy Tickets - 075788780

20

21

Balloons Over Waikato
7:00am
Innes Common, Lake
Domain Dr, Hamilton
FREE

22

Balloons Over Waikato
7:00am
Innes Common, Lake
Domain Dr, Hamilton
FREE

23

Balloons Over Waikato
7:00am
Innes Common, Lake
Domain Dr, Hamilton
FREE

24

Balloons Over Waikato
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25

Balloons Over Waikato
7:00am
Innes Common, Lake
Domain Dr, Hamilton
FREE

26

Adult Contemporary Class
6:30pm - 7:15pm
Rise Dance Co Rotorua
Studio, 1179 Eruera St,
Rotorua, Bay of Plenty
Buy Tickets - 075788780

27

28

29

Dinner In the Domain
5:30pm - 8:30pm
Papamoa Beach Domain,
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FREE ADMISSION

30 **Good Friday**

Hamsterfest 2018
12pm
Matangi Hillcrest Sports
Club, 650 Tauwhare Road,
Hamilton
Weekend Adult : \$55.00
Day Admission : \$30.00

31

Riverlea Environment
Society Inc
Restoration Project
1pm - 4pm
Hammond Park,
Malcolm St, Hamilton
FREE

ARIES MAR 20 - APR 19 Your normal direct

approach needs a bit of adjustment, especially if you're trying to back out of something you agreed to quite a while ago. There's no need to hem and haw -- which is pretty much impossible for you in any case -- but you do need to be sensitive to the subtleties of the situation.

QUOTE OF THE MONTH

"The only way to discover the limits of the possible is to go beyond them into the impossible."



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March Recipes

BEST NEW ZEALAND PANCAKES

Serves: 6 Cooking time: 30 mins Prep time: 15 mins

Ingredients

140g plain flour
¼ teaspoon salt
¼ teaspoon baking soda
1 teaspoon baking powder
1 small egg, roughly beaten
175ml buttermilk
75ml cold water
½ tablespoon melted butter
Sunflower oil, for greasing
(about 3 tablespoons)

For the Summer Berry Sauce

225g castor sugar
1 teaspoon ground cinnamon
Juice of 1 orange
1½ tablespoons arrowroot flour
1kg frozen summer berries

Method

To make the summer berry sauce, put the sugar, cinnamon and arrowroot in a saucepan. Using a wooden spoon, stir in the orange juice. Set over a low heat and stir until the sugar has dissolved and the mixture starts to thicken. Add the frozen berries, turn up the heat, bring to a simmer and cook gently for 5 minutes or until the sauce no longer has a floury taste. Set aside.

To make the pancakes, warm a plate in a very low oven. Sift the flour, salt, bicarbonate of soda and baking powder into a large bowl. Make a well in the centre of the flour and gradually beat in the egg, followed by the buttermilk, water and melted butter until it forms a smooth, thick batter.

Set a large, heavy-bottomed frying pan over a medium heat. Liberally grease with the sunflower oil. Once the pan is medium hot, spoon a blob of batter into the pan - spreading it out slightly and trying vaguely to ensure that it settles into a round shape. Repeat the process until you have 6 pancakes in each pan. After about 2-3 minutes, when they have puffed up and show tiny bubbles, flip

them over and cook them for a further few minutes on the other side.

Transfer the pancakes to the warm plate; lightly cover with foil while you fry the next batch. This will make 21 pancakes - 24 if you make them quite small. Reheat the sauce and serve with warm pancakes and clotted cream.



BEST EVER CARROT CAKE

Serves: 12 slices Cooking time: 40 mins Prep time: 25 mins

Ingredients

250ml vegetable or sunflower oil
250g castor sugar
Zest of ½ orange
3 large free-range eggs
250 self-raising flour, sifted
250g carrots, grated
100g pistachio nuts, coarsely chopped

For the cream cheese icing:

300 cream cheese
75g icing sugar, sifted
Zest of ½ orange
1-2tbsp orange juice

Method

Heat the oven to 180°C (gas mark 4). Grease a shallow square or round cake tin and line the base and sides with baking paper, extending the paper 5cm (2in) above the tin.

Place the oil, sugar, orange zest and a pinch of salt in an electric mixer bowl and mix on a medium speed until well beaten. Reduce the speed of the mixer and gradually add the eggs.

Sift over the flour and gently fold in with a large metal spoon until smooth. Fold in the grated carrot and half the chopped pistachio nuts. Spoon the batter into the tin and smooth the surface.

Bake for 35-40 mins, or until golden and firm to the touch. Cool in the tin for about 10 mins, then, with the help of the overhanging baking paper, turn the cake out onto a wire rack to cool completely.

To make the icing, use a handheld electric beater to mix together all the ingredients until smooth and light. Spread over the top of the cake and sprinkle with the remaining nuts ready to serve.



MUSSEL HASH

Serves: 4 Cooking time: 30 mins Prep time: 15 mins

Ingredients

350g potatoes, peeled and diced

1.5kg (3lb) mussels

2tbsp olive oil

30g (1oz) butter

1 large clove garlic, crushed

1 shallot, sliced

1 red pepper, diced

Pinch paprika

Pinch cayenne pepper

Chopped flatleaf parsley (to serve)

Iceberg lettuce (to serve)

Mayonnaise (to serve)

Method

To prepare, soak the mussels in fresh water for 15 minutes, then pull off any beards with a sharp tug.

Cook the potatoes in a saucepan of boiling salted water for about 10 minutes, or until tender. Drain, rinse with cold water, then pat dry with paper towel.

Place a large saucepan or wok over a medium heat. Add about 500ml (16fl oz) of water and bring to the boil. Add the mussels and increase the heat to high. Cover with a tight-fitting lid and cook for 3 minutes, giving the saucepan an occasional shake. Uncover and stir well. As the mussels open, remove them to a platter. Discard any that haven't opened after 5 minutes. Remove the mussels from their shells and set aside.

Heat the oil and butter in a large non-stick frying pan. Add the garlic and shallots, and fry for about 3-4 minutes.

Add the potatoes, raise the heat, and sauté, shaking the pan occasionally for about 10 minutes, or until they are golden and crisp. Add the pepper, mussels and spices, and sauté for 2-3 minutes. You can pop this under a hot grill to finish off if you like it crispy.

Scatter with parsley and season to taste. Serve with wedges of iceberg lettuce dressed with a little mayonnaise.

Tip: Use mussels that close firmly after giving them a good tap and have perfect shells.



EASY SPINACH SOUP

Serves: 3-4 Cooking time: 30 mins Prep time: 10 mins

Ingredients

20g butter

2 medium onions, sliced

1 clove of garlic, sliced

2 medium potatoes, peeled & chopped into 1cm cubes

1.25 litres chicken stock

300g baby spinach

Nutmeg

The juice of ½ a lemon

4 tbsp single cream

Method

Heat the butter in a large sauce pan over a medium-low heat and add the onions. Cook gently for 7-8 minutes or until soft (but not brown). Add the garlic and potato cubes and cook, stirring, for an extra 2 minutes.

Add the stock, increase the heat and bring to the boil. Reduce the heat and simmer gently for about 10 minutes. Add the spinach leaves, increase the heat again and simmer for a further 10 minutes.

Remove from the heat and allow to cool a little. Purée the soup in batches in a blender or with a hand-held blender until smooth. Season with some freshly grated nutmeg.

Add lemon juice and season to taste with salt and freshly ground black pepper. Bring the soup back to the simmer and then stir in the cream.

Tip: This can be made 48 hours ahead of time. Don't add the lemon juice or cream until reheating the soup.



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Laughter

IS THE BEST MEDICINE

A young man who was also an avid golfer found himself with a few hours to spare one afternoon. He figured if he hurried and played very fast, he could get in 9 holes before he had to head home. Just as he was about to tee off an old gentleman shuffled onto the tee and asked if he could accompany the young man as he was golfing alone. Not being able to say no, he allowed the old gent to join him.

To his surprise the old man played fairly quickly. He didn't hit the ball far, but plodded along consistently and didn't waste much time.

Finally, they reached the 9th fairway and the young man found himself with a tough shot. There was a large pine tree right in front of his ball and it was directly between his ball and the green. After several minutes of debating how to hit the shot the old man finally said, "You know, when I was your age I'd hit the ball right over that tree."

With that challenge placed before him, the youngster swung hard, hit the ball up, right smack into the top of the tree trunk and it thudded back on the ground not a foot from where it had originally lay.

The old man offered one more comment, "Of course, when I was your age that pine tree was only 3 feet tall."

An elderly couple were driving across the country. The woman was driving when she got pulled over by the highway patrol. The officer said, "Ma'am did you know you were speeding?"

The woman, hard of hearing, turns to her husband and asks, "What did he say?"

The old man yells, "He says you were speeding!"

The patrolman says, "May I see your license?"

The woman turns to her husband and asks again, "What did he say?"

The old man yells, "He wants to see your license!"

The woman gave the officer her license.

The patrolman says, "I see you are from Arkansas. I spent some time there once and went on a blind date with the ugliest woman I've ever seen."

The woman turned to her husband and asked, "What did he say?"

And the old man yells, "He said he knows you!"

A man walking along a California beach was deep in prayer. All of a sudden he said out loud, "Lord grant me one wish."

Suddenly the sky clouded above his head and in a booming voice the Lord said, "Because you have been faithful to me in all ways, I will grant you one wish."

The man said, "Build a bridge to Hawaii, so I can drive over anytime I want to."

The Lord said, "Your request is very materialistic. Think of the logistics of that kind of undertaking. The supports required to reach the bottom of the Pacific! The concrete and steel it would take! I can do it, but it is hard for me to justify your desire for worldly things. Take a little more time and think of another wish, a wish you think would honor and glorify me."

The man thought about it for a long time. Finally he said, "Lord, I have been married and divorced four times. All of my wives said that I am uncaring and insensitive. I wish that I could understand women. I want to know how they feel inside, what they are thinking when they give me the silent treatment, why they cry, what they mean when they say 'nothing' and how I can make a woman truly happy."

After a few minutes God said, "You want two lanes or four on that bridge?"

When my three-year-old son opened the birthday gift from his grandmother, he discovered a water pistol. He squealed with delight and headed for the nearest sink. I was not so pleased. I turned to Mom and said, "I'm surprised at you. Don't you remember how we used to drive you crazy with water guns?"

Mom smiled and then replied....."I remember."

I woke up this morning and forgot what side the sun rises from, then it dawned on me....

Love the Freedom



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Address.....

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PO Box 174, Whitianga

Name/ Message for certificate and your recognition

(no more than 50 characters)



Cooler evenings bring a reminder that Autumn is coming and that the Indian Summer can't last forever.

For the Kauri 2000 Trust the approach of Autumn signals time to make sure all the planning is in place for the next planting season. The Trust will again be planting on the DoC reserve on the Coromandel Peninsula between Kuaotunu and Matarangi and it is time to check that all the background work of preparing the site has been done - cutting the lines, felling the wilding pines, and arranging for the delivery of the young kauri that were ordered a year ago.

Kauri 2000 has 2,500 trees to go in the ground with the help of our local school students, the team from the BNZ, and our hard working volunteers.

Next year's Volunteer Day is **Saturday 9th June at 9.30am**. For all details, call **Janet** at the Kauri 2000 office **07 866 0468**, email at info@kauri2000.co.nz.

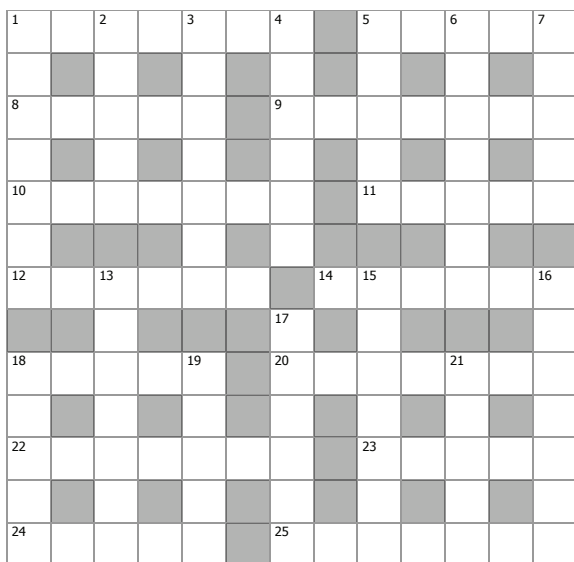
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This month's puzzle pages are proudly brought to you by Seddon Park Funeral Home

Quickie Crossword



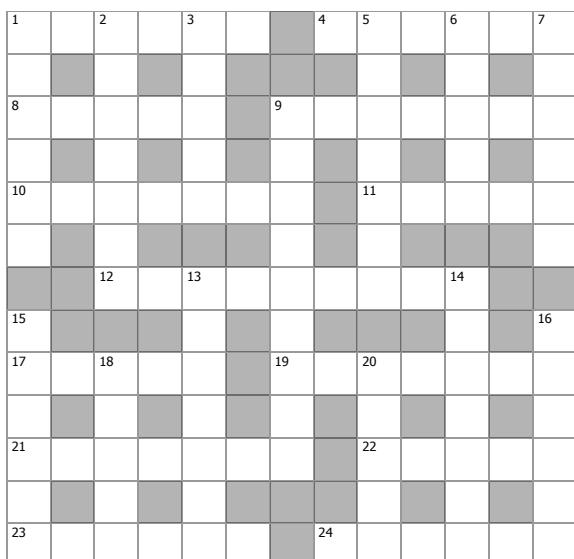
Across

- 1 Largest of the planets (7)
- 5 Married women (5)
- 8 Felt concern (5)
- 9 Go before (7)
- 10 Cockney thief (3,4)
- 11 Monarchs (5)
- 12 Something uncommon (6)
- 14 Road-surfacing material (6)
- 18 City in Majorca (5)
- 20 Afterwards (5,2)
- 22 One of the gospels (7)
- 23 Evade (5)
- 24 Teams (5)
- 25 Stories (anag) (7)

Down

- 1 Sailor (4,3)
- 2 Windproof jacket (5)
- 3 Neatest (7)
- 4 Swindle (3,3)
- 5 Destroy (5)
- 6 Country of south-east Asia (7)
- 7 Appears to be (5)
- 13 Akin (7)
- 15 Female thespian (7)
- 16 Competition (7)
- 17 Bloom (6)
- 18 Mountain lions (5)
- 19 Dull persistent pains (5)
- 21 Itinerary (5)

Quickie Crossword



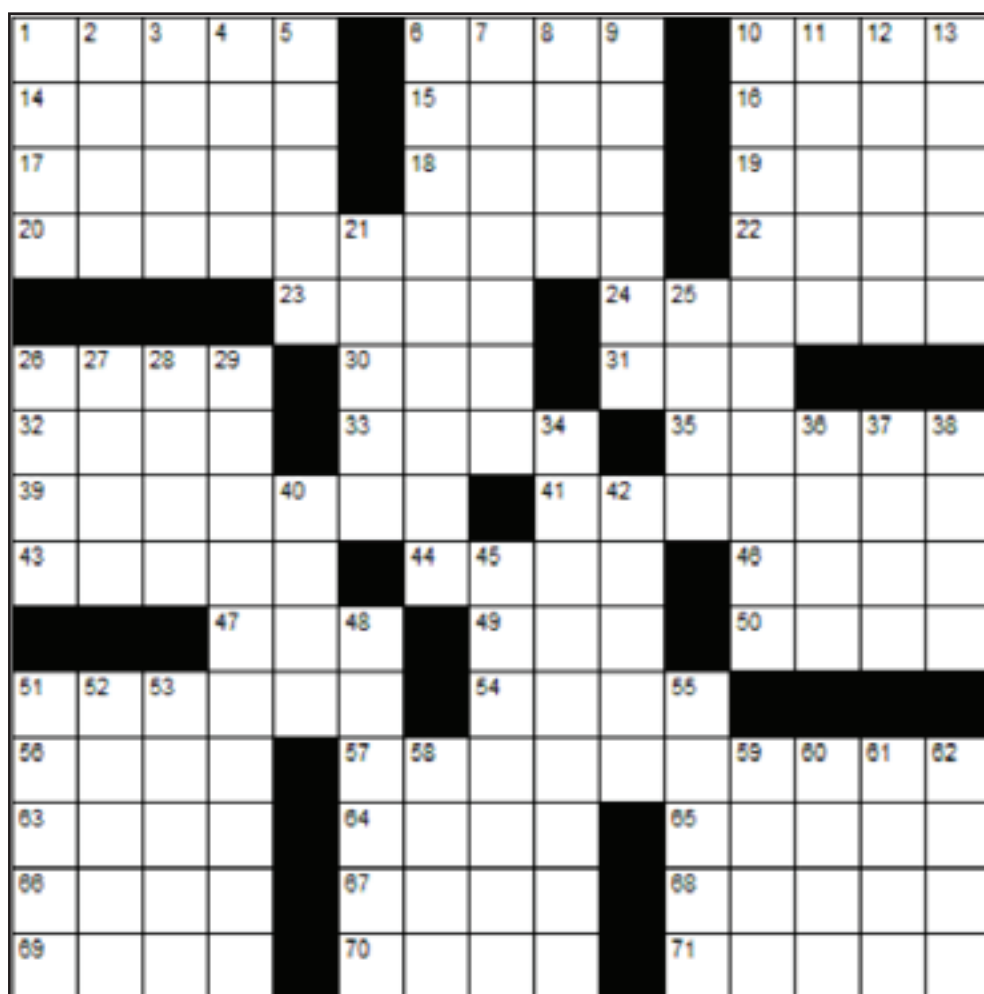
Across

- 1 Mediterranean island (6)
- 4 Imaginary ideal place (6)
- 8 Cook's garment (5)
- 9 Bravery (7)
- 10 Former Greek currency (7)
- 11 Haughty (5)
- 12 Rued (9)
- 17 Brief written records (5)
- 19 Hug (7)
- 21 Strain (7)
- 22 Chess pieces (5)
- 23 Solemn promise (6)
- 24 Cheap and nasty (6)

Down

- 1 Beer and lemonade mixture (6)
- 2 Pirate (7)
- 3 Midday meal (5)
- 5 Brass instrument (7)
- 6 Keyboard instrument (5)
- 7 List of things to be done or discussed (6)
- 9 Colour-changing lizard (9)
- 13 Young goose (7)
- 14 Precious stone (7)
- 15 Part of the foot (6)
- 16 Largest of the Channel Islands (6)
- 18 Slight colouring (5)
- 20 Nativity (5)

Giant Crossword



Across

1. Sweater eaters
6. Booty
10. Casino game
14. Birdlike
15. Buckeye State
16. Way out
17. Slowly, in music
18. Jar tops
19. Fluff
20. Merges
22. Fail to win
23. Classify
24. Chemical cousin
26. Beige
30. Bother
31. Church bench
32. Godsend
33. Regrets
35. Savory jelly
39. Christening
41. Excite
43. Place
44. Fizzy drink
46. Ailments
47. Directed
49. Disencumber
50. P P P P
51. Straight
54. Dogfish
56. Nameless
57. Placenta
63. Coagulate
64. Thrust with a knife
65. A kind of macaw
66. Convenience
67. Gait faster than a walk
68. Synagogue scroll
69. Not the original color
70. Cravings
71. Colonic

Down

1. Timbuktu country
2. Baking appliance
3. Hue
4. Despise
5. Kisses
6. Sunrooms
7. Pare
8. Deputy
9. Gabfest
10. Companionship
11. Adage
12. Washing machine cycle
13. Aquatic mammal
21. Lion sounds
25. Chair
26. Wanes
27. Jacket
28. Lasso
29. Not gifted
34. Deposits
36. Whimper
37. Small island
38. To tax or access
40. Notion
42. Lowest point
45. Speech
48. Not airtight
51. Twined
52. Dental filling
53. Hangman's knot
55. Wane
58. Not aft
59. Press
60. Unusual
61. Streetcar
62. Laugh

Find the answers to the March puzzles in the April issue of Seasons Magazine

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

Sudoku

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

Mastermind

- 01 A Schick test is a skin test for previously acquired immunity to which disease?
- 02 Cobweb is a fairy in which Shakespeare play?
- 03 Which sports promoter became chairman of Leyton Orient FC in 1995?
- 04 The 2016 Summer Olympics were held in which country?
- 05 The Big Beat film featured which group? **The Cadillacs, The Belmonts, The Clowns, The Del Vikings**
- 06 Mail on Sunday was a 2008 album by which act? **Jay Z, Flo Rida, Dr Dre, Snoop Dogg**

Mini Crosswords

Mini Crossword 01

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

Across

- 1 "___ and the Beast"
 6 Muse of poetry
 7 Chair part
 8 Jump, as a bunny
 10 Nine daughters of Zeus
 12 Fidel of Cuba

Down

- 1 "Let It ___" (The Beatles)
 2 Victorian, e.g.
 3 Second-largest city in Denmark
 4 Fullest extent
 5 Toronto, slang
 9 Pay-___-view
 10 Cellist Yo-Yo ___
 11 Therefore

Mini Crossword 02

		1	2	3
	4			
5				
6				
7				

Across

- 1 Hair product
 4 Distribute
 5 Uncertainty
 6 Impulse
 7 Salon application

Down

- 1 Swindle
 2 River in central Europe
 3 Permit
 4 Character from "Finding Nemo"
 5 Flop

Word Ladder

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

acorn
trees

Clues:

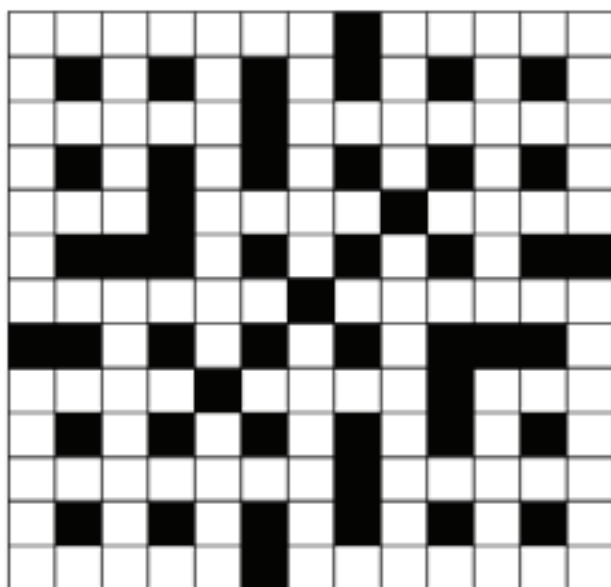
- Contempt
 Result
 Ambit
 Gradient
 Swill
 Failures
 Ice masses
 Runs away
 Liberates

prune
pears

Clues:

- Having a tendency
 Communication device
 Was bright
 Push
 Trim down
 Ignominy
 Pretences
 Creases
 Sides
 Rips

Word Fit



3 letter words

AIR
DIM

4 letter words

BAKE
BULL
EARN
ETCH
LOAD
TRUE

5 letter words

ADAPT
BASIC
CATCH
DIARY
DODGE
LUCID
POLAR
SALAD

6 letter words

BALLAD
CARROT
DESIRE
NOTICE

7 letter words

ABSTAIN
APPLAUD
CONTROL
DELAYED
SALIENT
SHELTER
TEMPTED
TRAINED

8 letter words

AUDIENCE
BASEBALL

Code Word

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

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

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

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

Find the answers to the March puzzles in the April issue of Seasons Magazine

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Answers to the February Puzzles:

Quickie Crossword



Quickie Crossword



Word Fit



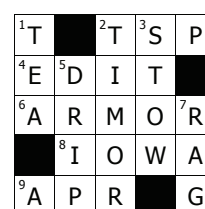
Giant Crossword



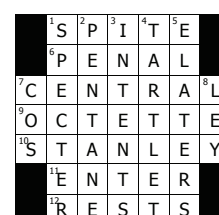
Sudoku



Mini Crossword 01



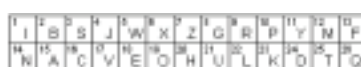
Mini Crossword 01



Mastermind

- 01 Great Dark Spot
- 02 Mary Queen of Scots
- 03 Tibia
- 04 Penelope Wilton
- 05 Manitoba
- 06 Words

Code Word



Word Change



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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 Friday 11th August from 10 am to 5.30 pm and Saturday 12th August 10 am to 2 pm.

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